

## Active bodies, active minds

Staying active is easy when you've got beautiful grounds to explore and likeminded friends to do it with.



**Pictured above and left:** From organised walking group meets to lifestyle activities enjoyed in the great outdoors, our commitment to keeping our bodies active, as well as our minds, is clear...

## Service Manager's note

As we embrace the beautiful month of August, we extend our heartfelt wishes to each and every one of you for a wonderful month ahead. With the winter chill slowly fading, we look forward to brighter and warmer days filled with joy, laughter and cherished moments. Our dedicated staff is committed to providing the utmost care, comfort and support, ensuring that your stay with us continues to be as pleasant and fulfilling as possible. Let's come together, share stories, engage in exciting activities and celebrate the camaraderie that makes our community truly special. If you'd like to discuss anything with me, please feel free to visit, email me or submit a feedback form. I am happy to action them or come and meet you at your convenience. Thank you to all for being a part of our extended family. Here's to a delightful August!

**Ushani Jayawardhana** SERVICE MANAGER







**Pictured above and right:** Craft time with Claire keeps our minds active and connects us with like-minded neighbours.



## We are social butterflies



**Pictured above:** How nice it was to visit Bunnings, recently. We got to explore the lush garden centre and there is always time for vanilla slice and a cuppa at the on-site Bunnings cafe!



## Meet your neighbour

We would like to introduce to you one of our residents, Elaine Marshall. Elaine has been with Palm Lake Care Caloundra since we opened in November last year, and we are so glad that she chose our home to call her home. She brings a wonderful energy to any room she walks into and makes anyone she meets feel like they have known her for years. Elaine loves attending activities that are of interest to her and we love having her energy in the room - with all her resident family around her having a blast. She has recently made the decision to move closer to her own family and loved ones so that she can see her grandchildren and great grandchildren grow up. While we respect that family comes first, we will miss her here at Palm Lake Care, and we wish her nothing but the best. We hope she will visit in the future. Thank you for sharing your light with us. Elaine.

## Key local personnel

**Service Manager:**  
Ushani Jayawardhana  
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**Service Manager Support:** Kelly Roberts  
**Admin:** Simona Cinelli  
**Housekeeping Team Leader:** Lisa Wilkinson  
**Lifestyle Team Leader:** Matthew Whitney  
**Maintenance:** Colin Ashton