

# Newsletter



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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)

## July 2024

Each year during NAIDOC week, communities all over Australia celebrate and recognise the achievements of Aboriginal and Torres Strait Islanders within their local communities.



**KEEP THE FIRE BURNING! BLAK, LOUD AND PROUD**  
7-14 JULY 2024

NAIDOC stands for 'National Aborigines and Islanders Day Observance Committee' which was the name of the committee that was originally responsible for organising the national NAIDOC Week activities and over time the acronym has become the name for the entire festival.

NAIDOC Week is a celebration of the history, culture and achievements of Aboriginal and Torres Strait Islander people.

The origins of NAIDOC Week can be traced back to the Aboriginal rights movement. On Australia Day 1938, protestors marched through the streets of Sydney about the status and treatment of Aboriginal and Torres Strait Islander Australians. This protest was one of the first major civil rights gatherings in the world and it became known as the "Day of Mourning".

Between 1940 and 1955 the Day of Mourning was held annually on the Sunday before Australia Day and was commonly known as "Aborigines Day". In 1955 it was decided that Aborigines Day should include a celebration of Aboriginal culture, heritage and achievement. This is now celebrated as NAIDOC Week, which highlights the achievements of Indigenous people all over Australia.

NAIDOC Week is primarily celebrated by Aboriginal and Torres Strait Islander people in recognition of their culture, history and achievements. These celebrations are often open for other Australians to participate in too. NAIDOC week is a great time for Australians of all different ethnic backgrounds to learn more about Aboriginal and Torres Strait Islander people. See our Lifestyle Activity Calendar for planned resident activities for NAIDOC Week.



Hello everyone, and welcome to the first month of the fiscal year 2024- 2025.

June has not been the most active month for many of our residents. Unfortunately, the Norovirus entered the gates of NAP on the 10/06/2024 with our first confirmed case and it weaved its way through the facility for the remainder of the month.

Common symptoms of norovirus infection include vomiting, diarrhea, and stomach cramping. Less common symptoms can include low-grade fever or chills, headache, and muscle aches. Symptoms usually begin 1 or 2 days after ingesting the virus but may appear as early as 12 hours after exposure.

People infected with norovirus are contagious from the moment they begin feeling ill to at least 3 days after recovery. Some people may be contagious for as long as 2 weeks after recovery. Therefore, good hand washing is important.

Norovirus is very contagious, but you can take steps to stop it from spreading. Wash hands well with soap and water; hand sanitizer alone does not work well against norovirus. Do not prepare, handle food, or care for others when you are sick. Norovirus can live on surfaces — and sicken others — for up to two weeks.

Most of our residents have weakened immune systems, so they are very susceptible to any type of contagious diseases. If you are feeling unwell, are unwell or are recovering from being unwell please refrain from visiting the facility. Our lifestyle team would be only too happy to assist in coordinating Facetime or Zoom catch ups if you are unable to visit.

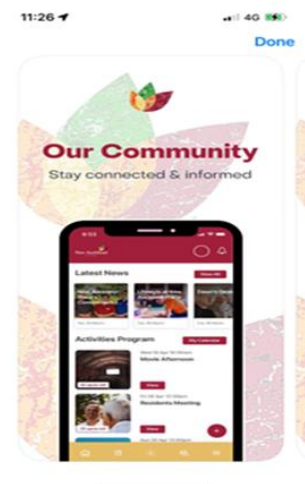
## SURVEYS

It is survey time again and I would like to thank residents and nominated representatives who take the time to complete the surveys. All surveys received back and have the residents name on the survey will go into draw to win A \$20.00 café voucher. When results are reported online resident details are not entered, so if you put your name on the survey, it will be held in confidence. If you haven't received an email copy of the surveys or been offered one by a staff member, please see a lifestyle team member or reception.

Thank you very much for taking the time to provide us with feedback.

## NAP APP

Do you have a smart phone or tablet? Information on upcoming events, weekly calendars and our monthly newsletter are now available on the NAP APP. Please see Michelle at reception if you would like access to the NAP APP.



