

# JANUARY '19

ISSUE 19

Vacanti   
Vibes  


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ISSUE 19

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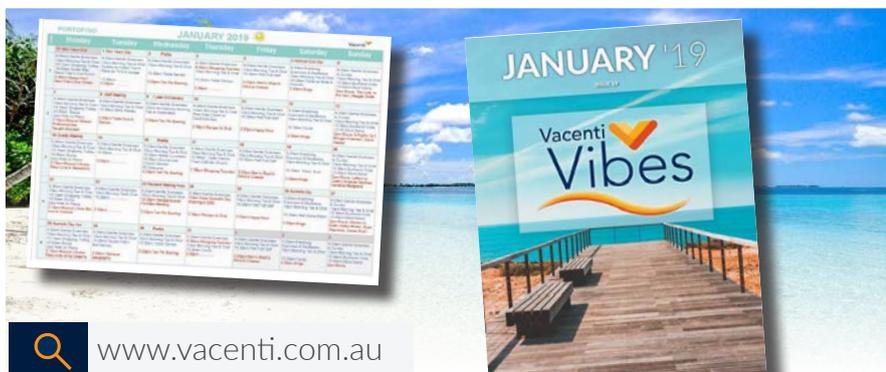
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# MAIN EVENTS IN JANUARY

Esida & Esida Lodge	Lorocco	Marebello	Casa Dámore	PORTOFINO
(07) 3422 9500	(07) 3917 6800	(07) 3829 7100	(07) 3434 2700	(07) 3025 2100
<b>RESIDENT MEETING</b>	<b>RESIDENT MEETING</b>	<b>RESIDENT MEETING</b>	<b>RESIDENT MEETING</b>	<b>RESIDENT MEETING</b>
<p><b>2nd @ 10:45am</b> Residents &amp; Relatives Meeting</p> <p><b>CHURCH SERVICES</b></p> <p><b>8th @ 10:30am</b> Anglican Service</p> <p><b>24th @ 10:30am</b> Catholic Mass</p> <p><b>MAIN EVENTS</b></p> <p><b>4th @ 10:30am</b> Concert with Dennis</p> <p><b>8th @ 1:30pm</b> Happy Hour with David Cheales</p> <p><b>9th @ 1:30pm</b> Nathaniel Ford</p> <p><b>10th, 17th @ 10:00am</b> Friendship Coffee Club Chats (Cost Involved)</p> <p><b>14th @ 10:30am</b> Interactive African Drumming</p> <p><b>15th @ 9:15am</b> Shopping Trip to Mt Gravatt Plaza for Lodge Residents</p> <p><b>22nd @ 9:15am</b> Shopping Trip to Mt Gravatt Plaza for Esida Residents</p> <p><b>24th @ 11:45am</b> All things Australian at Casa Dámore</p> <p><b>25th @ 10:30am</b> Music with Ray Thompson</p> <p><b>29th @ 1:30pm</b> Happy Hour with Steve Redford</p>	<p>NA</p> <p><b>CHURCH SERVICES</b></p> <p><b>Monday's @ 10:30am</b> Interfaith Communion</p> <p><b>15th @ 10:00am</b> Catholic Mass</p> <p><b>MAIN EVENTS</b></p> <p><b>Mondays @ 2:00pm</b> Bingo</p> <p><b>3rd @ 10:30am</b> Movies at Capalaba</p> <p><b>4th @ 11:00am</b> Goal Setting for 2019</p> <p><b>10th @ 10:00am</b> Outing to the Bush Café</p> <p><b>17th @ 10:00am</b> Indigenous Art Morning tea</p> <p><b>23rd @ 11:00am</b> Cooking Class Damper</p> <p><b>24th @ 11:30am</b> Aussie Fun at Casa Dámore</p> <p><b>26th @ 12:00pm</b> Australia Day Sausage Sizzle</p> <p><b>30th All Day</b> Pamper Spa Day All Areas</p>	<p><b>8th @ 10:30am</b> Food Focus Meeting Residents &amp; Relatives Meeting</p> <p><b>CHURCH SERVICES</b></p> <p><b>7th @ 9:30am</b> Uniting Church</p> <p><b>15th @ 10:00am</b> Anglican Church</p> <p><b>16th @ 9:30am</b> Catholic Service</p> <p><b>MAIN EVENTS</b></p> <p><b>Fridays @ 2:30pm</b> Happy Hour</p> <p><b>Fridays @ 10:30am</b> Bingo</p> <p><b>3rd @ 10:30am</b> Caroline &amp; Lou</p> <p><b>8th @ 10:30am</b> Daphne on Piano</p> <p><b>9th, 23rd @ 10:30am</b> Delta Dog Visit</p> <p><b>21st @ 10:30am</b> Aussie Sing-along</p> <p><b>23rd @ 10:30am</b> Kath &amp; Kim Movie with Popcorn</p> <p><b>25th @ 2:30pm</b> Aussie Happy Hour</p> <p><b>29th @ 10:30am</b> Outing</p> <p><b>30th @ 10:00am</b> January Birthday Party</p>	<p><b>20th @ 11:00am</b> Residents &amp; Relatives Meeting</p> <p><b>CHURCH SERVICES</b></p> <p><b>8th @ 11:00am</b> Anglican Service</p> <p><b>24th @ 11:00am</b> Catholic Church</p> <p><b>MAIN EVENTS</b></p> <p><b>3rd @ 11:15am</b> Outing to Camp Hill Hotel</p> <p><b>89th @ 9:30am</b> Outing to Dendy Cinemas</p> <p><b>10th @ 2:00pm</b> Concert with Jeff</p> <p><b>17th @ 10:00am</b> Outing to Carindale Shopping Centre</p> <p><b>17th @ 2:00pm</b> Farmers Market</p> <p><b>18th @ 10:30am</b> Concert with Fiona</p> <p><b>21st @ 9:30am</b> Outing to Easts Leagues Club Music &amp; Morning Tea</p> <p><b>23th @ 2:00pm</b> Birthday Celebration Afternoon Tea</p> <p><b>24th @ 12:00pm</b> Australia Day BBQ</p> <p><b>24th @ 1:30pm</b> Sheering Sheep Show</p> <p><b>25th @ 2:00pm</b> Happy Hour with Hans</p> <p><b>30th @ 9:00am</b> Outing to Kangaroo Point Cliffs Café</p> <p><b>31st @ 2:00pm</b> Concert with Tamsin</p>	<p><b>4th @ 10:15am</b> Residents Activity Planning Meeting</p> <p><b>CHURCH SERVICES</b></p> <p><b>16th @ 10:30am</b> Ecumenical Church Service All Welcome</p> <p><b>17th @ 11:00am</b> Catholic Church</p> <p><b>MAIN EVENTS</b></p> <p><b>Mondays @ 2:00pm</b> Nola Plays Piano, Musical on the Big Screen</p> <p><b>Wednesdays @ 2:30pm</b> Ten Pin Bowling &amp; Portia Visits</p> <p><b>Saturdays @ 2:30pm</b> Bingo</p> <p><b>3rd, 17th, 31st @ 9:30am</b> Shopping at Toombul</p> <p><b>4th, 18th @ 2:30pm</b> Men's Shed &amp; Wine &amp; Cheese</p> <p><b>9th @ 10:00am</b> 1st Anniversary Morning Tea &amp; Celebration</p> <p><b>10th @ 10:00am</b> Morning Tea &amp; Chat by the Pool plus Swim &amp; Card Activities</p> <p><b>16th @ 10:30am</b> Italian Luncheon</p> <p><b>25th @ 2:30pm</b> Australia Day Themed Happy Hour</p> <p><b>26th @ 10:30am</b> Australia Day Quiz &amp; BBQ Lunch</p>

