



Laurieton Lakeside
AGED CARE RESIDENCE

LAKE SIDE NEWSREEL

AUGUST 2024



Inside the August Edition ...

- *Welcome2**
- *Note from Management3**
- *Month in Review7-8**
- *Recipe of the Month15**
- *Word Search18**



Lifestyle's team

NEWSREEL



Welcome to our August Newsreel!

The last month of winter is upon us! Here's to sunny skies and warm weather so we can all enjoy a bit more time outdoors.

Speaking of getting outdoors, this month we have the Hastings Auto Restorers Car Club coming to Lakeside. They will be showing 10 to 15 of their amazing beautifully restored cars on Thursday 8 August in our northern car park from 10am.

We have our Father's Day raffle coming up at the end of this month. Tickets are 1 x ticket for \$2 or 3 tickets for \$5.

Kind regards
Michelle and Olivia

A Note from Management

Dear Residents and Resident Representatives,

It is my pleasure to provide you with several key updates across the home.

Accreditation Report

We recently received our 3-year accreditation from The Aged Care Quality and Safety Commission (ACQSC) which was very pleasing. Thank you to all the staff and residents that provided feedback to the ACQSC team.

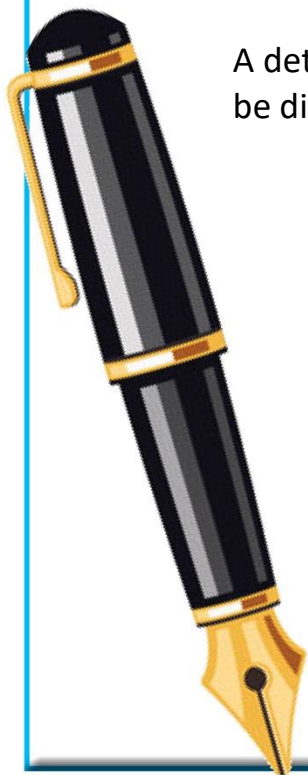
Although there are several care and service areas for us to improve (identified during the Commission's visit), we are confident that our Plan for Continuous Improvement is robust and will deliver improved outcomes for residents in the near future.

A detailed overview of the accreditation report is being prepared and will be distributed to residents and their representatives during August.

Director of Nursing Role

Kathy Barnett recently ended her tenure as Director of Nursing. Kathy played a significant role during the covid years which was no easy feat. We wish Kathy all the best for her future endeavours and thank her for her years of service at Lakeside.

Nichole Lucey has moved into the Acting Director of Nursing role as we work through our forward management plan. Nichole was previously Lakeside's Deputy Director of Nursing and Quality Coordinator.



A Note from Management

Other News

- Onsite pharmacist – We now have an onsite pharmacist from Flynn’s Beach Pharmacy here every Tuesday, Wednesday, and Thursday. This exciting initiative provides an additional support resource for our team and an opportunity for families to discuss medications directly with an expert pharmacist. The pharmacist is settling into the role, and we will provide further information about this role to representatives within the next fortnight.
- PJ wing air conditioning – works have been completed in this wing and the system has been tested and is working as intended. If you have any questions about the system, please contact me or the maintenance team for troubleshooting assistance.

Final Thought

That is all for now. I look forward to providing another update in next month’s edition.

Tim Cummins

Facility Manager





A word from Mark

A word with Chaplain Mark

August – the winds, the last month of Winter before we get into spring. And I have 4 family birthdays – mother in law(no longer living), wife, daughter, granddaughter....The credit card might get a bit of a workout!

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

How are the moon and dentures alike? They both come out at night.

What goes up and never comes down? Your age.

You know you're getting old when your birthday cake is a fire hazard.

It's important to have a twinkle in your wrinkle.

'I cannot change the actions of others. I cannot change the inevitable.

The only thing I can change is my attitude.' – **Charles R. Swindoll**

Church services for July:

Anglican Monday August 5

Catholic Monday August 12

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, faith, footy, cricket, motorbikes, what makes you happy, sad, worriedanything.





A word from Mark

Here we are and getting toward the pointy end of the football seasons. Some people are happy, and others not so (like me...my team Collingwood is looking pretty bad as I type this). But we have to remember that footy is 'just a game'....it is not life and death. There are more important things to consider. I was thinking about writing on a very serious matter, but decided it may be good to write about laughter....which is serious! Seriously good for you!

The Bible talks about laughter. Proverbs 17:22 says 'A joyful heart is good medicine' And it's proven that it takes less effort to smile than to frown.

What sort of things make you laugh? Jokes, stories, movies, comic strips? Speaking of comic strips – I used to love Dagwood and Bondie, and Ginger Meggs when I was young...what about you? A good belly laugh is truly good for us – it releases 'feel good' chemicals in our brain, increases oxygen intake, and stimulates heart lungs and brain, and reduces stress and tension. It also improves our mood, making us feel relaxed and happy. And a bonus – laughing can be contagious – kind of like yawning, but laughing is good.

