



ABEL TASMAN

NEWSLETTER

SEPTEMBER 2022



ABEL TASMAN VILLAGE RECREATION PROGRAM
SEPTEMBER 2022

FROM THE GENERAL MANAGER



ATV is currently in a COVID-19 outbreak, this is the 2nd outbreak this month and unfortunately, it is as expected as life is almost back to normal at ATV despite the ongoing outbreaks. The first outbreak was from the 30th July – 15th of August with only 4 residents affected, the 2nd outbreak commenced on 19th August 2022 with 5 residents affected, we are hoping to declare the outbreak over soon, awaiting for PHU advice. All residents who tested positive presented with minor symptoms and are recovering well. Thank you to all the staff, residents, friends, and families of ATV for this great result, we would not have achieved this without the hard work and dedication of our staff and the patience and

understanding from residents and families.

I am aware that many of you are quite concerned about the current COVID-19 situation, and I can understand how it can be quite distressing going in and out of lockdown as well as the constant changing of rules regarding who is to remain in their rooms and who can come out. The management team has sought feedback from residents as well as staff to improve the way we communicate with residents to make it easier to understand our future communication. I would like to thank all the staff at ATV, especially the Lifestyle team (Katja, Noreen, and Effie) for making the effort to go from room to room to hand out the resident memos and explain the situation on a regular basis.

In the resident meeting this month we covered most of what is happening in the village, there are a couple of things I would like to highlight and bring to your attention. The most updated resident handbook was given out during the meeting, and extra copies were left with the Lifestyle team to hand out. If you wish to obtain a copy, please feel free to see Katja or Noreen. The “Client Handbook” of HCP is also complete, we will be distributing it out over the new few weeks. We also discussed open disclosure, and the opportunity for residents to provide feedback and comments to the management team, you can do that in a couple of ways, through the “my thoughts from”, or during the resident meeting, or ask a staff member that you wish to speak to myself or Harry (Clinical Care Manager). You can also call directly to the office on 9645 3388 on a more urgent matter. Also discussed was the consumer experience interview organised by the department of health, if you wish to participate, please let us know and we will assist you.

Recruitment is slow but ongoing, we have successfully recruited 5 clinical care staff and 3 Kitchenhands. So if you see new faces and they are not as experienced as the care staff members that you used to, please know it will take time for them to get to know your routine and what your preferences are. They will get to know you soon and I am certain we’ve chosen the right staff for ATV as I’ve received a lot of positive feedback about them. Your feedback is also available, so please don’t hesitate to inform the RN on duty or Harry (Clinical care manager) about your feedback about our new staff members as we are always looking for ways to improve our services and care at ATV.

The annual Food Safety Audit is fast approaching, it will be on the 5th of September from 2pm. It has been postponed from the 17th of August, but, nevertheless, the team is working very hard in the preparation of the upcoming audit. Please be assured that your dining experience will not be affected.

Thank you again for your support during the COVID-19 outbreak, we are looking forward to an exciting new month full of exciting activities with our residents.

Thank you to all of you who participated and donated for the Daffodil day fundraiser, our target was \$200, but raised more than \$600 so far. It’s not too late to donate, you can donate through our Facebook link or ask for our lifestyle team. The daffodil day fundraiser was a great way to celebrate the re-opening of the ATV hall for activities and meals.

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I would also like to thank Chester Hill pharmacy for the donation of the "Father's Day" gifts for all our male residents and staff as well as their donation for the entertainment at ATV for the month of September, they have also donated \$800 to ATV Lifestyle Department to continue with our activities and entertainment that our residents enjoy. Thank you, Ahmed and Anthony, for your generous donation, we will make sure we post some photos up on Facebook and in our October newsletter.



I would like to extend our welcome to the following residents of the Abel Tasman Village; Mr. John Donaldson and Mr. John DeBore. We hope you will make ATV your home away from home. I would like to thank Mrs. Tam La, Mr. Chau Le and Mrs. Violeta Boundy for your short stay at ATV, we hope to see you again in the new future.

Kind regards,

Sophia Markwell
General Manager

FROM THE LIFESTYLE TEAM

We are getting closer to Christmas and the months have gone so fast. As you will notice in this newsletter we are trialling the afternoon activities to start at 2.00pm to enable us to reset the activity area from lunch and at times for decorating. We hope that this will improve your enjoyment of afternoon activities and we welcome any feedback.

Noreen will be going on a well deserved two week holiday towards the end of September and we wish her a well earned break. Effie will assist Katja on the Thursday and run the Friday programme by herself.

We are looking forward to celebrating Fathers' Day on **Thurssay, 1st September** with a wonderful concert by Charlie followed by a BBQ (sausage sizzle) in the garden just outside the hall for the men. Hopefully it will be a lovely day and plenty of sunshine. Our theme for this year is "Fishing" and a big thank you to all the lovely ladies who coloured in the fish and cut them out. The display looks great together with the fishing rods on stage. There will be an outing on **Thursday, 8th September** to Sans Souci for the keen fishermen in our village.

