

# Rockpool Reflections



## CEO's welcome

Welcome to the October 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 members and thank you for embracing our values and standards and how and why we deliver care at Rockpool.

Rockpool Morayfield celebrated a significant milestone in September, it's third birthday. Residents and team members rightfully celebrated, however, it was also an opportunity to pause and reflect and acknowledge what we have achieved in three short years, which has been nothing short of spectacular.

As you'll discover in this edition of Rockpool Reflections we are not resting on our laurels, with construction well underway at our third location, Rockpool Pelican Waters.

There's also a shout-out to the community, particularly those interested in volunteering at Rockpool. If you would like to give back to the community, love a chat and a cuppa, enjoy arts and crafts or have a passion for gardening, fun and games, we'd love to hear from you.

October was also Queensland Seniors Month. I'd like to thank and recognise every single resident for the contribution they make to Rockpool. We are a richer organisation because of your presence. I'd also like to thank the team at Bracken Ridge Plaza and the students at Norris Road State School for making Queensland Seniors Month special for our Carseldine residents.

Earlier this month I had the honour of speaking at the Aged & Community Care Providers Association (ACCPA) National Conference in Adelaide.

This year's theme was It's Up To Us. Each one of us must own our part in the transformation of the age services industry, and put into effect the change we want to see. It's up to us to enable residents, deliver quality care, provide transparency, build trust, improve governance, attract qualified workers, lift standards and innovate.

Finally, I want to make sure you keep Saturday, 19 November free for the Resident Art Exhibition & Morayfield Open Day.

Rockpool's talented residents will showcase their latest works, which can be purchased on-site. They'll also be guided tours of our amazing rooms, delicious goodies prepared by the River Road Café and live music.

Thanks,

**Melissa Argent**

Rockpool Residential Aged Care CEO

# Business update



## ACCPA National Conference

Rockpool was front and centre at the recent Aged & Community Care Providers Association (ACCPA) National Conference in Adelaide, with CEO Melissa Argent sharing her thoughts about how the industry can deliver better services, before featuring in a Q&A session.

The ACCPA National Conference is the largest age services event in Australia. It is the place where leading edge thinkers, industry experts and providers meet to challenge their assumptions and open their horizons to new ideas and approaches.



Because Rockpool is different to every other aged care provider, a short video was shown prior to Mel's presentation.

## Volunteer at Rockpool

Would you like to volunteer at Rockpool?

Volunteers are the backbone of the community and play a vital role at Rockpool, providing friendship, companionship and joy to our residents.

Unfortunately, our volunteer program was impacted by COVID-19, however, we're committed to making it bigger and better than ever before.

If you love a chat and a cuppa, enjoy arts and crafts, have a passion for music or games or would like to play a role in the Rockpool community, we'd love to hear from you.

To express your interest, please contact [Admin.Morayfield@rockpoolrac.com](mailto:Admin.Morayfield@rockpoolrac.com) or [Admin.Carseldine@rockpoolrac.com](mailto:Admin.Carseldine@rockpoolrac.com).



## Here we go again!

Opening in mid-2023, Rockpool Pelican Waters will boast water and mountain views and is situated just moments from the nearby marina and village.

We wanted to give you a bird's-eye view (dare we say it - a pelican) of construction, which is well underway.



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

Now open at Carseldine Village – enquire today

1800 515 053 | [rockpoolrac.com](http://rockpoolrac.com)



## Staff profile

**NAME** Shannon Ritchie

**LOCATION** Morayfield

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

**MY FAVOURITE MEMORY IS:**  
When I was in a marching band, my school went to the State Finals

**IF I COULD DO ANYTHING IN THE WORLD IT WOULD BE:**  
Have a zoo and a secluded oasis

**MY FAVOURITE FOOD IS:**  
Pizza or popcorn

**WHAT WAS THE BEST CONCERT YOU EVER ATTENDED?**  
David Guetta

**WHERE'S YOUR FAVOURITE PLACE IN THE WORLD?**  
Camp Derr Run, that's a church in Texas that I would go to every summer until I was 18

