



ABEL TASMAN

**NEWSLETTER
FEBRUARY 2021**



ABEL TASMAN VILLAGE RECREATION PROGRAM FEBRUARY 2021

FROM THE GENERAL MANAGER



GOOD-BYE AND GOOD-LUCK GEORGE

It is with great sadness to announce the resignation of our friend and colleague George after 25 years for service at the Abel Tasman Village as the Maintenance Supervisor. He was much loved by all the residents, staff and friends of the Abel Tasman Village. On behalf of the Board, Staff and residents of the Able Tasman Village, I would like to wish George the best of luck on his new journey. You will be missed.



COVID-19 VACCINE ROLLOUT UPDATE



On the 18th January 2021, we received an update from NSW Health to announce the rolling out Covid-19 Vaccination strategy and program for the Pfizer vaccine. They have indicated that the vaccination program will commence by February 2021. The roll-out strategy will be in different phases (Phase 1a, 1b, 2a, 2b and 3). What care and disability staff alongside Aged Care and disability care residents. Once we have received the communication from the department of the roll-out plans, we will be contacting families and relatives of our residents to seek consent to vaccinate at the facility. We will then communicate the date/s of when the vaccinations will be administered. The management and the clinical team is still waiting for more detailed information from the Department of Health. I am sure some of you will have queries and concerns, whilst others will be relieved at the Dept of Health announcement. I will make sure to pass on any communication or updates regarding the vaccination program as we receive them. Until then, please make sure you keep updated with the current communications and visitation information from our website abeltasman.com.au and from our Facebook page [Abel Tasman Village Association](#).

ROSA - ATV HAIR DRESSER



I had the pleasure of getting a hair cut from our resident hairdresser Rosa at the Abel Tasman Village for the first time in 5 years since Rosa started at the facility. I wanted to use the opportunity to promote the great work that she is doing to make our residents look and feel wonderful. We are seeing more male residents attend her salon as well as visits from our Home Care clients over the past few months. I would like to continue to support the hair dressing salon as a wellbeing hub for our residents, Home Care clients as well as staff.



FAREWELL TO OUR RESIDENTS

I would like to pass on my condolences on behalf of the staff and residents of Abel Tasman to the families of Mr Marijan Goricki, It was both a privilege and a pleasure to have them as residents of the Abel Tasman Village, they will be greatly missed. To Mrs Thelma Miggins, we will you all the best your new place of residence, you are always welcome back here at the Abel Tasman Village.

HOME CARE



Hello everyone and welcome to February 2021. We hope you all had a lovely Christmas and New Year. What a turbulent time it was with a COVID outbreak in Sydney causing much upset and frustration for families trying to get together for the festive season.

We do hope that you were still able to see your families and that the travel restrictions did not impact on your festivities. We are very fortunate to be living in such a great country which has protected us so well from the pandemic.

Of course, the recent hot weather reminded us all of how the summer months can bring searing temperatures. We would like to remind everyone of some simple steps they can take to ensure their safety and comfort:

- Stock up on food, water and medicines so you don't have to go out in the heat.
- Store medicines safely at the recommended temperature.
- Check that your fan or air-conditioner works well. Have your air-conditioner serviced if necessary.
- Consider that there may be a power failure and have a torch, fully charged mobile phone, battery operated radio and some spare batteries available.
- Look at the things you can do to make your home cooler such as installing window coverings, shade cloths or external blinds on the sides of the house facing the sun.

It's also important if you have pre-existing medical conditions that you connect with your GP for advice on added precautions, including those around how heat can affect your medications.

We also wanted to let you know that we are currently looking at all services and the unspent funds that are currently accumulating for some clients. We will be getting in touch with you shortly to discuss how we can use those funds for your benefit rather than sending them back to the Government. There are many options available for you to use your funds and we will be happy to discuss with you what can be done to use your HomeCare Package to its fullest extent.

Until next time, stay safe and don't hesitate to contact us if there is anything you need.

