

# Rockpool Reflections



## CEO's welcome

### Welcome to the new look Rockpool Reflections.

As you'll discover, the revamped newsletter is broken into sections and details what has been happening throughout Rockpool.

I'd like to start by welcoming everyone who has chosen to call Rockpool home in the past two months. I may be biased, but I believe you have all made a wonderful decision.

I would also like to congratulate and thank the entire Rockpool team for the amazing care and resilience they have displayed throughout the evolving COVID-19 situation.

There's no dispute the sector is facing a number of challenges, however, I'm so proud of the proactive steps we have taken, which has prioritised staff and resident safety. I'm also thrilled to report our recent in-house booster clinic with the team at Morayfield Health Hub saw the percentage of residents' triple vaccinated reach an amazing 86 per cent!

In the coming weeks you will notice a number of new faces at Rockpool, with a host of nurses and carers joining the team. Pleasingly, we've also been able to release the final 10 rooms in the Glasshouse community.

Finally, I would like to congratulate and wish the remarkable and delightful Doris Weatherhog a happy 101st birthday.

Residents and staff surprised Doris with a wonderful morning tea which I'm told left her lost for words.

Thanks, Mel

**Melissa Argent**

Rockpool Residential Aged Care CEO

# Business update



## Coming soon!

There's plenty of doom and gloom surrounding the aged care sector at the moment, but not at Rockpool.

Earlier this month our Carseldine development celebrated an important milestone, with the external scaffolding being removed.

Rockpool Carseldine is also Australia's first 5 Star Green Star designed aged care home.

As many of you have already experienced, innovation and sustainability have long underpinned our approach to aged care. The 150-bed Carseldine project, which is scheduled to open in mid-2022, underwent rigorous design, construction and operations assessments before achieving the prestigious rating.

## Thank you

A massive shout-out and huge thank you to Rockpool's wonderful and compassionate team, who have been keeping residents safe and entertained despite the COVID-19 situation.

Rockpool is a kinder and richer organisation because of your care.

## River Road Café now open

Did you know Rockpool Morayfield's River Road Café is now open, Wednesday to Saturday 9am – 3pm.

Why not enjoy a delicious coffee, a freshly made sandwich or a scrumptious piece of cake?





## 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

## Family information night

You're invited to join CEO, Mel Argent and Quality & Culture Manager, Desma van Rosendal at Rockpool's next Family information night.

Learn more about Rockpool's priorities for the year ahead and what goes on behind the scenes.

**When:** 20 April 2022

**Where:** Community Room - Rockpool Morayfield (49 Amy St Morayfield, 4506)

**Time:** 5:30pm - 7:00pm

**Refreshments:** Soft drink, beer, wine, juice and canapes will be provided

## Market research project

Thank you to everyone who recently completed Rockpool's market research questionnaire.

Your responses and feedback will allow Rockpool to further enhance the care and services it provides.

Keep an eye out for some of the exciting initiatives which are set to be launched in the coming months.

## Fingerprint access after hours

We have recently updated our biometric access system and invite family and frequent visitors to Rockpool to see Candice Webb at reception during business hours, so we can re-register your fingerprints for afterhours access.

To ensure the health and safety of all residents and staff the system was recently paused following a positive COVID-19 case. However, the recent update means we can now segment access, allowing family and friends to visit loved ones afterhours who live in communities not impacted by COVID-19.



# Rockpool morayfield



Christmas was simply magical at Rockpool late last year.

Festive celebrations included games, gingerbread, pin the red nose on Rudolph, pass-the-parcel, entertainment from our very own resident, DJ Gina and Carols by Candlelight.

As the residents discovered, there's no such things as too much sparkle on New Year's Eve!

Despite the stop, start COVID-19 restrictions, residents and staff have been prioritising outings when allowed.

Salty sea air, a gentle breeze, a lovely park and the freshest seafood imaginable made for the perfect outing at Scarborough in mid-January.

There are some seriously talented residents at Rockpool, including a number of budding artists.

The art sessions are run by a mother and daughter duo who volunteer their time teaching residents how to paint.

It might be time for an art show!

COVID-19 enforced restrictions at Rockpool doesn't mean the fun stops.

All residents have access to iPads to stay connected with family and friends and have been gifted personalised lifestyle activity packs.

Games of Rummikub and virtual bingo have also been a big hit!

