Abel Tasman Village Association

www.abeltasman.com.au

ABEL TASMAN VILLAGE NEWSLETTER

A more independent and socially connected life

Residential Care and Support at Home

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ABEL TASMAN
A culture of care

Welcome to the November 2026 edition of the newsletter

November 2026

Here are some exciting highlights featured this month

What a month it has been! Spring is in full swing at Abel Tasman Village, and this edition is packed with good news. We warmly welcome Marisa as our new Consumer Liaison Officer and Rapha Health Care as our physiotherapy provider, alongside the opening of a brand-new physiotherapy space.

Our return to a 4-Star Rating, a clean financial audit and strong food safety results reflect the hard work of our teams, while the Catering Department earned well-deserved praise. We are also delighted to welcome the collaboration with Next Generation Kindergarten, bringing young learners into our community.

Our onsite pharmacy is transitioning to Ezymed with no change to medication provision, and Support at Home brings staffing updates, January pricing changes and a health tip on food and nutrition. Finally, the Lifestyle Desk looks back on our recent community activities and ahead to outings, concerts and Christmas celebrations.

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From the General Manager's Desk

Welcome to Our November Edition at Abel Tasman Village

Spring is in full swing at Abel Tasman Village, and this month has been brimming with activity. Our residents have enjoyed a busy lifestyle program, new health services on site, and a warm welcome to several new members of our community. Thank you all for making this a wonderful place to live.



October Lifestyle Highlights

October was another busy month, with a strong focus on resident wellbeing, quality improvement and preparing for the changes occurring across aged care, while making sure our services continue to meet the needs of our residents, families and Support at Home clients. Here is a look at some of the highlights and what is coming up.

It has been wonderful to see our residents enjoying a busy Lifestyle program. October included concerts, community outings and intergenerational activities. Our first visit with Next Generation Kindergarten was particularly well received, giving residents and children a lovely opportunity to exercise, interact and enjoy time together. Residents from Camellia also celebrated Grandparents Day with an intergenerational visit to Chester Hill Library.

Physiotherapy & Falls

During October, we continued working closely with Rapha Aged Care to further strengthen our physiotherapy service and falls prevention program. Baseline mobility assessments have been completed, and the team is developing a stronger approach to monitoring mobility, rehabilitation outcomes and falls trends.

The physiotherapy and clinical teams also met during October to establish a new physiotherapy framework, with a greater focus on collaboration and achieving positive outcomes for our residents.

Falls prevention also continues through everyday activities, including walking groups, exercise and the exercise bike, with the support of staff, volunteers and families.

Medication Safety Update

Medication safety goes hand in hand with falls prevention. In October, we welcomed Shenouda, our onsite consultant pharmacist from our new medication partner, EzyMed. In just a few weeks, he has reviewed the medications of around 13 residents and found ways to improve their care. These reviews are important because medicines can affect falls, weight and overall wellbeing.
Shenouda works closely with our GPs and clinical team, supports staff with education, and is available to talk with families about any medication changes. From next week, he will be onsite on Wednesdays and Fridays, the same days as GP visits, which will help us provide safer, more proactive medication management for our residents.

From the General Manager's Desk

Welcome to Marisa



We are pleased to welcome Marisa to Abel Tasman Village. As our new Consumer Liaison Officer, Marisa will be an important point of contact for residents, families and representatives, helping to strengthen communication, listen to feedback and support positive experiences across the Village.
An important part of Marisa's role will also be supporting new admissions and helping new residents and their families through the transition into residential aged care. We recognise that this can be a very emotional and difficult time for both the person entering care and their family. Having someone available to guide, reassure and support them throughout the admission process and during those important first weeks can make a real difference.

Marisa will work closely with residents, families and our care teams to help new residents feel welcomed, comfortable and connected, and to ensure families feel supported and informed as their loved one settles into their new home.

Please join us in welcoming Marisa to her new role. We look forward to her becoming a familiar and friendly face within our community.



Finance and audit

We are very pleased to share another positive outcome following the completion of our annual financial audit. The audit concluded with very positive feedback, which is a great reflection of the strong financial management, systems and processes in place across the organisation.

A special thank you and congratulations to our CFO, Ishmam, and the entire Administration team for their hard work, attention to detail and commitment throughout the audit process. Achieving such a positive result takes considerable preparation behind the scenes, and it is wonderful to have the team's efforts recognised. This result gives further confidence in the strong financial governance and management of Abel Tasman Village.



