

2025

ABEL TASMAN VILLAGE

September



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Manager's Message

Welcome to the September edition of the Abel Tasman Village newsletter. As we move into spring, we remind families to update wardrobes for the warmer weather by replacing heavier winter clothing and footwear with lighter, more comfortable options. We also encourage families, volunteers, and visitors to join us in taking residents outdoors to enjoy the beautiful sunshine. Spending time outside not only supports physical wellbeing but also helps residents absorb some much needed Vitamin D. In fact, we are excited to announce plans for an *Outdoor Spring Luncheon* on 23 September, weather permitting, a wonderful opportunity for everyone to come together and celebrate the season.

On 19 August, we welcomed students from Chester Hill High School as part of the "Discover Careers in Aged Care 2025" program. This initiative, designed by the Liverpool Group of Schools in collaboration with Joyce, Head Teacher of the Careers Educational Pathway Program, provided young people with the chance to explore a wide variety of career pathways in aged care. Beyond nursing, students discovered opportunities across allied health, hospitality, and support services. They spent time engaging directly with both residents and staff, giving them an authentic understanding of the meaningful and rewarding work carried out at Abel Tasman Village. Joyce later shared that every student reported taking something valuable away from the experience, with some expressing interest in applying for work experience or volunteering with us in the future, a wonderful outcome. We look forward to sharing photos of the day on our Facebook page during September, once permissions have been confirmed.

Preparations for our new electronic medication management system, BESTmed, have now been completed, and the system went live in mid-August in partnership with Galluzzo's Aged Care Pharmacy. This important investment streamlines medication processes, reduces administrative tasks, and allows staff to spend more time directly with residents. BESTmed represents a significant step forward in supporting safety, accuracy, and efficiency in our clinical operations and will positively contribute to resident health and wellbeing.

On 18 August, our annual Residents' Experience Survey was held, providing residents with the opportunity to share feedback about life at Abel Tasman Village. Conducted by an independent third party, the survey focused on areas such as communication, care quality, meals, and overall satisfaction. Thank you to all who participated, your feedback is invaluable and plays a direct role in our continuous improvement efforts, as well as in shaping Abel Tasman Village's national Star Rating under the Aged Care Quality and Safety Commission framework.

In catering, resident feedback continues to be overwhelmingly positive, particularly around meal quality, presentation, and variety. Dishes such as prawn curry and rice pudding have become favourites and now feature regularly on the menu. Staff have been undertaking additional training on cooking and plating techniques, while live cooking demonstrations are proving to be a hit with residents, encouraging engagement and participation. Work is also progressing on reviewing new meat suppliers to further improve protein quality and variety. The rollout of our new catering management software, Embrayse, remains on track for mid-October, and the team is also preparing for the upcoming Food Safety Audit scheduled for 20 October.

We are also thrilled to share the news of our very first successful Club-GRANTS application to Padstow RSL Club Ltd. Thanks to the support of the Club's Board of Directors, Abel Tasman Village has received \$1,821.00 for the program *Enriching the Lives of Residents Living with Dementia*. With these funds, we are welcoming our newest companion, HUG, a sensory friend designed to bring comfort, connection, and joy to people living with dementia. With its soft body, weighted limbs, simulated heartbeat, and built-in music player for personalised songs, HUG is sure to become a much-loved addition to our community. The timing could not be better, as we prepare for Dementia Action Week from 15–21 September, during which we will host a variety of activities for both staff and residents.



September will also bring other exciting events, including Father's Day. We extend a big thank you to Galluzzo's Pharmacy for their generous donation of gifts for our male residents and staff. Later in the month, we will celebrate the AFL Grand Final, inviting everyone to dress in their favourite team colours and enjoy an afternoon of sport, fun, and community spirit.

Finally, I would like to extend a warm welcome to Mrs. Stevens, Mr. Stock, and Mr. Roffey, who have recently joined the Abel Tasman Village community. We hope you are settling in comfortably and already feeling at home. At the same time, we say farewell to Mrs. Suon and Mrs. Vari, thank you for your time with us, and we wish you all the best as you move into the next chapter of your journey. Our heartfelt condolences also go to the family of Mr. Suon. He will be fondly remembered by residents and staff alike.

To mark Father's Day, we would like to wish a very happy celebration to all the wonderful fathers in our community. We also extend our warm wishes to our male residents, clients and staff who may not have had the opportunity to be a dad, but whose kindness, care, and presence continue to enrich the lives of others every day.

