

Rockpool Reflections



CEO's welcome

Welcome to the April edition of Rockpool Reflections.

Firstly, welcome to our new residents who have chosen to call Rockpool home over the past two months. We are here to support you through this transition and hope you are enjoying your move.

Welcome also to our new team and thank you for embracing our standards and how and why we deliver care at Rockpool.

At Morayfield our Wishing Tree Project, which offers residents an opportunity to fulfil a wish has been a huge success. If this is something that you are interested in, please complete the yellow 'Make a Wish' form located behind the green feedback forms in each community and place in the box for collection. Our Rockpool Board Member Cathy Meyer leads the facilitation of this project and will then pop by to see you to find out more.

I also want to congratulate our resident artists for their amazing art show. I've heard there are plenty of Rockpool originals proudly being displayed on walls throughout Brisbane including on my own wall! We can't wait for the next event.

Our 150-bed, 5 Star Green Star designed development at Carseldine is nearing completion. Pleasingly, the local community has also noticed, with a fantastic article in The Courier Mail detailing how we have blended all the creature comforts residents love with our environmental focus. Carseldine is set to open for residents in late July.

I would also like to acknowledge all of you for your continued patience over these last few months as we have seen challenges with our workforce as a result of COVID in the community and the ongoing effects of the recent weather event. As you know, we always strive to have our team allocated to their regular communities but this has been more challenging through this time. We thank our team who have been flexible working in all areas of the home and going above and beyond. We are gladly returning to our usual rostering pattern and allocation of the Rockpool team to their home communities.

Finally, I would like to acknowledge the moving ANZAC Day ceremony held at Morayfield and thank Rockpool's veterans for their service and sacrifice.

Thanks, Mel

Melissa Argent

Rockpool Residential Aged Care CEO



Coming soon!

Rockpool celebrated International Women's Day on Tuesday 8 March by acknowledging the amazing nurses, carers, chefs, accountants, lifestyle coordinators, executives, board members and drivers who make Rockpool such a remarkable and strong organisation.

Women's Day is a time for everyone, regardless of gender or gender identity, to celebrate the progress that women have made towards equality and to remember how much further there is to go.

A bird's-eye view of Rockpool Carseldine, Australia's first 5 Star Green Star designed aged care home.

The stunning 150-bed home is scheduled to open in July 2022.

Did you see the story about Rockpool Carseldine in The Courier Mail in April?

<https://www.couriermail.com.au/questnews/north/43-million-ecofriendly-rockpool-residential-aged-care-home-joining-north-brisbanes-carseldine-village/news-story/4d8487bfe97ce44a9450b6f2198d7ca6>

Rockpool Salon

PRICE LIST

Set or Blow Dry	\$25
Cut, Blow Dry & Set	\$45
Ladies Cut	\$30
Men's Cut	\$20
Perm (incl. Cut, Set or Blow Dry)	\$80
Colour (incl. Cut, Set or Blow Dry)	\$75
Colour Regrowth	\$45
Eyebrow Tint	\$10
Eyebrow Wax	\$10
Eyebrow Tint & Wax	\$15
Facial Waxing	\$10
Beard Trim	\$5

TUESDAY & WEDNESDAY

9AM TO 4:30PM

49 AMY ST. MORAYFIELD, Q 4506





Rockpool resembled a wonderful childcare centre in late February, with residents helping Kade celebrate his first birthday, with cupcakes and a game of pass-the-parcel.

We're unsure who enjoyed the birthday celebration more, Kade or Rockpool's residents?

Hip, hip, hooray to Ted May, Laurie Trewin, Noela Murtagh, Ted Alberts, Raymond Scroop and Laura Ebborn who all celebrated birthdays in February.

There are two February Zodiac signs, Aquarius and Pisces.

Aquarius people are advanced, self-reliant, clever, exceptional, and optimistic, while Pisces people are known for being emotionally sensitive, gracious, and emotionally aware - exactly like our wonderful residents.

Feb birthdays

Have you heard about Rockpool's amazing Wishing Tree Project?

