

Vacanti



Vibes



FEBRUARY

Vacanti Vibes Issue 08 - February 2018

WHAT'S HAPPENING THIS MONTH

WELCOME TO THE 8TH VACENTI VIBES NEWSLETTER!

In this issue we cover what happened during January and what's to come in February.

Welcome New Staff (Page 4)

Marebello Restorations (Page 5)

Home Articles (Page 6-16)

Get To Know You Questions (Page 17)

Cinnamon Biscuit Recipe (Page 17)

Puzzles / Items of Interest (18-20)

We hope you enjoy the read! Why not try the puzzles and riddles hidden throughout the issue and check out our classifieds section on the last page.

Please send any feedback or recommendations to info@vacenti.com.au.

PORTOFINO

07 3025 2100

RESIDENT MEETING:

27th @ 11am Residents' & Families' Meeting

CHURCH:

28th @ 10:30am Church - All Welcome

FEATURE FILMS

@ Reflections

9th @ 3pm Laurence Olivier: The Entertainer

13th @ 11am Cary Grand: Penny Serenade

19th @ 3pm John Wayne: Flying Fingers

FEBRUARY

MAIN EVENTS:

12th & 28th @ 3pm Sing-a-long with guitar/piano

14th @ 3pm Art: Colour and Paint

16th @ 3pm Happy Hour

20th @ 3pm Sing-a-long in Reflections

21st & 23rd @ 3pm Card Games

Portofino Presents (Music)

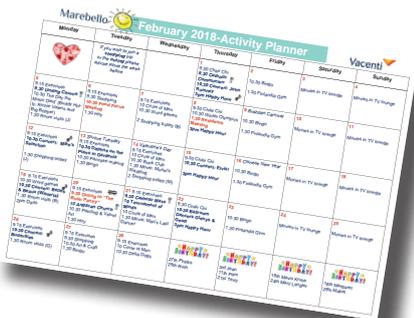
1st @ 10:30am Oklahoma

8th @ 10:30am The Ten Tenors

15th @ 10:30am Robby Williams Live at the Albert



www.vacenti.com.au



Vacenti Vibes Issue 8 and the monthly activity planners are available online at vacenti.com.au found in the footer and on the locations page.



DO TODAY

SEND LOVED ONE A MESSAGE

Did you know you can send a message and a photo to your loved one through vacenti.com.au/contact/contact-resident/ This way you can share the love anytime! :)

ABOUT

Who we are

Our approach

Our history

CAREERS

Join our team

Volunteer

CONTACT

Get in touch

Book a tour

Contact resident

BOOK A TOUR

DOWNLOAD NEWSLETTER

<h1 style="margin: 0;">Esida</h1> <p style="margin: 0;">& Esida Lodge</p> <p style="margin: 0; font-size: small;">07 3422 9500</p>	<h2 style="margin: 0;">FEBRUARY</h2>
<p>MAIN EVENTS:</p>	
<p>BOTH</p> <p>1st & 15th @ 10:30am - Les on Piano</p> <p>2nd @ 10:30am - Concert: Dennis or Men's Workshop</p> <p>6th @ 1:30pm Happy Hour ft Janet Heath</p> <p>13th - Shopping Trip</p> <p>20th @ 10:30am Citipointe Sing-a-long</p> <p>21st @ 10:15am Concert: Nathaniel</p> <p>27th @ 1:30pm Happy Hour Esida Lodge featuring Nathan Pursey</p>	
<p>RESIDENT MEETING:</p> <p>7th @ 10:45am (West Wing)</p>	
<p>CHURCH SERVICES:</p> <p>13th @ 10:30am - Anglican Service (W)</p> <p>22nd @ 10:30am - Catholic Service (W)</p> <p>28th @ 10:30am - Uniting Service (W)</p>	

<h1 style="margin: 0;">Lorocco</h1> <p style="margin: 0; font-size: small;">07 3917 6800</p>	<h2 style="margin: 0;">FEBRUARY</h2>
<p>MAIN EVENTS:</p>	
<p>1st - Concert BBQ & Happy Hour</p> <p>3rd - Red Cross Volunteers Visit</p> <p>6th - Cinema Visit Capalaba - "The Greatest Showman"</p> <p>7th - Cooking Class - Fruity Scones</p> <p>9th & 23rd - Music Therapy with Fiona, Ice-cream trolley with Laughter Boss</p> <p>14th & 28th - Hairdresser visits</p> <p>15th - Gateway Church Friendship Group Visit, Happy Hour @ 3:30pm</p> <p>22nd - Carina Leagues Club @ 10am</p>	
<p>RESIDENT MEETING:</p> <p>8th @ 10:30am - Cove</p>	
<p>CHURCH SERVICES:</p> <p>5th, 12th, 19th, 26th Communion Service - Interfaith</p> <p>13th Citipointe Church</p> <p>20th @ 10:00am Catholic Mass with Father Alex</p>	
<p>24th - Red Cross Volunteers Visit</p> <p>27th - Picnic & Ice-Creams by the Bay Group Outing</p>	

<h1 style="margin: 0;">Marebello</h1> <p style="margin: 0; font-size: small;">07 3829 7100</p>	<h2 style="margin: 0;">FEBRUARY</h2>
<p>MAIN EVENTS:</p>	
<p>Happy Hour @3pm every Thursday</p> <p>6th @ 9am Shopping</p> <p>13th @ 10:30am Pancake Making</p> <p>20th @ 9:30am Outing to "The Bush Pantry"</p> <p>21st @ 10am Tournament of Minds</p> <p>22nd @ 10:30am Ballroom Dancers</p> <p>CONCERTS @ 10:30am</p> <p>1st - John Rumney</p> <p>12th - Mike's Selection</p> <p>13th - Daphne on the Piano in Gardenia</p> <p>15th - Elvis!</p> <p>19th - Belles & Beaux (Wisteria)</p> <p>26th - Butterflies</p>	
<p>RESIDENT MEETING:</p> <p>6th @ 10:30am Food Focus Meeting</p> <p>8th @ 1:30pm Resident Meeting</p>	
<p>CHURCH SERVICES:</p> <p>1st @ 9:30am Catholic Communion</p> <p>5th @ 9:30am Uniting Church</p> <p>20th @ 10am Anglican Church</p> <p>21st @ 9:30am Catholic Mass</p>	

