



In this issue

- ~ Natalie's News
- ~ Admin Updates
- ~ Nap App Info
- ~ Employee of the Month
- ~ New Staff
- ~ Café
- ~ Customer of the Month
- ~ Birthdays
- ~ Physio
- ~ Upcoming Activities
- ~ New Residents
- ~ In Memorial
- ~ Lifestyle News
- ~ Resident of the Month
- ~ Resident/Staff Profile
- ~ Word Search & Funnies
- ~ Rewind
- ~ Facility Updates
- ~ Feedback

May/June 2026



Welcome to the May/ June edition of the NAP Gazette! If you watched the first State of origin game in May, you might agree the State of Origin is more than just a Rugby League series. The State of Origin has become a cultural institution, not just a contest but a tradition, built on loyalty, resilience and the fierce spirit of Queensland and New South Wales people. Few sporting rivalries capture the passion, pride, and identity of people quite like the State of Origin. Since its official beginning in 1980, the series has produced unforgettable moments, legendary players, and electrified stadiums across Australia. But how did it all begin?

Well, rugby League interstate matches began in 1908 and have been a significant part of Australian Rugby League history. The games were played at the Sydney Agricultural ground, with NSW winning 70% of matches. Naturally, this led to a lack of competitiveness and interest in the game. Queensland's struggle, however, was not due to lack of talented players, rather the lack of financial resources. You see, in 1956 NSW legalised gaming machines in pubs, providing NSW team with a huge revenue stream that QLD clubs simply could not match. Because the Sydney side was wealthier and therefore more prestigious, QLD's elite players moved south for better pay. They were then forced to play under the residency rules and represent the NSW team. It was a player named Jack Reardon who first suggested in the 1970's that Sydney-based Queenslanders should play for their "State of Origin" rather than their state of residence. The proposal was taken to Ron McAuliffe, Queensland Rugby League senator and chairman, who presented it to the NSWRL. While initially faced with resistance and reluctance from the wealthier Sydney clubs, the idea was approved and the first match was played on July 8th, 1980, at Lang Park in Brisbane. For the first time, players were representing the state they were born in rather than the State they resided. Led by captain Arthur Beetson, the Queensland side included legends such as Wally Lewis, Chris Close and John Lang and defeated NSW 20-10, marking a historic shift to rugby League football and the start of the annual 3 match series we know and love today. The rivalry between NSW and QLD is now stronger than ever, with each match adding to its long and complex history.

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

www.newaucklandplace.com.au

or via the NAP App



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.

Natalie's News – Welcome Winter ❄️



Welcome to winter everyone,

I would like to take a moment to introduce our new Deputy Director of Nursing, Thérèse Mitchell who has recently joined us here at NAP. She brings a wealth of nursing experience and knowledge, and I'm really looking forward to the positive impact she will have across the home. Please make her feel welcome and say hello when you see her out and about.

We are certainly starting to feel the change in season, with much fresher mornings and evenings settling in. Last week's rain was very welcome; it has really greened up the grounds and given the gardens a lovely refresh before the colder weather truly takes hold.

With the cooler weather, we do tend to see an increase in respiratory illnesses, and at the moment we are seeing some cases of parainfluenza within the home.

What is Parainfluenza?

Parainfluenza is a common respiratory virus that affects the nose, throat and lungs. It's different from the flu but can feel quite similar. Symptoms can include things like a runny nose, sore throat, cough, fever and generally feeling a bit off or more tired than usual. For many people it remains quite mild, similar to a cold, but in older people it can sometimes become more serious, which is why we take it seriously here.

What We Are Doing

Our team is continuing to focus on keeping everyone safe by:

- Increasing cleaning and infection control measures
- Monitoring residents closely
- Supporting good hand hygiene
- Asking staff and visitors not to attend if they are unwell.

How You Can Help

- Washing your hands regularly
- Covering coughs and sneezes
- Letting staff know early if you are not feeling quite right

My Health Record

I'm also pleased to share that we now have access to My Health Record for our residents.

While access is limited, it is making a difference. One of the biggest improvements is that we are now able to access hospital discharge summaries much more quickly when residents return to us. In the past, this could sometimes be delayed, so this will really help us provide more seamless care when residents come back from hospital. It's an important step forward in improving continuity of care and making sure we have the right information at the right time.

Make sure you rug up for the cooler weather, until next time...

