



OCEAN MIST

AGED CARE

*Come for the lifestyle
and stay for the care*

March

NEWSLETTER

(03) 5261 6709  

370 GROSSMANS ROAD, TORQUAY, VIC, 3228

WWW.TORQUAYAGEDCARE.COM.AU



OCEAN MIST
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March 2023

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EDITOR'S DESK



Hello Residents, Families and Friends!

I am really looking forward to this month – there is so much to celebrate! Join us at any of our events and programs that celebrate St. Patrick's Day, International Women's Day, Easter, and more. It's sure to be a busy month at our community and I hope you'll be a part of all the fun!

This month, consider harnessing a little luck and trying your hand at a new activity or program. You just might meet a new friend or find a new hobby...if you're lucky!

Here's to March and April!

Yvette Watts



“

Quote of the Day

When I've least expected it, an enormous *opportunity* or stroke of luck has crossed right under my nose.

– Julie Andrews

”

MARCH TRIVIA

March was named after Aka, the Roman God of War, a mythical ancestor of the Romans and father of Romulus and Remus.

Zodiac signs: Pisces & Aries

Birthstone: Aquamarine

Flower: Daffodil



WHAT WE'VE BEEN UP TO



Activity Spotlight

Surfcoast Sunflower Farm

Thank you to the Surfcoast Sunflower Farm at Modewarre who hosted an amazing afternoon amongst the Sunflowers, with great photo opportunities. Golden canolies and the chance to frolic amongst these beautiful flowers.



Activity Spotlight

Lunar New Year Luncheon

Ocean Mist celebrated The Lunar New Year with a luncheon of Asian feasts...

There are two distinct celebrations that signify the beginning of a new year in Australia among people of East Asian origins: the Western New Year and the Lunar New Year. Also known as the Gregorian New Year, the Western New Year is observed on 1 January, while the Lunar New Year, also referred to as the Spring Festival or Chinese New Year, is celebrated according to the lunisolar calendar and generally falls between 21 January and 20 February.

The Lunar New Year is a major festival in the Sinosphere or the Sinic world (Chinese-speaking countries and regions, and countries and regions historically under Chinese influence), including mainland China, Taiwan, Hong Kong, Macau, Singapore, Vietnam, and Korea.

The Dragon

It represents positive qualities such as *power, strength, good luck, and wisdom*. The Chinese dragon is considered a celestial and divine creature, with the ability to control natural elements such as wind and water.





Activity Spotlight

Friday Happy Hour

Friday Happy Hour's are a great way to unwind, with a drink, a dance, a sing along and friends to make it enjoyable.



Activity Spotlight

New Year Celebrations!

Ocean Mist celebrated the New Year with a fun get together, with celebrations, music, dancing and drinks. Counting down to the New Year with confetti and party poppers.

In the present day, with most countries using the Gregorian calendar as their civil calendar, 1 January according to Gregorian calendar is among the most celebrated of public holidays in the world. Often observed with fireworks at the stroke of midnight. Other global traditions include making New Years Day resolutions and calling one's family and friends. What are some of your New Year resolutions and did you stick to them?



Activity Spotlight

These Hands

Resident's enjoyed creating artwork that shared the important role that their hands have played in their life.....





Activity Spotlight

Art Show Preparations

With an upcoming ART SHOW Consumers are working hard to ensure they have art work to display.



Activity Spotlight

Dahlias

Ocean Mist Consumers enjoyed afternoons of sunshine and the beauty of Dahlias at the Moriac Dahlia Farm.

Flowers have been an ongoing source of inspiration, beauty and symbolism in various cultures globally. They possess the ability to express a wide range of emotions, with happiness being one of the most beloved sentiments they represent.

- 1 - Flowers instantly impact happiness and overall well being.
- 2 - Flowers create a long lasting positive influence of mood.
- 3 - Flowers create connections and build relationships.



Activity Spotlight

Valentine's Day Lunch

Valentines Day Lunch was a roaring success as we invited loved ones in to celebrate alongside their partners.

Valentine's Day, also called Saint Valentine's Day or the Feast of Saint Valentine is celebrated annually on February 14. It originated as a Christian feast day honoring a martyr named Valentine, and through later folk traditions it has also become a significant cultural, religious and commercial celebration of romance and love in many regions of the world.



