



Laurieton Lakeside
AGED CARE RESIDENCE

LAKE SIDE NEWSREEL

SEPTEMBER 2024



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Lifestyle's team

NEWSREEL



Welcome to our September Newsreel!

Spring has arrived and don't we know it! The warm weather has arrived suddenly and you would be mistaken for thinking it's summer already!

This month we have the Camden Haven Choir coming to sing us some tunes. We also have managed to secure the Cabaret Belles for another visit this month, don't miss it, they put on an amazing show last visit.

Lifestyles has a few new volunteers joining us, so if you see them around say hello. We have also been hosting some Camden Haven High School year 10 students in Lifestyles for work experience. Please make them feel welcome also.

Kind regards

Michelle, Olivia, Brooke, Jodi and Cameron

XXXXX

A Note from Management

Facility Manager Update

Dear Residents and Resident Representatives,

It was lovely to see all the Father's Day celebrations recently, it is always a special time of the year.

New Wing Design

You may have noticed that there has recently been surveying works around the property as we consider the possibility of a new wing development on the vacant block of land on our southern boundary.

Although planning is in the early stages and we are yet to submit a DA to The Port Macquarie Council, if successful, the new wing would likely open in 2027. We will provide further updates once a decision has been made as to whether the new wing development will proceed.

Feedback

Thank you to all the residents and representatives that provided feedback during August. We appreciate your input and consider all feedback as part of our continuous improvement plan. Whether you have a compliment, concern, or complaint, please let our team know as this helps us improve our systems and ultimately, the care and services at Lakeside.

Have a great September.

Tim Cummins

Facility Manager





A word from Mark

A word with Chaplain Mark

September – hello SPRING. The average temperature for September is minimum 9 degrees, and maximum 23. And an average of 5 days of rain. Sounds good to me! And it's footy finals time for those fortunate enough to have a team still playing.

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

How do bees brush their hair? With honeycombs.

What type of a bow can't be tied or untied? A rainbow.

What falls but never gets hurt? The rain.

"Spring shows what God can do with a drab and dirty world." Virgil A Kraft

"Spring adds new life and new beauty to all that is." Jessica Harrelson

"Some old-fashioned things like fresh air and sunshine are hard to beat." Laura Ingalls Wilder


Church services for September:

Anglican Monday September 2

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





A word from Mark

'The Lord is my Shepherd, I shall not want. He makes me to lie down in pastures green; He leads me beside still waters'

One of the best known bits of the Bible, isn't it. People who have seldom set foot inside a church building, still know this passage – the beginning of Psalm 23.

Psalm 23 does more than tell us that God protects, guides, and blesses. It shows us a poetic image of a powerless sheep being tended by an unfailingly careful shepherd. In a world of dangerous ditches and ravenous wolves, we need more than abstract explanations. We need pictures to hang on to.

Henry Ward Beecher said of Psalm 23 that it has comforted the poor, given courage to the disappointed, consoled the sick, the captive, the widow and orphan. He added that dying soldiers have died easier as it was read to them, that it has illuminated ghastly hospitals, it has freed prisoners from torment, and has also consoled those left behind when a loved one dies.

And James Montgomery Boice said of Psalm 23 'Millions of people have memorized this psalm, even those who have learned few other Scripture portions. Ministers have used it to comfort people who are going through severe personal trials, suffering illness, or dying. For some, the words of this psalm have been the last they have ever uttered in life.'

Well known pastor CH Spurgeon said that the sweetest word here is '**MY**'. It does not say, 'The Lord is the shepherd of everyone, and leads everyone, but 'The Lord is **my** shepherd;' if he be a Shepherd to no one else, he is a Shepherd to **me**; he cares for **me**, watches over **me**, and preserves **me**.

The author of the psalm, King David, knew this personally. God was a real, personal **shepherd** for David himself. Overwhelmingly, the idea behind God's role as **shepherd** is of **loving care and concern**. David found comfort and security in the thought that God cared for him like a shepherd cares for his sheep.

On a personal note, I have come to know that God indeed cares for me, just as He cared and provided for David. And that is the experience of all who have put their faith and trust in Jesus Christ. I have found I can depend on, rely on, and absolutely trust God in all circumstances – when faced with my own health issues, or those of the family, relationship strains, concern over world events anything at all – **God is MY shepherd**. That gives me great peace and comfort no matter what the future holds.