To continue with the nautical theme we have organised a "Cruise Day" on **Monday, 5th September** and look forward to welcoming many of you for our "Captain's Dinner" at 5.00pm with some delicious "welcome cocktails". Would be lovely if many of you can be "dressed up" for the occasion.

As we know you love competitions, we will be trying out some new games this month as well such as throwing "foam gliders" in the park (weather permitting) and a chair volleyball game. So come and give it a go.

We are looking forward to welcoming back Lisa Budin to the village on **Thursday, 29th September** for a very energetic Disco Diva show which will be very entertaining. There will be lots of dancing and great dress ups.

Kind regards,
The Lifestyle Team

HOMECARE



September 2022 – Welcome everyone!



The first of Spring has sprung! The days are getting warmer, staying lighter longer and we all enjoy the positive feeling that comes with Spring. Let's make the most of some sunny days!

Our Homecare clients Mr and Mrs Olivera have definitely enjoyed the weather change with a lovely outing to the Auburn Botanical Gardens recently. Highly recommended!

In the last weeks we have also been communicating some important information with most of you or your loved ones via SMS (text message). We'd love to continue this as an improvement to our services and welcome your feedback as always. This is a very common method of modern communication, not only for ATV but other government agencies. We realise not all clients utilise this service and we are updating our contact information to make sure all clients or first contacts receive the relevant information. You can also let us know if you do not want this form of communication. Unfortunately, 'scammers' also can use this method and ask you to click on links in text messages. Please don't hesitate to ask your care staff, loved ones or myself if you are unsure regarding text messaging.

In regards of usual correspondence of your monthly statements and newsletters, you can opt-in or opt-out to receive them by email, mail it out to you or both. Please let me know!

As you would know COVID is still a major health concern in the community. As I mentioned in the previous newsletter the use of anti-viral medication is now commonly available for treatment of COVID symptoms and advised for all eligible persons by the Dept of Health. Please speak to your doctor regarding eligibility for use for you. You can access to more information here:

<https://www.health.gov.au/health-alerts/covid-19/treatments/eligibility>

Also Covid-19 medicines- Easy read: <https://www.health.gov.au/resources/publications/covid-19-medicines-easy-read>

Anti-viral medications: Some people who are at higher risk may need specific antiviral treatments prescribed by your healthcare provider. "Antiviral treatments taken as capsules or tablets may help stop COVID-19 infection from becoming severe. Courses of these antiviral treatments need to be started as soon as possible after symptoms from COVID-19 begin".



We will be sending out with this month's newsletter a NSW Government flyer regarding fire safety in your home. Please read through this as there are still some cold days to come and fire safety is still one of the most important issues for elderly people. Did you know you can register for a free fire safety visit from NSW Fire and Rescue? Please contact us for any help with this or follow the link here:

<https://www.fire.nsw.gov.au/page.php>

You will soon receive a further communication from the Abel Tasman General Manager regarding your July statements and improvements in the HCP accounts and financials. You will also receive a call from a member of the management team over the next two weeks to discuss your individual package.



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We would also like you all to know that we have been working very hard on our updated Abel Tasman - HCP Consumer Handbook! (right picture) We will be sending you this revised edition very shortly. We encourage to read the handbook carefully. We ask you to please be aware in addition that purchasing items under your HCP Package must firstly be an item directly linked to your identified care needs and goals, reflected in your care plan and then approved by the HCP Coordinator **prior** to purchase as this may not be eligible for reimbursement.

***Please also note that ATV can assist you with basic translation of important information.
Please advise us if you need any assistance.***

I would like to extend a warm welcome to Rudy Peen, Robyn King, Catherine Johansen & Romelia De-Santiago. Thank you for allowing us to provide Home Care Services.
Sending our love to clients who are still under hospital & respite care.

September Big birthdays wishes to:

Garfield Wells 9th, Johanna Lewis 15th, Lois Ward 15th& Edward Bradley 20th

Kind regards,
Elizabett Fernandez



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DAY	DATE	ACTIVITY	VENUE	TIME
Thursday 	1	Father's Day Concert with Charlie Camilleri Men's Barbeque Beer Pong Competition	Hall Outside Hall Hall	10.00am 12.15pm 2.00pm
Friday 	2	Non-Denominational Service with Rev Dennis Muldoon Morning Tea Happy Hour	Hall Hall	10.00am 11.00am 2.00pm
Saturday 	3	Yahtzee with Clara/Robyn Floor Bobs Competition	Hall Hall	10.00am 2.00pm
Sunday 	4	FATHER'S DAY Special Father's Day Morning Tea Family & Friend visits	Individual Rooms	10.00am 2.00pm
Monday	5	CRUISE THEMED DAY Flower Arrangements Sjoelbak and Shuffleboard Competition Captain's Fine Dining	Hall Hall Hall	10.00am 3.00pm 5.00pm
Tuesday	6	Group Physio with Edward Bingo with Corey	Hall Hall	10.00am 2.00pm
Wednesday 	7	Catholic Mass in English Coffee and Chat Residents Executive Meeting Make Your Own Juice	Hall (on tv) Hall Coffee Shop Hall	10.00am 10.30am 11.00am 2.00pm
Thursday 	8	Fishing Trip Bus Outing Tai Chi with Tracey Jeux de Boules	Sans Souci Hall Village Gardens	9.30am 10.00am 2.00pm
Friday 	9	Non-Denominational Service with Rev Dennis Muldoon Morning Tea Happy Hour	Hall Hall Hall	10.00am 11.00am 2.00pm
Saturday 	10	Bingo with Marja Relaxation & Pamper/Massages	Hall Lounge Room	10.00am 2.00pm
Sunday	11	Movie Residents' Choice Family & Friend visits	Hall Individual Rooms	10.00am 2.00pm
Monday 	12	Dutch Activities Sjoelbak Competition Pick-A-Box (Spring)	Tulip Room Hall Hall	10.00am 10.00am 2.00pm

