



Laurieton Lakeside
AGED CARE RESIDENCE

LAKE SIDE NEWSREEL

OCTOBER 2024



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Lifestyle's team

NEWSREEL



Welcome to our October Newsreel!

Daylight savings starts on 6th October! Aren't we all looking forward to longer days to enjoy the warm weather.

This month there is International Day of Older Person's as well as Grandparent's Day. We also have 'Loud Shirt Day' on 18th when we can all wear our loudest and brightest shirts. There is Halloween on 31st so you may notice some spooky decorations around the building.

A new to Lakeside act, Ukulele Bugs will be performing this month as well as the Cabaret Belles who had to postpone their September performance. Hope to see you all there.

Kind regards

Michelle, Olivia, Brooke, Jodi and Cameron

A Note from Management

Facility Manager Update

Dear Residents and Resident Representatives,

Appointment of Director of Nursing

Nichole Lucey has been officially appointed as Laurieton Lakeside's Director of Nursing. Nichole has a solid grounding in The Aged Care Accreditation Standards and will provide great assistance in preparing Laurieton Lakeside for the new Aged Care Standards which commence on 1 July 2025.

New Education Platform

We recently switched our staff education learning platform over to Altura Learning. Altura is the leading education platform in our industry.

During October and November 2024, our learning and education focus is on supporting residents that live with dementia. The following courses are being completed by all staff at Laurieton Lakeside:

1. Introduction to Dementia
2. Responding to Changes in Behaviour
3. De-Escalation Strategies

The goal of this education is to improve the overall understanding of all staff and deliver better outcomes for residents living with dementia.

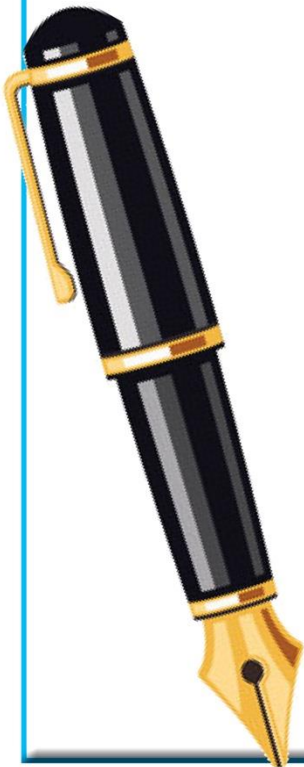
Halloween

As Halloween approaches, please be aware that nurses' stations and the reception area of the home will be decorated by staff from Tuesday 29 October. Some staff will also be in costume for Halloween on Thursday 31 October.

All the best for October.

Tim Cummins

Facility Manager



A word from Mark

A word with Chaplain Mark

October. Yet another great month! Footy is all done now....so it is on to the cricket, or whatever you like to do or watch in the warmer months. When I was at high school, I spent so much time on Bondi Beach....swimming, tanning, watching the girls go by. But that stopped when I had to work all weekend at a boatshed to earn some money after my dad left home. But it was a great job, take a swim in the harbour at Rose Bay whenever I liked – and got paid for it!

Anyhow, that was a long time ago! Did you, or do you still, like the beach? What about boats and fishing? Or is cricket your favourite? I used to love cricket too! Staying up late at night listening to John Arlott and Alan McGilvray broadcast cricket on the radio from England.

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

Which month of the year is the shortest?

May. It only has three letters.

Why did the farmer bury his money?

To make his soil rich.

What falls but never gets hurt?

The rain.

What did the plum say to the strawberry?

Let's jam!

What happens if you throw a red sun hat in the water? It gets wet!

“We have **one mouth** and **two ears**.....I reckon that means we should **listen more** and **talk a bit less**....really listen to the other person, hear what they have to say....and then, only then, should we speak”

Church services for October:

Note – Monday October 7 is public holiday, so our services are on 2nd and 3rd Mondays this month

Catholic Monday October 14

Anglican Monday October 21

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

'Sticks and stones can break my bones but names will never hurt me'. What a great saying! We have probably all heard it or even said it.

But I am sure you will agree that it is not true! Words can heal or hurt, lift up or put down, build up or destroy!

The Bible says a lot about words and how we use them. It says 'Life and death is in the power of the tongue.' That is so true. Our words can encourage people to really live, give hope, confidence, and much more. But the flip side is to kill enthusiasm, destroy hope, and more. Words are powerful!

You may know people (maybe yourself) who have been told that you will never be any good, or you're useless, hopeless and so on. Such things can stick, can't they! And those good and kind words stick too, like 'you can do it', or 'you are so good at baking cakes' and other encouraging words. They make a difference. Dale Carnegie in his book 'How to Win Friends and Influence People' says to give people a good name, meaning to speak well of them, find encouraging things to say to them, and about them.

