



ABEL TASMAN

NEWSLETTER

DECEMBER 2023



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ABEL TASMAN VILLAGE RECREATION PROGRAM
DECEMBER 2023

FROM THE GENERAL MANAGER



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

As we approach the festive season, we would like to extend our warmest wishes to each and every one of you. May your Christmas be filled with joy, and may the New Year bring prosperity and good health.

I am happy to report another month free of COVID-19 and influenza. November felt like a breath of fresh air after a very busy few months as we raced towards wrapping things up for the end of the year. To top it off, ATV had an unannounced visit from the Aged Care Quality and Safety Commission (ACQSC) on Tuesday 28th November for an "Infection Control" Audit which includes a check of our outbreak management plan for COVID-19 and ARI (Acute respiratory infection) within the facility.

The report will be available in the next couple of weeks but there were no significant issues raised. This just goes to show how important it is for Residential Aged Care facilities to continue to monitor and put in place infection prevention and control for the safety of our residents, staff, and our community.

The decision to continue the wearing of masks until the new year has been agreed upon by the management team, staff as well and the residents of ATV. The number of COVID-19 cases is rising in the community, and everyone has agreed to review mask wearing in the facility after the festive season.

The rollout of the Consumer Advisory Board (CAB) and Quality Advisory Board (QAB) with residents, their representatives, and ATV members is progressing well. Expressions of Interest (EOI) have been received, and we will be sending out invitations for an information session in the early weeks of December 2023. This initiative aims to enhance communication and collaboration between stakeholders for the betterment of our community, residents, staff and the Board of directors.

We appreciate the enthusiastic participation in the community engagement session held on Tuesday, 28th November, to discuss the new build of Abel Tasman Village. Your valuable insights and feedback play a pivotal role in shaping the future of our community. We will keep you updated on the progress and any developments related to this exciting project. Information provided on the day will be uploaded to our website.

For those who were not able to attend or wish to receive a copy of the information provided on the day, please contact the office. For those who attended the session and wish to provide some feedback to April (the community engagement officer), you can write your feedback and send it to the below locations:

- In person to Abel Taman Village admin (222 Waldron Road, Chester Hill, NSW, 2162) or
- By email to office.mgr@abeltasman.com.au
- By mail to the planning studio (level 16, 175 Pitt Street, Sydney)
- By scanning the QR code.



The unveiling of our new BrainTrainerPlus was very well received by residents and staff of Abel Tasman Village. ATV would like to give grateful thanks to the family of the late Joan Hughes for their kind donation to allow us to purchase this fantastic system.

We would also like to acknowledge Mr Michael Phillips the Managing Director from John Wheatley for his contribution towards the BrainTrainerPlus.


The BrainTrainerPlus is a recreative portal designed to stimulate cognitive capabilities and memories for the aged through the power of games. It was initially created in the Netherlands.

ATV had a previous version which unfortunately reached the end of its life. Our residents get so much enjoyment out of the system and our wonderful Lifestyle staff, led by Katja and Noreen, have lots of activities planned using this great tool.

I would also like to welcome Mrs Anne Robertson-Swan, Mr Warwick Daly, Mr Edward Wilbow and Mr Arthur Starkey who have joined us at ATV. We hope you make ATV your home away from home.

Our condolences to Mrs Phyllis Holland and Mrs Iris Le Claire's family and friends, both of whom had been at Abel Tasman for nearly 10 years. They will be very much missed. I would also like to give our condolences to Mrs Catherine Johansen. Despite her short stay at ATV, Catherine was our Homecare client for more than a year. We send our sympathies to her family and friends. May these lovely ladies all rest in peace.

The AGM was held at ATV's Board room on 14th November 2023. A successful meeting with a good turnout from the ATV members. Special thanks to Marian Achten (Chairperson of the Board) for her thoughtful letter to the staff. It has been warmly received by everyone and has contributed to fostering a positive atmosphere within the workplace.



On behalf of the management team and staff of ATV I would like to thank the Board of Directors, volunteers, friends and family and of course our residents for your continued support. It has been instrumental in the achievements and successes we have experienced throughout the year. We truly appreciate the trust and confidence you have placed in us. In the coming year, we look forward to continuing this collaborative journey and building on the foundation of success we have established together.

Your ongoing support is invaluable, and we are excited about the opportunities that lie ahead. Thank you once again for your dedication, commitment, and support.


Before I sign off, I will be taking some time off during the summer school holidays as well as possibly one day off a week over the next few weeks between December and January. During my absence, Margaret Russell can assist you with any urgent matters. The facility will continue to operate as business as usual. The admin office will be open with limited staff between Christmas and New Year. The office will only be closed for the public holidays which include Christmas Day, Boxing Day, and New Year's Day.

