

April—May 2023

# The Sunnymeade Sentinel

Sunnymeade Park Aged Care Community



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**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.



## SUNNYMEADE EASTER RAFFLE





**PHOTOS OF RESIDENTS ENJOYING OUTINGS , MENS GROUP BBQ, BOWLS, GOLF GAMES, AND CONCERTS DURING FEBRUARY AND MARCH.**



## **A MESSAGE FROM THE CLINICAL COORDINATOR**

Reminder flu season is upon us shortly (June to September). Best time to get the annual influenza vaccination is from April to be protected for flu season. Dr Afshin and Dr Tayeba's consent forms have been made available for residents. The clinical team is making their way to ensure all residents who would like to receive the vaccination are on the list. Nil date of vaccination day at this time.

COVID Booster vaccinations (Pfizer) are now available for eligible residents. All adults can get a booster if it has been 6 months or longer since their last COVID-19 booster or confirmed COVID-19 infection. Sunnymeade has liaised with Caboolture Medical Hub for a vaccination clinic for 4<sup>th</sup> April. All consent forms has been emailed out and our clinical team are following up with residents and representatives to ensure consents have been received.

Sunnymeade is asking if residents or resident's representatives would like to be involved in the Medication Advisory Committee (MAC). A Medication Advisory Committee (MAC) consists of a group of appropriate healthcare professionals that provides advice to the aged care provider in respect to all areas of medicine management. This includes in relation to policies and procedures, medicine evidence-based practices, including updates or changes, and review of medicine incidents and quality activities within the Facility. MAC meetings occur every 3 months. Anyone who may be interested in being a spokesperson for the residents. Please email [clinical@sunnymeadepark.com.au](mailto:clinical@sunnymeadepark.com.au) if you are interested or wanting further information.

*From the Clinical Coordinator Samantha Watkinson*

## *Message from M*

Hello to everyone from the Scarborough shores of Moreton Bay. As the summer weather continues I am so pleased that we live where we live, as the breeze from over the water certainly helps to moderate the temperature. Of course when the wind blows from the south east and brings with it the rain, then it is a rush to close the doors so that we don't get wet floors and my indoor plants don't get blown away. Marian Wright Edelman said: In every seed of good there is always a piece of bad.

I would like to welcome all the new staff to our Sunnymeade family and hope that they will soon feel at home. I also say welcome to the staff who are returning after honing their skills in other fields of nursing. I know that it is difficult for our residents when there is a new person to do their cares or dress their wounds but if everyone is friendly and smiling, willing to listen and try to understand each other then I believe that we will have a happy family and the needs of both staff and residents will be met.

The lifestyle team have been busy with all manner of entertainment for residents and their families. The coffee morning teas are a tremendous success and it is great to see so many families being involved. St Patrick's Day was certainly a celebration of everything Irish on both sides of the car park for the residents and their families while the multimedia room was a meeting of the staff for a BBQ lunch cooked by director Michael. The staff certainly got into the spirit of "the wearing of the green" with many different styles and fashions. The BBQ was also attended by Candice our new, soon to be, Staff Liaison. Teresa will soon be able to work less days and will be able to concentrate on organizing staff education etc.etc.etc. There is always something to do for all staff and sometimes the list of things that must be done seems to grow rather than diminish. It is may be true that "many hands make light work" but that is only true if everyone knows the job that they are doing and are willing to learn and change. The late Queen Elizabeth said, "It is often the small steps, not the giant leaps that bring about the most lasting change".

I am finding that you are never too old to learn as I have just finished putting a "flat pack" of wooden shelves together. All the pieces went where they were supposed to go and it was so easy tightening the screws with my electric drill. It stands straight, does not wobble and looks quite smart with an assortment of plants on it.

With Easter only days away the lifestyle team are busy decorating the lounge areas and organizing their Easter themes. The Easter raffle looks good enough to eat and I am sure that the winners will need a sweet tooth to enjoy it all.

Les and I wish you all a very Blessed Easter and we hope that the blessings of Easter will continue for us all forever. *M*

## Behind the Scenes

A big hello to all the families and friends of Sunnymeade Park Community. The residents have had an active couple of months with outings to Bribie Island Museum, Beachmere, Scarborough and the Glasshouse Mountains. Our male residents had their first of monthly BBQ's on the deck with sausages, meatballs and salad with a few amber ales. We celebrated Valentines Day with all the residents receiving a chocolates hearts gift pack. Our monthly Coffee Club morning was held on Saint Patricks Day and was enjoyed by the residents and their families with some live music. Our Easter Raffle is on display at Sunset Lodge and residents will have a surprise visit from the Easter Bunny.



