



NEWSLETTER

JANUARY 2023



ABEL TASMAN VILLAGE RECREATION PROGRAM
JANUARY 2023



FROM THE GENERAL MANAGER



Welcome to the January 2023 newsletter everyone and welcome to the new year!

December saw us with two outbreaks at Abel Tasman. The first outbreak was from 10/12/22 - 23/12/22. I am very happy to report that we were able to contain the 7 cases without further spread. Once again, a huge thank you to the residents and relatives for your part in assisting in ATV containing the virus as well as your patience, understanding and support. To all the staff, thank you all for your hard work and dedication to ATV and also your diligence with the gowns, face shields and N-95 masks. I know it isn't easy, but you all do it with

such grace and professionalism. Thank you.

Unfortunately, a second outbreak has now been alerted to us by clinical staff on 28/12/22. As at the time of writing, there are two cases and we are hopeful to contain the outbreak only to these residents. We wish them both well. We will continue to communicate with residents, families and representatives regarding this latest outbreak.

Abel Tasman will endeavor to assist families and friends who wish to visit loved ones during outbreaks whilst following the Department of Health guidelines for safe infection control practices. We thank you for your patience during our testing of residents onsite. Visiting, on occasion, may be suspended to allow for complete testing of all residents. We understand this is frustrating for visitors but assure you we expedite our testing processes as quickly as we can to allow visiting to re-open.

It appears that a majority of our outbreaks have occurred after resident outings in the community. This highlights the need for absolute vigilance when taking residents out. Appropriate mask wearing and infection control practices such as hand sanitizing are highly recommended. We would also suggest families monitor themselves for any symptoms, no matter how minor, and test if they feel unwell prior to visiting or taking a resident out.

Despite outbreaks in December, lifestyle activities continued with great enthusiasm. The lead up to Christmas was filled with lots of fun times. Congratulations to the activities team who have managed to adapt their program in such a positive manner, under challenging circumstances. Please review the rest of the newsletter to see all the wonderful activities held in December and planned for January 2023.

We have been in touch with you regarding recent reforms in the aged care industry. In particular, the staff Code of Conduct is now in place and this has been sent onto residents and representatives. In the Homecare space, the Serious Incident Response Scheme has now been extended into home services. In addition, we will be holding an information evening for homecare clients and representatives in February 2023 to go through the latest reforms. Please refer to the Homecare section of the newsletter for further information.

We welcome to the ATV family, Patricia Allan. We hope that Patricia finds ATV her home away from home. We were very sad to farewell Joan Hughes and Elizabeth 'Connor in December 2022. Our heartfelt condolences go to their families and friends.

We are looking forward to celebrating the beginning of a new year. We are hopeful that it is another great year for ATV. We hope you enjoy a safe and fabulous New Year and Australia Day!

Kind regards,

Sophia Markwell
General Manager

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HOMECARE
HOMECARE



ABEL TASMAN
A culture of care



WELCOME - Wominjeka: JANUARY 2023

A warm welcome to 2023! Hopefully a new year ahead full of hope, positive change, health and happiness.

Abel Tasman Homecare and Management are still working very hard during the summer break to provide unaffected client services. COVID related sick leave and annual leave certainly put pressure on rostering this time of year and we thank you for your patience.

Abel Tasman Homecare and Management also continue to work on communicating with you and your representatives regarding the Federal Government reforms in Aged Care (including Homecare) and other important changes and dates to note. These may be mailed, emailed or delivered by hand to you and relate to:

- The SIRS (Serious Incident Response Scheme)
- Code of Conduct for all aged care workers
- Strengthening framework for consumer package inclusions and exclusions
- Updated Abel Tasman Consumer Handbook
- Updated Incident and Accident Forms for consumers
- Changes to management fees in line with legislated maximum amounts to be charged
- February 2023 Consumer and their representative's information night (details to follow)

Our Homecare staff will be conducting mandatory training for SIRS this month to assist in strengthening our governance and, your care. This important training will be held on 12th January 2023. Rosters may need to be adjusted for this day to ensure staff can attend.

We hope that you have a chance to enjoy the beautiful Australia Day celebrations on Thursday January 26th! There is often excellent concerts and TV coverage on the day, or local events that are lots of fun. Please note that this is a public holiday, and our staff roster may be affected. We send our best wishes and love to Homecare staff member Karen Donkervoort and hope she gets well soon.

We also remind you that COVID is still actively transmitting in the community. Please protect yourselves by wearing a mask in public spaces and maintaining good hand hygiene.

We remind you to remain 'hot weather prepared' this summer. This may include in very hot/extreme weather:




- Drawing your curtains or blinds in the hot part of the day
- Keeping hydrated
- Using air con if you have it or a cool, damp towel on your neck
- Staying in touch with family, friends or Abel Tasman Homecare
- Listening to the ABC for emergency updates
- Calling the SES on 131 500 or 000 in an emergency

Our consumer birthdays this month are
January 10th - Tatiana Pawloff,
January 22nd - Samira Arsanious

