

Newsletter



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On Australia Day we celebrate all the things we love about Australia: land, sense of fair go, lifestyle, democracy, the freedoms we enjoy but particularly our people.

Australia Day is about acknowledging the contribution every Australian makes to our contemporary and dynamic nation. From our Aboriginal and Torres Strait Islander people who have been here for more than 65,000 years, to those who have lived here for generations, to those who have come from all corners of the globe to call our country home.

The 26th January is an important date in Australia's history that has evolved over time. Starting as a celebration for emancipated convicts, today it is a day to acknowledge past wrongs and show respect for Aboriginal and Torres Strait Islander Peoples' survival, resilience, and enduring culture.

It is also a day we pay respect to the stories, histories and contributions of the Australians who lived, worked and fought for the values and freedoms we often take for granted.

It's a day we celebrate the diversity of this nation's people with our various cultures, traditions, and belief systems.

Australia Day continues to be hugely popular, with 3 in 4 Australians believing it has a bigger meaning beyond being just a day off.

More than half of all Australians participate in Australia Day attending events organised by State Governments, local councils, community groups or getting together with family and friends. In addition, over 16,000 new Australians become citizens on Australia Day.



Our newsletters are now available online via the New Auckland Place Website:

www.newaucklandplace.com.au



Here we are in 2024.

I hope everyone had an enjoyable festive season and have welcomed 2024 with open arms.

Unfortunately, COVID remains in the community and made its way into the NAP community towards the end of last year.

New Auckland Place follows recommended guidelines regarding COVID positive persons residing and working in Aged Care. To ensure the health and safety of all staff and residents, all NAP staff are required to RAT test prior to every shift. If a staff member tests positive, they are unable to return to work for seven days after testing positive or until they are symptom free. Residents who test positive are required to isolate in their room for seven days after testing positive. The isolation period may be extended if symptoms persist. Doctors may also recommend the use of antivirals.

Antiviral treatments may lessen the severity of the COVID-19 infection and reduce the need for a resident to be hospitalised.

When there are several resident positive COVID cases in one area of the facility, the requirement for PPE to be worn whilst visiting is implemented. This helps protect other residents and visitors. We also recommend minimising the number of visitors to the affected area. The movement in and out of the facility creates opportunities for the spread of the virus not only within the facility but into the community.

If you have visited NAP recently and test positive for COVID, please let us know as it allows us to monitor the resident you were visiting and other residents that may have been in close contact. This information will be kept confidential.

A decision to declare an outbreak over is made by the public health unit or the outbreak management team. An outbreak can be declared over 7 days after the last COVID-19 case tests positive or the date of isolation of the last COVID-19 case in a resident, whichever is longer. The facility is then placed into step down mode for a further seven days whilst residents continue to be monitored. Repeat testing may be recommended by the public health unit.

The recommendation is for visitors to continue to RAT test prior to visiting. RAT tests are available at reception free of charge.

Keep safe and well.

Until next month... Dawn

NAP Recipe - SAUSAGE ROLLS



INGREDIENTS

375g all-butter puff pastry
1 grated apple
400g sausage meat or sausages, skins removed
1 egg, beaten
2 tsp sesame seeds or nigella seeds (optional)



METHOD

1. Roll out the pastry to a 35 x 30cm rectangle on a surface lightly dusted with flour. Trim the edges neatly, then cut in half lengthways to form two long strips.
2. Tip the sausage meat into a large bowl, add 3 tbsp cold water, apple and squash together. Divide the mixture in two and mould each half into a cylindrical shape. Put each portion of meat into the middle of a pastry strip, leaving a border at either side. Brush the pastry border and the top of the sausage mix with the beaten egg. Fold one edge of the pastry over the meat and roll to encase, then use a fork to press the pastry edges together. Cut the sausage rolls into 5cm lengths and arrange on a lined baking tray. Chill for 20 mins. Can be made a day ahead or frozen for up to one month; to bake from frozen, add an extra 10 mins to the cooking time.
3. Heat oven to 200C/180C fan. Brush the sausage rolls with the rest of the beaten egg and sprinkle with the sesame seeds or nigella seeds (if using). Bake for 30-35 mins until the pastry is deep golden. Transfer the sausage rolls to a wire rack and leave to cool for 10 mins.

