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

www.newaucklandplace.com.au



JAN/FEB 2025



Vegemite was invented in Melbourne in 1923 by chemist CP Callister, when an Australian food manufacturer Fred Walker requested a product like British Marmite. The spread made from brewer's yeast became a distinctively 'Australian food' and still today is carried around the world by Australians as a way to reaffirm their connection to home.

Vegemite was initially slow to catch on, but sales improved in 1930 when Walker secured the Australian rights to Kraft's processed cheese and co-marketed it with Vegemite.

During the Second World War, Vegemite captured the Australian market. Marmite was unobtainable and the Australian Army supplied Vegemite to its troops.

In the 1950s and 60s, Vegemite spoke of Australian vitality and innocence and despite acquisition by the American company Kraft, Vegemite became an Australian iconic food. It featured in songs, on souvenirs and other popular culture memorabilia. Vegemite returned to Australian ownership in 2017 when purchased by dairy company Bega.

Vegemite's links to nostalgia are evident in contemporary advertising campaigns, which often hark back to the original 'happy little Vegemite's' ad of the 1950s. Today it provides a connection back to seemingly simpler times and is symbolic of the reverence for the ordinary in Australian culture. Prime Minister Kevin Rudd tapped into this when he declared in the 2007 election campaign that he was a 'toast and Vegemite sort of guy'.



Welcome to all new residents, families and staff.

I hope everyone enjoyed the Christmas festivities. We were incredibly lucky to have some wonderful entertainers attend our Christmas lunch. The dancers and their costumes were spectacular, and the singing was beautiful. The staff performances were as well rehearsed and performed as in previous years (every year we say we will rehearse our performance and somehow it never happens). I hope all residents had as much fun as the staff.

I would like to congratulate the lifestyle and catering teams on yet again another sensational Xmas celebration filled with scrumptious food and lots of fun.

We are hoping that the new furniture for the Eden room and the Cafe area will be arriving soon, as this will provide a nice fresh start to the year. At this stage we have the carpet replacement in the reception/foyer/café area schedule for 3rd week in March 2025. We will be working with the carpet contractors to try and minimise disruption to the residents everyday living and ensure easy access for visitors. Once the contractor has confirmed the schedule, we will communicate out to residents and visitors if any changes to visiting hours or access are required.

Snake alert –. Recently there has been an increase in the incidents where members of the CQ community have been hospitalised due to snake bites. Our maintenance team are very focussed on maintaining the gardens to help eliminate any areas that would be considered attractive for snakes; however, snakes like to move, so they can be found anywhere at any time. Please be vigilant when using external parts of the facility and report any concerns or sightings to a member of staff.

Farewell.

On the 4th February, 2025 we said farewell to Wally (Walter Bird). Wally passed away peacefully in the company of his family. He will be dearly missed by residents, staff and visitors. Wally moved into New Auckland Place 4 weeks after the facility opened- 14 ½ years ago and I called Wally the Mayor of New Auckland Place. With his families blessing, I would like to share a photo of Mayor Wally at the 2014 Harbour festival. Wally riding his scooter, led our facility float in the festival parade. He was super proud that we won second prize. Thank you for the wonderful memories, Wally.



Mayor Wally



Lamb is often served on Australia day and is even considered our National Meat.

INGREDIENTS

- 8 large forequarter lamb chops (a little over a kilo)
- 3 tablespoons of white vinegar
- 2 heaped tablespoons of brown sugar
- 1 tablespoon of Worcestershire sauce
- 2 teaspoons of curry powder
- 1 teaspoon of ground ginger
- 1 teaspoon of mustard powder
- 1 cup water
- Garlic salt and freshly cracked pepper
- 2 tablespoons of plain flour, for dusting the chops
- A couple of tablespoons of olive oil, for frying the chops
- Mashed potato and vegetables, to serve



INSTRUCTIONS

Preheat the oven to 180 degrees.

Season the lamb chops with the garlic salt, pepper and a dusting of flour.

In a heavy based casserole dish, add a good glug of olive oil and brown 4 of the chops on both sides. Reserve these chops and repeat with the remaining chops.

