



ABEL TASMAN

## NEWSLETTER

NOVEMBER 2023



TUESDAY 7 NOVEMBER 2023

A  
Celebration  
of Life

[222 Waldron Road](https://www.abeltasman.com.au)  
[Chester Hill NSW 2162](https://www.abeltasman.com.au)  
[Phone: 9645-3388](https://www.abeltasman.com.au)  
[www.abeltasman.com.au](https://www.abeltasman.com.au)



ABEL TASMAN VILLAGE RECREATION PROGRAM  
NOVEMBER 2023

## FROM THE GENERAL MANAGER



Dear Residents, Home Care Clients, and Friends of Abel Tasman Village,

As the year winds down, we have some exciting updates and important information to share in our November newsletter. Thank you for being a part of our community and your continued support!

We recently conducted a poll to gather your opinions on mask-wearing within our facility. Your feedback is invaluable. In light of the poll results, we have made the following decision: and as you can see from the results, it's unanimous for **no** mask wearing for staff and visitors in the facility. The Outbreak Management Team (OMT) will review how to safely implement strategies for the facility to remove mask-wearing and will communicate this to you all shortly. We continue to encourage and support those who wish to wear masks for their safety and the safety of others. Please feel free to continue using masks if you are more comfortable doing so. Your health and comfort are our top priorities.

### POLL RESULTS

| STAFF |   | VISITORS |   |
|-------|---|----------|---|
| 66%   | respondents were in favour of not mandating masks.      | 77%      | respondents were in favour of not mandating masks.      |
| 24%   | respondents were in favour of continuing to wear masks. | 18%      | respondents were in favour of continuing to wear masks. |
| 5%    | respondents were unsure.                                | 5%       | respondents were unsure.                                |

We appreciate your participation in this poll, as it helps us make informed decisions that prioritize the well-being of our residents and clients.

We will be sending out E-invitations to all residents and Home Care clients and their representatives to join us for an information session where we will discuss the exciting launch of our new Consumer Advisory Body and Quality Advisory Body.

Our Consumer Advisory Body will be composed of residents and Home Care clients and their representatives who will play an essential role in sharing feedback, suggestions, and concerns to help improve the overall experience at Abel Tasman Village. Join us to learn more about how you can get involved and make your voice heard!

The Quality Advisory Body will focus on maintaining and enhancing the quality of services provided at our facility. This body will comprise individuals with expertise in various aspects of care and quality assurance. We encourage you to participate and contribute your insights to ensure the highest standard of care. Thank you for being a valued part of our community, and we hope to see you at the information session. Your input is essential as we continue to enhance the quality of life at Abel Tasman Village.

I would like to forward our gratitude and appreciation to our wonderful community for continued support and as well, financially. On behalf of the Board, staff, and residents, ATV would like to thank John Wheatley Funerals for your generous donation in support of our Lifestyle Team and the well-being of our residents. Also, a big thank you to the late Joan Hughes' family for your generous donation to the facility. ATV will ensure we will attribute the donation in her name.

I would also importantly like to acknowledge the assistance of our resident's visitors, local business operators, and our staff for going above and beyond in their daily duties in searching for our resident who

## ABEL TASMAN VILLAGE RECREATION PROGRAM NOVEMBER 2023

absconded in October. I acknowledge how difficult it is when you are at the gate and someone is asking you to hold the gate open for them, but please only let yourself in or out of the gate. Be reassured you are doing the right thing, and you may have prevented a resident with a cognitive impairment from leaving the facility. We are reviewing gate security and staffing around the incident and will be reviewing and implementing possible improvements in this area. We also ask you, families, and friends, to be extra vigilant regarding resident safety.



Elizabett (Homecare coordinator) and I attended the Voluntary Assisted Dying conference. The Voluntary Assisted Dying Act 2022 passed through NSW Parliament on 19 May 2022. The legislation will come into effect from 28th November 2023. For more information you can visit the NSW Health website or click below:

<https://www.health.nsw.gov.au/voluntary-assisted-dying/Pages/Voluntary-assisted-dying-overview.aspx>

The Core Management Team had the opportunity to network with staff from St Nicholas Senior Aged Care, Punchbowl. The Facility Manager Mersan Pilly and the Clinical Care Manager Merina Suwal invited us for a grand tour of their newly commissioned facility which opened on the 23<sup>rd</sup> of October. We wish them all the best.