Catering

Fresh Meals Every Day!
NAP's fresh, delicious meals operate on a 12-week menu developed in conjunction with catering staff, residents, management and approved by a certified Dietitian.



Rewind – December Celebrations



Two of our December birthday ladies, Ann and Elsie were bestowed the cake cutting honours this month. Thanks to John & Laurel for providing the entertainment and to Clinton Bakery for donating the decorated birthday sponge cake each month. Call Clinton Bakery on 4978 4477 or visit them at 6 Ballantine St, Clinton for all your cake and bakery needs. A special thanks also to Clyde Cameron for providing the News Years Happy Hour entertainment





Physio Fun for All

FUN FACTS



DID YOU KNOW?.....

- Aerobic exercise actually leads to neuron generation, which acts as a buffer to reduce effects of dementia and increase cognitive performance.
- 10 minutes of mild exercise can boost your brain's performance.
- Workouts can improve the look of your skin

EASY CHAIR WORKOUT

FOR SENIORS



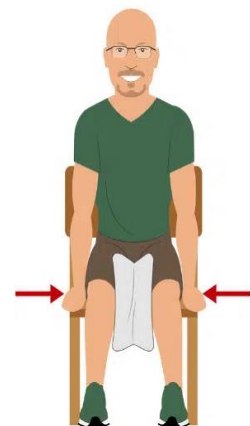
Overhead Arm Raises



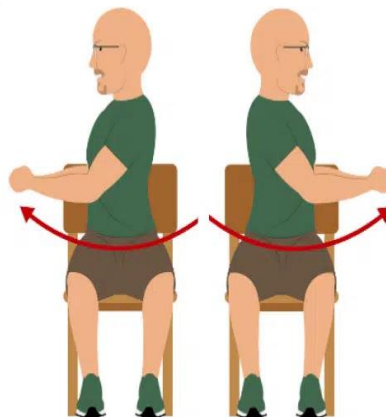
Leg Lifts



Knee Lifts



Thigh Squeeze



Tummy Twist



Row

PERFORM 2-3X PER WEEK

FEELGOODLIFE.COM



Lifestyle Comment



Happy New Year!

Can you believe 2024 is already here when it seems like 2023 was just starting? January was named after the Roman god Janus; the god of beginnings & transitions.

Have you made any New Year resolutions? Perhaps you could consider it as we move into 2024. Maybe challenge yourself to attend at least 3 activities each week this month. Attend your favourites or try a something new. In either case, you'll reap the benefits of healthy socialization!

Research has proven that staying socially active is key to healthy aging. Connecting with others in events and activities boosts the immune system, decreases anxiety, and enhances quality of life. Staying social can also decrease the risk of heart disease and cognitive decline.

It was nice to see so many residents attending the Christmas and New Year events, celebrations, and activities. We received lots of positive feedback, especially from the BBQ night and will be planning some more special events soon. These events are made possible by the hard work and dedication of our NAP staff and we would like to thank everyone who assisted in some way. Thanks also to our friend Sandy for visiting with Mimi the puppy (see pics below). We all loved the cuddles.

As we are at the start of the New Year the Lifestyle team are looking for fresh ideas and suggestions for new activities, events, theme days and venues for outings for the coming year. If there is something you would like to try, please speak to one of our team members or email your suggestions to karen@newaucklandplace.com.au

Our weekly calendars provide information on activities, times and venues for the upcoming week and are delivered each Sunday. Calendars are posted in various locations around the facility and at the lifts on Boyne and Curtis floor. A copy of the calendars can also be accessed via the NAP APP.