Until next month..... Dawn



## Ingredients

- 1 cup self-raising flour
- 1 egg
- 3/4 cup buttermilk
- 200 gr sliced silverside beef, chopped
- 190 gr can super sweet corn kernels, drained
- 1/4 cup chopped coriander, plus 2 tblsp extra
- vegetable oil, to shallow-fry
- 1/2 cup sweet chilli sauce
- 1/4 cup light sour cream
- mixed salad, to serve



## Method

1. Sift flour into a bowl; make a well at centre. Whisk egg and buttermilk in a jug. Season. Pour egg mixture into well; stir until combined and smooth. Add silverside, corn and coriander; stir to combine.
2. Heat oil in a large heavy-based frying pan over moderate heat (oil is ready when a cube of bread crisps quickly without absorbing oil). Spoon ¼-cup measures of batter into pan. Cook, in batches, for 5 minutes or until golden and cooked. Using a slotted spoon, transfer to paper towels; cover to keep warm.
3. Combine sweet chill sauce, sour cream and extra coriander in a bowl. Serve fritters with coriander sauce and salad.

## 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 – June Celebrations



Due to the recent outbreak, we were unable to hold our usual Birthday Morning Tea. Instead, we visited the floors to deliver some birthday cheer. We hope that everyone who celebrated their birthday in June had a wonderful day.

A big thank you 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.



We woke up early to go fishing because the weather looked perfect. Jake and I thought we would borrow dad's boat to go up the river to catch anything we could.

Jake and I had only been on the water for 10 minutes when the weather changed. The sky filled with dark clouds and the rumbling of thunder could be heard in the distance.

Jake and I decided to head back to the boat ramp because we know from past incidents how bad these storms could get.

We thankfully made it home safe and spent the rest of the day watching the rumbling clouds roll inland.

The End

Written by Marion and Jean (Awoonga)