Rockpool's gym means it has never been easier for residents to remain fit and healthy.

Earlier this month they enjoyed a social game of armchair volleyball. The game is perfect as it helps reduce stress, and encourages residents to be active, socialise and have fun.

To mark Waitangi Day, New Zealand's national day, Rockpool's residents made delicious lolly cake and Māori poi balls.

Dance is the hidden language of the soul, however, Ron's was on full display last week, when he transformed a craft session into an impromptu dance class.











**NAME** Meg Morgan

**LOCATION** Tamborine (Morayfield)

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

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

**MY FAVOURITE MEMORY IS:**

The day my husband proposed to me on bended knee in a jewelry shop.

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

I would love to visit my mother's birthplace in England.

**MY FAVOURITE FOOD IS:**

Italian

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

Singapore is my favourite place in the world.

**WHAT ARE YOU PASSIONATE ABOUT?**

I am passionate about my chocolate.

**HOW WOULD YOU DESCRIBE ROCKPOOL IN A FEW WORDS?**

Rockpool is a beautiful, friendly and fabulous place to live.

**WHAT'S YOUR FAVOURITE MOVIE?**

Sleepless in Seattle.

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

I colored my hair purple and I love it.

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

I would swap places for a day with Ash Barty.

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

I was a member of Billy Graham's Choir and really enjoyed it.

How lovely, amazing and wonderful is this!

Residents made a Valentine's Day thank you card for Rockpool's amazing team of carers and nurses, but dipping their thumbs in red paint and creating love hearts.

Valentine

Cupid made a surprise visit to Rockpool on Valentine's Day, gifting residents and staff love cards and delicious chocolate.

Residents also enjoyed a lovely high tea which included a series of games.

Valentine 2

Hip, hip, hooray to the amazing and beautiful Doris Weatherhog who celebrated her 101st birthday on 6 January 2022.

Residents and staff surprised Doris with a wonderful morning tea which left her speechless.

Happy birthday Doris!

Well, this car is automatic, it's systematic, it's hydromatic...

Why it's Greased Lightning!

No, stop, it's actually Rockpool's Hot Rod Car Show, which was a huge success (along with the sausage sizzle for the residents and their family members).

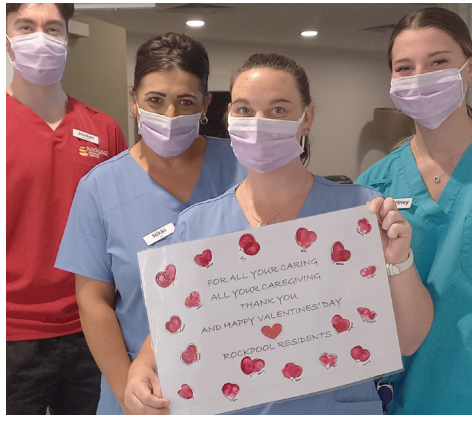
A big thank you to Shirley and her hot rod crew for organizing the show.

Men's Shed – coming soon!

We have listened to your feedback and cannot wait to make this happen!

Be on the lookout for exciting details about our Men's Shed program in the coming weeks.







## Welcome to Rockpool

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

- Talia McSherry - Registered nurse
- Rukudzo Chinwada - Personal carer
- Barry Walter - Hospitality
- Jacquine Mathew - Registered nurse
- Lauren Kelly - Personal carer
- Cassandra McAdams - Hospitality
- Janine Little - Registered nurse
- Gillian Mangnall - Personal carer
- Finn Williams - Personal carer
- Sara Davidson - Registered nurse
- Jade Horton - Personal carer
- Alicia Donnelly - Personal carer
- Abbey Hamilton - Personal carer
- Aaliyah Roe - Personal carer
- Seren Richardson - Catering
- Melinda Edwards - Registered nurse
- Lucy Young - Personal carer
- Kelli-anne Coxall - Personal carer
- Paige Naylor - Catering
- Kelly Smith - Personal carer
- Jannell Burchard - Personal carer
- Dierrelle Pagett - Personal carer
- Courtney Keogh - Personal carer

We're also delighted the following residents are also calling Rockpool home.

- Audrey Pascoe
- Carla Frank
- Charles Wilson
- Doris Veary
- Erna Trims
- Ivy Harding
- Juanita Collingwood
- Judith Hall
- Lynda McLennan
- Marie Hodgess
- Michael Veary
- Noel Coleman
- Raymond Scroop
- Robin Hayman
- Ronald Pitts
- Sylvia Wilson



## Rockpool Engagement Committee

I am delighted to announce the creation of the Rockpool Engagement Committee and its inaugural members.

