

Newsletter



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

www.newaucklandplace.com.au

Valentine's Day became popular in the Middle Ages, when the famous poet Chaucer started linking it to romantic love, courting and secret expressions of love and admiration.



Apparently on Feb 14 female judges were convened to make judgements on matters of love – although historians think it was more likely that men and women got together at these meetings to read poems and flirted with each other! Imagine if we had a modern-day Valentine's Day court presided over by female only judges to cast judgment on matters of love – that sounds like reality TV gold!

These days, Valentine's Day has been expanded to celebrate more than just romantic love between couples. It also celebrates friendship, and love between family members. In some countries, Galentine's Day has been added to the social calendar on February 13 – a day for ladies to celebrate their besties ("gal-friends"). Lots of single people are also reclaiming Valentine's Day as a celebration of self love.

So even though Valentine's Day can sometimes feel a little cliché and cheesy, at its core it is a celebration of the most important relationships in our lives – with our partners, our family, our friends and ourselves. We shouldn't need an official day each year to show these people how much we love them, but it definitely can't hurt to shower your most special people with some love this Valentine's Day.





Dawn's Desk

Happy February to all residents, staff, and visitors.

Happy birthday to everyone who was born on the 29th day of February. I hope you really enjoy celebrating your birthday on the actual date of your birthday this year. 😊

Congratulations to Joanne (AIN) for 25 years of service. Joanne started working at Alchera Nursing Home in Calliope which then became part of the DPG group (Domain Parkland). When Domain Parklands closed in 2011, Joanne transferred over to Domain Auckland Place, which is now proudly owned by Johnson Stenner Aged Care (New Auckland Place).

I know that Joanne is proud of her years of service and has been a carer to many of our family and friends during her time. Not only has Joanne provided care, but she is also a very talented musician and has delighted us over the years with her wonderful voice.

Speaking of wonderful voices, we said a sad goodbye to AIN Ainsley. Ainsley has been with NAP for ten years; Ainsley has moved onto a new adventure, and we wish her all the very best. Her singing in the dining room at mealtimes and her acting in the NAP Xmas skits will be missed by many residents and staff.

The unrelenting heat we have experienced in the CQ region has been quite uncomfortable, however we are fortunate that we didn't experience the effects of Cyclone Kirrily as was originally predicted.

We continuously check our exposure to any extreme weather conditions and as a management team we prepare for the worst possible scenario. In preparation for cyclone Kirrily extra medical stores, continence aids and food supplies were ordered and stored on site in case our suppliers are unable to deliver to us or our suppliers were affected by the weather event. We also have back-up suppliers if required.

I am part of the Local Disaster Management Team which consists of representatives from the (GRC) Local Disaster Management Group, Queensland Police Service (QPS) District Disaster Management Group ,QAS and other relevant members. The Gladstone Regional Council hold a copy of our Disaster and Emergency Management Plans and a representative from the Department of Australian Government of Health and Aged Care contact us directly when any extreme weather is forecasted in the region to ensure we are prepared and to offer support where or if necessary.

Hope everyone has a wonderful month and enjoys this edition of our newsletter.

Until next month,

Dawn

Chicken Mix Sandwich Filling

Ingredients

1 cup cooked chicken meat, chopped
½ cup grated carrot
½ cup grated cheese
Whole egg mayonnaise
Salt and pepper to taste



Method

In a mixing bowl add chicken, carrot and cheese.

Add enough mayonnaise to combine the chicken, carrot and cheese, so that it sticks to the bread.

Add salt and pepper to taste.

Note: this is a great use for left over roast chicken.

This is a popular sandwich sold in our café. Made on white or brown bread it is an absolute winner.

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 – January Celebrations



Two of our January birthday ladies Dot & Barbara 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.

Congratulations to our AIN, Joanne Pearce on her recent 25 Years of Service Anniversary. Thankyou from everyone here at NAP for your dedication and service over the years.





FUN FACTS

DID YOU KNOW?.....

Studies have shown that maintaining regular physical activity can help prevent many common diseases, such as heart disease and diabetes. Exercise improves overall immune function, which is important for seniors as their immune systems are often compromised. Even light exercise, such as walking, can be a powerful tool for preventable disease management.

