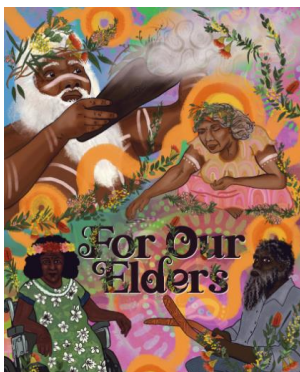




**ABEL TASMAN**

**NEWSLETTER**

**JULY 2023**



**ABEL TASMAN VILLAGE RECREATION PROGRAM**  
**JULY 2023**



Dear Residents, Families, and Staff,



We hope this newsletter finds you in good health and high spirits as we enter the winter season at Abel Tasman Village. As always, we have some exciting updates and important information to share with you. Firstly, I would like to draw your attention to the recent outbreak at ATV. It was a strong reminder to all of us that COVID-19 is still very present in the community. On the 27th of June, Janet Anderson the Aged Care Quality and Safety Commissioner wrote to all Aged care providers regarding the COVID-19 2023 Booster vaccine. COVID-19 is continuing to circulate in the community, and the risk of serious illness for

vulnerable people, especially those receiving aged care, significantly increases.

We appreciate your ongoing commitment to COVID safe behaviours and continued efforts to encourage and assist residents at Abel Tasman, Homecare recipients, and staff to get the 2023 COVID-19 booster. The recent outbreak commenced on 7th June and was declared over on 17th June with a total of 2 residents affected. Both residents recovered well with minimal side effects. This was a great result, and it was all thanks to the hard work and cooperation of staff, residents, and their representatives.

With the chilly weather upon us, we are thrilled to announce the roll-out of our new winter menu at the Village Dining Hall. Our talented chefs with the assistance of Peter Welfare (Australian Food Safety First) have crafted a delectable array of hearty and nourishing dishes that are sure to warm your hearts and bellies. From comforting soups and stews to seasonal roast dinners and indulgent desserts, there's something to satisfy every palate.

We encourage you to join us and enjoy the delightful flavours of the season. I understand that some of the residents were not keen to switch over from sandwiches to hot meal for the dinner menu choices. Management and the Catering Team are working with these residents to resolve the matter. I have attached the four-week winter menu for your reference. A larger, easy-to-read version of the menu is displayed in the Dining Hall.

We would like to bring your attention to the upcoming remediation work taking place next door at the Petrol station. Remediation work on the petrol site has commenced and a letter from Marian Achten (Chairperson of the board) was sent out on the 21st of June with an update. The works include demolishing the petrol station, removing all the hard surfaces and underground petrol tanks. We anticipate it will have little impact on the operational side of our site. Any queries, please write to [secretary@abeltasman.com.au](mailto:secretary@abeltasman.com.au).

We have a delightful lineup of events and activities planned for the month of July. NAIDOC week will be acknowledged in the first week of July and this year's theme will be "For our Elders". Small Indigenous workshops will be organised around the village.

- Michael Montgemery will be performing a magical European Christmas in July concert on Thursday, the 13<sup>th</sup> of July at 11.00am.
- Bastille Day will be celebrated with Happy Hour on Friday, the 14<sup>th</sup> July. There's something for everyone to enjoy.
- We have booked Lindsay (Magician) for Thursday, the 27<sup>th</sup> July from 10.30am and will celebrate this with the monthly birthday party.

Our dedicated Lifestyle Team has been working diligently to create a diverse program that caters to a wide range of interests and abilities. We encourage you to check the activity calendar and join in the fun.

# ABEL TASMAN VILLAGE RECREATION PROGRAM

## JULY 2023

### Health and Wellness Tips:

With the colder months here, it's crucial to prioritize your health and well-being. Here are some simple tips to stay healthy during winter:

**Keep Warm:** Layer up with appropriate clothing, use blankets, and ensure your living spaces are adequately heated. Our staff are here to help.

**Stay Active:** Engage in regular exercise, walk the garden path on a warm winter's day or participate in our fitness classes and the physio program to keep your body active and maintain mobility.

**Eat Nutritiously:** Enjoy the seasonal produce and the variety of nutritious meals available in our dining hall. Please engage with the Catering team with meals that you would like to see on the menu.