<h1 style="margin: 0;">Casa Dámore</h1> <p style="margin: 0; font-size: small;">07 3434 2700</p>	<h2 style="margin: 0;">FEBRUARY</h2>
<p>MAIN EVENTS:</p>	
<p>1st - Bus trip 1 Boardwalk Cafe Manly</p> <p>2nd - Visiting Dog "Starter"</p> <p>3rd - Sing-along with Sally</p> <p>6th - Happy hour with Judy James</p> <p>7th - Bus trip 2 - Ferry ride on the River</p> <p>8th - Music Concert</p> <p>13th - Anglican service</p> <p>14th - Valentine's Day - High tea</p> <p>15th - Bus trip 3 - Hogs Breath Café</p> <p>15th - Farmers Markets</p> <p>16th - Sing-along with Fiona</p> <p>21st - Bus trip 3 - shopping trip to Carindale</p>	
<p>RESIDENT MEETING:</p> <p>22nd @ 11am Media Room Level 2</p>	
<p>CHURCH SERVICES:</p> <p>4th & 18th @ 10am Catholic Communion</p> <p>13th @ 11am - Anglican Church Service Media Room Lvl2</p>	
<p>*Times for activities are on the full timetable and can be found on site or by downloading the activities planner on the Vacenti Website.</p>	



Public Notice Board

WELCOME! TO THE VACENTI TEAM

The following staff have recently joined the Vacenti team and we would like to offer a warm welcome!

Sam Kiprios has been appointed to the **Manager - Laundry Services** role, effective mid December. Sam has been working in the Laundry at Marebello since March 2015 and we are pleased to promote him into this senior role.

Rhiannon Duyn, joined the Casa Dámore Kitchen team as **Sous Chef**, effective 13 December 2017.

Marieann Edgell has been appointed **Lifestyle Officer at Casa Dámore** and commenced on 15 January 2018.

Leanne Middleton returned to the HR team as the **HR Coordinator** effective 15 January 2017.

Trudy Blunt, HR Projects Officer will be extending her contract with us until 30 March 2018.

FIND & COUNT ME!



See if you can find and count all the hearts in this issue (including this heart and the front page).
Answer is on page 18.

Short Story - PART 2

It's Late, Where's His Wife?

It was late. His wife wasn't home yet. He was worried. She was a real estate agent. She showed apartments to clients. She showed apartments day after day. She showed apartments all over the city. She showed apartments in uptown Manhattan. She showed apartments in midtown Manhattan. She showed apartments in downtown Manhattan. Meet a client at a building. Look at one or two apartments in that building. Walk to another building. Look at one or two apartments in that building. Walk to one building after another. Look at one apartment after another. Take the elevator. Take the stairs. Take the subway. Take the bus. Take a cab. She always called him if she was going to come home late. He called her cell phone. She said hello. He said hello. But she didn't reply. He heard nothing. He said hello again. There was no answer. There was only silence.

Part 2 continues on page 18

14TH FEB

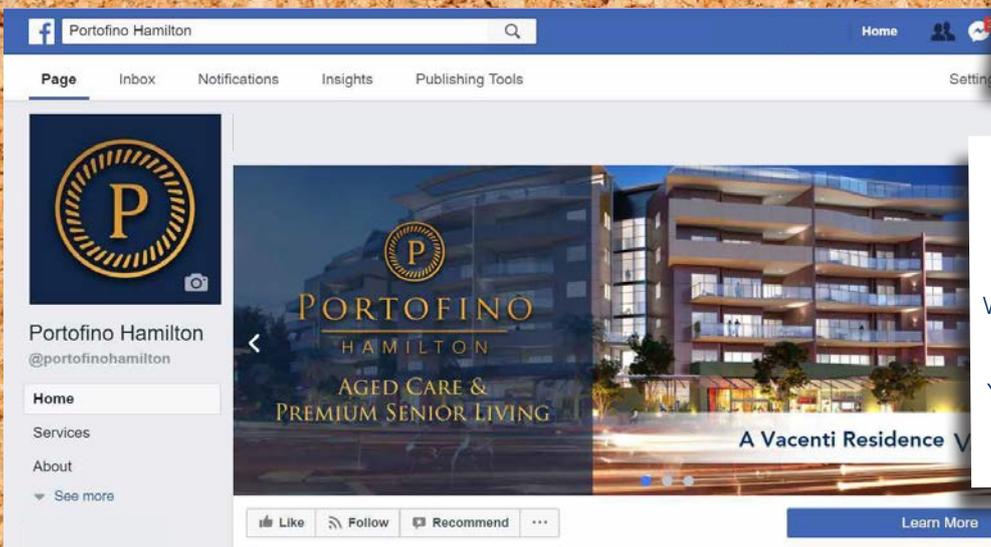
St Valentines Day

DID YOU KNOW?
Approximately 150 million Valentine's Day cards are exchanged annually, making Valentine's Day the second most popular card-sending holiday after Christmas.

FIND US ON FACEBOOK

@Portofinohamilton

We would love to connect with you! Search @portofinohamilton to find us and 'Like' us on Facebook. You'll get instant updates on all the exciting things that are happening including community events.





Dear residents and family members,

Exciting things are about to commence at Marebello with some fairly significant refurbishments to a number of areas. At Vacenti, we are always striving to improve life for our residents and these refurbishments will have both a direct and improved resident impact in some areas and indirect impact through improved work flows and efficiencies.

