

The Difference

PALM LAKE CARE MT WARREN PARK OCTOBER - NOVEMBER 2024



Sail away!

What a truly incredible experience we had recently, sailing! Turn to Pages 4-5 for the full story...

Your questions, our answers

Read on for how to make visits with your family and friends even more meaningful

Here, we are united

In our new series, check out what your fellow Palm Lake Care communities are up to



Here, you are welcome



**Palm Lake Care Mt Warren Park
Service Manager,
Vanessa Gawith**

Where has the time gone! Recently, Lifestyle Team Leader Leona was sharing with me the team's plans and bookings for the last three months of 2024, as we move towards Christmas. I was exhausted just listening to the long list of activities that will shortly be in full swing for all of us here at Mt Warren Park! May I suggest some rest days over the coming month, so we have ourselves energised for what's to come! What I loved most, when I was listening to all the activities planned, was the number of residents who are involved in planning and organising these events alongside our team members.

The Palm Lake Care Mt Warren Park 'Gala Evening' is coming up and I am very excited to be invited to this well-loved event. We will also be hosting a meet and greet on November 7, at 5.30pm. This is an opportunity for residents and family members to meet our senior management team and for us to meet you. We look forward to seeing as many of you there as possible.



**Palm Lake Care
Chief Operating Officer,
Trish Heke**

With more than four decades' experience in aged care, I've seen many changes and I can confidently say the proposed changes in 2025 are some of the most positive yet. As you know, the government funds aged care and relies on providers like Palm Lake Care to deliver these services based on that funding. The new Aged Care Act and Strengthened Standards, though slightly delayed, are designed to make sure that this partnership delivers even better care for you. These changes are all about ensuring you receive the safest, most respectful and highest quality of care. The government has listened to residents, families and caregivers, shaping these updates to address those important concerns.

At Palm Lake Care, we're already preparing to go above and beyond these new standards. We're making care more personalised for you, focused on your individual needs and preferences. There will also be more frequent check-ins from the Aged Care Quality and Safety Commission to make sure everything is running smoothly and that your experience is continuously improving. If you'd like to know how these changes might affect you, your Service Manager is always happy to chat. And if you're someone who likes to read the details, you can visit this link online:

www.health.gov.au/our-work/aged-care-act/about

We'll keep you updated with more information as it comes through, so you're always in the loop. Our amazing teams will also receive extra training to fully understand and apply these changes in their daily care routines, ensuring we maintain the highest standard of care you've come to expect.

You're at the heart of everything we do, and these reforms are just another step towards making your experience with us even warmer and more supportive. Thank you for being such a valued part of the Palm Lake Care family, and we look forward to continuing this journey with you!

Palm Lake Care Mt Warren Park

Looking for more information about Palm Lake Care Mt Warren Park? Here's where you can find us:

PHONE:
07 3444 6000

STREET ADDRESS:
33 Mt Warren Boulevard
Mt Warren Park QLD 4207

EMAIL:
mtwarrencaresm@palllake.com.au

WEBSITE:
palllakecare.com.au

GET SOCIAL:
Follow us on Facebook
and on Instagram
(@palllake.care)

Key local personnel

Service Manager: Vanessa Gawith
mtwarrencaresm@palllake.com.au
Service Manager Support: Peng Zhou
Admin: Diane and Kara
Customer Experience: Hayley Alagiah
Clinical Manager: Maxine Heard
Lifestyle Coordinator: Leona Counsell
Chef manager: Jay Jepsen
Housekeeping Team Leader:
Tracie Hamilton



News briefs

Meeting dates for your diary

Communication is at the heart of all that we do. We engage, listen and respond, which is why we'd love to have you join us at our upcoming Residents' Meetings:

- **October 8**
- **November 6**
- **December 11**

Food Focus meetings are on:

- **October 18**
- **November 22**
- **December 20**

All meetings are held at 1.15pm in the Harlequin activity room. No RSVP is required. We look forward to seeing you there!



