# Newsletter





■ www.newaucklandplace.com.au

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

www.newaucklandplace.com.au

#### **SEPTEMBER 2024**

When it comes to celebrating Father's Day, most of us can agree on the sentiments, honouring the men who've shaped our lives, either as biological fathers or father figures. It serves as an occasion to express gratitude



and appreciation for their contributions to individual families and to society at large.

The concept of Father's Day originated in the United States in the early 20th century. It was Sonora Dodd who advocated for a day to honour fathers, inspired by the newly minted Mother's Day.

However, did you know that this special day doesn't fall on the same date globally? While many countries observe Father's Day on the third Sunday in June, Australia marches to its own beat, earmarking the first Sunday of September for the occasion, which coincides with the beginning of Spring—a season often associated with rebirth and renewal, making it apt for celebrating fathers.

While there are no formal traditions associated with Father's Day in Australia, individual families often have their unique ways of marking the day, ranging from cooking a favourite meal to embarking on a family outing. Common ways Australians celebrate Father's Day include barbecues, attending sporting events, and participating in outdoor activities.

Whatever you choose to do this Father's Day ....
We wish all our of our special NAP Dads a
Very Happy Father's Day

## Dawn's Desk



Welcome to new residents, families and staff.

Spring is here. I love the spring season. Spring is the season of rebirth in nature. Trees sprout new leaves, flowers bloom, and the world is painted in vibrant colours. Birds will become more vocal, as they sing to attract mates and deter rivals. It's also the time of year when koala and kangaroo joeys begin to venture out of their mothers' pouches for the first time and baby whales are born.

Our maintenance team have been giving the NAP garden a bit of rebirth also. The mulching and new shrubs are looking great.

We have a few improvement projects that we will be trying to finalise before the end of the 2024 year.

We are installing an automatic sliding glass door leading out from the café area to the outside seating area and this work will commence end of October, early November.

The carpet in the foyer and hallway area near the hairdressing saloon will be replaced and a timber look flooring area near the café.

The tables and chairs in the Eden room will be replaced and we are purchasing additional tables and chairs for the outside cafe area.

The contractors have just competed installing all new cabling to allow access to Wi-Fi throughout the building. This will enable the launch of an electronic personal care system which will allow care staff to instantly record care, and services provided to our residents. We are hopeful that this system will be up and running by the end of November 2024.

The air conditioning system in the western Boyne south wing will be replaced within the next 4 weeks and the installation of the new nurse call system on the Boyne and Curtis floor has been finalised.

Congratulations to all the staff who were nominated for Aged Care Employee Day. It was great to see so many staff across all departments nominated by residents, family and fellow staff. A deserved win went to Vanessa, supervisor of the Maintenance and General Services team. Well done.

On the 10th September 2024 we will have representatives here conducting the Resident Experience Survey. Participation in the survey is voluntary. Results from the survey contribute to the Aged Care Star Rating Scheme.

The quality of life and the quality-of-care experience surveys are also due in the month of September, these surveys are also voluntary. If you would like to participate in the surveys, please see reception to obtain a copy.

Until next month..... Dawn

## NAP Recipe- Chocolate Self Saucing Pudding



#### **INGREDIENTS**

#### **Topping**

1 cup (175g) brown sugar, loosely packed 1/4 cup (30g) cocoa powder, unsweetened 1 1/4 cups (315ml) boiling water

#### **Batter**

1 cup (150g) plain flour
2 1/2 tsp baking powder
1/3 cup (70g) white sugar, preferably caster sugar
1/4 cup (30g) cocoa powder, unsweetened
Pinch of salt
1/2 cup (125ml) milk
50 g / 4 1/2 tbsp butter, melted
1 egg
1 tsp vanilla extract



#### METHOD

- 1. Preheat oven to 170C (standard) / 150C (fan forced / convection).
- 2. Grease a 5 6 cup baking dish with butter.
- 3. Topping: Whisk brown sugar and cocoa in a bowl, set aside.
- 4. Whisk flour, baking powder, caster sugar, cocoa powder and salt in a bowl.
- 5. In a separate bowl or jug, whisk together the butter and milk, then whisk in the egg and vanilla.
- 6. Pour the egg mixture into the flour mixture. Mix until combined it will be a thick batter.
- 7. Spread into baking dish. Sprinkle with sugar / cocoa mixture. Shake gently to spread out thinly.
- 8. Carefully pour the hot water over the back of a dessert spoon all over the top of the pudding
- 9. Transfer to oven and bake for 30 minutes, or until the top of the cake springs back when poked lightly. The top will be a bit crusty, like the top of brownies.
- 10. Remove from oven, stand for just a few minutes (no more!), then serve immediately.

