



Laurieton Lakeside
AGED CARE RESIDENCE

LAKE SIDE NEWSREEL

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February 2026

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Happy Valentine's Day

Lifestyle Team Welcome

Can you feel love this month? February has a special way of warming our hearts with its vibrant red and pink decorations, charming tales of Cupid, and delightful boxes of chocolates around every corner.



Here in our community, we're surrounded by love in many forms—through the friendships we cherish, the bonds we strengthen, and the kindness we share daily. This month, we're excited to enjoy wonderful events, share delicious meals, and celebrate the love stories that make life so meaningful.

Let's embrace the joy of connecting with one another and treasure the simple, sweet moments that brighten our days. Wishing you all the love this month and always!

Warm Regards,

Michelle, Olivia, Jodi & Cam.

February Trivia

The oldest known Valentine's Day message dates back to 1415, written by Charles, Duke of Orléans, to his wife while he was imprisoned in the Tower of London.

Zodiac signs: **Aquarius & Pisces**
Birthstone: **Amethyst**
Flower: **Primrose**

Life is not
measured by the
number of breaths
we take, but by the
moments that take
our breath away.

Services Provided at Lakeside

This table outlines the essential services available at Lakeside and how residents can access each service.

Service	Frequency	How to Access
Hairdresser (Julie)	Weekly (Wednesdays)	Each nurse's station has a hairdressing appointment book. Please speak with a nurse and they will add the residents name to the list.
GPs (Dr Chong and Jitender – Nurse Practitioner)	Dr Chong (Tuesdays) Jitender (Thursdays)	Referrals to GPs are made by our registered staff team. Residents and representatives can also request to see their GP by speaking with registered staff. A GP referral book is kept in each nurses' station.
Podiatry (Shannan)	Every 6-8 weeks	Shannan attends Lakeside 20 times per year. Shannan has a schedule which ensures each resident is seen at least five times per year. If a resident has concerns about their feet, please speak with our registered staff team about a referral.
Audiologist (Isaac)	As required	When a resident experiences hearing difficulties, please inform our nursing team immediately. Our registered staff will refer the resident the audiologist for assessment. If a resident has an existing audiologist (not Isaac), residents can continue with their current audiologist or change to Isaac.
Speech Pathologist (Carly)	As required	Speech pathologists are called upon when residents have difficulty with communication, including speech, language and swallowing. These professionals assess, diagnose and treat these difficulties and provide strategies to our team to improve resident quality of life. Referrals to speech pathologists are made by our registered staff team. Please speak with our registered staff team if you would like to know more.
Dietician (Liam)	As required	Dieticians specialise in nutrition and managing medical conditions through dietary interventions. They also play a role in monitoring and treating unplanned weight loss. Referrals to our dietician are made by our registered staff team. Please speak with our registered staff team if you would like to know more.

Facility Manager Update

Facility Manager Update

Dear Residents and Resident Representatives,

Hiring - Assistants in Nursing (AINs)

You may have seen some fresh faces around the building we have just employed four new AINs. Our recent recruitment drive to build our casual AIN pool has been a success and we have also employed a new full-time AIN from Canberra (relocating in the first week of February).

Please welcome our new AINs when you see them.

New Feedback Forms

All residents and representatives are encouraged to provide feedback as part of our continuous improvement program. Feedback can be written or verbal and provided at any time. Your feedback provides insight into what can be improved and reinforces what we are doing well.

New feedback forms were released in late January and can be found at all nurses' stations and resident dining rooms.

Resident Advisory Committee

We are currently seeking residents to join our Resident Advisory Committee. The Committee meets once a month to discuss issues that are important to residents. If you are interested in attending the next meeting in February, please speak with Michelle in Lifestyles or Tracey at reception.

Men's Group

We recently started an activities group for our male residents which now runs every Friday at 9:30am. This weekly session was added to the calendar after feedback that our male residents would like a dedicated time to get together. Our Friday games session includes archery, quoits, mini golf, darts and other games. The session runs for around 1 hour and is followed by an open session where all residents are invited to play the games offered.

See you next month.

T Cummins

Facility Manager

Compliments, Complaints and Feedback

We welcome your Suggestions, complaints and Compliments and regard them as opportunities for us to improve. We recognize the importance of clear processes that facilitate resolution of consumers' concerns and complaints and are committed to investigation of all issues of concern.

You or your advocate are encouraged to make a complaint or compliment to any of our managers.

You may arrange to see one of our managers in person (See reception) Email us or by telephone.

