

Rockpool Reflections



CEO's welcome

Welcome to 2023. Over the past two months we have welcomed many new residents to Rockpool. I hope you are settling in nicely to your new home. As always, we are here to assist you in any way that we can.

Welcome also to our new team members and thank you for embracing Rockpool's values and standards and how and why we deliver care.

It has been an incredibly busy and productive start to the year. The headline has been the construction of Pelican Waters, which is progressing at a rapid pace.

The build team is already at level four, which means we are on track for an official opening later this year.

When complete, Rockpool Pelican Waters, located on Spitfire Banks Drive and just moments from the nearby marina and village, will boast amazing water and mountain views and offer residents a range of care options including:

- Residential care
- Respite care
- Memory support care
- Palliative care

We are thrilled to be moving to the Sunshine Coast Community where there is a great need for quality aged care services.

Finally, I would like to congratulate Rockpool's amazing Lifestyle team for their brilliant work over the past two months and always. We are so lucky to have the team we do and it is important to recognise the important role they play

I'm biased, but Rockpool does have the absolute best in the business when it comes to lifestyle activities and keeping our residents happy, engaged and entertained. In this edition you'll get a glimpse of the daily events at Carseldine and Morayfield and the joy they bring to our residents.

Thanks,

Melissa Argent

Rockpool Residential Aged Care CEO

Business update

Welcome to Rockpool

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

- Catherine Milliken - Dining Service Champion
- Ishika Acharya - Registered Nurse
- Ankit Gurung - Personal Carer
- Sabita Khatri - Registered Nurse
- Ujjwal Pandey - Personal Carer
- Satoko West - Dining Service Champion
- Henao O'Neill - Personal Carer
- Jessica McDonald - Cleaner
- Bronwyn Prosser - Lifestyle Assistant
- Mariedelphi Silao - Dining Service Champion
- Chandika Dumaru - Personal Carer
- Natasha Grotaers - Personal Carer
- Luke Rowland - Kitchenhand
- Maribel Moretti - Cafe Barista

- Gurvinder Kaur - Personal Carer
- Maria Bennett - Lifestyle Assistant
- Yvonne Wood - Dining Service Champion
- Astha Koirala - Admin Officer
- Krystal Suhan - Personal Carer
- Denice Crosby - Dining Service Champion
- Jessica Wilson - Personal Carer
- Soumia Kochappu - Registered Nurse
- Amanda Weatherall - Personal Carer
- Dylan Muir - Personal Carer
- Dipika Nepal - Personal Carer
- Katrina White - Personal Carer
- Kaile White - Personal Carer
- Albert Pearse - Registered Nurse
- Aadarsh Poudyal - Personal Carer
- Amy Barritt - Personal Carer
- Olivia Padley - Personal Carer
- Madyson Fitzpatrick - Personal Carer



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

Now open at Carseldine Village – enquire today

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 **Rockpool**
Residential
Aged Care



Rockpool Pelican Waters

Rockpool Pelican Waters is set to redefine the standard and quality of aged care when it opens in mid-2023.

Located on Spitfire Banks Drive and just moments from the nearby marina and village, Rockpool Pelican Waters will boast amazing water and mountain views and will offer residents a range of care options including:

- Residential care
- Respite care
- Memory support care
- Palliative care

Innovation and sustainability will underpin construction at Rockpool Pelican Waters, a 150-bed home, comprised of thoughtfully designed and built communities supporting

15 bed resident communities, with a shared lounge and dining area located at the heart of each community.

Residents will also enjoy the wellness and vitality centre, cinema, hair and beauty salon and café, which will be open to the public.

For more information, including enquiries, please contact Rockpool's Resident Relations Manager, Jimina Silvestri (jimina.silvestri@rockpoolrac.com / 0408 431 419).

A bird's-eye view of Rockpool's latest development, Rockpool Pelican Waters, which is scheduled to open later this year.

Seeing is believing and this is what Rockpool Pelican Waters will look like once complete.





Do you know why we are called Rockpool?

Rockpool's vision is Life reimagined.

Our mission is to provide care and services which create an environment for residents, families and staff that is safe, secure, inclusive, contemplative, reflective and vibrant with life – just like a rockpool.

Wishing Tree Project

By Cathy Meyer - Rockpool Board Member

Residents who choose to live at Rockpool regularly share heartfelt memories. We encourage storytelling and value the opportunity to pause and listen to reflections of a life well-lived.

As part of our commitment to offer quality care and a life reimagined, Rockpool is honoured to offer residents an opportunity to be part of the Wishing Tree Project, which allows them to "request or wish" for something they have never done or would like to do again.

So far, more than 30 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.

Importantly, Rockpool team members are often part of the experience.

Residents can submit their wish by completing a yellow form, which are available outside the Nurse Stations at both Carseldine and Morayfield. Alternatively, residents can contact reception.

Rockpool non-executive director, Cathy Meyer oversees the Wishing Tree Project and ensures residents' wishes come true.

