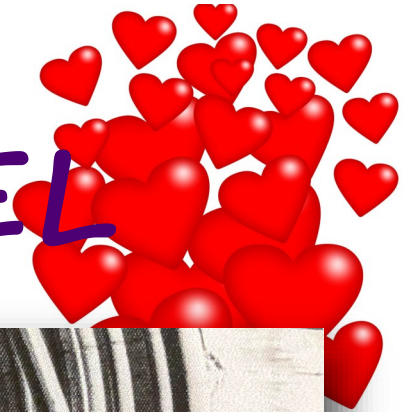


NEWSREEL



In celebration of Valentine's Day our Special Cover is supplied by Graham and Yvonne Howard who celebrated their 55th Wedding Anniversary on the 17th of January 2024. Graham and Yvonne got married at St David's Church in Habberfield.

Congratulations on your amazing milestone!

Special Valentines Day Issue...

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News Reel Welcome...

To all our new Residents and Relatives we would like to extend a warm welcome. The Activities Centre is the heart of our home, please feel free to come a long and participate in activities or to pop in for a chat- any suggestions and new ideas are much appreciated.

It is an exciting start to the new year, celebrating new additions to the Activities Team, and spending time to get to know each other again. The Activities team has started the large process of cleaning out and revitalizing the space. In between Suzanne led the team with her amazing Floral Art designs to celebrate Australia Day, and led a successful Event Day under the marquees. Residents have made Lamingtons, enjoyed Australian History and revisited Australian Bush Ballads as part of sing a longs.

Over the coming month we are hoping to revitalize our programs to bring a new enjoyment to your home, including changes to the Physio Program, introduction of a Therapeutic Intervention Program (T.I.Ps) to our weekly afternoons this will aim to introduce passive activities 1:1 or in small groups to support a smoother nightly transition.

We sadly say Goodbye to Hannah and wish her the greatest success with her studies to become an Occupational Therapist! Thank you for your support in navigating our first month as a team.

We would like to thank all Staff, Residents and Relative's who participated this month and supported our team. Thank you for the warm welcome.

Kind Regards,

Suzanne and Jo

Leisure and Lifestyle



A Note from Management

Welcome February! The days in January certainly flew by.

We are thinking of our Northern friends in QLD as they navigate the after math of Tropical Cyclone Kirrily.

Our Quality RN, Nichole is returning in Feb from a much-needed break overseas visiting family. We look forward to her return.

We have a few Important farewells as well as some welcomes!

First, we say farewell to our long-standing GP – Lorraine Evans. Lorraine is retiring and we will miss her weekly visits. Her first stop... MEXICO!

Your family practice, GP's are servicing our home and to begin with, Dr Ahmed is visiting our residents regularly and we welcome your family practice team to the home.

Farwell to 4 other familiar faces, RN's Winsome and Elizabeth, AIN Melanie and Activities Hannah.

Winsome and Elizabeth are retiring, and Mel is broadening her horizons with a change, all three are valued longstanding employees.

Hannah has been with us for a little while and has made valuable contributions to our Lifestyles area.

Thank you for your service, ladies. It's not farewell, it's see you soon!

Welcome to Karen. Karen is our new receptionist. She is the friendly face in the front office. Give her a wave next time you wander past!

Just a reminder that we are entering the hottest month of the year. Please make sure if you are going outdoors to put on some sun cream (available at the nurses stations), wear a hat and ensure you are drinking enough fluids. Keeping yourself well hydrated is very important.

We welcome suggestions! Suggestions improve our facility for the benefit of our consumers which is of the highest

priority. Suggestion boxes are located in front foyer, Café, North nurse station, Visitor survey, LV Dining room and PJ Nurses stations.

Until Next Month,

Lost & Found Retrieval Day's

Every Second Wednesday we hold a Lost and Found Recovery Day for all Lost and Found Items. (Clothing, Books, Personal Effects).

Residents, Relatives and Representatives will be able to browse through lost and found to identify their own (or loved ones) property. If items are unable to be located at the time, our staff member running the session will be able to take down your details, details of lost items and will be able to assist in locating the lost items and keep you informed of any progress along the way. If items are found, our team will organise re labelling the residents items for easy identification in future.



