



ABEL TASMAN

NEWSLETTER

APRIL 2023



ABEL TASMAN VILLAGE RECREATION PROGRAM
APRIL 2023

GENERAL MANAGER



ABEL TASMAN
A culture of care



Welcome to the April edition of our newsletter! As Autumn progresses, we hope that everyone stays safe and healthy during these challenging times. We continue to be vigilant in maintaining the highest levels of care and safety for our residents as we approach the festive season of Easter and the month of Ramadan. The OMT will review our PPE policy to increase from surgical masks and goggles to P2/N95 masks and face shield.

ATV Management and preventive measures are working well in keeping COVID out of the facility and hope this continues. Unfortunately, COVID still has a strong presence in the Aged Care sector. ACCPA's COVID-19 report has indicated an increase in the number of active COVID-19 cases from 931 cases (651 resident cases and 280 staff cases) reported on 9 March 2023 to 1,086 cases (759 resident cases and 327 staff cases) reported on 16 March 2023. There have been 93 new outbreaks, 18 new resident deaths, and 951 combined new resident and staff cases reported since 9 March 2023.

Unfortunately, we are yet to fill the position of Catering Supervisor to replace Maria in the Kitchen. There were three candidates booked for interviews, out of the three, two cancelled and one did not arrive for the interview. However, ATV has approached a Catering Consultant to assist us with the review of the kitchen processes and menu reviews as well as putting in place essential training for our Catering team to give them the tools and skill sets to make great improvements in our meals, choices, and processes. Peter Welfare will be on site for a couple of weeks in April and will be on the floor working closely with the Senior Management and our Catering team.

On the bright side, ATV is looking to offer two Registered Nurse positions by early April. There have been many outstanding Registered Nurse candidates as well as PCAs.

We are pleased to announce that a large number of our residents have been receiving the flu vaccination in preparation for the flu season. We encourage all staff and families to also have their vaccination as it is reported we are bracing for a bad flu season. Please note, you can get your vaccine from your local pharmacy as well as your local GP. As flu vaccine is not mandatory for entering an Aged Care facility this season, you are not required to send a copy of your flu certificate through to ATV.

In this month's newsletter, we have some exciting updates and events to share with you. Our Lifestyle department has been working hard to keep our residents engaged and entertained. We have a range of activities and events planned for the coming weeks. We also have our Easter celebration! We are looking forward to an active and engaging month ahead!

The two big events for the month of April are the ANZAC Service on Thursday, 20th April commencing at 10.00am and Dutch Kingsday on Thursday, 27th April with a wonderful Dutch themed concert with Annette van Roden. There will be lots of yummy Dutch food throughout the day which was planned by the Dutch residents at our village. We will have Tompoezen, Hutspot, Dutch Pea/Ham Soup, Bitterballen, variety of Dutch Cheeses and Dutch Applegate with whipped cream.

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Noreen and Katja also had the opportunity on 10th March to attend “A Day Downtown with Dementia” organised by Wesley Mission and Australian Recreational Therapy Association. There were many excellent presenters on the day such as Dr Julie Bajic Smith (Aged Care Psychology Consultant), Craig Gear (CEO of OPAN) and Teepa Snow who is a leading educator on dementia from US and Canada. They came away with some fantastic strategies to implement at ATV. At the recent Staff Meeting they shared their knowledge by means of a role play. Please see below the photos of Noreen and Katja together with Teepa Snow.

If you would like further information about Teepa Snow please have a look at the website <https://teepasnow.com/>

I would like to extend our welcome to Mr. Ron Kinsey to our ATV family. We hope you enjoy your respite stay with us here at ATV. Thank you Mr. David Lind for your short respite stay with us, we hope to see you again soon. Finally, I would like to extend our condolences to the families and friends of Mrs. Irena Najdzion and Mr. Ibraheem Al-Ani. You will be deeply missed. May you rest in peace.

