

Carrier Pigeon



2025./ 6.

23.

Dear LACF Residents and Representatives,

July has been another busy month full of transitions and celebrations.

We are now officially Uniting AgeWell Latvian Community, and we continue to be busy integrating into the new systems.

We began July with a Uniting AgeWell Village Resident and Staff Morning Tea, which proved to be a joyous event—blending our rich Latvian culture with Uniting AgeWell values. Everyone was treated to a beautifully prepared morning tea, followed by a warm and welcoming speech from our CEO, Andrew Kinnersly. Eva Brenners proudly cut the ceremonial cake, and we were delighted by an old-fashioned Latvian singalong led by Eva's son, Robert Brenners. All agreed it was a lovely morning, bringing the community together.

We then had the pleasure of celebrating a very special milestone - Waltraut Bozinow's 100th birthday! Waltraut, her family, and fellow residents enjoyed a lively performance by Frank Lee Darling, who, with his retro stylings and comedic flair, did not disappoint. The celebration concluded with a birthday cake to mark the remarkable occasion.

We wrapped up the month with our always-popular Happy Hour, featuring a performance by Steve Callanan. He engaged beautifully with our residents and led a singalong that was enthusiastically embraced. It was a fantastic afternoon that once again proved Happy Hour is an all-time favourite in our community.

At the end of last month, we said goodbye to two of our Lifestyle team members, Guna Green and Ilze Kasparane. It was a bittersweet time for our team as both of these wonderful ladies left us for retirement. They have both been invaluable in our team and I know that they will be missed by residents, staff and families alike. With that said, I would like to introduce our newest permanent team members and I would like to formally welcome Suganthi Devanandan to the Lifestyle department on Wednesdays and Peter Blokkeerus to the Lifestyle department on Mondays and Fridays. Both Suganthi and Peter are already familiar faces with our residents, working in other areas of the facility. These two friendly, passionate and vibrant personalities have a lot to give our department, and I know they will both be assets to our team.

Looking ahead to August, we have a month full of activities and memory-making moments planned! Some of the exciting events on our calendar include:

- Takeaway Lunch Day
- Armchair Travel to London
- Aged Care Employee Appreciation Day
- Our First LiveWell Social Forum
- High Tea



Our Famous Happy Hour, featuring the energetic and larger-than-life Alicia O'Brien.

We will also be hosting our Third Quarterly Resident and Representative Meeting on Tuesday, August 26th at 1:30pm. Invitations and the minutes from our previous meeting will be sent out at the beginning of August.

The meeting will be held in the hall, but if you'd like to attend online, please let me know and I'll send you the login details.

Prior to the meeting, at 1:00pm, we'll host a special presentation from Elder Rights Advocacy, a wonderful organisation dedicated to advocating for older people in aged care. This informative session will be followed immediately by our resident and representative meeting.

In addition to these special events, we will continue with all of our regular programs, including:

- Visits from Pippa the Therapy Dog
- Intergenerational Kinder Program
- Pastor Helga's Latvian and English Worship Services
- Spiritual Discussions

The ever-popular AFL Footy Tipping Competition Finally, you would have received communication from me that my contact details have changed.

I would just like to remind that if you would like to contact me, or the Lifestyle Team, my email address is teales@unitingagewell.org

Please note, I will not be monitoring my Latvian Aged Care email from the 01st August.

My contact phone number is **0428 175 468**

Please note, when I am at the facility, I do not always have my phone, particularly if I am out on the floor. If you leave me a message, I will always endeavour to call you back by the end of the business day.

As always, our team welcomes your suggestions and ideas for future activities - we're here to make every day meaningful and enjoyable!

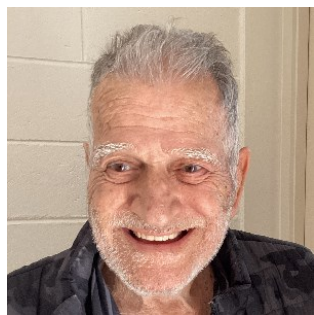
I look forward to seeing you all around the

**Warm regards,
Tracey Eales
Lifestyle Coordinator**

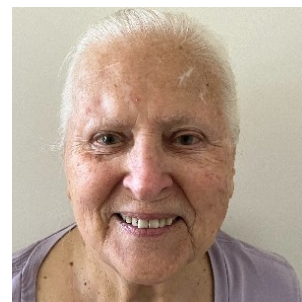
LACF EVENT CALENDAR – AUGUST 2025

Date	When?	Event	Where?
Thursday 07/08/2025	14:00	Aged Care Employee Appreciation Day 	Main Hall
Friday 08/08/2025	10:30	Armchair Travel to London 	Main Hall
Tuesday 12/08/2025	14:00	Livewell Social Forum 	Main Hall
Wednesday 13/08/2025	14:00	English Church Service with Pastor Helga Jansons 	Chapel
Friday 15/08/2025	14:00	Tējas Laiks High Tea 	Main Hall
Wednesday 20/08/2025	14:00	“A Taste Of...Australia” Cooking Class at 11:00 Taste Testing and Traditional Music at 14:00 	Main Hall
Thursday 21/08/2025	14:00	Latvian Church Service with Pastor Helga Jansons 	Chapel
Tuesday 26/08/2025	13:00	Elders Rights Australia Meeting 	Main Hall
Tuesday 26/08/2025	13:30	Resident and Resident Representative Meeting 	Main Hall
Thursday 28/08/2025	11:00	Intergenerational Kinder Visit 	Main Hall
Friday 29/08/2025	14:00	“Happy Hour” featuring Alicia O’Brien 	Main Hall

