



OCTOBER 2021

NEWSLETTER

THIS ISSUE

A MESSAGE FROM EMMA ALEXANDER

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What's new for October?

Firstly – I would like to remind all families and friends to forward your COVID Vaccination evidence to Jacky jacky@thepalms.net.au or Robyn reception@thepalms.net.au as soon as possible as we plan and prepare to be permitted to welcome families back on site again.

The Palms is working hard to be a “COVID Safe Residential Aged Care Facility”.

To assist Residents, Families and Staff to feel and remain connected please see some frequently asked questions.

Q. How do I know if my loved one is happy?

A. During these COVID times it is understandable that someone may feel sad. Things we can do to look out for each other are:

- We continue to offer daily in-house activities such as bingo, armchair travels, gardening, reading club.
- Stay connected – book Facetime calls, write a letter for staff to read, send photos,
- Reminiscence or drop off a care package.
- For more assistance we can also arrange reviews by GP's or counselling.

Q. What about the meals?

A. The meals and menus are reviewed by residents and our Consumer Liaison Officer, Jacky. Just last week the Spring - Summer menu was reviewed by Jacky and her team of residents. In addition to this, every day after lunch O'Neil our Head Chef seeks feedback from the residents and staff about the main meal served.

Q. Lifestyle choices?

A. Each month, the residents are given a monthly calendar as well as having large menus on display that show all the activities available for each day. Residents are also provided with ideas of some self-directed activities that they can participate in also. Our Recreation Activities Staff meet regularly to discuss the program and work hard to find activities to do that provide “COVID Safe” fun.

Congratulations Emma on your Engagement  



BIRTHDAYS FOR OCTOBER

October Birthstones



Those born in October enjoy two spectacular birthstones to commemorate their birthdays – opal and tourmaline. Both October birthstones have endless color combinations and beautiful coloring characteristics. Learn more about these two October birthstones and discover the perfect gift for those born in the tenth month.

OPAL

The opal birthstone can be found in many places. The fields of Australia are the most productive in the world for the October birthstone. Ethiopia, Mexico and Brazil are also important sources. Additional deposits have been found in Central Europe, Honduras, Indonesia, Madagascar, Peru, Turkey and the United States.

Lightning Ridge, a small town in New South Wales, Australia, is famed for producing prized black opal. A dry and rocky region softened only by small trees and scrub brush, Lightning Ridge gets little rain and bakes in the scorching summer temperatures. The climate is so unforgiving that miners often live underground to find respite from the punishing heat.

TOURMALINE

Tourmaline is the newer October birthstone. The name comes from the Sinhalese word toramalli, which means “stone with mixed colors,” because it often has multiple colors in one crystal. Very few gems match tourmaline’s dazzling array of colors. Perhaps this is why ancient mystics believed this October birthstone could inspire artistic expression – it has a color palette for every mood. Among the most popular are the pink and red rubellites, the emerald green “chrome” tourmalines, and the neon green and blue-to-violet “paraiba” tourmalines.

October Birth Flowers



Marigold, is one of the two official birthday flowers for **October**. Native to the New World, it is currently a popular annual ornamental plant in many North American gardens and the rest of the world. The October birth flower comes in many colors, but the most popular ones are the orange marigolds that symbolize **passion and creativity** because of their vibrant color. Because of their diversity, these flowers convey different meanings that include **cheer, joy, remembrance, wealth, success, hard work, and winning over someone’s love**. The other birthday flower for October is the cosmos flower.

Cosmos flowers, which also belong in the Asteraceae family, are prolific blooms that showcase lots of flowers for months. Native to Mexico, this October birth flower occurs in various parts of the world, including the US, South Africa, and Argentina.