- Patricia Wakefield – Personal carer
- Suzette Cooper – Enrolled nurse
- Carol Gale – Laundry supervisor
- Kelli-ann Coxall – Personal carer
- Holly Edwards – Finance & Admissions assistant
- Jade Liang – Registered nurse
- Peter Bradley – Dining Service champion

The Rockpool Engagement Committee will be empowered to make recommendations to management about how we can improve your working environment.

If you have an idea, or would like to bring something to our attention, please reach out to a committee member.

Sydney Roberts (Marketing) will chair the Rockpool Engagement Committee, which will meet once every two months.

Congratulations to everyone involved and thank you for being passionate about the success of Rockpool.

Thanks, Mel



**NAME** Shirley Smith

**POSITION** Kitchen assistant

**HOW LONG HAVE YOU WORKED AT ROCKPOOL?**  
One year

**MY FAVOURITE MEMORY IS:**  
Going to Paringa Hot Rod Run once a year for 10 years.

**IF I COULD DO ANYTHING IN THE WORLD IT WOULD BE:**  
Visit America. We will get there one day.

**MY FAVOURITE FOOD IS:**  
Curried beef

**WHAT WAS THE BEST CONCERT YOU EVER ATTENDED?**  
Pink - she is absolutely amazing live!

**WHERE'S YOUR FAVOURITE PLACE IN THE WORLD?**  
Home sweet home. I love spending time with my family.

**WHAT ARE YOU PASSIONATE ABOUT?**  
Hot rods and street cars

**HOW WOULD YOU DESCRIBE ROCKPOOL IN A FEW WORDS?**  
A beautiful, caring environment.

**WHAT'S YOUR FAVOURITE MOVIE?**  
Bridesmaids

**WHAT'S THE CRAZIEST THING YOU'VE EVER DONE?**  
Getting married at 19 years of age was the craziest thing I have ever done, but also the best thing! I have been married for almost 36 years.

**WHO WOULD YOU MOST LIKE TO SWAP PLACES WITH FOR A DAY?**  
My dad in heaven so he could see my beautiful girls for a day.

**WHAT'S YOUR SECRET TALENT THAT NO ONE KNOWS ABOUT?**  
I help my husband wire cars.

# Social calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Relaxing Sunday		<b>1</b> 9.00 Seated Volleyball (Gym) 10.30 Resident /Rep Meeting in the Community room 1.30 Chair soccer (Gym) 2.30 1:1 Social visits	<b>2</b> 9.00 Painting 9.30 Music therapy in the Retreat 10.30 Rummikub (GH) 10.45 Tai Chi (Gym) 1.30 Shopping trolley 2.30 1:1 Social visits
<b>6</b> Relaxing Sunday	<b>7</b> 9.30 Group Physio exercises 10.30 BINGO 1.30 Virtual reality session (Theatre) 2.30 1:1 Social visits	<b>8</b> 9.00 Walk 10.30 Ball Drumming in the community room 1.30 Rummikub in the community room 2.30 1:1 Social visits	<b>9</b> 9.00 Painting 9.30 Music therapy in the Retreat 10.30 Nrl Footy Tipping 10.45 Tai Chi (Gym) 1.30 Shopping Trolley 2.30 1:1 Social visits
<b>13</b> Relaxing Sunday	<b>14</b> 9.30 Group Physio exercises 10.30 BINGO 1.30 Balloon Tennis in the Gym 2.30 1:1 Social visits	<b>15</b> 9.00 Walk 10.30 Craft in the activity room 1.30 Cooking 2.30 1:1 Social visits	<b>16</b> 9.00 Painting 9.30 Music therapy in the Retreat 10.45 Tai Chi (Gym) 11.00 Maxi taxi to Caboolture sports club 1.30 Shopping Trolley
<b>20</b> Relaxing Sunday	<b>21</b> 9.30 Group Physio exercises 10.30 BINGO 1.30 Joke telling afternoon in the community room 2.30 1:1 Social visits	<b>22</b> 9.30 Zumba 10.30 The Price is Right game in the activity room 1.30 Rummikub in the activity room 2.30 1:1 Social visits	<b>23</b> 9.00 Painting 9.30 Music therapy in the Retreat 10.30 Rummikub (GH) 10.45 Tai Chi (Gym) 1.30 Shopping Trolley 2.30 1:1 Social visits
<b>27</b> Relaxing Sunday	<b>28</b> 9.30 Group Physio exercises 10.00 March Birthday party in the cafe foyer 1.30 Easter craft in the community room 2.30 1:1 Social visits	<b>29</b> 9.00 Henny Penny Chicken hatching viewing in the activity room 10.30 BINGO 1.30 Easter craft 2.30 1:1 Social visits	<b>30</b> 9.00 Painting 9.30 Music therapy in the Retreat 10.30 Fishing Bus trip 10.45 Tai Chi (Gym) 1.30 Shopping Trolley 2.30 1:1 Social visits