As always, we encourage residents, families, and visitors to check our Activities Calendar for the latest updates on what's happening at Abel Tasman Village. There is so much to look forward to this month, and we can't wait to share these moments with you.

We also want to remind our community that feedback, concerns, and suggestions are always welcome at Abel Tasman Village. You can share your thoughts directly with staff, place a note in our feedback box located at Reception, or contact the Management Team at any time. Every comment is valued and helps us to continue improving the care, services, and experiences we provide. Please don't hesitate to get in touch your voice makes a difference.

Warm regards,

Sophia Markwell

The Abel Tasman Village Team



Resident Dimce presented a bunch of flowers from the village gardens to welcome the 1st day of Spring to the General Manager and the Administration team.

Thank you very much Dimce.

Homecare Message

Hello to everyone and welcome to the September newsletter. We have started to enjoy a couple of warmer days as we head into Spring. A definite improvement on the wet weather in the last month or two.

Some of you will already have been speaking with our new administrative assistant in Homecare, Julia. You may be contacted by Julia in relation to any matters around your Homecare services.

Support at Home (SaH) Update

We are now 2 months out from the commencement of the new Support at Home Program. The Department has released the most information we've seen to date on the scope of client reimbursements under SaH, including the timeline for when reimbursements can be claimed. This is to be outlined in greater detail in version 4 of the SaH manual.

Providers can reimburse participants for services if all the following conditions are met:

- The reimbursement is for an item that is included on the Support at Home service list.
- The participant is approved to receive the service.
- The provider is registered to deliver the service (regardless of whether the third party is registered to deliver that service).
- The participant has sufficient funding available, and the item for reimbursement is included in their care plan and individualised budget.
- The reimbursement arrangement has been agreed with the participant beforehand.

Claims for reimbursement must follow program claiming rules and be made within 60 days after the end of the quarter and must be supported by evidence such as invoices or receipts.

Supported decision-making (short version)

A key change under the new Aged Care Act is that you are empowered to make your own decisions. But if you want or need help making decisions, you can choose someone you trust to support you. The below link will give you some important information about this important change in the legislation.

[Supported decision-making \(short version\) | Australian Government Department of Health, Disability and Ageing](#)

We will be contacting you to discuss the new program and your transition. We will be updating you as more information comes to us, but we would encourage you (or your representatives) to regularly access the Department's website to keep yourself informed as we move closer to the start date. There are some excellent resources including videos and webinars which you will find very informative.

<https://www.health.gov.au/our-work/support-at-home/about>

We know that some of you may have had a strong connection with your local church and may now be unable to get yourself to services on a Sunday. We can certainly assist with transport and your homecare package can be utilised to maintain your relationship with your previous congregation. We have staff available on Sundays and if you feel that you would like to take up this service, please contact us.

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8th September – Susan Lowe
9th September – David Moukarzel
26th September – Robert Beattie
27th September – Edna Hulme
30th September – Trudie O'Neill

We welcome the following client Irena Roklitzer to the Abel Tasman Homecare family and we look forward to assisting you.

We wish Franca Burgo all the best with her move to residential aged care.

We also farewell Askari Begum as she moves to her new home at Abel Tasman Village. We also wish Elba Lukacic all the best with her new provider.

Sadly, we lost the following client Isabella Whiteway during August. Our heartfelt condolences go to her family and friends:

ATV welcomes all feedback, comments and complaints from our clients or their representatives. Please do not hesitate to contact us via a My Thoughts form, our staff, your Care Partner (Melanie) or you can call the office on (02) 9645 3388.

ATV has a Whistleblower Policy in place that aligns with the appropriate legislation, to significantly strengthen protections for whistleblowers in the aged care sector.

With best wishes to you all

Melanie, Sophia and Margaret



Out in the Community



A wonderful outing to Chester Hill RSL and even though it rained on our return journey we still had a fantastic outing.

Residents from Camellia visited the RSPCA and a big thank you to Marius and Lucy for assisting on the day.



September 2025 Newsletter

Life Music at ATV

We had some wonderful entertainment this month with Darren and Dylan performing at ATV, Tom Jones and Roy Orbison performing at the Bryan Brown Theatre



September 2025 Newsletter

Cooking Activities



Polish Pancakes cooked by Lester were very yummy. Refreshing fresh made juices were served in Camellia.

Also home made mini sausage rolls and Poffertjes were also on the menu during the month of August.