So, as an overview, here is what is happening:

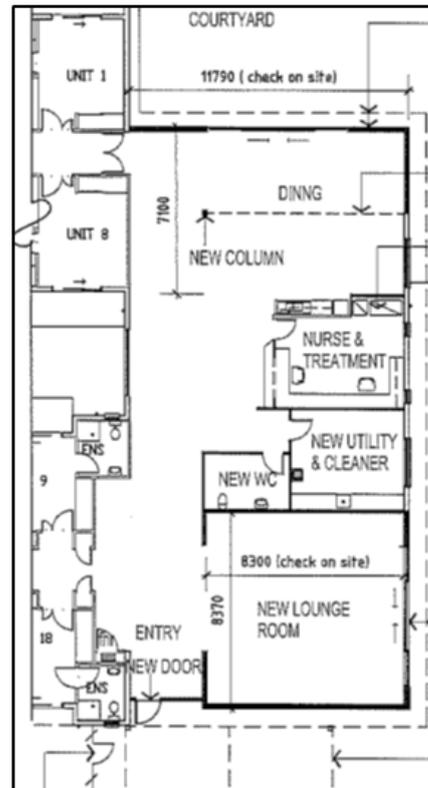
- Wisteria will have a major extension so that there is a spacious dining room (~ 80m²) and a separate large and comfortable lounge room (~ 60m²). Fences will be opened up so residents will be able to have clear and safe access around the whole building.
- A modernisation of the front entrance to the building including the widening of the front door for improved wheelchair and visitor access and an expanded foyer. The new automatic front doors will certainly be an improvement.
- Improvements and modernisation to the Gardenia nurses station and dining/servery areas to improve the overall look of the lift entry area and process flow.
- Relocation of the Magnolia nurses station and cleaners room to provide a larger lounge/dining area for Magnolia residents. It is likely that a similar refurbishment for Jacaranda will occur as well.
- Improvements to the staff amenities.

Full plans are available in the reception area at Marebello and extracts are to the right.

Work will commence in February and is estimated to take approximately 6 months to complete.

Updates will be provided every month or so in the newsletter and by direct email to Marebello representatives. Any questions or concerns can be raised through the Manager – Marebello, Jenny Wright or emailing info@vacenti.com.au.

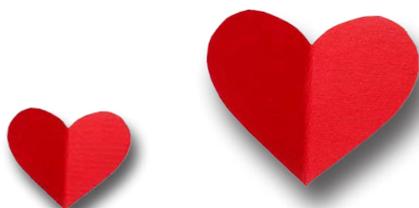
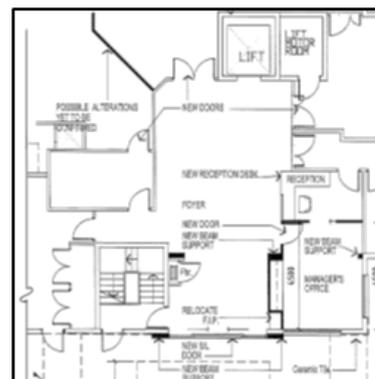
Wisteria Alterations



Magnolia Alterations



Front Entrance



Lifestyle

Hello and welcome to February! Once again I cannot believe how the time flies. During January I was able to spend some time away with the family at Couran Cove (see picture below).

Seeing it is the last month of the Australian summer, I would just like to remind you to please take care in the hot weather. Drink lots of fluids and be sun safe especially if you are enjoying time outdoors.

Once again I would like to thank you all for your feedback and suggestions given to me via the "Share Your Experience" form (by reception) or verbal feedback. It is a very important way of refining processes and making the general environment, care and atmosphere at Esida and Esida Lodge welcoming and meet your needs. If you would like more time to discuss your feedback related to resident care at our facilities please meet with Katherine to make an appointment for a case conference – an in-depth discussion in which we can all work together as a team, including your loved one, in an active way to ensure that our service is personalised. Another option is the Resident and Relative meeting – held in the West Wing on the first Wednesday of every month at 10:45am - all are welcome.

Lastly, I would like to announce some variations to the Clinical team working across Esida and Esida Lodge. Katherine McSpadden commenced work last month as the Clinical Manager. We welcome Indu, who will commence work as the Care Coordinator across both facilities. Whilst we are very sad to lose Jo from our facility her career is progressing to the ACFI Coordinator role so she will be on site frequently to stay in touch.

Please see the information on the next page about our wonderful Clinical team.



Until next month, all the best
Laura Duffy
Facility Manager



Couran Cove, South Stradbroke Island

Happy February everyone! I hope everyone had a wonderful Australia Day.

Esida and Esida Lodge's resident focus for January was, of course, Australia Day. We held the celebrations the day prior, on the 25th. The common areas were decked out with flags, as you might expect, to draw attention to the national day.

A barbecue lunch was cooked by Chef Wayne, and was followed by some lovely pavlova, both of which fetched much praise from residents. Afterwards, the fun began!

First, 'Thong Throwing'. A chalked target was marked out and residents settled in a circle to try their hand at landing a good score, which was noted on the white-board at each turn. This was followed by 'Bugs in the Bucket' - a game of throwing as many bugs into a bucket. The tally was made for each resident and prizes awarded. Much laughter ensued, and a great time was had by all who attended.

Art and craft activities focused on some mosaic flower pot projects, and later residents undertook a study of gum leaves. You can view the beautiful paintings on the next page.

On other great news, our Men's workshop got a makeover during January. This group now proudly have their own zone (otherwise known as a 'man cave'). The men have started on a suitable totem to place outside their workshop (look forward to pictures in the next issue).

Esida and Esida Lodge Happy Hour programs during January were supported by entertainers Matty Bateson, and Generation Gap. Our regular, more classical performers Nathaniel and Les on Piano, also entertained a delighted audience.

All our regular programs are ticking along well too!

Have a good month everyone,



Ciao,
Susie
Lifestyle Coordinator



Esida & Esida Lodge *memories* made in January



Winner with the highest score on the day - Eris wearing her 'Aussie' trophy hat.



Art Group's Study of Gum Leaves.



'Bugs in a bucket' game.



'Bugs in a bucket' game.



2nd place - Grace, wearing her trophy hat.



Marcia getting ready for her throw!



Thalma gets ready for her turn to toss the thong.



The enthusiastic crowds watches on...

MEET THE STAFF



KATHERINE
CLINICAL MANAGER

Pastimes and Interests
Spending time relaxing with my family.

Favourite Foods
Chocolate!



