

June-July 2022

# The Sunnymeade Sentinel



National  
Breast Cancer  
Foundation

Sunnymeade Park Aged Care Community



Find us on:  
**facebook®**

## 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.

**Some of our residents on Mothers Day with their gifts.**



### **Covid log in for Visitors**

All visitors are required to sign in, have their temp checked and check in with the QR code at Keith Reception. If you do not have a mobile device, there is a tablet available to complete check in as per regulations for entering Aged Care Facilities.



**RESIDENTS ENJOYING TAI CHI CLASS, BIRTHDAY MORNING TEA,  
SINGALONGS AND ANZAC DAY CONCERTS.**





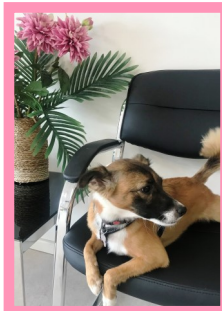
## MOTHERS DAY CONCERT 2022



*Happy mother's day*







**CARON'S CORNER** I would like to welcome all the new residents, and their families, who have taken up residency at Sunnymeade since my last article in the newsletter.

“What is Cognitive Reserve and how can you improve yours?” As we age we know there is an increased risk of dementia and other degenerative brain conditions. Dementia is a term used to talk about cognitive decline that interferes with normal daily life. Cognitive decline is a natural part of the ageing process for many people and is categorised by pathological changes to the brain. These changes can interfere with memory, reasoning and verbal function but do not necessarily prevent a person from being able to function in everyday life. Different people experience these changes in varying degrees. “What can you do to protect our brain from cognitive decline?”

The answer lies with your cognitive reserve. Cognitive reserve is a phrase used to define a person's ability to maintain normal brain function, even while living with altered brain pathology. Research shows that cognitive reserve is heavily influenced by lifestyle, health and life experiences. People who have greater resilience to cognitive decline are generally educated, have high levels of social interaction and who work in cognitively demanding occupations.

There has been considerable academic attention given to cognitive reserve over the last 15 years. It has identified four interventions that may assist in strengthening cognitive reserve: Cognitive training Increased physical activity Increased social engagement Blood pressure management Cognitive Training The brain is a complex mechanism of richly woven networks that can be built and strengthened through certain activity. In other words, it is within your power to strengthen your cognitive reserve and therefore ward off brain degenerative diseases, such as dementia and Alzheimer's Disease Activities aimed at enhancing memory, reasoning, problem solving and speed of cognitive processing are great ways to train your brain. Examples of these are learning a new language and completing crosswords. Increased Physical Activity. It is well known that exercise offers many health benefits and some of these are related to brain health. Regular physical activity is known to improve cognitive function and reduce the risk of age-related neurological disorders, including Alzheimer's. Unfortunately, there isn't much conclusive evidence to suggest how often or how much exercise is enough when it comes to brain health.

Increased Social Engagement Research shows that being socially active is a great way to protect the brain against cognitive decline. This is because the thinking, feeling, sensing, reasoning and intuition involved in social engagement is mentally stimulating and works to strengthen connections in the brain, which, in turn, helps to build cognitive reserve. Blood Pressure Management There is some research that suggests blood pressure management, particularly for people with hypertension during the midlife period (35 to 65 years) may help to prevent or delay dementia. Keeping on top of your blood pressure can be as simple as having regular check-ups with your GP, maintaining a healthy diet and exercising enough. For some people, blood pressure medicine may be required and this can be advised by your doctor. Until next time. Take care. **Caron**

## Winter on the way



Winter will be soon upon us. We are to get out those jumpers and blankets. Don't forget to wrap up warm, keep hydrated and moisturise. Hasn't it been wet this year? It's good to see all the dams full. Now let's look forward to the sunny winter months ahead. Influenza vaccinations are booked in for May with Dr. Tayeba and Dr. Patterson. If you haven't put down

your name please see the Registered Staff to organise this. Looking forward to Pink week commencing 20<sup>th</sup> June, for the Cancer foundation fund raising. Raffles, BBQ, lots of fun activities will be scheduled. Lovely to see the visitors back now Covid restrictions are easing. Don't forget to join us at the resident's meetings every month it will be great to see you there. Take Care, Mandy Saunders (Facility Manager)

## *Message from M*

Here we are in the middle of the year and still the Covid 19 virus is affecting so many people, our staff or their families amongst them. We are now also well into flu season and I am sure that the government health department will be issuing their directives shortly if they have not done so already. Thank you all for working with our staff to keep our residents as safe as possible from all the various viruses that come and go in the wider community.