Seated Exercise Activity for Seniors

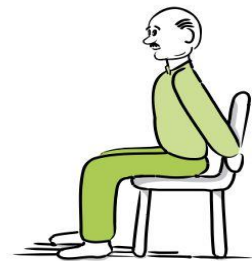
Chair March



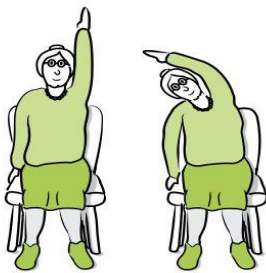
Arm Swings



Chest Stretch



Arm Reaches



Body Twist



Leg Stretch



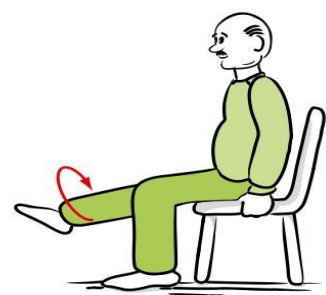
Knee Taps



Leg Extend



Leg Circles





Lifestyle Comment

Hello Residents, Families and Friends!

The Love Bug has hit NAP and it's almost impossible to not feel your heart beat a little faster and feel thankful for those around you when you're surrounded by red and pink decorations and celebrations. We will be hosting our annual NAP Couples Valentines Day Luncheon on Feb 14 and celebrating the love and friendship we share here at NAP with lots in store for all.

We have a great month planned ahead with New Zealand Waitangi Day, Chinese New Year, Shrove (Pancake) Tuesday and Valentine's Day all being celebrated this month.

We will be welcoming Diane Hull – Aged Care Advocate from ADA Australia this month for our first Advocacy Clinic on Wednesday 20th Feb. Di will be available from 1.30-2.30 in the Private Dining Room for anyone whether you are a resident relative, friend or staff, to drop in and have a chat. Diane can provide information and access to assistance on a range of matters including Aged Care Rights, Enduring Power of Attorney, Guardianship and decision-making matters, Elder Abuse and many other topics of interest.

We would like to announce that the students from Trinity College Gladstone will be returning to New Auckland Place to conduct their "Service" program this month and will be making regular visits to residents on Friday afternoons again. We received great feedback from residents who were visited by the students last year and I know the students were sad when the program came to an end.

Speaking of feedback, a big thankyou to everyone who responded to our Family BBQ survey. Overall, 85% said the event was excellent with the remaining 15% saying to was good. Food – 70% said delicious, 30% - Good. 100% of participants in the survey said they would attend another BBQ and it was well organised. We will be planning another event in the near future.

As we head towards the end of Summer and the weather cools down a little, we will be looking for some new venues for our Resident Outings. Do you have a favourite picnic spot, café or somewhere else you would like to visit? Please talk to the Lifestyle Team or come to our Monthly Resident & Relative Meeting to discuss.

We love to see our residents enjoying themselves and there are lots of opportunities this month to connect with other residents, make some new friends and participate in an activity you haven't attended before. Maybe there is something you would like to try but don't see it on the calendar? Please speak to one of our team members about getting involved or suggesting a new activity. You can also email your suggestions to karen@newaucklandplace.com.au

To find out what's on each day, 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.

Wishing you all the love this month and beyond,
Karen and the Lifestyle Team

Upcoming Activities for February

Friday 2nd Feb – Happy Hour with Pat & Dave (1.30pm)

Tuesday 6th Feb - Waitangi Day with Cathy Brown (10am)

Friday 9th Feb – Chinese New Year Celebrations

10am – Chinese Cooking

1.30pm - Happy Hour

Tuesday 13th Feb – Shrove (Pancake) Tuesday with Cathy Brown (10am)

Wednesday 14th Feb – Valentines Day Special Couples Luncheon

Thursday 15th Feb – Morning Tea with Pat & Dave (10am)

Tuesday 20th Feb – Morning Melodies Outing (9am)

Morning Tea with Cathy Brown (10am)

Friday 23rd Feb – Birthday Morning Tea with John & Laurel (10am)

Thursday 29th Feb – Leap Year Celebrations



This month we farewelled our lovely AIN Ainsley T. From the staff and residents at NAP, we wish you the best for the future. We will miss you.



Something to Think About

Who, or what, is the greatest love of your life?

February Trivia

2024 is a leap year! This means you'll find an extra day in February this year. What will you do with it?

Zodiac signs: **Aquarius & Pisces**
 Birthstone: **Amethyst**
 Flower: **Primrose**



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 - January Activities



Val & Gigi are proud of their colouring efforts



Cooking Class – Aussie Sausage Rolls





Immunisation is a simple and effective way of protecting people from serious diseases. Not only does it help protect individuals, immunisation also protects the broader community by minimising the spread of disease.