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

• Nick Seeto (Acting Manager)
(nick.seeto@rockpoolrac.com)

Rockpool Morayfield Hospitality Manager

• Brandon Delrosario
(brandon.delrosario@rockpoolrac.com)



Rockpool carseldine

Si mi piace!

The Italian Club met for the first time at Rockpool Carseldine in mid-December.

Residents reminisced, conversed and sung in Italian before enjoying an Italian themed morning tea... bellissimo!

Just before Christmas a new musical program was introduced at Carseldine.

The drumming group spent time learning the Christmas classic, The Little Drummer Boy.

It's always Happy Hour at Rockpool Carseldine.

A shout out to Giovanni, who was happy to help out if Santa is delayed on Christmas eve.

Giavanni was thrilled to step in for Santa at Rockpool Carseldine on Christmas morning.

It turns out every resident made the nice-list!

Cheers to 2023!

The residents at Carseldine celebrated the New Year with an afternoon soiree, which included Yum Cha and bubbles.

Hip, hip hooray and happy birthday to Carseldine's Ninna and Glenys who both celebrated birthdays recently.

We hope you both had a fabulous day.

PS - how good do the cakes look!





Carseldine's regular painting classes and proving a hit with residents.
If only there was an art show...

B-I-N-G-O

B-I-N-G-O

B-I-N-G-O and Bingo was his name-o.

Actually, this cute pooch's name is Snookie and he's a regular at bingo every Friday afternoon at Rockpool Carseldine.

These stunning flower arrangements were made by some of the residents at Carseldine.
Well done ladies.

It was a full-house for Australia Day commemorations at Carseldine last month.

I wonder what the song was...

True Blue, Waltzing Matilda or Great Southern Land?

One of the great things about Rockpool Carseldine is its proximity to Moreton Bay and Bribie Island, which are perfect for resident day-trips.

Anyone for freshly made scones with French jam and thickened cream?

With Valentine's Day fast approaching, Carseldine's Art & Craft group were hard at work collaging paper hearts.

All you need is love...

In the name of love...

Love lifts us up where we belong...

Love is all around...

Love is in the air... at Rockpool Carseldine with residents enjoying a Champagne and chocolate concert on Valentine's Day.

Carseldine's Men's Group travelled to Caloundra earlier this month to visit the Air Museum, followed by lunch at the Power Boat Club.

The enjoyable trip was particularly meaningful for several residents who served in the Royal Australian Air Force.





Rockpool morayfield

Residents, their family and Rockpool team members had a wonderful time at Morayfield's Christmas celebration.

Games were played, carols were sung before Santa surprised residents with a special visit.

The Christmas spirit is alive and well at Rockpool, with residents helping create delicious giftbags, which were on sale at the Morayfield Christmas stall in December.

Money raised will be used to purchase supplies for resident activities.

Rockpool's residents enjoyed Carols by Candlelight Karaoke at Morayfield in the lead up to Christmas.

Rockpool's residents enjoyed a wonderful Christmas bus tour in late December, which included a visit to team member Sherilee's house and her spectacular light display.

Talk about artistic flair!

Some of the ladies at Morayfield transformed simple glass bottles by dipping them into coloured water.

Can we sign up for the next Morayfield bus trip to Bribie Island Hotel?







staff profile

NAME Sankar Ghimire

POSITION Head Chef (Acting)

LOCATION Carseldine

HOW LONG HAVE YOU LIVED AT ROCKPOOL?

Seven months

MY FAVOURITE MEMORY IS:

The birth of my twins

MY FAVOURITE FOOD IS:

Momo dumplings

WHAT WAS THE BEST CONCERT YOU EVER ATTENDED?

Bon Jovi

WHERE'S YOUR FAVOURITE PLACE IN THE WORLD?

Mt Everest, Nepal

WHAT'S THE LAST BOOK YOU READ?

Prince Harry

WHAT ARE YOU PASSIONATE ABOUT?

Cooking...obviously!

HOW WOULD YOU DESCRIBE ROCKPOOL IN THREE WORDS? Innovative and modern

WHAT'S YOUR FAVORITE MOVIE?

Mission Impossible

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

Bungee jumping

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

Someone in the future

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

Making things possible.

Happy Australia Day from everyone at Rockpool Morayfield.

The residents celebrated all things dinky-di with a thong toss, homemade damper and red ice-cream spider drinks.

Hurry, don't be late, I can hardly wait

I said to myself when we're old

We'll go dancing in the dark

Walking through the park and reminiscing.

That's exactly what Morayfield's residents did recently in the Glasshouse Lounge.

There were plenty of laughs as many treasured memories and tales were told.

This is for you

On this special day

You opened my heart

Showed me the way

I love you to bits

More than words can say

To my beautiful love

Happy Valentine's Day

Happy Valentine's Day from all the beautiful residents at Rockpool Morayfield.





