



ABEL TASMAN

NEWSLETTER

MAY 2024



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ABEL TASMAN VILLAGE RECREATION PROGRAM
MAY 2024

GENERAL MANAGER



ABEL TASMAN
A culture of care



Dear Abel Tasman Village Residents, Families, and Staff

As the crisp autumn days give way to the gentle embrace of May, it's time to unveil the latest edition of our community newsletter. Here at Abel Tasman Village, the spirit of camaraderie and warmth continues to thrive in our tight-knit community.

In this May 2024 newsletter, we are thrilled to share an array of updates, events, and opportunities that promise to enhance your experience living in our beautiful facility. From exciting local initiatives to upcoming gatherings, there's something for everyone to look forward to as we navigate through this delightful month together. So, without further ado, let's delve into the heart of our vibrant community and discover what's in store for May!"

I am happy to share that we had a very successful Flu Vaccine Clinic at ATV on April 11th. The residents showed great participation, resulting in 84% of them getting vaccinated. Our treating Nurse Practitioner administered the majority of the vaccines, while a few residents received their vaccine from our treating GP. It's important to note that getting the flu vaccine is not mandatory, however, we encourage all staff members and visitors to book an appointment with their local GP or pharmacist to get their flu shot.

We are still facing challenges with Covid-19. I should know as I recently recovered from it last week. It all started with my husband, who had a very quick onset and tested positive. Although I didn't test positive until 5 days after my husband, it still set me back 2 weeks. Fortunately, I only had a couple of days where I felt unwell, but I was still able to work from home and be productive. I was one of the lucky few who did not pass on COVID-19 to any of the staff or residents at ATV. However, this is not the case for all the staff, including the care, cleaning, catering, and maintenance staff at the facility. They don't have the ability to work from home, and if they've tested positive for COVID-19, the Department of Health recommends that they can only return to work after 7 days.

As we approach the winter and flu season, it's important to take a few simple steps to keep staff on the floor:

- Staff and visitors must continue wearing masks in the facility and maintain a 1.5-meter social distance.
- Get vaccinated for both Flu and COVID-19 booster.
- Do not come into the facility if you are feeling unwell and RAT test regularly.

Our Business Manager, Margaret Russell, will be on leave from 26th April to 7th June. During her absence, our Office Manager, Michelle Axford, will take on her responsibilities as the acting Business Manager. Additionally, our Lifestyle Supervisor, Katja, will be on leave from 2nd May to 20th May. However, we are confident that Noreen and Effie will continue to do great work in Katja's absence. Effie will be running lifestyle activities on a Monday during Katja's absence.

A transformation in the aged care sector in Australia is imminent, with the expected introduction of a new Aged Care Act, regulatory framework and strengthened Aged Care Quality Standards. These changes aim to ensure a person-centred approach to care delivery, making it an exciting time for the industry. The Core Management Team recently attended the two-day ACQSC (Aged Care Quality and Safety Commission) conference virtually, held on 23rd and 24th April 2024 in Adelaide. The conference had a great program with keynote speakers including The Hon Anika Wells, MP Minister for Aged Care, Richard Morecrofe as Master of Ceremonies, and Janet Anderson PSM, Aged Care Quality and Safety Commissioner.

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During the month of April, ATV has been focusing on raising awareness and knowledge about Dementia. As part of this effort, all staff members participated in a mandatory one-hour training session on "Dementia" and "Standard 1". We have also identified Noreen, the Lifestyle Officer, who will assist the team in implementing changes and training PCAs (personal care assistants) in Camellia. In May, we will be focusing on Standard 4&5 (environment and clinical care) and culturally safe care.

The Core Management Team is collaborating with the RN, admin, and lifestyle departments to explore ways to integrate best practices outlined in the new Aged Care Act and the new standards with their current practices. The main focus is on providing specific care plans and meaningful activities for each resident, starting from the admission process through to the care plan review. Focusing on Behaviour support plans, Trauma-informed care, and Substitute decision-makers.

