

Newsletter



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

www.newaucklandplace.com.au



MARCH 2024

The name leprechaun originally comes from Irish folklore. Traditionally, leprechauns were known as tiny, mischievous male fairies who would reveal the hidden place of treasure if caught.



In Celtic mythology, leprechauns spent their time mending and making shoes. They would also hide their coins in pots of gold that could be found at the end of rainbows. This image is still associated with these unique, mythical creatures.

Although many modern depictions of leprechauns describe them as witty characters known for telling practical jokes, they were also mischievous and known for being protective of their own money and possessions.

Legend says that leprechauns were such small creatures that they were so hard to catch, but if you caught one, the leprechaun would grant you three wishes if you set him free.

It is believed that leprechauns first originated from the Tuatha Dé Danann (Tribe of the Gods). In fact, the Tuatha Dé Danann were one of the first tribes to arrive in pre-Christian Ireland.

Leprechauns are typically associated with the colour green, wearing a green or red coat and having a red or white beard. They're described as being the same height as a child, or even smaller.

Leprechauns have remained a major symbol of Ireland for centuries now and are one of the main symbols associated with St Patrick's Day in Ireland and in different countries around the world. Lots of people dress up as leprechauns for St Patrick's Day celebrations and parades around the world every year.



Hello to all newsletter's readers.

I hope you have been enjoying the newsletters so far this year. I look forward to seeing the photos of what's has been happening around the facility in the newsletters. I wonder how many Leprechaun photos will be in the March edition.?



I recently had the pleasure of handing over some donations to Julie from the Gladstone Animal Rescue Group (GARG). What a wonderful job the volunteers do. We are pleased that we can assist with supplying some much needed food items. If you would like to contribute to (GARG) you can drop off any items to NAP. We have an area near the cafe where items can be donated, and the lovely volunteers will come and pick up the items.

Every year all staff are required to attend mandatory fire and emergency training. This provides us all with an opportunity to test our skills at using firefighting equipment, reading, and reporting at the fire panel and refreshing our knowledge on conducting emergency evacuation drills. Over the next few weeks staff will be conducting additional evacuation drills and WIP phone testing. I apologise if this may cause any inconvenience or disturbance to residents or visitors, however practical training is required to determine our capabilities. Unfortunately for the residents who love to see the fire people here, this training is conducted by our own qualified Fire Safety Advisors not the local firefighting team. 😊



With less than 4 weeks to Easter, the store shelves are filled with easter treats. Bunnies of all descriptions and flavour. I know there will be quite a few residents looking forward to the Easter morning tea so they can showcase their decorated wheelie walkers, chairs and/or hats.

I will be on leave over Easter so I will look forward to seeing lots of photos upon my return. I hope everyone has a wonderful month.

Dawn



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,

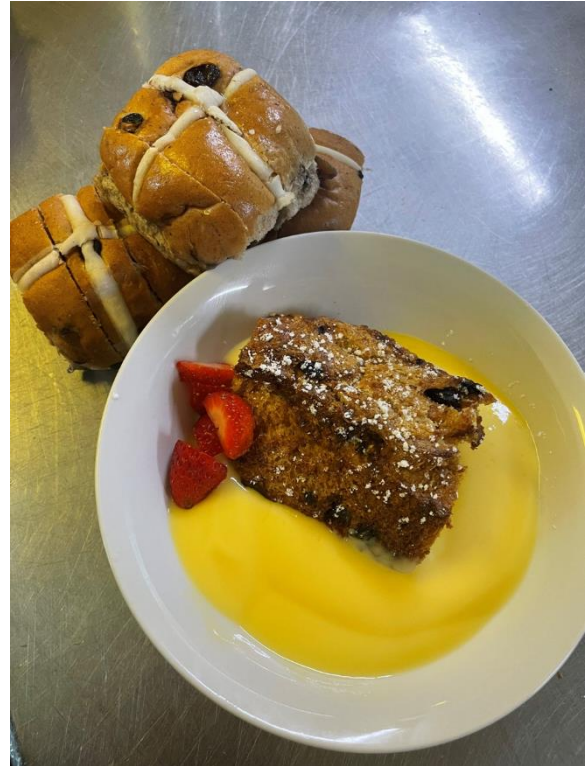
Dawn Mallia



Hot Crossed Bun Bread & Butter Pudding

INGREDIENTS

- 6 traditional hot cross buns
- 60 g unsalted butter
- 6 egg yolks
- 1/4 cup caster sugar
- 1 tsp vanilla extract
- 2 cups milk
- 300 ml cream
- 1/2 cup icing sugar sifted *to serve