**DOWNLOAD THE FULL  
ACTIVITY PLANNERS  
ON OUR WEBSITE**



Be sure to call or speak to the Lifestyle Coordinator to confirm events, dates and time.

# CREATING NEW HABITS

If you're a part of the 81% of people who fail to keep their new year's resolutions past February, this article might just help you move to the 9% who keep them.

Adaptation from the appendix of 'The Power of Habits' by Charles Duhigg.

Adaptation written by: Tiffany Hartwig  
REFERENCE: [HTTPS://CHARLESDUHIGG.COM/HOW-HABITS-WORK/](https://charlesduhigg.com/how-habits-work/)

It's not hard to see why people are not sticking to their self proclaimed 'new year's resolutions'. Most people make them with the intention of bettering themselves, life and status without the understanding that there is no 'try', there is only 'do' or 'do not'. After all, the definition for the word 'resolution' is to make a firm decision to do, or not to do something.

To understand why is to break down what a resolution is and where people are going wrong. There are many articles that give suggestions on how to make these 'resolutions' stick around longer than a few weeks with most indicating at goals. Though, not all resolutions have an end point, which makes achieving that resolution very difficult.

This article will address how to create a habit which will assist in ongoing life choices and achieving goals.

In most on-line resources it seems to be that the lucky number is 21 days to make a habit. However, many sources also argue that the time it takes to make, or change a habit is influenced by the habit they are trying to create (Papova, 2014).

With the example of Charles Duhigg, author of 'The Power of Habit', we will break down how to identify a habit and how to take control.

We will do a very basic summary of his overview, but I would highly recommend reading this in full at [charlesduhigg.com/how-habits-work/](https://charlesduhigg.com/how-habits-work/).

## THE FRAMEWORK:

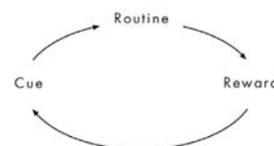
1. Identify the routine
2. Experiment with rewards
3. Isolate the cue
4. Have a plan

## STEP ONE: IDENTIFY THE ROUTINE

The MIT researchers in Chapter One discovered a simple neurological loop at the core of every habit, a loop that consists of three parts: A cue, a routine and a reward.

To understand your own habits, you need to identify the components of your loops. Once you have diagnosed the habit loop of a particular behavior, you can look for ways to supplement old vices with new routines.

Take eating a cookie around 3pm everyday for example. You want to stop eating a cookie but find yourself with the craving for it every day.

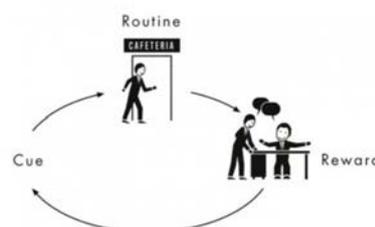


## STEPTWO: EXPERIMENT WITH REWARDS

Rewards are powerful because they satisfying cravings. But we're often not conscious of the cravings that drive our behaviors. To break down this habit you need to find out what it is you're really craving as it might not be the cookie after all. This might take a few days, or a week, or longer.

For example, when the urge to eat a cookie in the afternoon comes, try something different like buying an apple, a cup of coffee, going for a walk, talking to a friend and then track how you feel after you do this instead.

It turns out for Charles's, he wasn't craving a sugary cookie, but a social interaction.





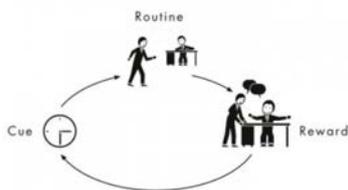
## STEP THREE: ISOLATE THE CUE

Now that Charles knows what the routine and reward is, he then looks at the cue.

*The reason why it is so hard to identify the cues that trigger our habits is because there is too much information bombarding us as our behaviors unfold. To identify a cue amid the noise, we can use the same system as the psychologist: Identify categories of behaviors ahead of time to scrutinize in order to see patterns. For example:*

What needs to be identified when you feel the craving is the location, time, emotional state, who else is around and action immediate preceding the urge.

Once this has been recorded a couple times you can start to see a pattern emerge. It seemed, with Charles, that his craving began around 3:30pm which indicates the cue.



## STEP FOUR: HAVE A PLAN

*A habit is a formula our brain automatically follows. So when I see CUE, I will do ROUTINE in order to get a REWARD. To re-engineer that formula, we need to begin making choices again. And the easiest way to do this, according to study after study, is to have a plan. Within psychology, these plans are known as ‘implementation intentions.’*

Charles had learned that it wasn't really the cookie he craved – rather, it was a moment of distraction and the opportunity to socialise. He wrote a plan:

*"At 3:30pm, every day, I will walk to a friend's desk and talk for 10 minutes. To make sure I remembered to do this, I set the alarm on my watch for 3:30pm."*

Charles admits it didn't work initially, but over time his body clock recognised 3:30pm so well that he didn't need to set an alarm and instead unconsciously then satisfied his hidden craving for social interaction.