The initiative gifts Board Director, Cathy Meyer, the opportunity to meet one-on-one with residents to discuss their wishes.

Resident, Anna Jackson recently got to fulfil her wish of making fettuccini bolognese in the Tamborine kitchen with her daughter Jimina.

Anna used to work at an Italian restaurant in Mooloolaba and would cook for 100+ people every night.

Despite having dementia, Anna knew exactly how to make fettuccini bolognese.

The Rockpool team organized for Italian music to be background, and best of all, residents and staff were able to sample Anna's delicious pasta dish.

Wishing Great friends Good food Live entertainment

An outing to Caboolture Sports Club is always a good idea.

Cheers to St Patrick's Day!

Rockpool's residents celebrated the day with Happy Hour, shamrock pastries and Irish music.

These visitors definitely deserve a round of a-paws.

Mickey and Da Vinci ensured no-one had a ruff-day!

Rockpool's talented residents were the centre of attention in late March when they hosted their very own art exhibition.

Friends, family and Rockpool staff purchased the originals, with money raised being used to purchase even more art supplies!

Good things come to those who bait... as Rockpool's residents discovered during their fishing trip to Donnybrook in late March.

Meg Morgan is the latest recipient of Rockpool's amazing Wishing Tree Project.

Meg recently got to fulfil her wish of walking the Tamborine Rainforest Skywalk with some of her closest friends, followed by lunch at St Bernard's Hotel. What an amazing view!

Wish





Resident profile

NAME Lou Jackson

LOCATION Springbrook (Morayfield)

HOW LONG HAVE YOU LIVED AT ROCKPOOL?

I have lived at Rockpool for about 13 months and I really enjoy living here.

MY FAVOURITE MEMORY IS:

My favorite memory is the day I married my wife Macey.

IF I COULD DO ANYTHING IN THE WORLD IT WOULD BE:

I would love to have a roast chicken dinner.

MY FAVOURITE FOOD IS:

I really love a bag of chips.

WHERE'S YOUR FAVOURITE PLACE IN THE WORLD?

I can't name a particular place as I have travelled to many different countries while I was in the army.

WHAT ARE YOU PASSIONATE ABOUT?

I am passionate about washing machines. They use to call me the washing machine man

HOW WOULD YOU DESCRIBE ROCKPOOL IN A FEW WORDS?

Taken care of / kind staff.

WHAT'S YOUR FAVOURITE MOVIE?

I really enjoyed the movie "Gone with the Wind."

WHAT'S THE CRAZIEST THING YOU'VE EVER DONE?

Being in the army was the craziest thing I have done.

WHO WOULD YOU MOST LIKE TO SWAP PLACES WITH FOR A DAY?

I wouldn't swap with anyone as I have had a good life.

WHAT'S YOUR SECRET TALENT THAT NO ONE KNOWS ABOUT?

My secret talent is that I can fix washing machines.

How eggciting!

There are some new chicks at Rockpool, courtesy of the team at Henny Penny Hatching.

The residents thoroughly enjoyed watching the eggs hatch in early April.

Easter preparations were in full-swing at Rockpool in early April, with residents making delicious made-made treats for the Easter stall.

Why was Robin Hood's bow angry?

It was a crossbow!

Rockpool's amazing residents recently enjoyed an afternoon of archery and bullseyes on the Daintree Green.

How egg-citing!

The Easter Bunny made a special visit to Rockpool Morayfield, much to the delight of residents.

Check out the bunny-inspired morning tea too!

Rockpool paused to commemorate those who gave the ultimate sacrifice at a moving ANZAC Day ceremony at Morayfield.

Rockpool would also like to thank its resident veterans for their service and sacrifice.

Lest we forget.



Coming up...

International Nurses Day is on 12 May 2022 and we cannot wait to celebrate the compassionate work our nursing team does.

This year's theme is: Invest in nursing and respect rights to secure global health.

Family Information Night

Rockpool hosted a fantastic Family Information Night on 20 April 2022.

