



Laurieton Lakeside
AGED CARE RESIDENCE

LAKE SIDE NEWSREEL

DECEMBER 2024



Inside the December Edition ...

- *Welcome2
- *Note from Management3
- *Month in Review6-10
- *Recipe of the Month16
- *Word Search.....20



Lifestyle's team

NEWSREEL



Welcome to our December Newsreel!

We have an entertainment packed month in the lead up to Christmas. We have our Residents and Family Christmas Party and Concert on Thursday 5th December with a special appearance by Santa. We have our last Birthday Party with Roy for the year and our new Poetry with Bill. On Friday 13th December our residents are going out for a Christmas Lights Bus Tour, with thanks to Busways for providing this to us free of charge! What a gift. Then there is our Christmas Concert later in the month with new performer Craig, as well as a Christmas Themed "Name that Tune with Graeme and Kay". We also have Armchair Travel to the North Pole this month in keeping with the Christmas Theme.

We are also running a Christmas Raffle with loads of prizes to be won. Tickets are on sale at reception or through the Lifestyles Team. Tickets are \$2 each or 3 for \$5.

Our team would like to wish you all a happy and peaceful Christmas this year.

Kind regards

Michelle, Olivia, Brooke, Jodi and Cameron

xxxxx

A Note from Management

Facility Manager Update

Dear Residents and Resident Representatives,

Appointment of New AIN Team Leader

We are excited to announce the appointment of Mel McGregor as our AIN Team Leader. Mel previously worked at Lakeside for over a decade before spending 10 months at another aged care home in Port Macquarie.

Mel returns to us in her new role with a key focus on maintaining standards and care practices across the Assistant Nursing team. Mel's current agenda includes staff training in areas such as; call bell response, fluid intake, dentures/teeth care, resident room tidies, reducing clutter, maintaining resident dignity, oral care and infection control.

Mel is also focussed on AIN workflows, team cohesion across shifts and general improvements for staff and residents.

Clinical Educator

In addition to the AIN Team Leader role, Paul Merton has been appointed as Lakeside's Clinical Educator two days per week. Paul is focussed on upskilling our clinical team, maintaining quality clinical systems, auditing and infection control.

Paul has a passion for improvement and will play a key role in our continuous improvement program.

2024 in Review

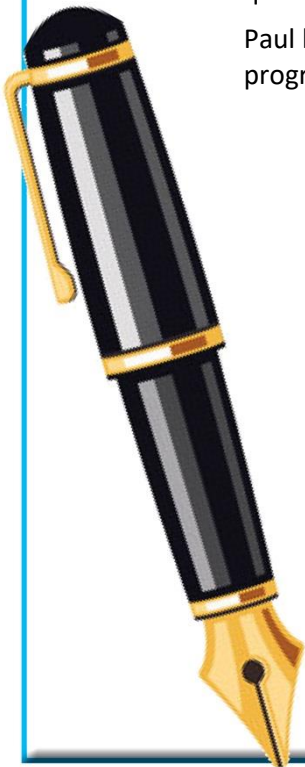
Every year brings new challenges and 2024 was no different. On reflection, there have been many changes and achievements at Lakeside this year. Naturally, new personnel bring new philosophies of care and different ideas about how to operate Lakeside. Although there is no perfect solution or model, the true test is whether residents feel at home here, and if staff are content with the culture and overall direction of the workplace. We are confident that we are trending in the right direction and that we are well placed for the new Aged Care Standards set to arrive in July 2025.

Thank you to all the residents, families, visitors and staff that have been part of Lakeside's journey this year. We are excited by all the new projects coming in 2025 and wish everyone a Merry Christmas and cheerful festive season.

See you in 2025.

Tim Cummins

Facility Manager





A word from Mark

A word with Chaplain Mark

I wish you and your families a wonderful Christmas and a happy new year – hard to believe we are moving into 2025!!!.

Thank you to everyone I have talked with this year for taking the time. I must say I love talking with residents, relatives, and staff. And I am thankful for each person I have contact with here at Lakeside.

Jokes and wisdom for us older folks.....

What kind of motorcycle does Santa drive? A Holly Davidson.

What do you get when you cross a Christmas tree with an apple? A pineapple.

