

Newsletter



New Auckland

PLACE



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Our newsletters are now available
online via the New Auckland Place

Website:

www.newaucklandplace.com.au



Pink October is a campaign to increase awareness and educate about breast cancer, screening and prevention and to raise funds for research. The campaign has grown to include rallies to support women facing the disease, and the pink ribbon became a symbol of the relentless crusade against breast cancer.

The event began in 1985 as a week-long awareness campaign by the American Cancer Society, in partnership with Imperial Chemical Industries, a British company that made tamoxifen. The campaign eventually grew into a month-long event.

In 1992, the pink ribbon came into play after Alexandra Penney, SELF magazine's Editor-in-Chief, partnered with Evelyn Lauder, Estée Lauder's Senior Corporate Vice President and a breast cancer survivor, to distribute pink ribbons after the magazine's second annual Breast Cancer Awareness Month issue.

Other variations of the pink ribbon have emerged in recent years to raise awareness that all people with breast cancer are not the same. These include ribbons for raising awareness about metastatic breast cancer, men with breast cancer, inflammatory breast cancer, and more.

Despite many years of intense campaigns, breast cancer remains the most frequent and a leading cause of cancer-related death in women all over the world.





Welcome to the October edition of our monthly newsletter (that is still searching for a name). A couple of suggestions for names have been received however we are keen to hear of any more. The naming competition will close at the end of October 2024, with the new newsletter launch set for the January 2025 edition.

I recently had the pleasure of congratulating AIN Anna on her 25 years' service. On the 22/07/2024 Anna racked up an amazing 25 years. Anna was on leave until recently, and we didn't have the chance to say thank you for all the years of commitment until now. Anna is one of our night owls who provide care to our residents overnight, so they awake relaxed and fresh for the day ahead. Thankyou Anna. We all look forward to seeing your smiling face for many more years.

Michael Johson who is one of our directors, recently came for a visit. It was great to see Michael at the facility again and I know he would have loved to have stayed longer to get around and see everyone.

The visit gave us an opportunity to review the presentation of the facility, discuss preventative maintenance and put together an action plan for future improvements and equipment replacements. Whilst Michael was here, he was also a guest speaker at NAP's Consumer Advisory committee meeting.

Below is a summary of the feedback he provided the committee:

- Govt has announced a new fee structure effective from 1 July 2025 for residents entering aged care after this date. Residents currently residing in aged care will not be impacted by the increase in fees. Residents who have a higher Means Test result will be required to contribute more to their care costs than residents who are only on a pension or partially supported.
- Govt recognise the actual cost of care and that facilities are struggling financially with what the Govt is currently offering. Govt will support and recognise industry needs.

NAP currently offers accommodation and care for concessional residents (pension only) and those who are required to pay more as advised by the Govt. Thank you Michael and we hope to see you again soon.

A quick update on maintenance around the facility. The technicians have been to site and have installed everything required for the facility WIFI. Once the Wi-Fi is stable then all residents will have free access to NAP Wi-Fi.

Boyne South air conditioning has been completed and a plasterer will be on site within the next couple of weeks to repair the ceilings.

I will be on leave from the 18/10/2024 returning on the 11/11/2024, during this time the facility will be in the very capable hands of Natalie Josefski -Director of nursing and the Heads -of-Departments.

I hope you all have a great month and enjoy the beautiful weather we are experiencing at the moment.

Take care
Dawn

NAP Recipe- Strawberry Cheesecake



FOR BASE

- 125 grams plain biscuits
- 90 grams butter melted

FOR FILLING

- 250 grams cream cheese at room temperature
- 395 grams sweetened condensed milk (1 can)
- 3 teaspoon lemon rind finely grated
- 1 tablespoon powdered gelatine
- ¼ cup lemon juice (65 mls)
- ¼ cup water (65 mls)
- 300 ml thickened cream
- 250 grams strawberries sliced thinly
- 85 grams strawberry jelly crystals (1 pack)
- 1 cup boiling water (250 mls)
- ½ cup cold water (125 mls)



METHOD

Line base and sides of a 20cm round springform tin with baking paper and set aside until needed.

Place the biscuits into a food processor and blitz until it resembles breadcrumbs.

