

THE Difference

BETHANIA MARCH 2023



100 years young

ONE OF OUR wonderful community members, Mary Forsyth, has just reached an impressive milestone - Mary's travelled 100 laps around the sun! We all loved helping Mary celebrate her big day - and especially loved helping her demolish that delicious cake. As well as all of Mary's Palm Lake Care friends, Mary's family also attended her party, with some travelling from overseas to be here to celebrate this amazing milestone. Hip, hip, hooray!



BINGO!

ACTIVITIES ARE FUN in group settings and our Bingo game days are always well attended. Make sure you keep an eye on the Lifestyle Calendar to know what's coming up when.



Service Manager's note

It's exciting to see our community engaging with our new activities and the lots of entertainment we've had here this past month. We have received some lovely compliments from residents who are enjoying these activities and their time together. This past month, the Palm Lake Care Bethania community celebrated Mary's 100th birthday – it was lovely to see her resident friends, family and our team members sharing this special milestone day with her.

Soon, we will be welcoming Adriana McIntosh to our Lifestyle Team in the role of Lifestyle Team Leader. I look forward to being able to introduce Adriana to you in our next newsletter. Adriana visited last week and met with some of the residents and is excited to be joining us.

Our Resident Meeting and Food Focus Groups have already been popular this year. Suggestions and ideas are being readily shared by our residents and our team members are already implementing them. If you would like to attend one of these regular meetings, please let one of our staff know and they will assist you to getting to one of these meetings. In closing, we are progressing with our plans for the Café refurbishment and if you have any ideas or suggestions, please let us know.



**Vanessa Gawith,
Service Manager**



Lifestyle Team notes

February 14 was Valentine's Day and to celebrate, our team and the residents dressed up in their favourite pink and red outfits. They also made Valentine's Day cards to hand out to their friends. Mary Robinson came in to do a concert and the residents sang along to some good old-fashioned love songs.

We are in the process of finalising the installation of Silver Memories. Silver Memories is a shared digital experience, that can be accessed 24 hours a day, seven days a week, and is

available on all TVs including the residents' own TV in their rooms and those in our common areas. It features photos and their favourite music from the past and is hosted by respectful announcers who create social connections with our residents. The feedback we have been getting from our residents has been very good. They are really enjoying the program, sometimes gathering in each other's rooms to watch it together.

Sandi, Megan, Karen and Kylee
Palm Lake Care Bethania Lifestyle Team



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

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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