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

www.newaucklandplace.com.au

or via the NAP App

2026 July/ August



This month, Aged Care Employee Day shines a spotlight on the people who work tirelessly to ensure the dignity, comfort and wellbeing of older people in Australia. Approximately 370,000 aged care workers are employed across Australia, supporting over 4.2 million Australians aged 65 and older, with the number of people over 85 expected to double by 2042. Every year, the day provides an opportunity to recognise the dedication, compassion and professionalism of the people who care for older Australians. It is a day to thank the nurses, personal care workers, allied health professionals, hospitality teams, cleaners, administrators, maintenance, lifestyle staff and countless others whose work makes a meaningful difference in the lives of older people every day.

This year's Aged Care Employee Day is also an opportunity to look to the future. Australia's population is ageing rapidly, and over the coming decades the demand for aged care services will continue to grow. As the baby boomer generation reaches advanced age, the sector is preparing for what many describe as the "second wave" of increased demand for aged care. Meeting this challenge will require a larger skilled workforce ready to provide high-quality care for future generations.

People who work in aged care say the greatest reward comes from the relationships they build with residents. Sharing meaningful conversations and supporting people to maintain their independence makes a lasting difference every day. These moments not only enrich the lives of those receiving care but also leave a lasting impact on those providing it. As we celebrate our dedicated employees this Aged Care Employee Day, we also encourage others to discover what makes a career in aged care so rewarding.

This Aged Care Employee Day, we celebrate everyone who works in aged care. From the big moments to the small everyday acts of kindness, your dedication helps create places where older people feel valued, respected and cared for. Every moment of care helps older Australians live with dignity, independence and a sense of belonging. Thank you for everything you do, and for the positive difference you make every single day.



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.

Clinical Team - Info Blast

Doctors' Rounds Update

Please note the following changes to the doctors' visiting schedule:



Dr Aung Kyaw and **Dr Aeint Ko** will continue to visit on Tuesdays on alternate weeks.

Dr Korien Marias will now conduct rounds on Tuesday afternoons.

Dr Alison Slater will visit on Thursdays.

Please see our friendly nursing staff if you have any concerns that need to be addressed with the visiting Doctors.



Thank you.

Strengthened Age Care Quality Standards



Standard 1- The Person

Standard 2 – The organization

Standard 3 -Care and services

Standard 4 – The environment

Standard 5 – Clinical Care

Standard 6 – Food and Nutrition

Standard 7 – The residential community

**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

RESIDENT OF THE MONTH



June

Team Player Award



Jude Nicholson



For always joining in and supporting group activities

July

True Gentleman Award



Jan Renton



In recognition of the kindness, politeness, and warmth you bring to our community every day.

Eden's Delight Café

Did you know that the Eden's Delight Café offers Resident Pre-Paid Accounts and Café Vouchers? See our friendly Café staff for further information.



Café Winner of the Month

Congratulations to our lucky monthly café voucher winners.

June Winner: Joan D- Curtis

July Winner: Olive E- Boyne South



Cafe Opening Hours

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



Physio Fun for All- Healthy Aging Exercise

Healthy ageing exercise can help you stay strong, steady, mobile, and independent. A good program may improve leg strength, balance, walking confidence, posture, and daily function. It can also help arthritis, chronic pain, stiffness, low fitness, fear of falling, or age-related muscle loss. You do not need intense exercise to benefit. Many adults in their 80s and beyond do best when they start gently, use support where needed, and build up in small steps. A safe mix often includes walking, strength work, balance practice, mobility, and less sitting.

What Is Healthy Ageing?

Healthy ageing means keeping as much strength, mobility, steadiness, and confidence as possible as you get older. For many adults over 80, that means getting out of a chair, walking safely, carrying light shopping, doing housework, getting to appointments, and staying active with family and friends.

Why Does Exercise Feel Harder After 80?

Exercise can feel harder after 80 because muscle strength, power, joint range, bone density, balance reactions, and recovery can change with age. Past injuries, pain, illness, less activity, and lower confidence can also make movement feel harder. However, age alone does not stop progress. Many adults over 80 improve their strength, walking, balance, and confidence when they start at the right level and build slowly.