New Act receives bipartisan support

There has been much media attention in recent weeks about the Aged Care Act. Following much discussion, delay and patience, the Aged Care Act was finally secured with bipartisan support and will be introduced to parliament.

This is, of course, only the first step. The introduction of the Bill does not make it law, and there will now have to be a parliamentary process. However, with the agreement of the opposition to the critical reforms, that process can now take place.

Of note to residents: Major improvements were secured during negotiations, to maintain the aged care industry's viability. Criminal penalties, which were originally included against the very strong views of the sector and even against the advice of the Royal Commission, have been removed. Alongside new funding arrangements, this was a high priority issue as these penalties risked criminalising people for doing the right thing, forcing good people out of our sector in the middle of a workforce crisis. The Bill will also include enhanced protections to ensure that people are only

asked to contribute financially if they can genuinely afford to do so.

Attention is now being turned to the remainder of the 550-page Bill, with a Senate Inquiry to follow. There will be much occurring in the coming weeks and months to ensure the final Bill is the best it can be for older Australians and for our sector.

Aged and Community Care Providers Association CEO Tom Symondson congratulated both sides of government for finding a way through after months of intense negotiations.

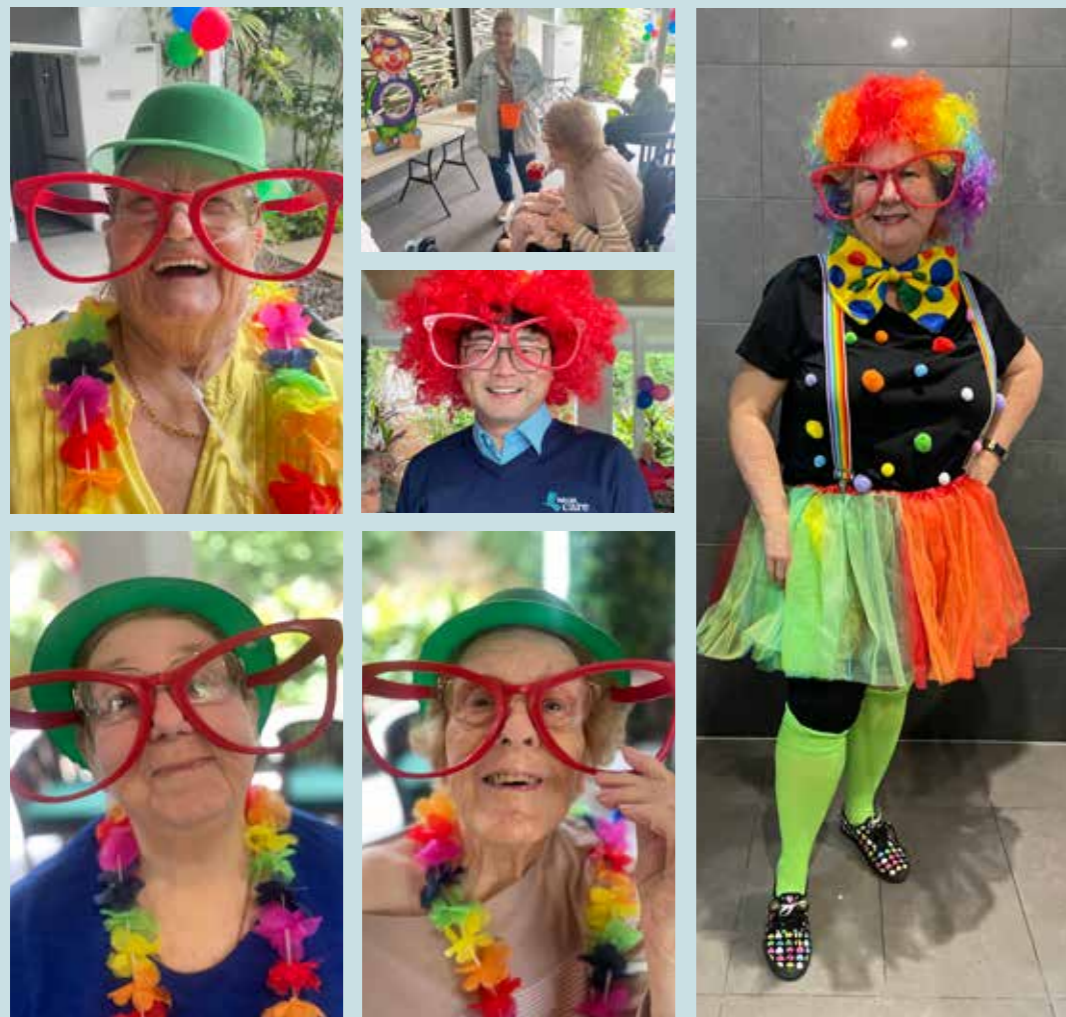
"The Albanese Government has shown real leadership putting aged care reform back on the national agenda, first through the Aged Care Taskforce and now through the introduction of legislation," Tom says. "The Coalition has been instrumental in finding a way forward during negotiations, joining the Government in putting older Australians first."