I would like to introduce our newest Registered Nurse to join the Abel Tasman family, Thu Thanh Ta. Thu has extensive experience as a Registered Nurse working in major hospitals in VIC and NSW as well as in aged care. She started her aged care career as a Personal Assisted Care (PCA) in a nursing home during her final year of university. I'm confident that she is the right fit for us and continue to uphold Abel Tasman's ethics and values.

I would also like to welcome Mrs. Violetta Mouchoulova and Mrs. Petronella Vanderjagt to join the Abel Tasman Village, we hope you make ATV your home away from home.

I would like to thank Mrs. Ariette Sole for your short respite stay at ATV, we hope you enjoyed your stay with us.

Our condolences to Mr. John Hammond's family and friends, despite his short stay with us at the facility. John was a long-term client of ours as a homecare client, and he will be very much missed. May he rest in peace.

Just before I sign off, I would like to inform you all that we have revised the new hairdressing and transport fees, and the charges will commence from the 1<sup>st</sup> of November. Please see attached the new hairdressing fees for your reference. Regarding transport fees, the RN will discuss that individually if you require the service from ATV.

P.S. Stay tuned for more updates and exciting events as we approach the holiday season!

- |   |  |
|---|--|
| • Melbourne Cup                               | Tuesday, 7 <sup>th</sup> November (free entertainment by Jimmy Jack) |
| • Remembrance Day                             | Thursday, 9 <sup>th</sup> November (ex-serviceman Mr. John Shields)  |
| • Antoinette 100 <sup>th</sup> Birthday Party | Thursday, 16 <sup>th</sup> November (Herman on accordion at 1.45pm)  |
| • Celebration of Life                         | Wednesday, 22 <sup>nd</sup> November at 10.00am                      |
| • Birthday Party with Nikolai on Violin       | Thursday, 30 <sup>th</sup> November at 10.00am                       |

Warm regards,  
Sophia Markwell  
Abel Tasman Village

# HEMOCARE HOMECARE



## Welcome November 2023

A special month to commemorate “**Remembrance Day**”. It is one of the most important days, it’s a day when we acknowledge those who died while serving in wars, conflicts and peacekeeping operations. It is held on 11 November at 11am, a period of silence is held.

2023 Melbourne Cup, Tuesday 7 November, you are encouraged to enjoy the celebration at home or at

your local club, you may want to wear a fascinator or tailored trousers/ pants for this occasion, let me know if you would like to book extra services with our care staff. Abel Tasman will be holding a Celebration of Life - Wednesday 22nd of November. Our home care clients that have passed away, their name will be mentioned at this special occasion.

The hot weather is approaching fast please be mindful of Preparing for the high-risk weather season, feel free to discuss with us any extra emergency plan specially if you are living alone in the community.

Advice from Health Department: Older people are most at risk of severe COVID-19 disease. People aged 75 years or older who have not had a COVID-19 vaccination in 6 months should have a booster dose. <https://www.health.gov.au/topics/aged-care/managing-covid-19/for-older-people-and-carers>

- 1 COVID vaccines work well to prevent severe illness. For the best protection, stay up to date with your COVID vaccine. Find vaccines near you at [vaccines.gov](https://vaccines.gov).
- 2 COVID hasn’t gone away. For the best protection against severe illness, stay up to date with your COVID vaccine. Find vaccines near you at [vaccines.gov](https://vaccines.gov).
- 3 Staying up to date with your COVID vaccine can reduce the risk that you’ll get very sick, develop Long COVID, and spread the disease to others. Find vaccines near you at [vaccines.gov](https://vaccines.gov).
- 4 Did you know? People with certain medical conditions are more likely to get very sick from COVID. For the best protection, stay up to date with your COVID vaccine. Learn more at [vaccines.gov](https://vaccines.gov).
- 5 Did you know? Your chances of getting very sick from COVID go up with age. If you’re 50 or older, make sure you stay up to date with your COVID vaccine. Talk to your vaccine or health care provider about when you need your next vaccine dose. Learn more at [vaccines.gov](https://vaccines.gov).
- 6 Did you know? People with weakened immune systems are more likely to get very sick from COVID. Talk to your vaccine or health care provider about when you need your next vaccine dose. Learn more at [vaccines.gov](https://vaccines.gov).