INDU
CARE COORDINATOR

Pastimes and Interests
I enjoy watching movies, shopping and spending time with my kids taking them to the park and library.

I have been working with Vacenti for just over 4 years. I started at Casa Dámore as a Registered Nurse and then moved into the role of Care Coordinator and am now working at Esida and Esida Lodge.

As the Care Coordinator, it is my role to supervise our clinical staff and ensure appropriate care is delivered to all of our residents.

Welcome!



Hello everyone!

Well hasn't it been a busy start to the year. I'm excited to let everyone know that during this month there will be some positive changes to the environment in Lorocco. An air conditioner will soon be installed in the relative and carers space. Exercise groups and other activities will also have the option of using the area. We look forward to seeing the resident's enjoying activities in the cool area.

Lorocco happily welcomes 3 new residents to our family: Sheila, Tony and George.

Sadly, Lorocco farewelled Herbert and Barbara Wall. Barbara passed expectantly and 6 days later Herbert passed. This couple had been together 66 years and had 3/4 of their adult life together, our condolences to their 4 children.

I would also like to take the opportunity in saying a very big thank you to Peter Mercer. Peter's mother was a resident in Lorocco. For the past 2 years Peter has tirelessly volunteered his time and energy, always bringing enthusiasm and a smile. Peter speaks very highly of the Lorocco staff and this experience has taught him a great deal about older persons and nursing home life in general.

On a general note, Lorocco will be welcoming nursing students this month. The electronic medication management system has been introduced to Lorocco and I have received very positive feedback from the Team Leaders. All care staff have been receiving education and we are working towards a medication competency model.

For some fun and exciting news, this month will be a French theme. Phillipa, our chef, has been previously French trained (and apparently is not a romantic). The treats on the menu sound amazing and we will be taking photographs for next month's Vacenti Vibes to showcase some of her master pieces.

Until next month,

Take care and take care of each other,

Cheryl Target,
Facility Manager



G'Day!

We started the New Year with three resolutions:

1. Smile more
2. Laugh more
3. Repeat 1 & 2.

Our lifestyle program at Lorocco delivers a daily dose of smiles and laughter.

This January we focused on EVERYTHING AUSTRALIAN.

This meant proudly displaying the Indigenous flag and Australian flag, sharing stories of great diversity, and exploring the blend of cultures in our activities. We created tribal art, told stories of the dream time, enjoyed baking lamingtons and traditional damper, and learnt the beliefs and customs that create the Australia we are today.

We also celebrated the birthday of the Late Elvis Presley, Martin Luther King Day, and World Pizza Day along with two of our resident's, Margaret and Mavis.

Next month will be dedicated to a theme of 'Love'. A special 'Couple's Lunch' will be held on Valentines Day 14th February. Contact us for more information.

The 16th of February marks the start of the Chinese lunar calendar. This year is the YEAR OF THE DOG. It is important that we recognise the cultural needs and traditions of our residents and make these events significant. In our lifestyle education we will talk about the personality of the dog, and explore touching stories about man's best friend and how they make a difference to our lives.

Happy Hours resume next month. Our Lorocco Concert & Family BBQ falls on the 1st of February and we hope you will join us. Our concert starts at 10.30am.

Till next Month

Keep smiling and be kind each other.

Jill Campbell



Lifestyle Coordinator.

Lorocco *memories* made in January



Margaret's 81st Birthday!

Australia Day Treats!



Joseph Robertson, proud of the damper!



The wonderful damper.



Mavis's 90th Birthday!



Joseph sharing around the treats.



Aussie lamingtons for Australia Day

FEBRUARY BIRTHDAYS!

Residents

Dorothy

21st Feb

Dan

25th Feb

John

27th Feb

Staff

Belinda

7th Feb

Leone

13th Feb

Phung

27th Feb





Hello and welcome to another month that has flown past.

We have been quite busy in the past month with a few new faces around our home, and the departure of a few old familiar faces.

We have a new head Chef - Aaron Flynn. You can view a short question and answer on him on the following page. Please make sure you get to know Aaron as he walks around at meal times. He is really enjoying the feedback so far.

One thing you may have noticed is the presence of a few strapping young builders around Marebello lately. Yes the refurbishment is due to start this month! We are very excited about the changes and will keep you up to date with the progress. As well as the Marebello News that we publish each fortnight, we will be emailing family and friends to keep them up to date. Now is a good time to make sure we have your up-to-date email address so we can keep you in the loop. For more details on the refurbishments, see page 5 of this issue.

Along with the refurbishments, we have been working hard behind the scenes with the clinical team on ensuring all our information relating to your care is up to date. Don't forget if you want to discuss any aspect of your care, please speak to your Registered Nurse or Fazila, the Clinical Manager, to organise a time to get together and discuss your care.

With the warmer weather still upon us, I would like to remind you all to make sure you keep the fluids up and stay out of the sun between 10am and 2pm – the old slip slop slap ad is still very relevant today.



Until next month, stay safe
Jenny Wright
Facility Manager



Happy New Year everyone!

January has seen us return to regular activities such as visits from Julie, with Annie the golden retriever. The Circle of Men group re-started after a short break. Such a valuable opportunity for the men to socialise together over a nice morning tea. Of course Fridays means Bingo and it is lovely to see so many coming out to play despite the hot weather.

Our weekly visit to Finlandia Gym recommenced. Our small group enjoys using the equipment, each calibrated for the individual user. There is a gentle competition on who can catch the most fish while skiing down the mountain (it's a computer game where you use your balance to direct the skiing penguin).

On 8th January we celebrated Elvis's birthday by watching the first movie he starred in 'Love me Tender' and then having a sing-along featuring dozens of his songs that everyone knows. We reminisced about his life, movies and idiosyncratic dancing! We are excited to have Elvis himself (well, his double) entertain us in February.

Monday 15th January was 'National Hat Day', so our morning group brought their hats and enjoyed answering questions about hats through the ages. A few days later, 18th January was 'Winnie the Pooh Day'. During Happy Hour we were reminded of that funny bear and his friends Piglet, Tigger and Eeyore – we all remember reading the stories to our children.