It's hoped these reforms will bring structured and sustainable security to the sector, leading to a vibrant, growing aged care system, that meets the needs of older Australians now and in the future.



Powerlympics had us competing on a national stage

The Powerlympics had our residents pitting their sporting prowess against other aged caring communities across the nation, in parallel with the 2024 Paris Olympics. We'd connect with the organisers and other communities via Zoom, with the event encouraging participants to stay active and strong. Read more about it on Page 4.



Pictured above: It's showtime! Our Palm Lake Show Day provided good reason to eat dagwood dogs and strawberry ice cream, as well as enjoy some fun sideshow games and other show-themed entertainment.



Above: Aged Care Employee Day.



Pictured above: We got a little caught up in Olympic fever when the 2024 Paris Olympics rolled around. Check out our weightlifters and equestrian riders! We even had an official torch relay!

Lifestyle Team's report

WHERE HAS OUR TIME GONE THESE LAST COUPLE OF MONTHS? IT HAS FLOWN BY AS WE HAVE ALL BEEN SO BUSY HAVING FUN!

Along with our general everyday activities, bus trips and concerts, we have spoiled our lovely dedicated staff for Aged Care Employee Day (pictured above right) by starting the day off with a breakfast, followed by a Taco Bar for lunch and dinner. We also placed loads of chocolates around the place for all to enjoy, and our residents made beautiful cards that all our staff loved receiving.

We also enjoyed our very own Palm Lake Show Day (pictured above) with lots of fun games, dagwood dogs and hot chips for lunch, and of course there is no show without the traditional strawberry ice cream and show bags. Everyone had a great time, including our staff.

Olympic fever then hit us! We enjoyed lots of reminiscing about Olympics of the past and recalled how good we all were as sportspeople in our younger days. And what better way to celebrate the 2024 Paris Olympics than with our very own Olympic day (pictured Page 5). It was great fun. We started off with our own opening ceremony and the lighting of the torch. We had our Palm Lake version of events such as rowing, equestrian, shotput, weightlifting and shooting. Lots of gold medals were awarded!

On a more serious note, in parallel with our fun Olympics events, we also took part in a four-week Powerlympics with Guide Health Care. We competed against approximately 60 other aged care communities around the country (including other Palm Lake Care locations). We competed in rowing, cycling, long jump and weightlifting - and loved every minute of it! Everyone who participated in the events received a

lovely certificate. No gold medals were won by us, but we did get to the top of the leaderboard for our cycling and rowing which we were very proud of. Everyone was surprised with what they achieved and we hope there's another similar competition in the future.

We have recently had a new electric barbecue installed in Oasis that is available for all families to use (see photos on Page 7). As this barbecue is so much simpler to use, we decided to start having a weekly neighbourhood barbecue meal. Each wing has a set day that they all go out to Oasis for a barbecue lunch, with family and friends encouraged to join us for these events. So far, they are proving quite popular.

