



ABEL TASMAN

NEWSLETTER DECEMBER 2020



ABEL TASMAN VILLAGE RECREATION PROGRAM
DECEMBER 2020



FROM THE GENERAL MANAGER

We are coming to the end of an extraordinary year. A year like no other we have seen before. It has been a very difficult year for many of us. I would like to thank each and everyone of you for your understanding, hard work and commitment throughout the year. I would like to thank the ATV staff who continue to work diligently to keep our residents safe during this pandemic. You have all adapted quickly to the challenging environment we have found ourselves in and I could not be prouder. To all the friends and family of our ATV residents, I would also like to thank you for supporting ATV as we have adapted our procedures and visitation guidelines to ensure that ATV is 'Covid Safe'. Your feedback, patience and understanding has been wonderful to see. Finally, I would like to thank each and every one of our residents. We understand that imposing restrictions on visitation and activities within ATV has been extremely difficult. We hope that next year we will continue to be able to safely ease restrictions and welcome more visitors to ATV.

Visitation access to ATV is reviewed fortnightly. At the current time, visitors are permitted between 1pm-5pm, four days per week. A maximum of 2 people are permitted to visit a resident in the resident's room only. The maximum duration for a visit is 1 hour. To reduce congestion visitors will need to book their visits with arrivals staggered at 10-minute intervals to allow staff to conduct the necessary screening process and escorting. The signing in process has been upgraded to an electronic format using Microsoft Forms to capture all visits in a soft copy.

I am happy to announce that ATV will be open for visitation over the Christmas period 24th – 27th December, as well as on New Years day. Please refer to our facebook page (Abel Tasman Village Association) and our website for news and updates at www.abeltasman.com.au

As per the NSW Government guidelines, residents can leave the facility to attend small family gatherings as well as outings organized by the facility. It was pleasing to see our first organised outing go ahead on 19th November, the first since the restrictions were imposed.

The recent generosity of the Abel Tasman Community has been heartwarming to say the least. A special thanks to the following people for their generous donations:

- Peter Hamer who is on the ATV Board of Directors and is President of the Catholic Dutch Migrant Association. The Catholic Dutch Migrant Association supports members of the community in need and has donated \$13,526.09.
- Mrs. Marjory Molloy, our very own resident who just keeps on giving.
- Mrs. Germaine Walters, sister of ATV resident Mr. Adrianus Cas. Thank you for your donation and your support to the Abel Tasman Village.

ATV donated a bag of dolls and boxes of clothes to "Hearts to Homes". They do a great job in the community providing care and meals to the homeless, and homecare services to the elderly as well as people with disabilities. A special thanks to Mrs Gaillard's family for the donation of the dolls and to our ATV staff member Jeremy Edward's family for their donation of clothing.

A Memorial Service was held on the 25th November to remember members of the ATV community who have passed away this year. We remembered our colleagues Ihab Sadek who passed away on 17th November as well as Jean Jackson and Wilmy Tapper who both sadly passed away early this year. The loss of Ihab, Jean and Wilmy has been extremely difficult this year for many of our staff. They will forever be in our hearts.

I would also like to pass on my condolences on behalf of the staff and residents to the families of Mrs. Irmgard Kacalak and Mrs. Irena Podlasek. It was both a privilege and a pleasure to have them as residents of the Abel Tasman Village, they will be greatly missed.

I would like to wish everyone a safe and wonderful Christmas and a happy new year! May 2021 bring health and happiness to both you and your families!

Sophia Markwell
General Manager

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Peter Hamer presenting a check of \$13,526.09 to the Chairperson of the Board (Right: Marian Achten) and the General Manager (Left: Sophia Markwell).



Sophia Markwell (GM) and Elizabett Fernandez (HomeCare coordinator) presenting donation to Lily, a care coordinator from Hearts to Home.

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Jean Jackson



Wilmy Tapper

Ihab Sadek



HOME CARE



MAY THE CHRISTMAS SEASON FILL YOUR HOME WITH JOY, YOUR HEART WITH LOVE AND YOUR LIFE WITH LAUGHTER!

To all clients, family, carers & friends, we welcome you to December's newsletter! Despite the challenges we have had these last months, I am happy to share all the wonderful news that you and our staff members can bring forward.



The Home Care staff are working very closely with you in a holistic approach based on your care needs, goals and preferences. We would also like to update you regarding our new members: Mrs. Laws from the Upper Mountains and Mrs de Rooy from the Northern Beaches. Sadly also we farewell Mr. Izzosimov. Our care staff will greatly miss him. Our dearest condolences to the Izzosimov family. In other staff news Abel Tasman carer Mayumi moved into a new career in pathology. We wish her all the best in the future.



The beautiful picture on the left is of Mrs. Laws sharing a nice smile and welcoming our services. The professional Allied Health Team from Abel Tasman are currently delivering our initial clinical assessments to our new consumers in the comfort of their homes and as you can see in the picture, RN Yang Zhang is enjoying the company of the beautiful cat 'Lucy' while working closely with Mrs. Laws. Clinical care in the home encompasses the prevention, treatment and management of chronic illnesses, injuries and the ongoing monitoring of our consumer's mental health.