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

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| • Sinterklaas Party | Tuesday, 5th December at 10.00am |
| • Christmas Carol Concert Sefton Public | Thursday, 7th December at 10.00am |
| • Christmas Luncheon with Julie | Thursday, 21st December 10.00am to 12.00pm |
| • New Years Eve Party with Kristy Lee | Thursday, 28th December 11.00am to 12.00pm |
| • January Aussie Concert with Hugh | Thursday, 25th January 10.30am |

Warm regards,

Sophia Markwell
General Manager
Abel Tasman Village



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HEMOCARE

HEMOCARE



Dear Clients, family members and representatives. A special message to thank you for your patience and understanding this year with so many changes and reforms being implemented out of the Royal Commission. It has been a very busy year. On a personal note, I am grateful for the wisdom and experience you have shared. We are all looking forward to a bright and happy 2024!

Welcome to Summer 2023 – 2024. We are expecting very hot weather so please be mindful of preparing for the high-risk weather season. Always make sure you are drinking enough water. Please discuss with us any extra emergency plans especially if you are living alone in the community (letter sent to you November). Care staff will be monitoring your health and wellbeing particularly in severe weather.

Cases of Covid 19 are still high in the community. Please make sure you are up to date with vaccination against COVID. If you are feeling unwell or presenting any symptoms please let care staff know. ATV staff will continue to wear face masks until further notice.

Income Tested Fee (ITF), is paid by client if you are assessed by Services Australia as able to contribute to the cost of your care. We previously had not collected this fee, which is deducted from your package subsidy. However, as we have already communicated, we are no longer able to absorb this fee. Full pensioners do not pay an ITF. Thanks to clients working with us on this regards. Contact Michelle Axford or Margaret Russell for any further details.

Consumer Advisory Body – Thanks to Wim Van As, Ray Oonk and Maria Wilson for expressing interest in joining the Abel Tasman – Home Care consumer advisory body. Details of first meeting will be provided shortly.

Cancellation less than 24 hrs notice. (note sent with October statements) to remind all clients that the service charge will still be applied to your package if you cancel a service with less than 24 hours' notice. We are obliged to still pay staff for the service if there is not enough notice. If you have appointments scheduled on a service date and time, please ensure you contact us in plenty of time to either reschedule or cancel.

The annual clinical assessment reviews have started. This is a review of all your care needs and tailoring your care plan. Registered Nurse Yang is mostly booked to work on the home care department on Thursdays. I will be contacting you in the New Year to arrange a suitable time for our visit. However, please note that you can contact me if you feel your care needs have changed and you need to be reassessed.

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Best wishes to Wim Van As who will be celebrating his birthday on 14th December. May good health and happiness be abundant for you through a new year!



Abel Tasman administration office will be open between Christmas and New Year but will be on reduced staffing. I would like to encourage to contact me on 0411 561 797. Please also let me know your arrangements over the public holidays. In addition, for those clients who forward invoices to myself for reimbursement, please note that payment times may be delayed over the Christmas period. Incontinence aids supplies may take over a week for delivery so please let me know if you need to stock up over the Christmas period.

Care staff on holidays: Johanna 16/12/23 – 07/01/24, Sandra 18/12/23 – 03/01/23 & Michelle 25/12/23 – 05/01/24



Jeanette sharing her husband's plaque in recognition of 50 years of serving Surf Life Saving.

Josef, enjoying painting on his visit to the Men's Shed.



with The Borgs on the clinical assessment visited, thank you for your love.



I would like to ask if you will be interested in attending this year's Abel Tasman Christmas luncheon on Thursday 21st December. A fee will be applying if you require transport assistance from care staff. Clients and their representatives will be receiving an SMS shortly with more information. Please call reception on 9645 3388.

Have the most wonderful Christmas and a Happy New Year!