### REFERENCES:

PAPOVA, M. (2014). HOW LONG IT TAKES TO FORM A NEW HABIT. [HTTPS://WWW.BRAINPICKINGS.ORG/2014/01/02/HOW-LONG-IT-TAKES-TO-FORM-A-NEW-HABIT/](https://www.brainpickings.org/2014/01/02/how-long-it-takes-to-form-a-new-habit/)

## WISE WORDS TO LEAD YOU INTO 2019

REFERENCE: [HTTPS://WWW.BRAINPICKINGS.ORG/2016/10/23/10-YEARS-OF-BRAIN-PICKINGS/](https://www.brainpickings.org/2016/10/23/10-YEARS-OF-BRAIN-PICKINGS/)

### Allow yourself the uncomfortable luxury of changing your mind.

It's infinitely more rewarding to understand than to be right – even if that means changing your mind about a topic, an ideology, or, above all, yourself.

### Do nothing for prestige or status or money or approval alone.

Those extrinsic motivators are fine and can feel life-affirming in the moment, but they ultimately don't make it thrilling to get up in the morning and gratifying to go to sleep at night – and, in fact, they can often distract and detract from the things that do offer those deeper rewards.

### Be generous.

Be generous with your time, your resources and with giving credit and, especially, with your words. To understand and be understood, those are among life's greatest gifts, and every interaction is an opportunity to exchange them.

### Build pockets of stillness into your life.

Meditate. Go for walks. Ride your bike going nowhere in particular. There is a creative purpose to daydreaming, even to boredom.

### Sleep.

Besides being the greatest creative aphrodisiac, sleep also affects our every waking moment, dictates our social rhythm, and even mediates our negative moods.

### Presence is a far more intricate and rewarding art than productivity.

The cult of productivity has its place, but worshiping at its altar daily robs us of the very capacity for joy and wonder that makes life worth living – for, as Annie Dillard memorably put it, “how we spend our days is, of course, how we spend our lives.”

### Expect anything worthwhile to take a long time.

The myth of the overnight success is just that – a myth – as well as a reminder that our present definition of success needs serious retuning.



## MANAGER REPORT

**BY KATHERINE MCSPADDEN -**  
ACTING FACILITY MANAGER - ESIDA & ESIDA LODGE  
Katherine.McSpadden@vacenti.com.au

Happy New Year, Chúc mừng năm mới, Ευτυχισμένο το νέο έτος, Felice anno nuovo... Join us throughout 2019 as we celebrate the cultural diversity of our valued residents and caring staff at Esida and Lodge.

We farewelled 2018 in grand style! From our Bonza Aussie Christmas themed Reception area and talented staff performing Christmas carols daily to our wonderful resident Christmas parties and delicious Christmas food, the spirit of the season delighted each and everyone throughout December!

Did Santa bring your loved one the gift of clothes for Christmas? Please be sure to bring them to Reception for labelling prior to wearing. You may have noticed some clothing items you haven't seen for a while appearing back in the wardrobe. Our staff have been working hard throughout December with the Laundry team to locate and relabel items of clothing. We would like to thank one of our valued volunteers, Janet Irwin, for assisting Alison and the Lifestyle Team in sorting laundry.

January is always a great time to go through the cupboards and have a good tidy up and clear out. We encourage you to swap winter clothes out and replace worn items so we can dress your loved one comfortably, and easily, each and every day.

The first round of bathroom renovations has run very smoothly and I thank everyone again for their patience during these important works. Our next lot of bathroom renovations will commence 14 January 2019.

One of our favourite photos this month is Giovanni having a cuddle from Iliah. Iliah is the beautiful daughter of Amy, one of our new volunteers.

If you would like to become a volunteer, come along and have a chat with our Lifestyle Coordinator, Lisa Craig, to see how simple it is to be part of our caring team at Esida and Esida Lodge. Whether you have only a little bit of time or hours to spare, we would love to have you on board!

Wishing you a safe, happy and prosperous 2019!

**Katherine McSpadden**  
Acting Facility Manager



## LIFESTYLE REPORT

**BY LISA CRAIG -**  
LIFESTYLE COORDINATOR - ESIDA & ESIDA LODGE  
Esida.Lifestyle@vacenti.com.au

Hi from the Lifestyle Team.  
Wow, 2018 went by so quickly!

All too soon we will be seeing Easter eggs on display in the supermarkets.

We had a wonderful December packed full of entertainment and Christmas celebrations at Esida and Esida Lodge. I would like to thank all the staff who helped out to make the Christmas afternoon tea celebrations so special for everyone.

A beautiful pianola and a variety of music rolls were kindly donated to Esida by a gentleman from the community. These have now found a new home in "Avenue". It will be great for all to enjoy.

Sometimes planned activities are impacted by bad weather. In December, we had to cancel the Mount Gravatt Lookout outing because of the bad weather. We instead took part in an indoor activity with a difference. We are all saving water bottles to get the 10 cent refund with money going back to lifestyle activities for the residents. When we found out that the companies will not accept the bottles with lids on, Lifestyle Team thought it was a good idea to have residents join us in removing the bottle top lids as a team. Originally we thought there were only 1000 bottles until we did the final count and discovered we have collected 2400 bottles to date. Amazing!

It's exciting to announce we have some new activities planned for January's program. We will be introducing the Book Club and Gardening Club so if you would like to join in these activities look out for the dates on the calendars. If you want more information about any of our activities, please visit me and I'll be more than happy to talk about the new activities offered from January onwards.

Until next month, when romance will be in the air for Valentine's Day, take care and stay well.

**Lisa with Rae, Annette and Yilmaz**  
Lifestyle Coordinator and Team

# memories made in December



Reception entry decorations



Esida residents recycling bottles



Patricia, Blaze and Lisa (Lifestyle)



Winner of the decorations!