The quarterly events, run by our Facility Manager, give families who are new to Rockpool the opportunity to meet, ask questions and provide feedback.

New appointments

Kerri McLeod, Facility Manager at Rockpool Morayfield.

Kerri will start at Rockpool on 9 May 2022.

A values-based leader, Kerri believes strongly in leading quality health care to positively impact the team, residents, their loved ones, and our community members' experiences.

Kerri has held various senior leadership roles across a variety of Queensland Health organisations and has a proven ability in managing large and diverse teams in a multitude of settings, including acute, outpatient and critical care services.

Kerri's passion is supporting professional opportunities for the team and improving residents' experiences.

Outside of work, Kerri loves socialising with family and friends and improving her gardening skills.

Jade Miles, Clinical Manager at Rockpool Morayfield.

Jade has worked as senior Registered Nurse at Rockpool for the past two years, including the past six months as acting Care Coordinator.

She is passionate about delivering high quality care to Rockpool's residents and building great relationships with their families.

Outside of work, Jade enjoys being a mother and taking Charlie the Cavoodle for walks in the park.

Welcome to Rockpool

We're delighted the following staff have recently joined Rockpool.

- Courtney Coleman - Catering
- Jason Wells - Maintenance Officer
- Zoe Nielsen - Cleaning
- Ashleigh Stark - Rostering Coordinator
- Carly Osborne - Rostering Coordinator
- Alise Meakins - Personal Carer
- Allana Carrick - Personal Carer
- Emily Fono - Personal Carer
- Kajali Pandey - Personal Carer
- Lorinne Powell - Personal Carer
- Lytasha Ball - Personal Carer
- Tahsia Hartwig - Personal Carer
- Tamika McGrath - Personal Carer
- Zoey Vassilakglou - Personal Carer
- Caitlin Attard - Personal Carer
- Mingdong Liu - Personal Carer

Flu vaccination

Rockpool team members and visitors are being reminded to organise their flu vaccination ahead of the flu season.

The colour wheel

Have you noticed Rockpool's amazing team wearing new uniforms?

The colours reflect their role:

Navy = Registered Nurse

Maroon = Enrolled Nurse

Light Blue = Personal Carer

Red = Cleaning & Laundry

Green = Dining Service Champion



NAME Kelli-Anne Te Hira

POSITION Team Leader - Springbrook Retreat

HOW LONG HAVE YOU WORKED AT ROCKPOOL?
3 ½ months.

MY FAVOURITE MEMORY IS:

When I use to feel rich by having \$5 to buy chocolate, now it doesn't feel like that much anymore.

IF I COULD DO ANYTHING IN THE WORLD IT WOULD BE:

To sing with Tina Turner (at least as backup).

MY FAVOURITE FOOD IS:

New Zealand seafood but in Māori we call it "kaimoana".

WHAT WAS THE BEST CONCERT YOU EVER ATTENDED?

six60 - I feel in love with them on the CD but even more when I saw them in concert. They are a beautiful Māori boy band!

WHERE'S YOUR FAVOURITE PLACE IN THE WORLD?

My homestead in Raglan NZ on the North Island.

WHAT ARE YOU PASSIONATE ABOUT?

Living life to the fullest.

HOW WOULD YOU DESCRIBE ROCKPOOL IN A FEW WORDS?

Heavenly, unique, epic.

WHAT'S YOUR FAVOURITE MOVIE?

Burlesque and all movies with music.

WHAT'S THE CRAZIEST THING YOU'VE EVER DONE?

Sky diving in New Zealand.

WHO WOULD YOU MOST LIKE TO SWAP PLACES WITH FOR A DAY?

My beautiful younger sister who always had a passion for aged care so she can walk a day in my shoes.

WHAT'S YOUR SECRET TALENT THAT NO ONE KNOWS ABOUT?

