



**ABEL TASMAN**

**NEWSLETTER**

**DECEMBER 2021**



## FROM THE GENERAL MANAGER



Welcome to the ATV newsletter for December 2021. Well, the Christmas season is almost upon us. Where has the year gone! I'm sure many of you, like me, have thought the year has flown by. I am by no means prepared for Christmas so I need to get myself organised.

Christmas festivities will commence at ATV shortly. The Activities team have lots of wonderful festive events planned so ATV will be merry and bright over the next few weeks. The staff will be enjoying their Christmas party in the first week of December. I'm sure all of you will be hoping they have a great time, particularly as they were not able to party last year due to COVID. I'm sure I echo all your thoughts when I thank the staff of ATV (both residential and homecare) from the bottom of my heart for the hard work, professionalism and caring they have shown through what has been a very challenging year.

Many families I'm sure will be wanting to take their loved ones out to family events and occasions in the lead up to Christmas. The booking system for outings will be operating as usual and we will be sending out a separate communication regarding suggested safeguards when residents are attending functions.

As I write this, we are reviewing the COVID testing requirements for visiting. Thank you everyone for being so vigilant and compliant with testing since we opened up. As you would appreciate, these requirements were put in place purely to keep our residents safe. We do apologise if it caused any inconvenience for you. Please keep an eye out for our communication regarding revised testing requirements. Until you receive that update, please continue to be tested 72 hours prior to your visit.

Our residents who received their 2<sup>nd</sup> dose of COVID vaccine in May 2021, received their booster shot on 25<sup>th</sup> November 2021. Sonic Healthcare attended on site and conducted an in house clinic to give the Pfizer booster to residents and staff who had received their 2<sup>nd</sup> dose more than 6 months ago. We are fortunate that ATV was given this opportunity so soon in the booster program. We will have further information for booster shots for the remainder of the residents once we receive it from NSW Health. It may be that there will not be a further in house clinic, but we will keep you updated.

Can I remind all families that the best way to get in touch with us with written feedback, is to complete a My Thoughts form. These forms are available in the main office and in the main building outside the Care Manager's office. You can also email me, the Care Manager or the Homecare Coordinator directly.

General Manager [gen.mgr@abeltasman.com.au](mailto:gen.mgr@abeltasman.com.au)

Care Manager [care.mgr@abeltasman.com.au](mailto:care.mgr@abeltasman.com.au)

Homecare Coordinator [hc-coord2@abeltasman.com.au](mailto:hc-coord2@abeltasman.com.au)

Feedback is extremely important to allow us to improve the quality of care and services ATV provides. Of course, compliments are also most welcome!! If you do have feedback that requires some improvement in the service we are providing, I would also ask that you contact myself, the Care Manager or the Homecare Coordinator. It is very difficult for us to resolve any issues you may have if we either don't know about them or find out about them well after the event. Please do not feel that the raising of issues is not welcome. We would much rather have the opportunity to improve our service to you and also investigate any issues that may be causing you frustration or distress.

Sadly, we said farewell to Atze Van Stralen who has been a long time Homecare client of ATV's. Atze came to us on respite and passed peacefully here in the Village. We send our sincere condolences to his family.

I send my best wishes to you all for a happy, peaceful and holy Christmas season. Merry Christmas to you all!!

Until next time,

Margaret (Acting General Manager)



# HOMECARE



Hello all,

Well, December has arrived and with it comes a month full of excitement and the Christmas spirit well and truly lit! Our warm thanks to the recent clients who have welcomed us to their homes to help finalising clinical assessments. This truly strengthens our clinical governance within our Home Care service. Our clients were all also able to meet our Registered Nurse, Yang, who works one day a week assisting the Home Care Coordinator.

This year we have Christmas Day landing on Saturday, Boxing Day on Sunday & the public holidays Monday on 27<sup>th</sup> & Tuesday 28<sup>th</sup>. Please let me know in advance if you would like your services to be rearranged or whether you are having time away. I would like to also enjoy those days off with family but of course will be able to be contacted for any unforeseen emergency cases.

You may also be aware that NSW Health state-run clinics are already providing a third dose of a Covid-19 booster vaccine. This is available to everyone 18 years and over who have had both doses of their primary course of a Covid-19 vaccine at least 6 months ago. Please find more detailed information on the link below:

<https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines/getting-your-vaccination/booster-doses#who-should-get-a-booster-dose>

We wish a quick recovery to Norma Kneipp & Janice Higgerson who are on respite and rehabilitation. With greater sadness we have said goodbye to Atze Van Stralen who peacefully passed on the 8<sup>th</sup> November. Our staff member Edith has returned to Home Care and is delivering services a few hours a week with us.



We thank so much our clients who are happily sharing their photographs taken on Melbourne Cup and during our visits having a photo with their Christmas trees. Also a huge thank you to Maria Wilson & family who have donated a lot of goodies for Abel Tasman residents.

In addition, you have already received a letter from the Department of Health in regards to improvements to how your Home Care Program funds are paid to us. As it states, you do not have to do anything extra.