### COMING UP IN APRIL AND MAY

Our next Coffee Club morning will be on the deck on Thursday 27th with friends and residents all welcome. We will commemorate Anzac Day on Monday 24th. The men will have their monthly BBQ and in May we will celebrate Mothers Day. May 12th is International Nurses Day and the residents will be providing a special thank-you to all the nursing staff for all their continuing care and kindness.

Lifestyle Coordinator Tony Griffiths

*Vale*



*Our sincerest condolences to the family and friends of Michael Sprawson, Joyce Lees, Beryl Byquar, John McGuire, Barbara Swallow, Ruth Gray and Magdalena Muir on their recent passing. They will all be missed dearly.*

## **Residents meeting dates for April – May**

**Lakeview Wing : April Monday 3rd at 10am**

**May Wednesday 3rd at 10am**

**Keith Wing : April Tuesday 4th at 10am**

**May Tuesday 2nd at 10am**

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



# Sunshine Singers

## Dementia Choir

**For people  
diagnosed with  
dementia**

**who are music lovers  
and want to sing in a  
choir.**

**Singing brings  
meaning, togetherness  
& joy. Other benefits  
could be better  
thinking and mental  
health. See the link  
below for other  
information.**

**Our Dementia Choir: ABC iview**

**Family carers and/or  
supporting staff must  
be in attendance.**

**Please register:**

**Anne Bowyer: 0416 921 963  
Vince & Lorrae O'Rourke;  
0418 298 183;  
[careroutlook@gmail.com](mailto:careroutlook@gmail.com)  
[www.scdementia.com.au](http://www.scdementia.com.au)**



**At St Andrew's  
Anglican Church,**



**46 Upper Gay Terrace,  
Kings Beach, Caloundra.  
2<sup>nd</sup> Fridays, school terms, 2023.**

**Launch of rehearsals is on Feb 17<sup>th</sup>  
10 – 11.30 am. Morning tea included.**

**Donations are welcomed.**

**Ample parking beside the church.**



**Choir Leaders:** Anne and  
Reverend Jeanette bring  
their years of musical  
experience to create this  
compassionate and social  
activity.

# Easter Word Search



K Q K T Z S F G W B R W E V Q Q H J M S  
W R N M P P A R A D E T L K C I H C L G  
V U P R Y Q H F I T O R R A C A S K U G  
H L I Q G U L M H J A E E H A G Z N F E  
D N Z Y L F I I I G H N S T O C P J R M  
G C X Q K P H F K H Y A B R F P E V O Z  
Y P C T U M G W E B J X E N C P Z U L G  
E L Q P Y K A T P L O X I O E P X I O X  
T T E S O U A D R A K O U E W A P T C F  
Y O A Q S R I R M T N O F F Y F S X Q U  
B I M L O P D S N A E B Y L L E J T U N  
A N Y C O V E F I N D Y R A V K W H E F  
S X E L M C F E L M D P I U D C V Z G R  
K D D Q G S O W P S I O B T V N A C Y W  
E L O R T Z Z H W I H Z K U O N U N D O  
T P A A U B P O C M F L O W E R S S D O  
H S E Z A U N R U U B T T P V G D Y B Y  
S R Y Q F N O I X J K G C D C E E Q X C  
T V D H P N O L I W U W R I D S W P B C  
G Y Q W V Y T U Y L U H T G W V C M R H



BASKET  
CARROTS  
COLORFUL  
EASTER  
FLOWERS  
HIDDEN

JELLYBEANS  
SPRING  
BUNNY  
CHICK  
DECORATE  
EGGS

HOP  
CHOCOLATE  
PARADE  
SUNDAY  
CANDY  
FUN

DYE  
FIND  
GRASS  
HUNT  
PEEPS  
TREATS

# APRIL ACTIVITY PLANNERS

THIS PLANNER IS SUBJECT TO CHANGES IF REQUIRED

(Joyce Keith Seahaven)