We would like to welcome Cheryl Petersen to the Lifestyle Team. With her bright and bubbly personality, I'm sure Cheryl will fit in well here at New Auckland Place. We also welcome our new volunteers, Robyn and Jane who will be assisting with group activities such as Bingo and Hoy. Please say hello and introduce yourselves to our new members of the team.

Wishing you all a year of peace, health, and happiness
Karen and the Lifestyle Team



Upcoming Activities for January



Friday 5th Jan Happy Hour with Pat & Dave (from 1.30pm)

Tuesday 9th Jan – Sing-along with Pop (from 10am)

Tuesday 16th Jan – Morning Tea with Cathy Brown (from 10am)

Thursday 18th Jan – Morning Tea with Pat & Dave (from 10am)

Tuesday 23rd Jan - Birthday Morning Tea with Cathy Brown (from 10am)

Thursday 25th Jan – Big Aussie BBQ (from 10am)

Thursday 25th Jan - Aussie Happy Hour (from 1.30pm)



Goodbye & Good Luck

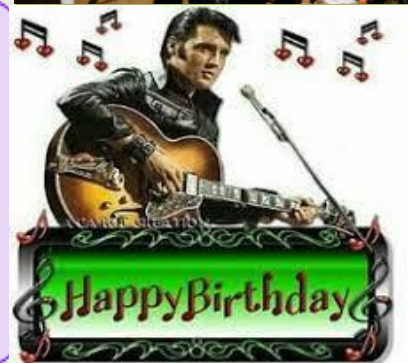
Our lovely AIN Delores is hanging up her nurses uniform after many years of service to NAP.

Delores often donated hand crocheted rugs and beadsreads for our raffles. We wish you the very best Delores. We will miss you.



Elvis was born January 8, 1935.

Elvis Aaron Presley was born in January in Tupelo Mississippi to his parents, Gladys and Vernon. Little did they know that their little baby would grow up to be one of the first major rock stars of his generation with 40 top ten songs and 18 number one hits in his career!



Lifestyle

At New Auckland Place, our lifestyle team provides a diverse range of activities to meet the emotional, health, intellectual, spiritual, community and cultural needs of residents.