Mr Lomans 11th
Miss Kneipp 19th
Mrs Uvarova 23rd
Nina 25th
Mrs Oonk 27th
Mrs Segarra 31st

To All Home Care Clients & Care Staff. I personally would like to thank you for the opportunity to have worked closely with you throughout a year full of changes and challenges. I wish you all the very best for the NEW YEAR 2021!

With lots of love... Elizabett

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One of our lovely consumers..

Miss Kneipp has been with Abel Tasman HCP services since 2014. She comes from a family of three boys and six girls! The family home was in Dundee (situated on the [New England Highway](#) at the [Severn River](#) in Severn parish, Gough County-NSW). There was a large farm, sheep and cattle on the property. Mrs Kneipp completed school via correspondence under one of her elder sister's supervision. Mrs Kneipp has great memories of playing out in the paddock on the farm. These days she continues to enjoy support from her nephew and nieces and is a quiet, kind soul who has enjoyed her life. She loves animals, plants and nature in general. On the right: ATV Care staff Anna drove Mrs Kneipp to Lake Gillawarna, Georges River. She sat quietly and enjoyed watching the Ibis birds and chatted about their colony. Her observation was; the birds have a fantastic system.. and they patiently wait for each other's turns while having a bath in the lake. Mrs Kneipp's eyes and smile relayed her joy whilst Anna and her walked around the duck pond exploring the native animal habitat.

While they were sitting one of the butterflies flew around them very closely and a couple of cockatoos and parakeets were also singing for them. "That was a simple and beautiful day!" - (Anna)

Thank you Miss Kneipp & Anna for sharing this great experience!



On the left, Mrs Bester's bathroom was modified to optimize her care needs, independence and keep her safe.

Did you know products and home modifications can be funded using your package funds? You will be referred to an occupational therapist for an assessment and then we can help you with products, choices and home modifications that will allow you to stay safe at home.



**ABEL TASMAN VILLAGE RECREATION PROGRAM
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DAY	DATE	ACTIVITY	VENUE	TIME
Tuesday	1	<i>Physio with Winnie Carpet Bowling Presentation Bingo</i>	Hall Hall Hall	10.00am 1.00pm 1.30pm
Wednesday 	2	<i>Catholic Mass in English on TV Pick a Box and Group Discussions Sinterklaas Traditions & Game</i>	Hall Hall Hall	9.30am 10.30am 2.00pm
Thursday 	3	<i>Hairdresser/Beauty Care Sinterklaas Celebration with Entertainment by Herman Hall Christmas Decorations</i>	Hairdressing Salon Hall Hall	9.00am 10.00am 1.30pm
Friday 	4	<i>Non-Denominational Service with Rev Dennis Muldoon Morning Tea Happy Hour</i>	Hall Hall Hall	9.30am 10.30am 2.00pm
Saturday 	5	<i>Yahtzee with Volunteers Resident's Choice of Movie</i>	Hall Hall	10.00am 1.30pm
Sunday	6	<i>Catholic Mass on Screen Residents' Choice of Movie</i>	Hall Hall	10.00am 1.30pm
Monday	7	<i>Tennis/Volleyball Competition Puzzle Bingo</i>	Hall Hall	10.00am 1.30pm
Tuesday	8	<i>Exercises with Physio Bingo</i>	Hall Hall	10.00am 1.30pm
Wednesday	9	<i>Catholic Mass in English on TV Christmas Carols Christmas Bingo</i>	Hall Hall Hall	9.30am 10.30am 2.00pm
Thursday 	10	<i>Hairdresser/Beauty Care Christmas/Birthday Concert with Joe Powell Shuffleboard</i>	Hairdressing Salon Hall Hall	9.00am 10.00am 1.30pm
Friday 	11	<i>Non-Denominational Service with Reverend Dennis Muldoon Morning Tea Happy Hour</i>	Hall Hall Hall	9.30am 10.30am 2.00pm
Saturday	12	<i>Bingo with Marja Movie Residents' Choice</i>	Hall Hall	10.00am 1.30pm
Sunday 	13	<i>Carpet Bowling Anglican Church Service Movie Residents' Choice</i>	Hall Tulip Room Hall	10.00am 10.30am 1.30pm
Monday	14	<i>Christmas Exercises Christmas Whiteboard Games and Christmas Jokes</i>	Hall Coffee Shop	10.00am 1.30pm
Tuesday	15	<i>Exercises with Physio Bingo</i>	Hall Hall	10.00am 1.30pm
Wednesday 	16	<i>Hairdresser/Beauty Care Catholic Mass in English Morning Tea get together Set up the hall for the party</i>	Hairdressing Salon Hall Hall Hall	9.00am 9.30am 10.00am 1.30pm