While we have celebrated lots of various events over the past two months we have also experienced the most unusual weather. In my memory the days of April and May were mostly fine and warm with the evenings and nights showing the beginning of winter. This year we have had the weather breaking all sorts of records as well as breaking some people's hearts as their homes and businesses were flooded not only once but twice and in some occasions three times. Here at Sunnymeade while we have had some minor events such as flooding from the Telstra pit into our coms room and a few leaking spots in the roof we certainly have not experienced any major problems. I thank the staff for their patience in working around the leaks that still occur until the roofer can get some dry weather to not only fix our problems but importantly those people who have had major damage.

I think that you will agree with me when I say that we have the very best of the best in our Life Style Team. I must confess that I still think of them as the Diversional Therapy Team but no matter what name they are marvelous people. All through the lock down and now that restrictions have eased they have worked with the residents to ensure that all residents who wished to participate in activities could do so. Those residents who were unable or choose not to join in group activities were visited and their needs were met to the best of our team's ability. The amount of work that is done by the team behind the scenes to get activities ready and the time spent setting up for special occasions often goes unrecognized but I am sure that you will join with me in expressing our appreciation. Of course the team is supported by our wonderful kitchen staff with special treats for special occasions and now that the morning tea and luncheon bus trips are back with the morning tea and picnic hampers. If any family member or friend of the resident would like to join in the activities they would be very welcome. Of course if you have a skill of your own that you would like to share please talk with Tony, Deb or Chris.

Remember to say hello to the staff, especially any that you have not seen before. We have had some new staff and some staff who are returning after an absence who have joined the Sunnymeade family and it is important that they know who is visiting our residents. For our forgetful residents it is always nice if the staff can reassure them that you have visited. Let the staff know of any concerns that you or your residents may have. Early communication often saves a small problem from becoming a major event for you and for us. All comments are welcome.

Until we meet again I wish you all an uneventful EOFY and some fine weather. *M*

## Behind the Scenes

Hello to all again, it has been a crazy month or two with the weather. On the bright side, we have had a couple of months of fun filled times with the residents. We have commemorated Anzac Day, celebrated Easter and Mother's Day and acknowledged the tireless work the nurses do for all residents with International Day for Nurses. The residents with the help of the Lifestyle team made up a chocolate and coffee gift pack for every nurse on staff to acknowledge International Day for Nurses and the care they provide.

All residents enjoyed a gift of chocolate Easter eggs on Easter Sunday and the ladies all received a card and flowers on Mother's Day. Also on Friday 6th, Stephen Hyndman entertained the ladies at our first Mother's Day Concert and High Tea. Stephen provided everything from opera songs to Broadway. A big thank-you to the families who came in and to the kitchen staff for the lovely treats on offer that afternoon. Also we had a number of concert groups in entertaining the residents. Until next time may the wind always be at your back and the sun always shine warm upon your face.

Tony Griffiths, Lifestyle Coordinator.

### JUNE-JULY EVENTS

Coming up during the week of June 20th to 24th, Sunnymeade will be having a PINK week to raise money for cancer research. We will be having a huge raffle, pink themed events, sausage sizzle and other events for this important fundraiser. Pink Week Raffle Tickets will be on sale from 1st June 2022 for staff, families and residents.

June the 13th—17th is Men's Health Week. We have organised a bus trip for the men to visit the local Men's Shed on Monday 13th. On Friday 17th, weather permitting, we have planned a trip to Bribie Island to dangle a line into Pumicestone Passage and hopefully bring back some whiting and bream.

July 4th is the beginning of NAIDOC week. In acknowledgement of the traditional custodians of Australia, Peter Pascoe will be coming to hold a cultural session and play the didgeridoo for the residents.

*Vale*



*Our sincerest condolences to the family and friends of Patricia Ryan, Donna Revoy and Raymond Greenfield on their recent passing. They will all be missed dearly.*

Sunnymeade Park Aged Care Community are going **Pink** for a week commencing **20th June to the 24th June**.

**Raffles commence 1st June and drawn on the 24th June.**

For the week we will be selling coconut ice, melting moments, pink ribbon biscuits, scarves & beanie's and so much more.

You can dress up in pink for a gold coin donation.

**Wednesday 22nd June Sausage sizzle, drink & dessert for \$5...**Plus you can colour your hair for a donation.

Open your hearts and your pockets for this fundraiser.

**\*\*\*GO PINK\*\*\***

## **Residents meetings dates**

### **Lakeview Wing:**

**MAY Tuesday 31st—10.00 AM**

**JULY Tuesday 5th—10.00 AM**

### **Keith Wing:**

**JUNE Wednesday 1st—10.00 AM**

**JULY Wednesday 6th—10.00 AM.**

**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.