Food Safety & Catering

We are proud to share that Abel Tasman Village has passed its annual food safety audit with excellent results. Our catering team has since introduced new seasonal menus, improved portion planning and a resident feedback card at every meal. Thank you to our kitchen team for their continued dedication.

From the General Manager's Desk

DREAM Dementia Coaching

Our DREAM dementia care coaching sessions continue this month, supporting staff and families with practical strategies for communication, routine and wellbeing. The next sessions are scheduled for mid and late November.

Forward & ahead

- Our Abel Tasman Village Annual General Meeting (AGM) will be held on Tuesday 24 November 2026. The AGM is an opportunity to reflect on the past year, acknowledge the achievements and changes across Abel Tasman Village, and look ahead to our priorities for the coming year.
- This month we also say a heartfelt thank you to Dr Omer, who is finishing his time with Abel Tasman Village after nine years of supporting our residents.
  We sincerely thank Dr Omer for his many years of service and for the contribution he has made to the care and wellbeing of our residents, and we wish him all the very best for the future. Visiting medical services are now transitioning to Dr Pham and Dr King.
- Christmas is not far away, and our December program is already taking shape, including Sinterklaas, our Christmas Luncheon, Christmas Eve entertainment and New Year's Eve celebrations. We look forward to sharing more details soon.
- We will soon be holding our Consumer Advisory Body and Quality Care Advisory Body meetings, and invitations will be sent out shortly. These meetings give residents and families a valuable voice in shaping the quality of care and services at Abel Tasman Village.
  Our next food meeting will be combined with the Resident Meeting on Wednesday 4 November. Going forward, we will also hold a quarterly Food Focus Meeting so residents can regularly share their thoughts on meals, menus and the dining experience.
- Finally, I would like to thank our residents, families, volunteers and staff for your continued involvement and support.
  There is a great deal of work happening across Abel Tasman Village, both in the things you see every day and behind the scenes. As we approach the end of another busy year, our focus remains on providing a welcoming community where residents feel safe, respected, connected and supported.

Warm Regards

Sophia Markwell
General Manager
Abel Tasman Village

Aged Care Reform

You may not always see all the work that occurs behind the scenes, but considerable preparation continues to ensure Abel Tasman Village remains ready for the changing aged care regulatory environment.

Throughout October we continued reviewing our policies, systems and practices, with a strong focus on resident rights, person-centred care, clinical governance, safety and continuous improvement.

Sophia Markwell, Margaret Russell and Jeremy Edwards also completed an eight-hour Aged Care Reform and Continuous Improvement workshop on 26 October, supporting our continued preparation and leadership development.
The Admissions team will be contacting all residents and/or family members who became a permanent resident prior to 1 November 2025, to arrange re-signing of their Agreement. Under the new Aged Care Act all residents must have signed a Service Agreement under the new legislation. None of the conditions of stay at ATV will change and no costs will change for these residents. This is a Department requirement and ATV must comply. We will be contacting all residents and/or representatives over the next few weeks to arrange the re-signing.

While much of this work happens in the background, ultimately it is about making sure that the care and services we provide remain safe, responsive and centred around the individual.

We extend a very warm welcome to the new residents who have recently joined our Abel Tasman Village community: Mr Dimitrou, Mrs McLeod, Mrs Mary Beetge and Mrs Tsigaras. We hope you are settling in well and starting to feel at home. We also welcome your families and look forward to getting to know you all. Please don't hesitate to reach out to our team, or to Marisa, if there is anything we can do to support you.

We also say thank you and farewell to Mr De Heaume following his stay with us. We hope you enjoyed your time at Abel Tasman Village and look forward to seeing you again.

It is with sadness that we remember the residents who have passed away recently. We extend our deepest condolences to the families and friends of Mrs Waszczuk and Mr Watson. They will be fondly remembered by residents, staff and volunteers, and our thoughts are with all who loved them.

From Support at Home

November 2026



Welcome to November

Support at Home updates

Staffing updates

We have a few staffing updates to share with you over the coming months!

Julia's Maternity Leave

Julia will be commencing maternity leave from 31 December as she prepares to welcome her little one. We wish Julia and her growing family lots of love, happiness and precious moments together!

Some of you may already know Pari, one of our friendly Support Workers, who will be stepping into Julia's role while she is away. From November, Pari will begin working part-time in the office while continuing to support clients in the community. Pari will also begin a handover with Julia to ensure a smooth transition. Julia is currently planning to return in June.