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DAY	DATE	ACTIVITY		TIME
Thursday 	17	CHRISTMAS LUNCHEON <i>Together with Residents, and the Board</i>	Hall	11.00am
Friday 	18	<i>Non-Denominational Service with Reverend Dennis Muldoon</i> <i>Morning Tea</i> <i>Happy Hour</i>	Hall Hall Hall	9.30am 10.30am 2.00pm
Saturday 	19	<i>Yahtzee with Volunteers</i> <i>Movie Residents' Choice</i>	Hall Hall	10.00am 1.30pm
Sunday	20	<i>Diamond Hookey Game</i> <i>Movie Residents' Choice</i>	Hall Hall	10.00am 1.30pm
Monday	21	<i>Antler Ring Toss and Left/Right Game</i> <i>Movie Residents' Choice</i>	Hall Hall	10.00am 1.30pm
Tuesday	22	<i>Christmas Craft</i> <i>Bingo</i>	Hall Hall	10.00am 1.30pm
Wednesday 	23	<i>Catholic Mass in English on TV</i> <i>Pick a Box and Group</i> <i>Discussions with Clara</i> <i>Christmas Carols Singalong</i>	Hall Hall Coffee Shop	9.30am 10.30am 2.00pm
Thursday 	24	<i>Hairdresser/Beauty Care</i> CHRISTMAS EVE <i>Christmas Hangman,</i> <i>Christmas Match, Christmas</i> <i>Jeopardy and Christmas</i> <i>Poetry</i> <i>Christmas Baking</i>	Hairdressing Salon Hall Coffee Shop	9.00am 10.00am 1.00pm
Friday 	25	CHRISTMAS DAY <i>Christmas Mass</i> <i>Christmas Morning Tea</i> <i>Andre Rieu Christmas Concert on the TV's</i>	Hall Hall Hall	10.00am 11.00am 2.00pm
Saturday	26	BOXING DAY <i>Christmas Target Game</i> <i>Movie Residents' Choice</i>	Hall	10.00am 1.30pm
Sunday	27	<i>Table Games</i> <i>Movie Residents' Choice</i>	Hall	10.00am
Monday	28	PUBLIC HOLIDAY <i>Table Bobs</i> <i>Beer Pong</i>	Hall Hall	10.00am 1.30pm
Tuesday	29	<i>Putt Putt Golf Game</i> <i>Bingo</i>	Hall Hall	10.00am 1.30pm
Wednesday 	30	<i>Catholic Mass in English on TV</i> <i>Exercises</i> <i>Morning tea</i> <i>Table Games</i>	Hall Hall Hall Coffee Shop	9.30am 10.30am 11.00am 2.00pm

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DAY	DATE	ACTIVITY		TIME
Thursday 	31	<i>Hairdresser/Beauty Care New Years Eve Party with Meera Webster including the Year in Review Slideshow</i>	Hairdressing Salon Hall	9.00am 10.00am



**PHYLLIS HOLLAND 1ST
ALBERT CAMERON 11th
ROVINA PRIOR 24TH**

**JOAN KICKERT 25TH
HENDRIKA KLEIN 27TH**

Breakfast: 8.15am Pension Days: 3rd, 17th and 31st December 2020
Lunch: 12.30pm Podiatrist: Wednesday, 2nd December 2020
Dinner: 5.15pm ATV Shop Open Monday to Friday 12pm - 12.30pm

**Winnie the Physio will not be running
Physio classes on Tuesday, 22nd and 29th
December. Her first class will**



The monthly competition for November was Carpet Bowling and we had a total of 17 competitors. Robert Matthews won the overall competition as he won 5 rounds. Kel Connell came second with 4 rounds and Irena, Natalie and Rita came equal 3rd with 3 rounds. We will be having a break in the month of December and will recommence our weekly competition in the month of January.

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Our village has donated lots of wool to The Berralla Knitting Group (pictured on the left) as they will be making lots of lovely items for our village for upcoming events such as Chinese New Year, Valentines Day, St Patricks Day, Christmas and lots more. We can't wait!!!!

Tony, Albert, Robert and Colin came on the first outing to the Auburn Gardens in November. We are starting slowly and hope to take another group shortly. All depending on the weather.



Our very own talented staff member Thi made these stunning arrangements for our Memorial Service which was conducted in November. The arrangements will also be on display when residents pass away. Thank you so much Thi you are awesome!!!

The Melbourne Cup was a huge event with wonderful participation from residents, staff and volunteers as we held our Fashion Hat Parade. A big thank you to both Sjoerd and Louis in running the sweepstakes.

The hall looked very colourful with the flower arch, the bunting and lots more.

The kitchen did an outstanding job with an amazing afternoon tea.



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We held our Remembrance Day Service with wonderful attendance by residents and volunteers. Lucy and Tony assisted in wrapping up the yummy ANZAC biscuits and Marjory did the finishing touches to the beautiful wreaths which were displayed in the coffeeshop.



The Lifestyle Department have been very happy with the overhaul of their office with 2 new desks, new flooring and blind. A big thank you to Gus the wonderful fresh coat of paint .