

2025

# ABEL TASMAN VILLAGE

October



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## Manager's Message

We hope this message finds you well as spring brings longer days and brighter skies. As always, we'd like to take this opportunity to share important updates, reflections, and moments of appreciation from the past month at Abel Tasman Village.

During September, Abel Tasman Village experienced a COVID-19 outbreak commencing on 18 September, with three residents affected to date. Infection control protocols were promptly implemented, including the temporary suspension of communal dining and group activities. Registered Nurses coordinated both first and second rounds of RAT testing for residents and staff, with all positive cases immediately isolated and closely monitored. Staff were reminded of the importance of PPE compliance, hand hygiene, and timely reporting of symptoms. At this stage the outbreak remains contained, and daily situation updates are being provided to ensure transparency and reassurance for residents, families, and staff.

The Camellia upgrade works have now been completed, with Rooms 109 and 110 integrated into the main section of the facility. This project has provided valuable additional capacity. A big thank you to our constructors and Jeremy (Service Support Manager) for their hard work, dedication, and excellent results with minimal interruptions to our daily routines to our staff and residents.

This month, residents enjoyed a memorable visit to the Café at Acacia in Kirrawee, a dementia-friendly café that truly lives up to its mission. Residents were warmly welcomed and enjoyed both indoor and outdoor activities in a relaxed, inclusive, and uplifting environment. Spring is now in full bloom, and our residents have been radiating happiness while spending more time outdoors. Our "Any Time Activities" program has also proven very popular, offering meaningful opportunities for engagement, activity, and connection throughout the day.

Dementia Action Week was held in September and included a range of activities for residents and professional development opportunities for staff. With funding support from Padstow RSL in partnership with HUG, staff received daily "Tip of the Day" messages and participated in short briefings focused on improving engagement with residents living with dementia. Feedback has been overwhelmingly positive, with staff reporting greater confidence in applying practical strategies in their daily care. Resident participation was also high, with activities highlighting interaction, sensory stimulation, and reminiscence therapy.



We are also pleased to share some wonderful opportunities for community recognition and engagement that have taken place over the past month. On 23 September, OPAN hosted an informative session on the new Aged Care reforms. The webinar covered the Statement of Rights, the strengthened Quality Standards, and highlighted the equal importance of clinical and psychosocial support in aged care. These reforms will shape the way aged care is delivered moving forward, and the session provided valuable insights for residents, families, and staff alike. For those who were unable to attend, the recording has been shared via email, and we encourage everyone to take the time to watch it.



# October 2025 Newsletter

Our Lifestyle team also had the honour of being represented at the HappiHive Huddle on the 25<sup>th</sup> September, a national online gathering of entertainers and community members. Noreen and Katja were invited as guest speakers, where they shared their expertise on the role of Lifestyle staff in aged care, offering entertainers a better understanding of how to engage meaningfully with residents and collaborate effectively with our team. This opportunity not only showcased the important work carried out at Abel Tasman Village but also helped build stronger partnerships with community entertainers who regularly bring joy and enrichment to our residents. Looking ahead, Noreen will also present *The Power of Connection in Dementia Care* on 1 October, a fantastic recognition of her knowledge and passion in this field, and a proud moment for our community. Noreen also attended the ARTA Two Day Conference which was conducted online.



We extend our heartfelt thanks to Marius, who has stepped down from his role as an on-site volunteer after an incredible 12 years of dedicated service. His tireless contributions over the years have supported both residents and staff in countless ways, and his presence around the Village will be deeply missed. We are delighted, however, that Marius will continue to lend us his skills through ongoing IT support. To mark this milestone, he was presented with a Volunteer Appreciation Certificate and a small gift as a small token of our gratitude for his commitment and generosity.



Later this month, on 20 October, Abel Tasman Village will undergo its independent food safety audit conducted by James Shepherd. This is an important process in maintaining the highest standards for our catering services, and we extend our best wishes to the catering team as they prepare. Abel Tasman village is also gearing up for the rollout of Embrayse, our new catering software system, which will integrate with AutumnCare, our clinical management system. This new technology promises to further enhance efficiency, safety, and the overall dining experience for our residents.