The changes made mean that Abel Tasman will only be paid for the services that were delivered to you. The unspent funds will still be available to you to use until you need them and those will be now held in a government Home Care account.



- 11<sup>th</sup> Aad Lomans
- 14<sup>th</sup> Wim van As
- 19<sup>th</sup> Norma Kneipp
- 23<sup>rd</sup> Lyudmila Uvarova
- 27<sup>th</sup> Elizabeth Oonk
- 31<sup>st</sup> Cecilia Segarra

Reminder: 2021 NSW Local Government elections held Saturday, 4 December 2021.

Finally, I would like to personally thank you for this year & wish you all an amazing, peaceful 2021 Christmas and (hopefully) more exciting New Year to come! We will keep strong and positive together!!

Kind regards & best wishes      Elizabett Fernandez



**ABEL TASMAN VILLAGE RECREATION PROGRAM  
DECEMBER 2021**

DAY	DATE	ACTIVITY	VENUE	TIME
Wednesday 	1	<b>Catholic Mass with Father Edmund</b> <b>Tea/Coffee and Chat</b> <b>Sinterklaas Gift Wrapping</b> <b>Sinterklaas Games/Poetry</b>	Hall (on Screen) Hall Hall Hall	10.00am 10.30am 11.00am 2.00pm
Thursday 	2	<b>Hairdresser/Beauty Care</b> <b>Sinterklaas Party with Entertainment</b> <b>Christmas Decorations</b>	Hairdressing Salon Hall Hall	9.00am 10.00am 2.00pm
Friday	3	<b>Non-Denominational Service with Rev Dennis Muldoon</b> <b>Morning Tea</b> <b>Decorating the Christmas Tree</b>	Hall Hall Hall	10.00am 11.00am 2.00pm
Saturday 	4	<b>Yahtzee with Volunteers</b> <b>Resident's Choice of Movie</b> <b>Family/Friends Visits</b>	Hall Hall Individual Rooms	10.00am 1.30pm
Sunday	5	<b>Braintrainer Plus</b> <b>Family/Friends Visits</b>	Hall Individual Visits	All Day
Monday	6	<b>Exercises with Physio</b> <b>Tennis/Volleyball Competition</b>	Hall Hall	10.00am 2.00pm
Tuesday	7	<b>Whiteboard Games</b> <b>Bingo with Corey</b>	Coffee Shop Hall	10.00am 1.30pm
Wednesday 	8	<b>Communion Service with Clara</b> <b>Coffee and Chat</b> <b>Baking Croatian Kiflice</b> <b>Flower Arrangements</b>	Hall Hall Coffee Shop Hall	10.00am 10.30am 11.00am 2.00pm
Thursday 	9	<b>Hairdresser/Beauty Care</b> <b>Birthday/Christmas Show with Annette van Roden</b> <b>Christmas Card Making</b>	Hairdressing Salon Hall Hall	9.00am 10.00am 2.00pm
Friday	10	<b>Non-Denominational Service with Reverend Dennis Muldoon</b> <b>Morning Tea</b> <b>Happy Hour</b>	Hall Hall Hall	10.00am 11.00am 2.00pm
Saturday 	11	<b>Bingo with Marja</b> <b>Resident's Choice of Movie</b> <b>Family/Friends Visits</b>	Hall Hall Individual Rooms	10.00am 1.30pm
Sunday	12	<b>Braintrainer Plus</b> <b>Family/Friends Visits</b>	Hall Individual Visits	All Day
Monday	13	<b>Exercises with Katja</b> <b>Morning Tea</b> <b>Carpet Bowling Competition</b>	Hall Hall Hall	10.00am 11.00am 2.00pm
Tuesday	14	<b>Exercises with Physio</b> <b>This Day in History</b> <b>Bingo with Corey</b>	Hall Hall Hall	10.00am 11.00am 1.30pm
Wednesday	15	<b>Hairdresser/Beauty Care</b> <b>Catholic Mass with Father Edmund</b> <b>Coffee and Chat</b> <b>Set up of Christmas Function</b>	Hairdressing Salon Hall Hall Hall	9.00am 10.00am 11.00am 2.00pm

