

Newsletter



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

www.newaucklandplace.com.au

MAY 2024



My Mother kept a garden, A garden of the heart.

She planted all the good things,

That gave my life its start.

She turned me to the sunshine

And encouraged me to dream.

Fostering and nurturing, The seeds of self-esteem.

And when the winds and rain came,

She protected me enough.

But not too much because she knew.

I'd need to stand up strong and tough.

Her constant good example

Always taught me right from wrong.

Markers for my pathway, that will last a lifetime long.

I am my Mother's garden, I am her legacy.

And I hope today she feels the love

Reflected back from me.

—Unknown



Welcome to all our new residents and staff.

I hope you are settling well into the New Auckland place community.

I am pleased to announce that Natalie Josefski has started with NAP as Director of Nursing. Natalie's is an experienced registered nurse, with previous experience working in hospital environment, private surgery, staff training and quality compliance. Natalie is also qualified as Infection prevention and control lead.

I know that Natalie is keen to meet residents, families, and staff, so if you see Natalie around, please say hi and give her the NAP warm welcome.

Andrea (Clinical Nurse) will be on leave for the month of May 2024, so if you require any assistance with clinical matters, Natalie and Amy (Clinical coordinator) will be only too happy to assist.

Thank you to the residents and relatives who have submitted an expression of interest to join the Consumer advisory committee. The first meeting will be schedule in May 2024. I look forward to working with the committee on service development, planning and quality improvement.

Mother's Day has come around quickly this year. 73 % of our residents are female so I am certain we will have quite a few of our resident that will be celebrating Mother's day on Sunday 12th May, 2024. Come along and enjoy a lovely breakfast – we have waffles on sale, morning tea or lunch at the Eden Café. Each customer will be given a raffle ticket to go into the draw for a \$20 café voucher.

We are currently reviewing staff name badges and a suggestion has been made to have the only the staffs first name displayed on the badge only. This would eliminate the position of the staff member and for some staff their surnames. Displaying a staff members first name only on the badge would allow the name to be made bigger and therefore easier to read.

Please let us know your preference. (examples displayed below)



Until next month..... Dawn

NAP Recipe- FRUIT SCONES



Scones have always been a popular recipe to go to, especially on weekends such as Father's day and Mother's day. When it comes to quick recipes, it's hard to beat a warm fruit scone fresh out of the oven.



Ingredients:

- 3 cups of self-raising flour (450g)
- 1/2 cup of icing/powdered sugar (80g)
- 1 cup of mixed dried fruit (180g)
- 1 cup (250ml) of thickened cream/heavy cream
- 1 cup (250ml) of carbonated lemonade/soda such as Sprite

Instructions:

1. Preheat oven to 200 °C.
2. Place flour, sugar, and fruit in a large mixing bowl.
3. Add cream and lemonade and mix to combine.
4. Turn the mixture out onto a well-floured board and knead with extra flour until smooth (mixture is very sticky initially).
5. Use your hands to flatten the scone dough out to about 2 – 3 cm (1 inch) thick and then cut into rounds using a floured scone cutter.
6. Place scones onto a lined baking tray so that they are just touching and then bake for 15 to 20 minutes.
7. Scones are cooked when they are golden brown and can be easily pulled apart where they are joined.

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 – April Celebrations



Our cake cutting honours were bestowed upon our April Birthday Residents Irene, Val and Marie. It was extra special for Marie as it was her actual birthday. We hope that everyone who celebrated their birthday in April 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

DID YOU KNOW?.....

Regular exercise has many health benefits for people with arthritis.

Exercise can:

- aid joint lubrication and nourishment
- ease your joint pain and stiffness
- improve flexibility
- build muscular strength
- improve your balance
- help you sleep better
- improve posture
- improve or maintain the density of your bones
- improve overall health and fitness
- lower stress levels
- improve your mood

EXERCISE

To Improve

HAND AND FINGER MOBILITY

CLAW STRETCH

FISTS

THUMB BEND

TENNIS BALL SQUEEZE

PINCH STRENGTHENERS

FINGER BENDS

FINGER WALKING

MAKE AN 'O'

FINGER LIFTS

FINGER STRETCH

Top10
Home Remedies

To explore more, visit
www.Top10HomeRemedies.com

Lifestyle Comment



Hello Residents, Families and Friends!

Welcome to the May Newsletter. 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.

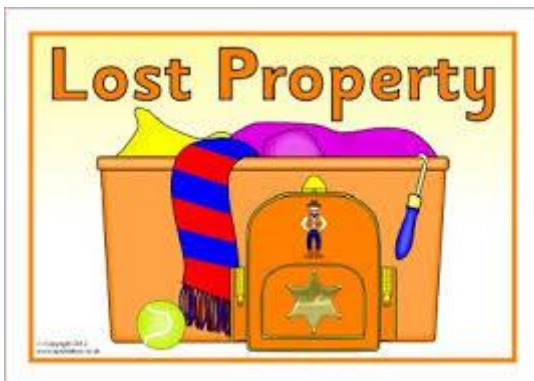
There are lots of opportunities this month to participate, maybe try out an activity you haven't attended before, connect with other residents and make some new friends. Maybe there is something you would like to try but don't see it on the calendar? Please speak to one of our team members about getting involved or suggesting a new activity or email your contributions to karen@newaucklandplace.com.au

Due to health recommendations, some of our April activities needed to be rescheduled or changed. We conducted smaller group activities on each floor and still managed to have a lot of fun. We also held our ANZAC Commemorative Service (see rewind pics) and a big thankyou goes to all who contributed and assisted us with the service. We now have the green light to recommence group activities in the Eden Room again. I'm sure everyone will enjoy catching up with residents from other floors.

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.

