

100 years young

Our gorgeous Jeanne will celebrate a significant milestone this month: her 100th birthday! We can't wait to celebrate with her on July 30.



Then,
and now



Jeanne Mayhew (nee Drewitt) was born in Brixton, London. She met Stanley in 1946 and they married in January 1947. Jeanne says, "I met Stan when I was doing my milk run. It was a hot day and he asked me for a bottle of milk. When he wanted to pay me, I said no. He walked away then turned back and asked me out to the movies that night." The pair went on to have two daughters, Linda and Christine. They moved to Australia in 1992 and Jeanne joined Palm Lake Care in 2020, one day after our opening. Stanley joined her here a little while later. Sporting gorgeous curls since her early days (pictured far left and above), our Jeanne still loves having curlers in her hair every day. And she really loves life here at Palm Lake Care with her Stan.

Service Manager's note

It's winter on the hill and the temperature is certainly dropping, but the fun and frolics are only heating up! In fact, we are looking forward to a great 'Christmas in July' celebration in the coming weeks. I'm sure the "Ho, Ho, Ho!" factor will be perfectly complemented by an incredible Christmas-style feast given the quality of the meals we have here. On the topic of food, the big breakfast is one of our most well-received meals of any week. We receive many compliments on it! Our managers' lunch is also well received. It sees our managers enjoy a regular meal with our residents. While we know the food is enjoyed, I also know that the happy chatter and laughs at these lunches are nice 'sides' to the meal.

Eleanor Morgan ACTING SERVICE MANAGER





Pictured this page: Who says exercise has to be boring? We are too busy having fun to realise we are working our muscles and moving our bodies!



Lifestyle Team's note

Pictured left, check out just some of the fun we have during our regular 'Wellness Group' get-togethers.

Here at Palm Lake Care Toowoomba, we have a strong and dedicated focus on good health and wellbeing. Each morning, our Allied Health Assistant Toni (who is pictured left) runs this exercise group outdoors, weather permitting. If the weather is not suitable for us to be outside, we meet in the Atrium which is just as lovely.

Our residents look forward to this class each morning and their routine of gentle stretching and movement to the music.

Toni concludes each morning's session by teaching the residents relaxation techniques. This includes deep breathing exercises, while taking their minds to a place that is peaceful. Toni's goal is to encourage our residents to declutter their minds and focus on their inner peace - a great start to each day.

For a little bit of fun during these morning sessions, we also implement ball games which not only help us move our bodies, but also give us plenty of laughs and there's lots of singing as well!

Leanne LIFESTYLE TEAM LEADER

Key local personnel

Service Manager: Tony McKenzie
toowoombacaresm@palllake.com.au
Service Manager Support: Edward Townsend
Customer Experience: Fran van Riet
Admin: Louise King
Clinical Manager: Jodi Harms
Clinical Nurses: Pranita Tamang and Karynne Paull
Lifestyle Team Leader: Leanne O'Rourke
Housekeeping Team Leader: Tiann Opperman
Maintenance: Jason Schwerin
Chef Manager: Larry Fernando