

THE Difference

MT WARREN PARK FEBRUARY 2023



**We do like
to be beside
the seaside**

WE HAVE a very vibrant community at Palm Lake Care Mt Warren and we enjoy getting out and about in the community and having fun. We have been visiting Cleveland recently for prawn sandwiches and hot chip butties. We were lucky enough to enjoy some lovely Queensland weather and everyone had a great time - the fresh sea air was just what the doctor ordered!



Service Manager's note

WOW, JANUARY has seen an amazing start to the year with so many activities being held already. Congratulations must go to our team for bringing the fun - always! Speaking of fun, pictured right, is one of our most memorable moments from recent weeks. It's the Mr Whippy man who came to Palm Lake Care Mt Warren Park! The visit was all thanks to a kind donation from the lovely Galuzen family who asked if we could do something in memory and honour of their dad. As he loved ice-cream, we thought there would be nothing better than having Mr Whippy come to our aged caring community and provide ice-creams for all our residents and staff in memory of him. Everyone loved it! It was a huge success and reminded us all not only of our (late) neighbour, but the visit also reminded us just how fabulous and fun it is to live - and work! - at Palm Lake Care Mt Warren Park.

Caroline Bosnic, Service Manager





Pictured above: 'Elvis' has entered the building - and brought with him loads of good times! **Below:** Meditation classes are new on the activities calendar. **Right:** Duncan's presentation was so interesting.



Lifestyle Team notes

THIS YEAR we have taken up a new hobby – meditation. One of our lovely team members has recently also trained in meditation and has offered her services to come along and share the benefits of meditation as part of our Lifestyle calendar, on a fortnightly basis. We start meditation nice and early before our normal day starts and, so far, this activity has proved very popular with more than 20 residents attending each session. They all agree it is a nice way to start the day.

In January, as Caroline mentioned on Page 1, we were honoured to have a soft-serve ice-cream van visit us, paid for by a family donation in memory of their husband and father who lived at Palm Lake Care Mt Warren park for a couple of years. The family wanted to have something fun for the residents to rememebr their beloved family member by and as he LOVED ice cream and milkshakes, the Lifestyle Team thought an ice cream van visit would be fitting - and fun! Everyone enjoyed lining up to choose their ice-cream and loved hearing the traditional Greensleeves music calling them all out. Even the staff enjoyed an ice-cream!

We were honoured to have one of our lovely residents, Duncan, do a talk about Braille for International Braille Day. Duncan has been blind since he was very young and attended the Blind Institute for schooling. Pictured below, Duncan showed us how he reads and writes Braille, and how he learnt the skill when he was younger. Everyone was thrilled to have Duncan write our names for us in Braille. His talk was very interesting and we look forward to celebrating again with him next year.

Each Friday, we enjoy a concert in our community and as it was Elvis's birthday recently, we could not go past the idea of hosting an Elvis Day. Leading up to the day, we held some themed art and craft classes and worked on decorations for the event. When the big day arrived, we enjoyed some rock 'n' rolling and even enjoyed a guest appearance from the 'man' himself! We really love any excuse to get dressed up for work!

Leona Counsell,
Lifestyle Coordinator

KEY LOCAL PERSONNEL

Service Manager: Caroline Bosnic
mtwarrencaresm@pallmlake.com.au **Admin:** Colleen Anderson and Hayley Alagiah **Clinical Manager:** Tina LeClaire **Clinical Nurse:** Sangeeta Bhamoo **Lifestyle Team Coordinator:** Leona Counsell **Chef Manager** Brendon Borg **Maintenance Officer:** Alec Walker **Housekeeping Team Leader:** Ashley Woollett

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