**ABEL TASMAN VILLAGE RECREATION PROGRAM  
NOVEMBER 2023**

I extend a warm welcome to our newest home care client Mr Sam Adib to our pool of home care clients.



Ongoing: Through previous correspondence you will be aware that from September 1<sup>st</sup> 2023 our home care fees have increased, you will notice these changes on September statement which should arrive to you mid October 2023. Some clients will also be required to now pay an **Income Tested Fee (ITF)** as determined by Services Australia. This fee is applicable to those clients who are financially able to contribute towards their care. I will be in touch with those clients who are required to pay this fee.

For those clients who forward invoices to myself for reimbursement, we do aim for a 2 week turnaround on payments coming through to you. Should a payment take longer than 2 weeks please do not hesitate to call Michelle Axford Office Manager and she can follow up payment of your invoice/ reimbursement. We appreciate your patience.

I would also like to mention, that our home care workers are not to pay directly out of their pocket any expenses that may occur while on service. Please ensure you have cash or card available at all times to make your own purchases.



Finally, thank you so much **Josef Jamsek** for allowing me to share one of your hobbies and see the beauty of nature on your orchid plants. (photo on right hand side was years ago and the one on left is recent) You have made my week!

Keep smiling...

Warm regards, **Elizabett Fernandez**



**ABEL TASMAN VILLAGE RECREATION PROGRAM  
NOVEMBER 2023**

| DAY   | DATE | ACTIVITY   | VENUE  | TIME   |
|---|------|--|--|--|
| Wednesday<br>   | 1    | <b>ALL SAINTS DAY</b><br><i>Catholic Mass in English</i><br><i>Coffee and Chat</i><br><b>Residents' Executive</b><br><i>All Saints Bingo and Quiz</i>                                    | Hall<br>Hall<br>Coffee Shop<br>Hall                    | 10.00am<br>10.30am<br>11.00am<br>2.00pm        |
| Thursday<br>    | 2    | <b>ALL SOULS DAY</b><br><i>Making Potato Rosti and tasting</i><br><i>Decorating for Melbourne Cup Day</i>  | Coffee shop<br>Hall / Camellia                         | 10.00am<br>2.00pm                              |
| Friday  | 3    | <i>Non-Denominational Service with Rev Muldoon</i><br><i>Morning Tea</i><br><i>Happy Hour</i>  | Hall<br>Hall<br>Activity outdoor area                  | 10.00am<br>11.00am<br>2.00pm                   |
| Saturday<br>  | 4    | <i>Butterfly craft</i><br><i>Decorating with residents for Melbourne Cup</i>   | Activity outdoor area<br>Camellia                      | 10.00am<br>2.00pm                              |
| Sunday  | 5    | <i>Movie Residents' Choice</i><br><i>Family &amp; Friend visits</i>  | Hall<br>Individual Rooms                               | 10.00am<br>2.00pm                              |
| Monday  | 6    | <i>Target Games</i><br><i>Preparing Sweeps</i>   | Hall<br>Hall with Bill                                 | 10.00am<br>2.00pm                              |
| Tuesday<br>  | 7    | <b>MELBOURNE CUP</b><br><b>Sweepstakes All Day with Bill and Marius</b><br><i>Concert with Jimmy Jack</i><br><i>Happy Hour and Fashion Parade</i><br><i>Melbourne Cup Race on Screen</i> | <b>Through the Village</b><br><br>Hall<br>Hall<br>Hall | 9.00 – 2.30<br><br>10.00am<br>2.00pm<br>3.00pm |
| Wednesday   | 8    | <i>Catholic Mass On-Line</i><br><b>Residents' Meeting</b><br><i>Table Games and Hall Decorating</i>  | Hall<br>Hall<br>Hall                                   | 10.00am<br>11.00am<br>1.30pm                   |
| Thursday<br> | 9    | <b>REMEMBRANCE SERVICE</b><br><i>Coffee and Chat</i><br><i>Remembrance Quiz</i>  | Hall<br>Hall<br>Hall                                   | 10.00am<br>10.45am<br>1.30pm                   |
| Friday<br>    | 10   | <i>Non-Denominational Service with Rev. Muldoon</i><br><i>Spring Colour Happy Hour</i>   | Hall<br>Activity outdoor area                          | 10.00am<br>2.00pm                              |
| Saturday  | 11   | <i>Bingo with Marja</i><br><i>Sensory and Memory Games</i>   | Hall<br>Camellia                                       | 10.00am<br>2.00pm                              |