Some humour is obviously not good – jokes or comments that make fun of other people, or puts them down. And sarcasm is not good either – I used to use it a lot, but I hopefully have cut it out completely.

'Laughter is one way to **see happiness and hear it**; it is happiness made visible and audible. It's the sound of joy! Laughter – this happy treasure – is for us to cherish as a gift from God' Pastor Isaac Adams

A Sunday School teacher was discussing the Ten commandments with the 5 and 6 year olds. After explaining the commandment to 'Honour your father and your mother', the teacher asked 'Is there a commandment that teaches how to treat our brothers and sisters?' Without missing a beat, one boy answered 'Thou shalt not kill'.

Laugh more, and be thankful that we have things to laugh about.

Let me know if you want to have a chat about thisor anything else....**or if you have a joke to share!!**

Toodle-oo and God bless you

Chaplain Mark



Happy Snaps

Activities - Month in Review



Happy Snaps

Activities - Month in Review



3



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 had a productive month last month clearing out the garden beds. This month we will be planting some new herbs so that we can eventually grow enough to supply the kitchen with fresh herbs as needed.

We are holding Garden Club again this month on the first and the third Monday afternoon's at 2pm. Everyone is welcome to attend.

If you feel like gardening at any other times and need any tools, drop into Activities on the way out, we would be happy to help.

Next Scheduled Podiatrist Visit

Monday 12th August 2024

&

Monday 26th August 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 & 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.



Coach Outings

This month in August

This month we will have an outing for a Father's Day lunch to the Laurieton Men's Shed on Thursday 29th August. Please let us know if you are interested in attending as seats are limited!

We will also 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

Why did the scarecrow win an award?

Because he was outstanding in his field!



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



Ingredients

- 225g butter, at room temperature, chopped
- 215g (1 cup) caster sugar
- 3 tsp finely grated lemon rind
- 3 eggs
- 150g (1 cup) self-raising flour
- 75g (1/2 cup) plain flour
- 125ml (1/2 cup) lemon juice

Glaze

- 150g (1 cup) icing sugar mixture, sifted
- 25g butter, melted
- 1-1 1/2 tbs strained lemon juice

Method

- Preheat oven to 170C/150C fan forced. Grease a 16 x 26cm (base) slice pan and line with baking paper, extending paper over the two long sides.
- Use electric beaters to beat the butter, sugar and lemon rind until pale and creamy. One at a time add the eggs, beating well between each addition. Sift the self-raising flour, Plain flour over, add the juice and fold together until combined.
- Spread into prepared pan and smooth the surface. Bake for 30 minutes or until lightly golden and springy to a gentle touch in the centre. Leave in the pan for 10 minutes, then transfer to a wire rack to cool completely.
- To make glaze, combine the icing sugar, butter and 1 tbs lemon juice in a bowl and stir until smooth, adding more juice if necessary. Spread over the cake and leave for 1 hour or until set. Cut into squares to serve.

Ask about our cooking classes

Physio Update



Hello from Allied Health (Warren, Bron & Drew)

Last month we assessed new residents for our Falls prevention group classes and are now ready to take on new groups. From 1st August we are going to be focusing more on those residents who need assistance with walking or have had recent falls.

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 😊

Cheers

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

Kathy Barnett – 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.

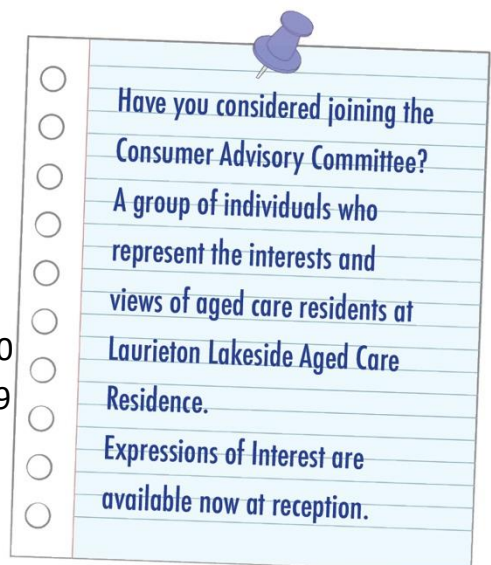
Below are a couple of services you may like to use as your advocate;

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.



Fun Stuff to do



Word Search

UNUSUAL CREATURES

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

Quokka
Axolotl
Pangolin
Blobfish
Numbat

Thorny Devil
Anglerfish
Komodo Dragon
Natterjack
Manatee

Lemming
Narwhal
Marmoset
Tapir
Lemur

Sea Angel
Caiman
Ocelot
Armadillo