



**ABEL TASMAN**

**NEWSLETTER**

**JUNE 2020**



# ABEL TASMAN VILLAGE RECREATION PROGRAM

## JUNE 2020

Hello and welcome to the June edition of the Abel Tasman Newsletter.

May proved to be another busy month at Abel Tasman. Katja and her team have worked very hard in ensuring that recreational activities continue to be carried out with the least amount of possible disruption. Residents will be happy to hear that consideration is being given to inviting back various entertainers. We will continue to monitor the relevant health guidelines as the safety of our residents needs to remain our priority.

If you are yet to visit our ATV Facebook page, please visit the page to check out the wonderful pictures of our residents and staff undertaking a range of activities. Its great to see our residents and staff so engaged. ATV appreciates the great feedback and postive comments posted on the ATV Facebook page.

In other news, our Management Team is currently undertaking an internal review of our policies and procedures. These regular and ongoing reviews are important in ensuring that ATV continues to provide the high standards of care which are not only expected from our residents and their families, but also what we expect from ourselves.

One matter to arise from our internal review related to the Food Safety program put in place by ATV. To assist our Kitchen Staff and Care team in ensuring food safety guidelines are met, we ask that the following process is followed when bringing food from home for our residents. Please store any food in the resident's perosnal fridge in their room. If they do not have a personal fridge, please ensure that the food is consumed straight away. For any food that is stored, the Registered Nurse on Duty will be able to provide you with a sticker which can record the date the food was first opened or brought in to the facility.

Unfortunatley, due to the guidlines set out by our Food Safety Program, food items brought from home are unable to be stored in the ATV kitchen and are unable to be reheated by the ATV kitchen for residents. We appreciate your understanding in this regard and of course if you have any questions please feel free to talk to either myself or the Registered Nurse on duty.

Whilst it is pleasing that Australia continues to see postive outcomes from the actions taken to reduce the spread of COVID-19, ATV will continue to put in place the appropriate measures to assist in protecting our residents. With this is mind, I will continue to provide weekly updates to reinfoce what we can all be doing to stop the spread of COVID-19.

- Given communications via text are only sent to the primary contact of a resident, we would appreciate if you could please pass any information on to other family members who may be planning to visit the facility.
- Upon EXIT and ENTRY to the village, please remember to press the RED button at the gate. Please press it firmly, if you don't hear a ring tone, this means it hasn't been connected to our internal phone which allows a staff member to release the gate.
- On Entry or Exit to the facility please take care to ensure that the gate is closed behind you.
- Please be reminded that all visitors are required to provide the Registered Nurse on duty or Hostel Supervsior evidence that you have received your 2020 flu vaccination. Vistors will also have their temperature checked upon arrival and will be asked to wear a face mask for the duration of the visit.
- Visits are limited to two visitors per resident and the length of the visit will be recorded.

Sophia Markwell  
General Manager



ABEL TASMAN  
A culture of care

# HOME CARE



## Welcome you to our June's newsletter!

We would firstly like to welcome to our new consumer Diane van den Blink who was previously unhappy with formal service provider and has transferred her home care package to us. She originally arrived from the Netherlands and lives in the Northern Beaches. Also we all welcome care worker Johanna who has been injured and she is back on suitable duties, she is spending one on one weekly visits, sharing history and reminiscing through a cup of tea with some of you.

Elizabetht & Nina have been visiting people in our community offering information about the Aged Care programs and how to access to a Home Care Package, if you know of anyone needing information let us know as we will be happy to assist.

## We would like to share some amazing histories:

### Mrs. Gloria Short,

Gloria needed a hair cut. She did not feel safe going to her regular hairdresser at shopping center. We discussed the option of attending the hairdressing salon at Abel Tasman Village and she felt this as an excellent option. She was so happy with the service that she immediately booked further visits. She enjoyed coffee with her carer Joyce and had a tour through the Village with Margaret and Elizabetht for future respite and perspective residential. She brought three wool rugs for residents to enjoy as she loves knitting.



Mr Aad Lomans has been enjoying his recent social outings with his carer Karen. Aad states that he enjoys the outdoor and that it benefits his health and enjoys the company of his carer. They have been to different locations like the Yandhai bridge over the Nepean River, he finds it easy to walk over this bridge. The photo with the mountains in the background was taken at the Hawkesbury Heights lookout. They went for a drive along the Castlereigh Road, then through Yarramundi up to the lower Mountains. From there they drove through Winmalee, Springwood, Warrimo & Blaxland. This was followed by a beautiful drive going down the Mitchell's Pass over the Lennox Bridge to Penrith. His excursions to the Richmond lowlands reminds him of the Netherlands and his last weeks's outing was at Warragamba Dam.