The highlight of recent weeks was a visit to Sailability in Manly for a sail on their yacht. One of our lovely gentlemen told us that he used to sail when he was younger and on his bucket list was to go sailing one more time. The challenge was accepted and after some research and many emails back and forth, we had a group booked to go on Sailability's yacht, Faith. We decided to make it a men's outing but to fill the bus we would take the ladies with us to have a picnic and watch the sailing. Little did we know, the ladies would be

offered the opportunity to have a sail in the little boats called 'tubs'. We could not wipe the smiles off all the faces over those two outings and we are very grateful that Sailability allowed us to have this experience for our residents. We even had some family come along and join us for the day.

In September, we marked R U OK Day with morning tea and important conversations about how to check on your family and friends, and not just on this one annual commemorative day, but every day.

We have also been lucky enough to have had the Palm Lake Resort Choir come along and perform for us. They are amazing and have given our choir something to aspire to. We are currently working on our Christmas carols and will be excited to perform them in the coming months.

October brings us Senior's month, and everyone is looking forward to celebrating with various outings and events but the highlight of the month will be our Seniors' Gala. We will be sure to share our night with you in our next newsletter.

Leona Counsell,
Lifestyle Team Leader



Hosting visitors: Your Q&A

Residents, and family members, often ask us how to make visits with their loved ones even more meaningful. So we produced a booklet to help you out...

We are thrilled to announce the release of our new Meaningful Visits resource booklet, designed to help residents and their loved ones create enjoyable and memorable moments together. Here are some common resident questions about making the most of visits, along with practical tips, taken from the booklet:

How can I plan ahead to make visits even more enjoyable? Planning your visits in advance can make a big difference. Choose times when you feel most energetic and coordinate with staff to arrange activities like hair appointments, pampering sessions or sharing a meal. This ensures a relaxing and meaningful visit without rushing.

What kinds of activities can I do with my family during visits? Bringing personalised activities that you love can make the time more special. Whether it's knitting, drawing or listening to your favourite music, these shared experiences create comfort and connection. You could also watch a movie or go through photo albums together to reminisce about good times.

How can we have more meaningful conversations during visits? Meaningful conversations are a wonderful way to stay connected. You can share stories from the past, talk

about current affairs, or chat about what's been happening in your family. Encourage your loved ones to ask about your future plans to keep the conversation engaging and personal.

Are there any outdoor activities I can enjoy during visits? Absolutely! If you're feeling up to it, taking a walk around the garden, enjoying a picnic or doing light exercise together can be both refreshing and uplifting. You can also try a simple gardening project or join any scheduled outdoor group activities together.

What's the best way to celebrate special occasions with loved ones? Birthdays and anniversaries are perfect opportunities to create meaningful memories. Encourage your visitors to bring with them some decorations, cakes and gifts. Together, you can enjoy themed celebrations, making the day even more memorable.

How can I guide my loved ones to make visits more meaningful for me? Your input plays a key role in creating meaningful visits. Share your preferences with your visitors – whether you enjoy quiet time, a shared meal, or participating in activities together. By expressing what makes you happy, you help shape the visit in a way that reflects your needs and interests.

Where can I get a copy of the Meaningful Visits resource booklet? The booklet is available at all reception desks, and our team is always here to support you with any additional ideas. Feel free to pick up a copy and share it around.

Resident Advisory Body wants you

Palm Lake Care understands the importance that resident representatives play in collaborating with our organisation to ensure safe and quality care and services. To foster collaboration at the highest level, Palm Lake Care offers a Resident Advisory Body (RAB).

The purpose of the RAB is to:

- Allow for engagement, consultation and the opportunity for feedback regarding aspects of care and services within Palm Lake Care communities
- Engage with the wider resident community so members have an opportunity to contribute to ensuring high-quality care and services are maintained.
- Ensure residents are central to decision-making processes regarding the care and services they receive.
- Contribute to the development and implementation of policies, procedures and practices that promote person-centred care and meet the diverse needs of residents across Palm Lake Care.
- Help with problem-solving and suggestions for improvement.

