

# Newsletter



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

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

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

## June 2024

Most people think the coldest season begins during the winter solstice, but there are in fact two definitions of winter.

Astronomical winter — what most people think of as winter — is defined by Earth's position around the sun and ranges from the winter solstice to the vernal equinox. The winter solstice marks the time when the sun passes directly over the equator. In the Southern Hemisphere it occurs around June 21. It is the shortest day of the year and has been noted and celebrated by a wide variety of cultures around the world.

At the time of the winter solstice, the corresponding pole is tipped about 23.5 degrees away from the sun. On that day in the Southern Hemisphere, the North Pole is farther from the heat-producing star, while the Northern Hemisphere, which is experiencing summer, is closer.

But anyone who regularly engages in winter sports might tell you that winter weather tends to arrive before the middle of June. Meteorological winter falls sooner, spanning the three-month period from June to September, and is based on the annual temperature cycle and the calendar rather than Earth's journey around the sun.

People living in the Northern Hemisphere are more likely to experience a colder winter than those in the Southern Hemisphere. In fact, all the coldest countries in the world are located in the Northern Hemisphere. These include Kazakhstan, Russia, Greenland, Canada, the United States, Iceland, Finland, Estonia and Mongolia. Though not a country, Antarctica, in the Southern Hemisphere, is technically the coldest region on Earth.





Welcome to all our new residents, families, and staff. I hope you are settling into the New Auckland Place (NAP) community, enjoying meeting new friends, and attending the activities organised by the lifestyle team.

If you are unsure of which activities are scheduled, please see the calendars that are located throughout the building or ask a lifestyle team member to organise a weekly calendar to be delivered to your room.

The weekly activity calendars and the monthly newsletters can also be viewed on the NAP App. If you are interested in gaining access to the NAP App please see Michelle at Reception and she will be able to organise access and provide some training.

On the 27<sup>th</sup> May, 2024 we held the inaugural Consumer Advisory committee meeting. The committee members include Natalie Josefski (Director of nursing), Residents Ann and Judy, two nominated resident representatives - Jane and Kym and myself. Our first meeting was very constructive, and we have agreed to meet at 2 monthly intervals initially to enable us to get the committee established. I look forward to working with the committee to improve the quality of care provided to residents and ensure that they receive the best possible support and care.

This week we have had the pleasure of welcoming Sally Pink back to NAP. Sally has been conducting educational workshops with our staff. The workshops provide an opportunity for staff to develop a deeper understanding of how to develop rapport and assist others, particularly those living with dementia.

Dementia Australia has a great website <https://www.dementia.org.au/> which contains information about living with dementia, getting dementia support and has a National Dementia helpline for people living with dementia or providing care for someone with Dementia.

The Mt Larcom agricultural show is on over the 22<sup>nd</sup> and 23<sup>rd</sup> June 2024 weekend. There is something for all the family at the show which makes it a great day out. Go along and check out the competitions in categories such as poultry, horse, beef, chainsaw racing etc and let the kids enjoy some rides. There are information stalls and stalls selling a range of goods from homemade sauces / food to clothing.

Last year I had the privilege of being a volunteer at the show and I have signed up again this year. Volunteers are desperately required to support this wonderful local show this year. If you can volunteer any time, please see the information detailed in newsletter and hope to see you there.

Show days June 22 & 23, 2024

Day 1: 8am – 11pm

Day 2: 8am – 4pm

Until next month..... Dawn

# NAP Recipe- Cottage Pie



## Ingredients

- 1 tbsp olive oil
- 1 large brown onion, chopped
- 3 garlic cloves, crushed
- 900g beef mince
- 1/4 cup instant gravy powder
- 1 cup beef stock
- Finely Chopped Tomatoes 400g
- 1.2kg sebago potatoes, peeled, chopped
- 50g butter, chopped
- 1/2 cup milk
- 1/4 cup grated tasty cheese



## Method :

### Step 1

Preheat oven to 200°C/180°C fan-forced. Heat oil in a non-stick frying pan over medium-high heat. Cook mince in 2 batches, stirring with a spoon to break up mince, for 8 to 10 minutes or until browned. Transfer to a bowl. Add onion and garlic to pan. Cook, stirring, for 3 minutes or until softened.

### Step 2

Return mince to pan. Add gravy powder. Cook, stirring, for 1 minute. Stir in stock and tomato. Bring to the boil. Reduce heat to medium-low. Simmer, stirring occasionally, for 25 to 30 minutes or until thickened.

### Step 3

Meanwhile, cook potato in a saucepan of boiling, salted water for 10 to 12 minutes or until tender. Drain. Return to pan over low heat. Mash until smooth. Add butter and milk. Stir until butter has melted and mixture is combined.