**Hydrate:** Even though it's cold outside, staying hydrated is essential. Drink plenty of water and warm beverages.

**Socialise:** Connect with your friends and neighbours at the ATV, participate in group activities, and maintain strong social connections.

We hope these tips help you make the most of the winter season while staying healthy and happy. It has been a very busy month for the Administration Team and the Board of Directors, especially coming to the end of the 2023 Financial Year. The Federal Government Work Value Case for Aged Care workers has also been a major reform for our industry and will mean a much-needed financial boost for some of our frontline care staff to help keep them in this difficult industry. The Administration Team is holding workshops with all staff members to explain in detail the negotiations, Pay Rates and new Enterprise Agreement for the sector. These new rates will be rolled out over the next few weeks.

We were also able to end the month with a beautiful lunch with our wonderful ATV Volunteers at the Carnarvon Golf Club in Lidcombe. It was a welcome opportunity to acknowledge and thank our Volunteers at ATV.

I would like to extend our welcome to Mr. Stanislav Slouf and Mr. Harry Wickman to ATV. Thank you also to Mrs. Judith Davenport, Mr. Ron Kinsey, Mr. David Ware, and Mrs. Catherin Johansen, we hope you enjoy your respite stay with us here at ATV. Our condolences to Mrs. Argyroulla Epistithiou's family and friends. She will be missed, and may she rest in peace.

As always, if you have any questions, concerns, or suggestions, please don't hesitate to reach out to our friendly staff members. We value your feedback and strive to provide the best possible experience for everyone in our community.

On a final note, I will be taking some leave from 26th July to 8th August. If you have any concerns or require anything while I'm away, please contact our office and speak to Margaret (Business Manager).

Stay warm, stay connected, and stay well!

Warm regards,

Sophia Markwell  
General Manager



ABEL TASMAN VILLAGE RECREATION PROGRAM  
JULY 2023

HOMECARE  
HOMECARE



## Welcome July 2023

We have recently received a letter from the Aged Care Quality and Safety Commission to encourage all care recipients and workers to get the 2023 COVID-19 booster dose as the winter season is here, and COVID 19 is continuing to circulate in the community, the risk of serious illness is still affecting many.

Dear clients and representatives, you are highly encouraged, should a home care client have an unexpected hospital admission or go on social leave, to please let us know. Being absent from your home care service needs to be declared on your home care subsidy with Human Services, and your care plan may need to be review and adjusted. If your care needs have changed due to illness, the use of equipment or extra services may need to be adjusted. This process will be reflected after a consultation and recommendation from your coordinator, register nurse and the appropriated allied health services.

It is very important to acknowledge and understand the changes of your care needs. If you are purchasing items like equipment, light maintenance works, or other aids, they have to be reflected in a new a care plan. On that point I have received invoices of purchases that have not been discussed or does not fall under the scope of your care needs. I highly encourage you to be mindful when making those decision without previous consultation, as those are not going to be approved and you will not be reimbursed.

The process of included and excluded items have been previously provided to you (link at the bottom). Due to this process, reimbursements for purchases outside your care needs scope will not be approved by us as the provider. Abel Tasman Village need to comply with all legislation that is relevant in delivering your home care services. Most of purchases do fall under a general expense.

Thank you for your support.

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

We welcome Norma Mengui to our pool of clients & also would like to welcome our new HCP care staff team member Vicki. We are grateful to have Vicki who has made a big impression on our clients and care staff. The home care department is still looking for extra appropriate recruitment.

On that note we like to let you know that Lily is still on leave and Johanna and Joyce will be enjoying time off on the month of July. Dear clients and representative I am working arduously to be able to cover all of your services, your understanding and support is really appreciated.

“Hi my name is Vicki Godkin. I started working at Abel Tasman just a few weeks ago and I already love the work. Its great to be able to support older people living in their own homes to maintain as much independence as possible. Older people have so much to offer and it is great to be able to connect with them and listen to their stories about their rich and varied lives.



## ABEL TASMAN VILLAGE RECREATION PROGRAM

### JULY 2023

It almost doesn't feel like work! I have an extensive background working with vulnerable people and this has helped me understand the importance of upholding the rights of those people to live their lives as independently as possible and support them to maintain choice and control in their own lives. Working at Abel Tasman helps me to put these values into practice."