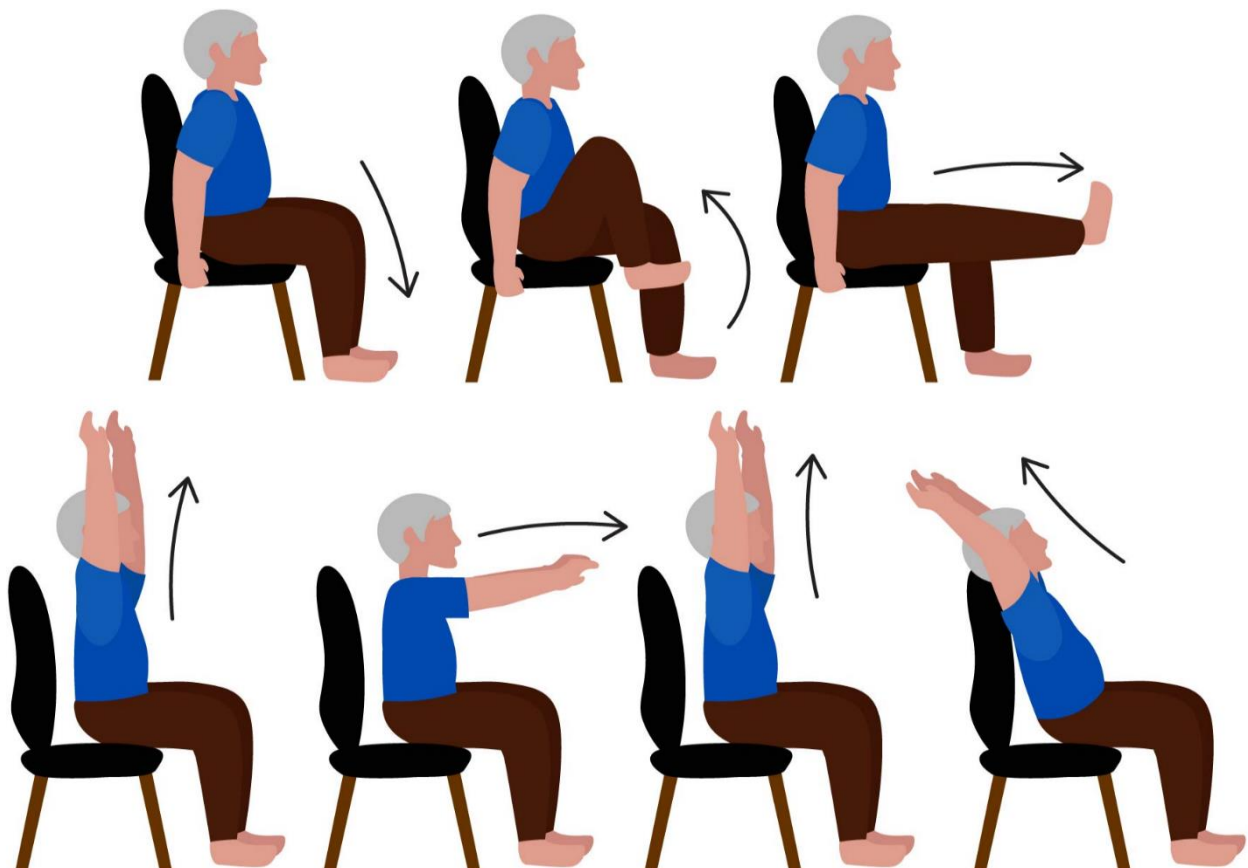




## FUN FACTS

- Chair-based exercises are particularly effective in building muscle strength across key areas like your arms, legs and core. Focusing on these muscle groups will help you with daily activities
- Chair exercise can improve your joint flexibility and range of motion, which is particularly important for older adults or those recovering from injuries. Enhanced mobility can make daily activities like reaching for objects, tying shoes or simply moving around more comfortable and less strenuous. Chair-based exercises can also help prevent stiffness, pain and inflammation in your joints.
- Seated workouts are the ideal inclusive fitness option for those with limited mobility who may feel excluded from traditional fitness settings. Because they can be done sitting or holding onto a chair for support, they are especially useful for those concerned about stability or balance.

## CHAIR FITNESS For Older Adult



# Lifestyle Comment



Hello Residents, Families & Friends!

It's hard to believe we are already halfway through this year. We have lots of fun activities planned this month including a USA 4th July themed cooking day, NAIDOC Week celebrations, NRL State of Origin and lots more. Due to the recent Norovirus outbreak here at New Auckland Place, our activities may be subject to change but we hope there will still be 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).

Group activities throughout June have been limited due to the infectious outbreak, but we still enjoyed a few favourites together. We welcomed Glenn Butcher MP and his staff for a lovely morning tea and chat, we all eagerly anticipated the outcome of the first NRL State of Origin match, and to date we are still looking for the missing Queensland flag!! Congratulations go to our residents who baked and entered their boiled fruit cake in the recent Mt Larcom Show. Competition was fierce and although we did not win a prize, the cake I sampled was delicious. I hope that next year we can expand our entries to include more items in the cookery, art and craft sections. Speaking of cooking, we also celebrated Philippine Independence Day by making our own Lumpia (Filipino Spring Rolls). A big thanks to Olivia from catering for providing the recipe and Jess from GSO for helping us with the assembly and rolling (see Rewind pics). Our Awoonga residents attended our first (of possibly many more) morning outings. The feedback I received from all was very positive and they can't wait to go on another outing.

Our garden bed revamp project in the café area is looking great thanks to the expertise of our resident horticulturist expert, Bev. Bev took a trip to Bunnings recently and chose some seasonal favourites to plant and is now tending to the garden each day (See pics below).

I would like to welcome our new Lifestyle Team member - Kayla H. Kayla has worked at New Auckland Place some years ago as a Lifestyle Assistant and I'm confident she will again fit in well with our team and residents. If you see Kayla, please say hi and introduce yourself.

Until Next Month, Take Care

Karen and the Lifestyle Team



# Upcoming Activities for July

Thursday 4<sup>th</sup> July – USA Independence Day Cooking

Friday 5<sup>th</sup> July – Happy Hour with Pat & Dave

Thursday 11<sup>th</sup> July - Morning Tea with John & Laurel

Friday 12<sup>th</sup> July – NAIDOC Week Celebrations

Wednesday 17<sup>th</sup> July – NRL State of Origin

Thursday 18<sup>th</sup> July – Morning Tea with Pat & Dave

Friday 26<sup>th</sup> July – Birthday Morning Tea with Clyde

Tuesday weekly – Morning Tea with Cathy Brown



We said farewell this month to our AIN Sue W. Sue has worked at NAP for over 9 years and will be missed by all. Sue was very handy with her sewing machine and was there to help out wherever possible. We wish Sue all the best in her new career as a teacher in Northern QLD.