Our nursing staff here for example, work exceptionally hard to provide care and a simple 'thank you', or 'well done' can have a very positive effect on them.

I was thinking about our God-given ability to speak words, complex ones at that. It separates us from all the rest of creation, and the words we use have shaped and will continue to shape, every relationship in our lives.

Our words are used to educate, but also to shame; to love, but also to hate; to serve, but also to demand; to encourage, but also to threaten; to motivate, but also to dominate; to express humility, but also to show pride. Words are used to share our thoughts, desires and emotions.

The Bible contains many teachings about using words wisely and responsibly. Here are some from the Book of Proverbs:

The words of the reckless pierce like swords, but the tongue of the wise brings healing.

Words from the mouth of the wise are gracious, but fools are consumed by their own lips.


A gentle answer turns away wrath, but a harsh word stirs up anger

For me, I want to speak more good, helpful, encouraging and truthful words – I know that will be better for me, and for those who hear me. What about you?

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

Toodle-oo and God bless you

Chaplain Mark



Happy Snaps

Activities - Month in Review



Ask RU OK? ANY DAY

The 4 steps of an RU OK? Conversation

- 1 Ask RU OK?**
- 2 Listen**
- 3 Encourage action**
- 4 Check in**

Useful contacts

If you are concerned for your safety or the safety of others, seek immediate assistance by calling Triple Zero (000). You can also seek support from your doctor or one of these support services (24/7).

Lifeline 13 11 14 lifeline.org.au	Beyond Blue 1300 224 636 beyondblue.org.au	Suicide Call Back Service 1300 659 467 suicidecallbackservice.org.au
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Happy Snaps

Activities - Month in Review



Happy Snaps

Activities - Month in Review



Spring Fair



Happy Snaps

Activities - Month in Review



Happy Snaps

Activities - Month in Review

Huge thanks go out to
St Joseph's Primary School Laurieton
for their generous invitation and
tickets to their
Creative Arts Showcase.

Those who attended were amazed
at the talent on display
with a mix of comedy skits and
dance as well as a display of artwork
on the way in.



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 14th October 2024

&

Monday 28th October 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 October we are heading on a bus outing to Kew Country Club to test the driving range and have lunch, then onto the Kendall OpShop for a spot of shopping on Tuesday 22nd October 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

How did the barber win the race?

.....

He knew a short cut!



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



Spring Mix Salad Recipe

SERVES 4 PEOPLE

PREP TIME-15 MINS

TOTAL TIME-15 MINS

This Spring Mix Salad recipe is an easy green salad made with spring mix. Flavoured with homemade lemon balsamic dressing, this is a great side dish that you can serve with any meal.



Ingredients

SALAD DRESSING

- 3 tablespoons balsamic vinegar
- 2 tablespoons freshly squeezed lemon juice
- 1 clove garlic, *peeled and minced*
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/4 cup extra virgin olive oil

SALAD

- 1/2 red onion, *sliced thinly*
- 1 package spring mix
- 1 cup cherry tomatoes, *cut in half*
- 1 medium-size cucumber, *peeled and sliced*
- 2 – 3 small radishes, *sliced*
- 1/2 cup sunflower seeds, *pumpkin seeds, walnuts or sliced almonds*
- 1/2 cup crumbled goat cheese *or crumbled feta cheese*

Instructions

1. Mix together the salad dressing ingredients in a bowl.
2. Place sliced red onion in a bowl with hot tap water and let it sit for a few minutes. Drain.
3. To assemble the salad, in a large bowl place spring mix, cherry tomatoes, cucumber slices, and red onion slices. Drizzle with the dressing and give it a gentle toss to make sure all the ingredients are coated with the dressing.
4. Top it off with the sunflower seeds and crumbled goat cheese. Serve.

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

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.

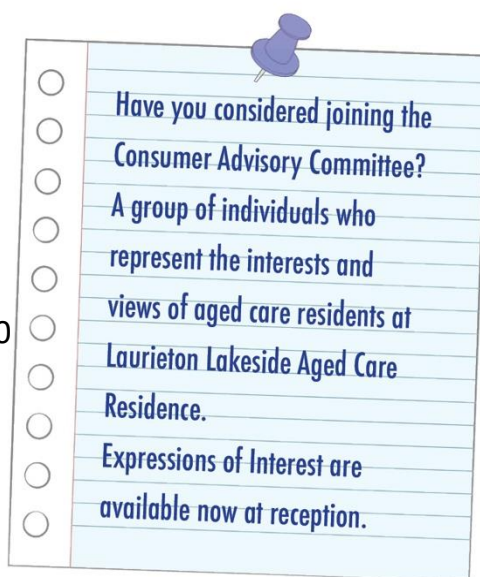
AGED CARE QUALITY AND SAFETY COMMISSION

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

Did you hear about the cat that ate a lemon?..... *Now it's a sour pus.*

Why should you never date a baker?*I've been told their too kneady.*

How did the skeleton know it was about to rain?.....*He could feel it in his bones.*

I named my horse mayo..... *Mayo neighs.*

Want to hear a joke about construction?*I'm still working on it.*

Why couldn't the bike stand on its own?*Because it was two tired.*

What do you get when you make humorous soup? *Laughing stock.*

I know a bunch of good jokes about umbrellas, but they usually go over people's heads.