The team is currently working on preparing the Terms of Reference and the agenda for the Consumer Advisory Body (CAB) meeting. We are also gathering supporting documentation and data to present to the committee. We are anticipating for the meeting to be held by the end of May, subject to the availability of participants, once the team receives the minutes from the CAB, it will be sent to the Board of Directors to review. Additionally, the team is putting together the agenda for the Quality Advisory Body (QAB) meeting and organising an information session for the end of May. The minutes from the QAB meeting will also be sent with the monthly Board report.

I would like to take this opportunity to thank Mrs. Anne Robertson-Swann and Barbara Gilhooly for their recent stay with us. We hope you enjoyed your time here and look forward to welcoming you back soon. We are deeply saddened by the loss of Mr. Vivian Nizzia and Mrs. Kathleen Coughlan. Our thoughts and sympathies are with their families and friends during this difficult time. May they both rest in peace.

Before I sign off, please see some of the highlights that our lovely ladies from the Lifestyle Team have installed for our residents for the Month of May.

Friday, 3rd May – Performance by the Dutch/Australian Choir
Thursday, 9th May – Mothers' Day Concert with Mike Valentino
Tuesday, 14th May - I love 60's Show at the Bryan Brown Theatre
Thursday, 30th May – Birthday Party Concert with Amanda Easton

Warm regards,

Sophia Markwell
General Manager

HOMECARE



HAPPY MOTHER'S DAY 2024 TO OUR AMAZING MUMS...

a heartfelt celebration honouring the remarkable women who fill our lives with love, wisdom, and boundless strength.

Dear home care clients, family & representatives, I recently returned from a beautiful trip to South America, Peru, which is my home country. I had the opportunity to spend time and relax with family and explored beautiful sites and had the chance to celebrate my 50th birthday! On this point I would like to sincerely thank Michelle Axford who stepped in to my role while I was away. She has done an amazing job and has made a great rapport with you all.

Autumn is at the doorstep and we encourage you to speak to your GP to make an appointment for a flu vaccine if you are eligible, Please ask care staff if you need assistance and please let me know when you have received your flu or COVID booster vax. In addition, please check smoke alarms, heaters and all electrical or gas heating appliances as days are quickly cooling down. If you need assistance with this, please contact me as soon as possible.

Along with the New Age Care Act, the regulatory authority, the Aged Care Quality and Safety Commission, will launch new Quality Standards from 1st July 2024. Abel Tasman is continuing to work on changes, updating our policies and procedures.

To our new clients, it has been a pleasure to have had to visit you and introduce myself on behalf of Abel Tasman. On that note, we say goodbye to George Guirguis, who has moved from our services. Condolences to family of Joan Thorn who sadly passed away 16/04/24. Our best wishes to Martin Podged and our care staff Karen Donkenvoort who are recuperating from health issues. I'm also hoping all is going well with clients on social and respite leave, we are waiting for their return home. Please be reminded it is critical to inform Abel Tasman if you have any hospital admission, and to inform me once you return home 😊

A reminder to also inform you, the new Support at Home program will commence from 1st July 2025. It will be delivered in two stages to minimise disruption and ensure continuity of care for older people.

- From 1 July 2025, Support at Home will replace the existing Home Care Packages (HCP) Program and Short-Term Restorative Care (STRC) Programme.
- From no earlier than 1 July 2027, the Commonwealth Home Support Programme (CHSP) will transition to the new program.

The link below will connect you to the Department's information:

<https://www.health.gov.au/news/new-support-at-home-program-to-be-rolled-out-in-2-stages>

Clients and/or representatives are strongly recommended to be precise with information provided for reimbursement. All receipts and invoices need to be clearly reflect client's full name, date, purpose of purchase and amount owed and may need to be cleared with Abel Tasman first. If receipts have additional hand printed written notes amended or written on it, this won't be processed I'm afraid. Thank you very much for following the Abel Tasman processes when purchasing an item.

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Dear client/representative, please be mindful that our staff are care workers not professional cleaners, gardeners, maintenance persons. **They are professional care workers with aged care or similar care qualifications.** In addition, our care staff can provide light domestic tasks to areas frequently used by you the client only.