Selina's Wedding Leave

Our Registered Nurse, Selina, will be heading overseas for her beautiful wedding and will be on leave from 7 November to 20 December. We wish Selina a wonderful wedding celebration filled with love, happiness and beautiful memories!

During Selina's absence, Melanie will be your main contact for clinical and allied health needs.

Melanie's short break

Melanie will be on a short break from 25 November to 4 December. During this time, please contact Julia for general support, or Sophia if further assistance is needed.

Thank you for your understanding as we navigate these changes together. We wish Julia and Selina all the very best for their exciting milestones and look forward to continuing to support you as part of the Abel Tasman Village community!

Pricing update

Please be advised that our service prices will be increasing from 1 January 2027. Price adjustments help us manage rising operating costs, including wages, travel and the delivery of quality services, while ensuring we can continue to provide reliable, safe and sustainable support to our clients.

In December, you will receive your updated pricing, revised Service Agreement and updated budget outlining your services and funding for the upcoming period.

We understand that changes to pricing are important, and we are committed to keeping you informed and providing clear information so you can understand how the changes may affect your support.

From Support at Home

November 2026

November Health tip: Food and Nutrition

Good nutrition and staying hydrated are important for maintaining your health, energy and wellbeing as we age. The Aged Care Quality and Safety Commission has a helpful collection of resources covering healthy eating, hydration, swallowing difficulties and making food choices that suit your preferences and needs.

We encourage you and your families to explore the website below for useful tips and advice to support your health and wellbeing.

Find out more:
www.agedcarequality.gov.au/older-australians/health-wellbeing/food-and-nutrition

Let's Get Together! – Monthly Social Club

Abel Tasman Village is exploring a new Monthly Social Club for our Support at Home clients, offering a fun way to connect with others, enjoy activities such as trivia, bingo and music, and make new friends from the comfort of home. Sessions may be available via Zoom, Microsoft Teams or telephone. We'd love to hear if you're interested! A letter with more details will be sent out soon, including how to register your interest. We look forward to bringing a little extra fun and friendship to your month!

QCAB - Quality Care Advisory Board

Please take a moment to read the update from Sophia regarding upcoming Consumer Advisory Body and Quality Care Advisory Body meetings. These meetings provide a valuable opportunity for you to share your feedback, ideas and suggestions and have a say in shaping the care, services and dining experience at Abel Tasman Village. Your voice and feedback are important to us!

Farewells

We sadly farewell Werner Strecker and Francis Borg of our Support at Home community who are no longer with us. They will be remembered fondly, and we extend our heartfelt condolences to their families, friends and loved ones during this difficult time.

Birthdays in November

4th November – Carmen Borg
11th November – Lola Siebels
13th November – Rosaria Epifanino
10th November - Tony Cipriano
12th November - Susana Diaz
28th November - Carmel Barclay

Best wishes Melanie, Julia, Selina, Sophia and Margaret

From the Lifestyle Office



Community Moments











Residents enjoyed a range of outings during October, including a visit to the Chester Hill Library, shopping at Chester Hill Square, concerts at both the Chester Hill RSL and the Bryan Brown Theatre, and a visit from Next Generation Kindergarten.



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A culture of care

Living with greater autonomy and stronger community bonds

Serge's Family Concert





We are so grateful to the Serge's Family for treating our residents to a lively and entertaining concert this week. Their wonderful performance filled the room with music, smiles, and happiness.
A special highlight was seeing Serge join the family on stage for the final son, creating a memorable moment that brought the concert to a fantastic close.
Thank you, Serge's Family, for sharing your time, talent, and enthusiasm with us. You helped make it a truly marvellous morning for everyone!



Next Generation Visit



We were truly blessed to welcome the children and educators from Next Generation Kindergarten. Their visit filled our home with laughter, energy, and joy, bringing smiles to the faces of our residents and staff alike.

Together, we enjoyed some fun activities, including playing tennis and a colourful parachute game, encouraging everyone to stay active, engaged, and fit while creating meaningful connections across generations.

Thank you to the children and educators for sharing your enthusiasm and warmth with us. We cherish these special moments and look forward to seeing you again soon! 💙

CONCERTS

Happy 90th birthday Angela



Our Spring Tea Party at this month's Birthday Celebration was a wonderful success! Residents embraced the spirit of the occasion, dressing up beautifully and adding a touch of elegance and fun to the afternoon.