We wish you all the best!
Elizabett, Margaret and Sophia of Abel Tasman



**ABEL TASMAN VILLAGE RECREATION PROGRAM
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DAY	DATE	ACTIVITY	VENUE	TIME
Sunday	1	New Year Kits available on request Family Visits	Individual Rooms Individual Rooms	All Day 2.00pm
Monday	2	PUBLIC HOLIDAY Australian Activity Kits Upon Request	Individual Rooms	All Day
Tuesday	3	Group Exercises with Tracey New Year Day Pick-A-Box Bingo with Corey	Hall Hall Hall	10.00am 11.30am 1.30pm
Wednesday 	4	Catholic Mass with Father Edmund Morning Tea Ice Cream Social	Hall Hall Hall	10.00am 10.30am 1.30pm
Thursday	5	Lifestyle Staff Planning Day Exercises with Physio Golf Game with Bill	All Day Hall Hall	 10.00am 1.30pm
Friday	6	Non-Denominational Service with Reverend Dennis Muldoon Morning Tea Happy Hour	Hall Hall Hall	10.00am 11.00am 2.00pm
Saturday 	7	Yahtzee Pamper and Massage with Effie Family Visits	Hall Individual Rooms Individual Rooms	10.00am 1.30pm 2.00pm
Sunday	8	Family Visits	Individual Rooms	2.00pm
Monday 	9	Elvis Presley Trivia/Treasure Hunt Elvis Presley Presentation/Trivia Elvis Music Quiz and American Afternoon Tea	Throughout the Village in own time Hall Hall	All Day 10.00am 2.00pm
Tuesday	10	Group Exercises with Edward Bingo with Corey	Hall	10.00am
Wednesday 	11	Communion Service with Clara Morning Tea Guess my Career	Hall Hall Tulip Room	10.00am 10.30am 2.00pm
Thursday	12	Group Exercises with Edward Packing up Christmas Decorations	Hall Entire Village	10.00am All Day
Friday	13	Non-Denominational Service with Reverend Dennis Muldoon Morning Tea Happy Hour	Hall Hall Hall	10.00am 11.00am 2.00pm
Saturday 	14	Bingo with Marja Arts and Craft with Effie Family Visits	Hall Hall Individual Rooms	10.00am 1.30pm 2.00pm
Sunday	15	Family Visits	Individual Rooms	2.00pm

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DAY	DATE	ACTIVITY		TIME
Monday	16	Dutch Group Activity Sjoelbak Competition with Bill Famous Australian Sportspeople – Who Am I?	Tulip Room Hall Hall	10.00am 10.00am 1.30pm
Tuesday	17	Group Exercises with Edward Bingo with Corey	Hall Hall	10.00am 1.30pm
Wednesday 	18	Catholic Mass with Father Edmund Morning Tea Cruise Ship Target Game	Hall Hall Hall	10.00am 10.30am 1.30pm
Thursday 	19	Monthly Birthday Party With Greg Dimmock Shuffleboard	Hall Hall	10.00am 1.30pm
Friday 	20	Non-Denominational Service with Reverend Dennis Muldoon Morning Tea Happy Hour	Hall (via Zoom) Hall Hall	10.00am 11.00am 2.00pm
Saturday 	21	Yahtzee Creative Painting Family and Friends Visit	Hall Hall Individual Rooms	10.00am 1.30pm 2.00pm
Sunday	22	Family and Friends Visits	Individual Rooms	2.00pm
Monday 	23	Boomerang/Thong Throwing/Yabbie Competition Damper Baking Aussie Slang, Aussie Jokes, Pick-A-Box and Damper for Afternoon Tea	Hall Hall Hall	10.00am 11.30am 1.30pm
Tuesday	24	Koala Walking Treasure Hunt Group Exercises with Edward Bingo with Corey	Village Gardens Meet in front of Coffee Shop Hall Hall	9.00am 10.00am 1.30pm
Wednesday 	25	Catholic Mass with Priest from Sefton Special Morning Tea for Clara Aussie Bingo	Hall Hall Hall	10.00am 10.30am 1.30pm
Thursday 	26	PUBLIC HOLIDAY AUSTRALIA DAY Self-initiated Australian Activity Kit	Hall	All Day
Friday 	27	Non-Denominational Service with Reverend Dennis Muldoon Morning Tea and Chinese Art Happy Hour	Hall Hall Hall	10.00am 11.00am 02.00pm
Saturday 	28	Bingo with Marja Making Sushi Rolls Family and Friends Visits	Hall Hall Individual Rooms	10.00am 1.30pm 2.00pm
Sunday	29	Family and Friends Visits	Individual Rooms	2.00pm

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Monday	30	<i>Exercises with Katja Decorating for Chinese New Year</i>	Hall Hall	10.00am 2.00pm
Tuesday	31	<i>Group Exercises with Edward Bingo with Corey</i>	Hall Hall	10.00am 1.30pm

Breakfast: 8.15am **Pension Days:** 12th and 26th January 2022
Lunch: 12.30pm **Podiatrist:** Wednesday, 4th January 2023
Dinner: 5.15pm



Josephine, Joan and Yvonne have been enjoying jigsaw puzzles. Have started small and now working up to 100 pieces. The Lifestyle Department would love larger piece and colourful jigsaws if you are able to donate.

Wishing all residents, families, volunteers, and staff a Happy New Year. As you can see we have planned another jam packed month and are looking forward to celebrating Elvis Presley's birthday as well as Australia Day. If any family or staff have any Elvis memorabilia, we would love to borrow it on Monday, 9th January. We have our Elvis Presley treasure hunt organised which will be lots of fun.

We will also be celebrating Clara our wonderful Pastoral Carer's 80th birthday on Wednesday, 25th January. She has been a wonderful volunteer and we look forward to celebrating this big milestone with her.

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Residents celebrated mass with Father Maurice. Kel painted a Christmas tree.

Other residents enjoyed the sunshine, joined in Christmas target games and other Christmas activities.



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A big thank you to Ahmed at Chester Hill Square Chemist for organising Santa to visit residents, staff and volunteers and donating lovely diffusers to each resident and chocolates. Santa even joined in with the Christmas exercise class and he did very well.



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January Birthdays 2023

ARGYROULLA EPISTITHIOU 7TH

VALERIE CLAGUE 8TH



Residents in Camellia have been busy with making Christmas Bush arrangements and a variety of Christmas activities. Mrs Wilson donated quite a number of beautiful bears for residents and they have enjoyed their company a great deal. Thank you so much!!



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