This month due to Covid-19 our home care team had it's regular meeting but this time was on the comfort of our own home by a Zoom meeting, this was a fantastic success and we all enjoy it. Big thank you to Gloria & Add for sharing their beautiful histories with us.



to: **Phuong, Mrs. Higgeson,  
Mr. Wassink & Mr Jamsek**

Kindly regards  
Elizabetht & Nina

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<b>JOSEPHINE PASCHIER 7TH</b>	<b>IRMGARD KACALAK 11TH</b>
<b>MARIA LAWDOR 12TH</b>	<b>CORRIE ANDERSON 13TH</b>
<b>JUNE BUTTERWORTH 14TH</b>	<b>JANA VAN DER MEER 16TH</b>
<b>KRISTYNA JANKOWSKA 19TH</b>	<b>MARY WALDRON 24TH</b>
<b>JAMES PEREZ 28TH</b>	<b>SILVIO ISKRA 29TH</b>

<b>Breakfast:</b> 8.15am	<b>Pension Days:</b> 4th and 18th June 2020
<b>Lunch:</b> 12.30pm	<b>Podiatrist:</b> Wednesday 3 June 2020
<b>Dinner:</b> 5.15pm	<b>ATV Shop Open Monday to Friday 12pm - 12.30pm</b>

DAY	DATE	ACTIVITY	VENUE	TIME
Monday	1	<i>Exercises and Games Dice Games</i>	Hall Coffee Shop	9.30am 2.00pm
Tuesday	2	<i>Dancewise and Stretches Bingo</i>	Hall Coffee Shop	9.30am 2.00pm
Wednesday 	3	<i>Mass in English on TV Exercises with Physio Resident Executive Music Bingo</i>	Hall Hall Tulip Room Coffee Shop	9.30am 10.30am 11.00am 1.30pm
Thursday 	4	<i>Hairdresser/Beauty Care Queen's Birthday Trivia British Slang</i>	Hairdressing Salon Hall Coffee Shop	9.00am 10.00am 1.30pm
Friday 	5	<i>Non-Denominational Service with Reverend Dennis Morning Tea &amp; Singalong Happy Hour</i>	Hall (via Zoom)  Hall (via TV) Hall	9.30am  10.30am 2.00pm

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DAY	DATE	ACTIVITY	VENUE	TIME
Saturday 	6	<b>Exercises</b> <b>Individual and group games</b> <b>Crown Making</b>	Hall Hall Coffee Shop	9.30am 10.30am 1.30pm
Sunday	7	<b>Exercises</b> <b>Table Games</b> <b>TV Concert/Sing-a-Long</b>	Hall Hall Hall	10.00am 1.30pm 3.00pm
Monday 	8	<b>QUEENS BIRTHDAY DAY</b> <b>High Tea</b> <b>Queen Match That Pair</b>	Hall Hall	10.00am 2.00pm
Tuesday	9	<b>Stretches &amp; DanceWise</b> <b>Whiteboard Games</b> <b>Bingo</b>	Hall Hall Coffee Shop	9.30am 11.00am 2.00pm
Wednesday 	10	<b>Catholic Mass in English on TV</b> <b>Exercises with Physio</b> <b>Residents' Meeting</b> <b>Ballet" Paquita &amp; La Sylphide"</b> <b>Sjoelbak Competition</b>	Hall Hall Hall Tulip Room Hall	9.30am 10.00am 11.00am 1.00pm 1.30pm
Thursday 	11	<b>Hairdresser/Beauty Care</b> <b>Dutch Activities</b> <b>Table Games</b> <b>Relaxation &amp; Short Stories</b> <b>Painting with Kel</b>	Hairdressing Salon Hall Coffee Shop Tulip Room Link Building	9.00am 10.00am 10.00am 1.30pm 1.30pm
Friday 	12	<b>Non-Denominational Service</b> <b>with Rev Dennis</b> <b>Morning Tea with Concert</b> <b>Happy Hour (Mexican Fiesta)</b>	Hall ( <b>via Zoom</b> ) Hall ( <b>via TV</b> ) Hall	9.30am 10.30am 2.00pm
Saturday 	13	<b>Exercises</b> <b>Individual and group games</b> <b>Concert/music on TV</b>	Hall Hall Hall	9.30am 1.30pm 3.00pm
Sunday	14	<b>Exercises and Games</b> <b>Table Games</b> <b>TV Concert/Sing-a-Long</b>	Hall Hall Hall	10.00am 1.30pm 3.00pm
Monday	15	<b>Stretch Exercises</b> <b>Tenpin Bowling</b> <b>Italian Decorations</b>	Hall Hall Coffeeshop	9.30am 10.30am 1.30pm
Tuesday 	16	<b>Sitting Exercises</b> <b>Ping Pong Table Game</b> <b>Bingo</b>	Hall Hall Coffee Shop	9.30am 11.00am 2.00pm
Wednesday 	17	<b>Catholic Mass in English on TV</b> <b>Exercises with Physio</b> <b>Morning Tea</b> <b>Around the World Game</b>	Hall Hall Hall Coffee Shop	9.30am 10.00am 10.30am 1.30pm
Thursday 	18	<b>ITALIAN DAY</b> <b>Hairdresser/Beauty Care</b> <b>Italian Armchair Travel</b> <b>Bocce Game</b>	Hairdressing Salon Hall Hall	9.00am 10.00am 1.30am