What do you call an old snowman? Water

"Of all the months of the year there is not a month one half so welcome to the young, or so full of happy associations, as the last month of the year." — Charles Dickens

"December is a simple wish that brings spectacular moments." — Unknown

"May your walls know joy, may every room hold laughter, and every window open to great possibility." — Mary Anne Radmacher

"Once in our world, a stable had something in it that was bigger than our whole world." CS Lewis


Church services for December:

Anglican Monday December 2 (This will be an 'all welcome' Christmas Carol Service)

Catholic Monday December 9

Pastoral Care Visits are planned each week and on request. If any **residents, relatives or 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** – faith, family, memories, travels, footy, cricket, motorbikes, what makes you happy, sad, worriedanything.





A word from Mark

So It is Christmas...or at least it is on the way...very close.

Christmas can be a great time for many, but also a difficult or sad time for some. I know people who are facing Christmas for the first time without mum, dad, wife, husband, or others close to them. That is tough and can take the gloss off what may have always been a joyful time.

And of course many people live lonely lives, separated from loved ones by distance or difficult relationships. And then there are those who have bad memories of Christmas going way back.

I do feel for all who find it tough. But I hope you can find some joy at this time no matter what else is happening in your life.

The song 'Joy to the World' is a very popular Christmas carol. It speaks of God's love shown to us in Jesus, that He is King. It tells of the 'wonders of His love'.....I came to know that love back in 1986, and what a change it made in me....to realise that Jesus indeed loves me, that He gave His life for me (and you), forgiving me of my sins, when He died on the cross, and then rose from the dead. He was a baby in the manger, but His life was constantly looking ahead to the cross.

Jesus came to give life and life abundantly to those who will put their faith and trust in Him. Oh, 'the wonders of His love' of which the song speaks.

I pray you will look to Jesus this Christmas – whether you have for many years, or have never really considered Him seriously before.

You may have heard or seen the saying 'Jesus is the Reason for the Season'. Well, it is true – no Jesus, no Christmas. While we do not know the exact date of His birth, to take time to celebrate Jesus, the only one who offers forgiveness of sins and eternal life, cannot be a bad thing, can it? I will be celebrating Jesus this Christmas, that is for sure.

Jesus brings hope, gives us a future, and as the song says – JOY to the world. May you know the true Joy that only Jesus can bring.

And of course, if you want to have a chat about this or anything else, let me know.

Toodle-oo and God bless you

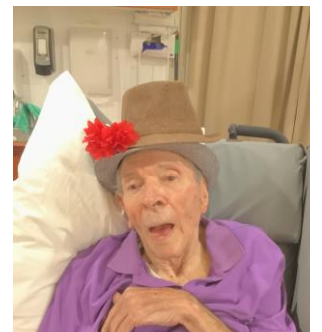
Chaplain Mark



Happy Snaps

Activities - Month in Review

MELBOURNE CUP



Happy Snaps

Activities - Month in Review



Special thanks to Lake Cathie Public School for gifting us a beautiful floral wreath for Remembrance Day and for also loaning us the amazing Bugler Alex to perform the last post for our Remembrance Day Ceremony.

Happy Snaps

Activities - Month in Review

Cabaret Belles



Happy Snaps

Activities - Month in Review



Happy Snaps

Activities - Month in Review



Lost & Found Retrieval Days

Activities have taken over the lost and found property. Come and have a chat with us if you or your loved one is missing some lost items.

If items are unable to be located at the time, we 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.

Please ensure any items that you bring in for your loved ones are labelled or you can request labelling by Lakeside.

Where: Activities Centre



Gardening News



We have so many other activities this month that we have suspended Garden Club for this month. Drop into the garden and you will see all the new herbs have been growing as well as the wild cherry tomato bush that has been producing some delicious little tomatoes.

If you feel like a spot of gardening feel free to drop into activities as we have gardening tools if you need any.

Next Scheduled Podiatrist Visit

Monday 9th December 2024
&
Monday 16th December 2024

Reserve your place now!



Thursday



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 and would like to help our residents play, please come and see Michelle or Olivia in the Activities Centre.

Our Hairdressing Salon

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** three times this month on the same day.



Walk ~~Rock & Roll~~ Group



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.

Family and friends of residents are welcome to come along.



Coach Outings

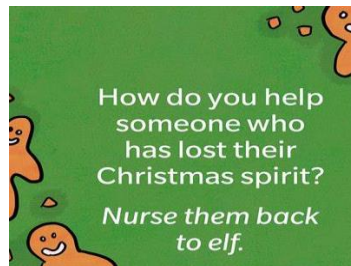
This month in December we are heading on a bus outing to the Harrington Hotel for lunch as well as a scenic drive. This will be happening on Tuesday 17 December 2024.

We are also running a Christmas lights bus tour on Friday 13 December 2024.