A quick note to remind all residents and families of the three days of public holidays in April. Good Friday (7th April) and Easter Monday (11th April) and Anzac Day (25th April). The Administration building will be closed for these days. For urgent matters, please see the Registered Nurses on duty.

Happy Easter and Happy Ramadan to all.

Kind regards,

Sophia Markwell

Kind regards
Sophia Markwell
General Manager

HOMECARE



WELCOME – Willkommen April 2023

April brings a celebration of our brave ANZACs. 'ANZAC' stands for Australian and New Zealand Army Corps. On 25th April 1915, Australian and New Zealand soldiers formed part of the allied expedition that set out to capture the Gallipoli peninsula. These became known as Anzacs and the pride they took in that name continues to this day. The meaning of Anzac Day today includes the remembrance of all Australians killed in military operations and recognition of all serving members of the defence forces.

On another note, Autumn has arrived and with it many variable weather changes! Crisp fresh air makes Autumn a great season for enjoying Sydney coastal walks where you may be able to spot humpback whales, or you could take a drive to Wentworth Falls, visit Taronga Zoo or enjoy a Sydney Symphony Orchestra concert. Lots to do. If you would like to book a care worker to drive you to a special location please let me know and I can organise that for you.

ATV Homecare had its Accreditation visit at the end of February 2023. The assessors audited our operations for 3 days, 2 days of which were on site. I am very pleased to report we passed all standards and outcomes with some improvement noted in Standard 2 regarding Advanced Care Planning. This is a great result and the staff and management are grateful for some of you assisting the assessors with their enquiries. As an improvement, I have registered for online training on Advance Care Planning as this is very important in the strengthening of clinical governance for Homecare. Registered Nurse Yang and I will be engaging in those conversations with you going forward.

Michelle Axford, our Office Manager, will be assisting the Home Care Coordinator in the Homecare operations. Michelle has a background in Homecare services so we are very lucky to have had her join our team. In addition, the Business Manager, Margaret Russell, will be supervising the accounts and billing information coming to you. We know the errors in statements have caused some frustration for you. We do have a plan to improve greatly in this area. Margaret has advised she is available at any time should you have any issues or wish to speak with her.

A very important reminder - if you have a stay at hospital to let me know as soon as you are able to do so. We will work closely with you to review your care needs if there have been changes in your health after your hospital discharge. Sometimes your medication may have to be adjusted and we need to adjust this on our system. If you are able to, send us your discharge letter which will also be helpful. On the same note we have to report to Services Australia any absences in relation to hospital leave.

A reminder: Day light saving April Sunday 2nd - mobile devices do automatically reset. If you have manual battery-operated clocks that need to be adjusted please ask our wonderful care staff to assist with that.

Easter break from April Friday 7th – Monday 10th - If you follow any religious celebrations and if we are able to support you please let us know (holidays rates fees applies)
Tuesday April 25th is Anzac Day, a public holiday (holidays rates fees applies)

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APRIL 2023

As you know, there have been changes in the Homecare model regarding inclusion & exclusion items. It is important that you consult with me before purchasing items as your care plan needs to be reviewed for this and no reimbursement will be provided without my approval. Included & Excluded items can also be found under your **Home Service Agreement, part F pages 30 – 33**. In addition extra information can be located on:

<https://www.myagedcare.gov.au/sites/default/files/2023-01/operational-manual-for-home-care-package-consumers.pdf> pages 60 - 73

As previously reported, ATV wishes to hold a Homecare client information session. We have tentatively planned for this to be held on 4th May 2023 from 2pm to 4pm here at ATV. More information will be coming to you regarding the session in the next week or two but in the meantime please pencil this date into your diary.

Fire safety! Smoke alarms are the best safety protection. Most of you have the support from family & representatives to check on their functionality, but if you don't, please contact me to arrange maintenance allocation. Make sure you check the batteries in your smoke alarms regularly.



