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## March/ April 2026



It is that time of year again! Gladstone is gearing up for one of the greatest events on the Gladstone entertainment Calander, the Gladstone Harbour Festival. It all started in 1962, in the early years of the famous Brisbane to Gladstone Yacht Race. Hundreds of people gathered each year to watch the boats come in after their race along the coast. It was a local plumber named Douglas Norris who organised the first Harbour festival, to provide a festive atmosphere for spectators awaiting the yachts and welcome the boats in true Gladstone Fashion, with a party.

And so, it began - on the back of a truck at the entrance to Central Park (now known as Anzac Park) on the corner of Goondoon and Tank St. Originally a one-day event. The festival grew from humble beginnings into a weeklong event featuring the Great Raft Regatta, fireworks, amusement rides, a bustling sideshow alley, a street parade, food trucks, Miss Gladstone Harbour Festival competition, live music and more! eventually becoming so big, the location had to be changed to the Gladstone Marina Parklands, which weren't yet created back in 1966.

The festival has faced challenges over the years, including financial concerns in 2005, when local businesses were called upon to donate \$50 each to pull it out of financial woes. It was also famously cancelled for the first time in 2020 due to COVID-19.

This year will be the 64<sup>th</sup> annual Harbour Festival, it remains a premier event in Gladstone upholding long held traditions, community spirit and the conclusion to the famous Blue Water Classic yacht race.



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

[www.newaucklandplace.com.au](http://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



It is hard to believe that Autumn is here, and the year is flying by. The mornings are cooler as we head into the Easter period.

At NAP we are always trying to find ways to improve our services for our residents and have been working with the Public Health Unit in Rockhampton to secure dental services for our residents.

Today, I am excited to announce that we have a mobile dentist, Moviliti who will commence providing much needed dental services for our residents from the week commencing 27<sup>th</sup> April 2026.



Moviliti Dental Care is a Private Dental Practice established specifically to treat residents of Aged Care Facilities and other institutions in a mobile dental setting using portable equipment. Consultation is via appointment only. Please see reception for a consent form, or complete online using the QR code located in the lifts. Please contact Moviliti for pricing. Please over for more information.

We expect they will schedule regular visits to the service every 6-8 months.



Our mobile Optometrist Ben from Eye-see-you Optometry has advised he will be visiting NAP again May. Should you wish to see the optometrist, please speak to the nurse in charge on the floor, and we can pop your name on his list.

If there is anything you think we can provide onsite, then please complete a feedback form for consideration.

Wishing you all a happy and safe Easter.

Natalie



# Providing onsite Mobile Dental Services

Visiting during the month of

**April 2026**

For more information or to book an appointment please call

**1300 553 634**

Scan QR Code to complete a consent form





## Welcome to Moviliti Dental Care

Moviliti Dental Care will always endeavour to provide as much information as possible of our Patients treatment journey. Part of providing this information to patients/carers/family is providing our Patient Charter of Rights. Please see our website for more details: [www.moviliti.com.au](http://www.moviliti.com.au)

### Mission Statement:

“To provide affordable comfortable and high-quality dental care to Residents within Facility Care, and to promote the awareness of oral health.”

We encourage compassion, respect, honesty and openness in the workplace to create a sense of empowerment for people to use their knowledge, skills and experience to provide the best possible care and communication to patients, families and facilities.

We realise that in order to do this we must:

- Ensure that each patient’s emotional and physical needs are our number one priority
- Treat our Patients/Families and Facilities with the utmost respect, dignity and concern
- We will be clear in communications with the Patients, Families and Facilities regarding treatment, appointments and education
- We will continue to enhance our own development through continuing education and working as a Team.

### Moviliti Dental Care will communicate with you by a variety of ways:

- Phone
- SMS
- Email
- Post
- Combination of any of the above to be able to communicate regarding the Patient’s needs

### Appointments:

Moviliti Dental Care aims to provide Patients with appointments that meet their treatment needs. Our bookings team will coordinate with the Patient, Family and Facility to arrange a suitable appointment time. Moviliti Dental Care will contact the Patient, Family and Facility to confirm their scheduled appointment.