Natalie



Expressions of Interest – Resident Meetings

We're looking for residents and family members who might be interested in being involved in:

- Quality Care Advisory Body (QCAB)
- Consumer Advisory Committee (CAC)

These meetings are an opportunity to have a say - what's working well, what we can do better, and ideas you might have for NAP. It's important to me that we're hearing directly from you, not just making decisions behind the scenes. If you think you'd like to be involved, or even just want to know a bit more about what it involves, please have a contact reception and we can provide you with a copy of the terms of reference. We'd love to have your input.

Admin Updates



Changes to Reception Desk Opening Hours and Visitor Sign in Process

Changes to the sign-in procedure for Visitors and Contractors at New Auckland Place commenced on 22/04/2026 resulting in temperature checks no longer being required when entering New Auckland Place.

In the case of an outbreak in either the facility or the community, temperature checking may be reinstated as part of our Infection Control Measures.

All visitors and Contractors are still required to sign in and complete the Visitor Health Declaration each time they enter the facility (including multiple visits during the day). This is a mandatory requirement set down by the Aged Care Quality and Safety Commission to meet safety, infection control, and regulatory compliance standards. It is also used to comply with for Fire, Emergencies and Security Purposes.

The opening hours for the Reception Desk have also changed. New Auckland Place has returned to our pre-Covid hours of Mon to Fri from 8 am to 4pm.

Whilst the Reception Desk will now be closed on weekends and Public Holidays, New Auckland Place would like to reassure all our residents, family and friends that the facility will be open to visitors daily as always. The front doors will be unlocked by staff daily at 8 am and will be closed at approximately 5 pm daily.

If arriving once the doors are locked daily, please press the buzzer on the wall to the right of the front entrance and a staff member will let you in the door. If arriving once the gates are closed daily, please call the number posted at the gate and staff will arrange entry for you.

The Café will continue to trade on weekends and public holidays as per their advertised opening hours.

Thanking you in advance



NAP Management

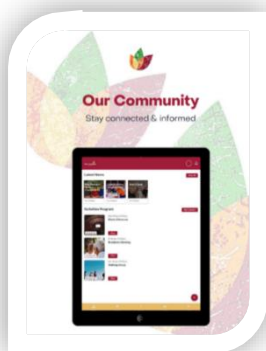
Word of the Month

Word of the Month
crepuscular
adjective | krih-PUHSS-kyuh-ler

Crepuscular means "of, relating to, or resembling twilight." It is used in zoological contexts to describe creatures that are active during twilight, or the activities of such creatures.

// As evening came on, fireflies began to appear in the crepuscular gloaming.

The New Auckland Place App



The New Auckland Place App can be downloaded for free from either Google Play or the Apple App Store.

The many features of the application allow a one-stop shop for keeping our Residents, their family and friends informed and updated on activities, upcoming events and activities happening at New Auckland Place.

If you wish to join the NAP Community, please provide Reception with the below information either when next visiting New Auckland Place or by emailing details to admin@newaucklandplace.com.au.

Please complete and leave with Reception Staff to have access to the NAP App created for you.

Name

.....

Phone Number

.....

Email Address

.....

Your Date of Birth (optional)

.....

Name of the NAP resident/s that you visit

.....

Employee of the Month – Staff to Staff Nominations

April 2026 – 2 Nominations

Maria Tantug – Maria brightens our Residents Day with her happy Personality. A pleasure to work with.

Charlene Ferry – Thank you for demonstrating great initiative in collecting and restocking the PPE Station. Your attention to detail and commitment to maintaining a safe and well-prepared environment is appreciated and sets a strong example for the Team.

Winner was Maria Tantug

May 2026 – Charlie Patrick – Charlie demonstrated care and understanding of Residents dignity when she saw a Resident asleep outside in the sun. Resident was showing signs of concern and Charlie reported it immediately to Staff.

Unlabelled Clothing

Unlabelled clothing is located in the hairdressing salon on Monday, Thursday, and Friday's.

Please see reception on Tuesday and Wednesdays as the Hairdresser is on site those days.



Lost Property

Please see Reception for any lost property enquiries.

A reminder that under the Aged Care and Quality standards, **All Visitors** to New Auckland Place **MUST SIGN IN AND OUT at reception which includes signing the Visitor Declaration and having a wellbeing check performed.**

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

New Staff/ Cafe

Hi everyone,

I just wanted to introduce myself, as I am a new staff member joining the excellent team here at your lovely home - New Auckland Place 😊.