### Step 4

Spoon mince mixture into a 1.4 litre casserole dish. Top with potato mixture. Sprinkle with cheese. Bake for 20 to 25 minutes or until golden. Serve.

## 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 – May Celebrations



Our cake cutting honours this month were bestowed upon our May Birthday Residents Karron and Mavis. It was extra special for Mavis as it was her actual birthday. We hope that everyone who celebrated their birthday in May had a wonderful day.

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.



Do you have a special celebration or event for a loved one coming up? Why not talk to our friendly Lifestyle or Reception staff about booking the NAP Private Dining Room, Bali Hut or Eden Room?



## FUN FACTS

### TIPS & BENEFITS TO KEEP IN MIND DURING THE WINTER MONTHS

- There's no heat and humidity to deal with. Winter's chill might even make you feel awake, invigorated and more willing to exercise.
- You may be able to exercise longer in cold weather — which means you can burn even more calories.
- Taking walks outdoors is a great way to take in the sunlight (in small doses). Not only can light improve many people's moods, it also helps you get some vitamin D.
- Exercise boosts your immunity during cold and flu season. Just a few minutes a day can help prevent simple bacterial and viral infections.

## WHEELCHAIR USERS EXERCISES



**Elbow Pull**



**Elbow Pull and Lean**



**Palms Up**



**Over the Shoulder**



**Palms Forward**



**Elbow Across**



**Shoulder Shrug**



**Head Tilt**



**Forward Body Bend**



**Neck Stretch**



**Knee to Chest**



**Knee Across**



# SEEKING VOLUNTEERS

**22nd & 23rd June 2024**

**“Come and be part of one of the biggest regional shows in the CQ area.”**

## **TO BE SUCCESSFUL WE NEED VOLUNTEERS.**

Mt Larcom Show Society is calling out for volunteers. If you would like to help, please email your full name, contact details and availability to **Barb Marshall** [barb@laural.com.au](mailto:barb@laural.com.au).

Task required include:

- taking, making and delivering orders, cooking BBQ, making tea/coffee, burgers, sandwiches, food prep (slicing onions, tomatoes, lettuce, bread rolls etc), cash handling and cashier sales, washing up, and cleaning at the end of night.
- Please Note: All volunteers are required to wear CLOSED in Shoes

### **Main Canteen:**

#### 1. Times for canteen

Saturday - 22 June: 6.30am - 8.30pm. (Canteen will open at 7am)	
Front of house	
6.30am - 9.45am	x 3 volunteers
9.30am - 12.15pm	x 5 volunteers
12.00am - 2.45pm	x 5 volunteers
2.30pm - 5.30pm	x 5 volunteers
5.30pm - 8.30pm	x 4 volunteers
Sunday - 23 June: 7.00am – 4.00pm (Canteen will open at 8am)	
Front of house	
7.00am - 9.45am	x 3 volunteers
9.30am - 12.15pm	x 5 volunteers
12.00am - 2.45pm	x 5 volunteers
2.30pm - 4.00pm	x 4 volunteers

# Lifestyle Comment



Hello Residents, Families & Friends!

Winter is upon us and we are lucky to be able to enjoy the sunny days that our Central Queensland weather brings to us. With the shortest day of the year on June 21st, let's enjoy every moment of sunshine together.

This month we will be eagerly awaiting the start of the NRL State of Origin series. We have Footy Doubles on sale for all three games. \$2 per ticket for you chance to win \$100. Tickets can be purchased from the café or Lifestyle staff. On that note, our lovely Di from Lifestyle, who as you know is a staunch Queensland supporter has informed me that the large Queensland flag has gone missing. Being a Blues supporter myself, I didn't seem to have a problem with this, but to prove my innocence and clear my good name, if anyone knows the whereabouts of the missing maroon flag, please let our poor distraught Di know.

This month we welcome back John & Laurel. Laurel contacted me recently to say they both missed coming to New Auckland Place and were eager to recommence attending regularly to provide our morning entertainment. We also have Cathy Brown back after some time away, Pat & Dave and the Roulettes also on the calendar this month.

There are lots of opportunities to participate in activities this month, maybe try out an activity you haven't attended before, connect with other residents and make some new friends. 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 or email your contributions to [karen@newaucklandplace.com.au](mailto: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.

I hope you all enjoy reading this edition. As part of our Continuous Improvement process, we encourage new ideas on what to include in the newsletter or suggestions how we might improve future editions. We also love to publish items from our residents in the way of stories, artwork poems etc. Please let us know if you have anything to contribute.

