

Balmy winter bliss

It might be the depths of winter but we are blessed to live in one of the best places on Earth so that means we've been enjoying outdoor fun in the revitalising winter sun!



Pictured above and right: Sunshine and good times with neighbours - that sums up winter here at Palm Lake Care Bethania. We are grateful to have such beautiful grounds to roam around in (or practise our putting!), as well as the ability to jump on our bus and visit interesting places.



Service Manager's note

The residents of Palm Lake Care Bethania have really been enjoying their bus outings lately. Among their adventures, they've been to Fitzy's for lunch, taken scenic drives around the countryside and enjoyed morning tea at a local café. We look forward to discovering even more interesting new destinations for our passengers. Our Wellness Program is also becoming popular among our residents who have been enjoying the group exercise sessions with our physiotherapists.

The furniture for the Café has arrived and the vending machine has been stocked with goodies. We are just waiting for the coffee machine to arrive, to officially open this space for residents and visitors alike. It's a wonderful place to enjoy a catch up and some cafe treats, overlooking the lake.

Over the past few months, the residents have been involved in food focus meetings, working closely with Chef Veijo to come up with new menu items which everyone has been enjoying. Some new favourites include sweet chilli prawn noodles, spaghetti bolognaise, teriyaki chicken noodles, lamb and mushroom stroganoff and new desserts such as creamed rice and various cobblers. Yum!



Vanessa Gawith SERVICE MANAGER



Meet our team



Have you seen Sharon Sharples around the corridors? She has a big job in helping to keep our laundry running smoothly. Here's a little about Sharon...

I was born in Shepparton, Victoria in 1973. I have been married for 23 years. We have three beautiful daughters. I enjoy watching the football (NRL) and I believe the best team to watch is the Broncos - they are my team! I've been lucky to have been employed by Palm Lake Care for eight years now. When I first started, I was in cleaning. Now I have had the opportunity to learn the laundry, which is busy all throughout the year.

Meet your neighbour

We'd love to introduce you to one of our residents, Margaret Stoker, who calls The Lanes home...

My name is Margaret but I like to be called 'Meg'. I was born in Tighnabruach, Scotland. In 1952, when I was 8, my parents, my brother and my older sister and I travelled to Australia. My father had a penpal who sponsored our family. When we arrived, he met us and took us to Cooroy where my father got a job at the sawmill. We lived on a farm and I walked a couple of miles to school each day. When I left school I got a job as a telephonist in the local Post Office. I married and had three children. Nowadays, I love reading and I also have an interest in painting. I also love word puzzles and colour therapy.



Lifestyle Team's note

We have been busy again this past month - it seems to be the way here at Palm Lake Care Bethania! We've enjoyed everything from games of Bingo with our friends (pictured left), to singing and dancing along with some talented new visiting entertainers.

Our residents have really loved going outdoors into the sunshine, as the weather's been so beautiful. Winter days are quite balmy here in Brisbane. We've enjoyed outdoor walks and games, like golf, but we've also welcomed some lovely bus trips into the great outdoors to make the most of this weather. The bus trips have been awesome, actually. We have gone to so many places this past month, including Jacobs Well for a scenic drive and Fitzy's for lunch.

We have also been getting into the State of Origin with our arts and crafts. It's actually hard to escape the football fever fun here at Palm Lake Care Bethania at this time of the year! Our main community areas were decorated with maroon and blue flags to really get into the spirit of the games! But, with two matches down already, we only have one word for you all: Queenslander!

Remember, our team is always open to new ideas and feedback to help keep our Lifestyle calendar and activities as interesting and engaging as possible. Come and see us!

Bobby, Sandi, Megan & Karen
LIFESTYLE TEAM

Key local personnel

Service Manager: Vanessa Gawith
bethaniacarefm@palllake.com.au

Service Manager Support: Janene Sayers

Admin: Leanne Gronfors and Tracey French

Customer Experience: Diane Unwin

The Lanes Coordinator: Amanda Lawson

Clinical Nurses: Kimberly Wilkinson and Ajimole Pappari Mathew

Lifestyle Team Leader: Michelle Battye

Lifestyle Team: Sandi Lewis, Megan Abbott and Karen Rayner

Maintenance: Jason Campbell

Chef Manager: Veijo Lehto