**WHAT'S THE LAST BOOK YOU READ?**  
The Woods by Harlan Coben

**WHAT ARE YOU PASSIONATE ABOUT?**  
Adventures, animals and trying new foods

**HOW WOULD YOU DESCRIBE ROCKPOOL IN THREE WORDS?** Welcoming, potential and friendly

**WHAT'S YOUR FAVORITE MOVIE?**  
Spirited Away and Howl's Moving

**WHAT'S THE CRAZIEST THING YOU'VE EVER DONE?**  
I went kayaking with my cousin to an island and got lost on the way back, because it got dark faster than we thought, but on the plus side there was glowing algae

**WHO WOULD YOU MOST LIKE TO SWAP PLACES WITH FOR A DAY?**  
Any NBA player as I love to play basketball

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



## In demand

Rockpool CEO Melissa Argent has been in hot demand recently, speaking at a number of high-profile industry events about the future of aged care, what residents should expect and the Rockpool difference.

## New look Rockpool website

Have you noticed Rockpool's amazing new website?

Launched a two months ago, the website details the Rockpool difference and some of the amazing facilities available to residents.

The site shines a light on our locations at Morayfield and Carseldine, as well as the planned developments at Pelican Waters and Oxley.

Importantly it details the some of the care options available to residents, including residential, respite, memory support and palliative care as well as Rockpool's long list of amazing amenities and activities.

The Board and Rockpool team are also featured, but most importantly our residents are front and centre. How many residents can you recognise?



## Resident Art Exhibition & Morayfield Open Day

You're invited to Rockpool Morayfield's Art Exhibition and Open Day.

**When** Saturday, 19 November

**Time** 9am-12noon

**Where** Rockpool Morayfield, 49 Amy Street, Morayfield, 4506.

Rockpool's talented residents will showcase their latest works, which can be purchased on-site.

The wonderful morning will also feature:

- Guided tours of the amazing rooms and facilities;
- Delicious goodies prepared by the River Road Café;
- Live music / resident DJ;
- An opportunity to have all your aged care questions answered courtesy of the Rockpool team.

To RSVP, please email Admin.Morayfield@rockpoolrac.com.

## 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



## 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.

## Welcome to Rockpool

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

Freedom-Sierra Walker  
Isha Rimal  
Nisha Dhungana Kandel  
Jashandeep Kaur  
Khushi Dhiman  
Madeleine Duggan  
Chandani Silwal  
Avneet Kaur  
Angelina Nyabuath  
Karissa O'Sullivan  
Davy Gee  
Sony Maharjan  
Beatrice Rodriguez  
Prabina Sharma  
Katrina Garth  
Ruth Shorai  
Gipsy Thomas  
Silvia Bustelo  
Renu Thapa  
Jamuna Timilsina  
Safia Nisha  
Devanshi Yadav  
Chhokpa lama Sherpa  
Roslyn O'Grady  
Arshpreet Kaur  
Xy-za Albaladejo  
Makiko Wieland  
Kerri-Lee Schipper  
Chanel Payne  
Floraphine Porta  
Nattawadee Laosrivichi  
Sharyn De Riecroft  
Roshini Nath  
Mark Anthony Bello  
Sanjita Dhakal  
Bindu Pandit  
Reeta Gurung  
Kristelle Anne Tapic  
Sextus Nicholas  
Bhawan deep Kaur  
Stephanie McCarthy

Reeya Khadka  
Anupama Wickramaratne  
Ayushma Dahal  
Zara Stone  
Dinesh Dhungana  
Rusha Thapa  
Faasao Silao  
Marysia Fonjock  
Thammaya Garbuja  
Surekha Patel  
Narpinder Kaur  
Kathryn Clay  
Krystal Lane  
Anup Bhattarai  
Ai Yamamoto  
Rinalyn Incoll  
Tayla Smith  
Kerri Lewis  
Alicia young  
Ethan McDougall  
Sharanjit Kaur  
Liz Oss-Emer  
Bianca Mogno  
Lily Davis  
Sheila Steinger  
Manpreet Kaur  
Debrah Ireland  
Deeprajanpreet Kaur  
Natalia Cristiano  
Reeta Gurung  
Kimberley Smith  
Graice Porter  
Danielle Hamby

## 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)

Unfortunately, COVID-19 restrictions are a part of life, but that doesn't mean the fun and care stops. At Rockpool, residents are supplied with care and puzzle packages and can play games including virtual bingo!

The residents at Rockpool Morayfield were proud to support 'Wear it Purple Day' on Friday, 25 August.

Wear It Purple Day strives to foster supportive, safe, empowering and inclusive environments for rainbow young people.