THURSDAY	FRIDAY	SATURDAY
<b>3</b> 9.30 Group Physio exercises 10.30 BINGO 1.00 Delta dog therapy 1.30 Hoy in the activity room 2.30 1:1 Social visits	<b>4</b> 9.00 Walk 10.30 Sing along in the Theatre 1.30 Movie and treats 2.30 1:1 Social visits	<b>5</b> 1:1 Relaxation activities
<b>10</b> 9.30 Group Physio exercises 10.30 BINGO 2.00 Karaoke with Bill and Kelli-anne in the café foyer 3.00 1:1 Social visits	<b>11</b> 9.00 Walk 10.30 Drawing with Gina in the activity room 1.30 Movie and ice cream 2.30 1:1 Social visits	<b>12</b> 1:1 Relaxation activities
<b>17</b> 9.30 Group Physio exercises 10.30 BINGO 1.00 Delta dog therapy 1.30 St Patricks Day Happy Hour with Dj Gina	<b>18</b> 9.00 Walk 9.30 Cooking 10.30 Rummikub / Drawing in the activity room 1.30 Movie and treats 2.30 1:1 Social visits	<b>19</b> 1:1 Relaxation activities
<b>24</b> 9.30 Group Physio exercises 10.30 BINGO 1.30 Uno card game in Glasshouse 2.30 1:1 Social visits	<b>25</b> 9.00 Walk 10.00 Anglican Church service in the community room 1.30 Movie and ice cream 2.00 Beers and Darts	<b>26</b> 9.30am Rockpool Art gallery showing in the cafe foyer
<b>31</b> 9.30 Group Physio exercises 10.30 BINGO 1.00 Delta dog therapy 1.30 Uno card game in the activity room 2.30 1:1 Social visits		ACTIVITIES SUBJECT TO CHANGE DEPENDING ON THE NEEDS OF THE RESIDENTS

