

# Neighbourhood news

Our latest news and favourite moments

PresCare  
AGED CARE COMMUNITIES

Groundwater Lodge  
Yaralla Place

March 2023

## From the Manager



### Judy Fisher

Welcome to the first Neighbourhood News for 2023. There has been lots happening at PresCare over the last few months, especially at Groundwater Lodge.

Apollo Care's investment in building enhancements has seen the refurbishment of the kitchen at Groundwater commence, and this project should be completed in May.

While the building work has been taking place, residents have been enjoying more BBQs in our gazebo area with other meals prepared by the chef at Yaralla Place.

The refurbishment of private suites in Groundwater's Bottlebrush household is also nearly complete, and a new hot water system and fire panel have been installed.

With Easter just around the corner, families are welcome to join our special Church services being held at Yaralla Place and Groundwater Lodge.

**From all of us at PresCare, have a safe and happy Easter.**



## Resident profile



**Meet Yaralla Place resident, Stephen, who's supported to build his own rewarding routine**

**We love supporting residents to continue familiar routines they enjoyed at home. For resident Stephen, this means spending time outside, maintaining his hobbies and contributing to the running of the household.**

**Why does Yaralla Place feel like home to you?** It feels like one big happy family here, and with so much to do, I keep very busy. The staff encourage and support me to go out for meals and to the theatre with my relatives which I always enjoy.

**What else do you like to do?** I like to do crosswords, 3D models and paint rocks to place around the gardens. I love being outside soaking up the sun, and when I see my colourful rocks brightening the outdoor spaces for everyone, I feel proud that I'm making a contribution to this community.

**How do the staff support you?** One example is when they sourced a portable table for me so I can do my craft and rock painting in different areas of Yaralla, and even outside.

**How have you built your own rewarding routine?** It's important to me that I continue doing the daily tasks I've always done. I could opt for daily housekeeping, but I choose to make my own bed each morning and iron my own clothes. I also do regular online orders from Woolworths and keep my favourite ice cream and cheese in my own room fridge.



## New-look private suites

*Groundwater's newly refurbished private suites in Bottlebrush Household are looking lovely. Enhancements include fresh paint, new furniture, new window coverings and new wall-mounted televisions.*

The calming colour scheme in these spacious, light-filled suites is sure to be popular and we look forward to welcoming even more Maryborough locals to Groundwater Lodge in the coming weeks.



## Supporting more locals living with dementia

*Our secure dementia household at Groundwater Lodge has recently been enhanced to comfortably cater for 20 residents with advanced memory care needs.*

Key to these enhancements are the upgrades to the generous outdoor spaces, including a sensory garden, newly planted flower beds and raised veggie patches that residents can easily access.

These specially designed garden spaces offer residents with memory support needs a peaceful and therapeutic place to safely walk around or sit amongst nature. It's widely known that being engaged with nature promotes relaxation and reminiscing.

Groundwater also has comfortable indoor areas where dementia residents can spend time with others, participate in our dementia-specific lifestyle program, or enjoy one-on-one time with our experienced Carers and Nurses.

With private suites, each with their own ensuite, and this range of homely indoor and outdoor spaces, Groundwater Lodge is an enjoyable and calming place to call home.

## Sparking memories and engagement

*At Groundwater's secure dementia unit, residents have their own special Memory Boxes.*

Our Lifestyle Team fills these boxes with carefully chosen items and activities based on what each resident finds interesting and engaging. The contents of the boxes are added to and changed over time, and residents can open them whenever they like.

Resident Joy has always loved flowers and she was delighted to open her Memory Box and find it filled with a variety of different flowers that she could arrange and display in her room. She becomes absorbed in this calming activity and is very proud of the arrangements she makes.



**“This is a loving, caring environment. Our team goes above and beyond to bring joy and meaning to residents' lives.”**

*Carer, Groundwater Lodge*

# Notice board

## Celebrating Easter at PresCare

Please join us for our special Easter services on both Good Friday 7th April & Easter Sunday 9th April:

- Yaralla Place Grevillea Household - 9.00 am
- Yaralla Place Acacia Household - 9:45 am
- Groundwater Lodge - 11.00 am

*"Jesus came to Earth to bring peace between people and God. At Easter, we celebrate how much God loves us. Through Jesus' death, we may have full pardon for all our wrongdoings and a place in His eternal kingdom. May God bless you this Easter."*

**Ken Mobbs,**  
PresCare Spiritual Care leader



## Feedback

*Feedback from residents and families is important to us so we can make positive changes.*

We also love hearing when we're doing something well. To provide feedback, you can:

1. Tell us in person
2. Fill out a feedback form (located at Reception and each Household), and place in the feedback box or hand it to a staff member
3. Email Apollo Care's Chief Governance Officer at [feedback@apollocare.com.au](mailto:feedback@apollocare.com.au)
4. Complete a short Care Rite survey about the wellbeing of residents and clients by scanning the above QR code.



## Special events

**Sun 9th April**

Easter Sunday

**Tues 25th April**

ANZAC Day

**Sat 6th May**

Coronation of King Charles

**Fri 12th May**

International Nurses Day

**Sun 14th May**

Mother's Day

## Birthday wishes!

*Happy birthday to residents who celebrated their special day during January, February and March:*

Coral L, Peggy, Colin, Pat, Lorraine, Correen, Coral W., Doug, William, Albert, Elva, Catharina, Ruth, Marjorie, Janet, Donald, Dellma, Stephen, Esme, Keith, Michael, Carmel, Leone and Joe.

## Become a volunteer!



*We're looking for more volunteers to join our team and make a real difference to residents' wellbeing.*

You can nominate your preferred activities and availability. For more info, talk to our Lifestyle Team: call (07) 4120 5800 or email [jobsMB@prescare.org.au](mailto:jobsMB@prescare.org.au)

## Favourite moments



Australia Day



Birthday girl, Elva



Pet therapy



Valentine's Day



Musical concert



## Staff profile



### Meet Ivy, our dedicated Lifestyle Team Leader celebrating 20 years with PresCare!

This March, Ivy clocks up an impressive 20 years of service at our two communities. A qualified Diversional Therapist, she started volunteering at Groundwater Lodge in 2003 and her talent for creating rewarding activities for residents was soon recognised. She moved into Lifestyle soon after and has never looked back!

#### *What does it take to be a Lifestyle Team Leader?*

This job takes a lot of energy and creativity, but I've loved it from day one. I knew in my heart that I wanted to help older Australians enjoy every day, and this role has given me so much happiness over the years.

#### *How do you design the lifestyle program?*

It's driven by what the residents like to do. We ensure there are plenty of opportunities for enjoyment, purpose and meaning, and connections to loved ones and the wider community. We include a mix of calendar days, bus trips, concerts, physical and mental exercises, and craft and games to name a few.

#### *How do you support residents' individual interests?*

It's our goal to help each resident continue doing the things they've always loved - we just make sure they're supported to do so safely. Keeping them active and engaged is at the heart of our approach to lifestyle.

#### *What do you love most about your role?*

I get so much pleasure learning from residents. They teach me so much every single day. I love being there to support residents' emotional and spiritual wellbeing. I also enjoy putting a healthy dose of fun and silliness into each day because laughter really is the best medicine!