

Neighbourhood news

Our latest news and favourite moments

PresCare
AGED CARE COMMUNITIES

Alexandra
Gardens

March 2026

From the Manager

Sandra Thomson



*Welcome to this edition of
Neighbourhood News.*

Moving into a residential aged care community marks a new chapter and a significant change for residents and families.

Here at Alexandra Gardens, it is our privilege to ensure this transition brings enjoyment, happiness and opportunity.

Connection is the cornerstone of life, and we strive to enable residents to maintain ties to their community and continue to enjoy the interests that are important to them.

Our meaningful Lifestyle program is co-designed with residents and includes individual and group activities that support purpose, preserve independence and encourage social interaction.

We also encourage residents to continue to contribute to their household with light activities like setting the table, if they choose.

In this edition, you can read more on our Lifestyle program and our wonderful team who creates it.

Enjoy!



Letters, laughter and lasting bonds

*Residents are eagerly awaiting letters
from their friends at Frenchville State School
as part of the highly regarded pen pal program.*

“The program has successfully run for three years and we’re delighted that many of the same students are involved again this year so that the bonds between them and the residents can continue to grow,” says Manager, Sandra. “Seeing the relationships flourish is truly heartwarming.”

There is something special about crafting and receiving handwritten letters. Mrs Rufus, class teacher, says that in an age where texting is the norm, these children are benefiting from being engaged in a purposeful communication activity. The students share stories about their families, pets or hobbies, and residents reply with their own news.

By the end of the year, when they meet in person, meaningful intergenerational friendships have formed. Last year, some children visited over the holidays to share a craft activity and morning tea, and some left special surprises to brighten their pal’s day.

Resident Betty was delighted with a personalised gift from her pen pal, including a bracelet that she hasn’t taken off since she received it!



Annual Leadership Retreat building a stronger future

Managers from Apollo Care's alliance of communities came together for two days to reflect on our journey so far, and plan for the future.

With the new Aged Care Act now in place, it was an opportune time to share learnings and insights on how we are continuing to meet and exceed the Strengthened Aged Care Quality Standards. Key topics of the retreat focussed on how each community is improving resident care and wellbeing services, as well as building staff engagement through a positive culture.

Apollo Care CEO, Stephen Becsi, said the event "was a special time to celebrate the past six years and discuss how we are working hard to support residents to live their best lives".

For Alexandra Garden's Manager, Sandra Thomson, the focus on enhancing catering services was especially valuable. "We look forward to implementing practical strategies at our community to reflect a person-centred dining experience that involves residents, their families and all staff."



A sunny sequel to our sailing story

After a memorable outing on the water last year, residents were keen for another morning of sailing this month.

The conditions were beautiful. Calm waters stretched across the lake and a soft breeze kept everyone cool as the residents headed out, the water gently lapping against the pontoon. "This is so peaceful and calm," smiled Betty.

It was Glynnis' first time out on the water, and she loved it. Any nerves quickly settled as she took in the stunning views. "Sign me up for next time," she laughed as soon as she stepped back on shore.

The group headed to the Causeway Café for a classic fish and chips lunch while they discussed their morning, watching the waves and soaking in the tranquil surroundings. All agreed it was wonderful and are looking forward to the next sailing adventure.

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 in each lounge room), and place in the mailbox outside the Manager's office, or hand it to a staff member
3. Email Apollo Care's Chief Governance Officer at feedback@apollocare.com.au

"A special thank you to the Lifestyle Team. The activities that you plan and the different adventures you go on make each day enjoyable.

Family of resident



Good times & great finds

A recent trip to the local Bunnings was a highlight for the gardening and DIY enthusiasts in our community.

Joined by other residents who just love a great outing or a spot of shopping, they boarded the bus.

First stop was the café where they enjoyed cappuccinos with delicious apple slice and strawberry cheesecake while sharing their ideas for sprucing up their rooms and gardens.

Soon they were browsing the plants, pots and colourful blooms or exploring the aisles for handy home items and inspiration for projects. Betty found some plants for garden, while Bev selected a beautiful pot plant for her room and the team chose hanging baskets for the shared courtyard area.

“It was so good to get out and spend time together,” agreed the residents.

Family always welcome



At Alexandra Gardens, we love helping residents stay connected to their loved ones.

There are plenty of welcoming indoor and outdoor spaces where residents can enjoy spending time together with family and friends.

Resident Patricia treasures time spent with her daughter, Debbie. They particularly enjoy the special events and concerts together. The recent Valentine’s Day concert and morning tea was another perfect opportunity to have fun and celebrate being together.



3 things I love

The three things Betty loves about living at Alexandra Gardens:

1. I’m so well cared for – my meals are prepared for me, they’re tasty and well-presented and I enjoy them sitting at a table with my friends.
2. The staff are like family – they’re here whenever I need and are very helpful and caring.
3. The variety of activities on offer – there is something to do every day. I enjoy going out and about shopping, having lunches, and seeing concerts. At home, I love getting involved decorating for special events.



Follow us on Facebook

Like to know more about daily life at Prescare?

Visit our website and follow our Facebook page to read more stories like these. Find out what residents have been enjoying and how staff are supporting them to live their way.



Staff profile

Meet the team bringing purpose and possibility to every day.

Our Lifestyle team is dedicated to ensuring residents continue to live with meaning and connection.

The Lifestyle Program is thoughtfully designed with lots of input from residents, ensuring it reflects their interests.

Patricia, Lifestyle team leader, explains. “We listen to what matters to residents, then create opportunities for them to continue their passions and pastimes, or try something new.”

Manager, Sandra, agrees. “Lifestyle activities are critically important to resident wellbeing. We ensure the Program accommodates their spiritual and emotional needs, cultural beliefs, hobbies and interests.”

Marianne, Apollo Care’s National Lifestyle Co-ordinator, says the approach is deeply personal. “Every person has a story that deserves to be known and honoured. It’s about understanding their journey and helping them continue to shape it. Our teams intentionally design programs that support reablement, wellbeing and meaningful engagement. Each experience is carefully planned to maintain skills, build confidence and encourage independence. Through thoughtful adaptations and inclusive practices, we ensure residents can participate in activities that feel empowering and meaningful so they can thrive!”

Marianne runs a forum that brings together Lifestyle Leads from all 14 Apollo Care communities to share fresh ideas and explore solutions. This collaboration ensures programs remain innovative and aligned with best practice in aged care engagement.

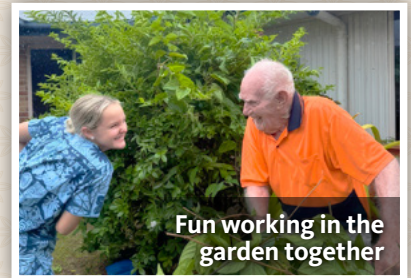
Favourite moments



A lovely lunch at the Parkhurst Tavern



Enjoying the Capricorn District Country Music Association concert



Fun working in the garden together



Making trauma teddies for the local ambulance service



Musical Melodies at the Pilbeam Theatre