Where: East Lounge

Date: Monday & Wednesday mornings

Time: 10:30am until 1:30pm

Resident & Relative Meetings



The next Resident and Relative Meeting will be held in the Activities Centre on the

Monday 19TH FEBRUARY 2024 at 10:30am

This meeting is held once a month. Come along and meet other residents and relatives.

Remember - This is your meeting and all feedback is valued. This is a time for you to express your compliments, concerns and offer any suggestions.

Relatives are welcome to attend.

Previous meeting minutes are available at Reception and in the Activities Centre.



A word with Chaplain Mark

Here we are...February. Pancakes, Valentines and lots more:

Why did the golfer bring two pairs of pants?..... In case he got a hole-in-one!

If we shouldn't eat at night, why do they put a light in the fridge?



Church Services

Anglican – FEBRUARY 5th, 2024

Catholic – FEBRUARY 12TH, 2024



Pastoral Care Visits are planned each week and on request. If any residents, relatives or friends 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.



January we celebrated our Great Country, it is important that we pay respect to History, the story of Australia should focus where we are headed as much as where we have been.

Residents enjoyed a Day of Remembrance, Thong Throwing and Lamington Making with Activities. We made sailboat newspaper hats while talking about Laurieton's rich boating history. Talked about the competing Timber Mills.

Thank you for a Great Day!



Chaplain's Corner

As we head into February, I have already found people talking about footy! And the NRL first game is on March 3, and AFL starts March 7.....amazing! Seems to me we only just watched grand finals in 2023.

Anyhow, believe it or not, life is not just about football!! February is also about pancakes, and it includes National Dark Chocolate Day – I am happy to celebrate that one!!

Well....Today, I attended our Residents and Relatives meeting. It was great to hear people talking openly about what is working well and what is not so good. I thought it was a good healthy discussion, and we were fortunate to have Tim Cummins our Facility Manager present and able to respond well to the questions and comments.

At our meeting people spoke freely, making me think of situations in our world these days where people often do not feel free to talk about 'hot topics', for fear of being shot down in flames for holding a different opinion to someone else. In a lot of cases, gone are the days when we can have different views, be able to express them, and able to agree to disagree while sharing a beer or a coffee, and walk away friends.

James in the Bible has good advice on this: 'let every man be swift to hear, slow to speak, slow to wrath (or anger); for the wrath of man does not produce the righteousness of God'. I know I need to listen more – really listen to someone, particularly when we talk about tough topics; I need to listen first, then speak, and not get angry! Having a different opinion is not reason to be angry. What about you? Is this something you need to change? If you want to talk about this, let me know.

Toodle-oo and God bless you

Chaplain Mark



Resident Personal Belongings - Important Information

Laurieton Lakeside treats the protection and security of Resident personal belongings seriously.

Staff education conducted annually includes materials on handling and caring for items used by Residents.

Although Lakeside's staff make their best efforts to ensure no harm comes to Resident belongings, unforeseen accidents happen as we all know.

Lakeside wishes to reiterate that the security of belongings remains with Residents. Personal items owned by Residents are not covered by Lakeside's insurance policy.

Lakeside is not liable for the loss, damage or theft of any personal belongings.

Lakeside's management team appreciate your understanding and any further questions can be directed to our Administration Team.

Thank you,

Management

Laurieton Lakeside Aged Care Residence.

Activities-Month in Review...