We are also pleased to welcome Gus back from six weeks of well-deserved annual leave. During his absence, Dean stepped into a leadership role with professionalism and dedication, ensuring the smooth continuation of daily operations. We extend our sincere thanks to Dean for his efforts.

# October 2025 Newsletter

We are also delighted to announce that Abel Tasman Village has been successful in securing a ClubGRANTS allocation of \$1,821 from Padstow RSL Club Ltd. This funding will support our *Enriching the Lives of Residents Living with Dementia* program, helping us continue to provide innovative, person-centred activities that make a meaningful difference in daily life. Our thanks go to Padstow RSL for their support and commitment to our communi-

ty.



This month, we extend a warm welcome to Mrs. Krahe, Mrs. Midson, Mrs. Gaidzionis, and Mr. Goddard, who have recently joined our Village. At the same time, we extend our heartfelt condolences to the families of Mrs. Suryn, Mrs. Mulders, Mrs. Kneipp, Mr. Lord, and Mr. Deer, who will all be fondly remembered. We also thank Mr. Stock and Mrs. Stevens for their time with us and wish them all the very best for the future.

Looking ahead, our focus for October will be on mental health and wellbeing. A series of workshops will be delivered for both residents and staff, providing practical strategies for managing stress, achieving work-life balance, and supporting overall health, with dedicated sessions tailored to men's and women's health. For residents, these sessions will promote emotional wellbeing and social engagement, while staff will gain useful tools to build resilience and manage workplace pressures. By prioritising mental health, we aim to strengthen our culture of care, ensuring all members of our community feel supported, valued, and connected.

Some exciting highlights for October include discussions on our upcoming summer menu with Chef Lester on 8 October, where residents can share their feedback and suggestions to help shape the meals for the season ahead. On 15 October, a representative from OPAN will be visiting Abel Tasman Village for a meet-and-greet session with residents, providing an opportunity to ask questions and learn more about the latest aged care initiatives. Families are warmly invited to join this session. In addition, the Lifestyle team is planning an outing by ferry into the city later this month. This promises a wonderful day of sightseeing and fresh air, with further communication to follow closer to the time, especially regarding Opal card arrangements for participants.

We are deeply grateful for the ongoing trust and support of our Abel Tasman Village community. As we move further into spring, we look forward to many more opportunities for connection, growth, and shared wellbeing. Please don't hesitate to reach out with any feedback or suggestions, and as a reminder, daylight saving begins on Sunday, 5 October, don't forget to turn your clocks forward! There is also a Public Holiday on Monday, 6th October.

Wishing you a safe, happy, and healthy month ahead

Abel Tasman Village

# October 2025 Newsletter

From Homecare



Welcome to our October newsletter! As the weather warms and spring blossoms around us, it's a wonderful reminder of new beginnings and fresh opportunities to connect, care, and support one another.

## Support at Home updates

### Home visits

During October and November, Margaret and Melanie will be visiting clients to finalise the new Support at Home agreements and share important information about how these changes may affect you. If you have any questions, we encourage you to jot them down beforehand so we can address them during our visit.

### Useful links

As part of the upcoming changes some people receiving a home care package may need to pay a fee towards their package depending on your financial situation. To see how much you may need to pay see the link to the fee estimator –

[Fee estimator: How much will I pay? | My Aged Care](#)

Please see the link below for a plain language fact sheet providing a summary of what rights older people have when accessing aged care services

[A new Aged Care Act for the rights of older people | Australian Government Department of Health, Disability and Ageing](#)

## Inclusions and exclusions of your Home Care Package

### Important Reminder for All Clients:

As part of the Home Care Packages Program, we are required to follow the **Inclusions and Exclusions Framework**. This framework helps guide us in determining what can and cannot be included in your Home Care Package.

As your provider, it's our responsibility to ensure that any items or services purchased through your package align with your assessed care needs. For requests involving equipment or home modifications, an **Occupational Therapy (OT) assessment** is required. This ensures that the items or changes being considered will effectively support your care requirements. If you have any questions or would like further clarification on what items can or cannot be included in your Home Care Package, please don't hesitate to reach out to Melanie for more information.