What about you? How do you face uncertain days – today, and beyond? Do you have a calm assurance because you know that The Lord is YOUR shepherd?

I know this little article has been a bit heavier than usual, but I felt it important to write these words now. I hope you have been encouraged if you have read to the end 😊

And of course, I'd love to have a chat about thisor anything else.

Toodle-oo and God bless you

Chaplain Mark



Happy Snaps

Activities - Month in Review



Happy Snaps

Activities - Month in Review



Hastings Auto Restorers Car Show



Happy Snaps

Activities - Month in Review

Laurieton Men's Shed Father's Day Lunch



Special thanks to all the Men's Shed volunteers who cooked us a pizza lunch and gave us a tour of their sheds.



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



Last month we planted 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 Monday afternoon 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 9th September 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** twice 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 September

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

Why is the letter “A” like a flower?

.....

Because a B comes after it.



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



Honey mustard chicken sausage rolls

Ingredients

- 2 x 500g packets chicken sausages
- 2 tbsp honey
- 1 tbsp wholegrain mustard
- 2 tsp Dijon mustard
- 25g (1/4 cup) dried (packaged) breadcrumbs
- 2 tsp fresh thyme leaves
- 3 sheets frozen puff pastry, just thawed
- 1 egg, lightly whisked



Method

• Step 1

Preheat oven to 220C/200C fan forced. Line 2 baking trays with baking paper.

Step 2

Remove the sausage meat from the casings. Place the sausage meat in a bowl. Add the honey, wholegrain and Dijon mustards, breadcrumbs and thyme. Mix until well combined.

• Step 3

Cut the pastry sheets in half. Arrange one-sixth of the chicken mixture lengthways down the centre of each pastry piece. Brush 1 long edge of pastry with a little egg. Fold pastry over filling, pressing to seal and form a roll. Cut each roll into 5 even pieces. Place pieces, seam-side down, on prepared trays.

• Step 4

Bake for 25-30 minutes or until golden and cooked through. Serve sausage rolls hot.

Physio Update



Hello from Allied Health.

Winter has been a difficult time for Allied Health with staff having been sick with the usual winter colds and flu. Unfortunately, the recommencement of our exercise groups has been pushed back to next week. As the weather starts to warm up, naturally we all start to feel more motivated and keener to get moving again. The warmer weather allows for us to get outside more so we will be looking to exercise both inside and outside, focusing on balance, fitness and strength. Plus, we want to focus on FUN - working together with Lifestyles to include games, activities and dancing to get those bodies moving!

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
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.

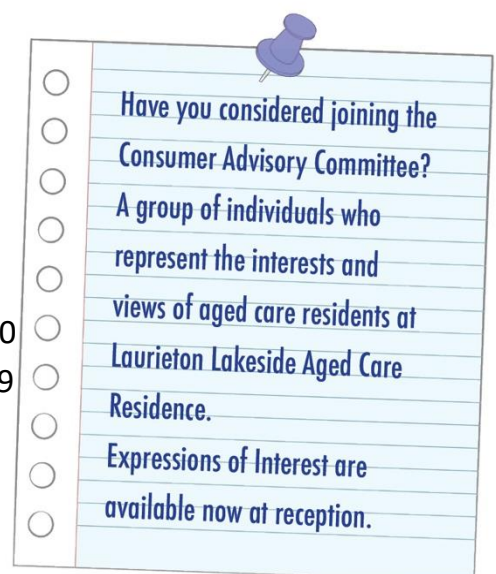
Below are a couple of services you may like to use as your advocate;

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's the difference between a man wearing pyjamas on a bicycle and a guy wearing a tuxedo on a unicycle? *Attire.*

"I'm so good at sleeping, I can do it with my eyes closed!

"How can you tell if a tree is a dogwood tree?" *"By its bark"*

Did you hear about those Russian dolls... so full of themselves.

What sits at the bottom of the sea and twitches? *A nervous wreck.*

"I saw this bloke chatting-up a cheetah. I thought: 'He's trying to pull a fast one.'

Why does a chicken coop only have two doors? *If it had four doors it would be called a sedan.*

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.*

Fun Stuff to do



Word Search

HERBS & SPICES



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

Basil

Chives

Cinnamon

Cloves

Coriander

Cumin

Dill

Fennel

Garlic

Lemongrass

Thyme

Oregano

Rosemary

Parsley

Sage

Tumeric

Vanilla

Wasabi

Chilli

Saffron