

Newsletter



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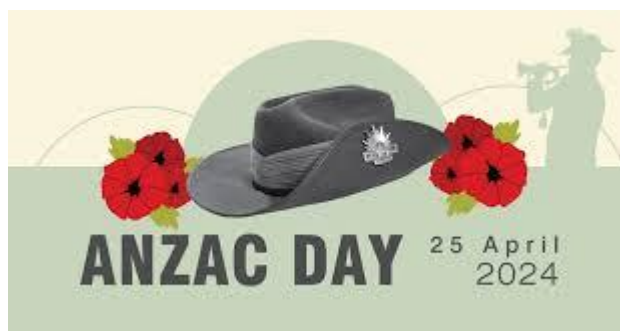
Activity Update



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

www.newaucklandplace.com.au

APRIL 2024



ANZAC stands for Australian and New Zealand Army Corps.

Anzac Day falls on the 25th of April each year. The 25th of April was officially named Anzac Day in 1916.

On the 25th of April 1915, Australian and New Zealand soldiers formed part of the allied expedition that set out to capture the Gallipoli peninsula. These became known as Anzacs and the pride they took in that name continues to this day.

The Anzacs landed on Gallipoli and met fierce resistance from the Ottoman Turkish defenders. Their plan to knock Türkiye out of the war quickly became a stalemate and the campaign dragged on for eight months.

At the end of 1915, the allied forces were evacuated. Both sides suffered heavy casualties and endured great hardships. Over 8,000 Australian soldiers were killed.

The meaning of Anzac Day today includes the remembrance of all Australians killed in military operations.

While Dawn is away enjoying a well earned break, we are lucky to have Sally Pink join us. Sally will be conducting some staff training sessions over the next few weeks.

Sally is a Registered Nurse with over 42 years' experience and a whole hearted commitment to enhancing the well-being and quality of life of others. Be sure to stop and say hi to Sally. We hope you enjoy your time with us here at New Auckland Place.



Something About Sally.....

Earlier in her career, Sally worked as a clinician in the areas of mental health, alcohol and other drugs as well as aged care. Sally became a tenured Academic at La Trobe University in 1990 before returning to Service delivery in a Senior Management position.



In 2006 Sally accepted the position of Facility Manager of an Aged Care Service and progressed on to assume the role of Regional Manager for a group of Services.

In 2009, Sally co-established a Training and Consultancy Company and shortly afterwards became the sole owner/operator. After selling the company in 2016, Sally continued her training and consultancy as Sally Pink Pty Ltd. Shortly after this Sally became an Adviser to the Commonwealth, assisting Residential Aged Care Services to become compliant.

Sally also has experience assisting Residential Aged Care Services on short term contract Management positions and building governance systems.

Most recently, Sally has been delivering coaching and mentoring services to Operational and Clinical Managers and staff working in the area of Clinical Governance and Education. Sally has spent a lot of her career thinking about workplace culture, people, the body and behaviour and is passionate about sharing information. Sally states she is "Focused on providing information in a way that it becomes insight and people learn how to improve their skill to make a positive difference in the lives of others."

Invitation To Join Our Consumer Advisory Body

New Auckland Place is planning to set up a new Consumer Advisory Body.

Why are we doing this?

We want to help our consumers and family members to better understand the aged care sector in general, and to get your feedback about important topics that affect us and our residents. The group will be made up entirely of New Auckland Place residents and some family carers. Each time the group meets, there will be an Agenda with interesting topics to discuss, and any feedback will be used to drive improvements across the whole organisation.

What are the details?

The group will meet at least 6 monthly and will be facilitated by one of our management team.

What are the next steps?

At this point, we're just trying to get an idea of which consumers or carers might be interested in finding out a bit more.

Please let me know, at your earliest convenience, if you are interested in knowing more about the Consumer Advisory Body. Once I hear back from you, I can provide more information to you which will explain a bit more about it.

There's no pressure to say yes or no at this stage, you can find out more and then make up your mind after that.

To submit an expression of interest or obtain further information please email:

info-nap@newaucklandplace.com.au

We would like to schedule the first meeting by the end of March 2024 if possible.