## July Trivia

July was named by the Roman Senate in honor of the Roman general, Julius Caesar, it being the month of his birth. Prior to that, it was called Quintilis.

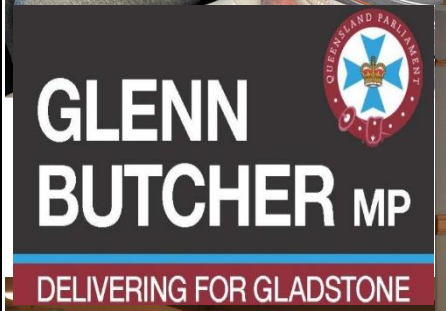
Zodiac signs: **Cancer & Leo**  
Birthstone: **Rubies**  
Flower: **Water Lily**

## 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 - June Activities







# Hand washing

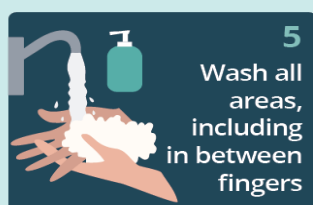
helps to prevent the spread of infections such as COVID-19, colds, the flu and gastroenteritis. You should wash your hands before touching anything that needs to stay clean, and after touching anything that might contaminate your hands.

Warm, soapy water is the best option for washing your hands when they are visibly dirty. Follow these simple tips on good hand hygiene.



- Wet hands with running water (preferably warm).
- Apply soap or liquid soap — enough to cover all of your hands. Normal soap is just as good as antibacterial soap.
- Rub your hands together for at least 20 seconds.
- Make sure you cover all surfaces, including the backs of your hands and in between your fingers.
- Rinse hands, making sure you remove all soap, and turn off the tap using the towel or paper towel.
- Dry your hands thoroughly with a paper towel, a clean hand towel or an air dryer if you are in a public toilet. Hand sanitiser is only effective if your hands have no visible dirt on them.

## Hand washing tips



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## Nursing Care

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



**STOP**  
the spread of  
**GERMS**

1 WASH your HANDS

2 COVER your COUGH

3 STAY HOME if you're sick

If you're concerned, visit your GP or call 13HEALTH (13 43 25 84).

# Word Search



## NAIDOC Word Search



N	Q	A	U	S	T	R	A	L	I	A	N	I	A
O	R	E	Q	U	A	L	I	T	Y	G	T	R	A
I	G	Y	O	U	C	F	D	C	O	T	L	E	U
T	U	T	G	T	C	U	S	O	E	I	A	C	S
A	N	I	E	R	U	T	L	U	C	N	N	O	T
N	A	N	T	O	U	U	L	N	I	D	I	G	R
L	I	U	O	S	I	R	G	T	E	I	G	N	A
L	D	S	G	S	C	E	C	R	T	G	I	I	L
C	O	E	E	U	R	E	A	Y	A	E	R	S	I
G	C	L	T	U	P	O	I	P	I	N	O	E	A
E	S	D	H	S	U	D	S	R	O	O	B	G	A
U	I	E	E	T	N	E	T	E	N	U	A	U	R
A	E	R	R	U	N	E	T	N	E	S	Y	E	C
U	N	S	A	L	P	E	A	C	E	A	N	C	N

- RESPECT
- AUSTRALIA
- CULTURE
- EQUALITY
- TOGETHER
- INDIGENOUS
- COUNTRY
- NAIDOC
- FUTURE
- AUSTRALIAN
- RECOGNISE
- PEACE
- UNITY
- ONE
- NATION
- ABORIGINAL
- ELDERS



### JUST FOR LAUGHS!

- What did August say when June claimed that today is the last day of the month?..... Don't July to me!
- What do you say when your friend says it's June 31st?.....July'd.
- I have never understood why people abbreviate July as Jul..... I mean seriously, y?

# 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.**





# 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

## ICE CREAM SUNDAE



**\$4.50**



## In Memoriam – JUNE 2024

Sadly we say goodbye to our much loved residents:

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.

John R - Boyne N

Enid M - Curtis

Cynthia (Cindy) R – Boyne S

Alma S – Lady Musgrave

## Employees of the Month JUNE

**Resident Nominations – Rachael Walsh (AIN)**  
**Staff to staff Nominations – Roman (Catering)**

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  
June winner :

**Thelma K (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.

## 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 **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.



## 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