

# Neighbourhood news

Our latest news and favourite moments



Groundwater Lodge  
Yaralla Place

December 2022

## From the Manager



### Judy Fisher

Yaralla Place was recently independently audited by Aged Care Quality Assessors from the Australian Government. This is a standard process that residential aged care providers undergo every one to three years. I am very pleased that this thorough audit determined that Yaralla Place meets all requirements stipulated in the Aged Care Standards. In other words, we passed with flying colours!

In an industry where many providers fall short of the level of care residents and their families deserve, I'm so proud of our team for consistently working together to put residents first. We will publish this glowing report on our website as soon as it is available to the public.

Next year promises to be an exciting period of growth for PresCare Maryborough with continued enhancements and more private suites available to support locals. I look forward to sharing more updates about our Groundwater Lodge upgrades in the coming months.

***I wish you all a very Merry Christmas and a happy and healthy New Year.***



Groundwater Lodge resident, John with his daughter, Joy

## It's beginning to look a lot like Christmas!

***We can really feel the excitement of Christmas building here at Yaralla Place and Groundwater Lodge. There's so much to love about this time of year! Our two communities are busy getting ready to embrace those treasured Christmas traditions that make the festive season special for everyone.***

To get us all in the spirit, residents have been decorating the trees in each household, and baking delicious Christmas sugar biscuits. We're all looking forward to our Carols by Candlelight evening, the Christmas Tombola, and of course coming together for our resident Christmas parties. Our therapy dog, Khaleesi, has been loving dressing up in her Christmas outfits, and we can't wait for Santa to visit both communities!

At PresCare, we love supporting residents to continue their valued connections with loved ones, especially at this time of year. Residents and visitors can join our special Christmas Eve Church services, and we encourage family and friends to come and share some time together in our many welcoming indoor and outdoor spaces.

***"The staff are marvellous at involving the residents in Christmas activities."***

*Please note that visiting protocols are subject to the latest COVID-19 guidelines issued by Queensland Health. Please phone (07) 4120 5800 for information about any visitor restrictions or screening requirements.*



## Festive favourites

*Professional Chef Fab, Apollo Care's Environmental Services Manager, has been working closely with the Food Service Team at PresCare to ensure residents enjoy delicious, nutritious food with a focus on fresh, seasonal ingredients.*

Like all of us, Fab loves how festive food brings people together. Christmas just isn't the same without favourites like fresh salads, glazed ham, roast turkey, summer fruits, decadent desserts and spiced biscuits.

Fab and Head Chef Matthew have designed the Christmas party menu and other special Christmas treats for residents to enjoy with their loved ones. Like these gingerbread biscuits that residents and visitors will receive leading up to Christmas.

*If you're keen to try Fab's gingerbread recipe at home, you'll find it on the PresCare Facebook page and website. You can also find other stories and photos from some of our favourite moments this year.*



## Special Events

<b>Thurs 8th Dec</b>	Carols with the Songbirds, Groundwater Lodge
<b>Mon 12th Dec</b>	Resident Christmas Party Acacia Household, Yaralla Place
<b>Tues 13th Dec</b>	Resident Christmas Party Banksia Household, Yaralla Place
<b>Thurs 15th Dec</b>	Resident Christmas Party Grevillia Household, Yaralla Place
<b>Fri 16th Dec</b>	Resident Christmas Party, Groundwater Lodge
<b>Thurs 22nd Dec</b>	Carols by Candlelight, Yaralla Place
<b>Sat 24th Dec</b>	Christmas Eve Chapel Services
<b>Sun 25th Dec</b>	Christmas Day Lunch

## Christmas Party Menu

### Entrées

Prawn Cocktail  
Cheesy Vol Au Vent  
Charcuterie & Cheese Platter

### Mains

Honey Glazed Ham  
Roast Turkey with Cranberry Sauce  
Roast Pork with Crackling & Apple Sauce  
Roast Vegetables

### Dessert

Mango & Berry Trifle  
Passionfruit & Strawberry Pavlova  
Christmas Fruit Pudding & Custard  
Croquembouche

*Family members are welcome to join for \$30 per head. Please book and pre-pay at Reception.*

## Feedback

**Feedback is important to us so we can make positive changes.**

We also love hearing when we're doing something well. To provide feedback, you can:

1. Tell us in person
2. Fill out a feedback form (located at Reception and each Household), and place in the feedback box or hand it to a staff member
3. Email Apollo Care's Chief Governance Officer at [feedback@apollocare.com.au](mailto:feedback@apollocare.com.au)

# Notice board



## Spring Carnival celebrations

***When COVID prevented residents and staff at Yaralla Place from coming together on Melbourne Cup Day, we had to switch to plan B.***

On Tuesday 22nd November, we celebrated Spring Carnival instead! Residents dressed up in their finery and enjoyed a special afternoon tea, fun horse racing games and a lot of laughs.



## Birthday wishes!

***Happy birthday to residents who are celebrating their special days:***

George, Lorraine, May, Kathleen, Kenny, Anne, Marie, Margaret, Aileen, Barbara, Errol, Patricia, Christine, Alison, Jacob, Nellie, Aroha, Rita, Delia, Shirley, Warren, Henry, John, Beryl, Ken, Noel, Kathleen, Joan, Lily, Lorna, John, James and Trevor.