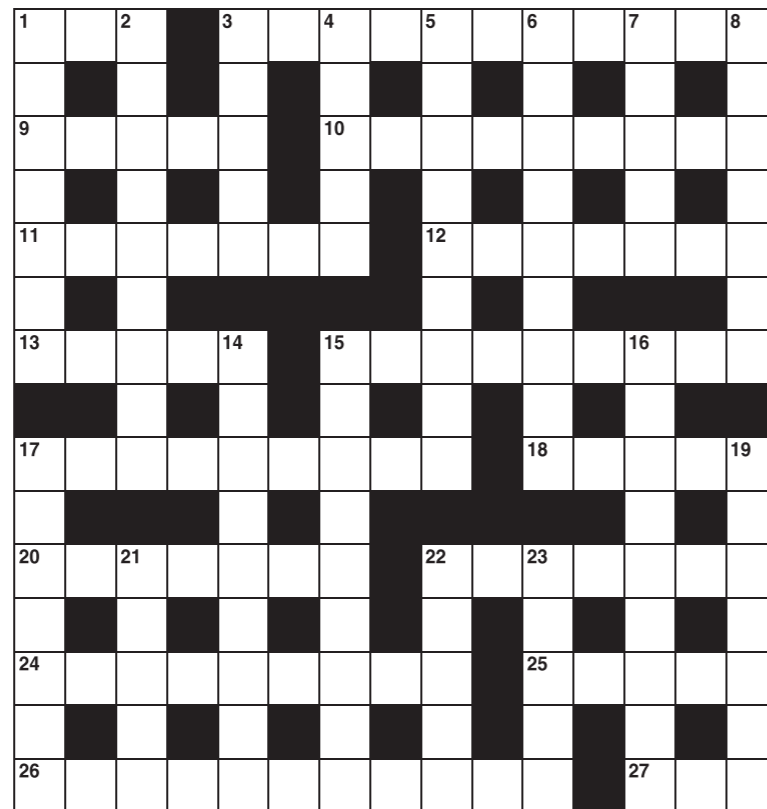
I'll keep that a secret!

Social calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1 Relaxing Sunday	2 Public Holiday	3 9.00 Walk 10.30 Cooking in the community room 1.30 Rummikub in the Glasshouse community 2.30 1:1 social visits	4 9.00 Painting 9.30 Music therapy in the retreat 10.45 Tai Chi (Gym) 12.30 Maxi taxi to Caboolture sports club 2.30 1:1 social visits
8 Mothers Day	9 9.30 Group Physio excercises 10.30 BINGO 1.30 Karaoke Happy Hour in the cafe foyer 2.30 1:1 social visits	10 9.00 Walk 10.30 Hoy with Nikki (community room) 1.30 Baby Shower craft in the community room 2.30 1:1 social visits	11 9.00 Painting 9.30 Music therapy in the retreat 10.45 Tai Chi (Gym) 1.00 Nurses hat making in the activity room 1.30 Shopping trolley
15 Relaxing Sunday	16 9.30 Group Physio excercises 10.30 BINGO 1.30 Cooking in the community room 2.30 1:1 social room visists	17 9.00 Walk 10.30 Keanna's baby shower 1.30 Uno card game 2.30 1:1 social room visits	18 9.00 Painting 9.30 Music therapy in the retreat 10.45 Tai Chi (Gym) 1.30 Shopping trolley 2.30 1:1 social room visits
22 Relaxing Sunday	23 9.30 Group Physio excercises 10.30 BINGO 1.30 Plywood craft in the activity room 2.30 1:1 social visits	24 9.30 Zumba 10.30 Hoy with Nikki 1.30 Lap blanket making in the community room 2.30 1:1 social room visits	25 9.00 Painting 9.30 Music therapy 10.45 Tai Chi (Gym) 1.15 Ten pin bowling trip to Moaryfield bowls 1.30 Shopping trolley
29 Relaxing Sunday	30 9.30 Group Physio excercises 10.00 May Birthday party in the cafe foyer 1.30 Ladies hair styling arvo (salon)	31 9.00 Walk 10.30 BINGO 1.30 Chat time with Keanna 2.30 1:1 social room visits	

