

## From the Manager



### Marsha Blackbell

Connection is the cornerstone of life, and we strive to enable residents to maintain ties to their community and continue to enjoy the interests that are important to them.

Within our Aged Care community, our meaningful Lifestyle program is co-designed with residents and includes individual and group activities that support purpose, preserve independence and encourage social interaction.

It's an exciting year for Bundaleer Aged Care, with many significant enhancements. We've welcomed new members to our team and have recently brought the laundry service in-house. We'll also be renovating our kitchen, meaning a temporary change of meal service.

Lastly, we're preparing for the building of a new specialist Memory Support Household that will accommodate 15 residents. Construction begins soon and, once completed, will be the only one in Wauchope – providing a much-needed service for locals living with dementia in our region.



## We love getting out and about in the community

*Bundaleer Aged Care residents thoroughly enjoy getting out and about in the surrounds of Wauchope, with the Lifestyle Team arranging regular trips to favourite spots or new destinations.*

Manager, Marsha, says it's wonderful to see residents continue to enjoy the Wauchope area. "It's a charming area with much to see and do. Many residents have lived here all their lives, so it's particularly important that we can support them to visit places that have special meaning or might spark pleasant memories."

Several residents recently travelled to Cowarra State Forest for a nostalgic picnic overlooking the dam. Chef Nathan and the team in the kitchen prepared a stunning spread of cakes which were relished with a hot cuppa, while listening to the birds and watching the ducks.

Another group had lunch together at the local RSL. Arranged at the request of the residents, the group enjoyed a pub style lunch as they caught up on each other's news, chatted, laughed and shared stories.

The outing was much appreciated by the friends, who remarked it was a lovely day spent together. "We had a brilliant lunch," said Gary. "The food was delicious and the company was great! We're excited to be returning next month."

# Annual Leadership Retreat building a stronger future

*Managers from Apollo Care's alliance of communities came together for two days to reflect on our journey so far, and plan for the future.*

With the new Aged Care Act now in place, it was an opportune time to share learnings and insights on how we are continuing to meet and exceed the Strengthened Aged Care Quality Standards. Key topics of the retreat focussed on how each community is improving resident care and wellbeing services, as well as building staff engagement through a positive culture.

Apollo Care CEO, Stephen Becsi, said the event “was a special time to celebrate the past six years and discuss how we are working hard to support residents and clients to live their best lives”.



## Building friendships that bridge generations

*Residents recently welcomed children from St Joseph's Primary School for a special morning tea.*

The room was buzzing as enthusiastic residents and children settled in to listen to readings of Banjo Patterson poems. The children were in awe of resident Harry's talents as he brought the poetry to life in such a memorable way.

Afterwards, residents and their younger friends shared light-hearted conversation while munching delicious chocolate cake and cookies. Residents had also made brightly coloured fairy bread as an extra special treat for the children to enjoy!

Lifestyle Lead, Susan, says occasions like this bridge generations, create laughter, boost moods and, most of all, build special bonds.

“It was such a lovely morning. It was great to see the residents preparing for the occasion and to see the animated conversations as the children and residents came together,” she says.

## Feedback

*Feedback from residents and families is important to us because it helps us improve and make positive changes.*

We also love hearing when we are doing something well.

**To provide feedback you can:**

1. Tell us in person
2. Fill out a feedback form (located in each lounge room), and place in the mailbox outside the Manager's office, or hand it to a staff member
3. Email Apollo Care's Chief Governance Officer at [feedback@apollocare.com.au](mailto:feedback@apollocare.com.au)

***“Thank you for looking after Mum so well. The team at Bundaleer does an amazing job!”***

– Daughter of resident



## Fresh air, flowers and friends – a perfect day

*There's something uplifting about wandering through the greenery and colourful plants at a nursery. Add water views and abundant nature and it makes a truly lovely day out.*

We started our morning at Abundance Nursery with coffee and cake overlooking the little dam, filled with lily pads, turtles, ducks and water hens. Then we strolled through the nursery at leisure admiring the stunning orchids, fruit trees and flowers before being inspired to select a few to take back to plant in the Bundaleer community garden.

"I had such an enjoyable day at the nursery," said resident Bonnette. "It was fun getting out and about with everyone."

We're looking forward to gardening together and watching our plants grow.



## Family always welcome

*At Bundaleer Aged Care, we love helping residents stay connected to their loved ones.*

There are plenty of indoor and outdoor spaces where residents can enjoy spending time together with family and friends.

Resident Bonnette's husband, Chris, is a regular visitor who says he always feels welcome in the community. He loves spending time with Bonnette and her friends at Bundaleer, and joins in the various activities, including the Footy tipping competition.

He also proudly participated in the ANZAC Day service, giving a poignant reading.



## Three things I love

*The three things Betty loves to do while living at Bundaleer Aged Care:*

1. Getting out and about in town – I love going out for a good coffee, shopping or getting my nails done.
2. Friday night raffles at the local Wauchope RSL – it's such fun.
3. Spending time with my family and all my friends here at Bundaleer.



## Staff profile

# Meet the team bringing purpose and possibility to every day

*Our Lifestyle team is dedicated to ensuring residents continue to live with meaning and connection.*

“The Lifestyle Program is thoughtfully designed with lots of input from residents,” says Susan, Lifestyle team leader. “Flexibility is key. We listen to feedback and continually build and adapt the program to suit their preferences. We make sure we include a wide range of group outings and social activities, as well as meaningful individual engagement opportunities. It’s really all about the residents and it’s important to everyone at Bundaleer that they are happy.”

Marianne, Apollo Care’s National Lifestyle Co-ordinator, says the approach is deeply personal. “Every person has a story that deserves to be known and honoured. It’s about understanding their journey and helping them continue to shape it. Our teams intentionally design programs that support reablement, wellbeing and meaningful engagement. Each experience is carefully planned to maintain skills, build confidence and encourage independence. Through thoughtful adaptations and inclusive practices, we ensure residents can participate in activities that feel empowering and meaningful so they can thrive!”

*Marianne runs a forum that brings together Lifestyle Leads from all 14 Apollo Care communities to share fresh ideas and explore solutions. This teamwork ensures programs remain innovative and aligned with best practice in aged care engagement.*

## Favourite moments



A memorable ANZAC Day



Aileen's family celebrate her birthday



Cooking together



Another adventure in our bus



Thank you Kim and Dianne for the beautiful Mother's Day hampers