Warm regards, **Elizabett Fernandez**



**ABEL TASMAN VILLAGE RECREATION PROGRAM
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DAY	DATE	ACTIVITY	VENUE	TIME
Friday	1	Morning Tea BrainTrainerPlus Activities Happy Hour	Hall Hall Hall	10.00am 10.30am 2.00pm
Saturday 	2	Yahtzee with Effie Sensory activities	Hall Camellia	10.00am 2.00pm
Sunday	3	Braintrainer Plus Family/Friends Visits	Hall Individual Visits	All Day
Monday	4	Tennis/Volleyball Competition Sinterklaas Game	Hall Hall	10.00am 1.30pm
Tuesday 	5	SINTERKLAAS PARTY Morning Tea Sinterklaas Arrival Bingo with Corey	Hall Hall Hall	10.00am 10.30am 1.30pm
Wednesday 	6	Hairdresser/Beauty Care Catholic Mass with Father Edmund Coffee and Chat Set up and Decorate Christmas Tree	Hairdressing Salon Hall Hall Hall	9.00am 10.00am 10.30am 1.30pm
Thursday 	7	CHRISTMAS CAROLS WITH SEFTON SCHOOL Decorate Hall for Christmas	Hall Hall	10.00am 1.30pm
Friday	8	Morning Tea Make your own Christmas card Happy Hour	Hall Hall Hall	10.00am 11.00am 2.00pm
Saturday 	9	Bingo with Effie Fruit blending	Hall Camellia	10.00am 2.00pm
Sunday	10	Braintrainer Plus Family/Friends Visits	Hall Individual Visits	All Day
Monday	11	Dutch Activities Table Bob Competition Sjoelbak Competition	Tulip Room Hall Hall	10.00am 10.00am 1.30pm
Tuesday	12	Group Exercises with Physio Bingo with Corey	Hall Hall	10.00am 1.30pm
Wednesday	13	Catholic Mass online Coffee and Chat Gelato Bar	Hall Hall Hall	10.00am 10.30am 2.00pm
Thursday 	14	BrainTrainerPlus Self-initiated games Christmas Magic Outing including Lunch	Hall Hall Camden Valley Inn	(All Day) (All Day) 10.30am
Friday 	15	Non-Denominational Service Happy Hour	Hall Hall	10.00am 2.00pm

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DAY	DATE	ACTIVITY	VENUE	TIME
Saturday 	16	Christmas craft Christmas Baking - Steam pudding	Hall Camellia	10.00am 2.00pm
Sunday	17	Braintrainer Plus Family/Friends Visits	Hall Individual Rooms	All Day
Monday	18	Christmas Target Games and Christmas Exercise Class Christmas Quiz and Sing-along	Hall Hall	10.00am 1.30pm
Tuesday	19	Shopping Coffee and Chat Group Exercises with Physio Bingo with Corey	Bass Hill Piazza Hall Hall Hall	9.30am 10.00am 10.30am 1.30pm
Wednesday	20	Catholic Mass with Father Edmund Set up of Christmas Function	Hall Hall	10.00am 2.00pm
Thursday 	21	CHRISTMAS LUNCHEON Entertainment with Julie on Accordion Creating Christmas Activity kits	Hall Hall	10.00am 1.30pm
Friday 	22	Non-Denominational Service Making Christmas Punch and Happy Hour	Hall Hall	10.00am 2.00pm
Saturday	23	Christmas Bingo with Noreen Christmas Show on Big Screen	Hall Hall	10.00am 1.30pm
Sunday	24	Braintrainer Plus Family/Friends Visits	Hall Individual Rooms	All Day
Monday 	25 Public holiday	CHRISTMAS DAY Movie Residents' Choice Holiday Season Activity Kits Family/Friends Visits	Hall Individual Rooms	10.00am 1.30pm
Tuesday 	26 Public holiday	BOXING DAY Braintrainer Plus Holiday Season Activity Kits Family/Friends Visits	Hall Individual Rooms	All Day
Wednesday	27	Catholic Mass on Screen Coffee and Chat Making Appelflappen	Hall Hall Hall	10.00am 11.00am 1.30pm
Thursday 	28	NEW YEARS EVE PARTY WITH KRISTY LEE Bingo with Katja	Hall Hall	10.00am 2.00pm
Friday	29	Non-Denominational Visit Jukebox afternoon and Drinks	Hall Hall	10.00am 2.00pm
Saturday	30	Pamper and Relaxation Day With Katja	Hall and Individual Rooms	10.30am
Sunday	31	NEW YEARS EVE Braintrainer Plus Holiday Season Activity Kits Family/Friends Visits	Hall	All Day