April birthdays to acknowledge: 5th Carlos Olivera, 7th Maria Wilson, 8th Stamatina Kokokiris, 10th Marilyn Smith, 14th Sophia Malavazos & Werner Strecker, 19th Rudy Peen, 20th Fred Touma & 29th Barbara Heath

Warm regards, Elizabett Fernandez

How to Make a Delicious Anzac Biscuit: with assistance of our Care Staff!

8 Ingredients

- 1 1/4 cups plain flour, sifted
- 1 cup Uncle Tobys Traditional **Rolled Oats**
- 1/2 cup caster sugar
- 3/4 cup Coles Desiccated Coconut
- 150g unsalted butter, chopped
- 2 tbsp golden syrup or treacle
- 1 1/2 tbsp water
- 1/2 tsp Coles Bicarbonate Soda



4 Methods Steps

. Step 1

oven to 170C. Place the **flour, oats, sugar** and **coconut** in a large bowl and stir to combine.

. Step 2

In a small saucepan place the **golden syrup** and **butter** and stir over low heat until the butter has fully melted. Mix the **bicarb soda** with 1 1/2 tablespoons water and add to the golden syrup mixture. It will bubble whilst you are stirring together so remove from the heat.

. Step 3

Pour into the dry ingredients and mix together until fully combined. Roll tablespoonfuls of mixture into balls and place on baking trays lined with non stick baking paper, pressing down on the tops to flatten slightly.

. Step 4

Bake for 12 minutes or until golden brown.

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APRIL 2023**

DAY	DATE	ACTIVITY	VENUE	TIME
Saturday 	1 	April Fool's Day Morning Tea Memories Yahtzee Activities in Camellia	Hall Hall Camellia	10.00am 10.45am 2.00pm
Sunday 	2	Morning Tea with Sonja Online Palm Sunday Mass with Sonja Family and Friends Visit	Hall Individual Rooms 	10.00am All Day
Monday	3	Exercises with Physio Wrapping Easter Baskets	Hall Hall	10.00am 1.30pm
Tuesday	4	Morning Tea Planting of Easter Grass Planting to Represent new life Bingo with Corey	Hall Hall  Hall	10.00am 10.30am 1.30pm
Wednesday 	5	Catholic Mass in English with Father Edmund Coffee Get Together Executive Meeting Andre Rieu Concert and Board Games	Hall Hall Coffee Shop Hall	10.00am 10.30am 11.00am 1.30pm
Thursday 	6	HOLY THURSDAY Morning Tea Easter Spoon Race Wooden Easter Craft Easter Lucky Door Prize Shuffleboard and Preparation of Easter Activity Kits	Hall Hall Hall Hall Hall	9.30am 10.00am 11.00am 12.00pm 2.00pm
Friday. 	7	GOOD FRIDAY Stations of the Cross and Hot Cross Buns (Morning Tea)	Hall (on TV)	10.30am
Saturday 	8	EASTER SATURDAY Bingo with Effie Activities in Camellia	Hall Camellia	10.00am 2.00pm
Sunday 	9	EASTER SUNDAY Handel's Messiah (Easter Concert) The Tabernacle Choir & Orchestra	Hall (on TV)	10.00am
Monday 	10	EASTER MONDAY Family and Friends Visit	Individual Rooms	