**BIRTHDAY CELEBRATIONS
WILL BE HELD ON THE 13TH
OF OCTOBER**

2021



**HAPPY BIRTHDAY TO THE
FOLLOWING RESIDENTS**

Alkira

Joyce England	1 st
Betty Brown	10 th
Santa Mastroieni	20 th

Allambie

Joyce Hetherington	9 th
Judith Pettiford	27 th

**HAPPY BIRTHDAY
FROM ALL OF US
HERE AT
THE PALMS!!!**



THIS & THAT

WHAT'S ON FOR OCTOBER

- 1st International Music Day
- 3rd Daylight Savings Begins – Clocks move forward
- 3rd NRL Grandfinal – Special afternoon tea
- 4th Labour Day Holiday
- 8th Palms Harmony day (German theme)
- 12th Resident & Relative Meeting
- 13th Monthly Birthday Celebrations
- 31st Grandparents Day Celebrations
- 31st Halloween



BUS TRIPS



BUS TRIPS ARE ON A TUESDAY AND FRIDAY
(Postponed until further notice)

VISITING

We are looking forward to welcoming visitors back to The Palms. At the time of printing we are yet to receive any official notice that visiting has been authorised by NSW Health and the Dept of Health and what the guidelines will be.

From media reports, only fully vaccinated people over 12 years will be permitted. The Palms will also be requesting a negative PCR test within 72 hours of your planned visit to minimise our risk (this is what our staff are currently doing). The Palms is also working on an online booking system to manage these visits. Stay tuned for further details whilst we await official guidelines. In the meantime, please keep sending in your COVID Vaccination certificates to Jacky or Robyn.

REMINDER: VIRTUAL VISITS AVAILABLE

If you would like to book a virtual visit (facetime or WhatsApp), please call reception to book a time that suits.

Residents and Relatives Meeting

Our Monthly meeting will be held on Tuesday 12th October.

This month we are inviting Relatives to nominate agenda items that they would like discussed.

If you have an item for the meeting, please email it through to reception@thepalms.net.au by Sunday 10th October.

The meeting will be available via zoom. If you would like the link to join the meeting, please contact reception.



With the NRL competition for 2021 over, our footy tipping has been finalised.

Well done to all our participants, it was a close season.

Our main prizes go to:

- | | |
|-----------------------|------------------|
| 1 st Place | Lalla Higgins |
| 2 nd Place | Raymond Sabourin |
| 3 rd Place | Bill Merchant |

Congratulations to everyone who participated

Care Plans

The Palms works in consultation with residents and or their designated decision maker to ensure you get the care and services you need for your health and wellbeing. If you would like a copy of your current care plan or would like to discuss your care please speak to Laxmi or email laxmi@thepalms.net.au.

Staying Connected

Care packages, magazines, letters for staff to read, emails for staff to read, photos of loved ones are all welcome here. Please use our drop box in driveway for any packages.

PLEASE DON'T LEAVE ANY ITEMS AFTER 4PM.

GRANDPARENTS DAY

Remember to send through some photos of your loved ones with their grandchildren for our special Photo display on Grandparents Day.

All photos should be sent to Robyn at reception@thepalms.net.au

We look forward to displaying their photos but most of all sharing them with your loved ones.

ACTIVITIES TO WATCH OUT FOR



MORNING
COFFEE CLUB

Come and enjoy a coffee and a chat with

Jacky

Every Thursday at 10.30am in Allambie Lounge room on level 1



Sundau 3rd October





Happy Snaps



HUMOUR

Q What does grandpa do when you tell him to change his hearing aid?

A *He doesn't listen.*

Q Why was grandma counting pennies?

A *Because she was the only one with time and money in her hand.*

Q Why do Grandpas smile all the time?

A *Because they can't hear a word you're saying!*

A young man saw an elderly couple sitting down to lunch at McDonald's. He noticed that they had ordered one meal, and an extra drink cup. As he watched, the gentleman carefully divided the hamburger in half, then counted out the fries, one for him, one for her, until each had half of them. Then he poured half of the soft drink into the extra cup and set that in front of his wife. The old man then began to eat, and his wife sat watching, with her hands folded in her lap. The young man decided to ask if they would allow him to purchase another meal for them so that they didn't have to split theirs.

The old gentleman said,

"Oh no. We've been married 50 years, and everything has always been and will always be shared, 50/50." The young man then asked the wife if she was going to eat, and she replied, "It's his turn with the teeth."

QUOTE OF THE MONTH

Sing like no one's listening, love like you've never been hurt, dance like nobody's watching, and live like it's heaven on earth.
Mark Twain

HAPPY HALLOWEEN



Word Search



- | | | | |
|---------------|--------------|-------------|-----------|
| haunted house | frankenstein | decorations | pumpkin |
| costume | skeleton | vampire | halloween |
| spider | party | bat | ghost |
| candy | witch | mask | boo |

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