APRIL

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
3 <sup>RD</sup>		4 <sup>TH</sup>		5 <sup>TH</sup>		6 <sup>TH</sup>		7 <sup>TH</sup>		8 <sup>TH</sup>		9 <sup>TH</sup>	
10.00 BOWLS		10.00 RESIDENT MEETING		8.45 SHOPPING BUS		10.00 EASTER BUNNY VISIT		GOOD FRIDAY PUBLIC HOLIDAY		REFLECTIONS		REFLECTIONS	
1.30 INDIVIDUALS		10.30 CRAFT-PINATAS		MORNING CATHOLIC VISITS		1.30 ICE CREAM TROLLEY				VISITATIONS		VISITATIONS	
		1.30 INDIVIDUALS		10.00 BINGO									
				1.30 INDIVIDUALS									
10 <sup>TH</sup>		11 <sup>TH</sup>		12 <sup>TH</sup>		13 <sup>TH</sup>		14 <sup>TH</sup>		15 <sup>TH</sup>		16 <sup>TH</sup>	
EASTER MONDAY PUBLIC HOLIDAY		10.00 CONCERT-YOUNG AT HEART		10.00 BINGO		10.00 ICE CREAM TROLLEY		9.30 MORNING TEA BUS TRIP-CALOUNDRRA		REFLECTIONS		REFLECTIONS	
		1.30 INDIVIDUALS		1.30 WHACKY AFTERNOON JOYCE		1.30 HAPPY HOUR COMBINED MEDIA ROOM		1.30 MOVIE AFTERNOON		VISITATIONS		VISITATIONS	
17 <sup>TH</sup>		18 <sup>TH</sup>		19 <sup>TH</sup>		20 <sup>TH</sup>		21 <sup>ST</sup>		22 <sup>ND</sup>		23 <sup>RD</sup>	
10.00 BIRTHDAY MORNING TEA		11.00 MENS GROUP BBQ ON THE DECK		8.45 SHOPPING BUS		9.30 UNITING CHURCH SERVICE		10.00 ANZAC BISCUIT COOKING		REFLECTIONS		REFLECTIONS	
1.30 INDIVIDUALS		1.30 INDIVIDUALS		MORNING CATHOLIC VISITS		10.00 MEXICAN COOKING				VISITATIONS		VISITATIONS	
				10.00 BINGO		1.30 ICE CREAM TROLLEY							
				1.30 PINATA PAINTING									
24 <sup>TH</sup>		25 <sup>TH</sup>		26 <sup>TH</sup>		27 <sup>TH</sup>		28 <sup>TH</sup>		29 <sup>TH</sup>		30 <sup>TH</sup>	
10.00 BOWLS TOURNAMENT		ANZAC DAY PUBLIC HOLIDAY		10.00 BINGO		10.00 COFFEE CLUB MORNING ON THE DECK		10.00 GARDENING GROUP		REFLECTIONS		REFLECTIONS	
1.30 INDIVIDUALS				1.30 PAMPER		ICE CREAM TROLLEY				VISITATIONS		VISITATIONS	

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(Lodge, Lakeview, Banksia)

APRIL

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Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
3 <sup>RD</sup>		4 <sup>TH</sup>		5 <sup>TH</sup>		6 <sup>TH</sup>		7 <sup>TH</sup>		8 <sup>TH</sup>		9 <sup>TH</sup>	
9.30 EXERCISES WITH TONY		9.30-10.30 MORNING TEA WITH LIVING GEMS		8.45 SHOPPING BUS		9.30 MORNING TEA BUS TRIP BRIBIE ISLAND		GOOD FRIDAY PUBLIC HOLIDAY		REFLECTIONS		REFLECTIONS	
10.00 RESIDENTS MEETING		BUS LIST		CATHOLIC VISITATIONS		10.00 LADIES PAMPER				VISITATIONS		VISITATIONS	
10.30 BIRTHDAY MORNING TEA		1.30 ICE CREAM TROLLEY		10.00 BINGO									
1.30 INDIVIDUALS				1.30 EASTER CARD MAKING									
10 <sup>TH</sup>		11 <sup>TH</sup>		12 <sup>TH</sup>		13 <sup>TH</sup>		14 <sup>TH</sup>		15 <sup>TH</sup>		16 <sup>TH</sup>	
EASTER MONDAY PUBLIC HOLIDAY		10.00 BOWLS		10.00 HOY		10.00 ART		10.00 TABLE TOP GAMES		REFLECTIONS		REFLECTIONS	
		1.30 ICE CREAM TROLLEY		1.30 INDIVIDUALS		1.30 HAPPY HOUR COMBINED MEDIA ROOM				VISITATIONS		VISITATIONS	
17 <sup>TH</sup>		18 <sup>TH</sup>		19 <sup>TH</sup>		20 <sup>TH</sup>		21 <sup>ST</sup>		22 <sup>ND</sup>		23 <sup>RD</sup>	
9.30 EXERCISES WITH TONY		10.00 FLOOR GAMES		8.45 SHOPPING BUS		9.30 UNITING CHURCH SERVICE		9.30 LUNCH BUS TRIP-CALOUNDRRA		REFLECTIONS		REFLECTIONS	
10.00 WORD FUN		MENS GROUP BBQ		CATHOLIC VISITATIONS		10.00 GARDENING GROUP				VISITATIONS		VISITATIONS	
1.30 INDIVIDUALS		BUS LIST		10.00 BINGO		1.30 LADIES PAMPER							
		1.30 ICE CREAM TROLLEY		1.30 INDIVIDUALS									
24 <sup>TH</sup>		25 <sup>TH</sup>		26 <sup>TH</sup>		27 <sup>TH</sup>		28 <sup>TH</sup>		29 <sup>TH</sup>		30 <sup>TH</sup>	
9.30 EXERCISES WITH TONY		ANZAC DAY PUBLIC HOLIDAY		10.00 HOY		10.00 COFFEE CLUB MORNING ON THE DECK		10.00 MOVIE MORNING		REFLECTIONS		REFLECTIONS	
10.00 ANZAC DAY DISCUSSION				1.30 SEWING AND WOOL CRAFT		1.30 INDIVIDUALS				VISITATIONS		VISITATIONS	
1.30 INDIVIDUALS													