In the event that we are unable to accommodate a patient’s request for an appointment at a specific time or date, consultation with our Clinical Team will be sought.

During the appointment, our Clinical Team will communicate with all necessary parties to provide details of the recommended treatment, including an estimate of fees.

***NB: A one off service fee is applicable for all treatment plans and will be included in the estimate of fees.***

### Invoicing:

Following an appointment our Administration Team will provide post visit communication including: a report on treatment completed; an invoice; and any information regarding proposed treatment. Moviliti Dental Care accepts telephone payments via Visa or Mastercard (surcharge applies) or direct deposit and the receipt/statement can be submitted for claiming through health funds. As Moviliti Dental Care is a fully mobile practice, we are not able to support HICAPS at this stage.

# Admin Updates



## Stay Safe Online: Cybersecurity Tips for Seniors

The internet is a fantastic place...it keeps us connected. It can help us manage finances and bring us endless entertainment at the click of a button. But protecting yourself online is important. Staying safe online does not have to be complicated. These simple cybersecurity strategies can help protect your personal information:

### Use Strong, Unique Passwords:

Passwords are the first line of defense against hackers. Use a mix of uppercase and lowercase letters, numbers, and symbols. Never use the same password across multiple accounts. Consider using a password manager to store and generate strong passwords.

### Stay protected online by:

Enabling automatic updates on your computer, phone, and apps. Running regular antivirus scans to catch potential threats. Installing security updates as soon as they become available.

### Be Careful on Social Media:

Social media is great for staying connected, but oversharing can be risky. To protect yourself: Only accept friend requests from people you know. Check your privacy settings to control who can see your posts.

### Think Before You Click:

Fraudsters often disguise malicious links in emails and messages. Before clicking, hover over links to check where they lead—if it looks suspicious, do not click. Never download attachments from unknown senders. Ignore pop-ups claiming your computer is infected with a virus.

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## Word of the Month



### Word of the Month

**frowsy**  
adjective | FROW-zee

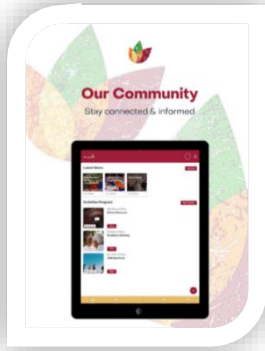
**What It Means**

Something described as frowsy has a messy or dirty appearance.

// The lamp, discovered in a neglected corner of a frowsy antique store, turned out to be quite valuable.



# 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](mailto: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**

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## Employee Of the Month

February: Kaylene Schofield- 'Always does a good job'

March: Kaylene Schofield- 'Always does a good job and cheerful / Nothing is too much trouble for her to do for you'

## **Staff to Staff Nominations**

February 2026 – Nil Received

March 2026 – Nil Received

## **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.



# WORD SEARCH

## Types of Coffee



- FRAPPE
- GALAO
- DOPPIO
- ESPRESSO
- BICERIN
- CAPPUCCINO
- RISTRETTO
- GLACE
- MACCHIATO
- AMERICANO
- IRISH
- LATTE
- MOCHA
- BREVE
- LUNGO
- MAROCCHINO
- VIENNA
- FREDDO
- ROMANO
- AFFOGATO



### Café Winner of the Month

Congratulations to our lucky monthly café voucher winners!

February Winner- Joan D- Curtis

March Winner- Thelma K- Curtis



## Cafe Opening Hours

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



# Clinical Team - Info Blast



You may have received a phone call or in-person visit from EN Trish for consent for Flu and or Covid vaccines.

As the cooler weather sets in so too does the flu season, with winter approaching the risk and spread of common respiratory diseases such as COVID-19 and influenza (flu) becomes greater.



This can be a dangerous time for older people, who are most at risk for severe illness from these diseases including hospitalisation or death. Aged care residents are particularly vulnerable because of their pre-existing health conditions, complex care needs, and close living arrangements.

