ABEL TASMAN

# NEWSLETTER

## AUGUST 2021

**ABEL TASMAN VILLAGE RECREATION PROGRAM**
**AUGUST 2021**

# FROM THE GENERAL MANAGER

Welcome to the ATV newsletter for August 2021. We continue to be lockdown with the situation in Sydney not really improving. The current state of affairs in a number of Sydney residential aged care facilities reinforces our decisions in relation to lockdown. Of course, given our location, we are right in the centre of the outbreak so we are having to be incredibly diligent and careful with our infection control processes. We appreciate how difficult the current visit restrictions are on family members. However, we would like to reassure you that we are constantly keeping an eye on residents. If any resident shows signs of being distressed or emotionally struggling, we will be in contact with families immediately. We have also increased our activities with residents and keeping them busy with entertaining and interesting events.

We have had our 2nd vaccination clinic undertaken at ATV. The percentage rate of residents and staff vaccinated is excellent. I cannot be more proud of our wonderful staff. As you would be aware, given the current situation, staff are having to be tested every 3 days. We have been able to have a testing clinic on site which has been wonderful and the staff continue to be compliant with the requirements.

We will be celebrating Aged Care Employee Day on Friday 6th August. We have some special treats planned for the staff and you would have received an email with a postcard attached, enabling you to send a special message to our wonderful staff. It is a time to recognise all our staff for the difference they make to our residents, particularly during the COVID-19 pandemic. Aged Care Employee Day puts these everyday heroes in the spotlight, celebrates them, and highlights the many different roles of those involved in the aged care journey.

We continue to prepare for our accreditation visit which is due in September. However, we anticipate that it will be delayed due to the outbreak.

Just a reminder that if you would like to drop off items for your loved one, they need to be delivered to the Administration office Monday to Friday during office hours. There is a box outside the door for items to be placed. Please ensure the parcel is clearly labelled. We will sanitise the items and then deliver them. Please note that whilst we try to deliver items in a timely way, it may be that items dropped during the day may not be delivered until late that day or even early the next day.

As you would be aware the night of 10th August is Census night. We have been approached by the Department to organise an officer to be able to take the required information. We will be contacting families regarding the requirements and discussing if family members would like to complete the census form for their loved one.

Until next time,

Margaret Russell (Acting General Manager)

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# HOMECARE

ABEL TASMAN
A culture of care

Hello everyone from the Homecare Team. We hope you are all keeping safe and well during this uncertain time. The situation in Sydney is certainly concerning. We would like to remind all homecare clients of the restrictions and also NSW Health requirements in relation to homecare services provision. Please use this link to see the most up to date information that we, as providers of homecare services, have been given by NSW Health:

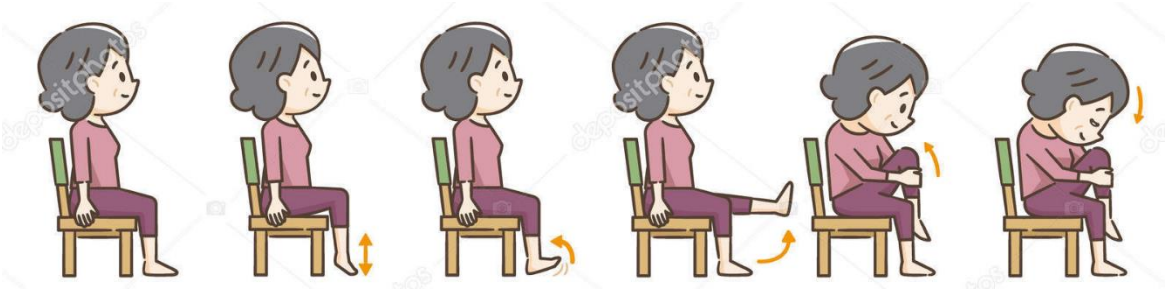
https://www.health.nsw.gov.au/Infectious/covid-19/Pages/home-care-latest-advice.aspx

We encourage all our clients to make sure they are keeping to the stay at home orders and only leaving home for the most essential activities.