Tim Cummins – Facility Manager

fm@laurietonlakeside.com.au

02 6559 8777

Nichole Lucey – Director of Nursing

don@laurietonlakeside.com.au

02 6559 8777

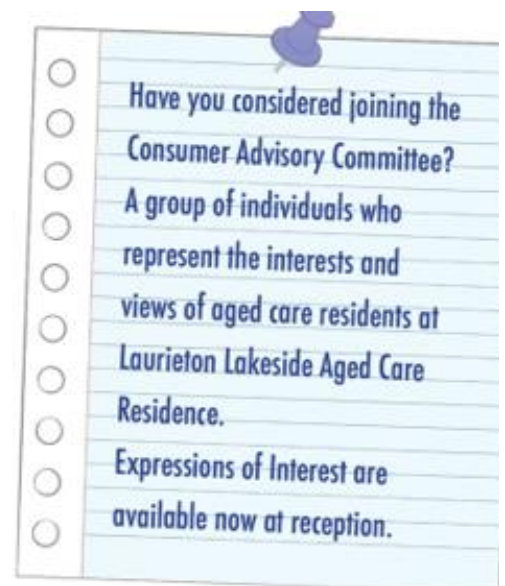
Feedback, Complaint, Compliment and suggestion forms are available in the foyer and at the nurses' stations. If you are not happy with the outcome of your complaint or you would like to take it further.

You can also take your concern to
The Aged Care Quality and Safety Commission
or seek the use of an Aged Care Advocacy Service.
Below are a couple of services you may like to use
as your advocate.

AGED CARE QUALITY AND SAFETY COMMISSION
1800 951 822

OPAN (Older Person Advocacy Network) 1800 700 600
SRS (Seniors Rights Service) 1800 424 079

NB: All complaints are strictly confidential and management will not tolerate any form of reprisal toward any consumer or their representative because of any comment or complaint, they raise.



A word with Chaplain Mark

A word with Chaplain Mark

Welcome to February – some would call it the month of love!...Why? Well we have Valentine's Day!

I do hope that 2026 has started well for you. Highlights for me so far: an eye operation (all good), and engagement of a granddaughter. 😊

Here are a few bits of wisdom and humour for you

If a bottle of poison reaches its expiry date, is it more poisonous or no longer poisonous?

Common sense is like deodorant. People who need it most never use it

As I've grown older, I have found that **pleasing** everyone is impossible, but **annoying** everyone is a piece of cake.

I'm not saying I am old and worn out, but I make sure I am nowhere near the kerb on garbage day.

Can a kangaroo jump higher than a house? Of course, a house doesn't jump at all.

"The way I see it, if you want the rainbow, you gotta put up with the rain." – Dolly Parton

Even fools are thought wise if they keep silent, and discerning if they hold their tongues.

"I believe in Christianity as I believe that the sun has risen: not only because I see it, but because by it I see everything else." – C.S. Lewis

"Let us not be surprised when we have to face difficulties. When the wind blows hard on a tree, the roots stretch and grow the stronger, Let it be so with us. Let us not be weaklings, yielding to every wind that blows, but strong in spirit to resist." – [Amy Carmichael](#)

CHURCH SERVICES for February

ANGLICAN **Monday February 2**

CATHOLIC **Monday February 9**

Pastoral Care Visits are planned each week and on request. If any **residents, relatives, friends, or staff** wish to have a chat, please let me know....give me a yell as I walk around, call me on ext.114 or my mobile 0410 629 850.

Don't forget..... as Chaplain, I am non-discriminatory and non-judgmental; you do not have to be 'religious' or even 'spiritual' to speak with me. I am happy to talk with you about **anything** – family, memories, travels, God, footy, cricket, motorbikes, what makes you happy, sad, worriedanything.

Second page:

I have recently talked with several retired school teachers, and a couple of current teachers. That made me think back to the 'good old days' of my being at school....primary and high school in Sydney.

So I thought I would share a few special memories from those days.... maybe you can relate to them

The cane! Do you remember? I was not caned that often, but when I got it, it was usually 6 – 3 on each hand. It certainly acted as an incentive to not repeat the offence!! Today's school is quite different isn't it – no cane, students able to swear at teachers, and so on. While I know some teachers (not mine) overdid the corporal punishment, I found it fair, and beneficial. What about you?

Music teachers! We had 2 bad music teachers early in high school, and my class almost singlehandedly forced both to leave. In came 'Bubbles Clark'. We tried him out, but his silent shock swift blow to the head of one student with the sharp edge of a 15-inch metal edge ruler, got our instant attention – we behaved from that point on...he was actually a very good teacher!

History! I loved modern history, and a favourite text was Barry Jones book 'Decades of Decision'. You may remember Barry Jones from BP Pickabox on which I think he was undefeated. Bring back memories?