Rewind – Christmas at NAP





**EVENGLOW
CHRISTMAS PARTY**

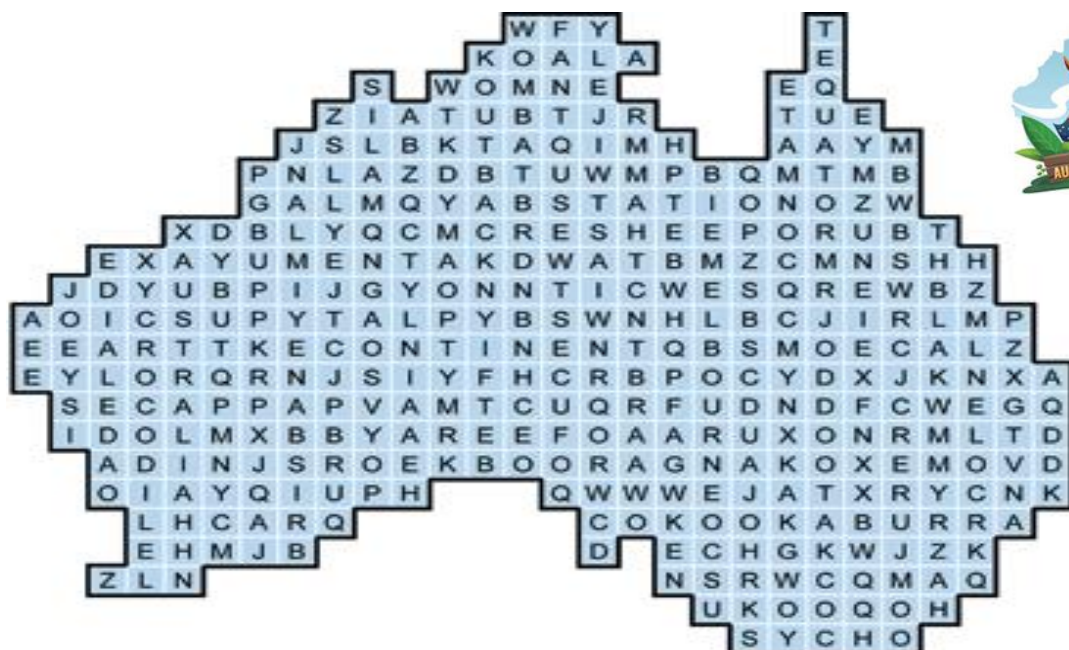


Nursing Care

Take confidence in knowing that New Auckland Place has, Registered Nurses onsite every hour of every day!



Word Search



Adelaide	Down under	Melbourne
Australia	Emu	Outback
Bbq	Equator	Perth
Beach	Esky	Platypus
Boomerang	Football	Reef
Brisbane	Gday	Sheep
Canberra	Hobart	Station
Cockatoo	Joey	Sun
Continent	Kangaroo	Sydney
Cricket	Koala	Wallaby
Crocodile	Kookaburra	Wombat
Darwin	Mate	

JUST FOR LAUGHS!

You know you're Australian when...

- most of the words you know end in "o" such as arvo, servo, bottlo, supo, garbo.
- you know that there is a difference between thongs and underwear.
- stubbies are things that can either be worn by blokes or drunk.
- a place called "woop woop" is not actually a place but is very far from civilisation.
- calling someone "mate" is a completely appropriate term to call anyone in Australia be they male or female.
- you answer most questions by saying "no worries" or "no drama".
- when you know the national anthem but have no idea what "girt" means.
- you know the best place to get a cooked sausage is Bunnings.





Thanks to the staff of WICET for their kind hamper donation and to Roy & Val Jones for the beautifully decorated Christmas Cakes made by Gladstone Cake Decorators Group



Reminder - Food Logging

All food brought into the facility for residents, supplied by relatives / friends / carers **must be** recorded in the food logs on the table located in the floor lift foyer or at each relevant servery. For example, if a resident is residing on Curtis floor, then the food supplied must be recorded in a Curtis Food Log. Please ask Catering staff for assistance.

New Auckland Place has a Food Safety Program in place which sets out specific food handling controls related to the receipt, storage, processing, display, packaging, transportation, disposal and recall of food. The logging of food brought into the facility from others is an important requirement of this Food Safety Program.

Food conjures up all sorts of memories - be it good or bad, things that we loved or things we were made to eat as a child and is great to share with your loved ones during their time are NAP. For the safety of all our residents, we ask that you please bring in food that is **ready to eat** or food that **only requires re-heating**. Unfortunately, due to resident and staff allergies and dietary restrictions we are unable to clean and or cook seafood for your loved one. We encourage you to continue to bring in these little trips down memory lane in a container that is labelled with the resident's name and written up in the Food Log which are located on each floor and at reception.

Food Safety Register

Boyne North Rooms



**PLEASE OBSERVE
THE FACILITY
FOOD SAFETY POLICY.**

Dear Resident / Relative / Carer,

Food Safety Legislation requires you to inform us of any food you bring into this facility for a resident by completing an entry into our Food Safety Register. Please discuss with Catering Staff if unsure of New Auckland Place's requirement in providing a Food Safe Environment.

**Thank you for
your co-operation.**



NAP Info

Birthdays DECEMBER



Carlene O	Joyce S
Henry P	Carol S
Elsie H	Gordon T
Ria T	Ann M
Valerie M	Vera R
Alma M	John R

New Residents DECEMBER



Shirely M (Boyne South)
 Donna F (Curtis)
 Marie G (Boyne North)



New Auckland Place Hairdressing Services

Ladies Services (includes Blow Dry)

- Trim – light tidy up (approx. 6 weekly intervals) – from \$28
- Full Cut – cuts for longer hair (8-12 weeks) – from \$33
- Style Cut – full reshape or restyle – from \$38

Men's Services

- Clipper Cut – Clippers used only – from \$12
- Full Cut – for longer hair/complete restyle – from \$18
- Beard and facial hair services attract additional charges.