Mix the vinegar, Worcestershire sauce, sugar, curry powder, water, ground ginger and mustard powder in a small bowl. Add the marinade mixture to the casserole dish and let it cook for a minute. (You want to stir with a wooden spoon and collect all the gnarly bits on the base of the pan as this is flavour!)

Layer the chops in two layers in the dish. (They won't be completely covered with liquid but that's ok).

Pop the lid on and cook for 1 hour in the oven. (I set a timer on my phone so that I don't forget about them).

After the first hour, carefully take the casserole dish out of the oven and turn all the chops over so that the ones that were sitting on top, are now on the bottom and vice versa. (Add a splash of water if they are looking a little dry).

Pop back in the oven and cook for another hour.

The lamb chops are cooked when they are falling off the bone completely. Serve the chops with the spooned gravy over the top.

Serve with mashed potato and steamed veggies.

Do you have a great recipe to share?

Catering is reviewing their current menu and would like your input. The recipe must be able to be easily adapted to large quantities and can be anything sweet or savoury, main meals, desserts, etc. A prize for most popular entry will be awarded in the New Year.

All Entries to be submitted to
Catering



Rewind – December/ January Celebrations 



Our lovely November birthday residents Val and Elsie were bestowed the honour of cutting our resident's birthday cake in December. In January our wonderful residents Barbra and John were given the honour. We hope all our December/ January birthday residents had wonderful days. 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 Bakery needs.

Quality of Life and Care Experience Survey

The Residents' Experience Survey is an opportunity to share your views on the care you receive at New Auckland Place and the experiences of living in aged care. Your responses provide important insights into the quality of services provided.

The survey is managed by an independent third-party survey team on behalf of the Australian Government. Thank you to all who participated in our recent survey. We had 39 surveys returned.

Congratulations to Shirley Morgan – Boyne South. You are the lucky recipient of a \$20 Eden Delights Café Voucher.

Physio Fun for All

To stay healthy in the New Year, focus on getting enough sleep, staying hydrated, eating a balanced diet rich in fruits and vegetables, exercising regularly, managing stress, and setting realistic goals with a plan to achieve them; consider incorporating mindful eating practices and making time for relaxation techniques. Try these chair exercises at home.

CHAIR EXERCISES CHART

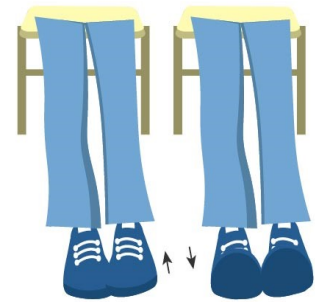
TUMMY TWISTS



HAND SQUEEZE



SEATED SHIN STRENGTHENER



BACK MASSAGE



NECK STRETCH



BALL CHEST PRESS



FRONT ARM RAISES



KNEE EXTENSIONS



SIT AND REACH



Lifestyle Comment



Happy New Years and welcome to the beginning of 2025 and our first bi-monthly Newsletter. After a fun filled and busy Christmas period, the new year is a time to reflect on your accomplishments and lessons from the previous year and to embrace new opportunities ,challenges and make the most of the year to come. It is also a time a lot of people focus on improving their health. Some great ways to start this is to prioritise regular exercise, ensure you are eating nutritious meals and getting sufficient sleep. The start of the year can often be stressful at times, some great ways to overcome this is to incorporate some stress management techniques into your day. These could include meditation or deep breathing exercises. Also practice being present in the moment and appreciating the little things.

January is off to a wonderful start for us here, we celebrated Australia day with some sausages and lamb chops on the BBQ and a thong throwing competition, it was great to see our residents get involved and win some prizes. We also celebrated the Lunar New Year with some themed decorations, fortune cookies and a themed morning tea thanks to our wonderful kitchen staff.

We have lots to look forward to in the coming couple months. With a resident outing to Morning Melodies. A Valentines Day Luncheon for our New Auckland Place couples and our birthday morning tea with John and Laurel. We also have a visit planned from the Eden Ban Cuties, after such wonderful feedback from their previous visit, our residents will again have the opportunity to see and even cuddle some baby animals including, lambs, pigs and even a pony. There will be lots of other activities and events being held throughout the month including Saint Patricks Day celebrations so make sure you check your weekly calendars for up-to -date information.