UPCOMING EVENTS

- International Women's Day
March 8th
- Food / Activity Focus Meeting
March 14th
- Armchair Travel
Wednesday's at 330pm, Theatre
- St Patrick's Day Cooking Class
March 18th
- Easter Celebrations

APRIL

- National Poetry Month
- National Garden Month
- ANZAC Day April Service

REGULAR EVENTS

- **Happy Hour** every Friday 3pm
- **Catholic Service** last Sunday of the Month 10:15 am
- **Bingo!** Every Friday at 1.30pm
- **Drumming** on Friday's at 11:00am
- **Manicures** on the Weekend

What's Happening in March/April

- The Carers Network Visit
- Ronnie's Sausage Sizzle
- CHEER
- Gillian's Yes / No Jackpot
- Vince Panetta
- Easter Celebrations
- International Womens Day



SPECIAL DAYS

- 1st World Day of Prayer
- 3rd Caregiver Appreciation Day
- 8th Intl. Women's Day
- 11th Labour Day - Victoria
- 15th The Ides of March
- 17th St. Patrick's Day
- 21st World Poetry Day
- 24th Palm Sunday
- 25th Greek Independence
- 31st Easter



BIRTHDAYS

Happy Birthday!

Please join us in wishing everyone with an upcoming birthday the best birthday ever!

Please join us in the recreation room on the last Tuesday of the month at 2:30pm to celebrate!



There are many superstitions about luck.

How many of these will bring you good luck, and how many will bring you bad luck, according to superstition?

- Opening an umbrella indoors
- Knocking on wood
- Throwing salt over your shoulder
- Walking under a ladder
- Finding a heads up penny
- Eating 12 grapes on New Year's Eve
- Breaking a mirror
- Having an itchy palm

Historical Events in March

The Lindbergh Baby Kidnapping

On March 1, 1932, Charles Lindbergh Jr. was kidnapped from the family mansion in Hopewell, New Jersey. He was 20 months old and the son of aviation hero Charles Lindbergh, who flew the first solo flight across the Atlantic Ocean. The baby was never returned, even after the family paid \$50,000 in ransom.



Pisces

(Feb 19 – Mar 20)

Pisces are friendly and selfless. They are always willing to help others



Aries

(Mar 21 – Apr 20)

Aries are passionate, motivated and confident leaders. They are bundles of energy & enthusiasm.

LAUGHING MATTERS

Did you know...

Laughing truly is the best medicine? When you laugh, your body releases neuropeptides which protect the body and mind from stress and potentially serious illnesses. So a few belly laughs each day can boost your immune response and keep you from feeling stressed out! In addition, laughing helps to reduce negative thoughts, boosts overall body functioning, and can contribute to positive mental health. It's always a good time for a silly joke and a chuckle, no matter how cheesy the joke is. Here are a few for you this month!

I have a photographic memory. I just keep forgetting to develop it.

I showed my grandson a photo of his great-grandparents. I asked him if I looked like them and he said, "not yet, you don't."

I used to have my ducks all in a row, but now they're all over the place quacking.

Did you hear about the new corduroy pillow?
It's making headlines everywhere.

I told my doctor I broke my arm in three places.
He said, "You should stop going to those places."

What's blue and not very heavy?
Light blue.

Why did the man fall down the well?
Because he didn't see that well.



NOTICE BOARD



New Faces

A very warm welcome to the new Residents who have come to Ocean Mist.

We hope that you enjoy your time here!

In Memoriam

To the families and friends of our late residents, may you be comforted by the knowledge that your loved ones are at peace.

Here's to the Women!

Did you know that that majority of staff at our community are women? We are so thankful for all of the women who serve our residents so well, in all of their roles. This month, as we celebrate International Women's Day, be sure to thank all the women in your life who have made you who you are today!

If you have time, think about a few women who changed your life for the better. Write about them or share their stories!



Out and About

We are fortunate enough to have access to transportation that we use to take excursions around town. Unfortunately, we can't always take every resident on each outing, simply because of space. We do our very best to rotate the residents who go!

Cultural Celebration

Join us for an Irish celebration in honor of St. Patrick's Day this month. If you are of Irish descent and want to share more about your culture, let us know!