**ABEL TASMAN VILLAGE RECREATION PROGRAM  
DECEMBER 2021**

DAY	DATE	ACTIVITY	VENUE	TIME
Thursday 	16	<i>Residents and Volunteers Christmas Luncheon</i>	Hall	11.00am
Friday	17	<i>Non-Denominational Service with Reverend Dennis Muldoon Morning Tea Play the One Minute Game and Ice Cream Social</i>	Hall Hall Hall	10.00am 11.00am 2.00pm
Saturday 	18	<i>Yahtzee with Volunteers Movie Residents' Choice Family/Friends Visits</i>	Hall Hall	10.00am 1.30pm
Sunday	19	<i>Braintrainer Plus Family/Friends Visits</i>	Hall Individual Rooms	All Day
Monday	20	<i>Target Games Christmas Bingo</i>	Hall Hall	10.00am 2.00pm
Tuesday	21	<i>Exercises with Physio Bingo with Corey</i>	Hall Hall	10.00am 1.30pm
Wednesday	22	<i>Catholic Mass with Father Maurice Christmas Quiz and Sing-A- Long</i>	Hall Hall	10.00am 2.00pm
Thursday	23	<i>Hairdresser/Beauty Care Christmas Exercise Class Happy Hour</i>	Hairdressing Salon Hall Hall	9.00am 10.00am 2.00pm
Friday	24	<i>Christmas Eve Concert with Roger Christmas Stories/Poetry</i>	Hall Hall	10.00am 2.00pm
Saturday 	25	<b>CHRISTMAS DAY</b> <i>Movie Residents' Choice Family/Friends Visits</i>	Hall Individual Rooms	10.00am 1.30pm
Sunday 	26	<b>BOXING DAY</b> <i>Braintrainer Plus Family/Friends Visits</i>	Hall Individual Rooms	All Day
Monday	27	<i>Sjoelbak Competition with Bill Morning Tea Family/Friends Visits</i>	Hall Hall Hall	10.00am 11.00am 2.00pm
Tuesday	28	<i>Holiday Season Activity Kits Family/Friends Visits</i>	Available in Hall Individual Rooms	All Day All Day
Wednesday	29	<i>Catholic Mass on Screen Coffee and Chat Bingo with Noreen</i>	Hall Hall Hall	10.00am 11.00am 1.30pm
Thursday	30	<i>Exercises with Noreen What Happened in 2021....</i>	Hall Hall	10.00am 1.30pm
Friday 	31	<b>NEW YEARS EVE PARTY WITH MISS ELENI</b> <i>Room visits</i>	Hall Individual Rooms	10.30am 1.30pm

**ABEL TASMAN VILLAGE RECREATION PROGRAM  
DECEMBER 2021**

*A very happy birthday to the beautiful Anna who turned 102 in the month of November. She received lots of beautiful flower arrangements, cards and presents and had a delicious cake as well.  
Wishing you a wonderful birthday Anna.*



<b>ALBERT CAMERON 1ST</b>	<b>ARGIRO ANIDIS 20TH</b>
<b>JOAN KICKERT 25TH</b>	<b>HENDRIKA KLEIN 27TH</b>

<b>Breakfast: 8.15am</b>	<b>Pension Days: 2nd, 16th and 30th December 2021</b> <b>Podiatrist: Wednesday, 1st December 2021</b>
<b>Lunch: 12.30pm</b>	
<b>Dinner: 5.15pm</b>	



From Left to Right Diana is relaxing to the sound of her favourite band Fleetwood Mac. Irena is excited to show of her Silhouette art work. Noreen and Katja are getting ready for the Melbourne Cup race. Raisa's first day back from hospital she was eager to participate in word games.



Holiday Season Activity Kits will be available in the hall from 25<sup>th</sup> December. Please give the Lifestyle Team your thoughts what you would like to do over the Christmas/New Year period to enable us to prepare the kits.



Godwin is keen to keep his mind stimulated with the Brainteaser Plus activities. He is also one of the first user to show interest in the individual activity "Macrame". Stay tuned for his marvellous creation!!!

# NOVEMBER HIGHLIGHTS



We celebrated Melbourne Cup with a wonderful performance in the morning and in the afternoon a lovely fashion parade with wonderful participation from residents, staff and volunteers. A big thank you to our bookies Colin and Bill they did a splendid job.



Congratulations to Carol for receiving a Certificate of Appreciation in recognition of faithful service as a Parish Catechist to students receiving Catholic Special Religious Education in public schools commencing in 1997. This was presented by Father Maurice.



# Camellia Wing News

Residents were very busy this month and engaged in a variety of indoor and outdoor activities, sensory garden walks, exercises and other physical activities were well attended. An in-house organised beach outing needed to be re-located to the tulip room as the weather was not kind to us. Mocktails and a sensory sand box experience made up for it.

On another rainy day we looked through magazines to bring back favourite memories. Listened to music and sung along. Diana and Antonetta have some great dance moves.

Engaging with sensory items, shuffling cards, sorting different types of materials, making up fidget sensory boxes, organising drawers and pattern blocks and boards are well liked. We introduced having familiar items with us and made-up note books, packing hand bags and checking of items that may be needed. Stacey is noticing when we do not have our hand bags and phones with us. Catharina likes to know more about I-phones and finds it very interesting how a smart phone works.

We sincerely thank Dave for assisting the lifestyle team in transporting resources in our newly purchased trolley. Your help is much appreciated and hopefully the happy hour drink made up for your hard work.

In December we will be baking Anka's Kiflice. She proudly provided her recipe to us and we are sure we will enjoy them with a nice cuppa.

We are looking forward to use the newly renovated Camellia wing activity room. A big shoutout to the maintenance team for all your efforts.

Until next time. Wishing everyone a nice Advents time.

Warm wishes Johanna, Katja and Noreen



# More photo's



## *Remembrance and Memorial Service*

Our sincerely thanks to our Volunteers for all your assistance and support.