The Aged Care Reforms changes (ongoing):

#### 1.- **Consumer Advisory Body:**

The establishment of a Consumer Advisory Body which must meet at least once a year from 1 December 2023.

#### 2.- **The Work Value Case and the implications this may have on pricing of services:**

On 30<sup>th</sup> June 2023 the wage increase decided upon by the Fair Work Commission for aged care workers will be implemented. These changes may lead to a review in pricing for services as obviously our operational costs will increase. We will keep you updated as information comes to hand.

2<sup>nd</sup> Thi Bach Bui  
9<sup>th</sup> Gloria Sheather  
11<sup>th</sup> Cecilia De Rooy  
12<sup>th</sup> Teresa Yammine,  
25<sup>th</sup> Joyce Denham...



Wishing you all the best!!

Warm regards, ***Elizabett Fernandez***



**ABEL TASMAN VILLAGE RECREATION PROGRAM**  
**JULY 2023**

DAY	DATE	ACTIVITY	VENUE	TIME
Saturday 	1	<b>Yahtzee with Effie</b> <b>NAIDOC Craft</b>	Hall Camellia Individual Rooms	10.00am 2.00pm
Sunday	2	<b>Family and Friends Visit</b> <b>Braintrainer Plus / Books /</b> <b>Board games</b>	Individual Rooms Tulip Room	All Day All Day
Monday	3	<b>Aboriginal Floor Games</b> <b>Koolchee &amp; Kee'an</b> <b>Aboriginal Bush Medicine</b> <b>Presentation &amp; Armchair</b> <b>Travel to Northern</b> <b>Territory</b>	Hall  Hall	10.00am  1.30pm
Tuesday 	4	<b>Exercises with Physio</b> <b>Bingo with Corey</b> <b>Aboriginal Bingo</b>	Hall Hall Camellia / Individual Rooms	10.15am 1.30pm 2.00pm
Wednesday 	5	<b>Catholic Church Service</b> <b>Coffee Get Together</b> <b>Residents' Executive</b> <b>Meeting</b> <b>Aboriginal prints – make</b> <b>your own Frame</b>	Hall Hall Coffee Shop  Hall	10.00am 10.30am 11.00am  2.00pm
Thursday 	6	<b>Indigenous Flashcard</b> <b>hand painting</b> <b>Sandalwood Indigenous</b> <b>relaxation session – story</b> <b>telling</b>	Hall  Tulip room	10.30am  2.00pm
Friday.	7	<b>Non-Denominational</b> <b>Service with Rev Dennis</b> <b>Muldoon</b> <b>Happy Hour – Aboriginal</b> <b>Theme</b>	Hall  Hall	10.00am  2.00pm
Saturday 	8	<b>Bingo with Marja</b> <b>Guided Meditation</b>	Hall Camellia	10.00am 2.00pm
Sunday	9	<b>Family and Friends</b> <b>Movie experience</b>	Individual Room Hall	All Day 10.30am
Monday 	10	<b>Deal or no Deal</b> <b>Golf Game</b>	Coffee Shop Hall	10.00am 1.30pm

**ABEL TASMAN VILLAGE RECREATION PROGRAM**  
**JULY 2023**

DAY	DATE	ACTIVITY	VENUE	TIME
Tuesday 	11	<b>Exercises with Physio</b> <b>Bingo with Corey</b> <b>Picture Bingo</b>	Hall Hall Camellia	10.15am 1.30pm 2.00pm
Wednesday	12	<b>Catholic Mass</b> <b>Coffee Get Together</b> <b>Residents Meeting</b> <b>Movie Afternoon</b>	Hall Hall Hall Hall	9.00am 10.00am 10.30am 1.30pm
Thursday 	13	<b>European Christmas in July Show with Michael Montgomery</b> <b>Jeux de Boules</b>	Hall  Hall	10.00am  1.30pm
Friday. 	14	<b>BASTILLE DAY</b> <b>Non-Denominational Service with Rev Dennis Muldoon</b> <b>Happy Hour French Style – Cheese tasting</b>	Hall  Hall	10.00am  2.00pm
Saturday 	15	<b>Yahtzee with Effie</b> <b>Sand Sensory Activity</b>	Hall Camellia	10.00am 2.00pm
Sunday	16	<b>Family and Friends visits</b> <b>Concert of Choice</b>	Individual Rooms Hall	All Day 10.30am
Monday	17	<b>Tennis Competition</b> <b>Pick-a-Box/Who Am I?</b>	Hall Hall	10.00am 1.30pm
Tuesday	18	<b>Exercises with Physio</b> <b>Bingo with Corey</b> <b>Picture Bingo</b>	Hall Hall Camellia	10.00am 1.30pm 2.00pm
Wednesday	19	<b>Hairdressing Service</b> <b>Catholic Church Service</b> <b>Coffee Get Together</b> <b>Shopping Trip</b>	<b>Salon</b> Hall Hall Bass Hill	9.00am 10.00am 10.30am 11.30am
Thursday 	20	<b>Croatian Consumer Catch up</b> <b>Games with Edward Herman with the Accordion</b> <b>Board Games</b>	Tulip Room  Hall Hall & Camellia  Hall	10.00am  10.00am 2.00pm  2.30pm
Friday	21	<b>Non-Denominational Service with Rev Dennis Muldoon</b> <b>Happy Hour</b>	Hall  Hall	10.00am  2.00pm