Good load management matters. A small amount done often is usually better than doing too much, flaring up, and stopping again.

What Should Healthy Ageing Exercise Over 80 Include?

Healthy ageing exercise over 80 should include low-impact cardio, strength training, balance work, mobility, and regular light movement. This mix helps your heart, muscles, bones, joints, posture, and day-to-day function more than walking or stretching alone.

What Should You Focus on First Over 80?

Walking confidence: Start with supported walking, shorter walks, and guided balance practice.

Weak legs: Use sit-to-stands, heel raises, step-ups, and band work.

Balance worry: Start with supported balance drills and safe stepping practice.

Stiffness or posture: Add mobility, stretching, posture work, and gentle control drills.

Pain or arthritis: Use lower-load exercise and slower progress. A tailored plan often helps.

Top 5 exercise priorities over 80- walking fitness, leg strength, balance, mobility & less sitting.

When Should You Slow Down or Get Checked?

Cease exercise if it causes sharp pain, major swelling, dizziness, chest pain, unusual breathlessness, or symptoms that keep getting worse. Request an appointment if you would like to be assessed by our Physio team and build a plan that suits your goals.



Welcome to the July/ August edition of the New Auckland Place Gazette! While the weather has been cold outside these last two months, there's been no shortage of fun at New Auckland Place, with our residents enjoying a packed calendar of activities, events and special moments.

In June, our residents were treated to New Auckland Place's very first magic show, featuring the marvellous Troppo Bob. Bob doesn't describe himself as a magician, but rather an *Ultrnormalist*—a title that perfectly reflects his unique style of entertainment. His performance combined magic, illusions, comedy, mind reading, juggling, puppetry, and ventriloquism, keeping everyone laughing and entertained throughout the afternoon. It was a fantastic show that brought plenty of smiles to our residents' faces. The Lifestyle Team would like to extend a heartfelt thank you to our Fundraising Committee for generously funding this wonderful event, allowing our residents to enjoy such a memorable afternoon together.

Our residents celebrated NAIDOC Week in style with a special outing to the Gladstone Regional Art Gallery & Museum to experience the inspirational NAIDOC Week display. The 2026 exhibition celebrates the rich cultural heritage and the diverse artistic practices of First Nations peoples and will be on display until the 15th of August. Our residents also celebrated NAIDOC Week with a Paint and Sip afternoon, where they tried their hand at dot painting. Be sure to check out our NAP Rewind pages below to view photos of our Naidoc week celebrations.

In other news, the lifestyle team are excited to announce the addition of two new members to our team! Most of our NAP community will already be familiar with Mia S, who has worked at New Auckland Place as an AIN for 3 years. We are delighted to have her join our team and continue to deliver excellent service to our residents. We are also pleased to welcome Michelle H to our team. Michelle has joined us after relocating from Darwin, where she worked in aged care for many years. We are delighted to have her join our team and know her experience and knowledge will be a wonderful asset to New Auckland Place. We look forward to working alongside Mia and Michelle as we continue to create meaningful experiences and bring even more exciting opportunities and activities to our residents. If you see them around the facility, be sure to say hello and help us give them a warm New Auckland Place welcome!

Congratulations to our Residents of the Month, Ian R and Jude N! We are proud to recognise you both for your kindness, participation, and positive contribution to life at New Auckland Place.



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.

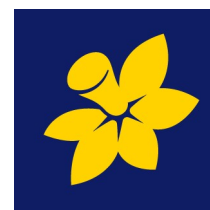
Find-A-Word and Funnies



BEGONIA
BLACK EYED SUSAN
BUTTER AND EGGS
BUTTERCUP
CALENDULA
COREOPSIS
DAFFODIL
DAHLIA

DAY LILY
GOLDENROD
JONQUIL
MARIGOLD
MUM
PANSY
PETUNIA
PRIMROSE

ROSE
SNAPDRAGON
SUNFLOWER
TREFOIL
TULIP
VERBENA
YARROW
ZINNIA



 **Cancer Council**
Daffodil Day Appeal

**Instead of "the John" I call
my bathroom "the Jim"**

**That way it sounds better
when I say I go "the Jim"
first thing every morning!**



NAP Rewind- Paint & Sip



NAP Rewind- Boyne Connections



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.