## 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 – August Celebrations**











Our lovely August Birthday residents – Pat, Ian and Gordon were bestowed the honours of cutting our Resident's Birthday Cake this month. A big thankyou to our friends at 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. Thanks also go to the our very talented John & Laurel for providing our residents with the Birthday Morning Tea entertainment this month.



## **Physio Fun for All**

## **EXERCISE FUN FACTS..**

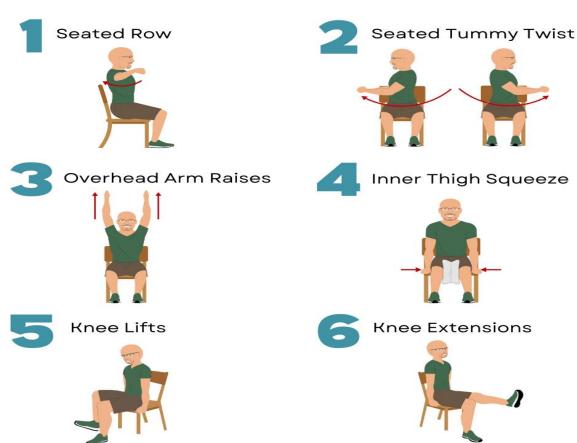


It's never too late to start your fitness journey. Senior chair exercises can help you:

- Boost blood circulation
- Improve coordination and balance
- Build muscle strength
- Increase mobility
- Reduce feelings of anxiety or depression
- Maintain or improve cognitive function
- Prevent or delay onset of memory illnesses



## lmprove Flexibi



**Knee Extensions** 

WWW.FEELGOODLIFE.COM

## **Lifestyle Comment**



Welcome to the September edition of our newsletter!

Although some activities were rescheduled due to health concerns in August, we still had lots to celebrate. Residents had the opportunity to compete in our very own NAP Olympics and congratulations to all the Games Champions who were awarded medals for their performance.

We also had the chance to acknowledge all the great work our staff do here at NAP when we celebrated Aged Care Employees Day on Wednesday 7<sup>th</sup> August. We received a large number of nominations for the NAP Aged Care Workers Award and I'm pleased to announce that Vanessa R – Our Maintenance Team Leader was the outright winner.

On Thursday 22<sup>nd</sup> August we raised funds for Daffodil Day by selling Cancer Council merchandise and with donation tins. We raised over \$95 and all proceeds will go toward important cancer research. International Dog Day was another great celebration ..... and of course Monty had centre stage at Monday Morning Bingo. We continue to support Gladstone Animal Resue Group by collecting pet food (non-perishable) for their shelter. There is a basket located at the café for any donations.

As Father's Day falls on Sunday 1st September we held a special BBQ and morning activities on Friday 30th August for our NAP men. This year instead of a raffle, by suggestion of a resident we had a Money Board. This proved to be so popular we ended up with two separate boards. The lucky numbers were 42 and 15 and our lucky winners were Letty M and Bev E. Congratulations to our ladies.

This month there are lots of opportunities to join in activities and our main theme will be RU OK Day on Thursday 12<sup>th</sup> September. We will be holding a special morning tea and pamper morning for all residents. We will be offering massage, foot spas, hand & nail care in a relaxing calm environment. All residents (both male and female !!) welcome.

We would love all residents to try out an activity they haven't attended before, connect with other residents and make some new friends. We have all our regular weekly activities and entertainers joining us in September. 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.

Is there 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 or email your contributions to <a href="mailto:karen@newaucklandplace.com.au">karen@newaucklandplace.com.au</a>.

Until Next Month, Take Care

Karen and the Lifestyle Team





New Auckland Place is providing a new way for residents, families and visitors to stay up to date with events and daily life at New Auckland Place. We are introducing the New Auckland Place App which can be downloaded for free from either the Google Play or 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 your information to <a href="mailto:admin@newaucklandplace.com.au">admin@newaucklandplace.com.au</a> and use NAP App request in your email subject line.