## Home Care Package Consumer Consent -Photos and Digital Media Form

In the coming weeks, Melanie and Julia will be in touch if you haven't yet completed our photo consent form. We love celebrating the wonderful things you're doing with our care workers in the community, and with your permission, we'd be delighted to share these moments in our newsletters and on our social media pages.

Abel Tasman Village



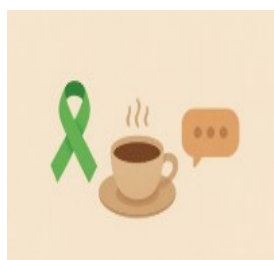
## Monthly Morning Tea visits

On the first Monday of each month Melanie will be visiting the Immaculate Heart of Mary Church in Sefton to join their morning tea as a special guest to answer any questions the congregation may have regarding aged care services.

Mass starts at 9:15am with the morning tea starting at around 9:30/9:45am. If you would like to attend, please reach out to Melanie or Julia who can assist in organising transport.

**October is Mental Health Awareness Month**, a timely reminder of the importance of staying connected and engaged for our overall wellbeing. Your Home Care Package can support you in remaining socially active—whether that's joining community events, attending your congregation, catching up with friends over coffee and a chat, or participating in the activities we host at our facility.

Staying socially connected is just as important as physical health, and we're here to help make that easier for you.



In October we celebrate the birthdays of these special people and wish them all a lovely day filled with love and laughter!

4<sup>th</sup> October – Trevor Fuller

28<sup>th</sup> October – Edith Gould (Home Care Staff)

30<sup>th</sup> October – Samih Adib



We would like to wish Barbara Heath all the best with her move to residential aged care.

**Wishing you a lovely October!**

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, Julia, Sophia and Margaret



# October 2025 Newsletter

## Last Month Revisited

Pamela and her husband David thoroughly enjoyed celebrating their 61st Wedding Anniversary with a lunch, cake and flowers and receiving lots of well wishes from family and friends.



A traditional Dutch soup was made by Lester with assistance from residents.

It was a delicious soup and very nourishing.



Macedonian Independence Day was celebrated at Abel Tasman Village during Happy Hour. The event offered a diverse range of activities, including authentic food tasting, comedy, and music, creating a lively atmosphere filled with laughter. We are grateful to Dimce's family, staff, volunteers, and residents for their assistance in making this event one to remember.

Abel Tasman Village



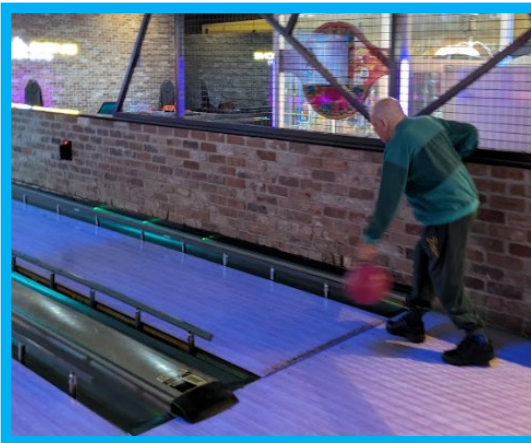
# October 2025 Newsletter

## In the Community



**Left:** We had a shopping outing to Chester Hill Plaza

**Right:** A great concert outing to Bryan Brown Theatre with Beatle songs and Back to



A men's outing involving 6 residents for tenpin bowling at Villa-wood was organised this month.

Great game!!!!



There were three outings on the one day. An outing to Campbell Hill Reserve, Chester Hill Plaza and visit to nearby park.

Right: Bus outing to Blaxland Riverside Park





# October 2025 Newsletter

## Fathers' Day

A wonderful Country/Western concert performed by Annette which was followed by a delicious cooked by Dimce, Robert and Lester. A big thank you to Galluzzo's Chemist for donating the wonderful gifts.