Nail pamper session with Griffith student helpers



Govanni having a cuddle from Iliah



Santa making his way around the Crescent Christmas party



Cooking group making pancakes



Neville with Santa



Christmas afternoon tea with Santa and Beverly



Beryl guiding staff member Debra with book folding



Patricia with Santa



Santa sharing a Christmas hug with Lola



Patricia all dazzled up!



## LOROCCO UPDATE

BY CHERYL TARGETT -  
FACILITY MANAGER - LOROCCO

[Cheryl.Targett@vacenti.com.au](mailto:Cheryl.Targett@vacenti.com.au)

Hello!

Happy New Year! I trust you all had a wonderful Christmas time. Lorocco has been quite social between December and January, not only for Lorocco residents and families but the Lorocco staff too. The GEMS social club organised an event at the Comedy Club where staff shared a lot of laughs and dinner was well received. The Lorocco staff also celebrated Christmas festivities on a Sunday afternoon with an amazing view at the Captain Burke Park under the Story Bridge. The tables were laid with a very multicultural spread including foods from South Africa, Japan, Vietnam, Philippines and Ethiopia, just to name a few. The afternoon was spent playing very competitive games with both the current and previous staff from Lorocco. The games included an egg and spoon race, train balloon game and mummy return (staff wrapping each other in toilet paper). It was a fantastic day and we are looking forward to celebrating Australia Day with our very diverse community within Lorocco.

On December 7th Lorocco received an unannounced visit from the Australian Aged Care Quality Agency. The findings were positive and all outcomes were met. A big thank you to all who participated and provided feedback on the day.

Portia has also enjoyed the Christmas festivities and more recently the resident Christmas Party. Recently Corporate thanked and provided service awards to Lorocco staff with a barbeque. Not sure if it was Grant's cooking (HR Manager) but Portia does not like barbequed sausages.

Looking forward to sharing a new and prosperous year in 2019. I wish good health and happiness to all within Vacenti.

Take care,

**Cheryl Targett**  
Facility Manager - Lorocco



## LIFESTYLE REPORT

BY JILL CAMPBELL -  
LIFESTYLE COORDINATOR - LOROCCO

[Lorocco.Lifestyle@vacenti.com.au](mailto:Lorocco.Lifestyle@vacenti.com.au)

Hello everyone,

What a fabulous fun filled December we have had with a vast and growing variety of activities enjoyed within the home and our local community.

It's wonderful to see our residents embracing our new and vamped up exercise classes. The numbers of residents attending are growing so much. Next year we are going to have a Zumba party and invite friends from other facilities to join in.

This month we have held two concerts, attended a wonderful Italian cultural lunch, went shopping, met up with our friendship groups, made coconut ice, played lots of bingo, had our Christmas party, but most of all we have had fun.

In the New Year our focus is on being an Australian, embracing the spirit and individuality that makes us unique.

On behalf of myself and Marilyn and all the residents, families and staff, I would like to say a special thank you to our many volunteers who facilitate and assist in our various activities throughout the year and are involved in the well being and lifestyle of our residents.

The lifestyle of each and every resident is vital and my door is always open for you. We now have a lifestyle iPad which is so exciting, so now you can also message me at [lifestyle.lorocco@vacenti.com.au](mailto:lifestyle.lorocco@vacenti.com.au)

It's a great privilege to work with your families and our dedicated and caring staff.

My wish for you all is peace and contentment and many blessings throughout 2019.

Until then, keep smiling, keep active and always believe something wonderful is about to happen.

**Jill Campbell**  
Lifestyle Coordinator

# memories made in December



Italian Luncheon at Portofino



Italian Luncheon at Portofino



Italian Luncheon at Portofino



Decorating the Christmas tree



Outing at Carina Leagues



Italian Luncheon at Portofino



Spreading Christmas cheer!



Happy Birthday!



Music appreciation violinist in the cove playing Christmas classics



Raffle winners!



Christmas shopping fun



Portia making an appearance at the Christmas party



Staff Christmas Party Outing



## FROM THE MANAGER

**BY KAREN MARTIN -**  
ACTING FACILITY MANAGER - MAREBELLO  
[Karren.Martin@vacenti.com.au](mailto:Karren.Martin@vacenti.com.au)

Hello and welcome to January 2019.  
Happy New Year!

Some of you may already know me as the Clinical Manager at Marebello. In November, I was appointed acting Facility Manager. This role has certainly opened my eyes to the entire behind the scenes operational components of residential aged care and I welcome the daily challenges of this new title. Thank you to all of you who have given me support and words of encouragement throughout this transition.

When a new year begins, one can't help but reflect on the year past. We saw changes in building colour and decor, changes to the kitchenettes and nurses stations and Wisteria went through, and are still going through, some extensive renovations. The completion of stage one in Wisteria saw a new and exciting lounge area decked out with of the creature comforts of home for our residents to enjoy and relax. Stage two commenced with the expansion of the rear of the building to incorporate a new dining area. Stage 2 is due to be completed late January.

We said goodbye to old friends and hello to new friends, enjoyed all of the wonderful activities, concerts and special days hosted by our fantastic Lifestyle Team. We marveled at the ever increasing collection of pink flamingos at the café and discovered an array of talented residents that performed in our Marebello Review.

December kicked off with the sparkle of lights on the beautifully placed Christmas trees throughout the facility. Residents and staff enjoyed decorating the dining area whilst Bing Crosby wished us all a Merry Christmas. The Resident's Christmas party on the 20<sup>th</sup> was an enormous success that was enjoyed by residents and families alike. The newly appointed Marebello choir made up of the lifestyle team and office ring-ins joyfully sang Christmas carols and spread Christmas cheer.

As January springs into life, new year resolutions made and already broken, we look forward to celebrating Australia day on the 26<sup>th</sup> with a good old fashioned BBQ and some Aussie classics.

Whatever your belief, I wish you all a safe and prosperous 2019. May your lives be filled with love, joy and everlasting memories. Until next month.

**Karren Martin**  
Acting Facility Manager



## LIFESTYLE REPORT

**BY JO FAZIO -**  
LIFESTYLE COORDINATOR - MAREBELLO  
[Marebello.Lifestyle@vacenti.com.au](mailto:Marebello.Lifestyle@vacenti.com.au)

Before I enlighten you about December's events, let me tell you about the awesome time our residents had when Lifestyle hired a mini van, in late November.