The minimum requirements for the RAB are that a meeting is held at least once every 12 months, however Palm Lake Care exceeds this by engaging with resident representatives directly every six months. Membership of the RAB is comprised of resident representatives from each Palm Lake Care community, and seeks to be representative of the demographics and diversity of residents with Palm Lake Care.

RAB members are appointed following an invitation to participate which is issued at the site Residents' Meeting one month prior to each meeting.

Resident participation is voluntary, although Palm Lake Care hopes that a representative from each of our seven aged caring communities will participate.

The meeting allows these resident/representatives to engage directly with Palm Lake Care executive team members, and provide feedback for consideration from their community. Further, this information is escalated directly to the Board for review and feedback.

The next RAB meeting is due to be held in November, and we will be seeking nomination in the next onsite Residents' Meeting for residents who wish to be involved.



New BBQ brings us together

With a brand new electric barbecue installed in our Oasis outdoor lounge area, it would've been rude not to invite our families along and give the new barbie a good workout! You can smell the onions, can't you? Given the new BBQ has been such a hit, we're gathering around it on a weekly basis.

Here, we are united

Palm Lake Care spans seven individual communities across South-East Queensland. Given the thousands of residents and team members who call Palm Lake Care their own, there's always so much going on! In our new regular series, let us connect you with your fellow communities and take a peek at what's been making news around the grounds...

The Central Support team



Guess what? We're cooking up a cookbook and we need your input! Let us introduce you to our Community Cookbook project...

At Palm Lake Care, we believe food is more than just nourishment – it's a way to bring people together, create memories and share joy. That's why we're thrilled to announce the launch of the Palm Lake Care Community Cookbook! This exciting project will showcase the cherished recipes of our residents, families and team members, and we need your help to bring it to life.

Do you have a family recipe that's been passed down through generations? Or maybe a dish that's always a hit at family gatherings? Now is your chance to share those delicious creations with the entire Palm Lake Care community. We're looking for all types of dishes – from main courses and desserts to snacks and sides. Whether it's a beloved classic or a unique creation, we want to celebrate your special recipes. Don't forget to include a short story or memory about the dish and tell us why it's special to you.

Once submitted, selected recipes will be cooked and prepared by our talented chef managers, allowing the entire community to experience the flavours and traditions behind each dish. From here, we will choose a number of recipes to be included in our official Palm Lake Care Community Cookbook. The book will no doubt reflect the diverse tastes and heritage of our residents, families and staff. Selected recipes may also feature at special future dining events within our communities.

This is a wonderful opportunity to share your culinary legacy and contribute to a unique community project. Whether sweet or savoury, simple or elaborate, every recipe is a reflection of the heart and warmth of the person who created it. We're excited to bring your dishes to life, share them with others, and celebrate the joy of food together. Please send your suggested recipe to Palm Lake Care's Hotel Services Coordinator, Russell Middleton, via email at russellm@palllake.com.au Be sure to include your name, the name of the recipe, any special instructions for preparing the dish and also a short note on why this recipe is special to you. Let's get cooking!

Meet Russell

As Palm Lake Care's Hotel Services Coordinator, Russell Middleton (pictured above left) oversees all seven of our kitchens, housekeeping and laundry teams. It's a big role, for this big personality...

What do you enjoy most about your role? Working with a team of dedicated aged care professionals, who strive everyday to make a real difference.

Can you share a memorable moment at Palm Lake Care that highlights the impact of your work? I have two: The kitchen team at Toowoomba securing the hospitality award for two years in a row and laundry assistant Fay, from Deception Bay, securing Palm Lake Care's Employee of the Year, last year. Both these moments reiterate to me just how important the Hotel Services space is in our organisation.

What is your favourite food to prepare/cook/eat? I am loving my Traeger smoker, so anything from beef brisket and racks of ribs, to chicken wings and beer-can chicken. I love experimenting with new found recipes and cooking techniques.