Homecare staff in the LGAs of concern are currently being tested every 3 days as per NSW Health requirements. The majority of our staff have also been vaccinated. We are currently getting information from our clients in relation to their vaccination status. If you have not already been vaccinated, we would strongly encourage you to discuss vaccination with your doctor.

Please use this link to see some other useful resources which you might find helpful: https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines/getting-vaccinated-for-covid-19/why-should-i-get-vaccinated-for-covid-19

Whilst we are in lockdown, we would suggest you keep as active as you can. We have set out below some simple exercises you can do in your chair to give you a bit of exercise. Please make sure you only do things that you feel comfortable with.



Mariannina Tamburrro, Nola Jamsek, Lynne Monckton and John Leiseboer are at the moment in hospital/respite. Mies Van Florestein is on social leave. Anna Gistl who was a long term client of ATV Homecare has now entered residential aged care at ATV and she will be greatly missed by the HCP team. Carmen Borg is back at home after a long stay at Balmain rehabilitation hospital. A warm welcome to Mr Zvonimir Opat.

**"BIG HAPPY BIRTHDAY WISHES: 11th Lily Cuellar and 21st Charmaine Wood.**

Until next time,

Elizabett

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| DAY | DATE | *ACTIVITY* | VENUE | TIME |
|---|---|---|---|---|
| Sunday | 1 | ***Seated Exercise***<br>***Coffee and Chat***<br>***Movie Residents' Choice*** | Hall<br>Hall<br>Hall | 10.00am<br>11.00am<br>2.00pm |
| Monday | 2 | ***Volleyball Competition***<br>***BrainTrainerPlus*** | Hall<br>Hall | 10.00am<br>All Day |
| Tuesday | 3 | ***Exercises with Physio***<br>***Sports Bingo*** | Hall<br>Hall | 10.00am<br>1.30pm |
| Wednesday | 4 | ***Catholic Mass in English***<br>***Executive Committee***<br>***Olympic Javelin Event*** | Hall (Television)<br>Tulip Room<br>Hall | 10.00am<br>11.00am<br>1.30pm |
| Thursday | 5 | ***Olympic Shot Put Event***<br>***Cooking Activity***<br>***Music Bingo*** | Hall<br>Camellia<br>Coffee Shop | 10.00am<br>1.30pm<br>1.30pm |
| Friday<br> | 6 | ***Non-Denominational Service with Rev Dennis***<br>***Happy Hour with Concert & Trivia*** | Hall (Zoom)<br>Hall | 10.00am<br>2.00pm |
| Saturday | 7 | ***Movie Residents' Choice***<br>***BrainTrainerPlus***<br>***Olympic Table Bobs*** | Hall<br>Hall<br>Hall | 10.00am<br>All Day<br>2.00pm |
| Sunday | 8 | ***Tennis Competition***<br>***Coffee and Chat***<br>***Bingo with Josephine*** | Hall<br>Hall<br>Coffee Shop | 10.00am<br>11.00am<br>1.30pm |
| Monday | 9 | ***Floor Bobs with Nadia***<br>***Charades***<br>***Gratitude Activities*** | Hall<br>Hall<br>Hall | 10.00am<br>11.00am<br>1.30pm |
| Tuesday | 10 | ***Exercises with Physio***<br>***This Day in History***<br>***Bingo*** | Hall<br>Hall<br>Coffee Shop | 10.00am<br>11.00am<br>1.30pm |
| Wednesday<br> | 11 | ***Catholic Mass***<br>***Coffee and Chat***<br>***Resident Meeting***<br>***Sjoelbak Competition*** | Hall (Television)<br>Hall<br>Hall | 10.00am<br>10.30am<br>11.00am<br>2.00pm |
| Thursday | 12 | ***Tennis Competition***<br>***Art and Craft*** | Hall<br>Coffee Shop | 10.00am<br>1.30pm |
| Friday<br> | 13 | ***Non-Denominational Service with Rev Dennis***<br>***Happy Hour with Concert & Trivia*** | Hall (Zoom)<br>Hall | 10.00am<br>2.00pm |
| Saturday | 14 | ***Movie Residents' Choice***<br>***BrainTrainerPlus***<br>***Bullcrap Game*** | Hall<br>Hall<br>Coffee Shop | 10.00am<br>All Day<br>2.00pm |