THURSDAY	FRIDAY	SATURDAY
5 9.30 Group Physio excercises 10.30 BINGO 1.30 Archery on the Daintree green 2.30 1:1 social visits	6 9.00 Walk 10.00 Mothers day High tea in the community room 1.30 Movie and treats in the Theatre 2.30 1:1 social visits	7 1:1 Relaxation activities
12 9.30 Group Physio excercises 10.30 BINGO 1.30 International Nurses themed day afternoon tea (cafe) 3.00 1:1 social visits	13 9.00 Walk 10.30 Res/rep /food focus meeting in the community room 1.30 Movie and ice cream in the Theatre	14 1:1 Relaxation activities
19 9.30 Group Physio excercises 10.30 BINGO 1.00 Delta dog therapy 1.30 Bocce on the Daintree green 3.00 1:1 social visits	20 9.00 Walk 10.30 Craft in the community room 1.30 Movie and ice cream in the Theatre 2.00 Beers and Darts Glasshouse deck	21 1:1 Relaxation activities
26 9.30 Group Physio excercises 10.30 BINGO 12.00 Sorry Day Sausage sizzle in the cafe courtyard 2.30 1:1 social visits	27 9.00 Walk 10.00 Church service in the community room 1.30 Movie and ice cream in the Theatre 2.30 1:1 social room visits	28 1:1 Relaxation activities
		ACTIVITIES SUBJECT TO CHANGE DEPENDING ON THE NEEDS OF THE RESIDENTS

CROSSWORD



ACROSS

- 1 Concert (3)
- 3 Clarification (11)
- 9 Another time (5)
- 10 City in New York (9)
- 11 Group of organisms (7)
- 12 US state (7)
- 13 Cut (5)
- 15 Periods before elections (9)
- 17 Left behind (9)
- 18 Water birds (5)
- 20 Very outdated (7)
- 22 Sickness (7)
- 24 Eviction (9)
- 25 - pole (5)
- 26 Pharmaceutical (11)
- 27 Finish (3)

DOWN

- 1 Spectacles (7)
- 2 Neighbour of Mexico (9)
- 3 Listlessness (5)
- 4 Components (5)
- 5 Celebrated (9)
- 6 US citizens (9)
- 7 Preamble (coll) (5)
- 8 Winners at Hastings (7)
- 14 Related to pressurised water systems (9)
- 15 Recruit (9)
- 16 Promise (9)
- 17 Californian city (7)
- 19 Cooked with water vapour (7)
- 21 Mythical shooter of lovers (5)
- 22 "I don't know" (colloq) (5)
- 23 Places (5)

SUDOKU

Use your powers of reasoning to place the numbers in the grid, so that each row, each column and each 3x3 block contains the numbers 1-9.

easy

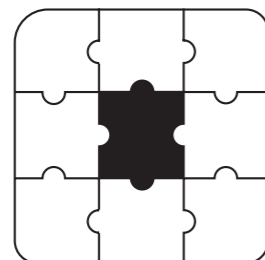
					6	7
1	4				5	2
5			7	4	8	3
	7		4	5		
8		9	6			4
		8	3	5		
9	5	6	8			1
7	8			3		6
6	1					

hard

			6			9	5
6	7					1	
8						3	
	5	7					3
		8	5	9	6		
4				3		1	
		4					9
		1			4		2
9	6			5			

EDGEWORD

Place each of the tiles of letters into the blank jigsaw to create four six-letter words going across and down.



LL	FI
PO	ER
DE	AD
LE	SE

TRIPLE

T _ _ _ O R
F _ _ _
Q U _ _ _
_ _ _ M E N T

What three-letter sequence completes all of these words?

WORDFIND

Theme: AFRICA

Can you find all the words in the grid below? The leftover letters will spell out a secret message.