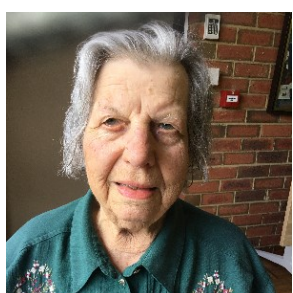
In Memoriam / Mūžības vārtos



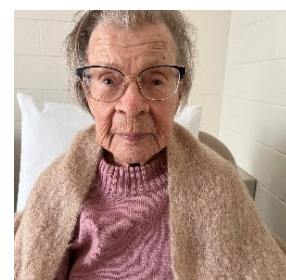
Jack Papadakis 16. 01.1938 – 15. 06.2025



Inese Bērziņš 26. 04.1935 – 9. 07.2025



Ingrida Erdmanis 4. 10.1936 – 10. 07.2025



Dzidra Luste 13. 03.1927 – 20. 07.2025

We offer our condolences/Izsakām līdzjūtību radniekiem.



HAPPY BIRTHDAY!



Waltraut 100



Happy Birthday,
Velta!



Waltraute's guests at her birthday party...

BIRTHDAYS – July

Velta Hermanovskis * Waltraut Bozinow

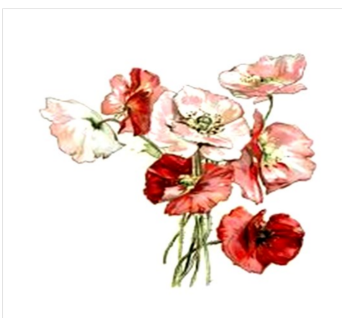
BIRTHDAYS – August

Edward Zloch * Andris Aboltins

NAME DAYS - July

Ritma Aleksejevs

Congratulations! / Apsveicam!



Thank you!/ Paldies!!!

At the end of last month, we said goodbye to two of our Lifestyle team members, Guna Green and Ilze Kasparane.

It was a bittersweet time for our team as both of these wonderful ladies left us for retirement.

They have both been invaluable in our team and I know that they will be missed by residents, staff and families alike.

Pagājušā mēneša beigās mēs atvadījāmies no divām mūsu Dzīvesstila komandas dalībniecēm Gunas Grīnas un Ilzes Kasparānes. Tas bija rūgti salds laiks mūsu komandai, jo abas šīs brīnišķīgās dāmas mūs pameta, dodoties pensijā.

Viņas abas ir bijušas nenovērtējamas mūsu komandā, un es zinu, ka viņas pietrūks gan iemītniekiem, gan darbiniekiem, gan ģimenēm.

Paldies Jums par lielo un nenogurdināmo darbu, lai iepriecinātu mūsu iedzīvotāju dzīvi viņu ikdienā.



🍰🍰🍰🍰🍰🍰 BAKING together! / ЦЕПAM visi KOPĀ! 🍰🍰🍰🍰🍰🍰

Bakers have been very productive in Harvest Week with a bread loaf for soup, piragi for afternoon tea, apple strudel and Ilga made Apple slices (abolu platmaizes) for Saturday's afternoon tea.

Kamēr laukā auksts laiks, mēs cepam savam priekam. Daudz un dažādus gardumus. Kopā tos gatavojam, cepam un tad kopīgi tos ēdam. Tā laiks paiet nemanot un ir prieks par sagatavotajiem gardumiem!



Jāņu diena / Janis Day

Midsummer was celebrated with songs and stories. Thank you to everyone who helped make this day festive and beautiful!

Jāņus svinēja ar dziesmām un stāstiem.

Paldies visiem kas palīdzēja, lai šī diena būtu svinīga un skaista!



Mākslas grupiņa / ART Therapy group



The art group is constantly creating many beautiful and colorful works.

Everyone puts their hand and imagination into it, and the end result pleasantly surprises everyone. So we have an aquarium in the window and now a tree full of colorful birds and butterflies...

Mākslas grupā arvien tiek veidoti daudz skaisti un krāsaini darbi.

Katrs pieliek savu roku un izdomu un gala rezultāts visus patīkami pārsteidz.

Tā nu mums ir akvārijs logā un tagad arī koks pilns ar krāsainiem putniem un taureņiem...

☆☆☆☆☆☆☆☆ Happy Hour/ Laimīgā stunda ☆☆☆☆☆☆☆☆



Happy Hour is always held on the last Friday of every month. Various guest artists perform then. Residents are entertained with various attractive performances. This is the time when relatives and friends come to enjoy this nice afternoon together. Then those gathered are treated to various snacks and refreshing drinks. A beautiful time spent together.



Katra mēneša pēdējā piektdienā arvien notiek Laimīgā stunda. Tad uzstājas dažādi viesmākslinieki. Iedzīvotājus iepriecina ar dažādiem atraktīviem priekšnesumiem. Tas ir laiks, kad ierodas radi un draugi lai visi kopā izbaudītu šo jauko pēcpusdienu. Tad sanākušie tiek cienāti ar dažādām uzkodām un atspirdzinošiem dzērieniem. Skaisti pavadīts laiks visiem kopā.



Kindergarten / Bērnudārzs



Since Carrier pigeon's last edition we have had two visits from our 4 year old visitors. Residents and children had the opportunity to set up little gardens by planting seeds of parsley, sweetpeas and leuce. The Bingo lovers had a great day when the children from Wantirna South Early Learning Centre next visited. Cards with numbers were handed out to paired teams and numbers called out by one of the early learners.

This turned into a morning of cooperative team work- where some of the double digit numbers were not so easy for some of the young ones to find, the residents helped them find and where some residents with limited mobility to colour were delighted at the joy of the children colouring once the number was pointed out.

Bērni arvien turpina ciemoties un iepriecināt iedzīvotājus - kopīgi stādot, spēlējot balonus un kopā spēlējot Bingo...