Beachmere



Jeans for Genes fundraiser

Palm Lake Care Beachmere put on a lovely morning tea for their recent Jeans for Genes day fundraiser. Lucky door prizes, games and a lot of fun was had. The best part was raising hundreds of dollars and awareness for children born with birth defects or genetic diseases.

Bethania



Peace-full annual gala event

Bethania's annual gala evening was a vibrant spectacle of love, laughs, music and dancing! The residents chose their own theme and consulted on all the finer details. And, of course, our team delighted in dressing up for the event!

Continued on Page 10 >>

Here, we are united

Palm Lake Care spans seven individual communities across South-East Queensland. Given the thousands of residents and team members who call Palm Lake Care their own, there's always so much going on! In our new regular series, let us connect you with your fellow communities and take a peek at what's been making news around the grounds...

Bargara

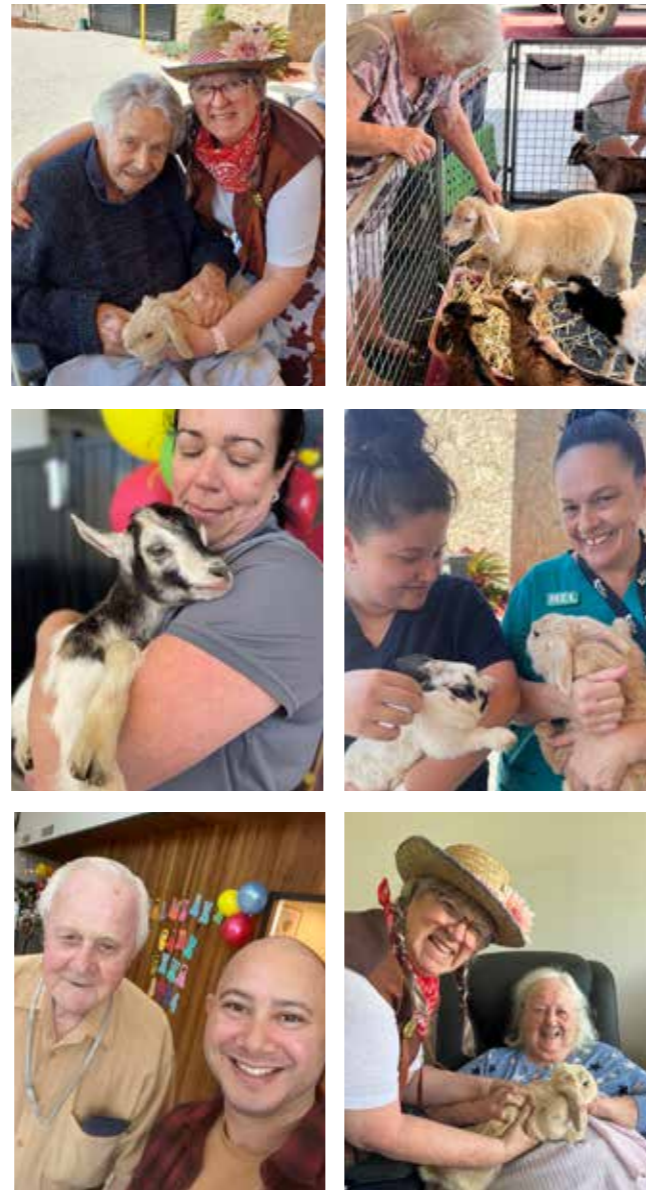


During July and August, Palm Lake Care staff and residents from right across our group of seven communities were in training mode to partake in the national aged care 'Powerlympics' event.

It was a great adventure, designed to improve strength and balance, as well as providing social engagement in line with the 2024 Paris Olympics. Overall, there were 967 participants and special mention was made of Palm Lake Care for our involvement and encouragement of our residents. In fact, the organisers specifically noted that Palm Lake Care Bargara "had the absolute best community spirit of all the teams". The organisers said they really looked forward to seeing Palm Lake Care Bargara on the Zoom catch up each day "as we always knew you would bring the positive energy". Team Bargara won a \$150 voucher for their efforts, to be used at Alpha Sport to purchase sporting equipment. Bargara resident Cyril (pictured above) even won a bronze medal in the cycling!

