

# Rockpool Reflections



## CEO's welcome



Welcome to the August edition of Rockpool Reflections. This month's edition is particularly special as we welcome so many new residents, families, friends and Rockpool team members to our newest home at Rockpool Carseldine.

As I reflect back on the past two months, it is fair to say they have been some of the most challenging and rewarding of my professional career. On 1 August we officially opened Rockpool Carseldine, Australia's first 5 Star Green Star designed aged care home. This means the building is just not green, but healthy, liveable, productive, resilient and sustainable. This remarkable new home is the next step in our journey to achieve our very distinct vision at Rockpool of Life reimaged. As a team we made the very deliberate decision to continue to expand Rockpool in what has been a very challenging two years in both the aged care and construction industries. This was driven by the overwhelming need for high quality aged care and our commitment to bring the Rockpool standards to Carseldine.

Over the next few months, we will see many significant changes in our industry following the Royal Commission into Aged Care Quality and Safety and subsequent funding reform. The recommendations are now due for implementation. These are wide ranging from new legislation and governance structures, a new funding structure, care minute requirements and regulatory reporting responsibilities. At Rockpool we welcome these recommendations for the industry, many of which already align to the existing standards we set. I will continue to provide updates as we work through the reform agenda and the relevant impacts it has to our homes.

I would like to acknowledge Aged Care Employee Day which was celebrated in August. The care and resilience the Rockpool team displays every single day is remarkable and is something that must be celebrated. Thank you to our team for the work you do and the care you provide. There has and continues to be increasing demands on our team, especially managing the lingering impacts of COVID-19. We continue to respond and adapt to these changes and are committed to ongoing recruitment to combat the workforce challenges we currently face. You will see many new faces around our homes in the coming months. I thank you for your understanding as we work to orientate and upskill so many new team members to Rockpool. Welcome to our new team members and thank you for embracing our values and standards on how and why we deliver care at Rockpool. Our team is at the heart of everything we do at Rockpool and I'm proud of the strong voice the organisation has advocating for the commitments announced by the Prime Minister at the recent election to support and fund pay increases for our team to retain and attract people to work in this incredible industry.

Welcome to everyone who has chosen to call Rockpool home at both Morayfield and Carseldine over the past two months. We are here to support you through this transition and hope you are enjoying your move. I look forward to seeing you at both homes.

Finally, I would like to congratulate everyone involved in the recent Rockpool Art Expo, which was a huge success. Eat your heart out Vincent van Gogh! We look forward to holding these shows on a regular basis.

Best wishes,

**Melissa Argent**

Rockpool Residential Aged Care CEO

# Business update

## Aged Care Employee Day

The residents and staff celebrated #Aged Care Employee Day on Sunday, 7 August.

The resilience, care and enthusiasm Rockpool's team has displayed over the past year, particularly through the challenges of COVID-19 has been amazing - thank you.

As part of Aged Care Day celebrations, the Rockpool team received wonderful gifts from the community.



## Staff profile

**NAME** Ivette Yanez Meneses

**LOCATION** Morayfield

**HOW LONG HAVE YOU LIVED AT ROCKPOOL?**  
1 year 4 months

**MY FAVOURITE MEMORY IS:**  
Caburga holiday

**IF I COULD DO ANYTHING IN THE WORLD IT WOULD BE:**  
Encourage people to be nice and start a positive worldwide movement

**MY FAVOURITE FOOD IS:**  
Pasta

**WHAT WAS THE BEST CONCERT YOU EVER ATTENDED?**  
Festival De Vina Del Mar

**WHERE'S YOUR FAVOURITE PLACE IN THE WORLD?**  
Paris

**WHAT'S THE LAST BOOK YOU READ?**  
A Supernatural book

**WHAT ARE YOU PASSIONATE ABOUT?**  
Living life to the fullest

**HOW WOULD YOU DESCRIBE ROCKPOOL IN THREE WORDS?** LOVE IT!

**WHAT'S YOUR FAVORITE MOVIE?**  
Die Hard

**WHAT'S THE CRAZIEST THING YOU'VE EVER DONE?**  
Been in a riot by accident

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

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

## 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

## Happy birthday to us

Rockpool Morayfield is turning three on Wednesday, 31 August.