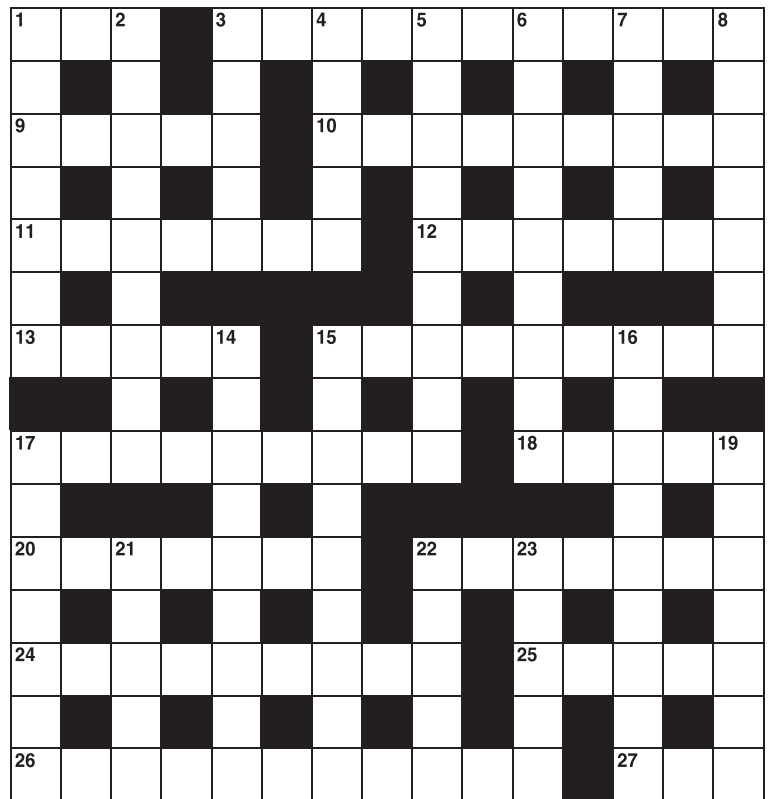
## CROSSWORD

### ACROSS

- 1 Small explosion (3)  
 3 Unable to be separated (11)  
 9 Festival, – Gras (5)  
 10 Happening (9)  
 11 Relatedness (7)  
 12 Infest (7)  
 13 Horse sound (5)  
 15 Talents (9)  
 17 Inform (9)  
 18 Colour associated with jealousy or naivety (5)  
 20 Glitch (7)  
 22 In fashion (7)  
 24 Extended (9)  
 25 Italian cuisine (5)  
 26 Awesome (11)  
 27 Perish (3)

### DOWN

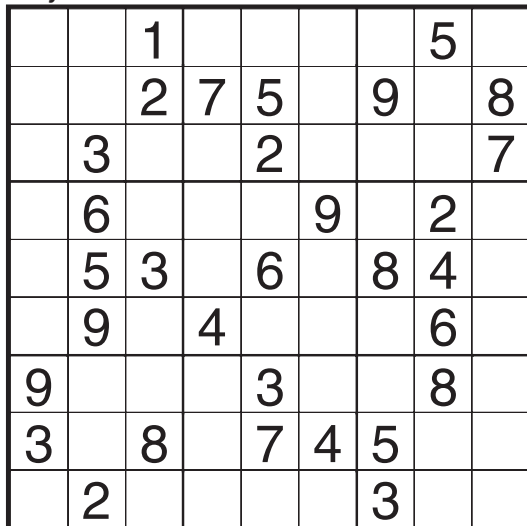
- 1 Jack-o-lantern vegetable (7)  
 2 Everlasting (9)  
 3 From Dublin or Galway (5)  
 4 Sag (5)  
 5 Era before Edwardian (9)  
 6 Showing (a film)(9)  
 7 Prickly shrub (5)  
 8 Motors (7)  
 14 Call attention to (9)  
 15 Mechanical; involuntary (9)  
 16 Romanticised (9)  
 17 State (7)  
 19 Describe (7)  
 21 Gas layer in the stratosphere (5)  
 22 Part of a bike (5)  
 23 Writing material (5)



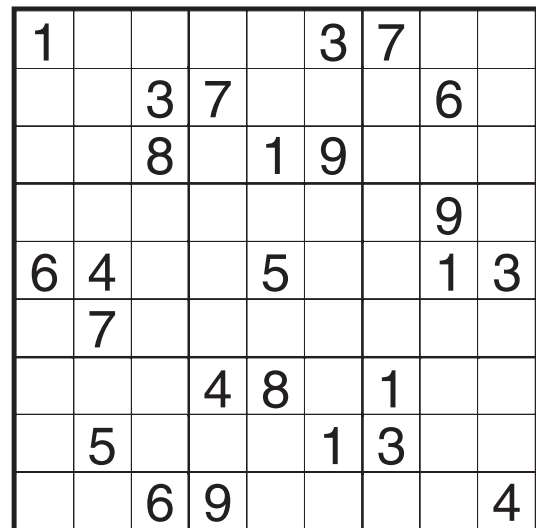
## SUDOKU

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



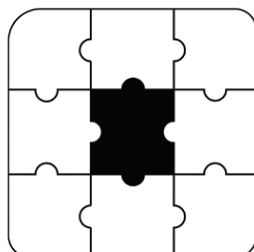
### hard



## EDGEWORD

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

There may be more than one possible answer.



RA	AC
ED	DI
SP	ES
IN	CH

## TRIPLE

D \_ \_ \_  
 C R \_ \_ \_  
 C \_ \_ \_ A N  
 G R \_ \_ \_

What three-letter sequence completes all of these words?