Kind regards,

Dawn Mallia

ANZAC BISCUITS

INGREDIENTS

- 1 1/4 cups plain flour, sifted
- 1 cup traditional rolled oats
- 1/2 cup brown sugar
- 3/4 cup desiccated coconut
- 150g butter, chopped
- 2 tbsp golden syrup or treacle
- 1 1/2 tbsp water
- 1/2 tsp bicarbonate soda



METHOD

Step 1

Preheat oven to 170C. Place the flour, oats, sugar and coconut in a large bowl and stir to combine.

Step 2

In a small saucepan place the golden syrup and butter and stir over low heat until the butter has fully melted. Mix the bicarb soda with 1 1/2 tablespoons water and add to the golden syrup mixture. It will bubble whilst you are stirring together so remove from the heat.

Step 3

Pour into the dry ingredients and mix together until fully combined.

Step 4

Roll tablespoonfuls of mixture into balls and place on baking trays lined with non stick baking paper, pressing down on the tops to flatten slightly.

Step 5

Bake for 12 minutes or until golden brown.

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 – March Celebrations



Our cake cutting honours were bestowed upon our March Birthday Residents Bev, Rita and John. They were joined by Entertainer Clyde Cameron Who also shares a birthday in March. Thanks 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.



Do you have a special celebration or event for a loved one coming up? Why not talk to our friendly Lifestyle or Reception staff about booking the NAP Private Dining Room, Bali Hut or Eden Room?



This month we said our farewells to Maureen from Hospitality. Maureen was well known for her friendly “can do” attitude and the hundreds of different aprons she made and wore each shift. Maureen has returned to her home and family in New Zealand. We wish you all the best Maureen, we will surely miss you.