Happy Father's Day to Rockpool's amazing dads.

Rockpool's residents celebrated Father's Day by making gifts, including fudge, rocky-road and bookmarks, before a delicious BBQ lunch.

8 September was @R U OK? Day and an opportunity to ask friends and family an important question.

At Rockpool, residents gifted cupcakes and bags of lollies to staff and checked they were all okay.

One of the best things about having two locations, one at Morayfield and one at Carseldine, is the opportunity for visits, where old friendships are renewed and new friendships made.

Happy birthday to us!

Residents and team members celebrated Morayfield's third birthday on Friday (16 September) with a spectacular celebration which included farm animals, live entertainment and a food truck!

Residents at Morayfield had an opportunity to pay their respects to The Queen and leave a message of condolence.

The messages will be sent to Buckingham Palace and archived by the Commonwealth.

You know what Happy Hour means at Rockpool Morayfield?

Friends, a few drinks, a dance, great music and a sing-a-long!

Did you see Cathy and Candice at the Longman Seniors Expo at Morayfield Sports and Events Centre?

Rockpool was one of 100 exhibitors at the event.

Hip, hip, hooray to Morayfield's October babies who celebrated birthdays this month.



# Morayfield social calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Relaxing Sunday		1 <b>10.00</b> Melbourne Cup roving sweeps <b>1.00</b> Join us for the Melbourne Cup Race in the Theatre <b>2.30</b> 1:1 social visits	2 <b>9.00</b> Painting <b>9.30</b> Music Therapy <b>10.45</b> Tai Chi <b>1.30</b> Shopping trolley <b>2.30</b> 1:1 social visits
6 Relaxing Sunday	7 <b>9.00</b> Retreat Walk <b>10.30</b> BINGO <b>1.30</b> Lawn bowls on the Daintree green <b>2.30</b> 1:1 Social visits	8 <b>9.00</b> Walk <b>10.30</b> Church One get together in the community room <b>1.30</b> Movie in the theatre <b>2.30</b> 1:1 social visits	9 <b>9.00</b> Painting <b>9.30</b> Music Therapy <b>10.45</b> Tai Chi <b>12.30</b> Maxi taxi to Caboolture sports club <b>1.30</b> Shopping trolley <b>3.00</b> Audio Bookclub
13 Relaxing Sunday	14 <b>9.00</b> Retreat Walk <b>10.30</b> BINGO <b>1.30</b> Rummikub <b>2.30</b> 1:1 Social visits	15 <b>9.00</b> Walk <b>10.30</b> Christmas stall cooking in Maleny <b>2.00</b> Cuppa Knowledge in the activity room <b>2.30</b> 1:1 social visits	16 <b>9.00</b> Painting <b>9.30</b> Music therapy <b>10.45</b> Tai Chi in Retreat <b>1.30</b> Shopping trolley <b>2.30</b> 1:1 social visits
20 Relaxing Sunday	21 <b>9.00</b> Retreat Walk <b>10.30</b> BINGO <b>1.30</b> Archery on the Daintree green <b>2.30</b> 1:1 Social visits	22 <b>9.00</b> Walk <b>10.30</b> Uno card game <b>1.30</b> Movie in the Theatre <b>2.30</b> 1:1 social visits	23 <b>9.00</b> Painting <b>9.30</b> Music therapy <b>10.45</b> Tai Chi in Retreat <b>1.30</b> Shopping trolley <b>3.00</b> Audio Bookclub
27 Relaxing Sunday	28 <b>9.00</b> Retreat Walk <b>10.00</b> November Birthday party <b>1.30</b> Gentle music hour in the Theatre <b>2.30</b> 1:1 social visits	29 <b>9.00</b> Walk <b>10.30</b> BINGO <b>1.30</b> Christmas stall Cooking in Daintree <b>2.30</b> 1:1 social visits	30 <b>9.00</b> Painting <b>9.30</b> Music Therapy <b>10.45</b> Tai Chi <b>12.30</b> Maxi taxi to Burpengary shops <b>1.30</b> Shopping trolley