We had a wonderful concert presented by Caroline and Lou, who haven't entertained at Marebello for a while. Their energetic style really got us going, with many residents singing into the microphone – who knew there was such a talented pool of singers here!

In the week leading up to Australia Day we played Aussie games (e.g. thong throwing), ate Aussie food, sung Aussie songs and had an Aussie-themed quiz at happy hour.

Next month we host the 'Tournament of the Minds', which is a quiz between aged care facilities in the Redlands region. All a lot of fun, but of course we intend to WIN.

A big thank you to Jodie who is filling in while Fiona and then Lynne are on holiday.



The Lifestyle Team,
Fiona, Lynne, Eileen and Jodie.

Marebello *memories* made in January



Barbara



Betty and Barbara



Daphne on Piano!



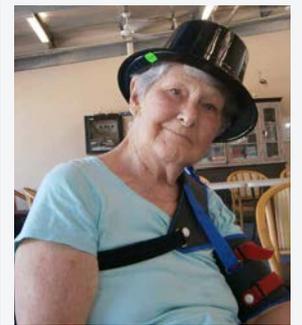
David and Godfrey



Playing HOY!



Jack and daughter Jackie



Janet



Janine, Betty, Mabel and Phyllis



Jean choosing her prize



Leslie reading



Mary and Tony



Phyllis and Jodie



MEET THE STAFF



AARON FLYNN
MAREBELLO CHEF

Nickname:
Azza, Aaron, or Flynn

Favourite Foods
Soup, Noodles or Cambodian

Favourite colour: Blue

Best Holiday: Singapore and Nundel NSW (Nundel has amazing smoked trout)

Do you have pets: Yes, a cat

What sort of car do you drive:
Jeep Wrangler 2014.

Favourite movie: The Ring and War of the Worlds, or anything with Tom Cruise.

Favourite singing artist or song:
Foo Fighters - I'm Sticking Around

Welcome!



Hi Everyone and welcome to 2018!

I wasn't able to write in last months issue so I hope that you have all enjoyed the festive season and had the opportunity to spend time with friends and family. I would like to wish everyone a very Happy New Year.

Towards the end of 2017, we commenced a review of our Lifestyle program and commenced recruitment of a Lifestyle Officer to complement our team. Marieann Edgell was successful and joined our team during January. Marieann has many years of experience working in aged care in both nursing and lifestyle areas. In the midst of this, Sam, our Lifestyle Coordinator accepted a position closer to home and left Casa Dámore on the 12th January. Marieann has picked up the ball and is working closely with our residents to ensure we continue to offer a program that provides lots of opportunities for our residents to be involved and active.

We have also had a change in our Care Coordinator. Indu, who has been a part of our Clinical team here at Casa for a number of years, has now moved to our Esida and Esida Lodge facilities at Upper Mount Gravatt. Joining us is Sabrina Lau, who was previously working at Esida and Esida Lodge. Sabrina will be working the same roster as Indu. Welcome to Casa Dámore to both Marieann and Sabrina.

Is there something you would like to let us know? Please do not hesitate to get in touch, we welcome your feedback. You can do this through our Share Your Experience form, by telephone, email or in person.



Catch you next month!

Jason Coles

Facility Manager

Happy New year to you all.

My name is Marieann and I recently joined Vacenti as Casa's Leisure and Lifestyle Officer. I have been working aged care for the past 20 years and looking forward to my new adventure at Casa Dámore.

This month we had our Volunteer, Entertainers and Spiritual Representatives return after their Christmas break as well as the return of "Starter" who visit each Friday. Portofino Hamilton, Vacenti's new site at Hamilton, will be joining us on our weekly outings. This will be a great opportunity to make some new friends.

We had an outing to the Queensland Museum, where we had morning tea and looked at the Vincent Van Gogh artwork. We celebrated Australia Day during Happy Hour, where we joined in and sung a mix of good Aussie classics out loud and enjoyed mini meat pies, sausage rolls and quiches with a sweet treat of lamingtons.

After talking and consulting with residents over the past few weeks, I have enhanced the February program. I will be looking forward to your feedback over the coming month. If you have any ideas or suggestion for activities and outings that you would like to have on the program, please see me.

The latest lifestyle programs, will be delivered and placed on the notice boards or grab a copy of the lifestyle program from the Vacenti Website.

Kind regards.

Marieann Edgell



Leisure and Lifestyle Officer

MEET THE STAFF



SABRINA
CARE COORDINATOR



MARIEANN
LIFESTYLE OFFICER

Welcome!



Casa Dámore *memories* made in January



Resident outing to a cafe



Resident outing to GOMA 2



Resident outing to GOMA



Resident Outing to Southbank 2



Resident Outing to Southbank



Singing Entertainment



Sam about to cut his farewell cake



Resident's bidding Sam goodbye



Sam with Eva and Freda



A large farewell gathering for Sam

Sudoku #6

1	3	8	9	5	4	6	2	7
9	4	6	3	2	7	1	5	8
5	2	7	1	8	6	9	4	3
8	7	3	4	9	1	5	6	2
2	9	4	6	3	5	8	7	1
6	5	1	8	7	2	4	3	9
4	8	9	2	6	3	7	1	5
7	1	2	5	4	8	3	9	6
3	6	5	7	1	9	2	8	4

Puzzle on the back page



Hello all,
 The year is already getting away from us. During January the Department of Health and Aging came to conduct an audit of Portofino and they looked at standards, 1.6 - Human Resources, 2.4 - Clinical Care, 3.7 - Leisure Activities and 4.6 - Fire Emergencies and also Continuous Improvement. I am very happy to report that the feedback given to the auditors by our residents was very complimentary of the care, the food and the facility itself. The auditors themselves were complimentary of the facility and noted that the staff were knowledgeable and willing to go the extra mile for residents.

In other news, this month the builders have finally finished on site and the apartments are open for inspection. The apartments are suitable for couples wanting to remain together but needing care or for individuals needing care but wanting to remain in an apartment. We have also opened our Special Care Suites on the ground floor for those residents who need the extra memory support services and security. To make an appointment to view these suites or apartments please call Vacenti Admissions on 07 3422 9300.