The tea-time themed gathering brought everyone together to celebrate our October birthday residents with delicious treats, great company, and plenty of smiles. It was heartwarming to see everyone enjoying the festivities, sharing laughter, and creating special memories.

A big happy birthday to all our October celebrants! 🎂💐 Thank you to everyone who joined in and made the day so memorable.



party!













Abel Tasman Village

Notice Board

New Residents

A very warm welcome to:

Mr. Dimitrou
Mrs. Beetge
Mrs. Tsigaras
Mrs. Mcloed

Upcoming Events

Tuesday, 3th November - Melbourne Cup
Wednesday, 11th November - Remembrance Day Service
Antonetta's 103rd Birthday
Jacoba 90th Birthday
Wednesday, 25th November - Celebration of Life Service

Hairdresser

Our hairdressers is here on Wednesday, 18th November from 9.00am to 12.00pm.

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

Culture Celebration

Residents are invited to celebrate the Melbourne Cup on Tuesday, 3rd November, with a sweepstake to be held on Monday, 2nd November.
A Remembrance Day service will take place on Thursday, 11th November.
Our monthly birthday party, featuring Nikolai on the violin, will be held on Thursday, 26th November.

Thank You

We are incredibly grateful for the wonderful support of our community. A heartfelt thank you to the Bankstown Men's Shed for generously crafting the wooden wreath frames as an important part of our Remembrance Day display. We would also like to thank Raymond's wife, who kindly joined us during our Remembrance Day craft session. Our sincere gratitude to Jacinta, Jacoba's daughter for her generous donations of raffle items.

Outing

This month we will be going to:

- Bryan Brown Theatre at Bankstown on Tuesday, 10th November
- Intergenerational Outing on the 12th November
- Chester Hill Variety Show at Chester Hill RSL on Wednesday, 18th November
- Camellia Outing - Kokoda Track on Tuesday, 24th November
- Friday, the 27th Shopping and Fish & Chips lunch at Chester Hill Plaza

Our Community Stories

Get to know our Support at home community

Name
Sjaak ‘Jack’ Van Kuyk



A little about me

Where did you grow up? In Utrecht, Holland. Left Holland in 1958 with my mum, dad, brothers and sisters.
Where have you spent most of your life? I spent most of my life in various suburbs of Sydney, Australia.

Life Journey

What did you do after leaving school? After leaving school I did an apprenticeship at Qantas in electrical engineering.
What kind of work or roles have been most important to you throughout your life? My most important role was when I was a sub-contractor for a contractor for RTA, doing transducers and push buttons, which led me to employing up to 9 people.
What is a favourite memory from your younger years? My most favourite memory from my younger years was when I had to go ride to the shops on my bike in -19c to get cakes for my mum wearing multiple pairs of gloves.

Interests & passions

What hobbies or activities have you enjoyed over the years? Working part-time in multiple places, giving me a variety of experience. Most were in the Electrical field such as Electrical shops, mechanics (car Electrical) and appliance repairs.
What do you enjoy doing in your spare time now? I enjoy reading and fixing things. I also enjoy going to the CDMA.- Dutch club and looking after the music.

Reflections

What has been one of the highlights of your life? Meeting my wife Henrietta and picking her up to take her to a dance for youth club and social nights.
What achievement are you most proud of? A couple of my biggest achievements were studying business, my Electrical experience and also having my two children Hans and Rebecca.
Who has inspired you the most in your life? My mother. She inspired me by being adventurous and had me fixing the family bikes so we could all go for a ride together as we didn’t have a car. We even went on holidays with our bikes and slept in the stables.

Wisdom & values

What do you think is most important in life? Family
What advice or words of wisdom would you like to share with others? Have time with your family

Word Search

MELBOURNE CUP



Y G F A S C I N A T O R G O
J R N O T T R A I N E R I R
Y A M C H T X N O B C T S A
C N E S O R I F D V T R I C
H D L H R I E L D T H O L E
A S B O O F Z E S P F P K C
M T O R U E Z M M J A H S O
P A U S G C F I R O S Y W U
I N R E H T I N A C H P I R
O D N S B A N G C K I A N S
N D E N R B I T I E O R N E
B Q C L E E S O N Y N A E E
X A U V D R H N G Y C D R J
T V P S W E E P S L G E A C

Melbourne Cup
Jockey
Fascinator
Winner
Trifecta

Flemington
Trainer
Sweeps
Fashion
Finish

Racecourse
Racing
Odds
Trophy
Grandstand

Horses
Thoroughbred
Silks
Champion
Parade