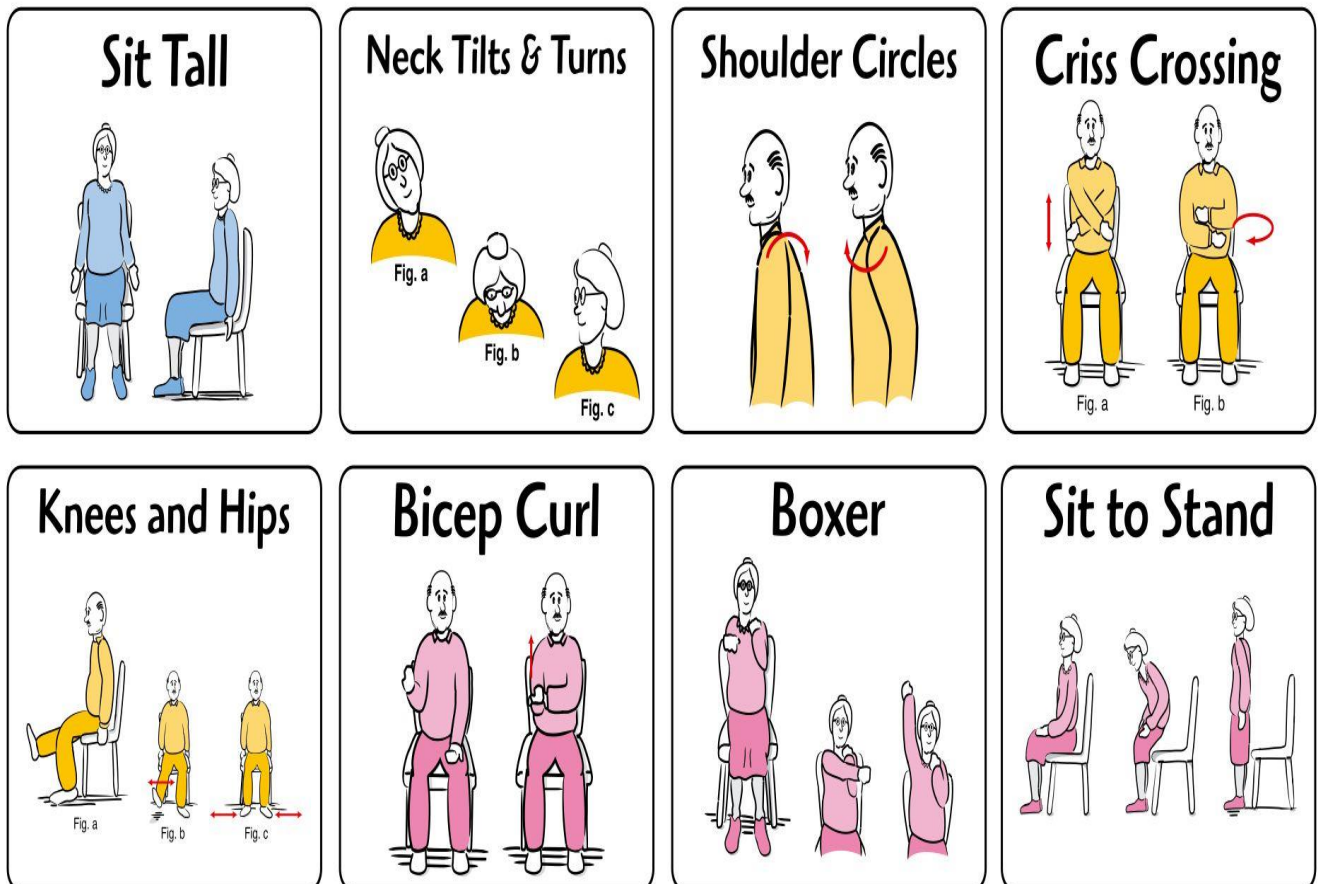


FUN FACTS

DID YOU KNOW?.....

1. Exercise keeps your brain healthy. Even if you've been neglecting your mind for the last few decades, there's still a lot of life you can squeeze out of it. A recent study found that the more you exercise, the lower your risk of developing Alzheimer's dementia and regular exercise could give you an impressive 58 percent chance of keeping your mental faculties intact.
2. Exercise helps people cope with pain. Studies show that exercise assists in better pain management than medication alone.
3. Exercise keeps your joints working smoothly. Our joints and muscles suffer as we age. To help them keep functioning well, we need to work our forces out. Exercise keeps your mobility and independence longer.

Pilates Chair Exercise for Senior

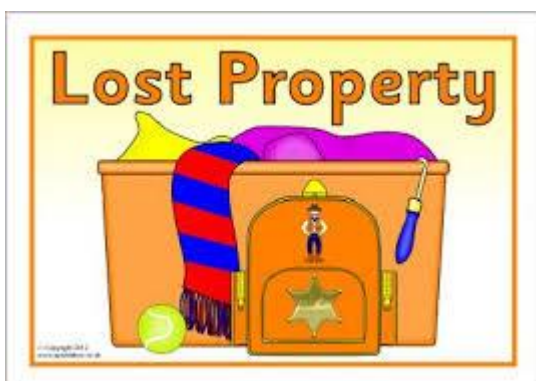


Hello Residents, Families and Friends!

Welcome to the April edition of our NAP Newsletter. I feel like the months are just flying by. This month we will be welcoming some of our great entertainers and holding our annual ANZAC Commemorative Service. We will also be taking a group of residents to the EVENGLOW ANZAC Service outing. Please let Lifestyle staff know if you are interested in attending. We also have all our regular activities on offer for you each week. Weekly Calendars are distributed every Sunday, so take a look at what's on offer and let a Lifestyle Team member know if there is something you would like to attend.

I do hope everyone enjoyed the March activities. To celebrate St Patrick's Day this year we Armchair Travelled to Ireland and it was great to see so many residents dressing up in their greens. Take a look at the photos in this edition. It looked like a great morning, full of fun and laughter.

Hopefully the Easter Bunny delivered some treats. I have received some great feedback for our special Easter Morning Tea and congratulations to all our lucky raffle winners. We will be starting our Mother's Day Raffle this week; first prize is a crocheted bedspread and second prize is a handmade quilt. Tickets will be \$2 each and can be purchased from the café or Lifestyle Staff. We will be drawing the raffle at our Mother's Day High Tea event on Thursday 9th May.



The Laundry staff have informed me that at present they have a high volume of unnamed lost property. If you have lost an item of clothing or rug etc, please let a staff member know. The Lost Property trolley is located in the Hairdressing Salon Thursday – Monday each week. Staff may be able to arrange for you to access the trolley and search for your lost items.

April Trivia

It is thought that the name April comes from the Latin word "to open" and describes the trees opening at springtime.

