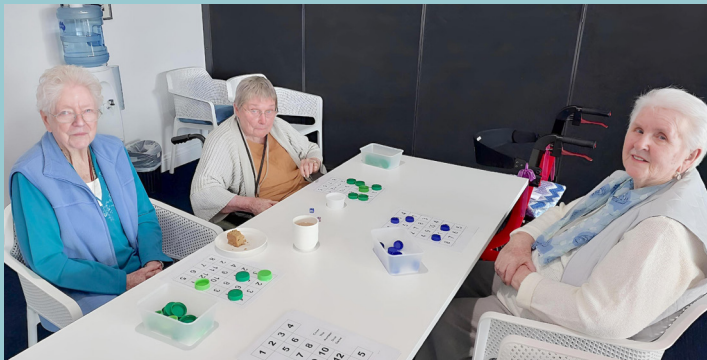


Residents get their game on!



We love getting together with friends for a few laughs, and we love it when there's a little competitive spirit thrown in for good measure. Games are good fun and they're good for our health, too. Read more about it on Page 2.



Pictured this page:

There are many old-school family favourite games that we've adapted for all players here at Palm Lake Care. For example, our 'table tennis' matches utilise tissue boxes as racquets.

Service Manager's note

Hello all and welcome to the July edition of our monthly newsletter. Here are a few notes for you:

- We had our Covid clinic here in June and all residents who gave consent received their shot.
- I encourage all residents and families to attend our monthly residents' meeting. It's held on the second Wednesday of every month at 1.30pm.
- Please remember to bring new or unlabelled clothes to reception so they can be labelled.
- In the event of a fire alarm, please stay where you are and wait for instructions via the PA system.
- Our bus is currently unable to take residents in wheelchairs due to a failure in the hydraulic system. The bus will be repaired very soon and we'll have everyone back on the road.
- We are hiring new team members to fill vacancies. In the meantime, these shifts are currently being filled by agency staff. Please don't hesitate to contact me directly if you have questions.

Ram Korla SERVICE MANAGER





Meet your new (feathered) neighbours

We have welcomed some new friends to Palm Lake Care Beachmere. The residents were each asked to come up with names for our two new boy budgies, write those ideas down on paper and pop them into a hat, for a random draw. The two names picked out were... Fred (green) and Budgie (blue)! The birds and their cage were donated by our staff members while the food containers and a bird box were donated by a resident. It's been so nice to hear the cheeps and chirps from them. The cage is mobile so everyone gets to enjoy Fred and Budgie!



That's entertainment!

Visiting entertainers really do light up our days and Troppo Bob's Magic Show provided a unique opportunity to see (and learn!) some magic tricks. The audience was well involved with 'assistant' roles which made for a terrific experience. "I haven't laughed so much in ages," one resident smiled. The Choir and the Ukulele group from Palm Lake Resorts Beachmere Sands and Beachmere Bay also came across the road to play, sing, entertain and chat with us. It is always a beautiful afternoon when they visit.

Lifestyle Team's note

We are trialling some new and wonderful games, exercises and other activities as part of our Lifestyle program.

This past month we played Twister - with a twist. Instead of using our hands and feet to mark the colours as they were spun up, bean bags were thrown by our players and the beanbags had to land on the required coloured spot. Some of the residents even used left or right hands to throw their bean bags, for the extra challenge. It was great fun to do something new.

'Cover the numbers' was another new game introduced. The game is similar to bingo, except you roll the dice and cover the number on the page.

As part of our Lifestyle wellness program, we are working closely with our Palm Lake Care Beachmere physiotherapy department to develop a program of different games that provide subtle exercise - without actually feeling like we are exercising! For example, we have developed our own version of table tennis with pool noodles, tissue boxes and plastic balls (as pictured on Page 1 of this newsletter). Players hit the ball to each other with their tissue box.

The residents had a great time, laughing a lot through the many table tennis matches. It got extremely competitive, and the table was continuously having to be reset by our team.

Abby LIFESTYLE TEAM LEADER

Key local personnel

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Admin: Uzma Naved
Customer Experience: Tracey Cagnetta
Clinical Manager: Richa Timilsina
Clinical Nurse: Milan Mahat
Lifestyle Team Leader: Abby Foote
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Maintenance: Michael Carpenter
Chef Manager: Neil Galpin