One of our lovely Palm Lake Care residents shared that, after the Powerlympics, she was confident enough to finally visit her son at his home where he has stairs. She said she could confidently walk up and down with minimal assistance, where once she had needed extensive support. She put all this down to her participation in the Powerlympics and other Olympic-themed activities. It made her push herself to be stronger and better for each round. Well done to all who participated in the Powerlympics adventure and saw benefits - both physically and mentally.

Caloundra



Roll up! Roll up!

The fun of the fair came to Palm Lake Care Caloundra recently for their Show Day spectacular! Visiting farm animals, sideshow games and delicious show-themed food delighted our Sunshine Coast residents. The best part? Wonderful family memories flooded back for many who took part in the day's activities...

Toowoomba

A big congratulations must go to our Toowoomba residents for picking up first prize in the 2024 Toowoomba Carnival of Flowers' hanging basket competition!

Our Toowoomba community entered a bright and beautiful decorated hanging basket of flowers in the 'Community' category for Cobb and Co Museum's hanging pot competition. And they won! The cherry on top is that our Toowoomba green thumbs also took out the 'People's Choice Award' that was run on social media. Their entry was decorated and planted by the residents who are chuffed with their big win!



Deception Bay



Fun is the name of the game!

At Deception Bay, the staff know that bringing the fun to work literally brightens everyone's day - from the residents and their visiting family members to the team members themselves. From pyjama day, to 1980s glam, to a Spring wedding theme, they've done it all in the past few months!

Important information

Meet our Central Support team

Chief Executive Officer:

Dan Aitchison

Chief Operating Officer:

Trish Heke

Operations Support Lead:

Eleanor Morgan

Clinical Governance Manager:

Melissa Ostrouhoff

Support Services Manager:

Steve Wheeler

Customer Experience Manager:

Blake Johnston

We love your feedback!

We highly value all types of resident and family feedback - it enables us to continually improve our already high standards. There are so many ways you can provide feedback but the easiest way is to complete a feedback form. Blank forms are available from our Reception desk and, once complete, can be submitted in the Feedback Box, also found at Reception. Our Service Managers are also available to chat at any time. Their door is always open.

What should I do in an emergency?

FIRE: Spotted a fire? Let a staff member know and press the alarm, if I can.

EXITS: I need to remember my closest way out. Leave things behind and get out quickly.

CRISIS: If something else happens, I'll stay calm. I'll help my neighbours if it's safe to.

PREPARE: I'll remind myself of safe places and the best way to leave, if needed.

Note to self: If I'm unsure, I'll ask a staff member.

Volunteers are the best people

We are always on the lookout for volunteers to stop by and support our community. You might like to help our Lifestyle Team facilitate their regular group activities? Or you might like to spend some one-on-one time with our lovely residents? Many love to share a cuppa and a chat! Maybe you have a specific skill you can share? If you'd like to volunteer in our community, and enjoy the reward that comes with it, simply contact our team via the details on Page 2. You can also go to our website and click on "Join us".

Care is a noble profession

If you've been looking for a career that is meaningful and rewarding, maybe aged care is for you? We have an ever-changing list of vacancies across a variety of positions, from housekeeping and admin to carers and grounds staff. To find out what vacancies are currently available in each of our Palm Lake Care locations, go to our website and click on "Join us". We look forward to welcoming you to our team.

Your meals, your choice

At Palm Lake Care, your choices shape our menu. Our dedicated chefs create meals that not only nourish but also cater to your tastes. Through our Food Focus Group meetings, your feedback directly influences our culinary direction. We value your voice, ensuring that your dining experience is truly tailored to our residents' preferences. Share your thoughts and savour the difference!