

# THE Difference

BEACHMERE FEBRUARY 2023



## The Aussie spirit shines through

AUSTRALIA DAY might usually be just one day on the annual calendar, but here at Palm Lake Care Beachmere we don't do things by halves. We celebrated our country over three days with a range of Aussie-themed activities including a visit from our ukulele-playing neighbours (pictured left) at Palm Lake Care Beachmere. Aussie, Aussie, Aussie? Oi, oi, oi!



### Service Manager's note

AS I REFLECT on our month, it's been great to be able to introduce some exciting new things including a bird watching group, a small but popular fish tank and our different theme days. Among the highlights of the past month, our ladies did some wonderful flower arranging to celebrate International Flower Day and we celebrated the Chinese New Year with armchair travel to China including watching the lanterns released. Australia Day was relaxed with a thong-throwing competition, some cricket and homemade damper. I missed out on trying any, however, I am told it was delicious! Keeping the Aussie theme going, we had the popular ukulele group join us from Palm Lake Resort Beachmere. They played some Australian songs for a sing-along. By the time you're reading this newsletter, Silver Memories will have kicked off. The Silver Memories people offer a specialised, nostalgia music service providing reminiscence music therapy for the aged. Our residents have been thoroughly enjoying their musical entertainment of late. We are all also looking forward to getting out to the waterfront for some fun in the sun while the weather is good.



**Ram Korla,**  
Service Manager





**Pictured above:** Flower arranging was a surprise popular activity for us in recent weeks. We had so many people turn up to join in that we ran out of vases. But this was somewhat of a blessing in disguise as it allowed us to get extra creative with our ideas for alternative vessels for our blooms.

**Pictured below and below right:** More of our Australia Day activities. Instead of just one Australia Day celebration, we stretched the event out across three days!

## Lifestyle Team notes

THROUGH JANUARY, we celebrated International Flower Day with some flower arranging activities.

so popular was the activity, we ran out of vases and so our residents improvised with whatever they could find including glass bottles and boxes. It was a fun activity that provided laughs and smiles, conversations about favourite flowers and memories from when we have received flowers as a gift.

As you saw on Page 1 of this newsletter, our Australia Day celebrations lasted for three days this year! On the first day, we had the Ukulele group from Palm Lake Resort visit. They played Australian songs such as Waltzing Matilda, Once a Jolly Swagman and all the other classics. The residents sang along, joked with our lovely visitors, flew the Aussie flags we had and tapped their feet along to the tunes. We were on the back deck for the concert, enjoying the afternoon breeze, water views and all things. It was a great vibe.

We also did some 'armchair travel' to China this month, to celebrate the Chinese New Year. With the weather so warm, we also planned our gardening days ahead so we'd know what plants to get. We also enjoyed morning exercise with a lot of ball games as well as thong throwing and cricket (to stay in the Aussie spirit). Damper was also cooked for afternoon tea - we made our own dough and cooked it up. It was delicious and got eaten up very quickly. One resident said he had never had damper before and that he was surprised by the taste and how much he enjoyed it!

Finally this month, in association with Australia Day and via the power of modern technology, we spoke and listened to other Palm Lake Care communities from around the state. We discussed and compared our Australia Day activities and other things. It was great to catch up with everyone.

**Abby Foote,  
Lifestyle Team Leader**



### KEY LOCAL PERSONNEL

**Service Manager:** Ram Korla, [beachmerecaresm@palllake.com.au](mailto:beachmerecaresm@palllake.com.au)

**Admin:** Shandelle Adams, Kathryn Coppleman and Kelly Roberts

**Clinical Nurse:** Kaye Brown **Lifestyle Team Coordinator:** Abby Foote

**Housekeeping Team Leader:** Chrissie Lanigan

**Chef Manager:** Neil Galpin **Maintenance Officer:** Michael Carpenter

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