New Auckland Place Noticeboard

Café Deal of the Month

Café Opening Times

Monday to Friday 8.30 am - 2.45 pm
Saturday, and Sunday 8.30am - 1.30 pm

**Roast Meat and Gravy Roll
- \$5.00**

In Memoriam - December

To the families and friends of our late residents, may you be comforted by the knowledge that your loved ones are at peace.

**Dorothy (Dot) H – Boyne North
William (Ben) F - Curtis
Betty K - Boyne South
Janice Mc - Boyne North
Agnes (Pearl) W – Boyne South**

Employees of the Month December

- Resident Nominations – Kym Bradbury
- Staff to staff Nominations – Nil

To nominate an employee that deserves a mention, please fill out a nomination form at any “Sign In Desk” on any floor or ask at reception.

Café Winner of the Month

**Congratulations to our lucky café voucher
December winner :**

Jill S (Awoonga)

Resident & Representative Meetings

R & R meetings are on the first Wednesday of the month and are held in the Eden room at 1:30pm. Representatives can attend the meeting but must notify the Diversional Therapist of their intent to attend prior to the meeting. If unable to attend you can place agenda items on the agenda, by letting lifestyle know or by sending us an email.

Hairdresser Price List

Ladies

Trim & Blow Dry from \$28
Full Cut & Blow Dry from \$33
Style Cut from \$38

Men

Clipper cut from \$12.00
Full Men's Cut \$18.00
Beard Trims extra

Tuesday and Wednesday Mornings.

Lost Property

Unidentified items are displayed in the hairdressing salon Monday, Thursday, and Friday's. Please see reception for location on Tuesday and Wednesdays.

Electrical Appliances

All appliances need to be tested and tagged by a qualified electrician to confirm they are safe, if you need assistance or have any questions please check with administration or maintenance team

New Auckland Place Noticeboard

All Visitors / All Residents

A reminder that **All Visitors** to our facility **MUST SIGN IN AND OUT at reception and sign the declaration and have a wellbeing check performed.** This is for your safety, and it is mandatory with no exceptions.

Please note **All Residents** leaving the facility need to sign out – then sign in again upon their return, in the Visitor and Resident Log folders located on individual floors. Again, this is for safety and security reasons and is so important.

Clothing Labels

Please remember any new items that will go to the laundry, need to be labelled with resident's name. Often new clothing / blankets / etc. received as gifts are not labelled and unfortunately get lost.

To assist with eliminating the possibility of lost clothing/ items, all residents clothing should be labelled prior to / upon entry and during their stay.

Valuables

On admission, an inventory is taken of all resident's valuable belongings which includes jewellery. Whilst all care is taken to safeguard your belongings, we do not take responsibility for any loss or damage. We suggest that any items of significant or sentimental value are not kept in your rooms. The facilities insurance policy does not cover individual residents' items. It is recommended that residents or family arrange for individual personal insurance should they wish for any items to be covered by insurance.

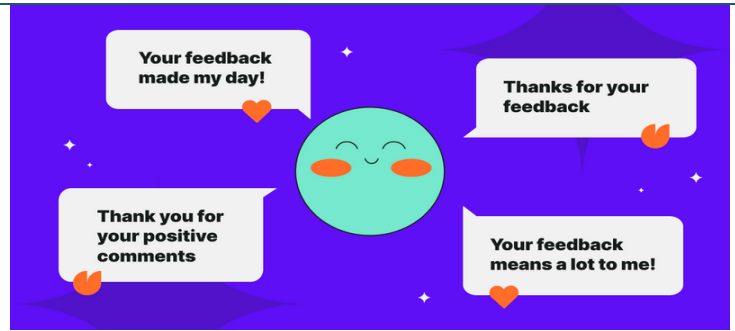
Reminder: Please advise the administration team if valuable items are brought in after the day of admission. These items will be added to your inventory list.