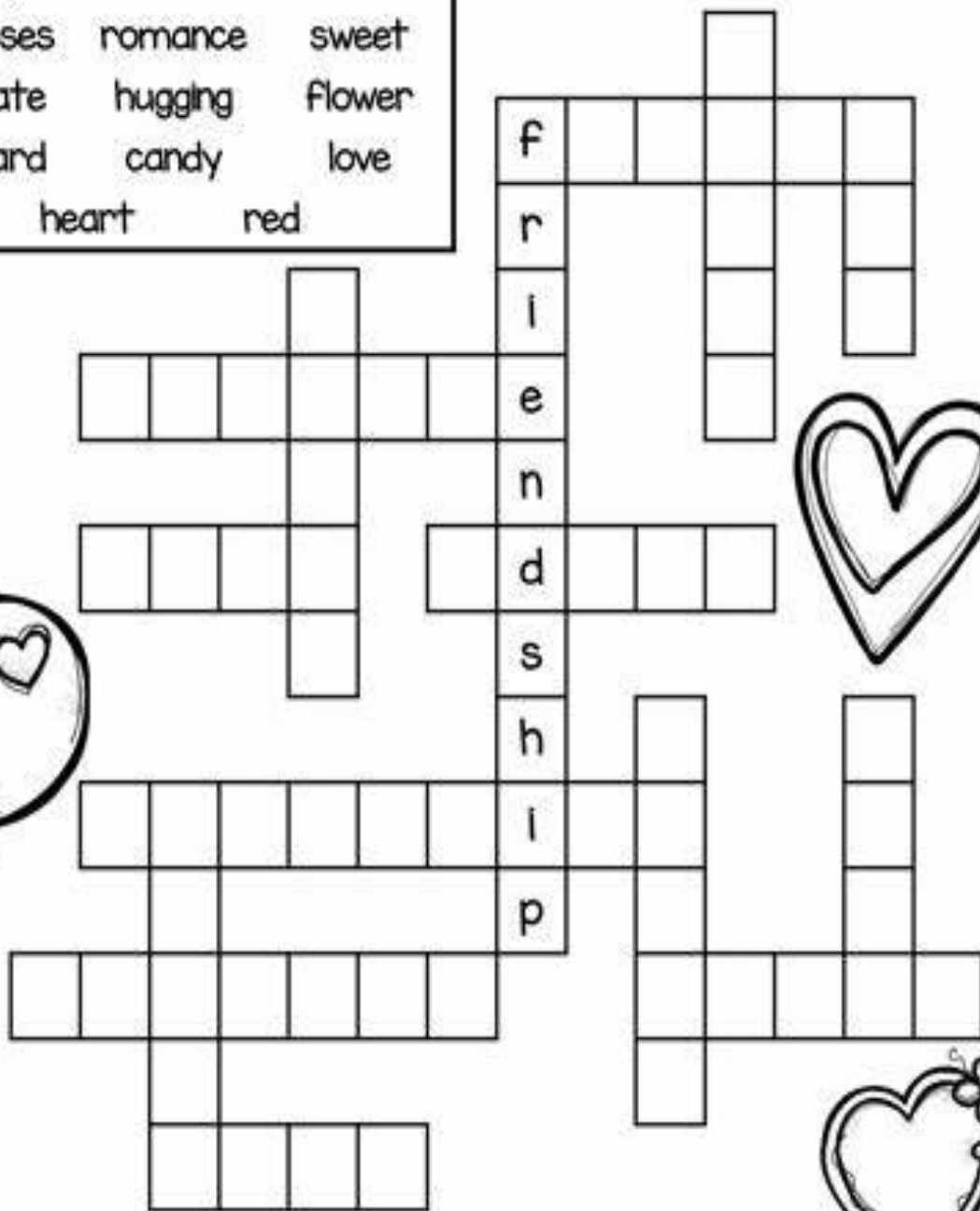
Activities-Month in Review...



Valentine's Day Crossword Puzzle

Fit each word in the box into the puzzle below. There is only one correct place for each word.

angel	adore	valentine
roses	romance	sweet
date	hugging	flower
card	candy	love
heart	red	





Gardening NEWS



Garden Club has worked hard this month re soiling the Garden Beds and cleaning out some old gardening rubbish, All looking amazing in bloom!



RESIDENT NEWS

Happy 100th Birthday Trudie!



You may email your pictures or stories to Suzanne, Jo or Hannah. The email address is lifestyle@laurietonlakeside.com.au
We would love to share your news.



BINGO



Come along and enjoy a game of Bingo with friends and Morning Tea. Bingo is held every **Thursday** morning at **10:30am**.

If anyone has any spare time on Bingo Days & would like to help our residents play please come and see Suzanne or Jo in the Activities Centre.

Hairdressing



Our hairdresser is available weekly in our very own salon (Located next to activities).

Julie is available on

Wednesday mornings for all your hairdressing needs.

Activities will hold Beauty Therapy once a fortnight on same day

Walking For Pleasure

Our Walk Group is held every Wednesday afternoon at 2:00pm.

A good pair of walking shoes and a hat is a must. Meet in the activities room.

For bad weather decisions will be made on the day and communicated through our lifestyle team.



Coach Outings

Outings will be returning to the calendar on Thursday Mornings!

These trips are to the LUSC

Please register interest with Activities, these trips can be impacted by Covid and Staff availability we thank you for your patience as we navigate this .



Joke of the Month

"Why do fathers take an extra pair of socks when they go golfing?"

In case they get a hole in one!