## PresCare communities welcoming new residents

***We're delighted to be able to provide expert care for even more residents in the local area.***

Apollo Care's investment in Groundwater Lodge has doubled the capacity of our specialist dementia household, and we're now able to support 20 residents with advanced memory support needs. Plans are also underway to open an additional nine general private suites in Groundwater's Bottlebrush Household in the coming months. With its peaceful homestead feel, this community offers a unique country-style living experience for Maryborough locals who love having a connection to outdoors spaces.

These refurbishment programs are just some of the ways Apollo Care is helping regional aged care communities like PresCare thrive. Their continued investment in recruitment, technology, best-practice care governance, spiritual care and staff culture is ensuring that PresCare can continue to offer a valued service in Maryborough. Apollo Care now comprises seven not-for-profit aged care communities across Queensland and New South Wales. Visit [apollocare.com.au](http://apollocare.com.au) for more details.



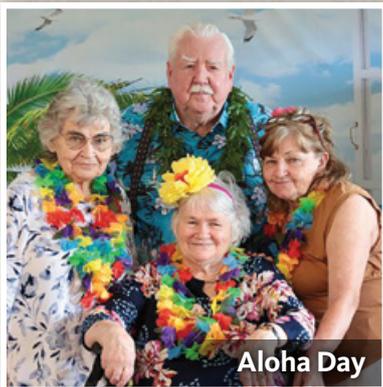
## Favourite moments



Seniors Week



Lighthorse Brigade visits



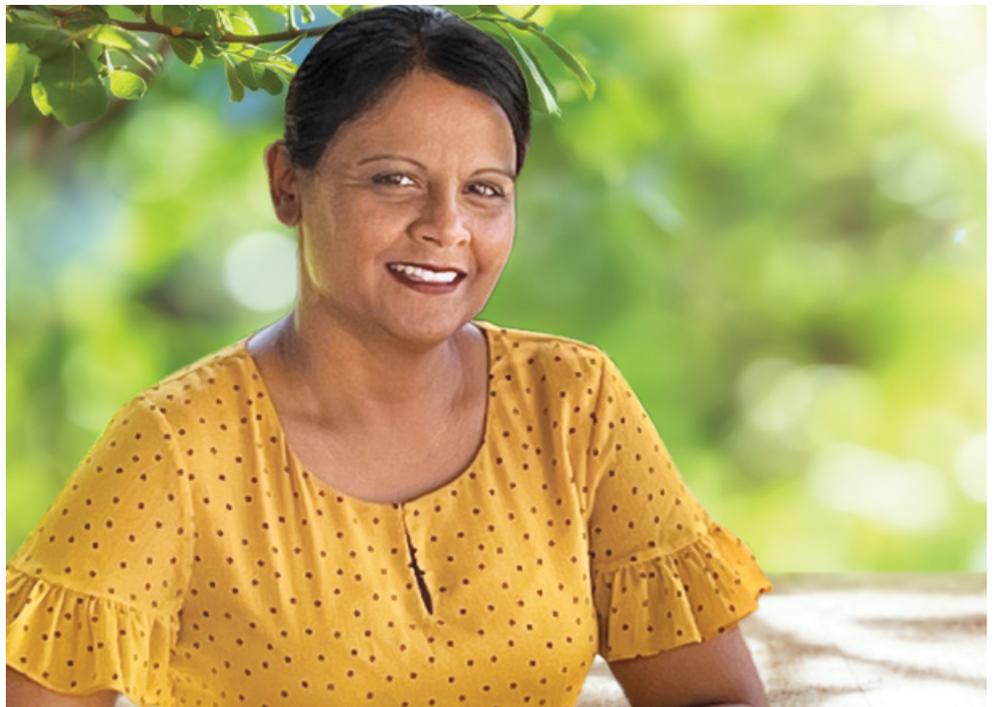
Aloha Day



Melbourne Cup



Our therapy dog, Khaleesi



## Staff profile



### Meet Rozina, our highly experienced Care Manager

Rozina leads our Clinical Care team at Yaralla Place and Groundwater Lodge. Qualifying as a Registered Nurse in Fiji, she moved to Hervey Bay in 2004. She's worked in the aged care sector for 17 years, and has held senior clinical positions for the last decade.

#### *Why did you choose aged care as your career path?*

When I lived in Fiji, there was no aged care, so when I moved here I was attracted to this type of Nursing because it was new and different. I love how interesting and varied my role is compared to Nursing in the hospital setting.

#### *How do you support your team to provide the best possible care to residents?*

I take a very hands-on approach to make sure each member of our Clinical Care team feels closely supported in their role. I believe in consistent and open communication, and in empowering my team to make the right clinical decisions.

#### *How would you describe the culture of care here?*

People come together to help each other every day. Every member of our team is respectful, puts residents first, and goes above and beyond to make sure residents are supported to live their best lives.

#### *What would you say to others considering a Nursing career in aged care?*

It's very rewarding getting to know these amazing residents and their families. It means a lot to know you're making a difference in their lives. It's just as rewarding to develop skills across such a wide spectrum of Nursing, and to have the support to continue upskilling and growing through mentorship and training.