



**Laurieton Lakeside**  
AGED CARE RESIDENCE

# LAKE SIDE NEWSREEL

NOVEMBER 2024



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THEY SHALL GROW NOT OLD, AS WE THAT ARE LEFT GROW OLD;  
 AGE SHALL NOT WEARY THEM,  
 NOR THE YEARS CONDEMN.  
 AT THE GOING DOWN OF THE SUN AND IN THE MORNING,  
 WE WILL REMEMBER THEM,  
 LEST WE FORGET.



REMEMBRANCE DAY  
11<sup>TH</sup> NOVEMBER

# Lifestyle's team

## NEWSREEL



Welcome to our November Newsreel!

This month we have so much going on in Activities. Melbourne cup on Tuesday 5<sup>th</sup> is a big day, a great reason to dress up as there will a prize for best dressed to be won. We are having a High Tea in the morning followed by a Happy Hour in the afternoon where we can watch the race on the big screen!

This month we have a very special afternoon celebration of Diwali, the Indian festival of lights. You will be able to taste some authentic Indian food made by our very own PK.

We have a wealth of entertainment including a concert with Steve Taylor, Cabaret Belles, Men's Shed Choir and Ballroom dancers as well as our usual Birthday Party with Roy and Name that Tune with Graeme & Kay.

A bus outing to Gladstone Heritage Hotel will be occurring on Tuesday 19<sup>th</sup> November 2024 for lunch. Seats are limited so let us know if you wish to book a seat.

Kind regards

Michelle, Olivia, Brooke, Jodi and Cameron

XXXXX

# A Note from Management

## Facility Manager Update

Dear Residents and Resident Representatives,

### Changes to RAT Testing

As visitors would now be aware, the following changes to RAT testing was implemented in late October:

- Visitors to Laurieton Lakeside will only need to complete a RAT test once per week. For regular visitors, this RAT test is to be completed the first time visiting the home for the week.
- Negative RAT tests must continue to be presented to our reception team.
- Any person with symptoms should not visit the home until symptoms have resolved.
- Any person that has tested positive for COVID-19 should not enter the home for at least 7 days and when symptoms have resolved.

Thank you to all visitors that adhered to our past RAT testing protocol, your compliance helped to ensure infectious outbreaks were minimised at Laurieton Lakeside.

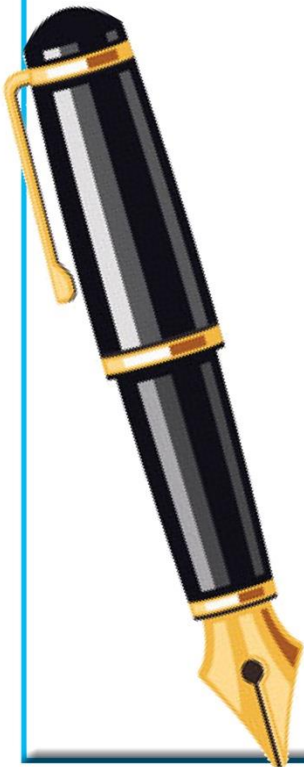
### Halloween & Christmas

Thank you to all the staff that helped decorate the nurses' stations for Halloween. It was great to see all the staff costumes in the spirit of Halloween.

Christmas preparations are in full swing, and we expect this Christmas to be a memorable occasion for residents and their guests. More information will be released in the coming weeks regarding Christmas lunch arrangements for relatives/visitors and Christmas festivities in general.

All the best for November.

*Tim Cummins*  
Facility Manager





# A word from Mark

## A word with Chaplain Mark

Happy November!

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

When does December come before November? In the dictionary.

If an apple a day keeps the doctor away, what does an onion do? Keeps everyone away.

What did the cranberry say to the turkey? Nothing. Cranberries can't talk.

"Old minds are like old horses; you must exercise them if you wish to keep them in working order." John Adams

'He is no fool who gives what he cannot keep to gain what he cannot lose.' – Jim Elliot


### **Church services for November:**

**Anglican** Monday November 4

**Catholic** **Not on this month** due to Remembrance Day November 11 – special Remembrance Day Service to be held.

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** – faith, family, memories, travels, footy, cricket, motorbikes, what makes you happy, sad, worried .....anything.





# A word from Mark

## Four things that matter most

I came across a book by Dr Ira Byock "[\*The Four Things that Matter Most: A Book About Living.\*](#)"

These things that matter most are important phrases: **'Please forgive me,' 'I forgive you,' 'Thank you,' and 'I love you.'**

I feel they are important things for people to address, particularly as we get older and nearer to the end of our lives. Forgiveness, love and thanks. They are key factors in life. Very important! These 4 simple statements are powerful tools for improving your relationships and your life. Dr Byock has taught hundreds of his patients who were nearing life's end, even when suffering can be profound, to **say** the Four Things. But these Four Things can apply at **any time in life** ..... and **to any one**. He goes on to say that these four short sentences carry the core wisdom of what people who are dying have taught him about what matters most in life. He adds: 'They can't change what was, but without fail their regrets have fuelled a healthy resolve to say what needs to be said before it is too late – to clear away hurt feelings, to connect in profound ways with people who mean the most to them'

All relationships can have rough spots, even the best relationships, and perhaps there are things that **need to be said** ..... before it is too late. And we never know when it will be too late.

Relationships are very important, and do not end at death. The importance of relationships led Dr. Byock to conclude that patients who came to positive life closure, were not afraid to say these four important phrases to those they loved: **'Please forgive me,' 'I forgive you,' 'Thank you,' and 'I love you.'** It is that **simple BUT it is not easy.**

My plan is to address each of these Four Things briefly in some future Newsreels. I believe they are **very important....to all of us!** They are NOT only for those nearing the end of our lives, but worthy of consideration regardless of age or physical/mental health.