THURSDAY	FRIDAY	SATURDAY
3 <b>9.00</b> Retreat Walk <b>10.30</b> BINGO <b>1.30</b> Lawn bowls on the Daintree green <b>2.30</b> 1:1 social visits	4 <b>9.00</b> Walk <b>10.30</b> Hoy in the activity room <b>1.30</b> Movie and ice cream in the Theatre <b>2.00</b> Delta dogs visit	5 <b>1:1</b> Relaxation activities
10 <b>9.00</b> Retreat Walk <b>10.30</b> BINGO <b>1.30</b> Karaoke & Happy hour in the cafe foyer <b>2.30</b> 1:1 social visits	11 <b>10.45</b> Remembrance Day service followed by a sausage sizzle <b>1.30</b> Rummikub in the activity room <b>2.30</b> 1:1 social visits	12 <b>10.00</b> Delta dog visit <b>1:1</b> Relaxation activities
17 <b>9.00</b> Retreat Walk <b>10.30</b> BINGO <b>1.30</b> Beers and Darts in the cafe courtyard <b>2.30</b> 1:1 Social visits	18 <b>9.00</b> Walk <b>10.30</b> Res/rep/food focus meeting <b>1.30</b> Movie and Ice Cream <b>2.00</b> Delta dog visit	19 <b>9.00</b> Rockpool Open day and Art Exhibition
24 <b>10.00</b> Bus Fishing trip to Donnybrook Jetty <b>10.30</b> BINGO <b>1.30</b> Gentle music hour in the Theatre <b>2.30</b> 1:1 social visits	25 <b>9.00</b> Walk <b>10.00</b> Church service in the community room <b>1.30</b> Rummikub in the activity room <b>1:1</b> Social visits	26 <b>10.00</b> Delta dog visit <b>1:1</b> Relaxation activities
<b>Computer classes</b> in the Tamborine Tech room <b>Mondays and Thursdays</b> <b>9.30am &amp; 1.30pm</b> (bookings can be made with lifestyle )		<b>ACTIVITIES SUBJECT TO CHANGE DEPENDING ON THE NEEDS OF THE RESIDENTS</b>

Did you know October is Queensland Seniors Month?

Residents at Rockpool Carseldine were recently treated to a morning tea (sponsored by Bracken Ridge Plaza) and a musical performance by the students at Norris Road State School.

The students also gifted residents personalised poems and cards.



The Dragon Fly Café at Eden Gardens Nursery was the location for a recent bus outing, with residents enjoying the lush environment and delicious coffee and cake.

After morning tea, the residents enjoyed a walk around the nursery, reminiscing about gardens and their love of flowers.

Judging by the smiles, the trip to the Redcliffe RSL earlier this month was a huge success!

As part of Queensland Seniors Month, the team at Bracken Ridge Plaza created this wonderful video.

How many residents can you spot?



Did you know Rockpool Carseldine has a Garden Club?

The first meeting took place in mid-October, with residents making terrariums for their rooms.

Each resident was supplied with a fishbowl, potting mix, stones and some finishing decorations, before choosing from a variety of plants to place in their fishbowls.

Don't they look amazing!

Monday's make your own Pizza for Lunch Day was a great success, with 20 residents coming down to The Rocks Café to select their toppings, cook and then eat their pizza.

Bellissimo!



## Resident profile

**NAME** Lina Waldmeier

**LOCATION** I live in the Glasshouse community

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

**MY FAVOURITE MEMORY IS:**  
When I was young and living in Switzerland.

**IF I COULD DO ANYTHING IN THE WORLD IT WOULD BE:**  
If I could do anything in the world it would be to put a stop to all wars.