Elizabett



2nd Francis Borg
5th Peter Wilson
16th Gomes Dimo
Mies Van Florestein
28th Bernard Smith
HCP Careworker
24th Anna Bagan

**ABEL TASMAN VILLAGE RECREATION PROGRAM
FEBRUARY 2021**

DAY	DATE	ACTIVITY	VENUE	TIME
Monday 	1	Tenpin Bowling Competition Chinese Zodiac Games and Chopstick Challenge	Hall Coffee Shop	10.00am 1.30pm
Tuesday	2	Exercises with Physio This Day in History Bingo with Corey	Hall Hall Hall	10.00am 11.00am 1.30pm
Wednesday 	3	Catholic Mass in English Coffee Get Together Resident Executive Meeting Chinese Craft Making Chinese Bao Buns	Hall Hall Coffee Shop Hall Coffee Shop	10.00am 10.30am 11.00am 11.00am 1.30pm
Thursday 	4	Hairdresser/Beauty Care CHINESE NEW YEAR PERFORMANCE Chinese Bingo	Hairdressing Salon Hall Coffee Shop 	9.00am 10.00am 1.30pm
Friday	5	Non-Denominational Service with Rev Dennis Happy Hour	Hall Hall	9.30am 2.00pm
Saturday 	6	Family/Friends Visits Yahtzee with Clara/Robyn Movie Resident Choice	Hall Hall	10.00am 1.30pm
Sunday	7	Valentine's Day Craft Movie Residents' Choice	Coffee Shop Hall	10.00am 1.30pm
Monday 	8	Tenpin Bowling Competition Sjoelbak Competition	Hall Hall	10.00am 1.30pm
Tuesday	9	Exercises with Physio This Day in History Bingo with Corey	Hall Hall Hall	10.00am 11.00am 1.30pm
Wednesday	10	Catholic Mass in English on TV Coffee Get Together Resident Meeting Valentine Games	Hall Hall Hall Hall	10.00am 10.30am 11.00am 1.30pm
Thursday 	11	Hairdresser/Beauty Care VALENTINE'S DAY PARTY with Michael Montgomery Valentine Baking	Hairdressing Salon Hall Coffee Shop	9.00am 10.00am 1.30pm

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DAY	DATE	ACTIVITY	VENUE	TIME
Friday 	12	Table Tennis Non-Denominational Service/Morning tea Happy Hour	Hall Hall Hall	9.00am 9.30am 2.00pm
Saturday 	13	Bingo with Marja Cost: \$1.00 Golf Game Movie Residents' Choice	Hall Hall Hall	10.00am 1.30pm 3.00pm
Sunday	14	Valentine Target Game Movie Residents' Choice	Hall Hall	10.00am 1.30pm
Monday 	15	Tenpin Bowling Competition This Day In History Ping Pong Games	Hall Hall Hall	10.00am 11.00am 1.30pm
Tuesday 	16	SHROVE TUESDAY Pancake Day Activities Bingo with Corey	Hall Hall	10.00am 1.30pm
Wednesday 	17	Ash Wednesday Catholic Mass in English on TV Exercises with Physio Current Affairs Spiritual Bingo	Hall Hall Current Affairs Coffee Shop	10.00am 10.30am 11.00am 1.30pm
Thursday 	18	Hairdresser/Beauty Care Bus Outing to Austinmer Stretch and Flex Magic Memories	Hairdressing Salon Hall Coffeeshop	9.00am 9.30am 10.00am 1.30pm
Friday 	19	Non-Denominational Service with Rev Dennis Muldoon Happy Hour	Hall Hall	9.30am 2.00pm
Saturday 	20	Yahtzee with Clara/Robyn Movie Residents' Choice	Hall Hall	10.00am 2.00pm
Sunday	21	Table Bobs Movie Residents' Choice	Hall Hall	10.00am 2.00pm
Monday	22	Volleyball/Tennis Comp Bowling Presentation Getting Crafty	Hall Hall Coffee Shop	10.00am 1.00pm 1.30pm
Tuesday	23	Exercises with Physio Whiteboard Games Bingo	Hall Hall Hall	10.00am 11.00am 1.30pm