METHOD

- Slice each bun into 3 pieces and spread each with the butter.
- Lay into an 8 cup ovenproof dish, overlapping the slices.
- Whisk egg yolks, sugar and vanilla together until pale.
- Whisk in milk and cream.
- Pour over buns and set aside for 15 mins to absorb.
- Preheat oven to 180C.
- Place dish into a roasting pan and pour in enough boiling water to come halfway up side of dish.
- Transfer to oven and bake for 35 minutes or until set and golden.
- Dust with a little sifted icing sugar and serve.



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 – February Celebrations



Two of our January birthday ladies, Mary and Judith were bestowed the cake cutting honours this month. Thanks to Cathy Brown 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.

BE MY VALENTINE – 14TH FEB

Our NAP Couples were invited to a special St Valentine's Day luncheon





FUN FACTS

DID YOU KNOW?.....

- Exercise Boosts Brainpower.
- Exercise Melts Away Stress.
- Exercise Helps Ward Off Disease.
- Exercise Lets You Eat More.
- Exercise Boosts Performance and Confidence.

Seated Exercise Activity for Seniors

Chair March



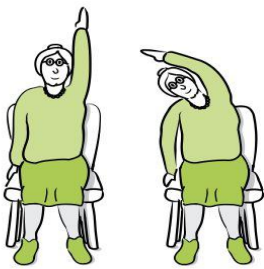
Arm Swings



Chest Stretch



Arm Reaches



Body Twist



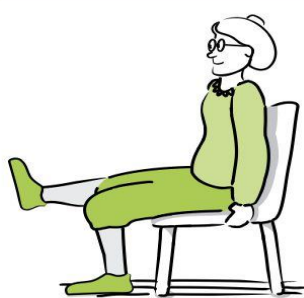
Leg Stretch



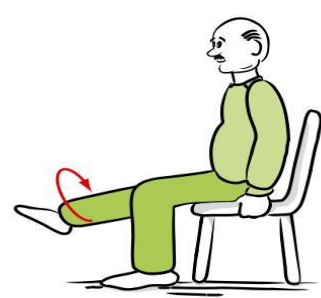
Knee Taps



Leg Extend



Leg Circles



Lifestyle Comment



Hello Residents, Families and Friends!

March brings a new season – Autumn and a whole new month of things to celebrate. We would love to see everyone at our activities. This month why not consider harnessing the luck of the Irish and try your hand at a new activity. You might just meet a new friend or find a new hobby.

How about kicking off St Patrick's Day celebrations by trying our Armchair Travel to Ireland? Get your boarding pass and board the NAP Airlines flight where you will be looked after by our Lifestyle Hostesses, Pilot and Tour Guides for an unforgettable trip.

Maybe decorate your mobility aid or hat and come down to our Easter Morning Tea. There's lots of prizes and fun to be shared. We also have Cathy Brown each Tuesday to entertain us and Dave will be along also to sing a few tunes. We are welcoming The Roulettes who will be providing the entertainment for our Birthday Morning Tea this month and maybe "POP" will also pay us a visit. It's sure to be a busy month and I hope you'll be a part of all the fun.

Last month we were kept busy celebrating Waitangi Day, Pancake Tuesday, Chinese New Year and Valentines Day (See Rewind Section for some of the happy snaps) and I hope the residents that attending the Gladstone Entertainment Centre for Morning Melodies enjoyed their morning.

As the weather is starting to cool off a little, we will be looking at some other outings including visits to local cafes and parks for morning tea or a BBQ lunch. If you have any suggestions or favourite places you would like to go, please let us know.

We are still accepting donations for our Easter Raffle and tickets will be available from the Café and Lifestyle staff soon. Good luck!

Karen and the Lifestyle Team

March Trivia

March was named after Aka, the Roman God of War, a mythical ancestor of the Romans and father of Romulus and Remus.