Clothing

Family members and carers, please check clothing which may-be worn or needed to be repaired. Provide appropriate seasonal clothing and take home what's unsuitable for that season. All clothing must be clearly marked / labelled. A minimum quantity of clothing is:

- Underpants x 10
- Singlets x 7
- Petticoats x 4
- Nightwear x 7
- Skirts / trousers / dresses / shorts / tracksuits x 7
- Tops x 7
- Jumpers x 4
- Socks x 7

NAP Feedback



Compliments, suggestions, and comments, positive or negative, are an important part of the NAP Feedback System and as such, residents and visitors feedback is welcomed. The Management Team are happy to discuss your feedback or questions directly or if preferred, you may wish to provide your compliments, suggestions, or concerns by completing a New Auckland Place Feedback Form. These are located at Reception and on the Sign-In tables in the lift foyers on each floor. Feedback Forms can also be submitted anonymously. If you do not wish to contact staff or the facility directly, you can contact other services that may be able to help you such as an Advocacy organisation or the Aged Care Quality and Safety Commission.



If you are unsure or would like some assistance in providing feedback or raising questions, **Advocates** are available who can help you work out what your rights are and what your options may be. You can speak to an Advocate by calling **1800 700 600** or visiting the Older Persons Advocacy Network (OPAN) website.

You can also contact the Aged Care Quality and Safety Commission to give feedback about the quality of care and services you have received if you do not wish to contact the facility direct. This is different to making a complaint and is helpful in the accrediting, assessing, and monitoring services against the Quality Standards. To provide

feedback, call **1800 951 822** or email ACQSC at audit.feedback@agedcarequality.gov.au.

How can I contribute to the scheduled monthly activities?

Residents and Relatives meetings are convened on the first Wednesday of the month at 1.30pm. Residents and their relatives are encouraged to participate in the discussions at these meetings, regarding feedback, information sharing, activities social outings and setting of dates on the Activities Calendar. We love to hear your suggestions or recommendations.

How to participate in the Resident and Relatives meeting?

As a resident you can advise Lifestyle Team members you wish to attend the Residents and Relatives meeting. Relatives are welcomed to attend, however please advise Lifestyle prior to attending a meeting to enable us to comply with physical distancing protocols.

You do not have to attend in person, you can advise staff that you would like to have input into these meetings, by emailing Karen@newaucklandplace.com.au, telephoning the Diversional Therapist or alternatively talking to Lifestyle Team members.

Activities Update

Please check the lifestyle calendar for your floor to see where and when activities are scheduled. The lifestyle program runs Monday to Friday and Awoonga / Lady Musgrave continues to have a program seven days a week. Please be aware that Activity Calendars may change with short notice, to reflect changes we may have to make in response to Covid-19 infections if they impact the facility.

Included in our Activity Calendars are Bingo, Hoy, Quiz, Trivia, Whiteboard Games, Carpet Bowls, Putt-Putt Golf, Darts, Ten Pin Bowling, Cooking, Arts & Crafts, Sing-a-longs, Music & Pamper, Music & Massage, Theme Days & Travel Program.

Church and Communion services have resumed and we welcome back the Uniting and Catholic Church representatives. Please see a lifestyle team member for more information on days and times of visits.

More resources are continually being added to the Multi Faith room and available for use by all, please contact Karen the Diversional Therapist for more information.

We also have an I-Pad set up with Facetime & Zoom for you to use to talk to your family members who are not able to come in to see you. Please speak to your lifestyle team member if you wish to find out more information. For residents who have mobile phones, a reminder to carry them with you, so you are accessible if your family ring you.

Remember to practice social distancing, maintain good cough/sneezing etiquette and perform handwashing frequently to prevent the spread of infection.



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Just a Reminder !!



To ensure the safety of our residents, staff and visitors at New Auckland Place, please observe the 5km per hour speed limit within the facility grounds.



On arrival at New Auckland Place, please remember to check in with our friendly reception staff. Signing in and completing the COVID screen remain important steps to keep our loved ones safe