We can't reveal all of our surprises, but exciting birthday celebrations are planned for September!

## Key contacts

Do you have a question or a query for a member of the Rockpool team?

Not sure who to contact? Why not try our Facility Managers or Hospitality Managers.

Rockpool Carseldine Facility Manager - Karen Conroy (karen.conroy@rockpoolrac.com)

Rockpool Morayfield Facility Manager - Kerri McLeod (kerri.mcleod@rockpoolrac.com)

Rockpool Carseldine Hospitality Manager - Marguerite Butera (marguerite.butera@rockpoolrac.com)

Rockpool Morayfield Hospitality Manager - Brandon Delrosario (brandon.delrosario@rockpoolrac.com)



Rockpool – Australia's first 5 Green Star designed aged care home

Now open at Carseldine Village – enquire today

1800 515 053 | rockpoolrac.com



## New Winter / Spring menu

Rockpool's new Winter / Spring menu was launched in July and features a number of resident favourites including Braised Steak with Creamy Mushroom Sauce and Fish and Chip Fridays.

The collaborative menu, created in partnership with residents, also includes Baked Salmon with Beurre Blanc and Pan Seared Rib Fillet. A 3-day Big Brekky option will also be available on Wednesdays, Fridays and Sundays.

Underpinning the new menu is a strong focus on nutrition, health and wellbeing, with an accredited dietician approving the seasonally developed menu.

Rockpool's wonderful chefs and cooks also cater to the needs and tastes of our residents, including those who are sometimes disinterested at mealtimes, by creating special, tailored menus.

There is also a strong focus on making everything from scratch, using ingredients from local vendors.

At Rockpool we keep it all tasty and down-to-earth because we understand food is such an important part of our residents lives.

## Resident engagement and activities update

By Cathy Meyer - Board Member/ Clinical Advisor / Project Support

At Rockpool, we value the life stories of our residents, and offer them an opportunity to share their stories in a video session (Living Memories Project). Do date, 20 residents have had their life stories recorded.

The videos are available to team members to watch on the Altura Learning Platform and will give you a glimpse into the remarkable lives of many of our residents.

## Welcome to Rockpool

We're delighted the following team members have joined Rockpool in the past two months:

**Sharon Mitton** - Carseldine - Cleaner  
**Hailey Wailes** - Carseldine - Dining Service Champion  
**Michael Pilkington** - Carseldine - Maintenance Officer  
**Veralee Deadman** - Carseldine - Cleaner  
**Kisty Stokes** - Carseldine - Laundry Assistant  
**Judy Emmert** - Carseldine - Cleaner  
**Marian Simbi** - Carseldine - Dining Service Champion  
**Joanne Filer** - Carseldine - Laundry Assistant  
**Emily Elbourn** - Carseldine - Dining Service Champion  
**Nicholas Seeto** - Carseldine - Head Chef  
**Tashi Lhendup** - Carseldine - Dining Service Supervisor  
**Coen Hill** - Carseldine - Admin Officer  
**Tara Niraula** - Carseldine - Personal Carer  
**Jaimeson Lynch** - Carseldine - Café Asstant  
**Buna Shrestha** - Carseldine - Personal Carer  
**Kamana Naupane** - Carseldine - Personal Carer  
**Renu Khatri Khadka** - Carseldine - Personal Carer  
**Karen Brose** - Carseldine - Personal Carer  
**Erin Laker** - Carseldine - Café Asstant  
**Shraddha Ranapaheli** - Carseldine - Registered Nurse  
**Rasina Bhandari** - Carseldine - Registered Nurse  
**Bibha Khanal** - Carseldine - Registered Nurse  
**Nikki Joy Fatima Valdez** - Carseldine - Cafe Manager  
**Sonu Thapa** - Carseldine - Personal Carer  
**Sarita Giri** - Carseldine - Registered Nurse  
**Biji Varghese** - Carseldine - Registered Nurse  
**Satish Thapa** - Carseldine - Personal Carer  
**Nikesh Pathak** - Carseldine - Chef 2  
**Rhea Esquillo** - Carseldine - Registered Nurse  
**Mellissa Nyga** - Carseldine - Personal Carer  
**Walaiporn Wongpitirat** - Carseldine - Personal Carer  
**Augusthy Johnny** - Carseldine - Personal Carer  
**Chloe Careswell** - Carseldine - Admin Officer  
**April Prasad** - Carseldine - Dining Service Champion  
**Bharosha Bashoula** - Carseldine - Registered Nurse  
**Shankar Ghimire** - Carseldine - Cafe Cook