Zodiac signs: **Pisces & Aries**
Birthstone: **Aquamarine**
Flower: **Daffodil**



Upcoming Activities for March

- Friday 1st March – Happy Hour with Dave from 1.30pm
- Thursday 7th March – Gladstone Election polling booth from 9.30am
- Thursday 14th March – Morning Tea with Dave from 10am
- Friday 15th March – St Patrick's Day Armchair Travel to Ireland 10am
Irish Pub Happy Hour from 1.30pm
- Friday 22nd March - Birthday Morning Tea with the Roulettes 10am

There are many superstitions about luck. How many of these will bring you good luck, and how many will bring you bad luck, according to superstition?



- Opening an umbrella indoors
- Knocking on wood
- Throwing salt over your shoulder
- Walking under a ladder
- Finding a heads up coin
- Eating 12 grapes on New Year's Eve
- Breaking a mirror
- Having an itchy palm



This month we said farewell to two of our wonderful staff –Tracey P from hospitality and AIN Sue. We wish you both all the best and will miss your smiling faces



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 - February Activities



ELECTORAL COMMISSION OF QUEENSLAND

NOTICE OF VOTING

LOCAL GOVERNMENT ELECTION



A MOBILE POLLING BOOTH WILL BE VISITING

NEW AUCKLAND PLACE AGED CARE

THURSDAY 7TH MARCH

EDEN ROOM 09.15am – 11.45am

ROOMS VISITS 1.00PM - 3.00PM

ECQ ADVISE POLLING IS FOR RESIDENTS ONLY

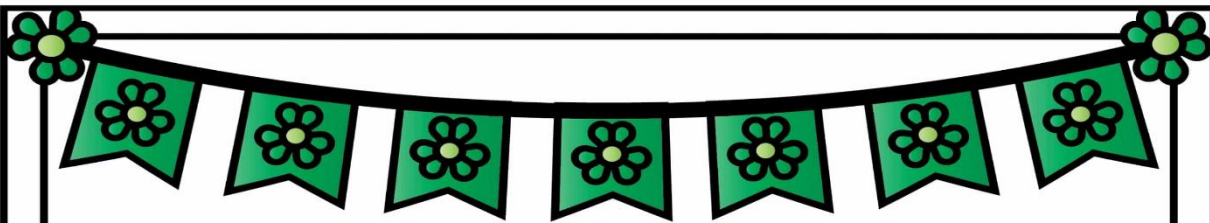
PLEASE SEE LIFESTYLE FOR FURTHER INFORMATION

Nursing Care

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



Word Search



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

St. Patrick's Day Word Search

Words to Find:

rainbow luck green pot
shamrock jig gold Irish
leprechan lucky



www.thechirpingmoms.com (art from <http://TeacherKarma.com>)

JUST FOR LAUGHS!

Never iron a four-leaf clover.....You don't want to press your luck!

The Irish gave the bagpipes to the Scots as a joke...But the Scots haven't got the joke yet.

My grandmother was 80% Irish..... Her name was Iris.

What do you call a fake Irish stone?A shamrock.

Are people jealous of the Irish?.....Yeah, they're green with envy.



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 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.**



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

Hot Crossed Bun



Toasted
\$2

In Memoriam – February 2024

Sadly we say goodbye to our much loved residents:

Ria T - Awoonga

Charlette L - Boyne South

James (Colin) H - Boyne North

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 February

Resident Nominations – Maureen Mc
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
February winner :

Judith P - Curtis

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.

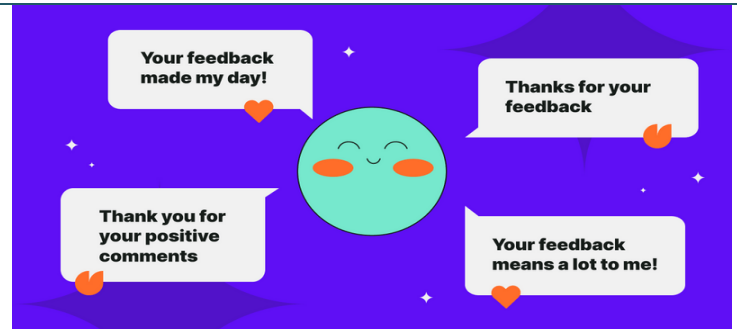
Reminder: Please advise the administration team if valuable items are brought in after the day of admission. These items will be added to your inventory list.

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 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.



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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