Higher School Certificate – I did the first one - 1967. A big change from the old Intermediate and Leaving certificates. I still remember it being so ill planned that some of our teachers did not know what they would be teaching us beyond next week.

My acting debut at Vaucluse high school.... At the end of first year, we were doing some sort of play, and my friend Bob Watson (who later became a leading male model for many years) and I, were cast as hula girls...yes, that is right, hula girls...think grass skirts, bikini tops (with oranges to give some shape)! I do wish I had some photos of that moment – my one and only acting job... although I did manage to do a couple of TV ads back in 1963 – good pay – 1 Pound (\$2) per hour!

One more memory – I attended Bellevue Hill Primary School, and when religious education was on, I went with my Jewish friends to their class, as I had no idea back then about all that religious stuff! I was quickly redirected by their perceptive teacher to the Church of England group. Much later in life I sorted out what I believed.

Okay...that is enough reminiscing – as always, I would love to have a chat with you about any of this stuff, or anything else: 😊.

Toodle-oo and God bless you

Chaplain Mark

What We've Been Up To

North Haven Bowling Club Outing

Our residents had a great time visiting North Haven Bowling Club for lunch in January. Everyone enjoyed their delicious meals, the amazing river views and warm conversation.

A big thankyou goes out to North Haven Bowling Club for inviting us to visit and providing their courtesy bus for transporting our residents. What a wonderful community minded gesture.



What We've Been Up To



Our own Pianist performing, thank you David.



Fun and Games at Laurieton Lakeside



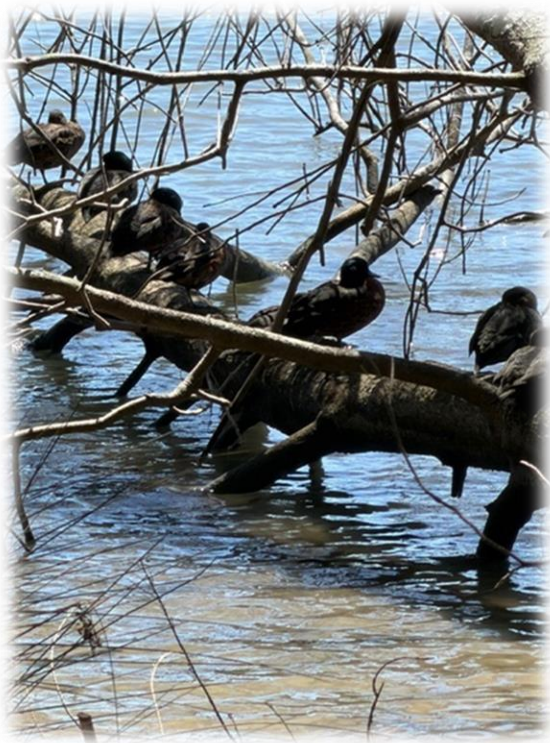
Amazing Concert with Ken Chainsaw Lindsey



What We've Been Up To



Walking Group, "Life Be In It".



Our View of Beautiful Queens Lake 😊

What We've Been Up To



Movies on the Big Screen



Bingo Day at Laurieton Lakeside



Lunch at LUSC

What We've Been Up To



Fun Morning Singalong with Kathryn...



Our Bocce Champion for 2025



Welcome to our New Bocce Players.

Upcoming Events

Singalong with Sheila

Tuesday 3rd February, 10:30am, Activities Room

Ukelele Bugs

Monday 16th February 10:30am, Activities Room

Music with Ken

Tuesday 17th February 10:30am, Activities Room

Armchair Travel with Shell, Port to the Cape and Back.

Monday 23rd February 2.00pm, Activities Room



Regular Events

- Anglican Service first Monday of Month
10:30am
- Catholic Service with St Joseph's Choir
School Choir second Monday of Month
10:30am
- Hairdresser every Wednesday
- Bingo! Every Thursday at 10:30am
- Men's Group every Friday at 9.30am
- Ladies Group every Friday at 10.30am
- Happy Hour every Friday at 2pm
- Resident & Representatives Meeting, third
Monday of the Month alternating morning or
afternoon, see monthly program for time.
- Walking Group, every Wednesday at
10:30am

Special Days in February

6th – 22nd Winter Olympics in Milano

14th Valentine's Day

17th Shrove Tuesday

21st Harmony Week

Allied Health & Physio Update

Allied Health Update – February 2026

Allied Health has had an excellent start to the new year!

It's been wonderful to see so many residents either returning to or newly joining our Falls Prevention classes, held every Monday and Friday in LV lounge at 9.30am. Drew's popular seated exercise classes continue Tuesday and Thursday afternoons at 2pm, keeping everyone moving safely and confidently.