Our care workers are not permitted, due to work health safety restrictions, to help you with such tasks that would require getting down on hands and knees, standing on ladders, using power tools, spring cleaning, heavy cleaning requiring specialist chemicals and outside work. Examples of tasks our care staff cannot do: outside window cleaning, cleaning of patios/verandas, cleaning ovens/carpets, furniture/silver polishing, mattress turning.

I would like to update you that some brokerage services such as allied health (physiotherapy, podiatry) and lawn and gardening service providers are updating their fees. You will be able to see these changes on your monthly statement. Please call me regarding any concerns.

In the month of May  to Enrico Epifanino 1st & Allan Miles 28th

Below Robyn King enjoying her outing @ Auburn Botanical...



Warmest Regards,
Elizabeth Fernandez

**ABEL TASMAN VILLAGE RECREATION PROGRAM
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DAY	DATE	ACTIVITY	VENUE	TIME
Wednesday 	1	Catholic Mass with Father Edmund Coffee Get Together White Board Games	Hall Hall Coffee shop	10.00am 10.30am 2.00pm
Thursday 	2	Morning Tea Exercise class with Physio Decorating for Bevrijdingsdag of the Netherlands and Dodenherdenking	Hall Hall Hall	10.00am 10.30am 2.00pm
Friday 	3 	Morning Tea Australian/Dutch Choir Performance Dutch Liberation Happy Hour	Hall Hall Hall	10.00am 10.30am 2.00pm
Saturday	4	ORTHODOX EASTER SATURDAY Creating Mother's Day Table decorations Making Orthodox Easter Bread	Hall Camellia	10.00am 2.00pm
Sunday 	5	ORTHODOX EASTER SUNDAY BrainTrainer Plus Family and Friends Visit	Hall Individual Rooms	All Day 2.00pm
Monday	6	Morning Tea Tennis Competition Board Games with Effie	Hall Hall Hall	10.00am 10.30am 1.30pm
Tuesday  MEN'S GROUP	7	Morning Tea Exercises with Physio Men's Catch Up Bingo with Corey	Hall Hall Coffee shop Hall	10.00am 10.30am 10.30am 1.30pm
Wednesday 	8	HAIRDRESSER Mass On-line Coffee and Chat Mind Relaxation Animal Colour in	Hairdressing Salon Hall Hall Hall	9.00am 10.00am 10.30am 1.30pm
Thursday 	9	Mothers' Day Concert with Mike Valentino Mother's Day Bingo	Hall Hall	10.00am 2.00pm
Friday	10	Non-Denominational Service BrainTrainerPlus Happy Hour	Hall Hall Hall	10.00am 11.15am 2.00pm

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DAY	DATE	ACTIVITY	VENUE	TIME
Saturday 	11	Bingo with Marja Effie is giving out Mother's Day presents to all female residents Mother's Day Tea party	Hall The whole Village Camellia	10.00am 10.30am 2.00pm
Sunday	12	BrainTrainer Plus Family and Friends Visit	Hall Individual Rooms	All Day 2.00pm
Monday 	13	Morning Tea Carpet Bowling Bingo with Corey	Hall Hall Hall	10.00am 10.30am 1.30pm
Tuesday 	14	Outing to Bryan Brown Theatre – I Love the 60's Exercises with Physio Individual Room Visits	Meet at Coffee shop Hall Individual Rooms	8.30am 10.30am 3.00pm
Wednesday 	15	Catholic Mass in English with Father Edmund Coffee Get Together Soccer	Hall Hall Village Garden	10.00am 10.30am 2.00pm
Thursday 	16	Target Games Creating an Autumn leaves Display	Hall Coffee shop	10.30am 2.00pm
Friday 	17	Non-Denominational Service with Rev Dennis Muldoon Happy Hour – Autumn themed	Hall Hall	10.00am 2.00pm
Saturday	18	Yahtzee Relaxation afternoon	Hall Camellia	10.00am 2.00pm
Sunday	19	BrainTrainer Plus Family and Friends Visit	Hall Individual Rooms	All Day 2.00pm
Monday 	20	Morning Tea Sjoelbak Competition Arts & Craft with Effie	Hall Hall Hall	10.00am 10.30am 1.30pm
Tuesday	21	Morning Tea Exercises with Physio Bingo with Corey	Hall Hall Hall	10.00am 10.30am 1.30pm
Wednesday 	22	Catholic Mass in English with Priest from Sefton Coffee Get Together Name That Tune	Hall Hall Coffeeshop	10.00am 10.30am 2.00pm
Thursday	23	Moove and Groove with Katja Lunch outing	Hall  Chester Hill	10.30am 11.30am