I know this is a fairly seriously toned article, and if you want to talk with me about it, I would love to hear from you. And of course, if you want to have a chat about anything else, count me in.

Toodle-oo and God bless you

Chaplain Mark



# Happy Snaps

## Activities - Month in Review



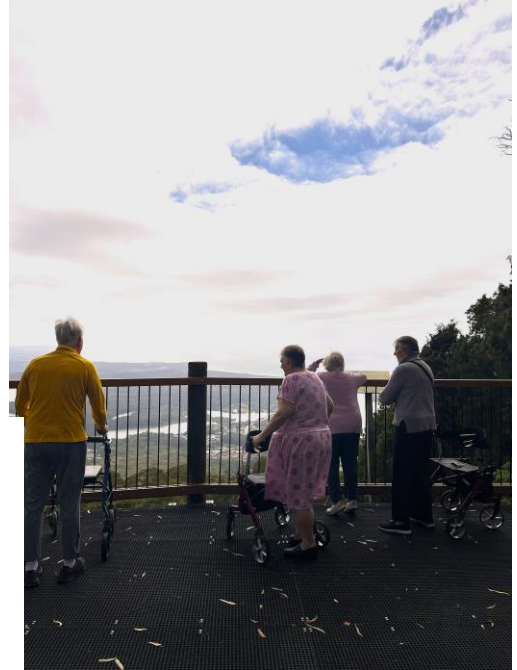
# Happy Snaps

## Activities - Month in Review



# Happy Snaps

## Activities - Month in Review





# Happy Snaps

## Activities - Month in Review



# Happy Snaps

## Activities - Month in Review



# Lost & Found Retrieval Days

Activities are taking 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 and even some strawberries.

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 11<sup>th</sup> November 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 November we are heading on a bus outing to Gladstone Heritage Hotel.**

**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.**

**Ideas for group outings are welcome, just come and have a chat.**

# Joke of the Month

What is the opposite of November?  
..... Yes-venber



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



## Christmas couscous



### Ingredients

- 1 1/2 cups (300g) pearl couscous
- 1 cup (120g) frozen peas
- 2 x 150g pkts Coles Deli Baby Bell Peppers Stuffed With Cream Cheese, drained
- 1 red onion, finely chopped
- 1/3 cup chopped flat-leaf parsley
- 2 tbsp avocado oil or extra virgin olive oil
- 1 tbsp lemon juice
- 1 garlic clove, crushed
- 2 tbsp finely grated lemon rind

### Method

#### • Step 1

Cook the couscous in a large saucepan of boiling water for 10 mins or until tender, adding the peas in the last 4 mins of cooking. Refresh under cold water. Drain well. Transfer to a large bowl.

#### • Step 2

Add the peppers to the couscous mixture in the bowl with the onion, parsley, oil, lemon juice and garlic. Season. Toss to combine. Transfer to a serving dish. Sprinkle with lemon rind.



# Physio Update



Hello from Allied Health,

It's been another busy month with our classes.

Quick reminder, to speak to care staff, Warren or Bron if you have any pain, or if you are concerned about your movement or balance.

Other times that you might see us is when you first arrive, and periodically to monitor your walking and balance.

Remember the old saying "USE IT OR LOSE IT!" .....

We are happy to help you find it 😊

Bron, Warren & 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](mailto:fm@laurietonlakeside.com.au)**

02 6559 8777

**Kristy Potts – Operations Manager, [operationsmanager@laurietonlakeside.com.au](mailto: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.

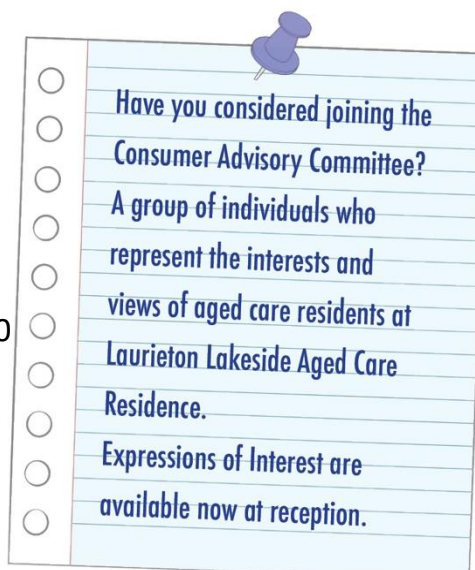
## **AGED CARE QUALITY AND SAFETY COMMISSION**

**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.



○ Have you considered joining the  
○ Consumer Advisory Committee?  
○ A group of individuals who  
○ represent the interests and  
○ views of aged care residents at  
○ Laurieton Lakeside Aged Care  
○ Residence.  
○ Expressions of Interest are  
○ available now at reception.

# Fun Stuff to do



## SHORT JOKES & ONE-LINERS

What do you call a pile of cats? A meow-tain.

I used to play piano by ear, but now I use my hands.

Why was the math book sad? It had too many problems.

I once ate a watch. It was time-consuming.

How does a penguin build its house? Igloos it together.

Why don't seagulls fly over the bay? Because then they'd be bagels.

What's orange and sounds like a parrot? A carrot.

Any married man should forget his mistakes. There is no point in two people remembering the same thing!

Where there is a will, there is a relative.

If money doesn't grow on trees, how come banks have branches?

Always remember; you're unique, just like everyone else!

If you don't like me, remember it's mind over matter - I don't mind and you don't matter!

Why did the fish blush? Because he saw the ocean's bottom.

# Fun Stuff to do