Resident profile

NAME Gwen Harris

LOCATION Maleny community at Morayfield

HOW LONG HAVE YOU LIVED AT ROCKPOOL?
Since November 2022

MY FAVOURITE MEMORY IS:
Getting married and having my two children

IF I COULD DO ANYTHING IN THE WORLD IT WOULD BE:
I would love to win the lottery

MY FAVOURITE FOOD IS:
I don't have a favorite food I enjoy all food

WHAT WAS THE BEST CONCERT YOU EVER ATTENDED?
A Johnnie Ray concert

WHERE'S YOUR FAVOURITE PLACE IN THE WORLD?
Sydney is my favorite place in the world

WHAT ARE YOU PASSIONATE ABOUT?
I am passionate about spending time with my family

HOW WOULD YOU DESCRIBE ROCKPOOL IN THREE WORDS? Caring, friendly, helpful

WHAT'S YOUR FAVORITE MOVIE?
Any Doris Day movie

WHAT'S THE CRAZIEST THING YOU'VE EVER DONE?
Nothing! I have been told I do everything by the book

WHO WOULD YOU MOST LIKE TO SWAP PLACES WITH FOR A DAY?
I wouldn't swap places with anyone. I love my life as it is

WHAT'S YOUR SECRET TALENT THAT NO ONE KNOWS ABOUT?
My secret talent is that I am a very independent woman

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Australia Word Search

Northern territory

Western Australia

New south wales

south australia

First-Fleet

Queens land

melbourne

Australia

canberra

brisbane

tasmania

victoria

adelaide

darwin

sydney

hobart

perth

ACT



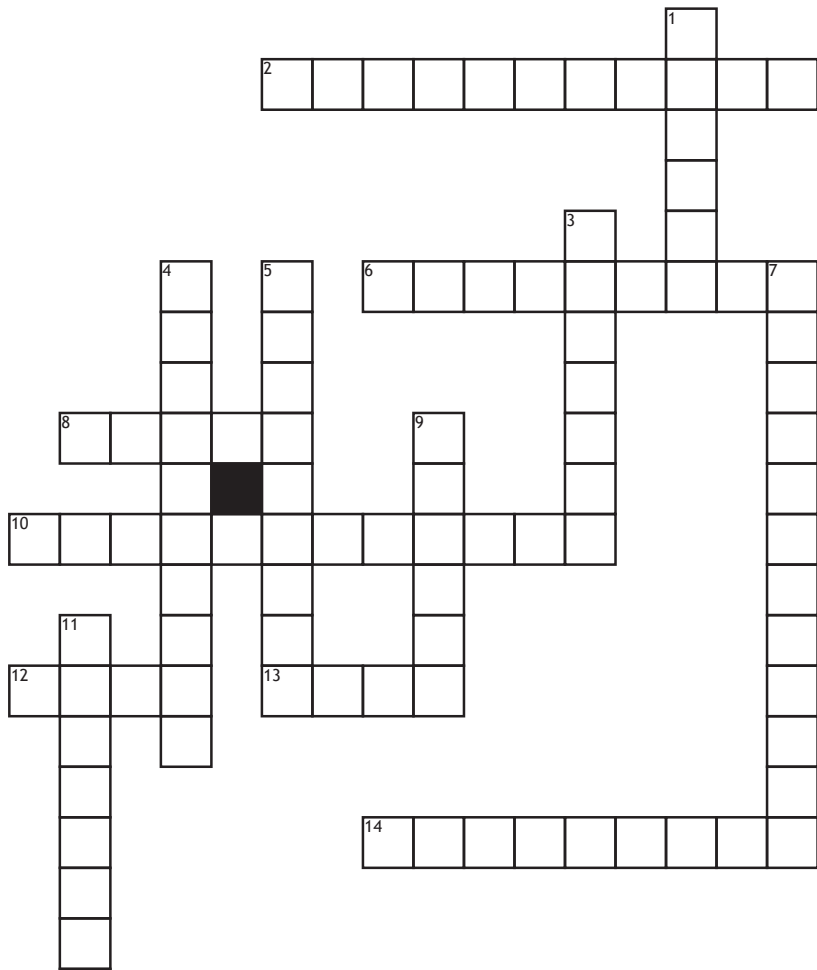
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 A F P G O R E N W W G O D R Z H G A N Z V Y T A
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 A M X E P X Q W F F T V F H H Y F B O T N B U I
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Name: _____ Date: _____

Seven Continents of the World

Across

- 2. Smallest country in the world is on this continent.
- 6. Mount Everest is part of this mountain range.
- 8. The _____ Wall of China.
- 10. The richest country in the world is on this continent.
- 12. The longest river in Africa.
- 13. The largest continent.
- 14. This continent is found at the South Pole.



Down

- 1. Walt _____ World.
- 3. Biggest country in Africa.
- 4. This landmark is in Paris.
- 5. Kangaroos are found on this continent.
- 7. On what continent is the Amazon Rain Forest?
- 9. The Victoria Falls is found on this continent.
- 11. Highest mountain in Asia.