The staff member that I would like to introduce you to this month is Karen Solomon. Karen is on our reception Monday to Friday. Karen would love to assist you when you come to visit so please stop and say hello.

We have commenced awarding an Employee of the Month program. The winner is chosen based on the performance in relation to a specific behaviour associated with our PERSON values. Our first employee of the month was Bianca Holler in December. Bianca won by demonstrating the behaviour of P, for Personalising service to our residents. The January, employee of the month will be the staff member who best demonstrates the behaviour R - Respond, specifically to resident comments, concerns or suggestions. If you would like

to nominate any staff member for Employee of the Month, nomination forms are available at reception.



Until next month, Ciao, Ian Byron
 Manager – Portofino



Bianca Holler
 Employee of the month - December



Karen Solomon
 Administration



Aged Care Apartments

Lifestyle Portofino's *memories* made in January

Making home and building community

A group of residents sit in the lounge, working on a project to expand our sing-along repertoire. Music is good for the soul, mind and the body. We trawl YouTube, listening to song after song from the 30s, and dancing to some items requested by the group. Louis Armstrong's distinctive tones fade, "...what a wonderful world."

Questions posed to our residents:

"What does 'a wonderful world' mean for you...in the past or in the present?"

"It's not a wonderful world any more. The world has gone mad. What you see in the media is all bad news. We've got to make our own good news. A wonderful world is what's around me, right here, where we're all friends."

Another resident chips in, "It's remarkable. Everyone sympathises with your needs. They're so caring."

And another grateful contribution, "My world is gone – I don't remember any of it! What's wonderful is here and now...around about me...in this place."

What's it like being in a brand new facility, with our community growing one by one as new residents join us?

It's delightful to be able to get to know each other, having meals together and developing friendships, looking out for one another, developing a practice of including the "new lady" or the "new man", of welcoming, of befriending.

Trying new things now we've got time!

"I've never had the chance to try painting, and I love artwork, so I'd like to have a go some time." With that impetus, we began our Australia Day focus with Indigenous Australian art projects. This was a great way to get started on our first attempt at painting. With simple templates, and some amateur colour mixing, we tried our hands at dot painting and produced some not-too-shabby works. We're looking forward to more experimentation...and maybe a few pointers from someone with experience. Will we discover another Rembrandt among us?

Portofino's "ten pin bowling alley" was a huge hit, with lots of fun and laughter as we all tried to get the hang of seated bowling – it's quite an adjustment, and not as easy as you'd think!

We've enjoyed armchair travel through China and made a list of places to which we'd like to 'travel'. Next port of call: Antarctica!

Meeting new people

Three volunteers from the local Uniting Church facilitated our first "church service" and we appreciated the interactive liturgical approach, belting our some favourite old hymns, and sharing our own journeys of faith to this point.

We're looking forward to (hopefully) combining with residents from Casa Dámore for some outings and entertainment in February, while our numbers here at Portofino continue to grow. That'll be another adventure in making new friends.



See you next month,
Paula,
Lifestyle Officer

Dot Painting!



Chair Bowling!





Hello everyone!

Yet another year has arrived and oh, did it arrive with a bang. January saw us through with the celebrations of Australia Day on the 26th.

Residents of Con Noi attended an afternoon BBQ Australia Day event with many cultural and 'Aussie' events planned. These included 'Thong Throwing' and bocce. Lorraine dressed up for the occasion (see photo to the right).

With the new year came the commencement of the Aqua Aerobics with a new instructor. We have moved it back to Thursday as a more convenient day for residents. We require 6 residents per day so as to make it viable. To the right is a picture of the Aquanauts. If you would like to get involved, please speak to me for additional details.

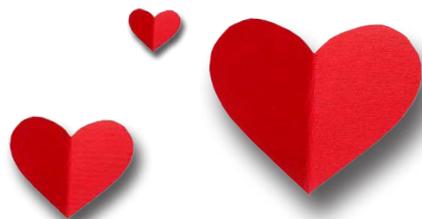
As an update from the previous issue, the Rotary Club of Pine Rivers received a special thank you from the Neighbourhood Centre for the 4 baskets full of groceries for disadvantaged people of the area from Con Noi residents. Over 200kg of groceries were received. In the picture to the right Brian Stacey is presenting Les Peddler with the groceries. Thank you again residents for your donations to a great cause.

Just before Christmas we celebrated Oriel Thomas's 90th birthday. Oriel was presented with a bunch of flowers by Carmel Feeney and Judy Ellem on behalf of the Residents Committee. Congratulations Oriel.

We are still receiving enquiries on the vacant apartments at Con Noi. Come on down and see for yourself. Check out the web page and also the Con Noi video. Please call Allen on 0418 588 468 to make an appointment. I would like to thank Catherine for her time filling in for me while I was on leave.

Cheers from Allen.
Con Noi Manager

Cheers!



Australia Day Celebrations



Brian & Claire Stacey



Lorraine



Aussie Day Events



The Aquanauts



Aqua Aerobics
Thursday Mornings!



Brian Stacey and Les Peddler



Oriel's 90th Birthday



CINNAMON BISCUIT FINGER'S



RECIPE OF THE MONTH!

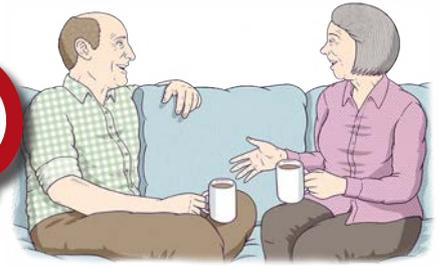
These cinnamon biscuit fingers are so wonderful! Just the perfect treat to have with a cup of tea. A big thank you to one of the lovely residents at Con Noi for sharing this recipe with us!