Add the melted butter to the biscuit crumbs and mix to combine. Transfer the mixture to prepared springform tin and press down with the back of a spoon to flatten the surface. Place into the fridge.

Place the ¼ cup of water and ¼ cup of lemon juice into a microwave safe bowl or jug and sprinkle the gelatine over the top. Cook for 1 minute and stir well until the gelatine has dissolved. Set aside to cool back to room temperature.

Place the softened cream cheese into the bowl of an electric mixer and mix on a medium speed until smooth and creamy.

Add the condensed milk, thickened cream and lemon rind and mix to combine.

While the mixer is on a low speed, slowly add the room temperature gelatine mixture to the mixing bowl and increase to a medium/high speed and mix for 1 minute to completely combine.

Transfer the cheesecake mixture to your prepared base and gently smooth the surface before decorating with sliced strawberries. Place into the fridge for one hour to chill.

In the meantime, combine the jelly crystals with 1 cup of boiling water and stir until dissolved. Add ½ cup of cold water and mix well. Set aside to cool.

Remove the chilled cheesecake from the fridge and carefully add the cooled jelly mixture over the top. Place back into the fridge for a minimum of 6 hours (preferably overnight) to set

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 – September Celebrations



Our lovely September Birthday residents Betty N and Una I 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.



Congratulations to Anna on her milestone 25 years of service at New Auckland Place. Anna is one of our Assistant in Nursing staff and predominantly works night shifts. Thankyou Anna for your dedication and all that you do here at New Auckland Place.





HAPPY QLD SENIORS MONTH!!

Myth: Older and frail people can't exercise

It's QLD Seniors Month and nothing could be further from the truth! There are so many ways to get active and most people can find safe, enjoyable ways to move their bodies, even if they're older, physically frail or have health issues. In fact, in many cases, engaging in regular physical activity – even light movement – can help build strength and reduce frailty.

CHAIR YOGA EXERCISES FOR SENIORS





Welcome to the October edition of our newsletter!

There are lots of activities and events planned for our residents this month and our main theme will be focused on Breast Cancer Awareness. We will be holding our annual fundraiser – the Pink Choir on Friday 11th October from 1pm. All staff, visitors and residents are encouraged to “Wear it Pink” for the day and we will be inviting relative and friends to join us for Happy Hour and to listen to our wonderfully talented choir. Di and the residents have been practising now for quite a few weeks and they sound great. Relatives and friends wishing to attend should see Lifestyle to reserve a table. We will have a collection tin out on the day and all gold coin donations are welcome. We are also running a series of Money Boards throughout October with all proceeds going to the Breast Cancer Foundation. See the Café or Lifestyle staff for your chance to pick a number and win \$50.

October is also QLD Seniors Month and the Mayor is holding a special Seniors Morning Tea and Concert at the Gladstone Entertainment Centre – Tuesday 15th October. New Auckland Place residents have been invited and if you would like to attend please see Lifestyle staff to secure your seat.

This month we will also be hosting a farmyard experience – Eden Bann Cuties on Wednesday 23rd October. Be sure to head on down to the Eden Room to have the opportunity to pet some animals. Staff will also be visiting residents in their rooms with some of the super cute smaller animals.

After a long absence, we welcome back entertaining duo – The Paton’s. Wayne and Lyn are booked to return in November but will be visiting to provide some Pet Therapy visits to residents mid-month. We look forward to these visits and some great entertainment ahead.

The Australian Electoral Commission have advised that on Thursday 24th October they will be visiting New Auckland Place to conduct a mobile polling booth for the upcoming QLD Government Election. Polling in the Eden Room will commence at 9am and all residents that are on the AEC role are invited to vote.

To end the month, we have Halloween with the Roulettes on Thursday 31st October. All welcome to join in the fun of “Trick or Treating” and witches’ hats and brooms are optional!!