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

- | | | |
|-----------|---------|--------|
| ARID | GHANA | RAND |
| BABOON | GNU | SAHARA |
| CAIRO | GORILLA | TOGO |
| CAPE HORN | LION | WILD |
| CHAD | LYNX | ZEBRA |
| CONGO | MALI | |
| EGYPT | MANDELA | |
| ELAND | MEERKAT | |
| ELEPHANT | NILE | |

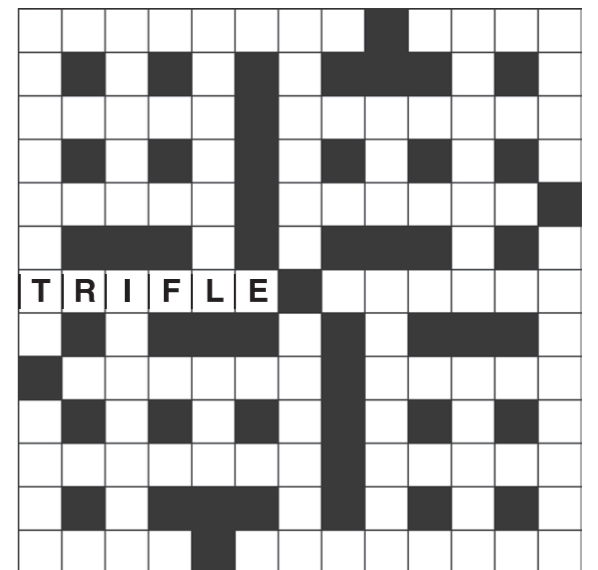
WORDFILL

3 LETTERS

- GAR
- TUB

4 LETTERS

- BOAT
- GOAT
- SCAB
- TOAD



5 LETTERS

- ENDED
- FLOUR
- ORDER
- STOIC
- SWOON
- ULCER

6 LETTERS

- AURORA
- FRESCO
- GENOME
- REGGAE
- RIBALD
- TRIFLE

7 LETTERS

- CANDLES
- CONTROL
- INERTIA
- ONTARIO
- REFRESH
- ROTUNDA

8 LETTERS

- MOSQUITO
- MUSICIAN
- PORRIDGE
- SEAHORSE

TRIVIA QUIZ

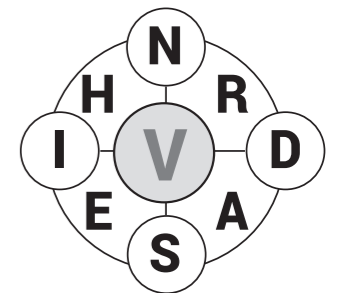
- Kanji is a writing system for which language?
- Leetspeak is an informal coded language that developed in the community of what platform?
- Which common alphabet was created by Saints Cyril and Methodius in the ninth century?
- Bulgaria has its coast on which sea?
- Who won the 2018 FIFA World Cup?
- The Qin Dynasty is associated with the foundation of which modern nation?
- The Pinnacles rock formations (pictured) in Nambung National Park, WA, are made of what type of rock?
- Which former federal party leader is the current governor of Western Australia?
- Which is the only state of the US that does not use the common law (or case law) legal system?
- What is a legal system called that is not based on precedent, such as common law, but rather on codified principles?



ANSWERS: 1. Japanese 2. The internet 3. Cyrillic 4. Black Sea 5. France 6. China 7. Limestone 8. Kim Beazley 9. Louisiana 10. Civil law

9-LETTER

Using the nine letters in the grid, how many words of four letters or more can you list? The centre letter must be included, and each letter may only be used once. No colloquial or foreign words. No capitalised nouns, apostrophes or plural words ending in "s".



Today's Target

- 33 words: Good
- 49 words: Very good
- 66 words: Excellent

4X4

ACROSS

- 1 Circle of light
- 5 Declare
- 6 Borrow
- 7 Finishes

DOWN

- 1 Healthy
- 2 English river
- 3 Pack
- 4 Possesses

1	2	3	4
5			
6			
7			

CODEWORD

4	16	23	17	5	7	T		7	11	2	17	15
18		16		22		16		16		7		5
18	22	15	17	5		K	17	15	23	5	20	7
		17		9		17				22		T
7	12	10	16	T		23	2	9	22	5	16	10
5				17		6		18		7		18
12	16	8	22	18	8		1	5	10	7	5	20
T		17		23		18		8				5
5	14	5	10	7	5	15		18	13	13	5	15
14		19				5		22		18		
24	5	5	9	3	5	7		8	5	21	5	15
5		10		5		7		5		5		1
10	17	7	5	23		16	7	7	17	7	T	7

1	2	3	4	5	6	7	8	9	10	11	12	13

14	15	16	17	18	19	20	21	22	23	24	25	26
											T	K

5X5

S		A		H
	E		T	
R		S		R
	G		I	
T		I		S

Insert the missing letters to make 10 words – five reading across the grid and five reading down.