**MY FAVOURITE FOOD IS:**  
Seafood

**WHAT WAS THE BEST CONCERT YOU EVER ATTENDED?**  
The Seekers when they played in Brisbane

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

**WHAT'S THE LAST BOOK YOU READ?**  
I actually don't read books as I prefer to read magazines

**WHAT ARE YOU PASSIONATE ABOUT?**  
My passion would be that I enjoy having conversations with others

**HOW WOULD YOU DESCRIBE ROCKPOOL IN THREE WORDS?** I just love living here

**WHAT'S YOUR FAVORITE MOVIE?**  
The sound of music is my all time favourite movie

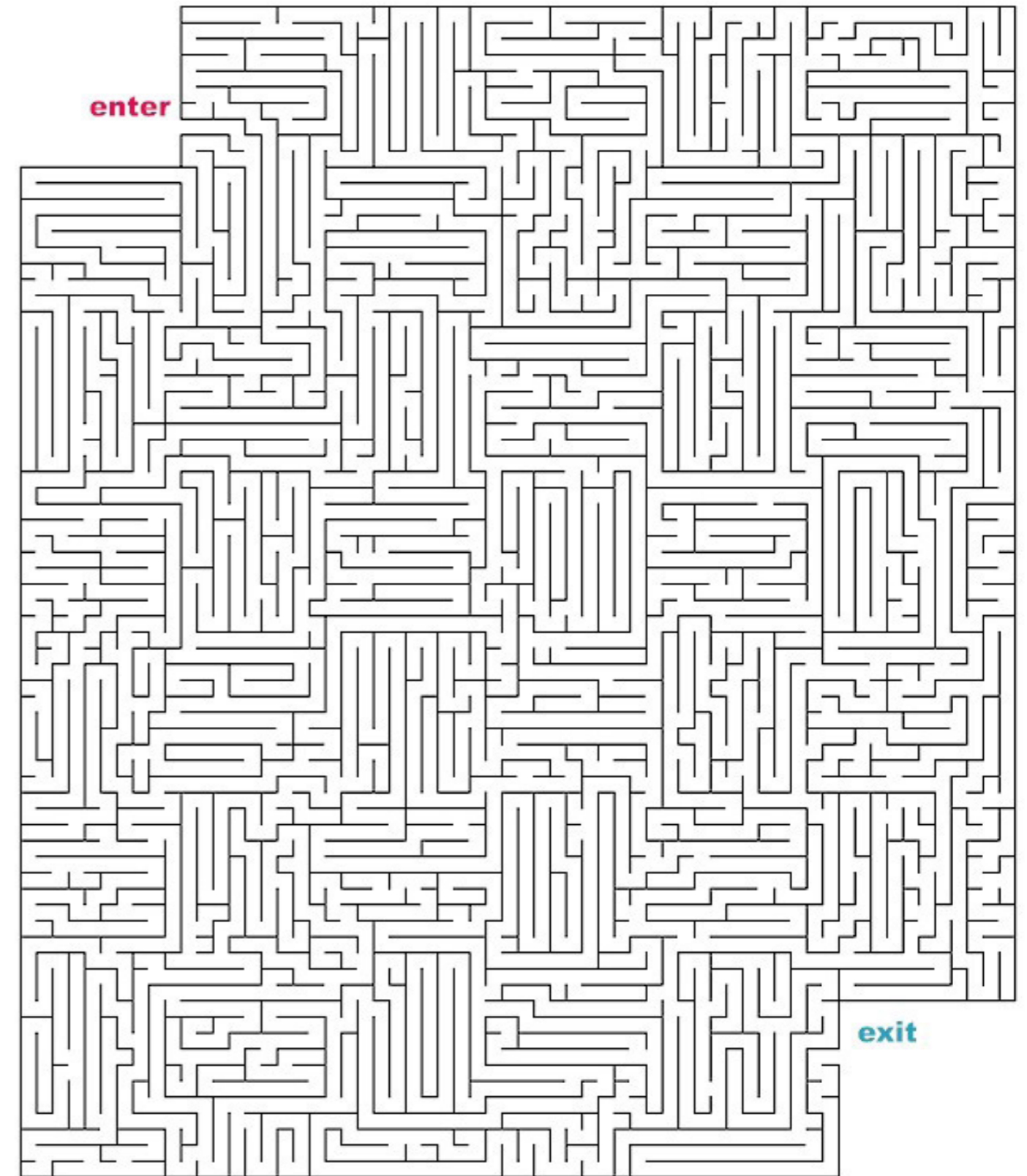
**WHAT'S THE CRAZIEST THING YOU'VE EVER DONE?**  
Drink way too much vodka. And since that occasion I have never drunk it again.

