

All the big questions

We had the questions and you had all the answers! Our recent family Trivia Night was fun for all the generations in attendance.



It was a fabulous night - everyone enjoyed themselves. The night was full of laughter, with plenty of prizes to go around as well. The food was delicious and presented beautifully. Our trivia facilitator was Kim and she was articulate as well as entertaining. We certainly had some brains trusts among the crowd on the night! It was lovely to see all the visiting family members who could attend on the night, given it was an event hosted out of work hours. They were able to come and enjoy some quality time with their mum, dad or grandparent - a great night out. We also had prizes for silliest answer, lucky chair, a lucky door prize and winning table.

Service Manager's note

It has been my pleasure to work with the dedicated team of staff and volunteers here at Palm Lake Care. I feel I have been adopted into a huge family and a very caring community. It has been good to meet many residents during my daily walk around the community and to identify matters of concern, with the view to applying long-term solutions that will improve quality of life for our residents and the working environment for our staff and volunteers. A couple of improvements introduced during the month included the installation of a new vending machine for the residents and an upgrade of the vending machine for our staff. These machines will accept notes and coins, however, the preferred method of payment is via credit/debit cards. As we do not hold cash on the premises, we are not able to provide change for the vending machines. A recommendation is to purchase a prepaid credit card with a suggested limit of \$20 or \$50 from your local Woolies or Coles perhaps? Simple as Tap and Pay with no need for a pin number. We also have a new oven in the main kitchen to improve the efficiency of cooking times and quality of food prepared by our Chefs and kitchen staff. A new breakfast buffet is being planned currently to enhance the breakfast experience. Watch this space. Thank you again for the warm welcome.



Peter Kneen SERVICE MANAGER

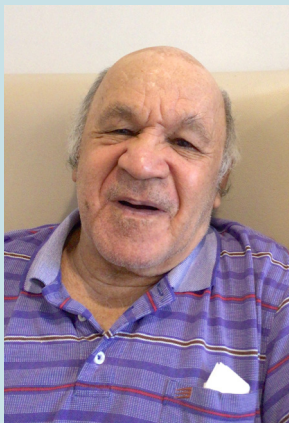


Pictured above and right: The Trivia Night floor was packed. Kim did a great job of keeping the questions flowing and the scoreboard up to date. What a wonderful way to spend an evening with friends and family.



Pictured above: Music makes the world go 'round. From drumming to the Palm Lake Singers' visit, we've enjoyed a variety of wonderful sounds.

Meet your neighbour



Barry Cutmore grew up in Armidale, NSW, one of seven children. He worked as a shearer and labourer in northern New South Wales and Gympie. He has two children and four grandchildren. Barry was a rugby league coach. He coached the under 14's Wide Bay who were the undefeated state champions. Also, coached in Gympie. Barry was the longest serving employee on the Widgee Shire Council.

What is your favourite memory? Winning the Armidale Under 18's rugby league premiership.

What does happiness mean to you? When South Sydney Rabbitohs win their matches.

What are three words that best describe you? Sense of humour.

Lifestyle Team's note

Men's lunch outing: Our recent men's lunch outing was to the Bargara Golf Club where they advertise million-dollar views. An enjoyable time was had by all and the food was delicious.

Drumming with Cynthia: Our drumming circle is always popular. We love the fun we have and the bonus is that it also has health benefits.

Gardening Club: Some of the residents have really gotten into having their own garden beds and raising their own plants. The flowers are really blooming.

Entertainment: Once a month, the Palm Lake Singers come and share with us their love of music. Some of the choir members go into the audience with their music books and get our residents singing along. The morning is enjoyed by all.

Reminiscing and Word Games: Thumbball has proved popular among the residents.

Naidoc Week: Our artistic residents joined in painting boomerangs and animals as we celebrated Naidoc Week. The local Tarribelang Bunda Elders visited and told us some stories as well which was special.

Kim, Glynis & Stephen

LIFESTYLE TEAM

Key local personnel

Service Manager: Peter Kneen
peterk@palllake.com.au

Service Manager Support: Yari Ottoboni

Admin: Rennay Toms

Customer Experience: Ashlee Duckworth

Clinical Manager: Chrissie Webb

Clinical Nurses: Amanda Teefy and Danielle Burgess

Lifestyle Team Leader: Kim Milowski

Lifestyle Team: Glenys Couchman, Stephen Doherty and Zoe Cornford

Maintenance: Matthew Jeffery

Chef Manager: Luke Russell