My name is Thérèse and I have wandered up from down south 😊 – originally from NSW, where I started my nursing career and now for the past 15 years been living in & around North & West of Brisbane including Nundah, Bribie Island and Toowoomba 😊.

I started my career as a Dental Nurse in Grafton Northern NSW & later moved to Sydney NSW, where I eventually obtained my Nursing Degree and worked in all aspects of Acute Care.

I eventually moved up to Qld, to Toowoomba, raised my children and continued to work in both public & private healthcare.

I have skills and knowledge in many areas of health including Acute, Aged Care and Community Nursing. I am also a qualified Stomal Therapist (Wounds/Continence and Stomas), Phlebotomist (vampire 😊) & am a Remedial Massage Therapist – Aroma Therapy & Reflexology.

Happy to give free massages!! 😊

Outside of work, music is a big part of my life, and I play both the guitar and the trumpet. I also love reading, especially crime and forensic novels, and I am always happy to receive book recommendations! When I have some quiet time, you will often find me gardening or crocheting, two hobbies that I find both relaxing and rewarding.

I look forward to meeting you all and sharing many enjoyable conversations along the way. Please don't hesitate to stop and say hello when you see me around.

I look forward to getting to know you & your families moving forward.

Thérèse



Café Winner of the Month

Congratulations to our lucky monthly café voucher winners!

April 2026 – Letty (BN)

May 2026 – Victor (Curtis)

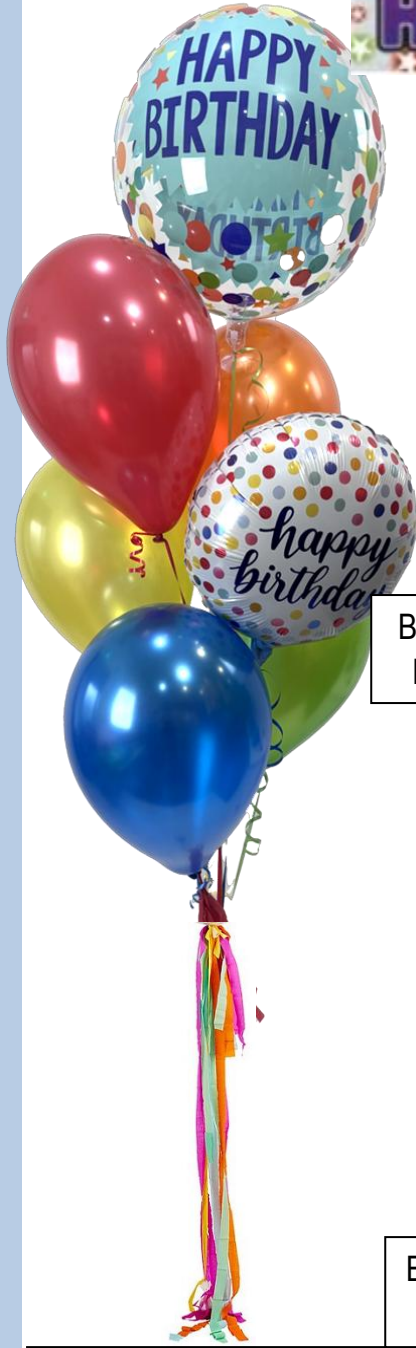


Cafe Opening Hours

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



Birthdays



Bernice R & Dulcie B cutting the cake for our April Residents, Happy Birthday Bernice, and Dulcie!



Brenden L & Carmel S cutting the cake for our May Residents, Happy Birthday Brenden and Carmel!



April Birthdays

- Dulcie B
- Muriel R
- James N
- Bernice R
- Lindsay H
- Rex W
- Valda C
- Bridget O
- Bruce M
- Marie G
- Ken P
- Lorice L
- Irene T



May Birthdays

- Shirley H
- Karron H
- Rod H
- Carmel S
- Brenden L
- Nolene R
- Thelma S
- Victor T
- Mavis L
- Leah H

Physio Fun for All

Staying physically active as we age can help us to maintain our mobility, strength, balance, and independence. Making everyday tasks such as walking, climbing stairs, sitting, and standing easier, while also reducing the risk of falls and improving overall health and wellbeing. While remaining active as we age is paramount, it is also vital to ensure you are exercising safely to avoid injury. Exercise plans should be appropriate for your fitness level and any existing health conditions must be considered before beginning. When you engage in exercise, ensure you properly warm up and pay close attention to how your body is feeling, proper technique and adequate hydration. Choosing low impact exercises such as walking, Tai Chi or seated exercises can help ensure that exercise remains both beneficial and safe.