CROSSMATH

Insert each number from 1 to 9 in the shaded squares to solve all the horizontal and vertical equations. Multiplication and division are performed before addition and subtraction.

	x		x		=	216
+		+		+		
	x		x		=	42
-		+		-		
	+		÷		=	7
=		=		=		
10		8		13		

SOLUTIONS

PUZZLES AND PAGINATION © PAGEMASTERS PTY LTD
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MARCH 2022

CROSSWORD

M	E	D	I	C	A	T	I	O	N	S	E	N	D
I	L	I	P	I	L	I							E
E	X	P	U	L	S	I	O	N	T	O	T	E	M
A	R	C	H	A	I	C	D	I	S	E	A	S	E
N	R	S											T
A	B	B	A	N	D	O	N	E	D				S
S	L	A	S	H	C	A	M	P	A	I	G	N	S
E	M												N
S	P	E	C	I	E	S							A
S	T	U	T	L	R	I	Z	O	N	A			M
A	G	A	I	N	R	O	C	H	E	S	T	E	R
L	U	N	A	C	M	N	O						O
G	I	G	E	X	P	L	A	N	T	I	O		N

WORDFILL

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

SUDOKU

easy

6	4	1	7	9	3	8	2	5
7	8	2	4	5	1	3	9	6
9	5	3	6	8	2	4	7	1
4	2	6	8	3	7	5	1	9
8	1	5	9	2	6	7	3	4
3	9	7	1	4	5	2	6	8
5	6	9	2	7	4	1	8	3
1	7	4	3	6	8	9	5	2
2	3	8	5	1	9	6	4	7

hard

9	6	2	4	7	5	8	3	1
7	8	1	9	3	6	4	5	2
5	3	4	8	2	1	7	6	9
4	7	9	2	6	3	5	1	8
3	1	8	5	4	9	6	2	7
2	5	6	7	1	8	9	4	3
8	2	5	1	9	4	3	7	6
6	9	7	3	5	2	1	8	4
1	4	3	6	8	7	2	9	5

9-LETTER

avd, derivish, diva, divan, advise, adviser, aver, avers, drive, diver, dives, drive, driven, drives, have, haven, hives, invade, invader, invades, naive, nave, rave, raved, raven, raves, ravine, ravish, ravished, revs, 174368952, 569274183, 397145268, 815926734, shaved, shaven, shaver, shiver, shrive, shrieved, shruen, vain, vainer, vane, vanish, vanished, varied, varies, varnish, VARNISHED, vase, vein, vend, vends, viand, vide, vides, vied, vies, vine, visa

4x4

S	E	N	D
L	O	A	N
W	A	V	O
H	A	L	O

5x5

S	H	I	N	T
A	G	A	I	N
R	I	S	E	R
P	E	S	T	O
S	W	A	S	H

CROSSMATH

10	=	
8	=	
13	=	
5	+	4
7	x	1
42	=	6
	+	
8	x	3
216	=	9

CODEWORD

M	D	A	I	O	W	Y	X	L	N	B	T	K
14	15	16	17	18	19	20	21	22	23	24	25	26
J	U	H	Z	E	G	S	V	C	R	Q	P	F
1	2	3	4	5	6	7	8	9	10	11	12	13

WORDFIND

Secret message: Safari adventure

EDGEWORD

LEADER, SELLER
DEFILE, DEPOSE

TRIPLE

The missing letters
are ALL
TAILOR, FAIL, QUAIL,
AILMENT,