

THE Difference

BEACHMERE MARCH 2023



The power of art



ART THERAPY HAS been a huge success for us here at Palm Lake Care Beachmere in recent weeks.

Lifestyle Team Leader Abby Foote says it was the first time her team had offered this style of therapy and by the end of the session the residents were so relaxed and uplifted.

"They were super proud of their fantastic work and asked if we could do it more often," Abby says.

Ron, pictured above, bought in all the paint and pictures etc and guided the residents through their activity. During the session, Ron explained some different techniques and encouraged the residents to experiment with their painting styles. As you can see by the photos, the end results were quite impressive and a lovely keepsake of our residents' time spent together.

Service Manager's note

Residents had a fantastic February here at Palm Lake Care Beachmere with our most memorable event being the relaxation and pampering stations we set up for them on Valentine's Day. It was a well-deserved day of fun - and love - for our residents and I heard that our team members had just as good a day as well, which is wonderful.

We had three assessors from the Aged Care Quality and Safety Commission attend our community in recent weeks and we are awaiting their final report. I would like to thank all those residents and family members who were here at the time and played a role in the assessment.

If you were not aware, Beachmere has a new bus now and residents have commenced taking short trips in it. This bus will open up a raft of new activities for our Lifestyle Team members to deliver - we look forward to opening up more of our beautiful local geographic area to our residents via the bus.

Please note that we've had some key personnel changes within our community. You can find all our new team members' names on the back of this newsletter.



Ram Korla,
Service Manager



Lifestyle Team notes

Lots of happiness was had here again this past month, as we embraced the season of love and all the benefits that living right by the sea has to offer us.

We decided that Valentine's Day this year would be a day of relaxation and pampering. The residents were treated to a hand and foot soak followed by a hand and foot massage, as well as neck and shoulder rubs. Our team members jumped on board for the neck rubs too (but they would not let me use their photos! Ha!).

Joan (pictured left) was also snapped enjoying a milkshake after her wheelchair walk outside in our garden with the fresh sea air in her lungs and the gentle sun on her skin. We have the Café open daily now for morning tea. Family, friends and residents are invited to stop by our Café. You can sit either inside or out, to enjoy the view and some good company, along with your delicious café treats.

Abby Foote,
Lifestyle Team Leader



Pictured left and below: "Pamper" was the name of the game on Valentine's Day this year. We set up a hand soak station/nail bar, as well as some comfy chairs for pedicures. Our participants were overjoyed by all the love and attention showered on them, on this day of love, and they had some gorgeous nails to show off for the days that followed, as a reminder of their lovely experience.



KEY LOCAL PERSONNEL

Service Manager: Ram Korla beachmerecaresm@palllake.com.au
Admin: Carrie Winton, Natalie Wieland beachmerecareadmin@palllake.com.au
Clinical Manager: Richa Timilsina beachmerecarecm@palllake.com.au
Clinical Nurse: Albert Pearce (Acting) **Lifestyle Team Coordinator:** Abby Foote beachmerecarelifestyle@palllake.com.au **Chef Manager:** Neil Galpin
Housekeeping Team Leader: Chrissie Lanigan **Maintenance:** Michael Carpenter

PALM LAKE CARE BEACHMERE

145 Bishop Road,
Beachmere QLD 4510
Phone 1800 246 677

www.palllakecare.com.au