If you're looking for a safe and effective way to stay active, this seated exercise routine is a great place to start. This routine allows you to improve your strength, flexibility, circulation, and mobility without the need for strenuous movements or standing exercises. Because the routine can be performed from the comfort and stability of a chair, it helps reduce the risk of falls while still providing many of the benefits of regular physical activity. This seated routine offers an easy and enjoyable way to support your health, maintain your independence, and keep moving with confidence.

Safe and Effective Exercises for Seniors at Home

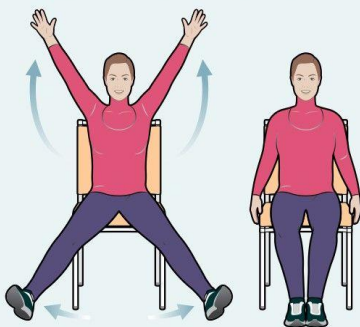
GET READY



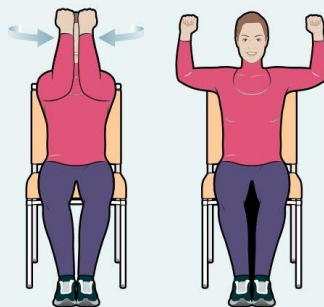
MARCH IN PLACE



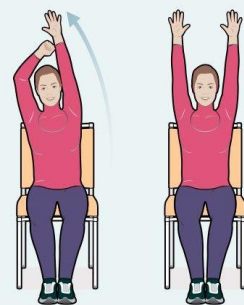
SEATED JUMPING JACK



DO THE PEEKABOO



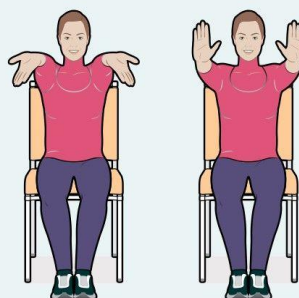
RELEASE SOME TENSION



MOVE YOUR JOINTS



FOCUS ON EXTREMITIES



GET HEAVY



Activities & Events



Upcoming Activities June/July

- Tues 2nd Jun- Men's social club
- Tues 9th Jun- Paint and Sip
- Wed 10th Jun- Garden Walks
- Thurs 11th Jun- Morning Tea with the Patons
- Fri 12th Jun- Morning Tea with Laurel
- Fri 12th Jun- Happy Hour Philippines Independence Day celebration
- Tues 16th Jun- Clinton Playgroup Outing
- Tues 16th Jun- Pool Competition
- Fri 26th Jun- Birthday Morning Tea with Laurel
- Thurs 2nd Jul- Cooking for American Independence Day.
- Wed 8th Jul- Paint and Sip
- Thurs 9th Jul- Morning Tea with the Patons
- Fri 10th Jul- Gladstone Regional Art Gallery and Museum Outing
- Fri 10th Jul- Naidoc Celebrations and whiteboard games.
- Tues 14th Jul- Bastille Day
- Thurs 16th Jul- Carpet Bowls
- Fri 17th Jul- Morning Tea with Laurel
- Wed 22nd Jul- Pool Competition
- Thurs 23rd Jul- Flower Arranging
- Fri 24th Jul- Putt Putt Golf
- Tues 28th Jul- Men's social club
- Fri 31st Jul- Birthday Morning Tea with Laurel

New Admissions April/May

- Arnold M – Boyne
- Helen S - Boyne
- Bruce C – Boyne
- Valmai S - Curtis
- Glyn S – 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.

Regular Activities

- Bingo: 10am each Monday
- Sing-Along with Cathy Brown: 10am each Tuesday
- Hoy: 10am each Wednesday
- Hairdressing – Tuesday and Wednesday (by appointment)
- Tai Chi with Gaye – 9am each Thursday
- Lolly Trolley each Thursday
- Happy Hour: 1.30pm each Friday
- Residents & Relatives Meeting: 1.30pm 1st Wed of each month
- Catholic Church – Last Wednesday monthly 1 pm
- Uniting Church – First Tuesday monthly 1pm
- Anglican Church – 3rd Tuesday monthly 2pm

In Memoriam

Dennis S - Curtis
Erna H - Awoonga
Barbara M – Lady Musgrave

*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.*



Lifestyle News

Welcome to the May/June edition of the NAP Gazette! It's hard to believe we are halfway through the year already! We had a lot of fun celebrating Easter with the reintroduction of our Easter Hat Parade. It was wonderful to see our residents get involved in the fun by creating their own easter hat and showcasing them in our parade. I would like to extend thanks to all our wonderful residents who contributed or were a part of our Anzac Day Service and a special thanks to Roy Aiton, who attended our service as an honoured guest speaker. It was a truly special service honouring the courage, service and sacrifice of our Australian and New Zealand service men and women. Another special event I would like to mention is our Mothers Day high tea, a morning filled with flowers, fun and delicious food. The event provided a lovely opportunity to recognise and celebrate the important role mothers, grandmothers, and mother figures have played in our lives. See photos from these events in the rewind pages.