Last Month Revisited

We celebrated the incredible dedication, compassion, and hard work of our aged care team during National Aged Care Employee Day in the month of August.

Your commitment truly makes a difference in the lives of our residents and their families, thank you for everything you do!

Also a big thank you to all the families who wrote their messages of support and staff enjoyed reading them as they are displayed in the Cof-



A special congratulations to Katja and Noreen, who had been nominated for the You Are ACE Awards and were recognised at NSW Parliament House hosted by Aging Australia. What an amazing achievement, we're so proud of you both! They also had a special photo opportunity with the Hon. Jodie Harrison MP, Minister for Women, Minister for Seniors, and Minister for the Prevention of Domestic Violence and Sexual Assault.



Meaghan interviewed both Josephine and Joan for her Dutch Migrant Research Project and they both had amazing stories to share from their early years arriving in Australia in the 1950's.



Announcements

New Residents

A very warm welcome to:

- Faye S.
- Stephen R.
- Raymond S.



Wedding Anniversary

Pamela and her husband will be celebrating their 61st wedding anniversary on Wednesday, 10th September and we wish them many more wonderful years.



Cultural Celebrations

This month we will be celebrating Dementia Week with a luncheon outside in the garden in Camellia as well as two outings in the community.

We are also celebrating Fathers' Day with a Cow-boy themed concert on Thursday, 4th September at 10.00am followed by a BBQ.

In Memoriam

Sadly we say goodbye to our much loved residents

- Chay S,

To his family and friends - May you find strength in the love of family and in the warm embrace of friends.

Caring for your loved one was a privilege.

Hairdresser

Our hairdresser is here on Wednesday, 17th September from 9.00am to 12.00pm.

Please let RN on Duty know if you would like to book an appointment.



Outings

This month we will be going to Bryan Brown Theatre on Tuesday, 9th September. On Thursday, 11th September to Chester Hill RSI.

On Thursday, 25th September to Blaxland Riverside Park as well as a Snooker outing. There is a charge for these outings.

Book your spot early as there are limited spaces

Exciting Events Ahead

Wattle Day Craft with Katja

Monday 1st at 1.00pm, Hall

Entertainer - Annette (Fathers' Day Concert)

Thursday 4th at 10.00am, Hall

Fathers' Day Art with Hannah

Saturday 6th at 10.30am, Hall

Resident Meeting

Wednesday 10th at 11.00am, Hall

Cooking Activity with Willem

Monday 15th at 1.30pm, Hall

Sweet Burek Tasting with Buttermilk

Friday 12th at 11.30am, Hall

HUG Therapy Staff Interaction

Tuesday, 16th at 10:00am, Hall

Entertainer - Darren Bromley

Monday, 22nd 10.00am, Individual Rooms

Entertainer—Jimmy Jack

Friday, 26th 1.30pm, Hall



Special Celebrations

1st Wattle Day

1st Labor Day (USA)

3rd National Australia Flag Day

7th Father's Day

7th Brazilian Independence Day

7th National Grandparents Day (US)

8th Macedonian Independence Day

11th Patriot Day (USA)

11th R U OK? Day

16th Mexican Independence Day

19th Talk Like a Pirate Day

26th AFL Friday before the Grand Final

27th AFL Grand Final (TBC)

29th King's Birthday (WA)

Light Heartedness

What is a Grandparent ??

(Taken from papers written by a class of 8 year old children)

- Grandparents are a lady and a man who have no little children of their own. They like other peoples.
- A grandfather is a man, and a grandmother is a lady!
- Grandparents don't have to do anything except be there when we come to see them... They are so old they shouldn't play hard or run. It is good it they drive us to the shops and give us money.
- When they take us for walks, they slow down past things like pretty leaves and caterpillars.
- They show us and talk to us about the colors of the flowers and also why we shouldn't step on 'cracks.'
- They don't say 'hurry up.'
- They wear glasses and funny underwear.
- They can take their teeth and gums out.
- Grandparents don't have to be smart.
- They have to answer questions like 'Why isn't God married?' and 'How come dogs chase cats?'
- When they read to us, they don't skip. They don't mind if we ask for the same story over again.
- Everybody should try to have a grandmother, especially if you don't have a television because they are the only grownups who spend time with us.
- They know we should have a snack before bedtime, and they say prayers with us and kiss us even when we've acted bad.
- It's funny when they bend over; you hear gas leaks, and they blame their dog.

A six year old was asked where his grandma lived.

