

The Difference

BETHANIA JUNE 2023



Enjoying the great outdoors

Winter in Brisbane can be summed up by one word: Glorious! We've been making the most of the warm winter days on morning tea outings and bus trips (that's us at Hinze Dam, top left). Closer to home, we have also loved taking revitalising lakeside walks and even practising our golf putting technique in the sunshine.

From your Service Manager

It's that time of the year again when the NSW vs QLD banter starts with the battle of the State of Origin. It's a fun time within our community as residents enjoy barracking for their respective team and the Maroon and Blue colours come out across all areas. We had visitors come through last week who thought it was just great to see everyone getting into the spirit and having fun! Let's see who the winner will be after all three games are played... Our Lifestyle Team members have been busy with bus outings, PJ day and different events being planned – if there is an event you would like us to host within our community, please let the Lifestyle Team know. They'd be happy to oblige. Our café area is coming along nicely - we are just waiting on the new furniture for this area and we will then share photos with you. Planning is already underway for the next stage of works – we will bring more information to you in the coming weeks. We continue to welcome new residents and staff to the Palm Lake Care Bethania community – to our newbies, please introduce yourself around as we are delighted to have you with us. As always, our doors are open and if we can assist with anything please let us know.

Vanessa Gawith, Service Manager





Meet your neighbour, Beverly

I was born in Wellington, New Zealand, in 1931 and came to Australia in 1986. When my husband passed away, I moved in with my daughter but I kept having falls because my legs were wearing out and just didn't work the way they used to. I knew I needed help, so my daughter and I looked for somewhere for me to stay where I could get full time help. Hence coming into Palm Lake Care. It was really hard at first but now I have made friends. I still get to do everything that I was doing at home plus more. There is a different movie every day. I go to bingo two times a week - I love winning all the chocolates! I have even started doing craft which is something that I have never done. I'm really enjoying the company, the activities, and I even get to go on bus trips, if I want to. The staff here are lovely. I continue to go out with my daughter often to get my nails done. It's better this way - at least I am safe here. You never know when something is going to happen.

Pictured left: Meet Lockie. This cute little Pekinese boy has started visiting us every Saturday with his human. Lockie walks around saying hello to everyone and even joins in for a game of bingo! He's a wonderful addition to our pet therapy program.



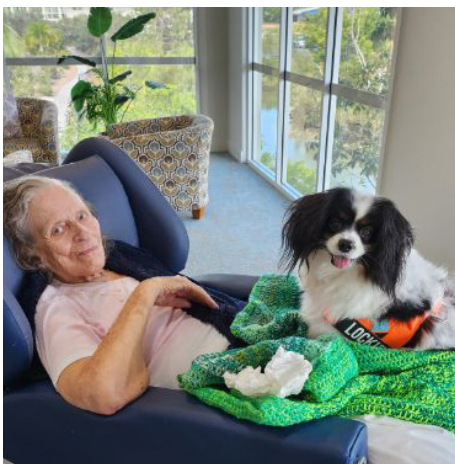
Meet our new clinical nurse, AJ

My name is Ajimole Papparil Mathew, or "AJ" for short. I am from India but came to Australia in 2014 from Ireland. I had been working in Ireland for about nine years where I developed a passion for working in the aged care industry.

Since coming to Australia, I have worked in many different aged care facilities. After finally settling down in Brisbane, I came to Palm Lake Care as a Clinical Nurse. I was so excited when this role was offered to me - and I still am!

The team that I am working with now are wonderful and supportive. Another reason that I am enjoying working at Palm Lake Care is the lay out of the community - I don't have to go to the gym anymore!

If you see me around, come up and say hello. I love to chat and get to know people.



Lifestyle notes

May has been such a good month, starting with Mother's Day. We celebrated the event with a lovely morning tea and some music played by Cindy, a harpist. They say that harp music has many therapeutic benefits including assisting with dealing with chronic pain, fatigue, depression, anxiety and stress as well as providing a calm and welcoming environment. Our residents and their families were intrigued with the beautiful harp music that was played. What better occasion to introduce them all it, than on Mother's Day!

We have also had quite a few outings this month. For starters, we went to Hinze Dam. First we had a lovely morning tea in the View café admiring the views from above. Then we walked a little way out on the bridge and stopped to pose for photos. We also went on an outing to a bakery for morning tea and checked out some of the shops. The scones and cream were delicious and the company we had was even better!

**Bobby Battye,
and the Lifestyle Team**

Key local personnel

Service Manager: Vanessa Gawith, bethaniacarefm@palllake.com.au
Service Manager Support: Janene Sayers
Customer Experience: Diane Unwin
Admin: Leanne Gronfors, Tracey French
The Lanes Coordinator: Amanda Lawson
Clinical Manager: Sarah Mitchell
Clinical Nurse: Kimberly Wilkinson, and Ajimole Papparil Mathew
Lifestyle Team Leader: Michelle (Bobby) Battye
Lifestyle Team: Sandi Lewis, Megan Abbott, Karen Rayner
Chef Manager: Veijo Lehto
Maintenance: Jason Campbell