Zodiac signs: **Aries & Taurus**
Birthstone: **Diamond**
Flower: **Daisy & Sweet Pea**

Until Next Month, Take Care

Karen and the Lifestyle Team



Upcoming Activities for April

Friday 5th April – 1.30pm Happy Hour with Pat & Dave

Tuesday 8th April - 10am Sing-along with Pop

Thursday 11th April - 9am Vaccination Clinic

Tuesday 16th April - 10am Sing-along with Pop

Wednesday 17th April - Evenglow ANZAC Service Outing

Thursday 18th April - 10am Morning Tea with Pat & Dave

Tuesday 23rd April – 10am Sing-along with Cathy Brown

Wednesday 24th April – 9.30am NAP ANZAC Service

Thursday 25th April - ANZAC DAY Public Holiday

Tuesday 30th April – 10am Sing-along with Cathy Brown

Fri 26th April - 10am Birthday Moring Tea with the Roulettes



New Auckland Place

will hold its annual

Flu Vaccination Clinic

for resident and staff

Thursday 11th April

Residents can attend

the clinic in the Eden

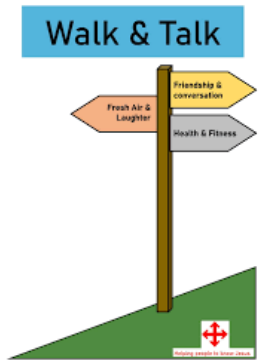
Room from 9am



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 - March Activities



A big thank you to the staff of WICET Gladstone Terminal for donating our special Easter Morning Tea. The treats were delicious!





Nursing Care

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



the spread of
GERMS

1

WASH your HANDS



2

COVER your COUGH



3

STAY HOME if you're sick



If you're concerned, visit your GP or call 13HEALTH (13 43 25 84).



april fools' day

word search



- | | | | |
|-------|---------|----------|---------|
| APRIL | PRANKS | LAUGHTER | TRICKS |
| JOKES | SPRING | GAMES | SILLY |
| FOOL | HOLIDAY | SURPRISE | PLAYFUL |

VISIT PJSANDPAINT.COM AND SEARCH "APRIL FOOLS DAY" FOR ANSWER KEY



Babies born on March 31 are the easiest to prank on April Fools' Day. They were literally born yesterday!



Why shouldn't you tell ducks jokes on April Fools' Day?

They'll quack up.



Why do eggs like April Fools' Day? They love practical yolks.

womans day

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 lift foyer on each floor 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 at 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.**



Birthdays March

Rita C - Curtis

Jill S – Awoonga

Colin B - Curtis

Marion D - Awoonga

Elsie B – Boyne S

Patrick L - Curtis

Beverley E – Boyne N

Hazel P – Lady Musgrave

Robert (John) P – Boyne N

William (Bill) S – Boyne S



New Residents March



Margaret A - Boyne N

Allan D - Boyne S

Roslyn D - Curtis

Marjorie S - Curtis

Herminia D - Boyne S

Nadia S - Awoonga

IanB - Boyne N

Leslie G - Lady Musgrave

Joan G - Lady Musgrave



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

Vegetable Scroll

\$7 each



In Memoriam – MARCH 2024

Sadly we say goodbye to our much loved residents:

Remedios S Lady Musgrave

Adrian D Lady Musgrave

Marjorie S Curtis

Patrick L Boyne N

To their family and friends - May you find strength in the love of family and in the warm embrace of friends. Caring for your loved one was a privilege.

Employees of the March

**Resident Nominations – Fiona Hay (AIN)
Staff to staff Nominations – Sapana (AIN)**

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
March winner :
Valerie B - 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

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

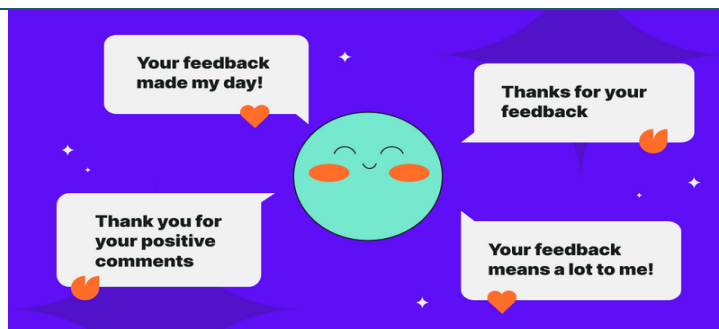
On admission, an inventory is taken of all resident's valuable belongings which includes jewellery. Whilst all care is taken to safeguard your belongings, we do not take responsibility for any loss or damage. We suggest that any items of significant or sentimental value are not kept in your rooms. The 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



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 acute respiratory 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.



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