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DAY	DATE	ACTIVITY	VENUE	TIME
Friday 	19	<b>Non-Denominational Service with Reverend Dennis</b> <b>Happy Hour</b>	Hall (via Zoom) Hall	9.30am 2.00pm
Saturday	20	<b>Exercises</b> <b>Individual and group games</b> <b>Concert/music on TV</b>	Hall Hall Hall	9.30am 1.30pm 3.00pm
Sunday	21	<b>Exercises and Games</b> <b>Table Games</b> <b>TV Concert/Sing-a-Long</b>	Hall Hall Hall	10.00am 1.30pm 3.00pm
Monday	22	<b>Gentle Exercises</b> <b>Name that Tune</b> <b>Pub Quiz</b>	Hall Hall Hall	9.30am 11.00am 1.30pm
Tuesday 	23	<b>Tennis &amp; Volleyball Games</b> <b>Whiteboard Games</b> <b>Bingo</b>	Hall Hall Coffee Shop	9.30am 11.00am 2.00pm
Wednesday 	24	<b>Catholic Mass in English</b> <b>Exercises with Physio</b> <b>Coffee/Get Together</b> <b>Ballet "Giselle"</b> <b>Shopping Bingo</b>	Hall (via TV) Hall Hall Tulip Room Coffee Shop	9.30am 10.00am 10.30am 1.00pm 1.30pm
Thursday 	25	<b>Birthday Party with Annette</b> <b>(Back to School)</b> <b>School Day Reminiscing and Poetry</b>	Hall Hall	10.00am 1.30pm
Friday 	26	<b>Non-Denominational Service with Rev Dennis</b> <b>Morning Tea</b> <b>Happy Hour</b>	Hall (via Zoom) Hall	9.30am 10.30am 2.00pm
Saturday 	27	<b>Exercises and Games</b> <b>Table Games</b> <b>TV Concert/Sing-a-Long</b>	Hall Hall Hall	10.00am 1.30pm 3.00pm
Sunday	28	<b>Exercises and Games</b> <b>Table Games</b> <b>TV Concert/Sing-a-Long</b>	Hall Hall Hall	10.00am 1.30pm 3.00pm
Monday	29	<b>Stretch &amp; Target Games</b> <b>Hollywood Bingo</b>	Hall Hall	9.30am 2.00pm
Tuesday	30	<b>Sitting Exercises</b> <b>Bingo</b>	Hall Hall	9.30am 2.00pm

We have lots organised for the month of June with the re-commencement of our monthly Birthday Concerts and the Theme is Back to School for Thursday, 25th June which will be lots of fun. The Ballet sessions are also a hit. The Tulip Room will also be used for our first Relaxation session so come and give that a go its limited to 6 people so first in best dressed. We will also continue Kel's painting session and learn to paint flowers and this will be held in the Link Building a perfect venue.

There is also an Italian Day on 18<sup>th</sup> June with lots of yummy food and off course we will start the month with the Queen's Birthday celebrations consisting of a High Tea, Trivia and a Crown making activity. The Residents' Meetings will also recommence and Clara and Marja will even Zoom in for those meetings. So come and join us in all the fun.

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The annual Dutch Memorial Service was held outside in the gardens in front of the Dutch monument and it was well attended on 4th May. The Dutch Freedom day on 5th May was celebrated with a Dutch show by Annette, Tompoezen, Hutspot and Sjoelen.



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# MOTHERS' DAY



**Pictured above.** Residents celebrated Mothers' Day with individually wrapped gifts with lovely name tags. They loved their nice soft comfy slippers and small hand bags. The hall looked beautifully decorated in pink and even the Happy Hour trolley received a wonderful make-over.

**Pictured below:** The Clinical Staff were treated to a wonderful International Nurses Day afternoon tea complete with poetry, a delicious cake, speeches by residents and a delightful clinical slideshow and were given handmade handscrubs made by residents.