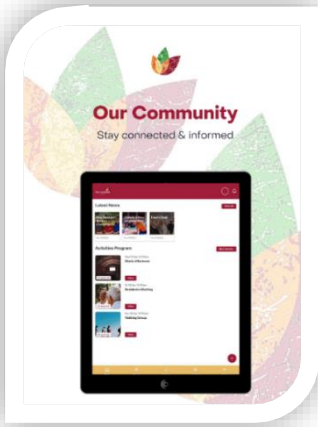
Just a reminder, we are renaming our newsletter and would love to hear your suggestions for a catchy new title. Suggestion forms are available from reception and Lifestyle staff.

We would love to see all residents at activities this month. 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.

Until Next Month, Take Care

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 for October



Fri 4th : 1.30pm Happy Hour with Pat & Dave

Fri 11th : 1pm Pink Choir Performance with Cathy Brown

Tues 15th : 9am Resident Outing - Mayors Seniors Month Morning Tea and Morning Melodies Concert

Wed 16th : 10am Pet Therapy with The Patons

Thurs 17th : 10am Morning Tea with Pat & Dave

Wed 23rd : 1pm Eden Bann Petting Zoo

Thurs 24th : 9am AEC Mobile Polling Booth

Fri 25th : 10am Birthday Morning Tea with John & Laurel



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



Eden's Delights Café

Did you know that Eden Delights Café offers Café Vouchers and Individual Accounts for residents?

Vouchers of any value can be purchased from the café.

Individual accounts can be set up for residents and topped 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 - September Activities



ELECTORAL COMMISSION OF QUEENSLAND

NOTICE OF VOTING

QLD STATE ELECTION 2024



A MOBILE POLLING BOOTH WILL BE VISITING
NEW AUCKLAND PLACE

THURSDAY 24TH OCTOBER 2024

EDEN ROOM 09.15am – 11.45am

ROOMS VISITS 1.00PM - 3.00PM

ECQ ADVISE POLLING BOOTH IS FOR **RESIDENTS ONLY**

PLEASE SEE LIFESTYLE FOR FURTHER INFORMATION

SCRUB SHIRT FRIDAYS

We're putting more fun into Fridays

You may have noticed some staff wearing Medical "Scrubs" on Fridays. We hope you enjoy seeing all the different prints and themes that the staff will be wearing.

Although traditionally worn by the nursing and clinical team, all staff at New Auckland Place are encouraged to wear Scrub Shirts on Fridays.



HAPPY SCRUB SHIRT FRIDAY

Commencing Friday 27 Sep 2024

Staff can wear Scrub Shirts to work on Fridays only.
If staff chose not to wear a scrub shirt then normal uniform requirements will apply.

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). Queensland Government

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 September

Daphne W	Una I
Eric A	Carole H
Leslie M	
Harry (Hal) D	
Elizabeth (Betty) N	



New Residents September



Thelma S - Boyne North

Peggy W - Boyne South

Muriel R - Boyne North



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.



Café Deal of the Month

OCTOBER SPECIAL
Vegetable Pastie – \$4.50
with salad – \$6.50



Café Opening Times

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

In Memoriam – SEPTEMBER 2024

Sadly we say goodbye to our much loved residents:

Allan D - Boyne South

Colin B - Curtis

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 SEPTEMBER

Resident Nominations – Maddie McAllan

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 :

Letty M – Boyne N

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

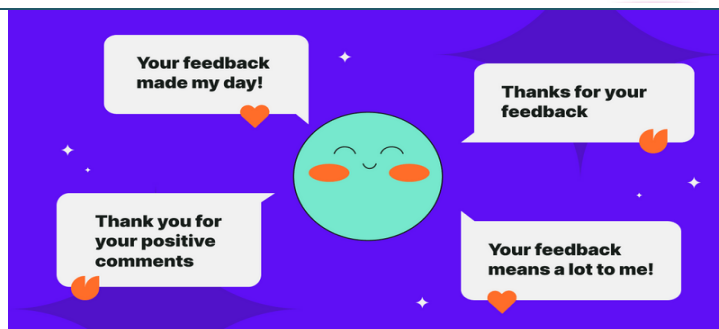
On admission, an inventory is taken of all resident's valuable belongings which includes jewellery. Whilst all care is taken to safeguard your belongings, we do not take responsibility for any loss or damage. We suggest that any items of significant or sentimental value are not kept in your rooms. The 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



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 remain important steps to keep our loved ones safe