**Galluzzo's Chemist**  
since 1957



Abel Tasman Village

# October 2025 Newsletter

## Exciting Events Ahead

### **Oktoberfest Show with Dillon**

Thursday, 3rd at 10.00am, Hall

### **Chester Hill RSL Outing**

Thursday, 9th at 9.45

### **Resident/Summer Food Focus Meeting**

Wednesday, 8th at 11.00am, Hall

### **Bryan Brown Theatre Outing**

Tuesday, 7th at 8.30am, Bryan Brown

### **OPAN Meeting**

Wednesday, 15th at 11.00am, Hall

### **Bryan Brown Theatre Outing**

Tuesday, 14th at 8.30am, Bryan Brown

### **Shopping Chester Hill Plaza**

Wednesday, 22nd at 1.30pm

### **Bus/Ferry Outing to Circular Quay**

Thursday, 23rd at 9.30am



### **Picasso Witch Art**

Friday, 24th at 1.30pm, Garden

### **Entertainer - Darren Bromley**

Monday, 27th at 10.00am, Individual Rooms

## Special Celebrations

- 1st** International Day of Older Persons
- 1st** Yom Kippur
- 2nd** Gandhi's Birthday,
- 4th** World Animal Day
- 5th** World Teachers Day
- 5th** NRL Grand Final (TBC),  
Daylight Savings (AU)
- 6th** King's Birthday (Qld),  
Labour Day (ACT, NSW, SA)
- 9th** World Post Day,
- 9th** Thanksgiving (Canada)
- 20th** Diwali
- 23rd** Royal Hobart Show
- 24th** United Nations Day,  
Royal Hobart Show
- 25th** Pablo Picasso's Birthday
- 26th** Grandparents Day (AU)
- 27th** Labour Day (NZ)
- 31st** Halloween



## Announcements

### New Residents

A very warm welcome to:

- B. Krahe
- C. Midson
- L. Gaidzionis
- A. Goddard

### Thank You

#### A Sincere Thank You

We extend our deepest gratitude to all our residents, families, volunteers, staff, and friends who took part in our Dementia Action Month initiatives. Your enthusiasm, support, and involvement helped create a truly meaningful and memorable experience. Together, we continue to raise awareness and foster a compassionate community.

### Cultural Celebrations

This month we will be celebrating Oktoberfest with a wonderful performance by Dillon on Thursday, 2nd October.

The kitchen team has designed a special menu for this wonderful occasion.

### In Memoriam

Sadly we say goodbye to our much loved residents

- M. Mulders
- E. Suryan
- N. Kneipp
- A. Lord
- E. Deer

To their 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, 22nd October 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 on several outings such as shopping at Chester Hill, Bryan Brown Theatre, Chester Hill RSL and bus/ferry to Circular Quay.

If you would like to attend please let the Lifestyle team know.

Book your spot early as there are limited spaces.

## Know Your Neighbour



# GODWIN GERADA

I was born in Qormi in Malta on 28th March 1940. Our family had the choice to choose to immigrate to Canada, America and Australia. Australia was the first country that came up and my father came to Australia first as he had a brother living in Prospect, NSW. We followed him in November 1949 and came by boat called The Esperance Bay. It was part passenger and part cargo ship. The journey took over a month as we stopped at many ports.

My uncle had a farm at Prospect and as he had not room for us we lived in a garage for a little while. We lived there with my parents, my brothers Guy and Charles and my sister Jean. I went to the Primary School at Parramatta and had to learn English and found it very difficult.

I left school at the age of 13 but as my dad became sick I had to finish school and went to my first job which was at Guildford Motors and worked there together my brother Guy who already worked there.

After that I worked at All Service Garage at Parramatta with my brother Charlie. I eventually enlisted in the Army in the Medical Corps and studied at the School of Army Health in Melbourne. I then went to Kapooka Army Base located in Wagga Wagga and was stationed there for 3 months and ended up at an Army Hospital in Holsworthy for a couple of years. I eventually started as a Mental Health Nurse at Concord Hospital and I was one of the first Psych Nurses to give a long acting anti psychotic injection to patients in their homes. I worked there for 44 years and retired in 2008.

In my spare time I was a soccer referee for the Granville District Association and did it for a number of years. My hobby was running a hatchery for quails and sold them to friends and family. I also enjoyed cooking authentic Maltese dishes. I also love singing and used to be a great ballroom dancer.

The most exciting thing that has happened in my life was meeting my wife Phyllis and getting married and have 3 boys. I'm also very proud that I paid off my house in five years and this was my parents' house.

I admire my eldest brother Guy as he was great mentor in teaching me mechanics.