Starting with a morning mystery drive, residents and some of their family members from Wisteria, enjoyed a scenic tour around Redlands with a stop at McDonald's drive-through for a delicious ice cream! Our lunchtime group had fish and chips at Wellington Point, viewing scenic spots along the way. Our final outing was a drive to Mt Cotton, where residents got to see some of the beautiful houses along Sanctuary Drive, then headed to Sirromet Winery. A truly great experience for all who came on board that day! We also enjoyed two evening outings to see the Christmas lights around the Redlands.

On December 1st we had a lovely voluntary group singing Christmas Carols and on the 5th a visit from Ulysses Bike Club showing off their wheels! Residents were invited to get up close, with many conversations with the visiting riders about their riding days gone by.

Residents have asked about fundraising so after much planning, discussion and preparation (especially from our craft whiz, Janine), our Market Day Stall took place. Running over 2 days, all were invited to come along, purchasing small or large items, with all funds going to our chosen cause "Smith Family Christmas Hamper". Marebello were able to purchase 6 hampers for the needy in our community! A super effort!

Our Volunteers were thanked for the precious time they give to Marebello, with a gift and a beautiful lunch.

A first for Marebello was our Carols by Candlelight. The room was full with hand-held candles as everyone got into the spirit and story of Christmas. The lyrics were viewed on the new big screen and there was a visit from Santa.

Another big celebration was our Christmas Party for 200! It was a great day with a lovely lunch, Christmas cheer and good company. The raffle was drawn with five happy winners shared between residents and staff.

On New Year's Eve, there was champagne on offer with wishes and resolutions added to our 2019 Wish Tree.

Stay safe, be active and be happy.

**Jo Fazio with Lynne, Eileen & Jodie**  
Lifestyle Coordinator & Team

# memories made in December



Beryl's family



Biker girls



Harry with the bikers



Happy 60th anniversary!



Freda & family



Volunteers thank you lunch



Janine presents to Smith Family



Market stall fund raiser



Lions donation to residents



Fish & chips for Leigh



Elisabeth painting birdhouse



Olivene's family entertains



Pat & sister Pixie



Luigia's tree



Lucy & family



Elizabeth with the tree



Norah & daughter



## FACILITY MANAGER

BY JASON COLES -  
FACILITY MANAGER - CASA DÁMORE  
Jason.Coles@vacenti.com.au

Hi everyone and welcome to 2019!  
How did you spend your Christmas and New Year? I hope it was a relaxing time with family and friends, reminiscing on the year that has passed and planning for the year ahead. The tradition of New Year's Resolutions are made and sometimes quickly forgotten!

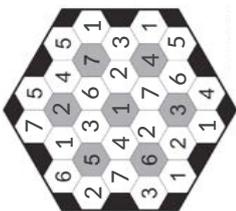
Another tradition is the singing of the favourite Scottish folk song 'Auld Lang Syne'.

The phrase 'Auld Lang Syne' itself means 'old long ago', which can be translated as 'days gone by' or 'back in the day'. Thomas Keith, a Burns scholar, says the song symbolises reunion - not parting, as some mistakenly believe. The song looks back over happy days from the past, separation, then coming back together.

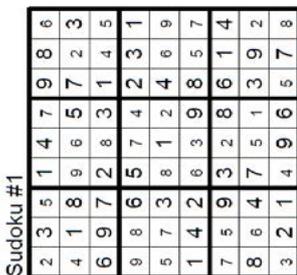
I'm looking forward to coming together with residents, families, volunteers and staff to build a vibrant community here at Casa Dámore throughout 2019 and I hope you'll be a part of too.

Best wishes for the New Year!

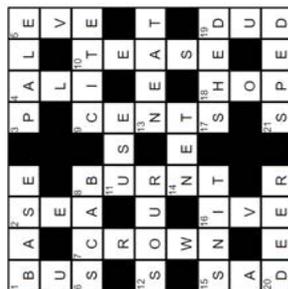
Jason Coles  
Facility Manager



Rosetta Solution  
Puzzle on back page.



Easy Sudoku #1 Solution  
Puzzle on back page.



Crossword #12 Solution  
Puzzle on back page.



## LIFESTYLE REPORT

BY MARIEANN EDGELL -  
LIFESTYLE COORDINATOR - CASA DÁMORE  
Casa.Lifestyle@vacenti.com.au

Wow December was busy! We crammed so much fun into December.

We started the month with Casa's 3 Christmas party's where residents started the Christmas celebrations with great music, yummy treats made by Rhiannon in the kitchen and her team of helpers. Family and friends, and the staff, also attended the Christmas parties and joined in the Christmas festivities. Casa received a visit from Santa Claus where he shared his festive cheer and a big HO HO HO.

Casa residents made doggie biscuits and took them to the Wacol RSPCA where the residents were able to spend time with the animals and offer the doggie biscuit to the dogs at the refuge.

We waited till it was dark on Monday the 10th and 17th to see the entrants for the 4KQ Christmas light competition. We travelled to Mount Gravatt and saw an Aussie Christmas done in lights with a red-back spider on the toilet seat and then to Camp Hill where every part of the yard in Brooke Street was covered in lights. One resident wanted to know if you could see the lights in space. Something to think about!

We had a competition of 'deck your door' to help with the Christmas festivities we have had a great response with residents, family and staff joining in with decorating their room/office doors. Congratulations to Nola R for winning the residents 'deck your door' and special mention to Jan M for her Christmas door. The winner for the staff office door is Level One nurses station and special consideration to Karen for her locker door and the Casa kitchen door. Thank you to Laura Duffy for judging the Casa Dámore Christmas doors.

We would like to give a big thank to the Zonta Ladies, Circle of men, Denise and Leanne and Alan for sharing your time and kindness each week by volunteering and supporting residents of Casa Dámore,

For additional details for the latest lifestyle program, please see the notice boards or grab a copy of the lifestyle program.