There are new variants and strains of COVID-19 and flu that continue to circulate. It's important older people are protected through regular vaccination before the peak of the winter season. Vaccination is still the best line of defence against severe illness.

We are offering our annual influenza/Covid vaccination clinic on Wednesday 8<sup>th</sup> April 2026. BITS nurses will be onsite in the Eden room for Vaccine clinic.

To protect you from serious illness Covid vaccines are recommended:

- Every 6 months for adults over 75 years
- Every 12 months for adults aged 65-74 years.



As part of the NAP Gazette upgrade, the New Auckland Place Clinical Team will be contributing to the NAP Gazette in the near future. We would love to hear what topics and articles you would like to be featured. Suggestions can be emailed to [Lifestyle@newaucklandplace.com.au](mailto:Lifestyle@newaucklandplace.com.au) or given to Lifestyle staff to pass on to our clinical team.

# Physio Fun For All



## Why Physiotherapy Matters as We Age

As we grow older, muscles may become weaker, joints can feel stiffer, and balance might not be as steady as it once was. While these changes are a normal part of ageing, they don't have to limit independence or quality of life. This is where physiotherapy plays an important role. Physiotherapy is all about helping people move safely and comfortably. At New Auckland Place we focus on maintaining mobility, reducing pain, preventing falls, and supporting residents to stay as independent as possible for as long as possible.

One of the key benefits of regular physiotherapy is improved strength and flexibility. Simple, guided exercises can help keep muscles active and joints moving, making everyday activities—like standing up, walking, or getting dressed—much easier. Even small improvements in strength can make a big difference in confidence and independence.

Balance is another area where physiotherapy is incredibly valuable. Falls are a common concern as we age, but targeted exercises can improve stability and coordination, reducing the risk. Try the following exercises Daily to improve Mobility, Strength and Safety.

Pain management is also a big part of physiotherapy care. Conditions such as arthritis, back pain, or past injuries can become more noticeable over time.

Through gentle movement, stretches, and hands-on techniques, physiotherapy can help reduce discomfort and improve overall comfort. Importantly, physiotherapy isn't just about exercise—it's about empowering each person.

Every program is tailored to the individual, considering their abilities, goals, and preferences. Whether it's helping someone walk to the dining room, participate in activities, or simply feel more confident moving around, physiotherapy supports meaningful, everyday living.

## Top 5 Exercises to Do Every Day for Older Adults

(Improve Mobility and Strength Safely)

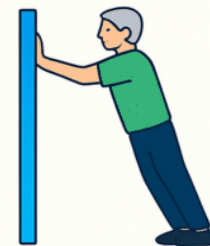


### Seated Marching

Lift knees while seated

### Wall Push-Ups

Push body away from wall



### Heel Raises

Rise up on toes then lower

### Cat-Cow Stretch

Arch and round the back



### Gentle Walking or Marching in Place

Walk or march on the spot

# Lifestyle News



Welcome to the March/April edition of the NAP Gazette!

The start of 2026 has been action packed at New Auckland Place. We had a wonderful time kicking off January with a very special guest, the King of Rock himself, Elvis Presley came to New Auckland Place to serenade us all! Then we Celebrated Australia day with a sausage sizzle and fun and games including throw the thong. Next our Residents Celebrated Waitangi Day. This included a trip to New Zealand from the comfort of their very own chair with armchair travel. Followed by a game of pin the beak on the Kiwi. This was a fun way to learn more about New Zealand culture and celebrate the day along with our New Zealander Residents.

Love was in the air on Valentines Day with our couples enjoying our NAP Valentines Day Luncheon. We hope all our New Auckland Place couples enjoyed their time together. Our Winter Olympics competition was a great chance to see our residents competing in creative ways to represent the Winter Olympic sports. With the help from our wonderful physio Tabeth who created the different events for our residents to compete in. There were lots of laughs and friendly rivalry, a big thank you to Tabeth for helping us provide a wonderful morning for our residents.