December Birthdays 2023

ALBERT CAMERON 1ST

JOHN MEES 10TH

NORMA KNEIPP 19TH

ARTHUR STARKEY 20TH

ARGIRO ANIDIS 20TH

JOAN KICKERT 25TH

HENDRIKA KLEIN 27TH

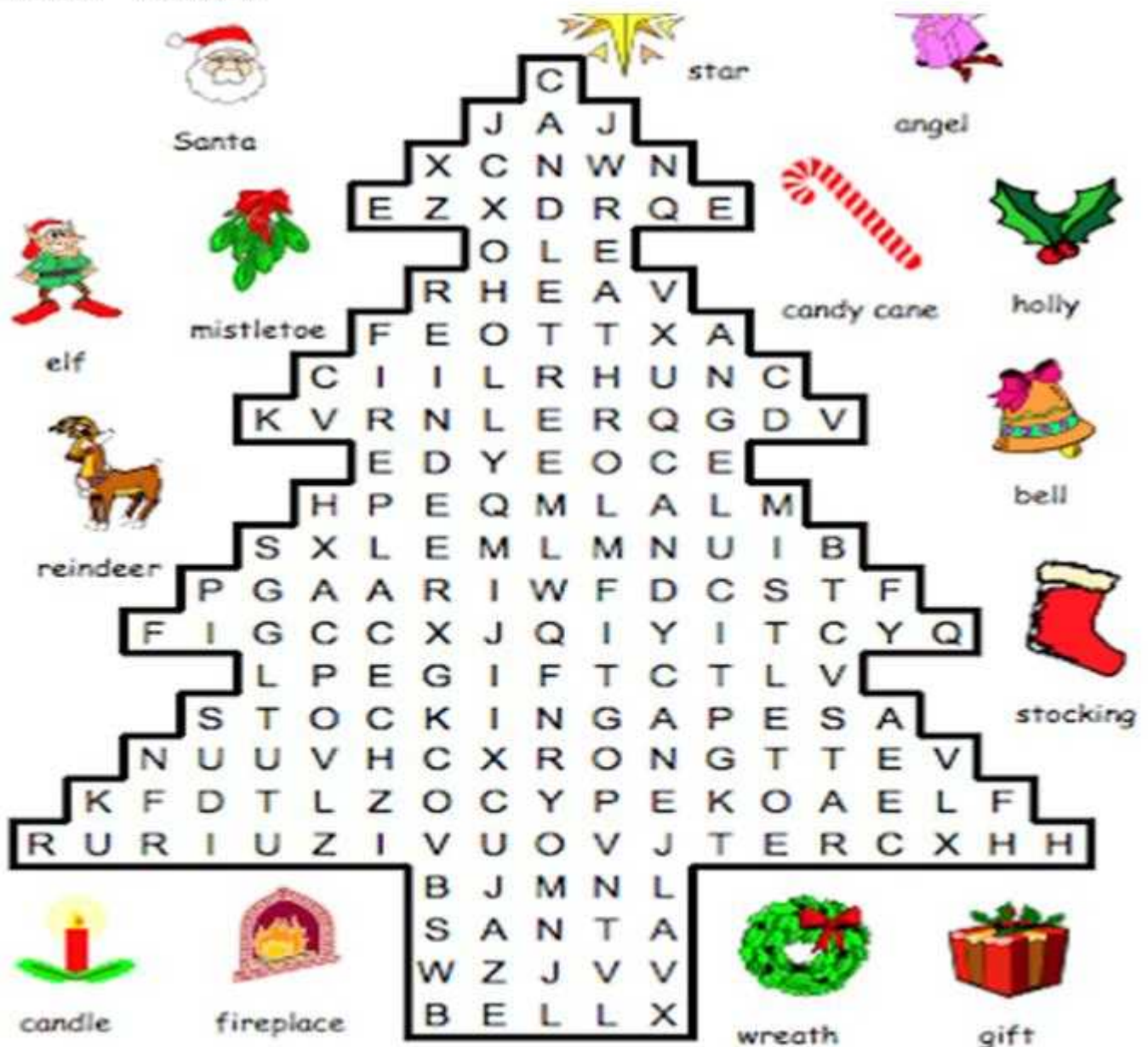
Breakfast 08.00am

Pension Days 14th & 28th

Lunch 12.00pm

Podiatrist: To Be advised

Dinner 5.00pm



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MELBOURNE CUP



REMEMBRANCE DAY



FOOD TASTING



ANTONETTA'S 100TH BIRTHDAY



A wonderful garden party was organized for Antonetta Gaillard's 100th Birthday celebration in Camellia.

Antonetta was born in Nijmegen in the Netherlands and came to Australia by boat in 1955.

She enjoyed celebrating this big milestone with her family, friends and staff and enjoyed Herman playing Dutch tunes on the accordion.

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We gathered to reflect on the lives of our residents and loved ones who have passed away this year and thank them for the privilege of allowing us to know and care for them by being part of our lives.

We implemented this year a butterfly ceremony. A big thank you to Effie who made the butterflies with our residents.

A special mentioning to Very Rev. Fr Maurice T. Tompson from the Immaculate Heart of Mary Parish Sefton and our previous and present pastoral care volunteers who honoured us with their presence.