Marieann Edgell  
Lifestyle Coordinator

# memories made in December



Casa staff Christmas party



Casa staff Christmas party



Casa staff Christmas party



Happy birthday Margaret & Derek



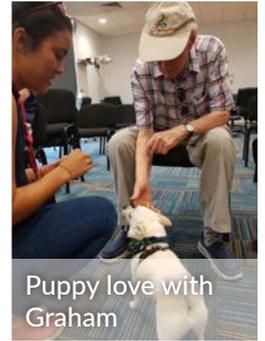
Happy Birthday Richardo



Dancing to the Christmas carols



Mary at the RSPCA



Puppy love with Graham



Merry Christmas Phyllis



Merry Christmas Josie



Merry Christmas from Karen & Jan



Merry Christmas from Casa



Service Award Mervette



Service Award - Shebby



Service Award - Drew



Service Award - Emily



Christmas Raffle - Lucky Bruce



Merry Christmas Hazel Santa & Victoria



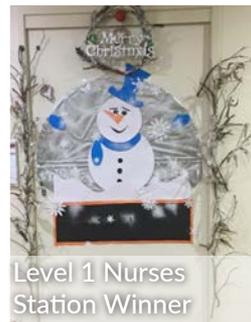
Casa Kitchen Door



Karen's Locker Door



Lifestyle Christmas Door



Level 1 Nurses Station Winner



Merry Christmas

# Portofino Hamilton

(07) 3025 2100  
101 ALLEN ST  
HAMILTON QLD 4007



## FROM THE MANAGER

**BY IAN BYRON -**  
FACILITY MANAGER - PORTOFINO  
Ian.Byron@vacenti.com.au

Hello all, what a momentous year for Portofino. Staff commenced work prior to opening by completing on site training in-between unpacking shipping containers full of furniture and furnishing rooms and communal areas. Staff quickly put their classroom training into practice as we commenced admitting residents and implementing processes. Following the opening phase, we entered the consolidation and renewal phase which continues. I am extremely proud of Portofino and our achievements over the past 12 months and am eager to continue our journey in 2019.

Portofino is the vision of Mario and Louisa Casagrande, "To exceed expectations in aged care living by redefining choice and service delivery" and on behalf of the staff and residents, I thank them.

### Portofino's Employee of the Month Awards for 2018:

*December: Bianca H. is the lead Registered Nurse in the Specialist Care Suites and Level One.*

*January: Paula W. did an amazing job arranging and implementing the Lifestyle Program.*

*February: Genesis N. is now working across the Vacenti group as an Registered Nurse.*

*March: Selena A's passion for excellent food for our residents motivates all of us to do better.*

*April: Suresh T. demonstrates daily his care ensuring residents receive the food that is right for them.*

*May: Brooke F. demonstrates great flexibility working across all levels and is a champion for residents.*

*June: Val S. works in the Caffino Cafe welcoming all to enjoy Selena's scrumptious cakes and a coffee.*

*July: Diana M. has demonstrated her talent to work across all areas of Portofino and willingness to go the extra mile.*

*August: Lorna T. shows her commitment to the residents on a daily basis.*

*September: Shiara M. has proven to be a great clinician and is very focused on resident health and wellbeing.*

*October: Inong G. goes out of her way to ensure that residents receive top quality food and that they are satisfied with their meals.*

*November: Karen R. is focused on delivering a resident driven Activity Program for all residents.*

The wonderful staff at Portofino make it a truly special home for many residents.



## LIFESTYLE REPORT

**BY KAREN RUFUS-**  
LIFESTYLE COORDINATOR - PORTOFINO  
Portofino.Lifestyle@vacenti.com.au

December was all about festive preparation and celebrations here at Portofino. Christmas decorations were made by the residents and decorated all five Christmas trees and each level. You all did a wonderful job. Thank you to the girls in the SCS and the residents in there who did a great job painting pine cones.

We had Glendy's Mobile Shop at Portofino and residents were able to purchase clothes, jewellery and some nice things for Christmas.

Always a favourite and good attendance is Ten Pin Bowling. Mary is always good competition, keeping the other residents on their toes. Lynn won the trophy a couple of times and it was a fun few weeks.

Word Quiz is popular Sunday activity. We have a 12 or 13 letter word and see how many words we can make from the one large word. Record being just over 250 words, Great effort.

A new event we have started is Italian Luncheon. Once a month we will be holding the luncheon and other facilities are welcome to join us. A couple of Italian ladies come and speak and play Italian games. Then the kitchen prepares a nice Italian Lunch.

After speaking to family and residents, it was unanimous that the Christmas lunch was a great success. They all had a wonderful time singing and enjoying a tasty lunch. A special mention to the mini puddings which everyone enjoyed. I've been asked if we could have them again.

One of the last events is our popular Happy Hour. During December we enjoyed entertainment by the lovely Roz. We will post more on this next month.

**Karen Rufus**  
Lifestyle Coordinator

I would like to thank each and everyone at Portofino for their hard work and dedication to ensuring that what we do at Portofino is focused on the residents health and well-being.

We will celebrate our 1 year anniversary morning tea at 10am on Wednesday 9th January. All residents, families, past and present staff, are welcome.

Ciao,

**Ian Byron**  
Facility Manager

# memories made in December



Christmas Tree



Ian the elf



Staff at Residents Christmas Party



Thank you Mary for saying grace



Christmas themed Arts & Crafts



Decorations



SCS Arts & Crafts



SCS Arts & Crafts



SCS Arts & Crafts



Mary & family at the Christmas Party



Nell enjoying Christmas Party with friends



Nell enjoying Christmas Party with friends



Jill & Family Christmas Party



Margaret & Paula Christmas Party



Residents Christmas Party



Residents Christmas Party



Residents enjoying the Christmas Party



Peter enjoying with his family



Christmas Plum Pudding



Residents with build a word quiz



Lyn winning Ten Pin Bowling



Peter making a speech



## DECEMBER UPDATE

BY ALLEN COLLISHAW  
PREVIOUS MANAGER - CON NOI APARTMENTS  
info@connoi.com.au

Hello everyone,

As you're reading this I am now retired. I am thankful for the times I have had at Con Noi and wish to share with you the events of December as my last post.

Happy new year to you all. We trust Christmas was a happy time for you all. I know all the residents who attended the Christmas party here at Con Noi had a great night. As we entered the room we all encountered the aroma of roast meat and vegetables being cooked on the rotisserie. The area was decorated beautifully and Christmas decorations adorned the dining room, Christmas tree and tables with all of the baubles and lights and a big Santa on the sleigh.