Until Next Month, Take Care

Karen and the Lifestyle Team

**Thanks to the generosity of the Woergoetter family we would like to introduce the newest four-legged member of our Lifestyle Team. Our Companion Pup does not have an official name yet so we would love some suggestions. Please see Lifestyle if you have any names to submit.**



# Upcoming Activities for June

- Wed 5<sup>th</sup> June - State of Origin Game 1
- Frid 7<sup>th</sup> June – Morning Tea with Glenn Butcher
- Frid 7<sup>th</sup> June - Happy Hour with Pat & Dave
- Thurs 13<sup>th</sup> June – Awoonga Residents Bus Trip
- Thurs 20<sup>th</sup> June – Morning Tea with Pat & Dave
- Fri 28<sup>th</sup> June – Birthday Morning Tea with the Roulettes
- Tuesday Mornings– Morning Tea with Cathy Brown

## June Trivia

June is named for Juno, Roman queen of the gods

Zodiac signs: **Gemini & Cancer**

Birthstone: **Moonstone or Pearl**

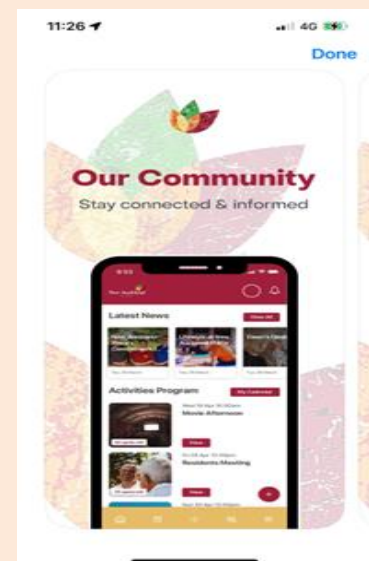
Flower: **Rose or Honeysuckle**

## LIBRARY SERVICE

We have a mobile library service that delivers & picks up library books to resident's rooms. If you would like this service, please talk to a staff member.

Did you know that you can find out what's on and access our weekly activity calendars on your phone or tablet via the new NAP App?

See Michelle at Reception for further information.



## 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 - May Activities





## Quality of Life and Quality of Care Experience Surveys

We continue the required quarterly Aged Care Quality and Safety Commission QOL and QCE Surveys with all residents and their families.

Your participation in the survey supports Residential Aged Care services to:

- Measure, monitor and improve the quality of care and services we provide.
- Enable older Australian and their families to access transparent information about the quality of care and services available.



Surveys can be completed in various ways including self-completion, proxy completion or interviewer facilitated completion. Thank you to those of you who have already completed this quarter's survey.

For those who have not yet completed the survey, please check your email inbox or text message.

## Vaccinations

Are you up to date with your vaccinations?

Stay protected in aged care with:

- Additional COVID-19 vaccine doses
- Annual influenza vaccine
- Pneumococcal vaccine



Vaccines work by triggering your immune system to fight certain diseases. After receiving your vaccination, you may still contract the disease you were immunised against, however, your symptoms are likely to be less severe than someone who is unvaccinated.

Older age remains the strongest risk factor for severe disease with vaccine preventable illnesses.

## Hand hygiene

Hand hygiene continues to be the most effective way to prevent the spread of infection. Residents should wash their hands after using the bathroom and before and after meals.

Staff should be practicing hand hygiene in line with the 5 moments for hand hygiene.



Hand sanitizer is effective for COVID-19 and Hand washing with soap and water is effective for gastro.

We appreciate your cooperation in keeping everyone safe during challenging times.

## Nursing Care

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





## Winter Wordsearch



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

WINTER  
SNOWFLAKE  
SNOWMAN  
ICICLE  
SPRUCE  
HOLLY  
CARDINAL  
FROZEN  
BRRR  
CHILLY  
SLED  
GLOVES  
HAT  
SKATE  
SKI  
TOBOGGAN  
COCOA  
SHOVEL  
MITTENS

### JUST FOR LAUGHS!

- What kind of ball doesn't bounce?..... A snowball !!
- What sort of cakes do snowmen like?.....The ones with thick icing !!
- What do you get if you cross a snowman and a shark? ..... Frost bite !!
- What do snowmen wear on their heads?..... Snow caps !!
- How do you build a snow fort?..... You igloo it together !!

# 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 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.**



# NAP Info



## Birthdays May

Shirley H	Karron H
Rodney H	Sheena T
Victor T	Yvonne H
Elaine K	Mavis L
Olive O	



## New Residents May



Victor T – Curtis

Harry (Hal) D – Lady Musgrave

Robert (Bob) C – Curtis

Shirley R – Boyne South

John R – Boyne South



## 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

**Party Pies & Sausage Rolls**  
**\$1- each**



## In Memoriam – MAY 2024

Sadly we say goodbye to our much loved residents:

Dennis B – Lady Musgrave

Beatrice (Bernice) E – Curtis

Rose B – Boyne South

Philip M - 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 MAY

Resident Nominations – Kylie Townsend  
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  
May winner :

**Elaine K – Boyne South**

## 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



## 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





# 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, 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