Name (Your first and last name in one field)
Name of NAP resident (and your relationship to them (eg: family member / friend)

Phone Number
Email Address
Birthday (dd/mm/yyyy)

Next
Steps:

1	A welcome email / SMS will be sent to you asking you to :  Join JVS  This will contain your initial password and a link to download the App.
20	Download the App from either:  Google Play  or the Apple App Store  Look for the icon with the New Auckland Place emblen
32	Enter your email / mobile number and initial password to sign in. Set your new password, accept the terms and conditions and upload your profile picture (optional)

You are now connected to the NAP Community....welcome
For more information, please see Administration or Lifestyle staff. An IPAD will be made

vailable at Reception for anyone wishi	ing to access the NAP App whilst visiting.	
New Auckland Place App Reque	st	
Please complete and leave with Reception Staff	to have access to the NAP App created for you.	
Name		
(Your first and last name in one field)		
Name of NAP resident		
( & your relationship to them (eg: family member / friend)		
Phone Number		
Email Address		
Birthday		
(dd/mm/yyyy)		
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( & your relationship to them (eg: family member / friend)		
Phone Number		
Email Address		
Birthday		
(dd/mm/yyyy)		
-		

## Upcoming Activities for September

Tuesday 3<sup>rd</sup> Sept – Morning Sing-Along with Clyde Cameron 10am

- Uniting Church 1pm

Wed 4th Sept - Resident's and Relatives Meeting (1.30pm)

Friday 6th Sept - Happy Hour with Pat & Dave (from 1.30pm)

Tues 10th Sept - Morning Tea with Cathy Brown (10am)

Thurs 12th Sept - RU OK DAY Pamper Morning (10am)

Fri 13<sup>th</sup> Sept - Black Friday Cooking (10am)

Tues 17th Sept - Morning Tea with Cathy Brown (10am)

Wed 18th Sept - Ruth & Allen Awoonga Sing-Along (10am)

Thurs 19th Sept - Morning Tea with Pat & Dave (10am)

Wed 25<sup>th</sup> Sept - Catholic Church (2.15pm)

Fri 27<sup>th</sup> Sept - Birthday Morning Tea with John & Laurel (10am)

#### Regular activities include:

Bingo 10am each Monday

Hoy 10am each Wednesday

Hairdressing – Tuesday and Wednesday (by appointment)

Lolly Trolley each Thursday

Happy Hour 1.30pm each Friday



## WE'RE GIVING OUR NAP NEWSLETTER A NEW NAME

Do you have a catchy or clever name for the NAP Newsletter?

We would love to hear your suggestions.

Submit your entries by COB Tuesday 1st Oct to Reception, with a member of the Lifestyle Team, or by email to

karen@newaucklandplace.com.au

All entries considered and a vote will be taken at October R&R Meeting

Winner will receive a Café Voucher



#### 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.





## **Residents' Experience Survey**

To find out about the Residents' Experience Survey and

how you or your loved ones can participate,

scan the QR code below or visit:

https://vimeo.com/963051169?share=copy







The Residents' Experience Survey is supported by funding from the Australian Government Department of Health and Aged Care.

## **Nursing Care**

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





## **Word Search**



## Father's Day Word Search









LE G X F E S T X S Δ В G A Z В A SBMN DF N

Father Love Celebrate Role Model Hero Gifts Wise Support Family Parent Daddy June

#### **DAD JOKES!**

- My father spilled invisible ink all over himself...... He's at the hospital waiting to be seen.
- My dad quit his job as an archeologist...... Now his career is in ruins.
- The last time my dad played baseball he got arrested..... Apparently he tried to steal second base.
- My dad's computer caught a cold...... He must have left a window open.
- My dad said he wanted something groundbreaking for Father's Day.....So I got him a shovel.
- Did you hear about the father who cut off his left leg? ......He's all right now.

## **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.



Boyne North Rooms



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.



## **NAP Info**



#### **Birthdays August**

Joyce D

Denis W

Ian B

Eileen P Jessie W

Gordon G Barbara P

Patsy S Joan G

Mary (Pat) O Neil S

Mary M Gordon L

Doreen L Alice (Lehr) P

#### **New Residents August**



Hazel L - Curtis

Valerie M – Lady Musgrave

Noelene R - 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

#### SEPTEMBER SPECIAL

Spinach & Ricotta Quiche \$3.50 (with salad \$6.00)

#### In Memoriam - AUGUST 2024

Sadly we say goodbye to our much loved residents:

Janet C - Lady Musgrave

Donella-May (Donna) F - Curtis

Betty R – 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 Month <u>AUGUST</u>

Resident Nominations – Anne Marie S (Hospitality)

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 August winner:

**Eunice S - Awoonga** 

#### **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 <u>All Visitors</u> to our facility <u>MUST SIGN IN AND OUT at reception and sign the</u> <u>declaration and have a wellbeing check performed.</u> This is for your safety, and it is mandatory with no exceptions.

Please note <u>All Residents</u> 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 <a href="mailto:Karen@newaucklandplace.com.au">Karen@newaucklandplace.com.au</a>, 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, Bobs, Ten Pin Bowling, Cooking, Arts & Crafts, Sing-a-longs, Pamper & Massage, Theme Days & Arm-Chair Travel Program.

Home Library visits, Church and Communion services have resumed, and we welcome back the GRC, 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.



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