This month we celebrate Mother's Day – we have our Mother's Day raffle underway. The prizes are on display near the Eden Room entrance and tickets can be purchased from the Café or Lifestyle staff. We will be holding a Mother's Day High Tea for residents in the Eden Room – Thursday 9th May and our raffle will be drawn during the event. We will also be organising a Mother's Day morning tea outing. If you are interested in attending, please let one of the Lifestyle staff know.

Sadly, after almost 9 years of service at New Auckland Place, we say goodbye to our lovely Lifestyle Assistant Angie. We will surely miss Angie's positive and calming presence but wish her all the best for her future endeavours.



The Laundry staff have informed me that at present they have a high volume of unnamed lost property. If you have lost an item of clothing or rug etc, please let a staff member know. The Lost Property trolley is located in the Hairdressing Salon Thursday – Monday each week. Staff may be able to arrange for you to access the trolley and search for your lost items.

Until Next Month, Take Care
Karen and the Lifestyle Team

Upcoming Activities for May

Tuesday 7th May – 1pm Uniting Church

Thursday 9th May - 10am Mother's Day High Tea

Tuesday 14th May - Mother's Day Morning Tea Outing

Thursday 16th May - 10am Morning Tea with Pat & Dave

Friday 24th May - 10am Birthday Morning Tea

Wednesday 29th May – 2.15pm Catholic Church

Regular Weekly Activities :

Monday - 10 am Bingo, 1.00pm Movie in Theatre

Tuesday - 10am Sing-Along with Cathy Brown

Wednesday – 10am Hoy

Thursday - Lolly Trolley, 1.00pm Movie in Theatre

Friday Afternoons – 1.30pm Happy Hour



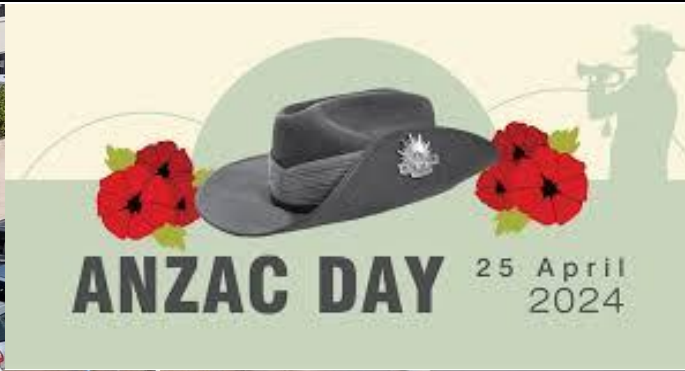
We said farewell to our much loved Lifestyle Assistant, Angie Coyne. Angie has been part of our team for almost 9 years and will be missed. Best of luck Angie



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 - April Activities



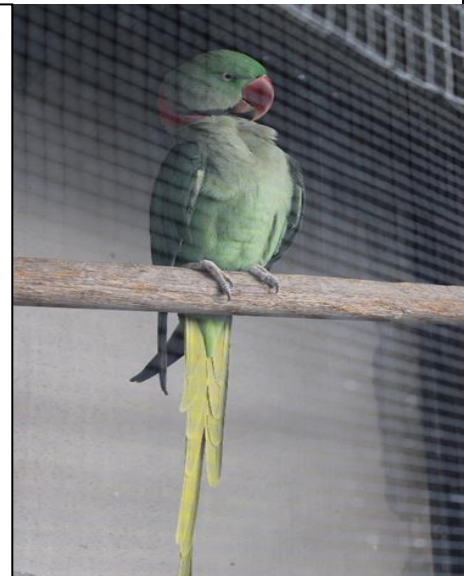
Welcome



We are pleased to announce the appointment of our new Director of Nursing to New Auckland Place – Natalie Josefski. Natalie has been Nursing for over 10 years after a career change from other customer focused roles including working in the Travel industry. Natalie's decision to study nursing was motivated by her own personal experiences with palliative care. Natalie says that her desire is to ensure that all residents have a positive Aged Care experience and that their needs are always met. Natalie lived in the Bundaberg region for over 30 years before moving to Gladstone and loves camping, 4 Wheel Driving, reading and sewing when time permits. Natalie is also kept busy looking after her family and rescue dog Pixie. Be sure to stop and say Hi to Natalie.

Just a reminder that you may be required to wear a mask while visiting at New Auckland Place. Please check with Reception for any changes.

Introducing the newest addition to our bird aviary – Alex. Alex was donated to us and is settling in well to his new home. Come down and say hello to Alex and our other feathered friends next time you are visiting the Café.



IT'S A SIMPLE ASK



PLEASE REMEMBER TO WEAR A MASK

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).





Mother's Day Word Search

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



CARD	HOLIDAY
CARING	LOVING
CELEBRATE	MAY
CHILDREN	MOM
FAMILY	MOTHER
FLOWERS	PARENT



CRAYONSANDCRAVINGS.COM

JUST FOR LAUGHS!

- Why did the cookie cry? Because his mother was a wafer so long!
- Why did the Mother's Day gift arrive the day after Mother's Day? It was choco-LATE
- "It's spicy" is a universal mom code for "I don't want to share."
- What did the baby corn say to the mama corn? Where's Pop-corn?
- Who do flowers celebrate on Mother's Day? Their chrysanthemums.

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

**Berry & Custard Filled
Waffles with Cream &
Ice Cream**



\$6

In Memoriam – APRIL 2024

Sadly we say goodbye to our much loved residents:

Colin M (Boyne N) Gordon T (Lady Musgrave)

Carlene O (Curtis) Dawn W (Boyne N)

Coral P (Awoonga) Alma 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 APRIL

Resident Nominations – Nil

Staff to staff Nominations – Aidan H
(Maintenance)

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
April 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