"Oh" he said, "She lives at the airport, and when we want her, we just go get her. Then when we're done having her visit, we take her back to the airport."

Know Your Neighbour

ROBERT MATTHEWS

Early Life

I was born on 19th October 1947 at Herne Bay Housing Settlement at Riverwood and I was adopted at 6 weeks of age and moved to Rockdale. at the back of nana's house. Eventually we moved to Beverley Hills as we build a new house. I eventually got married at age 24 and moved to Revesby. I have a son and daughter and have five grandchildren.



What did you do when you left school?

I attended Beverly Hills Primary School and went to Kingsgrove Highschool I finished school at the age of 15 and then started my first job at Howard Harris Photography where I did proof sheets for clients and left this job after five years.

My next job was at the Metropolitan Water, Sewerage and Drainage Board at Hurstville (Waterboard) and worked there in the store and also did the petrol pumping for the trucks and cars .I eventually got a job as a Survey Field Hand which was a great job for as I got to drive all around Miranda district.

I left this job and moved on to work as a Chauffeur for the Waterboard and I drove mainly Holden cars all over Sydney driving Executives, Committee Members and all other important personnel. I loved this job very much as I got to drive to Wollongong, Blue Mountains, Warragamba Dam and Southcoast and I even got to keep the car at home at times. I got to know the people I drove very well and wore a suit and tie and I received medallions for safe driving.

I did this work for 10 years and enjoyed every minute of it but eventually my job became redundant as they started to drive themselves. My last job was a courier or the Waterboard and did this job for 8 years. I also liked this job as I got to travel to the depots delivering mail and parcels but eventually this job also became redundant. I eventually did junk mail delivery and retired at a young age. I worked for the Waterboard a total of 35 years!!!!

What are or have been your favourite pastimes? I have done many years of volunteer work for Bicycle Victoria mainly serving meals, route marshalling, supervising loading of luggage trucks during the Great Vic BikeRide which is an annual event just before Christmas. I have walked the Seven Bridges which is a 28kms walk and I completed it in 9 hours and did it four times. I also enjoy watching the Fireworks in the city as well as VIVID each year. I also go to Bankstown Sports Club and Bryan Brown Theatre to watch shows.

What is the most exciting thing that has happened in your life? When I got married and had my children.

What is or has been your greatest achievement? I went on a 56 day Camping Safari when my daughter was 12 and my son was 9. We went up the East Coast to Cairns and from there to Lightning Ridge, Ayers Rock, Coober Pedy and the centre of Australia

What do you think is the most important thing in life? To be engaged in the community such as attending my Baptist Church at Padstow and going to the movies at Macarthur each Sunday afternoon. I also like going on mini holidays with my Baptist Church and staying with my family.

What words of wisdom would you like to share with other readers?

Keep Active and don't get sunburned.

Know Your Neighbour

BEN FLORES



What suburb/town did you live in? I live in Ingleburn for 11 years now but prior I was living in Chester Hill for 4 years.

What is your date of birth? 15th of October 1979

What did you do when you left school? I attended University and graduated with a degree of Bachelor of Science in Maritime Transportation. After I graduated, I went to work on a cargo ship as a Seaman. I have now been working at the Abel Tasman Village for 13 years.

In which place did you live most of your life? I live most of my life in the Philippines, I came to Australia in 2010 with my family. I came to Australia with my wife and 8 month old daughter. My wife was studying Nursing at that time.

What was your main occupation or activity during most of your life? My main occupation is a Seafarer. I have been to several countries because of this job. I drove a big container ship during my time. We carried different goods to different countries.

We sailed for weeks and months without any contact with anyone. At that time there were no satellite/wifi on board. In saying that, there were a lot of activities that we did on the ship. We had a gym and cinema. I have met and worked with different nationalities and different types of people. It was a very exciting part of my life, although it was hard as I barely saw my family. I guess this was the biggest factor in our decision in migrating to Australia.

What are or have been your favourite pastimes? I love to play basketball in my spare time and my son and daughter love it as well. We play together at times. I also like to go camping. I also enjoy playing and walking with my dogs Kai and Koko and love doing gardening.

What is the most exciting thing that has happened in your life? The most exciting thing that happened in my life is when I got married to my wife after 7 years of dating.

Who is your hero or the person you most admire? My dad is my hero. I look up to him and he is a very good dad.

What is or has been your greatest achievement? My greatest achievement in my life is my family, my wife and my 2 children.

What do you think is the most important thing in life? Family and good health is the most important things in life.