

# THE Difference

DECEPTION BAY FEBRUARY 2023



## True blue tribute to our great land

IT'S SAFE TO say that we marked Australia Day with a vibrant bang this year! Check out all these happy smiling faces from our Aussie Day celebrations - a picture (or seven!) says a thousand words and this collection of snaps tells a great story of the fun we had in tribute to our 'lucky country'. Do you like the cheeky animals that help form a 'coat of arms' for our photographic models?!



### Service Manager's note

AS THE NEW YEAR gets into full swing, our residents have had a very full and entertaining month with no shortage of things to do. Residents enjoyed an Australia Day catch-up with the residents of our other Palm Lake Care sites via Zoom technology on the big screen. It was good to be able to see and share what unique things each site had planned for their Australia Day celebrations. I know that our residents always enjoy themed days, like this one, and get into the event with full enthusiasm.

Our Lifestyle Team members are always on the lookout for guest speakers that will capture the interest of our residents and the gentleman who came and spoke to them about budgies recently was no exception. We all learnt something that we did not know from him and, for me, it was that budgies are an Australian bird and the "native" budgie is green in colour.

Some of our ladies who are avid knitters are limbering up the fingers and hands and are hard at work making poppies in readiness for Anzac Day - we cannot be ill prepared. We have a very talented craft group who work diligently to produce most, if not all, of our decorations for our special themed days.

As we work towards recruiting a new Clinical Manager for our site, I would like to invite you to pop in and make yourself known to Ruby. Ruby is our Acting Clinical Manager - please make her welcome. Also, don't forget that everyone is welcome at our regular resident meetings, food focus meetings and any other meeting you feel you would like to participate in. We value your input on the operations of our community.



**Gail King,  
Service Manager**





## Lifestyle Team's update

In these past few weeks, we continued to learn and grow. We learnt about youth inventors from the past. Did you know that Louis Braille developed the Braille language at the age of 12? It was actually International Braille Day recently as well.

In our group discussions, we also covered Australia's airline, Qantas, from its humble beginnings to present (it's one of the world's safest airlines) and shared our travel experiences with each other. We discussed the Rabbit Proof Fence - all things Aussie were on the table, and open for debate and input.

We have commenced the year with the first of many monthly guest speakers. January's speaker was Garry - Australia's Number 1 budgie breeder. Garry provided a wonderful insight into one of Australia's favorite household pets. Did you know, the budgerigar is a native Australian bird, green in colour and any variant other than green is a colour introduced by man? Many of the colours were developed in the UK where the birds are housed in large enclosed indoor aviaries. The English originally captured the birds and turned them into pets. We thank Garry for his time - his presentation was enjoyed by all in attendance.

We thoroughly enjoyed the treats from our cultural study of corn - for National Popcorn Day! We learned that only one variety of corn can be made into popcorn. Did you know that popcorn was cooked and eaten in Peru, Mexico and Guatemala more than 5000 years ago? Incredible!

Chinese New Year celebrations here at Palm Lake Care were fun. We celebrated with food, lucky fortune cookies and even gave our residents the opportunity to win a lucky red envelope containing a Scratch-It ticket. Our lucky winners - Max and Dorothy - scratched up a storm.

Many of our knitters are currently making knitted poppies. They are looking fabulous!



And, in closing, Tom and Eva's toil in our community's gardens gives them - and all the rest of us - immense pleasure. Check out this magnificent magnolia (pictured left) courtesy of Tom. We all thank you, Tom and Eva, for your efforts.

**Linda Riedel,**  
Lifestyle Team Coordinator

### KEY LOCAL PERSONNEL

**Service Manager:** Gail King, [deceptionbaycarefm@palllake.com.au](mailto:deceptionbaycarefm@palllake.com.au)

**Admin:** Gillian Hodge

**Acting Clinical Manager:** Ruby Thapa Karki

**Lifestyle Team Coordinator:** Linda Riedel

**Chef Manager:** Amit Jyoti **Maintenance Officer:** Samanth Jose

**Housekeeping Team Leader:** Norelle Hobart

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