Please register your interest in this outing by contacting the Lifestyles team.

We will be continuing our weekly outings to the Laurieton United Services Club every Thursday Afternoon. Once again please register your interest in these outings by contacting the Lifestyles team.

Joke of the Month



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 sometime?

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 the Lifestyles Team in the Activities Centre.

Recipe of the Month



Mini Christmas Puddings



Ingredients

- 1 good quality dark fruitcake (about 700g)
- 2 tbsp of brandy or Cointreau
- 100g dark chocolate, melted
- 14 red glacé cherries, washed, cut in quarters
- 14 green glacé cherries, washed, cut in quarters

Icing:

- 1 ½ cups CSR Soft Icing Mixture, sifted
- 2 tbsp water

Method

1. In a food processor, blitz the fruitcake to form a crumb.
2. Add the brandy and melted dark chocolate and process in short bursts until fully mixed.
3. Line an oven tray with baking paper.
4. Roll 2 heaped teaspoons of cake mixture into a walnut sized ball. Place onto the prepared tray. Repeat with all the mixture. Refrigerate for about 30 mins until firm.
5. In a medium bowl, add the icing sugar mixture and water, mixing until you have a smooth thick paste.
6. Remove the balls from the fridge and spoon a little icing over each mini pudding. Decorate with pieces of green and red cherries. Allow to set before serving.

Physio Update



Bron and Warren have been running a small “Falls Prevention” group every Monday, Wednesday & Friday mornings in the LV lounge. Classes consist of exercises for flexibility, strength and with a particular focus on balance. We wanted to acknowledge the group regular attendee’s – Jean R, Jean R, Christine M, Janice C, John H, Anne H, Eric U and Colin S. We also have a few other residents participate occasionally. Together we have become the “Laurieton Larrikins”. Whilst we do have a LOT of fun, we are SO proud of the gains made by our regular crew, as each and every one of them has shown wonderful improvements in their confidence and balance. So much so that we now play standing soccer and standing balloon tennis. Drew’s Tuesday & Thursday afternoon exercises classes have also been well attended and remain a highlight for many residents.

Classes will soon finish for the year but stay tuned for new groups next year, along with individual exercises programs and more information about who we are and what our Allied Health team can assist you with.

Merry Christmas to all.

Bron, Warren and Drew



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

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.

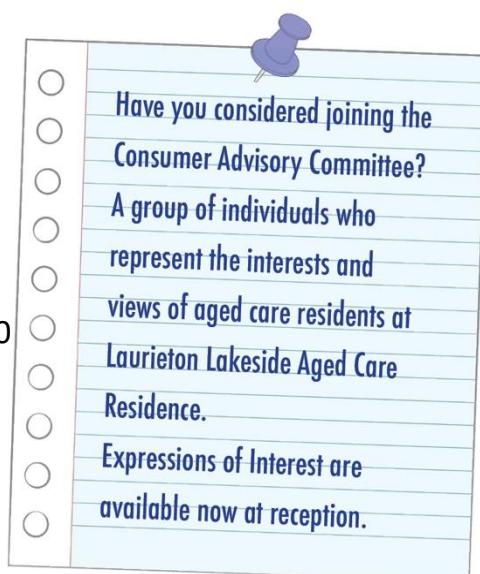
AGED CARE QUALITY AND SAFETY COMMISSION

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.



Fun Stuff to do



SHORT JOKES & ONE-LINERS

What do you get if you cross a snowman and a shark? Frostbite

What's Santa's favorite type of music?Wrap

What do you call a snowman party?A snowball

Why did Santa put a clock in his sleigh?..... He wanted to see time fly.

What did the beaver say to the Christmas tree?..... Nice gnawing you.

What do you call a kid who doesn't believe in Santa?A rebel without a Claus.

What's Santa's favorite pizza?..... One that's deep pan, crisp and even.

Why did the elf put his bed into the fireplace?He wanted to sleep like a log.

What's the difference between the Christmas alphabet and the regular alphabet?
.....The Christmas alphabet has Noel.

What's the most popular Christmas wine?..... "I don't like Brussels sprouts!"

What did one Christmas light say to the other?You light up my life.

Why does Santa have a garden?..... So he can hoe, hoe, hoe.

Word Search

CHRISTMAS TREE DECORATIONS



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

Bows

Tinsel

Ribbons

Lights

Santa Claus

Wreath

Angel

Baubles

Bow

Presents

Bells

Snowflake

Snowman

Christmas

Garland

Decorations

Crib

Star

Reindeer

Tree