Bron has also introduced a lovely second class on Tuesdays, which has naturally grown into a cheerful ladies' group where exercise is mixed with singing, a little dancing, and *lots* of giggles. Individual exercise programs are also continuing for residents who prefer or require one-to-one support.

The Allied Health team is always here to assist with equipment needs and to support pain management through massage and stretching — please don't hesitate to reach out.

Bron, Warren, Drew & Theo



Name: _____ Date: _____



AQUARIUS
 CANDLELIGHT
 CARNATION
 CHOCOLATE
 COZY
 CUPID
 FEBRUARY
 FIREPLACE
 FRIENDSHIP
 GROUNDHOG DAY
 HEART
 HUG
 KISS
 LEAP YEAR
 LOVE
 MARDI GRAS
 PINK
 PISCES
 PRESIDENTS DAY
 RED
 ROMANCE
 ROSES
 SKIING
 SNOW
 SWEETHEART
 VALENTINE
 WINTER

WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

O	D	Z	C	J	Y	A	D	G	O	H	D	N	U	O	R	G	A	B
K	N	I	P	P	W	I	N	T	E	R	I	A	S	G	C	N	G	N
D	B	K	P	S	U	I	R	A	U	Q	A	Y	V	A	S	N	O	W
F	Y	R	A	U	R	B	E	F	N	R	Z	F	N	K	I	P	F	E
I	I	D	F	B	C	Q	P	J	C	O	B	D	S	S	R	M	R	I
R	C	B	F	O	E	A	Q	B	C	J	L	Q	A	E	L	O	V	E
E	H	S	P	T	R	A	E	H	T	E	E	W	S	K	J	R	Y	L
P	O	A	T	L	V	A	Z	U	L	L	K	I	Y	N	L	R	P	F
L	C	R	A	L	Y	F	R	I	E	N	D	S	H	I	P	M	B	K
A	O	G	H	Y	X	A	G	U	N	E	W	J	V	H	M	W	I	L
C	L	I	J	D	M	H	P	X	N	K	A	J	Y	A	V	S	V	E
E	A	D	V	K	T	I	D	T	L	J	V	Y	L	Z	S	Z	A	A
K	T	R	S	Z	S	J	S	C	A	R	N	A	T	I	O	N	L	P
Q	E	A	K	C	C	D	S	E	S	O	R	I	W	R	R	D	E	Y
R	K	M	E	U	A	L	J	Q	W	R	O	M	A	N	C	E	N	E
O	T	S	I	Y	E	D	M	X	E	H	E	A	R	T	T	X	T	A
G	N	I	I	K	S	K	E	H	M	O	Z	F	T	E	R	C	I	R
Y	E	B	Y	H	X	I	U	R	S	U	X	C	H	Z	G	R	N	Z
Y	W	O	F	Z	T	G	D	C	H	I	V	R	S	G	F	Q	E	M

February Birthdays

In February, we celebrate birthdays with:

- **Sally**
- **Kerry**
- **David Mc**
- **Gretel**
- **Kevin F**
- **Doug**
- **Linda**



Fun Facts about February

Shortest Month: February is the shortest month of the year, with 28 days (29 in a leap year)

Name Origin: The name “February” comes from the Latin word “februum” which means purification.

Valentines Day: February 14 is celebrated as Valentine’s Day, a day dedicated to love and affection. It coincides with the ancient Roman fertility festival of Lupercalia.

Rectangular Month: When February has four full seven-day weeks, it is called a rectangular month.

Birthstone: February’s birthstone is amethyst, a member of the quartz family with intense, rich purple shades. It’s often referred to as the “Stone of Peace” due to it’s calming and protective properties.

Aquarius (Jan 20 – Feb 18)

Aquarians are shy & quiet deep thinkers who love helping others.

Pisces (Feb 19 – Mar 120)

Pisces are friendly and selfless. They are always willing to help others

Galentine’s Day?

Not all love is a romantic love. Celebrating the friends you love is the purpose of a new “holiday”, Galentine’s Day! Friends gather for glasses of wine or a relaxed dinner to show their appreciation for one another. Galentine’s Day falls on February 13.

Poem to Share

The Joy of Age

by John McLeod

It's true we're not as young,
As once we used to be,
But there's so much more to life,
Than youthful energy.

We've wisdom in abundance,
And stories yet to share,
A kindness in our hearts,
And memories beyond compare.

The laughter of a lifetime,
The love that never fades,
The courage we have gathered,
From all the paths we've made.