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| DAY | DATE | *ACTIVITY* | VENUE | TIME |
|---|---|---|---|---|
| Sunday | 15 | ***Seated Exercise***<br>***Coffee and Chat***<br>***Movie Residents' Choice*** | Hall<br>Hall<br>Hall | 10.00am<br>11.00am<br>2.00pm |
| Monday | 16 | ***Taste Testing Drinks for Happy Hour***<br>***"Getting to Know You"*** | Hall<br>Coffee Shop | 10.00am<br>1.30pm |
| Tuesday | 17 | ***Exercises with Winnie***<br>***Assumption of Mary***<br>***Bingo*** | Hall<br>Hall<br>Coffee Shop | 10.00am<br>11.00am<br>1.30pm |
| Wednesday | 18 | ***Catholic Mass in English***<br>***Coffee and Chat***<br>***It Happened in August*** | Hall<br>Hall<br>Hall | 10.00am<br>10.30am<br>1.30pm |
| Thursday | 19 | ***Horses Birthday Games***<br>***Outdoor Olympic Event*** | Hall<br>Main Garden | 10.00am<br>1.30pm |
| Friday | 20 | ***Non-Denominational Service with Rev Dennis Muldoon***<br>***Happy Hour with Concert and Trivia*** | Hall<br>Hall | 10.00am<br>2.00pm |
| Saturday | 21 | ***BrainTrainerPlus***<br>***Target Golf*** | Hall<br>Hall | All Day<br>2.00pm |
| Sunday | 22 | ***Sjoelbak Competition***<br>***Coffee and Chat***<br>***Bingo with Josephine*** | Hall<br>Hall<br>Coffee Shop | 10.00am<br>11.00am<br>1.30pm |
| Monday | 23 | ***Target Golf***<br>***Jokes and Poetry***<br>***Seated Chair Yoga*** | Hall<br>Hall<br>Hall | 10.00am<br>11.00am<br>1.30pm |
| Tuesday | 24 | ***Exercises with Physio***<br>***Whiteboard Games & Trivia***<br>***Bingo*** | Hall<br>Hall<br>Coffee Shop | 10.00am<br>11.00am<br>1.30pm |
| Wednesday | 25 | ***Catholic Mass in English***<br>***Current Affairs***<br>***Target game/Tennis*** | Hall<br>Hall<br>Hall | 10.00am<br>11.00am<br>2.00pm |
| Thursday | 26 | ***Birthday Party with the Halcyon Days***<br>***Table Games & Trivia*** | Hall<br>Hall | 10.00am<br>1.30pm |
| Friday | 27 | ***Non-Denominational Service with Rev Dennis Muldoon***<br>***Happy Hour and Concert & Trivia.*** | Hall<br>Hall | 10.00am<br>2.00pm |
| Saturday | 28 | ***Father's Day Decorations***<br>***BrainTrainerPlus*** | Coffee Shop<br>Hall | 2.00pm<br>All Day |

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| DAY | DATE | *ACTIVITY* | VENUE | TIME |
|---|---|---|---|---|
| Sunday | 29 | ***Picture Bingo*** | Coffee Shop | 10.00am |
| | | ***BrainTrainerPlus*** | Hall | All Day |
| Monday | 30 | ***Cooking with Nadia*** | Coffee Shop | 10.00am |
| | | ***Dutch Activities*** | Tulip Room | 10.00am |
| | | ***Pick-A-Box "Cold as Ice"*** | Coffee Shop | 1.30pm |
| Tuesday | 31 | ***Exercises with Winnie*** | Hall | 10.00am |
| | | ***Whiteboard Games*** | Hall | 11.00am |
| | | ***Bingo*** | Coffee Shop | 1.30pm |