New Activity with Ian Bissett

Ian Bissett offering his time weekly to sit down with other Consumers who may have difficulty reading as the print is too small, these weekly sessions are also popular with a those just wishing to listen to a short story.

Continuous Improvement

Residents, families, and friends are reminded that there are a number of avenues available for you to express your views, suggestions and complaints.

There are feedback forms available outside the Recreation Room. We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.

Can you contribute?

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to Lifestyle, or email us anytime on activitiesom@ochealth.com.au

Thank You!

Family Event

We love welcoming family members to our special family events! Be sure to RSVP for our March events so that we can save your spot. Thank you!

Art Therapy

Art Therapy often results in the creation of Art, it is different from an art class in both purpose and result. The focus of Art Therapy is not to learn to make art or to create beautiful products but use the artistic process to facilitate healing and self awareness.

Art Therapy can support people to express themselves more freely, improve their mental health, cognitive function, improve fine motor skills, boost self esteem by reinforcing emotions of self worth or competence, reduce stress levels. Social connectedness, and provide a sense of community. Stimulating the mind easing anxiety and depression, loss and grief.

THANK YOU!

We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference and we so very much appreciate your time and energy.



Share your Talents

Have you always loved to garden? Perhaps you are an avid scrapbooker? Share your talents with your neighbors by co-hosting an activity with a staff member. See us for more details!

Hairdresser

We have a hairdresser who attends every Wednesday day. If you would like an appointment please talk to reception or ask a staff member to write your name down in the hairdressers book.



Library Service

We have a library in the Theatre and in the West Wing. Please talk to a staff member if you require assistance.



A contribution from Ian Bissett

The Highwayman By Alfred Noyes

The wind was a torrent of darkness among the gusty trees, The moon was a ghostly galleon tossed upon cloudy seas, The road was a ribbon of moonlight, over the purple moor, And the highwayman came riding Riding-riding. The highwayman came riding, up to the old inn-door.

He'd a French cocked-hat on his forehead, a bunch of lace at his chin, A coat of the claret velvet, and breeches of brown doe-skin; They fitted with never a wrinkle: his boots were up to the thigh! And he rode with a jewelled twinkle, His pistol butts a-twinkle, His rapier hilt a-twinkle, under the jewelled sky.

Social Media (Facebook & Instagram)

If you are a social media follower, follow and check out the Ocean Mist Aged Care pages to see what's happening at Ocean Mist, share with family members, so they too can see their loved ones.

 oceanmisttorquay

 oceanmistagedcare

Activity & Food Focus

Join the Activity Co Ordinator and Kitchen Manager to discuss your needs relating to the Activities Program and the Menu – Bi Monthly – 14th March @ 130.

Can you Contribute?

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to Lifestyle, or email us anytime – activitiesom@ohealth.com.au

Thank you!

Resident's & Family Meeting

Consumers and families are invited to join the bi-monthly meetings held in conjunction with Management, Kitchen and Lifestyle Staff members, Zoom invitations are emailed to families prior to the confirmed date of meeting. Next meeting:

- April 18th @ 1:30pm.

Gillian's Yes / No Jackpot

Join Gillian as she hosts the Yes / No Jackpot. I didn't know what this was but upon watching this activity, it is a great way to have a laugh, learn a little bit more about the people around you, but mainly have a laugh – keep up if you can! Great idea Gillian!

Volunteers

If you or someone you know would like to Volunteer at Ocean Mist, please call Yvette on 03 52616709 to discuss.

We are always looking for people to assist with activities, events, bus trips, dog visits and people to sit and chat to Consumers.

Please call if this sounds like you or for some information about what we do.



MARCH 1ST
*Denim for
Dementia Day*

Join Ocean Mist as we raise funds for Dementia Research
FRIDAY MARCH 1ST

Wear your jeans to work for \$2
Buy a cupcake for \$2
Make A Donation!