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DAY	DATE	ACTIVITY	VENUE	TIME
Friday 	24	Non-Denominational Service with Rev Dennis Muldoon BrainTrainer Plus Happy Hour	Hall Hall Hall	10.00am 11.15am 2.00pm
Saturday 	25	Bingo with Marja Making Smoothies	Hall Camellia	10.00am 2.00pm
Sunday	26	BrainTrainer Plus Family and Friends Visit	Hall Individual Rooms	All Day 2.00pm
Monday 	27	Dutch Activities with Katja Table Bobs with Bill Board Games	Tulip Room Hall Hall	10.30am 10.30am 2.00pm
Tuesday	28	Morning Tea Exercises with Physio Bingo with Corey	Hall Hall Hall	10.00am 10.30am 1.30pm
Wednesday	29	Catholic Priest from Sefton Coffee Get Together Jigsaw puzzle	Hall Hall Hall	10.00am 10.30am 3.00pm
Thursday 	30	Birthday Party with Amanda Easton Pamper session for the ladies Men's group: Target games with Bill	Hall Lounge Area Hall	10.00am 2.00pm 2.00pm
Friday 	31	Non-Denominational Service with Rev Dennis Muldoon BrainTrainer Plus Happy Hour – Golden Memories	Hall Hall Hall	10.00am 11.15am 2.00pm

Breakfast: 8.00am **Library Day:** Thursday, 23rd May
Lunch: 12.00pm **Pension Days:** 2nd, 16th and 30th May 2024
Dinner: 5.00pm **Podiatrist:** 16th May 2024
Hairdresser: 8th May 2024



WARWICK DALY 10TH
VIOLETTA MOUCHOULOVA 21ST
LIODMILA IZOSSIMOVA 29TH

IRENA WASZCZUK 22ND
ADRIANA VERMUNT 25TH

WEDDING ANNIVERSARIES

During the month of April Peter and Maria (pictured right) celebrated their 52nd wedding anniversary . Peter was thrilled with the wonderful basket that was delivered to him by his lovely wife Maria. May you celebrate many more years.



EASTER



Easter was once again a very busy period with lots of art projects, an Easter Egg Race and an Easter egg raffle.



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Neville was hands on when he assisted Effie with making hot cross buns for Easter. They were delicious.



MALTESE PASTA BAKE



Godwin's culinary passion was reignited when he prepared an authentic Maltese dish. He chose to make a macaroni bake, a personal favorite, which was met with enthusiasm from residents. It was delicious and many wanted seconds. Thank you so much Godwin!!!



ANZAC biscuit making and bagging them in preparation for ANZAC Day

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The ANZAC Service was held on Tuesday, 23rd April and we were honoured to have Mr Lloyd Newman the Secretary/Treasurer from Chester Hill Carramarr RSL



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WELCOME ABOARD!

Roger and Don are two new Physios who have joined the Physio Team at our village and we would like to welcome them both to our village.

This will be the timetable when each Physio is working within the village:

Don Tuesday and Wednesday

Edward Monday and Friday

Roger Thursday



Edward



Roger



Don



Willem Hurenkamp has recently joined our team of volunteers and we are very excited as he has a Pastry Chef background. He loves baking yummy Dutch dishes such as "Oliebollen", Appelflappen, Tompoezen, delicious birthday cakes and much much more.

He has already given us samples of oliebollen and he is pictured to the left with yummy Dutch mini "butter biscuits". We are looking forward to this partnership.

Welcome Aboard!!!!