Ingredients

- 250gms butter
- 1 ½ cups caster sugar
- 3 eggs (large)
- 2 cups self raising flour
- 2 cups fresh grated walnuts
- 3 cups (approx.) plain flour

Method

1. Mix butter and sugar until dissolved
2. Add eggs one at a time
3. Add walnuts and mix
4. Add flour (both) and mix together
5. Mix until you have the texture of dough
6. Split in half (recipe makes double)
7. Roll into a flat surface (square or rectangle) around 4-5mm thick
8. Cut in rows around 5mm thick and then cut into finger lengths
9. Brush with milk (just a little)
10. Dust with cinnamon sugar mix (1 tsp cinnamon to 5 tsp sugar)
11. Roll out onto cooking paper and place fingers onto baking tray.
12. Bake in moderate oven (180deg fan forced) for 15mins
13. Check they are cooked through.

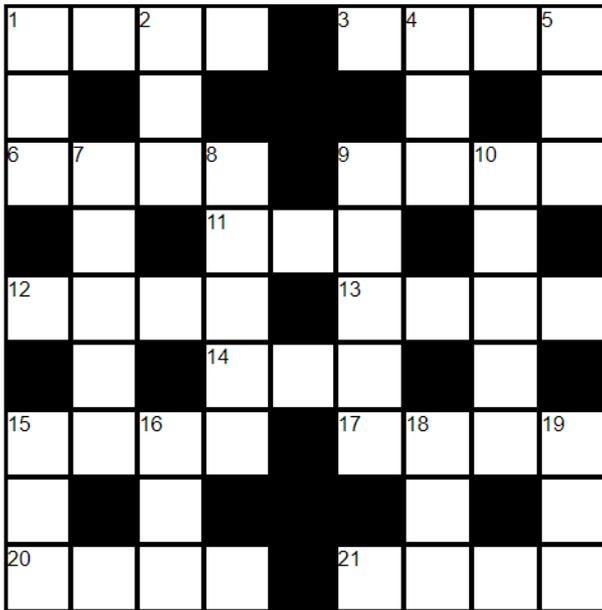


Get to Know You Questions

Being able to talk to someone is important in overall day to day health and wellness, so why not get to know someone over these next few questions. You might be surprised how much you have in common!

1. If you didn't have to sleep, what would you do with the extra time?
2. What's your favorite piece of clothing you own / owned?
3. What hobby would you get into if time and money weren't an issue?
4. What would your perfect room look like?
5. How often do you play sports?
6. What skill would you like to master?
7. What would be the most amazing adventure to go on?
8. If you had unlimited funds to build a house, what would the finished house be like?
9. What's your favorite drink?
10. What state or country do you never want to go back to?
11. What songs have you completely memorised?
12. What game or movie universe would you most like to live in?
13. What do you consider to be your best find?
14. Are you usually early or late?
15. What pets have you had in your lifetime?

9x9 Grid #1 Crossword #8



Across

- 1. Casino cubes
- 3. Small argument
- 6. Swedish pop bad
- 9. Put your hands together
- 11. Average
- 12. Fur loving pest
- 13. Malevolent
- 14. Color TV pioneer
- 15. Left
- 17. Conceal
- 20. Burg or hamlet
- 21. Impact sound

Down

- 1. Dead On Arrival
- 2. Bus alternative
- 4. Buddy
- 5. Pinnacle
- 7. Battle of the ____
- 8. Away from each other
- 9. Coffee additive
- 10. Moniker
- 15. Drenched
- 16. Not used
- 18. Residue of fire
- 19. Poke fun at

Short Story - PART 2

It's Late, Where's His Wife?

Part 1 began on page 4

Now he was even more worried. Who answered the phone? Was that his wife, or another woman? Had someone stolen his wife's phone? Was his wife okay? He called back. All he got was her recorded message. He left a message. "It's 9:30. Where are you? Call me immediately," he said. He waited. She didn't call. He called back. He left another message. "Call me immediately, please. I'm worried. Call me right now, or I'm calling the police." He waited. She didn't call. Should he call the police? What would he tell them? Can you find my wife? She's somewhere in Manhattan. He heard the apartment door open. "I'm home," his wife said. He was so relieved. "Why did you hang up on me?" he asked. She said, "I said hello. I had just entered the subway station. I was walking down the steps. You didn't answer me, so I hung up."

JOKES COLUMN

What happens to a frog's car when it breaks down?
It gets toad away.

--

Q: What starts with E, ends with E, and has only 1 letter in it?

A: Envelope.

--

Q: How do you make a tissue dance?

A: Put a little boogie in it.

--

Q: What do computers eat for a snack?

A: Microchips!

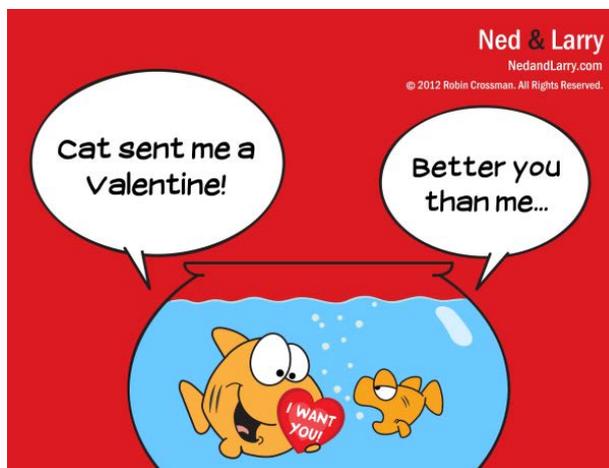
--

Did you hear about the guy whose whole left side was cut off? He's all right now.

--

Q: Why can't you trust an atom?

A: Because they make up everything.



CLASSIFIEDS



VOLUNTEERS

Volunteering at Vacenti is an opportunity to share your interests, skills and passions with our residents and staff. We deeply value your time and how it enables our residents to connect with the broader community.

MEMORABILIA



People with memory loss recognise things from their earlier years so memorabilia plays an important role in memory stimulation. If you have something you would like to share, we would love to display it here. Contact your Facility Manager to organise it today.

This photo was taken in the Specialist Care area in Portofino Hamilton.

LET US PUBLISH YOU!

We would love to publish short stories from our very own residents. If you have something already written or would like to write a piece, talk to your lifestyle coordinator to assist you in this.

TRAVEL!