TIME TO
BOOGIE ON DOWN
THE BUNNY TRAIL

**Easter
Egg Hunt**

HOP ON OVER AT 330pm
Thurs 28 MAR

Ocean Mist

Fun & Games
For the family

Balloon Twister
Easter Eggs
Easter Bunny

At Greetings ISLAND



You're Invited

International Women's Day

HONORING FAMILY AND FRIENDS

FRIDAY MARCH 8
2PM

GLAM PHOTOSHOOT
AFTERNOON TEA

Greetings ISLAND

Ladies please join us as we celebrate International Women's Day together. Families and friends are most welcome to join us as we welcome our Guest Speaker Helen from Legacy. RSVP to Yvette by 5th March

SPOTLIGHT



*Nan Laidlaw
and the Red Cross*



Nan was born in Drouin and spent her childhood in rural towns as her father was a bank manager and this meant that the family moved around fairly regularly. Two of the towns that Nan knew well were Echuca and Euroa. She spent her secondary school years at Lauriston in Melbourne and returned to Euroa to wait for acceptance into nursing. Nan's first experience with The Red Cross was in Euroa when she became a "door knocker" during the time of WW11. She rode her bike around town collecting and although contributions were not large they were constant.

Nan attributes her sense of social justice to her family background. Her mother was a member of The Red Cross. Her Grandfather Sir John Swanson was Lord Mayor of Melbourne from 1924 – 1927 and this meant her grandmother was a patron of Red Cross, the Blind Association and the Ministering Children's League. The family was always committed to those in need.

After completing her training Nan returned to the country to Elmhurst in central Victoria where her husband had land. She joined the local branch of Red Cross and has been in the Organisation for over 56 years. With a young family to care for this meant bringing the children along to the meetings. When Nan talks about these days she reflects the pride they took in the job they were doing and the great country spirit where everyone got in and worked hard but enjoyed the company of the other members and the challenges set for them.

The area where Nan lived was mainly grazing properties so open grass lands often meant summer fires. At these times the men went for the fire equipment whilst the women quickly provided food and drinks. Nan pays tribute to the little general store at Elmhurst where they were always generous in supplying emergency foods such as bread, butter and fillings for sandwiches and cordial to make up.

Nan is still involved with the Red Cross and was out rattling the tin outside the Torquay TAB after the Tsunami and was very pleased with the results. Nan has come a long way from the three pence and sixpence of the 1940's. She has been a generous and energetic member of her branch and a great example of the true Australian country woman. It may be easy for us to categorize these women as always being the ones who provided the food and comfort but Nan like most of them took a very active role in the business management of the farm and also the eventual sale of the property and investment of the results that funded a comfortable lifestyle for their retirement.





Activity Spotlight

Geelong Division of Legacy

Ocean Mist would like to welcome the Geelong Division of Legacy, on Friday the Group visited to have afternoon tea with the Legatees living at Ocean Mist. They welcomed a new member Florence Oxley. The Legacy Organisation will now make Ocean Mist a regular stop on their calendar as they celebrate with Afternoon Tea every 3 months.

Legacy is an iconic Australian charity that was established in 1923 and founded on a promise made from one digger to another – to “look after the missus and the kids.”

Behind every veteran, there’s a family. It is not just our brave servicemen and women who sacrifice on behalf of our country. Your support changes the lives of these families when the unthinkable happens.

The work of Legacy is felt in the living rooms in neighborhoods all across the country.



ST. PATRICK'S DAY ANAGRAM



Rearrange the letters of each word reveal the answers!

Word	Clue	Answer
KARCHSOM	Clover-like plant	_____
ODLG	What Leprechauns keep in their pot	_____
REGEN	Colour of envy	_____
ELAPUNCHER	Mischievous elf	_____
IDLERAN	St. Patrick is from here	_____
ELBRYAN	This stone wants a kiss	_____
RHAP	National emblem of Ireland	_____
SEBFLAT	Capital of Northern Island	_____
KANESS	Slender Reptiles	_____
Charm	Third month of the year	_____
TRACKPI	Patron saint of Ireland	_____
SKIWHEY	A popular liquor in Ireland	_____
RICEMILK	Humorous verse	_____
OT TSU	Type of dark beer	_____
BUND IL	Capital of the Irish Republic	_____
GLENN DA	St. Patrick was a missionary here	_____
SINGESNU	A type of bitter stout	_____
RSHII	From Ireland	_____
TAPE	Fuel from boggy land	_____
BAWINOR	Colourful arc in the sky	_____