March Outings included a trip to the Entertainment Centre for Morning Melodies and an outing to visit our Clinton School Kindy friends, this is a special opportunity for our residents to interact with kindergarten children, making crafts and reading stories. This provides valuable social engagement for the kids and gives our residents the opportunity to interact not only with children, but also with staff and other community members. This is a fantastic way to provide our residents with connections to the outside Community.

Our Lifestyle Calendar has been featuring more Art and Craft activities in recent weeks, thanks to growing interest from our residents. Recently, we worked together on a group project to create decorations for the Eden Room in celebration of Saint Patrick's Day. It was a fantastic opportunity to be creative, socialise, and contribute to brightening our shared space. Looking ahead, we have an upcoming Art and Craft morning where we will be making decorations for our Anzac Day Service. This is a meaningful way to come together, reflect, and play a part in preparing for an important occasion. We encourage everyone to check the Lifestyle Calendar and join us for an Art Morning, whether you're a seasoned artist or just keen to give it a go, your contribution is valued—and it's a great way to connect with others while creating something special for our Anzac Day Service.

Lastly, we have been missing one of our Lifestyle members this month, Tracey P departed last month to do some travelling around Queensland, we hope Tracey and her Partner are having a wonderful time and wish them safe travels! Please see our rewind pages for photos of all the fun we've had in February & March.



## 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.

# Birthdays



Judith P & Kathleen T Cutting the cake for our February Birthday Residents, Happy Birthday Jude & Kath!



Shirley R & Joan D Cutting the cake for our February Residents, Happy Birthday Shirley & Joan!



## February Birthdays

- Dianne W
- Erna H
- Val B
- Judith P
- Pat R
- Kathleen T
- Olive E



## March Birthdays

- Alma H
- David V
- Jill S
- Shirley R
- Robert P
- William S
- Nadia S
- Joan D
- Marion D
- Daphne M

# Activities & Events



## Upcoming Activities April/ May

- Thurs 9<sup>th</sup> Apr- Morning Tea with the Patons
- Fri 10<sup>th</sup> Apr- Morning tea with Laurel
- Tues 14<sup>th</sup> Apr- Anzac Day Art and Craft
- Tues 21<sup>st</sup> Apr- Morning Melodies outing.
- Thurs 23<sup>rd</sup> Apr- Anzac Cooking
- Fri 24<sup>th</sup> Apr- Anzac Commemorative service.
- Thurs 30<sup>th</sup> Apr- Glen Butcher Morning Tea & Lucky cup
- Fri 1<sup>st</sup> May- Birthday Morning Tea with Clyde Cameron
- Fri 8<sup>th</sup> May- Mother's Day Morning Tea with Laurel
- Thurs 14<sup>th</sup> May- Morning Tea with the Patons
- Thurs 28<sup>th</sup> May- Morning Tea & Cooking
- Fri 29<sup>th</sup> Birthday Morning Tea with Laurel



## New Admissions February/March

- Lindy H- Curtis
- Betty E- Boyne South
- Chris S- Boyne North
- Suzanne M- Awoonga
- Carolyn G- Boyne South
- Dulcie D- Lady Musgrave



## 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

- Jill M- Curtis
- Elaine K- Boyne South
- Donald S- 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.*



# NAP Rewind- Valentines Day



# NAP Rewind- Winter Olympics



## LAUGH LINES

Why was the Easter Bunny  
wearing a hat?

He was having a bad hare day!



# NAP Rewind- Waitangi Day & Australia Day



# NAP Rewind- Elvis's Birthday



# NAP Rewind- Aussie Day



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](mailto:Lifestyle@newaucklandplace.com.au)

# NAP Rewind- Morning Melodies & Clinton Playgroup



# NAP Rewind- Art, Craft & Cooking



## 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.



# 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 may 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

We welcome feedback, compliments, complaints, and suggestions as part of our continued improvement. New Auckland Place Feedback Forms are located at Reception and on the Sign-In tables in the lift foyers.

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](mailto:audit.feedback@agedcarequality.gov.au).