After many excellent suggestions for renaming our Newsletter, we voted for the best suggestion at the January Residents and Relatives Meeting. The winner of that vote and the new name of our New Auckland Place Newsletter is:

The NAP Gazette

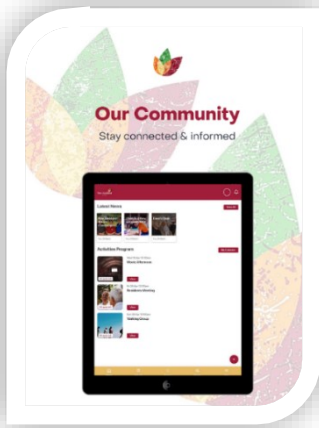
The honour of coming up with the winning name goes to Michelle Frewen, thank you Michelle for your winning suggestion. The name will be featured on our upcoming March/ April newsletter.

All feedback can be submitted to Lifestyle verbally, in writing or by email to:
karen@newaucklandplace.com.au

We hope you and your families are having a wonderful start to 2025 and look forward to making more fun memories with you this all year.

Karen and the Lifestyle Team

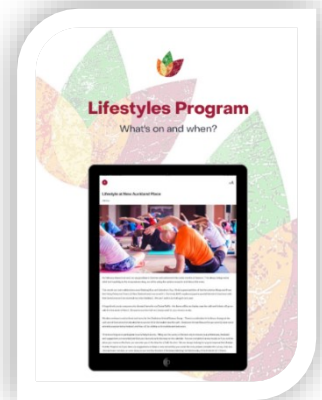
Introducing: The New Auckland Place App



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 admin@newaucklandplace.com.au 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:

<p>1 </p>	<p>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.</p>
<p>2 </p>	<p>Download the App from either: Google Play  or the Apple App Store  Look for the icon with the New Auckland Place emblem </p>
<p>3 </p>	<p>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)</p>

You are now connected to the NAP Community....welcome

For more information, please see Administration or Lifestyle staff. An IPAD will be made available at Reception for anyone wishing to access the NAP App whilst visiting.

New Auckland Place App Request

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)

New Auckland Place App Request

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)

Upcoming Activities

Tuesday 4th March- Shrove Tuesday Pancakes with Cathy Brown performing- From 10am

Tuesday 11th February- Resident Outing to Morning Melodies

Thursday 13th February- Morning tea with the Paton's- From 10am

Friday 14th February- NAP couples Valentines Day Luncheon (invitation Only)- From 12pm

Thursday 20th February- Morning Tea with Pat and Dave- From 10am

Friday 28th February- Birthday Morning tea with John and Laurel

Friday 7th March- Happy Hour with Dave and Pat- From 1:30pm

Thursday 13th- Morning tea with the Paton's- From 10 am

Friday 14th- Eden Ban Cuties Visit- From 9:30am

Monday 17th March- Saint Patricks Day Bingo- From 10am

Thursday 20th March- Morning Tea with Pat and Dave- From 10am

Friday 28th March- Birthday Morning tea with John and Laurel

Regular activities include:

Bingo: 10am each Monday

Sing-Along with Cathy Brown: 10am each Tuesday

Hoy: 10am each Wednesday

Hairdressing – Tuesday and Wednesday (by appointment)

Lolly Trolley each Thursday

Happy Hour: 1.30pm each Friday

Residents & Relatives Meeting: 1.30pm 1st Wed of each month

Did you know that the Eden Delights Café offers Resident Accounts and Café Vouchers ?

Vouchers of any value can be purchased from the café or why not set up a pre-paid account and top up as needed.*

**Accounts must remain in credit.*

See our friendly Café staff 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 – December Activities





Nursing Care

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



the spread of GERMS

1 WASH your HANDS



2 COVER your COUGH



3 STAY HOME if you're sick



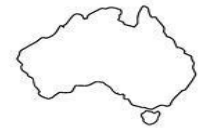
If you're concerned, visit your GP or call 13HEALTH (13 43 25 84).