Dennis Boland played all the Christmas music making the Yuletide come to life. Following the first course, the Con Noi Choir, which included guest singer Liza Logan, sang 8 carols and Christmas songs which was well accepted by all of the residents and guests gathered.

Sweets were served following the choir. Santa wasn't too far away as he was ushered in to the singing of 'jingle bells'. Jolly Santa danced with the residents while Merry Christmas delivered all the chocolates. A happy time was had by all.

Trophies were presented to all the Mah-jong and Card players and to Brian for his great contribution as Chairman of the Resident's Committee.

Allen (Alias Santa Claus), was presented with a chiming clock and card signed by all the residents as a gift in recognition of his contribution as Manager at Con Noi.

As I say good bye, I would like to wish you all a happy and a safe 2019. Until we meet again.

Please remember that we have apartments available. Please call Alison Quinlan on 0418 588 468 who will be able to assist you with your enquiry or Con Noi Office.

Cheers,

Allen Collishaw



[www.facebook.com/connoi.retirementliving](https://www.facebook.com/connoi.retirementliving)  
Like our Facebook Page to stay up to date with current events, connected with family and friends and the lifestyle Con Noi has to offer.

All photos from the Resident Christmas Party Dinner held on 15 December 2018.



## 20 CASUAL QUESTIONS

Grab a cuppa and get to know one another over these 20 casual questions

1. What book would you recommend to your friends?
2. What are your top 5 favourite movies of all time?
3. If you could only eat one thing for the rest of your life, what would it be?
4. What song or singer do you love to listen to?
5. What do you think the best age to be is? Why?
6. When did you know that your spouse was "the one"?
7. How did you choose your children's (or pets') names?
8. What's the best advice your parents gave you? Did you listen to it?
9. Who do you admire most? Why?
10. Who is someone who inspires you? How so?
11. At what moment in your life do you remember laughing the hardest?
12. What's something in your life that you are really good at? What's something that you wish you were really good at?
13. What's something you did that was embarrassing at the time, but you now see the humor in?
14. What was your favorite thing to do as a kid? (What did you save your allowance for? What did you race home after school to do? What did you write, talk, and dream about?)
15. What moment in history do you most vividly remember? (Where were you? What were you doing? How were you affected?)
16. What are you the most proud of in your life?
17. What is the hardest lesson you have ever learned?
18. What did you learn in your career that you wish you had known earlier?
19. What's your number one advice for life?
20. What do you hope people remember about you?

**Ha Ha!**

*Can a kangaroo jump higher than a house?*

*Of course, a house doesn't jump at all.*

**Ha Ha!**

*My dog used to chase people on a bike a lot. It got so bad, finally I had to take his bike away.*

**Ha Ha!**

*What do you call a cow with two legs?*

*Lean beef.*

**Ha Ha!**

*What did the farmer say when he couldn't find his tractor?*

*Where's my tractor?*

**Ha Ha!**

*What did 0 say to the 8?*

*Nice belt!*

**Ha Ha!**

*Why can't you hear a pterodactyl in the bathroom?*

*Because it has a silent pee.*

# SUMMER SPECIAL

SIMPLE RECIPES TO DELIGHT TASTE BUDS



## TERIYAKI MARINADE

PREP: 10MINS | MAKES: 2 CUPS (SERVES 10)

### INGREDIENTS

- 1 cup soy sauce
- 1/2 cup water
- 3/4 cup brown sugar (packed)
- 1 tablespoon distilled white vinegar
- 1 tablespoons vegetable oil
- 3 medium green onions (both white and green parts, finely sliced)
- 4 cloves garlic (minced)

### METHOD

1. Combine all ingredients in a medium bowl. Stir gently until sugar is completely dissolved.
2. Use immediately or store in a refrigerator, covered for up to 6 to 7 days after preparation.

### MARINADING TIMES

- Marinate beef, pork or lamb for 4 to 24 hours.
- Chicken and other poultry for 2 to 12 hours.
- Fish, seafood and vegetable and meat substitutes for 1 hour

### TIPS: MAKING IT INTO A SAUCE

Bring ingredients to a medium simmer. Stir occasionally and watch for burning. Reduce heat as needed. Let mixture simmer for 5 to 6 minutes. If still runny, then thicken with cornstarch.

Dissolve 2 teaspoons cornstarch in 2 tablespoons water. Turn heat up to medium-high and add mixture, stir in for 30 seconds to activate the cornstarch. Remove from heat, let mixture thoroughly cool and use.

REFERENCE: [HTTPS://WWW.THESPRUCEEATS.COM/TERIYAKI-MARINADE-335321](https://www.thespruceeats.com/teriyaki-marinade-335321)

## BEEF MARINADE

PREP: 10MINS | MAKES: 3/4 CUP (4 TO 6 SERVINGS)

### INGREDIENTS

- 1/4 cup red-wine vinegar
- 2 tablespoons Worcestershire sauce
- 1/4 cup olive oil (or avocado oil)
- 1 1/2 teaspoons sea salt
- 2 teaspoons fresh oregano (finely chopped)
- 1/2 teaspoon black pepper
- 1/2 teaspoon fresh thyme (finely chopped)
- 1/4 teaspoon onion powder (or granulated onion)
- 1 to 2 cloves garlic (minced)

### METHOD

1. Place red-wine vinegar and Worcestershire sauce in a bowl and whisk together.
2. Slowly drizzle in olive oil or avocado oil, whisking constantly, until well combined.
3. Add sea salt, oregano, pepper, thyme, onion powder and minced garlic and stir until well combined. Let the mixture stand at room temperature for 5 minutes or so before using.
4. Place steak in a resealable plastic bag and pour the marinade over the top, massaging it into the meat and making sure all surfaces are coated well.
5. Seal the bag, put it on a rimmed pan to catch any escaping juices or in a shallow bowl and place in the refrigerator for about 2 1/2 hours. Marinating time for beef depends on the cut and thickness.

REFERENCE:  
[HTTPS://WWW.THESPRUCEEATS.COM/CLASSIC-STEAK-MARINADE-RECIPE-335235](https://www.thespruceeats.com/classic-steak-marinade-recipe-335235)

## Calling all memorabilia



Have you got something that you would like others to admire?