**ABEL TASMAN VILLAGE RECREATION PROGRAM**  
**NOVEMBER 2023**

| DAY  | DATE | ACTIVITY  | VENUE   | TIME                                      |
|--|------|---|---|---|
| Sunday   | 12   | <b>Movie Residents' Choice</b><br><b>Family &amp; Friend visits</b>   | Hall<br>Individual Rooms                            | 10.00am<br>2.00pm                         |
| Monday   | 13   | <b>Coffee and Chat</b><br><b>Tennis Competition with Edward</b><br><b>Pick-A-Box</b>  | Hall<br>Hall<br>Hall                                | 10.00am<br>10.30am<br>1.30pm              |
| Tuesday<br>      | 14   | <b>Coffee and Chat</b><br><b>Group Physio with Ben</b><br><b>Bingo with Corey</b>   | Hall<br>Hall<br>Hall                                | 10.00am<br>10.30am<br>1.30pm              |
| Wednesday<br>    | 15   | <b>HAIRDRESSER</b><br><b>Catholic Mass in English</b><br><b>Coffee/Get Together</b><br><b>Flower arranging and Napkin Folding</b>   | Hairdressing Salon<br>Hall<br>Activity outdoor area | 9.00am<br>10.00am<br>10.30am<br>2.00pm    |
| Thursday<br>    | 16   | <b>Board Games with Katja</b><br><b>Antonetta's 100<sup>th</sup> Birthday party</b><br><b>Dutch Shop with Gerda</b><br><b>"Poffertjes" Afternoon Tea and Performance by Herman &amp; Alfi</b> | Coffee shop<br>Camellia Garden<br><br>Hall<br>Hall  | 10.00am<br>1.45pm<br><br>1.45pm<br>2.00pm |
| Friday<br>    | 17   | <b>Croatian Consumer catch up</b><br><b>Gelato Bar with Effie and Noreen</b>  | Coffee shop<br>Activity outdoor area                | 10.00am<br>2.00pm                         |
| Saturday<br>  | 18   | <b>Yahtzee with Effie</b><br><b>Fruit Blending</b>  | Hall<br>Camellia                                    | 10.00am<br>2.00pm                         |
| Sunday   | 19   | <b>Movie Residents' Choice</b><br><b>Family &amp; Friend visits</b>   | Hall<br>Individual Rooms                            | 10.00am<br>2.00pm                         |
| Monday<br>     | 20   | <b>Dutch Activities</b><br><b>Table Bobs with Bill</b><br><b>Sjoelbak with Bill</b>   | Tulip Room<br>Hall<br>Hall                          | 10.00am<br>10.30am<br>2.00pm              |
| Tuesday<br>    | 21   | <b>Morning Tea</b><br><b>Group Physio with Ben</b><br><b>Bingo with Corey</b>   | Hall<br>Hall<br>Hall                                | 10.00am<br>10.30am<br>1.30pm              |
| Wednesday<br> | 22   | <b>CELEBRATION OF LIFE SERVICE</b><br><b>Coffee/Get Together</b><br><b>Magic Memory</b>   | Hall<br>Hall<br>Hall                                | 10.00am<br>11.00am<br>2.00pm              |
| Thursday   | 23   | <b>Shell Cove Waterfront Outing</b><br><b>Board games</b>   | Meet at Coffee shop<br>Hall                         | 9.30am<br>2.00pm                          |