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# MAY ACTIVITY PLANNERS

THIS PLANNER IS SUBJECT TO CHANGES IF REQUIRED

(Joyce Keith Seahaven)

**MAY**

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
1 <sup>st</sup>	<b>MAY DAY PUBLIC HOLIDAY</b>	2 <sup>nd</sup>	9.30 EXERCISES WITH TONY 10.00 RESIDENTS MEETING 10.30 FLOOR GAMES 1.30 INDIVIDUALS	3 <sup>rd</sup>	8.45 SHOPPING BUS CATHOLIC VISITATIONS 10.00 BINGO 1.30 INDIVIDUALS	4 <sup>th</sup>	10.00 ART AND CRAFT NURSE DAY 1.30 ICE CREAM TROLLEY	5 <sup>th</sup>	9.30 MORNING TEA BUS TRIP (MELDALE)	6 <sup>th</sup>	REFLECTIONS VISITATIONS	7 <sup>th</sup>	REFLECTIONS VISITATIONS
8 <sup>th</sup>	10.00 BOWLS TOURNAMENT  1.30 INDIVIDUALS	9 <sup>th</sup>	9.30 EXERCISES WITH TONY 10.00 BIRTHDAY MORNING TEA 1.30 MOVIE AFTERNOON	10 <sup>th</sup>	LIBRARY BOOKS  10.00 BINGO 1.30 HAPPY HOUR (KEITH)	11 <sup>th</sup>	10.00 FUN WITH WORDS 1.30 ICE CREAM TROLLEY	12 <sup>th</sup>	INTERNATIONAL DAY FOR NURSES  MOTHERS DAY FLOWERS PREP	13 <sup>th</sup>	REFLECTIONS VISITATIONS	14 <sup>th</sup>	MOTHERS DAY
15 <sup>th</sup>	10.00 MOTHERS DAY COFFEE CLUB- KEITH LOUNGE	16 <sup>th</sup>	10.30 CONCERT – YOUNG AT HEART  1.30 PAMPER	17 <sup>th</sup>	8.45 SHOPPING BUS CATHOLIC VISITATIONS 10.00 BINGO 1.30 BOOK READING (JOYCE)	18 <sup>th</sup>	9.30 UNITING CHURCH SERVICE 10.00 TWISTER BEAN BAG GAME 1.30 ICE CREAM TROLLEY	19 <sup>th</sup>	9.30 LUNCH BUS TRIP (NORTH PINE DAM)	20 <sup>th</sup>	REFLECTIONS VISITATIONS	21 <sup>st</sup>	REFLECTIONS VISITATIONS
22 <sup>nd</sup>	10.00 BOWLS  1.30 INDIVIDUALS	23 <sup>rd</sup>	9.30 EXERCISES WITH TONY 10.00 WHITEBOARD GAMES 1.30 MSU ACTIVITY	24 <sup>th</sup>	10.00 BINGO	25 <sup>th</sup>	10.00 GOLF GAME  1.30 ICE CREAM TROLLEY	26 <sup>th</sup>	10.00 MOVIE MORNING	27 <sup>th</sup>	REFLECTIONS VISITATIONS	28 <sup>th</sup>	REFLECTIONS VISITATIONS
29 <sup>th</sup>	10.00 BOWLS  1.30 INDIVIDUALS	30 <sup>th</sup>	9.30 CONCERT – MLOC (KEITH LOUNGE)  11.00 MENS BBQ ON THE DECK	1 <sup>st</sup>	10.00 BINGO  1.30 SEAHAVEN MSU ACTIVITY	2 <sup>nd</sup>	10.00 PIKELET COOKING  1.30 ICE CREAM TROLLEY	3 <sup>rd</sup>	10.00 COMBINED HAPPY HOUR (MEDIA ROOM)	4 <sup>th</sup>	REFLECTIONS VISITATIONS	5 <sup>th</sup>	REFLECTIONS VISITATIONS

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(Lodge, Lakeview, Banksia)

**MAY**

THIS PLANNER MAY BE SUBJECT TO CHANGES IF REQUIRED.

