



ABEL TASMAN

NEWSLETTER

SEPTEMBER 2020



**ABEL TASMAN VILLAGE RECREATION PROGRAM
SEPTEMBER 2020**

FROM THE GENERAL MANAGER

Abel Tasman Village continue the temporary lockdown of the facility for the month of August. This was well received by the residents and the families; ATV will continue to be guided by the Department of Health as well as weekly review and update by the General Manager. As per the General Manager's update on Friday 28th August, the NSW Chief Health Officer, Dr Kerry Chant has advised for "*residential aged care facilities in metropolitan Sydney and the Nepean Blue Mountains and Central Coast regions implement visitor restrictions for the next two weeks*".

The Management Team together with Marius (Volunteer) developed an online booking system via the 'Abel Tasman Village' website. This allows our residents to stay in contact with their friends and families. Our communication portal includes phone call, Facetime, Facebook video call and WhatsApp. The booking system is simple to use, staff are also trained in assisting relatives in booking in for a call. I understand that there have been some technical issues and we are looking into these.

All staff from ATV took part in mandatory online COVID-19 and PPE/Hand Hygiene training. It was followed by a survey to get an indication of how confident staff were in managing an outbreak from donning and doffing of PPE to mask etiquette. It was reassuring to see that most of our staff were confident and competent in their training. I would like to thank all the staff at ATV for your part in keeping our residents and clients safe at the ATV.

I would like to pass on my condolence on behalf of everyone at the Abel Tasman Village to the families of Mr. John Anidis and Mrs. Maria Vispoel. It was both a pleasure and a privilege to have Mr. Anidis and Mrs Vispoel as residents of ATV, they will be greatly missed.

In other news, Hariata Burgoyne, (AKA Effie from the Catering Team) is currently completing her Diploma of Counselling. She will be working 16 hours a week on a Tuesday and Thursday, providing social and emotional support as well as meeting the mental health well being to our residents during these difficult times. Please see below:



Hello my name is Effie Burgoyne and I'm excited to introduce myself to everyone. In my role I will be offering to our residents a counselling service focusing on their emotional wellbeing and supporting them to achieve a quality of lifestyle they can enjoy whilst residing here at Abel Tasman Village.

Furthermore, just a reminder that the hair dressing invoicing processes have changed, Abel Tasman Village will no longer be invoicing you for the hairdressing services for residents at the village. Rosa Iacono will be directly emailing you with an invoice. If you have any queries, please do not hesitate to contact her directly on 0409 659 342.

Finally, Happy Father's Day to all the men of our hearts.

Sophia Markwell
General Manager

HOME CARE



Hello to all clients, families, friends, staff of Abel Tasman Village.

We are very happy to report that we have had no cases of COVID-19 with either clients or staff. We have stayed strong as a team of staff and clients and are getting through this tough time together.

All staff were trained to perform wearing face masks and gloves, use alcohol-based solution to sanitize their hands when attending clients, take and record temperature of clients.

The weather is warming up again and winter will be over before we even know. The month of August saw us celebrate our Aged Care Employee Day. There are hundreds of reasons why our Aged Care Employees are deserving recognition for the work they do.

They are the extension of the client's families and they are most dedicated in providing safe and quality care to all the clients they look after. Our staff are wonderful and invested in doing their best when they come to work every day.

We have very good feedback for "The Good Meal" company. We are sending you a brochure about this company. If you are interested, please call them on 1800 155 255 or call us, we will help you arrange the services of this company. We also inform you that administration costs will be paid from your package.

We would like to take opportunity to welcome a new client to our family— Mr WELLS .

We regret to inform you that Elise ends her career and leaves us. Thank you for your soul and kindness, Elise. We wish you good health.

We hope everyone remains safe and well during these times.