**ABEL TASMAN VILLAGE RECREATION PROGRAM  
NOVEMBER 2023**

| DAY       | DATE | ACTIVITY  | VENUE                    | TIME                         |
|-----------|------|---|--------------------------|------------------------------|
| Friday    | 24   | <b>Icy Spiders<br/>Happy Hour</b>   | Coffee shop<br>Hall      | 10.00am<br>2.00pm            |
| Saturday  | 25   | <b>Bingo with Marja<br/>Christmas Craft</b>   | Hall<br>Camellia         | 10.00am<br>2.00pm            |
| Sunday    | 26   | <b>Movie Residents' Choice<br/>Family &amp; Friend visits</b>                         | Hall<br>Individual Rooms | 10.00am<br>2.00pm            |
| Monday    | 27   | <b>Coffee and Chat<br/>Fun Games with Edward<br/>Carpet Bowling</b>                   | Hall<br>Hall<br>Hall     | 10.00am<br>10.30am<br>1.30pm |
| Tuesday   | 28   | <b>Coffee and Chat<br/>Physio Class with Ben<br/>Bingo with Corey</b>                 | Hall<br>Hall             | 10.00am<br>10.30am<br>2.00pm |
| Wednesday | 29   | <b>Catholic Mass in English<br/>Coffee/Get Together<br/>Individualised activities</b> | Hall<br>Hall<br>Hall     | 10.00am<br>10.30am<br>2.00pm |
| Thursday  | 30   | <b><i>BIRTHDAY PARTY WITH<br/>NIKOLAI ON VIOLIN<br/>Carpet Bowling with Bill</i></b>  | Hall<br>Hall             | 10.00am<br>1.30pm            |



The Hairdresser will be available on the following dates and please ensure an appointment is made especially if there is a requirement for a colour and perm:

Wednesday, 16th November  
Wednesday, 14th December



In 2023, the Department of Veterans' Affairs marked the 50th anniversary of the end of Australia's involvement in the Vietnam War. On 18 August 2023, a National Commemorative Service was held at the Australian Vietnam Forces National Memorial on Anzac Parade in Canberra.

It was a day to commemorate the service of some 60,000 Australian men and women who served in the Vietnam War, and the sacrifice of their families. Tragically, 523 Australians lost their lives as a result of the war, and more than 3,000 were wounded.



On Thursday, 9th November at 10.00am we have the honour of the attendance of Mr John Shields who was conscripted in the Vietnam War in 1967. He will be giving us an overview of his involvement in the war.



ABEL TASMAN VILLAGE RECREATION PROGRAM  
NOVEMBER 2023





ABEL TASMAN VILLAGE RECREATION PROGRAM  
NOVEMBER 2023



A group of residents recently played one game of Tenpin Bowling at Villawood Zone Bowling and Timezone. For many it was their first time and they had a blast.



The Tovertafel (Magic Table) was invented in the Netherlands. Tovertafel's interactive games are specifically designed for seniors living with dementia and can be played individually or in a larger group. They are proven to be effective at physical, cognitive, social, and sensory levels.

A bus outing in October was organized to the Bankstown Library and Knowledge Centre where residents had the opportunity to actively engage using the Tovertafel. Marinus had the chance to rekindle his friendship with Sandra who showed the Tovertafel as he used to visit the Library often.

TOVERTAFEL







**ANTHONY SCHNEIDERS 14TH**

**ANTONETTA GAILLARD 19TH**

**DIANA HUNTER 28TH**

**Breakfast 08.00am**

**Pension Days 2nd & 16th & 30th**

**Lunch 12.00pm**

**Podiatrist Tuesday, 14th November**

**Dinner 5.00pm**