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
1 <sup>st</sup>	TONY AWAY  <b>MAY DAY PUBLIC HOLIDAY</b>	2 <sup>nd</sup>	10.00 FLOOR GAMES  1.30 ICE CREAM TROLLEY	3 <sup>rd</sup>	8.45 SHOPPING BUS 10.00 RESIDENTS MEETING 10.30 BINGO MEDIA ROOM CATHOLIC VISITATIONS	4 <sup>th</sup>	10.00 ART AND CRAFT (NURSING GIFTS) 1.30 BOOK READING	5 <sup>th</sup>	10.00 INTERNATIONAL NURSES DAY GIFTS WITH RESIDENTS.	6 <sup>th</sup>	REFLECTIONS INDIVIDUALS	7 <sup>th</sup>	REFLECTIONS INDIVIDUALS
8 <sup>th</sup>	9.30 MORNING EXERCISES WITH TONY 10.00 BIRTHDAY MORNING TEA 1.30 INDIVIDUALS	9 <sup>th</sup>	10.30 CONCERT – SECOND CHANCE  1.30 ICE CREAM TROLLEY	10 <sup>th</sup>	10.00 HOY MEDIA ROOM  1.30 COMBINED HAPPY HOUR KEITH	11 <sup>th</sup>	10.00 QUIZ/ DISCUSSION (NURSING THEME)  1.30 PAMPER	12 <sup>th</sup>	9.30 MORNING TEA BUS TRIP (MELDALE )  INTERNATIONAL DAY FOR NURSES	13 <sup>th</sup>	REFLECTIONS INDIVIDUALS	14 <sup>th</sup>	MOTHERS DAY
15 <sup>th</sup>	10.00 MOTHERS DAY COFFEE CLUB – KEITH LOUNGE 1.30 INDIVIDUALS	16 <sup>th</sup>	10.00 BOWLS  1.30 ICE CREAM TROLLEY	17 <sup>th</sup>	8.45 SHOPPING BUS CATHOLIC VISITATIONS 10.00 BINGO MEDIA ROOM 1.30 ART THERAPY	18 <sup>th</sup>	9.30 UNITING CHURCH SERVICE 10.00 GOLF GAME 1.30 INDIVIDUALS	19 <sup>th</sup>	10.00 MOVIE MORNING	20 <sup>th</sup>	REFLECTIONS INDIVIDUALS	21 <sup>st</sup>	REFLECTIONS INDIVIDUALS
22 <sup>nd</sup>	9.30 MORNING EXERCISES WITH TONY 10.00 WHITEBOARD GAMES 1.30 INDIVIDUALS	23 <sup>rd</sup>	10.30 CONCERT – BOOM BABY  1.30 ICE CREAM TROLLEY	24 <sup>th</sup>	10.00 HOY MEDIA ROOM 1.30 DT PLANNING	25 <sup>th</sup>	10.00 TABLE TOP GAMES  1.30 PAMPER	26 <sup>th</sup>	9.30 LUNCH BUS TRIP NORTH PINE DAM	27 <sup>th</sup>	REFLECTIONS INDIVIDUALS	28 <sup>th</sup>	REFLECTIONS INDIVIDUALS
29 <sup>th</sup>	9.30 MORNING EXERCISES WITH TONY 10.00 ART THERAPY 1.30 INDIVIDUALS	30 <sup>th</sup>	11.00 MENS GROUP BBQ  10.00 LADIES MOVIE MORNING 1.30 ICE CREAM TROLLEY	1 <sup>st</sup>	10.00 BINGO MEDIA ROOM 1.30 CRAFT THERAPY PHOTO FRAMES	2 <sup>nd</sup>	10.00 FLOOR GAMES (MEDIA ROOM)  1.30 INDIVIDUALS	3 <sup>rd</sup>	10.00 COMBINED HAPPY HOUR ( MEDIA ROOM )	4 <sup>th</sup>	REFLECTIONS INDIVIDUALS	5 <sup>th</sup>	REFLECTIONS INDIVIDUALS

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## 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.