**ABEL TASMAN VILLAGE RECREATION PROGRAM  
JULY 2023**

DAY	DATE	ACTIVITY	VENUE	TIME
Saturday 	22	<b>Bingo with Marja Creative Art- Winter Theme</b>	Hall Camellia	10.00am 2.00pm
Sunday	23	<b>Family and Friends Visit Braintrainer Plus</b>	Individual Rooms Tulip Room	All Day All Day
Monday	24	<b>Move &amp; Groove with Katja Music Bingo</b>	Hall Hall	10.00am 1.30pm
Tuesday	25	<b>Exercises with Physio Bingo with Corey</b>	Hall Hall	10.00am 1.30pm
Wednesday	26	<b>Catholic Church Service Coffee Get Together Individualised Activity</b>	Hall Hall Individual Rooms	10.00am 10.30am 1.30pm
Thursday 	27	<b>Monthly Birthday Party with Magician Lindsay Gardner Sjoelbak Competition</b>	Hall  Hall	10.00am  1.30pm
Friday. 	28	<b>Non-Denominational Service with Rev Dennis Muldoon Happy Hour – Winter Theme</b>	Hall  Hall	10.00am  2.00pm
Saturday 	29	<b>Bingo with Marja Making Bread</b>	Hall Camellia	10.00am 2.00pm
Sunday	30	<b>Family and Friends Visit Braintrainer Plus</b>	Individual Rooms Tulip Room	All Day All Day
Monday 	31	<b>Dutch Activities Table Bobs Competition Money Ping Pong Game</b>	Tulip Room Hall Hall	10.00am 10.00am 1.30pm

**Breakfast:** 8.00am  
**Morning Tea:** 10.00am  
**Lunch:** 12.00pm  
**Afternoon Tea:** 3.00pm  
**Dinner:** 5.00pm

**Pension Days:** 13<sup>th</sup> and 27<sup>th</sup> July 2023  
**Podiatrist:** Tuesday, 11<sup>th</sup> July 2023



**ABEL TASMAN VILLAGE RECREATION PROGRAM  
JULY 2023**

# July Birthdays 2023

**Edith Bron 1st**

**Thi Tran 1st**

**Wilma Wyputa 5th**

**Harry Wickman 5th**

**Kathleen Coughlan 10th**

**Emily Suryn 18th**

**Irmgard Stanoejevic 24th**

**Anitra Ihrig 25th**



We held a Volunteer Thank You Luncheon at Carnarvon Golf Club. We were thrilled to acknowledge our wonderful volunteers who make such a difference to our residents.

Pictured from left to right are:

Paul, Janet, Bill, Julie, Marius and Marja





ABEL TASMAN VILLAGE RECREATION PROGRAM  
JULY 2023



Residents visited the Hop & Grain Brew Store in Marrickville and they learned about the brewing process of making beer.



Cooking was a wonderful activity during the month of June with residents making soup





# ABEL TASMAN VILLAGE RECREATION PROGRAM JULY 2023



Italian Independence Day was celebrated with a wonderful Happy Hour. The anti-pasta platter was incredible!!!



Croatian get together with the ladies making Strudle and the gentlemen chatting. A yummy lunch was served consisting of Sarma.

