

THE Difference



MEET YOUR NEIGHBOUR: TOM RINGELSTEIN

By Kerry Mahedy

Tom Ringelstein describes himself as “a bush boy, born and bred”, spending his early years growing up in Walloon, about 13km outside of Ipswich.

At the age of 8 or 9, Tom’s family moved to the big smoke (Ipswich), for his father’s work. He recalls being able to buy a big packet of lollies, that would last him a week, for just threepence.

Tom’s first wage was made in the boot-making industry where he earned about 1 guinea per week. After a while he moved into underground coal mining, remembering the carbide head lamps that were used to ward off the complete blackness of the mine.

After 4-5 years he moved into the shearing industry but, as the result of a football injury at age 21, he lost his left leg. Tom credits his older brother with his rehabilitation, allowing him to return to the shearing shed as a cook following his injury.

Tom recalls eating mutton during these years for “breakfast, lunch and dinner” before moving on to secure a position as a clerk with the Department of Main Roads. Tom’s job with Main Roads allowed him to travel extensively throughout Queensland until his retirement.



His love of gardening blossomed early in his adult life, growing his own vegetables and flowers initially by necessity. Tom says that gardening simply “grew on me”, and he gets pleasure out of growing anything and everything including aromatic herbs for our Palm Lake Care Deception Bay chefs to delight in.

Since moving into our aged caring community in May 2018, Tom has transformed several garden beds, regularly doing battle with weeds and taking delight in the pockets of colour he has created. He

loves to see the bees buzzing and hear birds singing as a result of his efforts.

Recently, Tom has started a gardening club, encouraging other residents to join him in getting their hands dirty.

At the moment, we are eagerly awaiting his crop of fresh sweet corn that is just starting to pop up through the soil.

If you come to Palm Lake Care Deception Bay, you will easily spy Tom sitting on his cushion on the ground, happily pursuing his passion and keeping his green thumbs busy.

ANOTHER EXCITING AND REWARDING MONTH, HERE AT PALM LAKE CARE

Well here it is - August already! We certainly can’t complain about the wonderful South-East Queensland winter we have been having. Firstly, congratulations goes to those talented ladies who were successful with their entries in the Redcliffe Show. August brings us the Ekka and we are certainly looking forward to our own version of that here on August 21. I know much fun will be had by all, and planning has been fierce!

Our staff Pyjama Day was heaps of fun for everyone, with hot chocolate and marshmallows only adding to the experience. Check out all the fun we had on the next page of this newsletter. We will also be hosting Henny Penny chicken hatchings here over a two-week period from August 26 – who doesn’t wonder at the miracle of life as we watch new birth?

At Palm Lake Care Deception Bay, we are very excited about partnering with Dementia Training Australia to develop an ongoing program of education for staff and family members. The program will truly enhance life for those living here with dementia - what a privilege it is to be able to do that.

Kerry Mahedy, Service Manager





Pictured this page: Palm Lake Care Deception Bay staff got right into the spirit of Pyjama Day recently and didn't the residents love it! Our staff were fuelled by hot chocolate and marshmallows on the day - yum!



ALWAYS SOMETHING FUN AND NEW!

To say that life isn't full for the residents of Palm Lake Care Deception Bay would be an untruth. There is such a wide variety of activities on offer here that the residents can be as busy as they want to be. For example, just this past month:

- Residents have entered their art and craft in the Redcliffe Show and received various awards. More on that in next month's newsletter.
- Amy Meredith has been busy knitting trauma teddies for the Children's Hospital.
- Nikko the snake catcher attended our aged caring community and gave a colourful presentation about snakes and reptiles.
- Our men's woodworking group has been busy creating 'No-bend door stoppers'.
- The craft group has been busy sanding and painting a section of the fence to give the area a fresh new look.
- Happy Hour has been well attended on Saturday afternoons.
- Harmony residents have been enjoying their white pet budgie, Snowy. He delights everyone by singing along to the music!

Linda Riedel, Lifestyle Team Coordinator

KEY LOCAL PERSONNEL

Service Manager: Kerry Mahedy, deceptionbaycarefm@palmlake.com.au
Admin: Lyndall Woolmer, Gillian Hodge
Clinical Manager: Calley Ainscough **Clinical Nurse:** Veronica Quinn
Lifestyle Team Coordinator: Linda Riedel
Chef Manager: Amit Jyoti **Maintenance Officer:** Allan Graham

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