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DAY	DATE	ACTIVITY	VENUE	TIME
Wednesday	24	<i>Catholic Mass in English on TV</i> <i>Coffee/Get Together</i> <i>Sjoelbak Competition</i>	Hall Hall Hall Hall	10.00am 10.30am 2.00pm
Thursday 	25	<i>Dutch Activities</i> <i>Table Games and Target Games</i> <i>Bean Bag Target Games</i>	Tulip Room Coffee Shop Hall	10.00am 10.00am 1.30pm
Friday	26	<i>Non-Denominational Service with Rev Dennis Muldoon</i> <i>Happy Hour</i>	Hall Hall	10.00am 2.00pm
Saturday 	27	<i>Bingo with Marja</i> <i>Cost: \$1.00</i> <i>Hall</i>	Hall	10.00am
Sunday	28	<i>Hookey Game</i> <i>Movie Residents' Choice</i>	Hall Hall	10.00am 1.30pm

Breakfast: 8.15am

Lunch: 12.30pm

Dinner: 5.15pm

Pension Days: 11th and 25th February 2021

Podiatrist: Wednesday, 3rd February 2021

Family & Visitors Lunch Meal \$7.00

Please let the kitchen know the day before or 9.00am that morning if you require a meal for a visitor and also inform kitchen supervisor if you will not be at lunch or dinner.



Mary Attard 1st

Riki Brekelmans 2nd

Pat Farley 4th

Rita D'Amico Herrera 10th

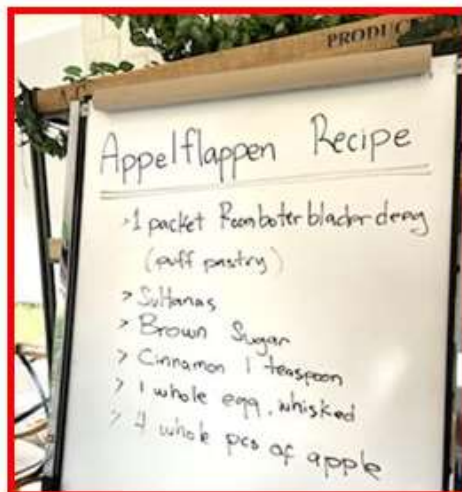
Stanislawa Obalka 17th

Paul Meachen 17th

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Yummy Appelflappen were made in January to ring in the New Year. They were delicious and a big thank you to Josephine, Kel and Joan for assisting Mark in preparing them. They were delicious!!!



Raisa, Ivka and John trying out the new bean bags with their new coverings which Paula (volunteer) made. So bright and colourful and look forward to using them.



There were 11 competitors for the monthly Putt Putt Game and there were some amazing putters. June (**pictured right**) was adamant to compete standing up and she had some great scores winning both the first (12) and second round (10).

For the first time we have had a joint winner for 1st place and they are Ivka (**pictured left**) and Kel.

Congratulations to both of you. Next month will be the Tenpin Bowling Competition starting on Monday, 1st February 2021.



AUSTRALIA DAY 2021



Great memories were made with Australia Day celebrations with a great concert performed by Tim. We also held a thong and boomerang throwing competition, made damper and did an Aussie bingo. with great reminiscing.



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Maria Wilson (Irma's daughter) supplied 2 yummy cakes to staff to thank staff for the wonderful care of her mother. It was greatly appreciated and yummy



Great news as there will be a physio at the village from Monday to Friday.

Introducing Edward (pictured on the left) a new member to the Physio team who will be working every Thursday. Winnie (centre) will be working Monday Tuesday and Friday. Ben (pictured on the right) each Wednesday.

Each of them will bring new ideas to encourage residents to keep moving. If you don't use it you lose it!!! So say hello and make all of them feel welcome to our village.



Outings have recommenced and residents were incredibly happy. A shame that it was not a sunny day but at least it was cool and we had no rain. Our first stop was Stanwell Tops followed by a wonderful drive through the Royal National Park and we finished eating yummy hamburgers at Woronora Boatshed for lunch. We left at 10.00am and returned at 3.00pm tired but with wonderful new memories. A big thank you to Bill for driving the bus. It was awesome.