**Sonja Mawer** - Carseldine - Kitchenhand  
**Maria Milner** - Carseldine - Admin Officer  
**Coen Hill** - Carseldine - Finance  
**Aayusha Shrestha** - Carseldine - Personal Carer  
**Marguerite Butera** - Carseldine - Hospitality Manager  
**Sandra Chiemeke** - Carseldine - Registered Nurse  
**Heena Shrestha** - Carseldine - Personal Carer  
**Sapta Shakya** - Carseldine - Personal Carer  
**Ashmita Kunwar** - Carseldine - Personal Carer  
**Rubina Shrestha** - Carseldine - Personal Carer  
**Sasmita Maharjan** - Carseldine - Personal Carer  
**Mary Marasigan** - Carseldine - Personal Carer  
**Kawaljit Kaur brar** - Carseldine - Personal Carer  
**Gagandeep Kaur** - Carseldine - Personal Carer  
**Anuj Shrestha** - Carseldine - Personal Carer  
**Alison Heathcote** - Carseldine - Dining Service Champion  
**Krystal Lane** - Morayfield - Enrolled Nurse  
**Kathryn Clay** - Morayfield - Personal Carer  
**Hayley Kennelly** - Morayfield - Dining Service Champion  
**Coen Hill** - Morayfield - Finance  
**Christien Myburgh** - Morayfield - Personal Carer  
**Jasmine Fredes** - Morayfield - Personal Carer  
**Krishna Hare** - Morayfield - Lifestyle Assistant  
**Sophie Hamilton** - Morayfield - Dining Service Champion  
**Helena Nicholls** - Morayfield - Enrolled Nurse  
**Shannon Ritchie** - Morayfield - Cleaner  
**Stephanie Heath** - Morayfield - Enrolled Nurse  
**Milena Wood Ramirez** - Morayfield - Cleaner  
**Arlene Van Der Wiel** - Morayfield - Registered Nurse  
**Julia Rolton** - Morayfield - Personal Carer  
**Regina Humphreys** - Morayfield - Personal Carer  
**Karen Jumawan** - Morayfield - Cleaner  
**Gurleen Kaur** - Morayfield - Personal Carer  
**Jeremy Harris-Ball** - Morayfield - Personal Carer  
**Rebeukah Boudette** - Morayfield - Personal Carer  
**Jason Nielsen** - Morayfield - Personal Carer  
**Punam Gajurel** - Morayfield - Personal Carer  
**Rebecca Rollo** - Morayfield - Rostering Officer  
**Jarrold Evans** - Morayfield - Personal Carer

## Are your contact details up-to-date?

Families are being reminded to ensure their contact details are up-to-date and correct.

If you have recently changed your phone number, email address or moved house, please let us know by contacting reception.

## Wishing Tree Project

Rockpool's Wishing Tree Project gives residents an opportunity to "request or wish" for something they have never done or would like to do again.

So far, 27 resident wishes have been granted. If a resident has a physical disability and can't go hot air ballooning or swimming with the dolphins - we can arrange a "virtual" wish experience.

The Wishing Tree Project has been a huge success, with residents reporting they feel respected, acknowledged and well regarded after their experience.

Morayfield residents can submit their wish at the Wishing Tree on Level 1 (outside the cinema). A Carseldine Wishing Tree Project will be launched shortly.



# Rockpool morayfield

There are friends, there is family, and then there are friends that become family.

Is there anything better than a cheeky pub meal?

Thank you for having us Burpengary Tavern.