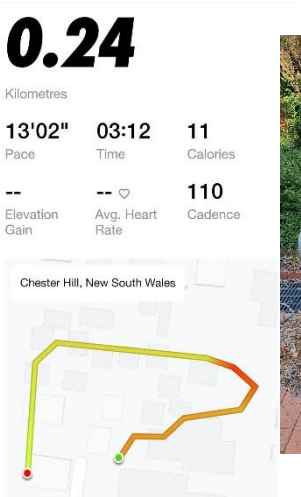
**Breakfast:** 8.15am
**Lunch:** 12.30pm
**Dinner:** 5.15pm

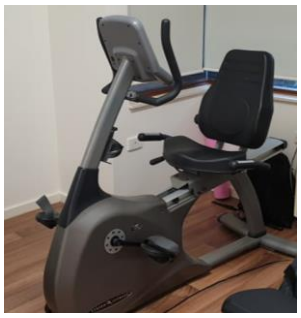
**Pension Days: 3rd and 17th August 2021**
**Podiatrist: Emergency Appointments Only**

SPORTING Challenge

**The Physio and Lifestyle Department have come up with a wonderful sporting challenge for the month of August to get you ready for post lock-down. Residents are put in male/female categories and can only pick one challenge. We have organized 3 events and they are:**

1. **A walking challenge—how far can you walk around the village in 6 minutes.**
2. **A bike riding challenge—how far can you ride in 5 minutes on stationary bike.**
3. **How fast can you do 10 sit to stand.**





**All participants will be given a Certificate upon completion and the winners will be announced in September.**

**Good luck everybody and lets get out in the fresh air and enjoy this challenge!!!!!**

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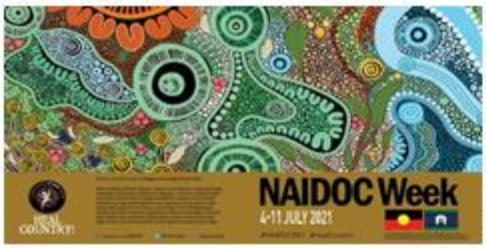


We celebrated Naidoc Week with residents making Macadamia Lemon Myrtle biscuits, Damper and yummy energy balls. We also held a spear and boomerang throwing competition and finished with an Armchair Travel through Northern Territory.

Bastille Day was a big hit with a French morning tea and Armchair Travel through France with a glass of vino and a visit to the Mona Lisa. In the afternoon French Bingo.

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We held our official Olympic Opening Ceremony at the village. We had wonderful Japanese dancing, the flag ceremony, the taking of the oaths and finished with the Torch Relay.
We also had yummy doughnuts with the colours of the Olympic symbol.
A big thank you to all who assisted on the day. You are all heroes!!!!

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**ALICJA EROKHIN 3RD**
**CATHARINA REEMST 9TH**
**KEL CONNELL 27TH**
**FRANCIS CURNOW 5TH**
**IRIS LE CLAIRE 23RD**

# HAPPY RETIREMENT JANINA

Janina (Lifestyle Officer) has decided to retire. We will miss her very much, especially her beautiful singing, dancing and the wonderful spirituality she brought to the village. She also organized the wonderful yearly "Christmas Nativity". Once lockdown is over we will bring Janina back for a proper "retirement party".

She send us this lovely message and we wish her all the very best in her retirement and you will be missed.

"It was a privilege to work in ATV alongside Katja.

She welcomed me to ATV together with Marian Achten (who was the General Manager at the time) and other colleagues. I'm very grateful to have had a chance to work in this friendly environment. I had a chance to meet so many great staff members, volunteers and residents throughout the years.

I would like to say thank you to Sophia, Margaret, Harry and all colleagues, residents, volunteers and friends for your wonderful support during my 14 ½ years at ATV.

I will miss you all and hope to see you sometime in the future. I'm wishing you all the best and stay safe."