Word Search



Australian Wordsearch

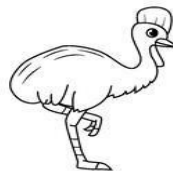


Find the hidden words



N M A B A B T E E D U B Z Z F
B X S O T W A W S G R C E N O
A E B T H P S X J O A J Z M G
B M P I B I M N H D Z Q K O K
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Tasmania
Dingo
Didgeridoo
Aussie
Reef
Barramundi
Aboriginal
Quokka
Uluru
Melbourne



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LpwVj7Q4A

JUST FOR LAUGHS!!

A Texan farmer goes to Australia for a vacation. There he meets an Aussie farmer and gets talking.

The Aussie shows off his big wheat field and the Texan says, "Oh! We have wheat fields that are at least twice as large".

Then the Aussie shows off his herd of cattle. The Texan immediately says, " We have longhorns that are at least twice as large as your cows".

The conversation has, meanwhile, almost died when the Texan sees a herd of kangaroos hopping through the field. He asked, "And what are those"?

The Aussie replies with an incredulous look, "Don't you have any grasshoppers in Texas?"

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's 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.

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.**





Birthdays December/January

December

Joyce S Curtis
 Henry P – Boyne S
 Carol S - Curtis
 Shirleen (Elsie) H – Boyne S
 Bernardus (Ben) B – Boyne S
 Ann M – Curtis
 Valerie (Val) M – Curtis
 Vera R - Curtis
 Greg S - Curtis
 Valerie (Val) M – Lady Musgrave

January

Eunice S – Boyne N
 Paul H – Lady Musgrave
 Jeannie S - Curtis
 Barbara M – Lady Musgrave
 Doris W - Curtis
 Herminia D – Boyne S
 Joyce W - Curtis
 Margaret B - Curtis
 Keith P - Curtis
 Arthur T - Curtis
 Leslie G – Lady Musgrave
 John R – Boyne S
 Norma S – Boyne S
 Norah P - Curtis

New Residents December



Judith (Judy) Mc – Curtis

Olive E – Boyne S

Beverley M - Awoonga

Margaret F – Curtis

David V – Awoonga

Keith P – Curtis

Eric P – Lady Musgrave



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

Jan/Feb Special

Café Opening Times

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

In Memoriam – December 2024/ January 2025

Sadly we say goodbye to our much loved residents:

Evelyn B - Curtis

Marjorie L - Curtis

Eric A – Lady Musgrave

Hazel P – Lady Musgrave

Barbara P – Lady Musgrave

Leone P – Curtis

Beverly Mc – Lady Musgrave

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 DECEMBER & JANUARY

Nominations December– Chelsea (AIN)

Taharni (EEN)

Di (Lifestyle)

Michelle (reception)

And the winner is..... Di (Lifestyle)

JANUARY :- Nicole J (AIN)

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
December Winner - Carol S – Curtis
January Winner – Norah P 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
by appointment.***

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.

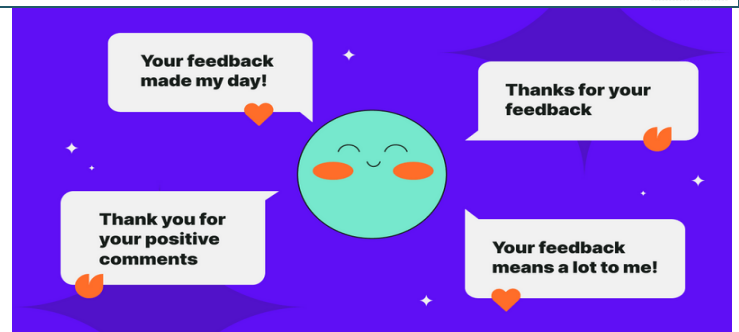
Reminder: Please advise the administration team if valuable items are brought in after the day of admission. These items will be added to your inventory list.

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

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 Karen@newaucklandplace.com.au, 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.



!!

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 remains important steps to keep our loved ones safe