Did you know 3-10 July was NAIDOC Week?

NAIDOC Week celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

At Rockpool, local elder, Uncle Gordan shared his knowledge, Mark played the didgeridoo, while the residents enjoyed damper and ginger beer.

Crisp mornings and warm days make for amazing views!

Rockpool's residents recently enjoyed a scenic bus trip to the Glasshouse Mountains Lookout where they enjoyed a morning tea of scones with jam and cream and a hot cuppa and of course, the spectacular scenery.

The recent Rockpool Art Expo was a huge success.

Were you lucky enough to purchase one of the masterpieces painted by Rockpool's talented residents and staff?

Did you know the Glasshouse Deck at Rockpool Morayfield has amazing views of the Glasshouse Mountains?

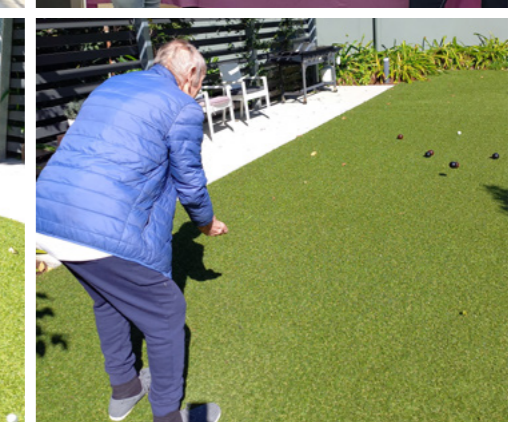
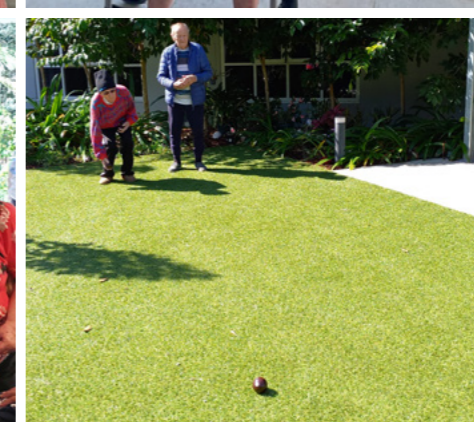
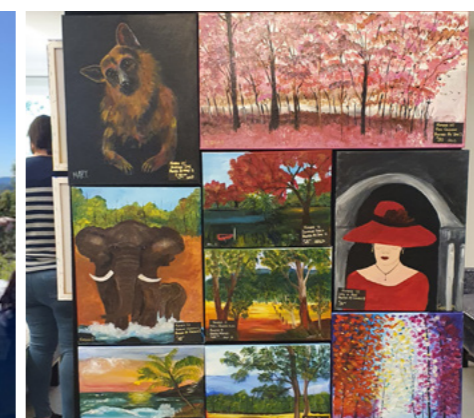
It's also the perfect spot for a glass of bubbles and a catch-up with friends.

No, it's not the Ekka, it's Rockpool's version of the Royal Queensland Show complete with dagwood dogs, strawberry ice cream, side show alley and sample bags!

What a day for a roll on the Rockpool green. The residents weren't bowling pineapples either!

Have you met Morayfield's wonderful new hairdressers, Tania and Tracey?

Services will be offered twice a week on Tuesdays and Thursdays. Bookings can be made at reception.



# Rockpool carseldine

What a night!

Rockpool Carseldine, Australia's first 5 Star Green Star designed aged care home was officially opened on Friday 29 July.

The evening was full of celebration and emotion.

Congratulations to everyone who helped make this remarkable building possible. It was wonderful to acknowledge and celebrate this remarkable achievement with so many people, particularly those who have walked beside us every step of the journey.

The launch also caught the attention of national media.