We would love to display it in our homes for all to enjoy.

Speak with the Executive Assistant at reception.

## Feedback from Griffith students

Vacenti facilitates Griffith Students during their placement throughout Vacenti homes. We love sharing great feedback as it is encouraging to all.

Here is what was said during a debrief with us:

*"Students were really impressed with how well the staff knew exactly what each resident liked and disliked and that residents were given choice."*

*"Students thought that the professional relationships staff had with the residents and their families was very special and unique."*

*"Students stated that staff were friendly and very respectful to the residents."*

*"Students felt welcomed and supported by the staff on site."*

*"Students stated that procedures/ADL's were done on site in the same way they had been taught in labs (no short cuts or poor practice)."*

*"Students stated that aged care was much 'better' than what they had thought it would be and really enjoyed their placement."*

## Australia Day Puzzle



### Australia Day 2019 Saturday, 26 January

Australia Day is the official national day of Australia. Celebrated annually on 26 January, it marks the anniversary of the 1788 arrival of the First Fleet of British ships at Port Jackson, New South Wales and the raising of the flag of Great Britain at Sydney Cove by Governor Arthur Phillip.

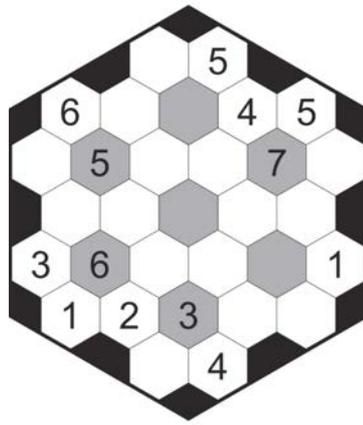
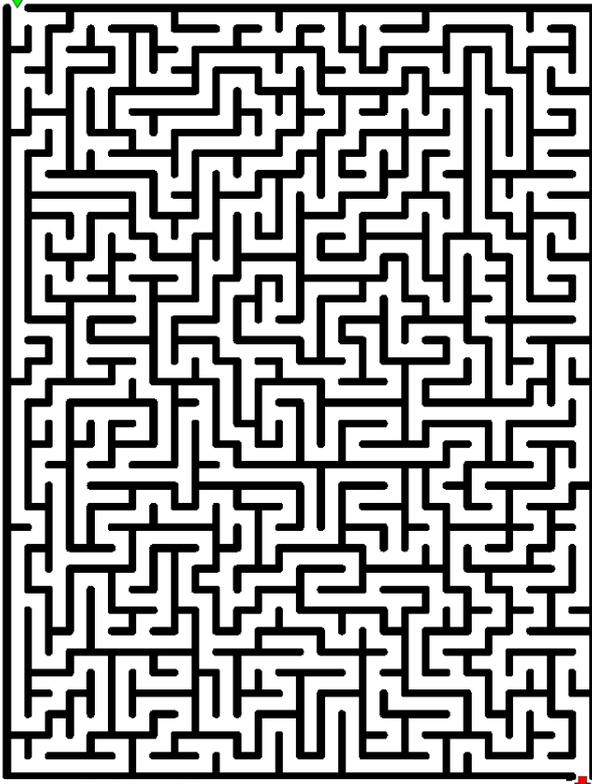
### Can you spot 10 differences between these two cartoons?

Answers: 1. Windmill loses blade. 2. "R" missing in Australia. 3. Plane gains wheel. 4. Bird moves. 5. Star appears on shorts. 6. Nose smaller. 7. BBQ leg missing. 8. House window smaller. 9. Curly tendrill altered. 10. House chimney moves.

# ACTIVITY TIME

## INTERMEDIATE MAZE

Intermediate Mazes Book 1, Maze 17



### ROSETTA



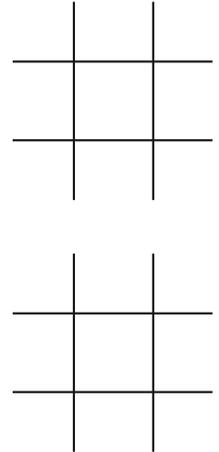
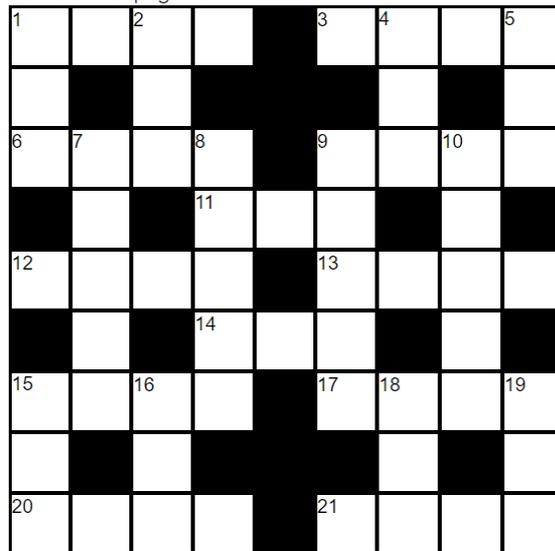
A Rosetta is made up of a centre coloured hexagon encircled by 6 white hexagons. To complete the puzzle, fill in all 7 Rosettas with each number between 1 and 7 in no particular order while also ensuring that:

1. No number is repeated in a horizontal row
2. Each number from 1 to 7 are represented in the 7 grey coloured hexagon cells.

Solution on page 12

### 9x9 Grid #1 Crossword #12

Solution on page 12



### Sudoku #1

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

#### Across

1. Military installation
3. Pallid
6. Picket line crosser
9. Make reference to
11. Employ
12. Bitter
13. Shipshape
14. Use it to catch butterflies
15. Hissy fit
17. Tool house
20. Doe or buck
21. Moved quickly

#### Down

1. City vehicle
2. Ocean
4. Boxer: Muhammad \_\_\_\_
5. The night before an event
7. Jack broke it
8. Charred
9. Dollars and \_\_\_\_\_
10. Make fun of
15. Unhappy
16. \_\_\_ got a feeling
18. Jump on one foot
19. Misfire

Easy Sudoku Volume 1, Book 1, Puzzle 1.  
Solution on page 12