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DAY	DATE	ACTIVITY	VENUE	TIME
Tuesday	11	<i>Exercises with Physio Bingo with Corey</i>	Hall Hall	10.00am 1.30pm
Wednesday	12	<i>Communion Service Coffee Get Together Residents Meeting Guest Presenter from Seniors Rights and Discussion Group</i>	Hall Hall Hall Hall	10.00am 10.30am 11.00am 1.30pm
Thursday	13	<i>Morning Tea Easter Orthodox Traditions and Easter Egg colouring Easter Egg decorating Golf Competition</i>	Coffee Shop Coffee Shop Hall Hall	10.00am 10.30am 2.00pm 2.30pm
Friday.	14	<i>Non-Denominational Service with Rev Muldoon Happy Hour and Karaoke</i>	Hall Hall	10.00am 2.00pm
Saturday	15	<i>Yahtzee with Effie Activities in Camellia</i>	Hall Camellia	10.00am 2.00pm
Sunday	16	<i>Orthodox Easter Sunday BrainTrainerPlus Friends and Family visits</i>	Tulip Room Individual Rooms	All Day
Monday	17	<i>Bocce Competition ANZAC Craft</i>	Hall Hall	10.00am 1.30pm
Tuesday	18	<i>Exercises with Physio Making ANZAC Biscuits Bingo with Corey</i>	Hall Hall Hall	9.30am 10.30am 1.30pm
Wednesday	19	<i>Hairdressing Service Catholic Mass in English with Father Edmund Coffee Get Together Board Games Packaging ANZAC Biscuits</i>	<i>Hairdressing Salon</i> Hall Hall Hall	9.00am 10.00am 10.30am 11.00am 1.30pm
Thursday	20	<i>ANZAC Service Special Morning Tea ANZAC Activities including Two-Up</i>	Hall Hall Hall	10.00am 11.00am 2.00pm
Friday	21	<i>Non-Denominational Service with Rev Dennis Muldoon Happy Hour</i>	Hall Hall	10.00am 2.00pm

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DAY	DATE	ACTIVITY	VENUE	TIME
Saturday 	22	Bingo with Marja Coffee and Chat Family and Friends Visit	Hall Hall Individual Rooms	10.00am 11.00am
Sunday	23	BrainTrainerPlus Family and Friends Visit	Tulip Room Individual Rooms	All day
Monday 	24	Exercises with Edward Cooking Dutch Pea/Ham Soup Bingo with Katja	Hall Hall Hall	9.30am 10.30am 1.30pm
Tuesday 	25	PUBLIC HOLIDAY ANZAC DAY Self-initiated Use Anzac Day Activity Kit	Individual Rooms	All Day
Wednesday 	26	Catholic Mass and Anointing with Priest from Sefton Coffee Get Together Dutch Kingsday Preparation	Hall Hall Hall	10.00am 10.30am 1.30pm
Thursday 	27	Dutch Kingsday Celebration Dutch Concert with Annette Sjoelbak Competition Dutch Cheese Platter	Hall Hall Hall	10.00am 1.30pm 3.00pm
Friday	28	Non-Denominational Service with Rev Muldoon Happy Hour and Karaoke	Hall Hall	10.00am 2.00pm
Saturday	29	1:1 Craft and Pamper Activities in Camellia	Individual Rooms Camellia	9.00am 2.00pm
Sunday	30	BrainTrainerPlus Family and Friends Visit	Tulip Room Individual Rooms	All day

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

Library Day: Thursday, 20th April 2023
Pension Days: 6th and 20th April 2023
Podiatrist: Tuesday, 11th April 2023
Hairdresser: Wednesday, 26th April 2023





VIVIAN NIZZIA 9TH

VINCENT MONTELLONI 13TH

NATALIE KINSEY 21ST

JOHN DONALDSON 30TH



Diary Dates

Dutch Memorial Service (Dodenherdenking)

Thursday, 4th May – 10.00am

Mothers Day Concert

Thursday, 11th May - 10.00am

International Nurses Day

Friday, 12th May

Kings Coronation Party

Tuesday, 9th May

An International Women's Day Garden Party was held in Camellia with a beautiful art display of international pictures and residents enjoyed a glass of bubbly.



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St Patrick's Day was celebrated with an evening bus outing to the Fiddler at Rouse Hill. Residents enjoyed watching an Irish Dancing performance and listening to a live Irish band. In the village residents participated in Irish Bowling, Bingo, potato printing, a special Irish morning tea and Happy Hour.



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GREECE
INDEPENDENCE
DAY 25TH OF MARCH



A fabulous Greek concert by Annette, tasting yummy Greek food such as Greek Antipasto, Greek Gelato and a variety of Greek biscuits.

Greek cuisine



It's delicious