## Resident profile

**NAME** Hi my name is Edward May. But I like to be called Ted.

**LOCATION** I live in the Daintree community at Rockpool Morayfield.

**HOW LONG HAVE YOU LIVED AT ROCKPOOL?**  
3 months

**MY FAVOURITE MEMORY IS:**  
Marrying my wife

**IF I COULD DO ANYTHING IN THE WORLD IT WOULD BE:**  
I would like to cure cancer

**MY FAVOURITE FOOD IS:**  
I really love Asian food

**WHAT WAS THE BEST CONCERT YOU EVER ATTENDED?**  
Bill Haley and the Comets

**WHERE'S YOUR FAVOURITE PLACE IN THE WORLD?**  
London followed closely by Sydney

**WHAT'S THE LAST BOOK YOU READ?**  
Net Force: Attack Protocol by by Jerome Preisler, Steve Pieczenick, and Tom Clancy

**WHAT ARE YOU PASSIONATE ABOUT?**  
I am passionate about sport

**WHAT'S YOUR FAVORITE MOVIE?**  
I really enjoy Cockleshell Heroes

**WHAT'S THE CRAZIEST THING YOU'VE EVER DONE?**  
My mate and I held the captain captive on a boat

**WHO WOULD YOU MOST LIKE TO SWAP PLACES WITH FOR A DAY?**  
No one

**WHAT'S YOUR SECRET TALENT THAT NO ONE KNOWS ABOUT?**  
I was a champion player

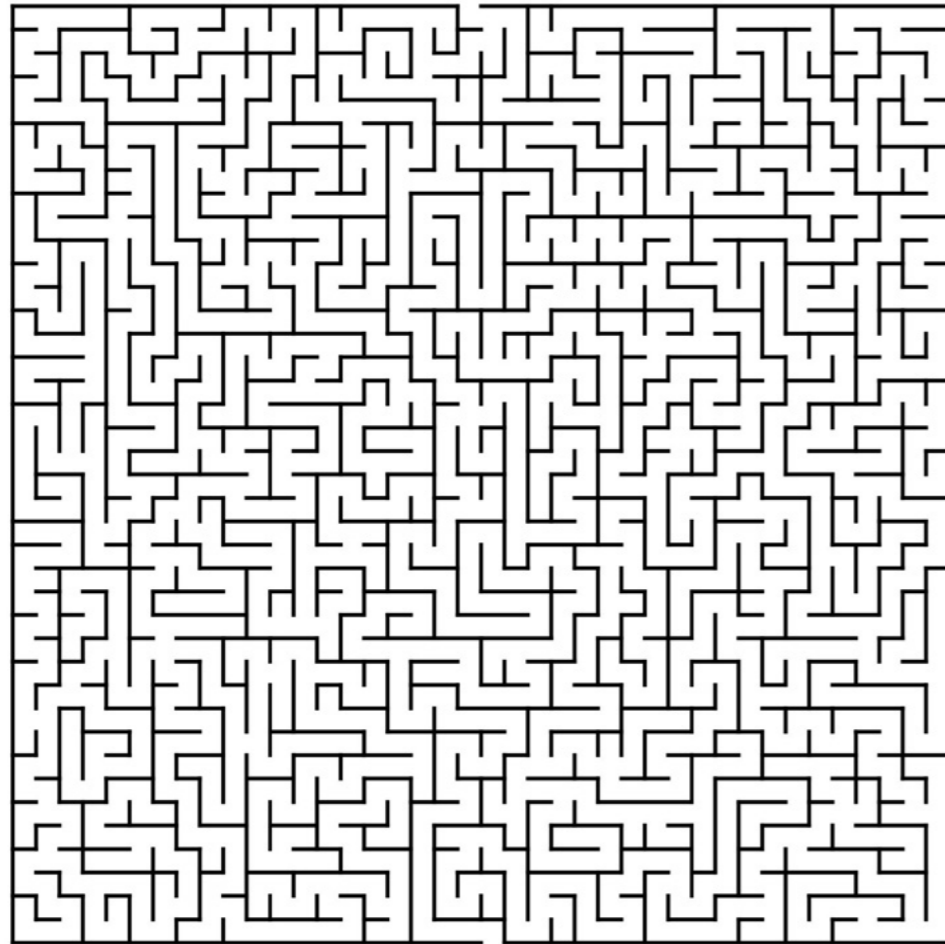
# Social calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Relaxing Sunday			
4 Fathers Day	5 9.00 Retreat Residents Walk 9.30 Group Physio excercises 10.30 BINGO 1.30 Archery 2.30 1:1 social visits	6 9.00 Walk 10.30 Cooking in Glasshouse 1.00 Indoor Volley in the Activity room 2.30 1:1 social visits	7 9.00 Painting 9.30 Music Therapy 10.45 Tai Chi 12.30 Maxi taxi to Caboolture sports club 1.30 Shopping trolley 2.30 1:1 social visits
11 Relaxing Sunday	12 9.00 Retreat Residents Walk 9.30 Group Physio excercises 10.30 BINGO 1.30 Afternoon walk 2.30 1:1 social visits	13 9.00 Walk 10.30 Church One get together in the community room 1.00 Hoy 2.30 1:1 social visits	14 9.00 Painting 9.00 Bus trip to Rockpool Carseldine 10.45 Tai Chi 1.30 Shopping trolley 2.30 1:1 social visits
18 Relaxing Sunday	19 9.00 Retreat Residents Walk 9.30 Group Physio excercises 10.30 BINGO 1.30 Table tennis 2.30 1:1 social visits	20 9.00 Walk 10.30 Keanna's Baby Ethan's visit 2.00 Cuppa Knowledge in the activity room 2.30 1:1 social visits	21 9.00 Painting 9.30 Music therapy 10.45 Tai Chi 1.30 Shopping trolley 2.30 1:1 social visits
25 Relaxing Sunday	26 9.00 Retreat Walk 9.30 Group Physio excercises 10.00 September Birthday party 1.30 Bocce 2.30 1:1 social visits	27 9.00 Walk 10.30 BINGO 1.00 Cooking in Glasshouse 2.30 1:1 social visits	28 9.00 Painting 9.30 Music Therapy 10.45 Tai Chi 12.30 Maxi taxi to Burpengary shops 1.30 Shopping trolley 2.30 1:1 social visits