Elizabett & Nina





**ABEL TASMAN VILLAGE RECREATION PROGRAM
SEPTEMBER 2020**

DAY	DATE	ACTIVITY	VENUE	TIME
Tuesday	1	Gentle Exercises Father's Day Craft Decorations Bingo	Hall Hall Hall	9.30am 10.00am 2.00pm
Wednesday 	2	Catholic Mass in English on TV Exercises with Physio Residents' Executive Meeting La Fille Ma Gardee (Ballet) Music Bingo	Hall Hall Tulip Room Tulip Room Coffee Shop	9.30am 10.00am 11.00am 2.00pm 2.00pm
Thursday 	3	Hairdresser/Beauty Care Morning Tea Father's Day Activities Healthy Smoothies	Hairdressing Salon Hall Hall Hall	10.00am 10.00am 10.30am 1.30pm
Friday 	4	The Pilgrims Progress (Movie) Movie is based on the famous book written by John Bunyan Happy Hour	Hall Hall	9.30am 2.00pm
Saturday	5	Exercises/Golf Game Around the World Game	Hall Hall	10.00am 1.30pm
Sunday 	6	FATHER'S DAY Father's Day Morning Tea Beer Ping Pong & Fishing Competition MOVIE THE GOOD, THE BAD AND THE UGLY	Hall Hall Hall	10.00am 10.30am 1.30pm
Monday 	7	Tennis/Volleyball Competition Tenpin Bowling Competition Horse Race Game	Hall Hall Hall	9.30am 1.30pm 2.00pm
Tuesday	8	Dancewise and Seated Yoga This Day in September.... Bingo	Hall Hall Hall	9.30am 11.00am 2.00pm
Wednesday 	9	Catholic Mass in English Exercises with Physio Residents' Meeting Magic Memories Don Quixote (Ballet featuring Nureyev)	Hall Hall Hall Coffee Shop Tulip Room	9.30am 10.00am 11.00am 2.00pm 2.00pm
Thursday 	10	Dutch Activities Table Games Pea and Ham Soup Demonstration What Occupation is This?	Tulip Room Coffee Shop Coffee Shop Hall	10.00am 10.00am 1.30pm 2.00pm
Friday 	11	Non-Denominational Service with Rev Dennis Muldoon Morning Tea Happy Hour	Hall Hall Hall	9.30am 10.30am 2.00pm
Saturday	12	Exercises/Quoits Sjoelbak	Hall Hall	10.00am 1.30pm
Sunday 	13	Tenpin Bowling MOVIE: CALAMITY JANE	Hall Hall	10.00am 1.30pm

**ABEL TASMAN VILLAGE RECREATION PROGRAM
SEPTEMBER 2020**

DAY	DATE	ACTIVITY	VENUE	TIME
Monday 	14	Stretches and Weights Whiteboard Games Tenpin Bowling Competition Table Bobs	Hall Hall Hall Hall	9.30am 11.00am 1.30am 2.00pm
Tuesday 	15	DanceWise and Seated Yoga Balloon Ping Pong Bingo	Hall Hall Hall	9.30am 11.00am 2.00pm
Wednesday 	16	Catholic Mass in English Exercises with Physio Coffee/Get Together Golf Game "Swing on This" with the Sydney Symphony Orchestra	Hall Hall Hall Hall Tulip Room	9.30am 10.00am 10.30am 2.00pm 2.00pm
Thursday 	17	Hairdresser/Beauty Care Exercises/ Target Games Jokes Pie Taquitos	Hairdressing Salon Hall Hall Hall	9.00am 9.30am 11.00am 1.30pm
Friday 	18	Non-Denominational Service with Reverend Dennis Muldoon Morning Tea Happy Hour	Hall Hall Hall	9.30am 10.30am 2.00pm
Saturday	19	Exercises/Parachute Game Table Pong Game Movie/Resident Choice	Hall Hall Hall	10.00am 1.30pm 3.00pm
Sunday 	20	Carpet Bowling MOVIE "WE BOUGHT A ZOO"+	Hall Hall	10.00am 1.30pm
Monday 	21	Pole and Bean Bag Exercises Spring Pick-A-Box Tenpin Bowling Competition Puzzle Bingo	Hall Hall Hall Coffee Shop	9.30am 11.00am 1.30pm 2.00pm
Tuesday	22	Gentle and Standing Exercises Bingo	Hall Hall	9.30am 1.30pm
Wednesday 	23	Catholic Mass in English Exercises with Physio Coffee/Get Together Find the Pair Automobiles Raymonda Ballet	Hall Hall Hall Hall Tulip Room	9.30am 10.00am 10.30am 1.30pm 2.00pm
Thursday 	24	Birthday Party Concert Staff Meeting Shop Bingo	Hall Hall Coffee Shop	10.00am 1.30pm 3.00pm
Friday 	25	Non-Denominational Service with Reverend Dennis Muldoon Morning Tea Happy Hour	Hall Hall Hall	9.30am 10.30am 2.00pm
Saturday	26	Exercises/Golf Game Around the World Game Movie/Resident Choice	Hall Hall Hall	10.00am 1.30pm 3.00pm
Sunday	27	Diamond Hoopla Game MOVIE: HAPPY FEET TWO	Hall Hall	10.00am 1.30pm