Looking ahead, we are excited to introduce a new initiative, Resident of the Month. This program has been created to recognise and celebrate the unique contributions, strengths and successes of our residents. Each month, we will shine a spotlight on one of our deserving residents, highlighting their efforts and celebrating their achievements. We hope this initiative will help us learn more about one another and celebrate the remarkable individuals who make up our community. Continuing that note; we are also introducing staff and resident profiles to the newsletter. This feature will provide an opportunity to get to know the people who live and work within our home on a more personal level. We believe these profiles will help strengthen connections and foster an even greater sense of community within New Auckland Place.

Thank you to all the residents, families, volunteers, and staff who continue to support our activities and events. We look forward to making the second half of 2026 just as special as the first, creating many more wonderful memories together in the months ahead. If you would like to be featured in next editions resident or staff profiles, please see lifestyle staff, we would love to feature you!

RESIDENT OF THE MONTH



April

Friendship Builder Award

Shirley Reid



Always welcoming, friendly and kind towards co-residents

May









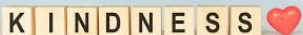









Progress and Perseverance Award

Brenden Layden



In recognition of outstanding personal growth, determination, and achievement.

Resident Profile/ Staff Profile

My Name is Nellie O	Lady Musgrave	
Born in	Here in Gladstone	
Favourite Sports Team	QLD Maroons	
Favourite Colour	Red	
Favourite TV Show	The Chase	
Favourite Band/Musician	Clyde Cameron	
Favourite Food	Raisin Toast	
Favorite Drink	Red Wine	
What is your favourite thing about New Auckland Place?	Everyone is so nice. I've been here 4 years and never heard a nasty word.	
My Name is Kym Bradley	Lifestyle Team Member	
Born in	Richmond, Victoria.	
Favourite Sports Team	Sydney Roosters (NRL)	
Favourite Colour	Purple	
Favourite TV Show	Home and Away	
Favourite Band/Musician	Robbie Williams	
Favourite Food	Anything!	
Favorite Drink	Malibu and Diet Coke	
What is your favourite thing about New Auckland Place?	My Residents	

Find-A-Word and Funnies

Sunrise and Sunset

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

mesmerising	marvellous	delightful	astounding	delicious
wonderous	colourful	beautiful	laughter	chirping
blissful	precious	shinning	luminous	exciting
buzzing	rapidly	ominous	glowing	sunrise
chilly	gloomy	joyful	bright	sunset
fresh	salty	vivid	happy	dark

A small boy asked his Grandfather one day, "After all these years, you still call Grandma, darling, beautiful, and sweetheart, whats your secret?"

His Grandfather replied, " I forgot her name about 5 years ago and I'm too scared to ask her what it is!"



NAP Rewind- Easter



New Auckland Place Hairdressing Services



**Tuesday and
Wednesday
Mornings by
appointment**

Ladies Services (includes Blow Dry)

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

Mens 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.



NAP Rewind- ANZAC Day



NAP Rewind- ANZAC Day



NAP Rewind- Pet Therapy & Music



CALL FOR
EXPRESSIONS
OF INTEREST



Do you have an eye for detail and/or a flair for publishing? We are seeking expressions of interest from our residents, for a Duty Editor for our bi-monthly newsletter. No prior experience required, please see Lifestyle Staff for further information.

Do you have any articles, photos, staff news, trivia, poems and amusing stories relating to residents and staff you would like to share? Contributions to our newsletter are encouraged and appreciated! Items can be posted anonymously if requested. Please speak to Lifestyle staff or email your contributions to Lifestyle@newaucklandplace.com.au

NAP Rewind- Mothers Day High Tea



Facility Updates / Notices

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

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.

NAP Feedback

Compliments, suggestions, & 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 provide your compliments, suggestions, or concerns by completing a New Auckland Place Feedback Form which 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.