THURSDAY	FRIDAY	SATURDAY
1 9.00 Retreat Walk 9.30 Group Physio excercises 10.30 BINGO 1.30 Roaming VR session 2.30 1:1 social visits	2 9.00 Walk 10.30 Fathers day gift stall cafe foyer 12.00 Fathers day BBQ lunch in the cafe foyer 2.30 1:1 social visits	3 1:1 Relaxation activities
8 9.00 Retreat Residents Walk 9.30 Group Physio excercises 10.30 BINGO 1.30 ARE U OK DAY 2.30 1:1 social visits	9 9.00 Walk 10.30 Craft with Gina in the activity room 1.30 Movie and ice cream in the Theatre 2.00 Beers and Darts Glasshouse deck	10 1:1 Relaxation activities
15 9.00 Retreat Residents Walk 9.30 Group Physio excercises 10.30 BINGO 1.30 Crossword Quiz 2.30 1:1 social visits	16 9.00 Walk 10.30 Res/rep/food focus meeting 1.30 Movie and ice cream in the Theatre 2.30 1:1 social visits	17 1:1 Relaxation activities
22 9.00 Retreat Walk 9.30 Group Physio excercises 10.30 BINGO 1.30 Karaoke & Happy hour 2.30 1:1 social visits	23 9.00 Walk 10.00 Church service in the community room 1.30 Movie and Ice Cream	24 1:1 Relaxation activities
29 9.00 Retreat Residents Walk 9.30 Group Physio excercises 10.30 BINGO 1.30 Sing along 2.30 1:1 social visits	30 9.00 Walk 10.30 The Price is Right Game in the activity room 1.30 Movie and treats 2.30 1:1 social visits	ACTIVITIES SUBJECT TO CHANGE DEPENDING ON THE NEEDS OF THE RESIDENTS

# Sports Word Search

ENTER



EXIT

5		7	2				9	
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ATHLETICS  
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DIVING  
GYMNASTICS  
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SOCCER  
WRESTLING

BADMINTON  
BOXING  
FOOTBALL  
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CYCLING  
GOLF  
NETBALL  
SKIING  
VOLLEYBALL