## WORDFIND

Theme: CIRCUS

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

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

ACROBAT	FLY	STILTS
ARENA	FUN	TARP
BIG TOP	HOOP	TENT
CHEER	LION TAMER	TRAPEZE
CLOWNS	NET	WIRE
DARE	RINGMASTER	WOW
ELEPHANTS	ROPE	
FLIP	SHOW	

## WORDFILL

### 3 LETTERS

TAN  
TAR

### 4 LETTERS

LYRE  
NEWS  
SASH  
SCAB  
SMUG  
STAG

### 5 LETTERS

EIGHT  
RABID  
SPICY  
WIGHT

### 6 LETTERS

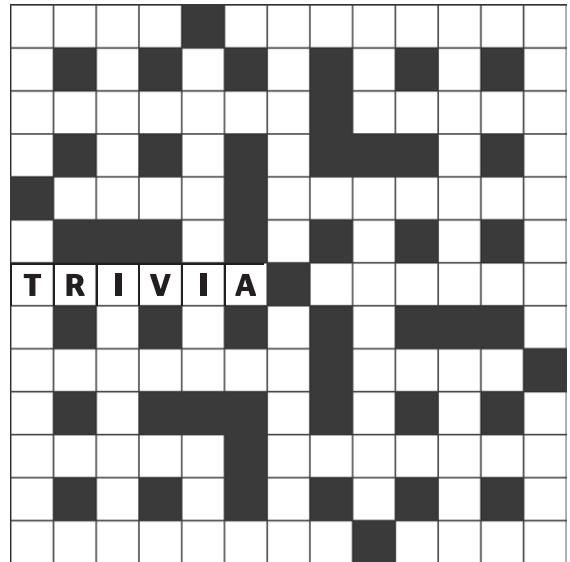
BRUTAL  
SEWAGE  
TRIVIA  
UPSIDE

### 7 LETTERS

AMALGAM  
ANIMALS  
CABARET  
CAT'S EYE  
DIVORCE  
INTEGER

### 8 LETTERS

BASELINE  
BUTTOCKS  
STICKERS  
STRANGER  
SUDDENLY  
VERANDAH



## TRIVIA QUIZ

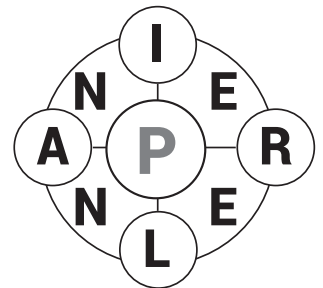
- Which Norse god was 'Wednesday' named after?
- Who won the UEFA Euro 2020 final?
- Jared Harris (pictured) won a Golden Globe for his role in which miniseries?
- Anna Karenina* was written by which Russian author?
- What are the official languages of Macau?
- In which year was the Tate Modern establish?
- What is the world's longest-running children's television programme?
- What is the official currency of Brazil?
- Vincent Namatjira was the first Indigenous Australian to win which influential art prize?
- Grampus is an archaic term for the Risso's dolphin and which other animal?



SOLUTIONS: 1. Odin 2. Italy 3. *Chernobyl* 4. Leo Tolstoy 5. Cantonese and Portuguese 6. 2000 7. *Blue Peter* 8. The real 9. The Archibald 10. Orca

## 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

24 words: **Good**  
36 words: **Very good**  
49 words: **Excellent**

## 4X4

### ACROSS

- 1 Elementary particle  
5 Tree variety  
6 Observes  
7 Stuffs up

### DOWN

- 1 Church recess  
2 Row  
3 \$1 bill (colloq)  
4 Chaotic scene

1	2	3	4
5			
6			
7			



## CODWORD

[illegible][illegible]

## 5X5

M		E		S
	L		A	
M		G		A
	T		E	
R		T		Y

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.

	-		+		=	7
-		x		+		
	x		+		=	8
x		-		x		
	x		x		=	56
=		=		=		
2		22		26		

## SOLUTIONS

PUZZLES AND PAGINATION © PAGEMASTERS PTY LTD  
PAGEMASTERS.COM

AUGUST 2021

WORDFILL

# SUDOKU

## easy

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

9-LETTER

S	R	R	E
S	E	E	S
E	N	I	P
M	O	A	T

R	E	T	R	Y
E	T	H	E	R
M	A	G	M	A
I	L	I	A	C
M	E	E	T	S

26		22		2
=		=		=
56 =	4	x	2	x
	x		-	x
8 =	5	+	3	x
	+		x	-
7 =	6	+	8	-

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

SPACED, SPRAY,  
EDDIES, INCHES

The missing letters  
are AFT  
DAFT, CRAFT,  
CAFTAN, GRAFT

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

## Secret Message: BRILLIANT SKILLS