**ABEL TASMAN VILLAGE RECREATION PROGRAM
SEPTEMBER 2020**

DAY	DATE	ACTIVITY		TIME
Monday 	28	<i>Exercises with the Ball</i> <i>Bean Bag Target Game</i> <i>Tenpin Bowling Competition</i> <i>Card Bingo</i>	Hall Hall Hall Coffee Shop	9.30am 10.30am 1.30pm 2.00pm
Tuesday	29	<i>Gentle Exercises and Target Games</i> <i>Bingo</i>	Hall Hall	9.30am 2.00pm
Wednesday 	30	<i>Catholic Mass in English</i> <i>Exercises with Physio</i> <i>Coffee/Get Together</i> <i>Table Games</i> <i>Le Corsaire Ballet</i>	Hall Hall Hall Coffee Shop Tulip Room	9.30am 10.00am 10.30am 1.30pm 2.00pm



LUCY O'BRIEN 2ND
PENG CHHOR 14TH
MARIA BUCIK 27TH

COLIN FENWICK 10TH
RAISA GAIDZIONIS 18TH
FRANK BRUMEN 28TH

Breakfast:	8.15am	Pension Days: 10th and 29th September 2020
Lunch:	12.30pm	Podiatrist: Wednesday, 2nd September 2020
Dinner:	5.15pm	ATV Shop Open Monday to Friday 12pm - 12.30pm

Rosa (hairdresser) will be on leave for the month of September but she has been able to arrange another hairdresser called Adelina to fill in for her who is pictured on the right. She will be at the village each fortnight on Thursday, 3rd and 17th September. Please make her feel welcome and we wish Rosa a speedy recovery.



We are hoping to have our September birthday party with "live entertainment" but as we need to follow the directive from NSW Health this could change at any moment. We will keep you posted as we are determined to have the wonderful "Gatsby Show" by Anita Hartmann before the end of this year. Keeping fingers crossed.



We are starting movie afternoons on the big screen and in consultation with residents we have come up with some wonderful entertainment, there is something for everybody.

ABEL TASMAN VILLAGE RECREATION PROGRAM
SEPTEMBER 2020

Dennis our Non-Denominational Minister won't be available on Friday, 4th September so he has kindly lend us the movie "The Pilgrims Progress" which will be shown at 9.30am on the big screen in the hall on that day.

The film is based on one of the best-selling books of all time an epic tale of a pilgrim and his burden. Journey with Christian through Destruction to the Celestial City.



The inaugural putt putt competition was a great hit in August and we had at least 8 competitors each Monday afternoon. Majority of the players improved on their scores each week.

The winner of the competition was Robert with a total score of 30. All competitors received a certificate and Robert gets to keep the trophy for two months.



The Lifestyle Department is looking forward to a new resource for the putt putt competition in October as pictured on the left. Also 3 new Karaoke DVD's, we can't wait!!!



Flam as the residents nicknamed him made his first appearance during Happy Hour in August and he was an instant hit with the residents and staff and brought lots of smiles on Red Nose Day.



ABEL TASMAN VILLAGE RECREATION PROGRAM
SEPTEMBER 2020



Mr and Mrs O'Brien recently celebrated their 74th wedding anniversary. He received a medallion and certificate from the government remembering the 75th anniversary of the end of the second world war.



The catering department organized 2 cooking demonstrations. Making an assortment of healthy smoothies and making muffins and decorating them. Pictured above are Joan and Irma doing a fantastic job. In the month of September residents will be making Dutch Pea and Ham soup as well as some other different healthy smoothies .



At the recent Birthday Party we were unable to have entertainment so decided to make our own "show" with an ABBA song and an amazing performance by Marvin who performed three songs without any rehearsing!!!

A group of residents were busy making these beautiful daffodils during craft and gave them to staff. Aren't they awesome?