Ornella Lazzarini, highly experienced travel consultant, has kindly offered exclusive deals and opportunities to friends of Vacenti. Watch this space for special information evenings and offers just for you!

If you would like to get away sooner, call today to book your holiday.

NOW OPEN



Portofino Hamilton's Cafe - Caffino with Val!

Vacenti Scholarship Program for Registered Nurses

Postgraduate scholarship places now available

The University of Tasmania and Vacenti have partnered together to offer a selection of Postgraduate Nursing qualifications on a scholarship basis to Registered Nurses employed with Vacenti.

As a Registered Nurse and an employee of Vacenti, you can receive a scholarship when studying courses in Transition to Practice, Gerontological Nursing, Quality and Safety, or Clinical Leadership.

The University of Tasmania's postgraduate nursing courses are designed for practicing nurses who would like to further their existing skills or specialise in a particular field, and are suitable for nurses in various stages of their career.

For more information on the courses available, or to apply, visit utas.edu.au/health/Vacenti



*subject to eligibility, see website for details. CRICOS Provider Code: 00586B



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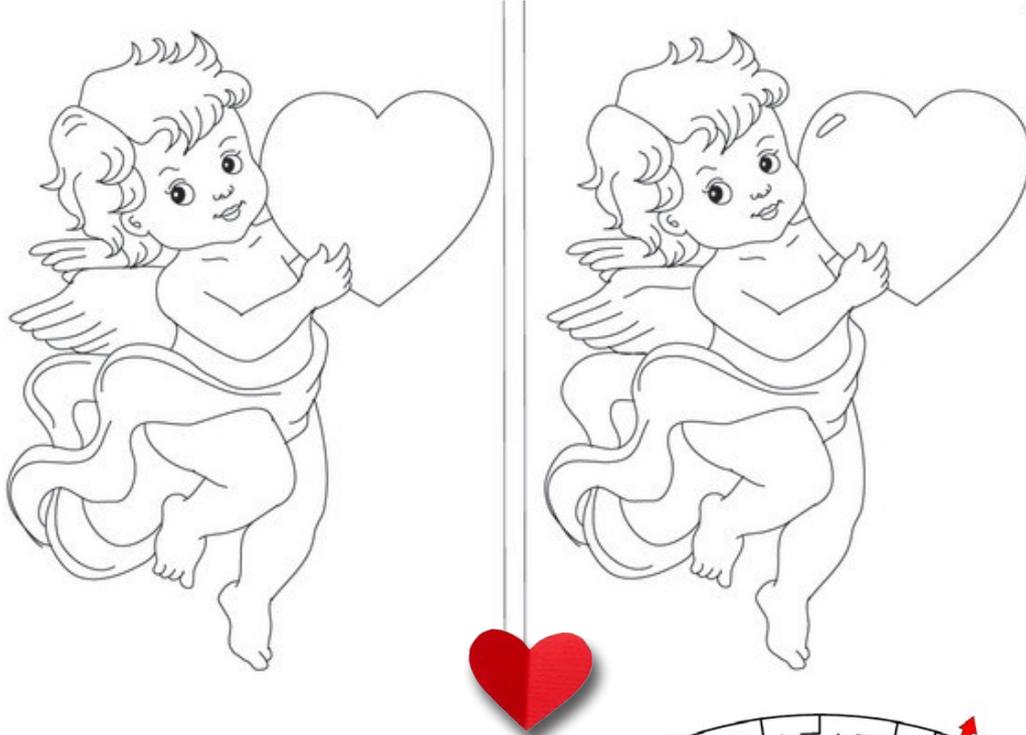
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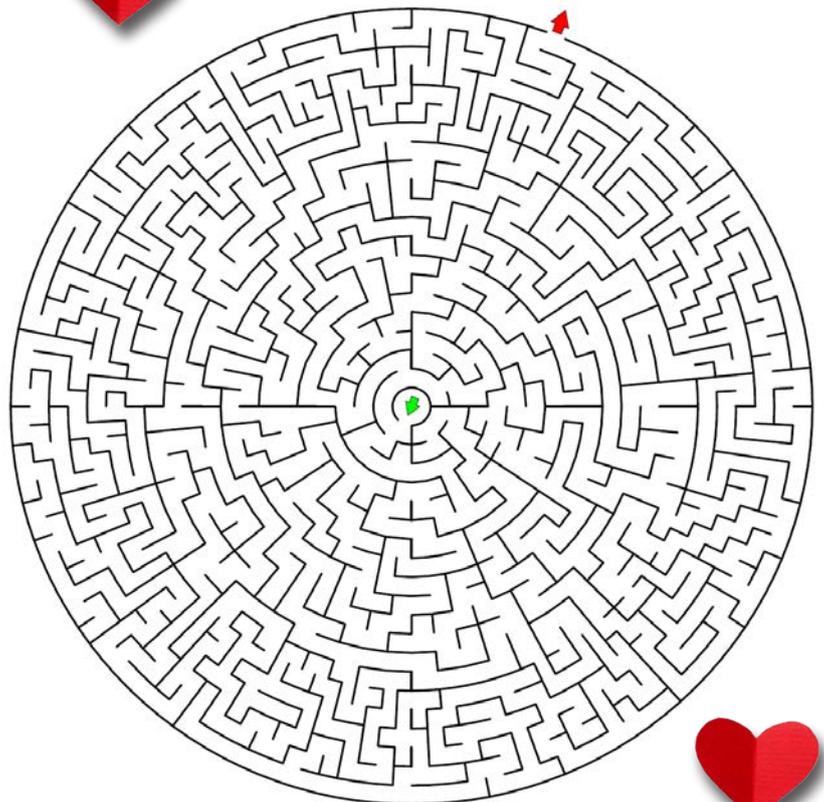
Spot the difference & colour in! There's 5 to find!



Sudoku #6

		8						
			3	7		5		
	2					9	3	
				9		6	2	
2		4				8		1
6	5			7				
4		9					1	
	1		5	8				
						2		

Intermediate Sudoku Volume 1,
Book 1, Puzzle 6. Answer on page



Intermediate Mazes
Book 1, Maze 16



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