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DAY	DATE	ACTIVITY	VENUE	TIME
Tuesday	13	Group Physio with Edward Residents' Handbook Discussion Bingo with Corey	Hall Hall Hall	9.30am 10.30am 2.00pm
Wednesday 	14	R U OK Day Catholic Mass in English Coffee/Get Together Residents' Meeting Gift of Conversation Afternoon Tea	Hall Hall Hall Garden	10.00am 10.30am 11.00am 2.00pm
Thursday 	15	Church Point Bus Trip Tai Chi with Tracey Ice Cream Social	Cost to be advised Hall Hall	9.30am 10.00am 2.00pm
Friday 	16	Non-Denominational Service with Reverend Dennis Muldoon Morning Tea Footy Colour Happy Hour	Hall Hall Hall	10.00am 11.00am 2.00pm
Saturday	17	Yahtzee with Clara/Robyn Baking Pastries & Sausage Rolls	Hall Hall	10.00am 2.00pm
Sunday	18	BrainTrainerPlus Family & Friend visits	Hall Individual Rooms	10.00am 2.00pm
Monday 	19	Tennis Competition Morning Tea Glider Competition	Hall Hall Park	10.00am 11.00am 2.00pm
Tuesday 	20	Group Physio with Edward This Day in History Bingo	Hall Hall Hall	10.00am 11.00am 2.00pm
Wednesday 	21	Hairdresser Catholic Mass in English Coffee/Get Together Cup Stacking Competition	Hairdressing Salon Hall Hall Hall	10.00am 10.30am 2.00pm
Thursday 	22	Chair Volleyball Competition Poffertjes Baking and Afternoon Tea	Hall Hall	10.00am 2.00pm
Friday 	23	Non-Denominational Service with Reverend Dennis Muldoon Morning Tea Happy Hour	Hall Hall Hall	10.00am 11.00am 2.00pm

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DAY	DATE	ACTIVITY	VENUE	TIME
Saturday 	24	Bingo with Marja Sip and Paint (non- alcoholic cocktails)	Hall Hall	10.00am 2.00pm
Sunday	25	BrainTrainerPlus Family & Friend visits	Hall Individual Rooms	10.00am 2.00pm
Monday	26	Target Games Maritime Trivia	Hall Hall	10.00am 2.00pm
Tuesday	27	Group Exercises with Physio Bingo with Corey	Hall Hall	10.00am 2.00pm
Wednesday 	28	Catholic Mass in English Coffee/Get Together Whiteboard Games Table Games	Hall Hall Hall Hall	10.00am 10.30am 11.00am 2.00pm
Thursday 	29	<i>Birthday Party With Lisa Budin (Disco Show)</i> A Trip Around The World	Hall Hall	10.00am 2.00pm
Friday 	30	Non-Denominational Service with Reverend Dennis Muldoon Morning Tea Happy Hour	Hall Hall Hall	10.00am 11.00am 2.00pm



LUCY O'BRIEN 2 ND	JOHN PETER DE BOER 3 RD
COLIN FENWICK 10 TH	PENG CHHOR 14 TH
VICTOR HUTTER 14 TH	RAISA GAIDZIONIS 18 TH

Breakfast: 8.15am

Lunch: 12.30pm

Dinner: 5.15pm

Pension Days: 8th and 22nd

Podiatrist: Wednesday, 7th September

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Under the wonderful guidance by Effie, residents have been enjoying homemade bread and homemade carrot cake from scratch. Hendrika and Diana were very engaged in the breadmaking session (see above).



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Playing Bocce and there is nothing better than to be in the great outdoors with Spring just around the corner. Listening to great music.



Residents visited the Penrith Art Gallery and enjoyed a nice tour around the gallery followed by a delicious meal at the café. Lucky we had such beautiful weather.



Wonderful thank you messages from residents to celebrate Aged Care Employee Day and were displayed in the Staff Room. Don't they look splendid?



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THANK YOU!



A wonderful Daffodil Fundraiser was held this month with wonderful support from the Village community. We had our goal set for \$200.00 and managed to raise \$500.00 within two days!!!

A big thank you to all who supported and hopefully there will be a cure for cancer in the near future.