COVID-19 Vaccinations

COVID-19 is still circulating and prevalent with more than 136,000 cases recorded in Queensland in 2023 (as of December 17, 2023). Queenslanders are reminded to keep their COVID-19 vaccination status up to date, especially those who are most vulnerable.

All adults 65 years and over, and those aged 18 to 64 years with at risk medical conditions or disability with significant or complex health needs, are recommended to receive a 2023 COVID-19 vaccination dose if their last COVID-19 vaccine dose was six months ago or longer, regardless of the number of prior doses received. All Queenslanders are encouraged to discuss their COVID-19 vaccination status with their health care provider.

Influenza vaccination

The Free Flu Vaccination Program will continue in 2024. Annual vaccination is the most important measure to prevent the flu and its complications.

All Queensland residents from six months of age will be able to access the influenza vaccine for free ahead of the flu season. The program typically rolls out from April each year when the influenza vaccine becomes available.

People can receive a COVID-19 vaccination at the same time as their influenza vaccine.

We always welcome newsletter contributions - please email to karen@newaucklandplace.com.au or submit to a Lifestyle Team member

Nursing Care

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



Word Search



VALENTINE word search

HUG
DIPUC
DIAMOND
ECNAMORH
VALENTINE
TEEWSRAEBYDDETRING
LTRAETHTEEWSTFAMILY
ORPIHSDNEIRFPINK
VFISTRAEHYDNAC
ELCCHOCOLATE
NOITCEFFAF
CWHEARTA
AESSIK
RRVY
DS

JGX
SESOR
HELPUOC
YRAURBEF
OTRUELOVE
DETRING
FAMILY
PINK
NAC
ATE
FAF
ATA
K
Y
S

WORD LIST:

VALENTINE
HEART
LOVE
FLOWERS
CUPID
FRIENDSHIP
KISS
SWEETHEART
TRUE LOVE

COUPLE
CHOCOLATE
CANDY HEARTS
FEBRUARY
PINK
HUG

CARD
DIAMOND
RING
TEDDY BEAR
ROSES
FAMILY
ROMANCE
SWEET
AFFECTION

JUST FOR LAUGHS!

Did you hear about the near-sighted porcupine? He fell in love with a pincushion.

A couple is on a date at an expensive restaurant. The woman tells the man to tell her something that will get her heart racing. He says, "I forgot my wallet."

I'm no photographer but I can picture us together.

If I could rearrange the alphabet, I would put U and I together.

Are you a banana? Because I find you a-peeling.

I know this is going to sound cheesy, but I think you are the grate-est.

How did the telephone propose to its partner? It gave her a ring.

My new girlfriend works at the zoo. I think she's a keeper.

What's the difference between love and marriage? Love is blind. Marriage

Reminder - Food Logging



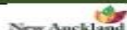
All food brought into the facility for residents, supplied by relatives / friends / carers **must be** recorded in the food logs on the table located in the floor lift foyer or at each relevant servery. For example, if a resident is residing on Curtis floor, then the food supplied must be recorded in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



Jeannie S	Eunice S
Barbara M	Doris (Dot) W
Marjorie L	Beatrice E
Peg B	Norma S
Ray (Bert) N	Norah P

New Residents January



Patrick L (Pat) - Curtis

Shirley H - Curtis



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

**French Crepes
with
Berries & Ice
Cream - \$6**



In Memoriam – January 2024

Sadly we say goodbye to our much loved residents:

Nancy P – Boyne S Olive M – Boyne N
James D (Jim) - Curtis Valmai S (Val) – Boyne S
Beverley M (Bev) - Awoonga

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 Month January

Resident Nominations – Taharni S
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
January winner :

Leslie (John) Parks - Boyne

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.

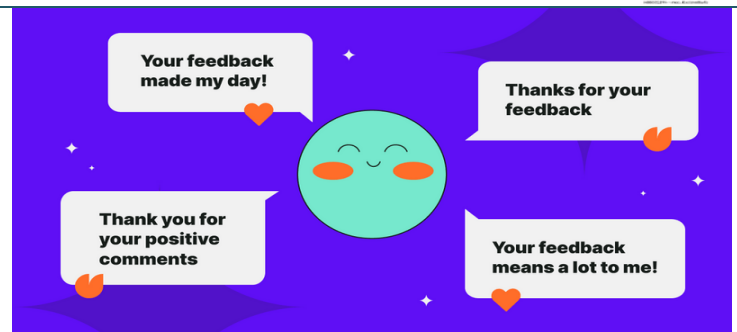
Reminder: Please advise the administration team if valuable items are brought in after the day of admission. These items will be added to your inventory list.

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