

DECEMBER-JANUARY 2022

The Sunnymeade Sentinel

Sunnymeade Park Aged Care Community



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WE'RE ALL IN THIS TOGETHER.

Sunnymeade acknowledges and pays respects to the past, present and future Traditional Custodians, the Gubbi Gubbi people and Elders of this nation and the continuation of cultural, spiritual and educational practices of Aboriginal and Torres Strait peoples.

**MERRY CHRISTMAS AND HAPPY NEW YEAR FROM
THE WALKER FAMILY AND EVERYONE AT SUNNY-
MEADE PARK AGED CARE COMMUNITY.**
Mens fishing trip to Bribie Island.



MENS FISHING DAY AT BRIBIE



ICE CREAMS AFTER A DAY AT MALENY AND LANDSBOROUGH



GLENICE SEWING AND LADIES AT LANDSBOROUGH



SECOND CHANCE CONCERT GROUP



RESIDENTS THANK-YOU BBQ FOR STAFF



A BIG THANK-YOU TO OUR GENEROUS RESIDENTS



A MESSAGE FROM THE FACILITY MANAGER



Merry Christmas & A Happy Healthy New Year

Good News Our Covid 19 outbreak is now declared over. A very big thank you to all the residents and staff who have been patient during this period. Vaccination, hand washing, and practicing social distancing is the best defence to minimise the spread and reduce the symptoms.

The Christmas parties are soon upon us. I hope to see you all there with your families and enjoying the festivities, food and entertainment. Don't forget to send your RSVP's back to Tony to book your seats. Staff will be dressing up for the month of December with Christmas themes and decorations.

November and December we welcome new staff members to Sunnymeade in both Nursing and Environmental/Catering departments. Please make them feel welcome.

Summer is just around the corner!

Don't forget keep hydrated, wear a hat, stay in the shade, apply sunscreen, and wear suitable clothing. Enjoy the sunshine!

Mandy Saunders.



Message from M

Hello December 2022 and welcome January 2023. Another year is nearly over and soon we will be welcoming in the new one. In the busy month of December it is often hard to find the time to reflect on the year that was 2022. The main topic for the past few years has been Covid 19 and this year has been no different. While this has had a real negative effect on our residents, their families and our staff by the restrictions placed upon them there is usually a positive and that is that we were all kept safe and Covid 19 was restricted to certain areas at various times. Our dedicated staff have “donned and doffed”, worked extra shifts and gone the extra mile to make sure that everyone was kept as safe and well as possible, A special thank you to the cleaners, tray-persons, laundry and kitchen staff for working extra shifts and making sure that the residents were fed nutritious food on time, had clean clothes and linen and their surroundings kept extra clean. Once again our Life style staff have been busy preparing for Christmas as have the catering staff. I would like to thank the DT staff for all the extras that they do each and every day but sometimes it is more obvious at Christmas. With the Christmas parties in full swing it is a time for families and friends both here and in the wider community to celebrate. Our gardeners and maintenance staff have all “bucked in” to make sure the grounds are kept clean, tidy and safe and that stores (sometimes by the truck load) are put away.

Once again we have had some lovely staff leave but even though we miss them it has given us the chance to meet some fantastic new ones who will soon know the residents and feel part of the family of Sunnymeade. Over the Covid impacted years we have had the services of “Agency” staff and even though they do not know our residents we were thankful for an extra pair of hands and for their willingness to fit in with our routines and policies. Sadly we have said goodbye to some long term residents and our thoughts and prayers are with their families. We hope that our new residents and their relatives, with the help of our staff, will soon feel at home.

This year was Sunnymeade’s 40th Birthday and it was celebrated with the Badge and Bar recipients and their family and friends at a wonderful Badge afternoon “Cocktail” style party. We also celebrated 40 years with Caron Groth being with us from the very first day and before we even had our first resident. Special guests included former staff some of whom were the very first employees. It was a wonderful mix of the “old” and the “new” with many friendships renewed and great conversations.

Welcoming January 2023 we are thankful for all the good things that have happened in 2022, the safe arrival of new babies, being well with more freedom, and coming to the realization that Covid will be with us for some time to come.

May you have the gladness of Christmas which is hope; The spirit of Christmas which is peace; The heart of Christmas which is love. – Ada V. Hendricks

From the Walker family to your family Merry Christmas and Happy New Year. *M*

Behind the Scenes

Hello everyone and Merry Christmas and Happy new Year to everyone at Sunnymeade. We finally got to take the men out fishing to Bribie Island and they got the chance to wet their lines. It was a great day sitting on the sandy bank fishing at Sandstone Point with quite a few bites and Ron landing one good size whiting. There was also the tales of the ones that got away with Kevin missing out on a big one. I would like to welcome a new addition Jane Capp to the Lifestyle Team. She has studied to do her Cert 4 in Lifestyle and we are very happy to welcome her into our team to add to our activity program. A big thank-you to a group of residents Theresa Rhode, Graham Cox, Euphy Fredericks and Billy Lee with other residents who put on a special thank you BBQ for the staff. We held it on the deck and many staff turned up for BBQ steaks, salad, nibblies and drinks.



Coming up in December.

We will be holding our Christmas parties on Thursday 8th for Lakeview Lodge and Banksia and Thursday 15th for Joyce, Keith and Seahaven residents. Entertainment with Nora providing the entertainment with a visit by Santas little helpers. On sale will be our usual Christmas Raffle with tickets \$2 each or 3 for \$5. Also the Lifestyle team are planning assisted Christmas Shopping bus trips and Christmas Lights bus trips to look at the Christmas lights around Caboolture.

Vale



Our sincerest condolences to the family and friends of Mick Ball, Joy Hartwell, Dawn Crowe, Vera Wicks, Max Coulter and Keith Baker on their recent passing. They will all be missed dearly.

Residents meeting dates for December/ January

Lakeview Wing: December Tuesday 6th– 10am
January Tuesday 10th- 10am

Keith Wing: December Wednesday 7th—10am
January Wednesday 11th– 10am

**RESIDENT FAMILIES AND REPRESENTATIVES ARE
ENCOURAGED TO ATTEND RESIDENTS MEETINGS.**

SUNNYMEADE PARK VOLUNTEER PROGRAM

FUN AND FRIENDSHIPS

Sunnymeade Park is looking for volunteers to be a part of the lifestyle team to help bring meaningful friendships and diversity to the resident's activity programs. As a Sunnymeade Park volunteer, you will be part of our team who work at making a difference in the quality of life for people in our Aged Care Community. The Lifestyle Team run a diverse program of activities including bingo, bowls, craft, bus trips, happy hours, concerts, singalongs, exercise programs, gardening, individual activities and cooking to name some. Your decision to volunteer at Sunnymeade Park Aged Care Community will help to achieve our vision and play a vital role in helping us improve the lives of our residents.

As a Sunnymeade Park volunteer you can expect:

- a role that is in the area of your interests as well as being safe and rewarding,
- decisions that are made transparently, fairly and applied consistently,
- relationships based on teamwork, respect and honesty,
- zero tolerance for discrimination, harassment, and bullying or intimidating behavior.

Sunnymeade will provide training, education and guidance for volunteers in assisting the residents achieve goals through enhancing holistic lifestyle programs within a supported and team orientated environment.



Some of our residents and staff having fun.

If you or anyone you know is interested or would like further information please contact Tony Griffiths, Lifestyle Coordinator at Sunnymeade Park on 54954233 Extension 114.