What do you call a lazy kangaroo ?*Pouch Potato.*

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

What happens when a snowman throws a tantrum?*He has a meltdown.*

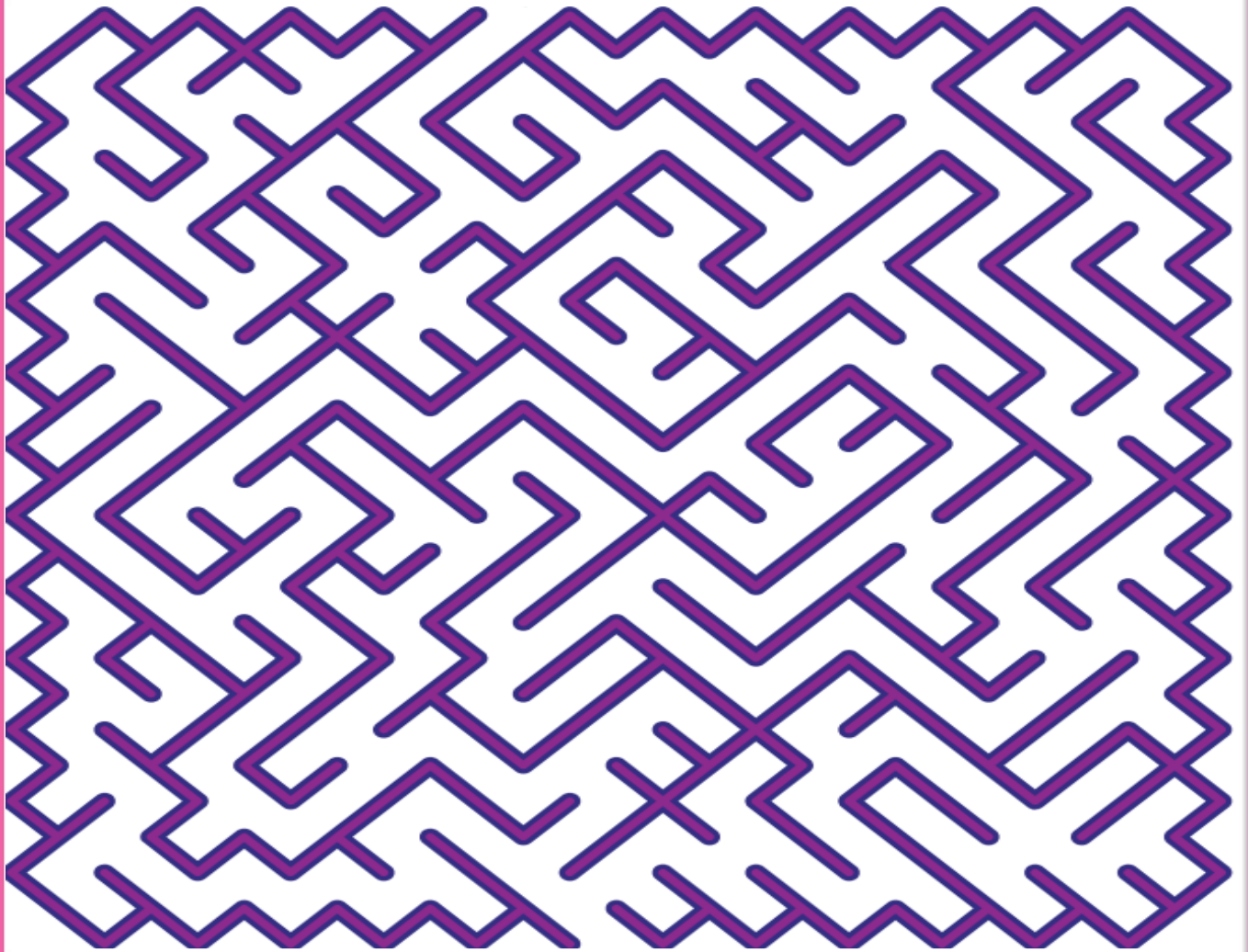
Fun Stuff to do



HAPPY HALLOWEEN



START
HERE



FINISH

