

THE Difference

BETHANIA FEBRUARY 2023



Aussie as!

JANUARY 26 GAVE us a wonderful opportunity to celebrate this great country that we call home. Of course, we kept the activities as 'Aussie as' with thong throwing competitions, boomerang decorating and a wonderful game of 'backyard' cricket! Check out some of the memories of this great day here and also on Page 2.

Aussie, Aussie, Aussie? Oi, Oi, Oi!



Service Manager's note

WE HOPE YOU have had a great festive season. We have welcomed in the New Year and are eager to get the show on the road for 2023! Our team members are looking forward to working with our residents on what they would like to do and see in 2023 – from suggestions for our Lifestyle program to our new Food Focus Group regarding our dining experience. We will also be providing updates weekly to all our families in 2023, with our weekly Lifestyle calendar. This will also incorporate information and fact sheets from our Palm Lake Care Bethania aged caring community.

Over the last few months, we have welcomed a number of new team members and I invite families to introduce yourself to those new faces when you are next visiting. We have also welcomed new residents to our community in recent months which is always exciting for everyone.

Don't forget, Clinical Manager Sarah Mitchell and Service Manager Support Janene Sayers work closely with myself and the teams and they are also available to assist with any of your questions. If we can assist with anything, please come and see us.



**Vanessa Gawith,
Service Manager**



Lifestyle Team notes

IT'S ALREADY THE start of February and after a very successful festive season, our residents are looking forward to an exciting new year ahead.

Australia Day was a fantastic event for our community. Firstly, we enjoyed eating some well-known Aussie favourites like lamingtons for morning tea, with hamburgers and sausages for lunch (washed down with a beer, of course!). We also got into the Aussie sporting spirit with games and activities such as thong throwing, cricket and boomerang decorating.

Pictured above, our residents have also been making the most of the great summer weather we've had in recent weeks. They've enjoyed regular walks around our lake, taking in the fresh air and sunshine, and then stopping in the shade to watch the bird life or have a hit of golf before returning back to our lounge for a well-deserved afternoon tea.

Good old-fashioned sing-alongs have also been proving to be a big hit on the activities program, singing the songs of yesteryear that are so dear to many of us. Our team projects the song words up on the screen in the Cinema so everyone can join in.

The thing that has also captivated our community in recent weeks is planing for our bus trips. We will be starting our bus trips up again with many adventures guaranteed. We will be going for trips down to the water where our residents can sit and have an ice cream and watch the waves roll in. We will also be going down to the local cafe for a coffee and a chat, and off to the local shops for some retail therapy. To make sure we don't miss anyone, we will have a roster system set up so everyone will have a chance to go on the bus to the destination of their choice. Looking ahead, we are very excited for February's annual day of love: Valentine's Day. We'll show you what we got up to in the next edition of our newsletter!

Sandi, Megan, Karen and Kylee



KEY LOCAL PERSONNEL

Service Manager: Vanessa Gawith, bethaniacarefm@palllake.com.au

Service Manager support: Janene Sayers

Admin: Leanne Gronfors, Ben Cannon and Tracey French

Clinical Manager: Sarah Mitchell **Clinical Nurses:** Kimberly Wilkinson and Michael Cooper

The Lanes Coordinator: Amanda Lawson

Lifestyle Team: Sandi Lewis, Megan Abbott, Karen Rayner, Kylee Lampshire

Chef Manager: Veijo Lehto **Maintenance Officer:** Jason Campbell

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