Welcome



A BIG Welcome to our new Residents and families. We welcome you to your lovely Home. To all our new relatives the Monthly Program and Newsreels are kept in the Activities Centre.

Please come and take one. All the information you need to know is in the booklet.

Volunteer Your Time

We are looking for volunteers to assist our residents – going for walks, playing bingo, bowls, craft and just sitting for a few minutes for a chat.

If you or someone you know would like to give us a few moments of time, we would greatly appreciate it. As would our residents.

Please come and see Suzanne and Hannah in the Activities Centre.

Recipe of the Month

Chinese New Year Fortune Cookies!

Ingredients

for 10 servings

- 2 large egg whites
- ½ teaspoon vanilla extract
- ½ cup all purpose flour
- ½ cup sugar
- 1 pinch salt
- 3 tablespoons water

1. Preheat the oven to 425F (220C).
2. Add the egg whites and vanilla extract to a medium bowl and use a whisk or hand mixer to beat until frothy, about 1 minute.
3. Sift in the flour, sugar, and salt through a fine-mesh sieve.
4. Using a spatula, gently incorporate into the batter until paste-like.
5. Add the water, 1 tablespoon at a time, until the batter is smooth and falls into ribbons when the spatula is picked up.
6. Place 1 tablespoon of batter onto a silpat-lined baking sheet and spread into a 3-inch (7-cm) circle.
7. Repeat with another tablespoon of batter, making sure to only leave two circles on the silpat.
8. Bake for 8 minutes, until the edges become golden brown.
9. Working quickly, use a spatula to remove the cookies from the pan. Add a fortune in the middle, fold the cookies in half, then place the flat side on the lip of a cup, folding the edges down into a fortune cookie shape. Place the folded fortune cookies in a mini muffin tin until cooled to retain their shape.
10. Repeat with remaining batter.



Physio Update

Welcome to our Physio Team!

Bronwyn, our Occupational Therapist brings a wide range of skills to support maintain and identify day to day struggles and strengths to better facilitate adjustments in our Daily Living Tasks.

Charlie, our Interim Allied Health Assistant, will be supporting our Physio Group activities such as our **2pm Physio Program Tuesdays and Thursdays**.

We also welcome **Warren** our Physiotherapist !

The team will be doing a **6 week Falls Prevention Class** starting **February 16th**, please talk to Activities, or Physio for a referral to this new program.

Balance Testing will also be occurring, with Goals being to work towards improvements in mobility.

We would love to see you at these great programs!



Compliments, Complaints and Feed-

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.

Kathy Barnett – Director of Nursing, don@laurietonlakeside.com.au 02 6559 8777

or

Kristy Potts – Operations Manager, operationsmanager@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.



Valentine's Trivia

1. What state produces a majority of America's roses?

- A. Florida
- B. California
- C. Texas

2. What is the most popular way to say "Be Mine"?

- A. Flowers
- B. Cards
- C. Candy

3. What fruit is also known as the "love apple"?

- A. Red Apples
- B. Tomatoes
- C. Blood Oranges

4. Who was the first television couple to share a bed on air (instead of twin beds)?

- A. Lucy and Ricky Ricardo
- B. Fred and Wilma Flintstone
- C. Mike and Carol Brady

5. Conversation hearts were first made by what company?

- A. Necco
- B. Hershey's
- C. Wonka

6. If a woman sees a robin on Valentine's Day, what kind of a man will she marry?

- A. A Sailor
- B. A Singer
- C. A Butcher

7. What state has a town called Valentine?

- A. California
- B. Vermont
- C. Nebraska

8. Who is Mickey Mouse's valentine?

- A. Goofy
- B. Daffy
- C. Minnie

9. In what year did Valentine's Day be declared an official holiday?

- A. 1537
- B. 1837
- C. 1937

10. How much does the average American spend on Valentine's Day?

- A. \$5
- B. \$20
- C. \$75

More on Back



Name: _____

February Word Search



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

- | | | |
|--------------------|------------------|---------------|
| VALENTINE | CHINESE NEW YEAR | CHOCOLATE |
| HEART MONTH | AMETHYST | GROUNDHOG DAY |
| BLACK HISTORY | AQUARIUS | FLOWERS |
| BIRD FEEDING MONTH | LEAP YEAR | FOOTBALL |
| SUPER BOWL | SWEETHEART | LINCOLN |