**WHAT'S YOUR SECRET TALENT THAT NO ONE KNOWS ABOUT?**  
My secret talent is that I have common sense.

# Carseldine social calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9.00 1.1 WALKS 1 10.30 MUSIC THERAPY 1.30 Garden Club (Terrariums) 3.00 MELBOURNE CUP ON TV	9.00 1.1 WALKS 2 1.30 MENS GROUP 1.30 Ladies Pamper Session	10.00 Catholic Church Service/Communion (Theatre ground floor) 3 1.30 Oakes Ladies Day High Tea	9.00 1.1 WALKS 4 1.30 Bingo 1.30 1.1 Visits	Read the Newspaper 5 Play Cards/Scrabble Enjoy a walk Visit the Café – ground floor 8.30am to 3.30pm	SONGS OF PRAISE 6 ABC TV 2/21 ABC HD 2011.30AM 1.30pm Sunday at the Movies – Ground floor
9.00 1.1 WALKS 7 10.30 1.1 VISITS 2.00 Ice-cream Tasting	9.00 1.1 WALKS 8 10.30 SILVER MEMORIES CONCERT 1.30 Art & Craft	9.00 1.1 WALKS 9 9.45 Shopping Trip to Aspley Hypermarket 1.30 Bus Drive	9.00 1.1 WALKS 10 11.00 Lollie Trolley 2.30 Happy Hour	9.00 1.1 WALKS 11 10.45 REMEMBRANCE DAY SERVICE 1.30 Bingo 1.30 1.1 Visits	Read the Newspaper 12 Play Cards/Scrabble Enjoy a walk Visit the Café – ground floor 8.30am to 3.30pm	SONGS OF PRAISE 13 ABC TV 2/21 ABC HD 2011.30AM 1.30pm – Sunday at the Movies – Ground floor
9.00 1.1 WALKS 14 10.30 1.1 VISITS 1.30 Word Game/QUIZ	9.00 1.1 WALKS 15 10.30 MUSIC THERAPY 1.30 Garden Club	9.00 1.1 WALKS 16 1.30 MENS GROUP 1.30 Ladies Pamper Session	10.00 Catholic Church Service/Communion (Theatre ground floor) 17 11.00 Lollie Trolley 2.30 Happy Hour	9.00 1.1 WALKS 18 1.30 Bingo 1.30 1.1 Visits	Read the Newspaper 19 Play Cards/Scrabble Enjoy a walk Visit the Café – ground floor 8.30am to 3.30pm	SONGS OF PRAISE 20 ABC TV 2/21 ABC HD 2011.30AM 1.30pm – Sunday at the Movies – Ground floor
9.00 1.1 WALKS 21 10.30 1.1 VISITS 1.30 Word Game/QUIZ	9.00 1.1 WALKS 22 10.30 MUSIC THERAPY 1.30 Art & Craft	9.00 1.1 WALKS 23 1.15 Afternoon Tea at Largarto Café Samford Valley	9.00 1.1 WALKS 24 11.00 Lollie Trolley 2.30 Happy Hour	9.00 1.1 WALKS 25 1.30 Bingo 1.30 1.1 Visits	Read the Newspaper 26 Play Cards/Scrabble Enjoy a walk Visit the Café – ground floor 8.30am to 3.30pm	SONGS OF PRAISE 27 ABC TV 2/21 ABC HD 2011.30AM 1.30pm – Sunday at the Movies – Ground floor
9.00 1.1 WALKS 28 10.30 1.1 VISITS 1.30 Music Concert with John Sophios	9.00 1.1 WALKS 29 10.30 MUSIC THERAPY 1.30 Garden Club	9.00 1.1 WALKS 30 1.30 MENS GROUP 1.30 Ladies Pamper Session	<b>MELBOURNE CUP 1<sup>ST</sup> TUESDAY IN NOVEMBER</b> 			

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





## 1950's Songs

Find and circle all of the 1950's song titles that are hidden in the grid.  
The remaining letters spell the title of an additional 1950's song.

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

BLUEBERRY HILL

BO DIDDLEY

BYE BYE LOVE

CRAZY ARMS

DJANGO

DONNA

EVERYDAY

FEVER

HEARTBREAK HOTEL

HONKY TONK

HOUND DOG

JAILHOUSE ROCK

KANSAS CITY

LA BAMBA

LONELY TEARDROPS

LONG TALL SALLY

MACK THE KNIFE

MANNISH BOY

MAYBELLENE

MISTY

MONA LISA

MOVE IT

MYSTERY TRAIN

NIGHT TRAIN

ONLY YOU

PEGGY SUE

RAVE ON

RED HOT

RIP IT UP

RUMBLE

SEARCHIN'

SHOUT

SIXTEEN TONS

SPEEDO

SUZIE Q

TAKE FIVE

TEQUILA

TUTTI FRUTTI

YAKETY YAK

YOU SEND ME