So let us greet each morning,
With gratitude and cheer,
For age has brought its treasures,
And every day is dear.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Charles**
- **Kenneth**
- **Margret**
- **Andrew**

We hope that you enjoy your time here!

NEW STAFF

A warm welcome also goes to the people who joined our team in the past few months!

IN MEMORIAM

To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

- **Eva N**
- **Elizabeth H**

LOST PROPERTY

We have had a large volume of unlabeled clothing accumulate. Please ensure that any clothes are labelled prior to being washed and any new clothes are sent to the laundry for labelling.

As soon as we receive our clothing rack we have on order, unlabeled clothing will be located in the hairdressing salon on Tuesday, Thursday, and Friday's to check for any missing items.

If you are missing a TV remote come and see us in the activity room as we have a few that we have found.

CAN YOU CONTRIBUTE?

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to Lifestyle, or email us anytime via lifestyle@laurietonlakeside.com.au

Thank you!

Noticeboard



LIBRARY

We have a small library of books in our Activities Centre. If you can't make it down to activities, ask one of our Lifestyle team and we are happy to deliver and pick up books for you.

THANK YOU

We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference, and we so very much appreciate your time and energy.

HAIRDRESSER

We have a hairdresser who attends every Wednesday. If you would like an appointment please ask a staff member to write your name down in the hairdressers book.



PODIATRY

We have a podiatrist who visits on a monthly basis. Next visits are;

Monday 4th February 2026

Monday 9th February 2026

If you have a need to visit, please let staff know and they will put your name down for an appointment.

CULTURAL CELEBRATION

In the month of February we celebrate Valentines Day and Shrove Tuesday..... Watch your calendar for related activities in the activities room and around the facility.



Noticeboard



KITCHEN CAPERS

We hope you are all enjoying our new summer menu! To add a little spice and interest to our menu, we are having a resident's choice of the week meal. Each week one resident chosen at random will be able to choose a meal to become a special addition on that week's menu. So start thinking about what favourite meal you may like to have cooked for you at Lakeside.

RESIDENT'S & REPRESENTATIVES

Laurieton Lakeside's Resident and Representative meetings are held on a Monthly basis on the third Monday of each month. Dates and times can be found on the monthly program.

We encourage our residents and their representatives to attend and participate in discussions at these meetings, regarding feedback, information sharing, and up and coming activities.

We love to hear your suggestions or recommendations.

FURRY FRIENDS

At Laurieton Lakeside, we warmly welcome well-behaved and vaccinated pets to visit our community. Pets can bring such joy and comfort to our residents.

We do ask that you do ensure that you bring a 'doggie doo' bag to clean up after your pet if required.

Your pet can be off lead when visiting in resident rooms, however we ask that you keep them on leash in common areas.

Laughing Matters



Love Jokes...

Fred is 32 years old and he is still single.

One day a friend asks, "Why aren't you married? Can't you find a woman who will be a good wife?"

Fred replies, "Actually, I've found many women I wanted to marry, but when I bring them home to meet my parents, my mother doesn't like them."

His friend thinks for a moment and says, "I've got the perfect solution, just find a girl who's just like your mother."

A few months later they meet again and his friend says, "Did you find the perfect girl? Did your mother like her?"

With a frown on his face, Fred answers, "Yes, I found the perfect girl. She was just like my mother. You were right, my mother liked her very much."

The friend said, "Then what's the problem?"

Fred replied, "My father doesn't like her."

To be happy with a man you must understand him a lot and love him a little.

To be happy with a woman, you must love her a lot and not try to understand her at all.

A recent study has found that women who carry a little extra weight live longer than the men who mention it.

Word Search

VALENTINE'S DAY



P	V	F	L	O	W	E	R	S	T	J	L	V	M
K	R	B	S	C	H	O	C	O	L	A	T	E	V
U	O	O	W	Z	C	Y	R	E	L	O	T	L	S
L	M	S	E	H	H	S	N	P	N	A	V	S	F
L	A	C	E	Y	G	I	U	E	I	U	E	E	R
K	N	J	T	U	T	Y	M	Y	L	N	N	M	I
V	C	E	H	N	D	T	P	L	D	H	K	Y	E
W	E	O	E	N	E	P	F	N	K	E	R	H	N
D	J	L	A	G	A	R	I	T	I	A	A	B	D
B	A	C	R	H	K	K	F	T	U	R	E	D	S
V	U	O	T	L	O	V	E	R	S	T	I	U	D
W	F	K	Y	I	F	T	B	L	K	P	Z	T	A
J	X	C	N	W	Z	E	C	L	U	C	M	R	A
D	N	Z	O	X	F	O	S	C	A	R	D	S	O

