



ABEL TASMAN

NEWSLETTER

NOVEMBER 2019



**ABEL TASMAN VILLAGE RECREATION PROGRAM  
NOVEMBER 2019**

**FROM THE GENERAL MANAGER, GLENN KIRKMAN**

Welcome to our November newsletter. My apologies for the delay however I felt it was important to hold over until we saw the Aged Care Royal Commission interim report. Can I first state my profound sadness for the many terrible situations across the sector that have been revealed through the Royal Commission. This affects us all and on behalf the staff, residents and home care consumers I want to place on record that this is not the care or attitude that prevails at The Abel Tasman Village and I have great confidence in how we are taking the Village forward. We take pride in being transparent in our dealings with residents, consumers and families and I feel very comfortable in addressing any issue that may present from time to time.

Importantly, we strive to continue our personal and professional development of staff that includes a broad range of topics including food standards, dementia care, palliative care, medication to name a few. Recently our Clinical Manager Sophia has implemented a new on-line training platform to complement our face to face training. We are also actively working with Dementia Australia on training and design initiatives. Our training is supported by clinical initiatives in consultation with the South West Sydney Local Health District via Bankstown hospital where we work closely with the Geriatric Outreach team, the Geriatricians, nurse practitioner and clinical nurse specialists as well as our dedicated General Practitioners who are in regular attendance at the Village. All medication particularly psychotropics is regularly reviewed by our doctors, clinical staff and the pharmacy supported by consultation with the resident and family. If at any time you wish to have concerns about medication, contact Sophia or the Registered Nurse on duty who will facilitate a meeting. We have also commenced discussions with Western Sydney University on strengthening the work we do. This is an exciting initiative that we hope to progress early in 2020.

The other initiative that I believe reinforces Abel Tasman Village as a caring and supportive community is our arts and activities program. We have been blessed with the ongoing support coordinated by Information and Cultural Exchange (ICE) that has seen many contemporary artists engaging with our residents in arts projects – from dancing, exercise groups to arts and crafts for groups and individuals. There is no “One Best Fit” program and our artists have worked closely with individuals to develop meaningful activities for them. As I have previously made mention, it is wonderful to have all of the volunteers and artists giving their time freely to support our residents and families are most welcome to join in...the more the merrier.

As mentioned in last month’s newsletter, accounts have been working through the billing problems surrounding hairdressing/other fees and they have commenced issuing statements to those affected consolidated accounts to 30 September with the detailed breakdown. Should any resident or authorised representative need to discuss their account please contact either Virginia or Ishmam in the main office during business hours or email [accounts@abeltasman.com.au](mailto:accounts@abeltasman.com.au) .

In conclusion, I look forward to catching up with you over this coming month. We have a great day planned for Melbourne Cup, our annual Remembrance Day service which is a very moving service with the month closing out with our Sinterklaas function on Thursday 28th which the children all love. Please note that in early December we will be holding an end of year ‘wrap’ as part of our ‘meet and greet’ night for residents, family, friends and the management team. This is an evening event of cheese, nibbles wine, beer, tea or coffee that is an informal way of catching up with the team and is ideal for anyone new wishing to gain more information on what goes on in the Village.

Wishing you all the best for November and for those having a punt on the Cup good luck!

Glenn

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DAY	DATE	ACTIVITY	VENUE	TIME
Friday 	1	<b>Table Tennis</b> <b>Non -Denominational Meeting</b> <b>Happy Hour</b>	Hall  Hall	9.30am 10.00am  2.30pm
Saturday 	2	<b>Yahtzee with Robyn &amp; Hanna</b>	Hall	10.00am
Sunday	3	<b>Social Chat &amp; Cake</b>		
Monday <b>TASTE TEST</b> 	4	<b>VIM and VIGOUR</b> <b>Taste Testing Summer Menu</b>	Hall Hall	10.00am 2.00pm
Tuesday 	5	<b>Hairdresser/Beauty Care</b> <b>MELBOURNE CUP DAY</b> <b>with Vincent Broderick</b> <b>Sweepstakes All Day</b> <b>Melbourne Cup Race &amp; Hat Parade with Champagne/Drinks</b>	Hairdresser Salon Hall  Hall/Individual Rooms Hall	9.00am 9.00am  2.00pm
Wednesday 	6	<b>Sing-a-Long</b> <b>Catholic Mass in English</b> <b>Coffee Get Together</b> <b>Resident Executive</b> <b>All Saint's Bingo</b>	Camellia Hall Hall Coffee Shop Coffee Shop	9.00am 10.00am 10.30am 11.00am 2.30pm
Thursday 	7	<b>Hairdresser/Beauty Care</b> <b>Dutch Activities</b> <b>Table Games/Jokes</b> <b>Shuffleboard</b>	Hairdressing Salon Hall Coffee Shop Hall	9.00am 10.00am 10.00am 2.30pm
Friday 	8	<b>Table Tennis</b> <b>Non -Denominational Meeting</b> <b>Activities with Mark</b> <b>Happy Hour</b>	Hall Hall  Coffee Shop Hall	9.30am 10.00am  10.30am 2.30pm
Saturday 	9	<b>Family/Friends Visits</b> <b>Bingo with Marja</b> <b>Cost: \$1.00</b>	Hall	10.00am
Sunday	10	<b>Family/Friends Visits</b>		
Monday 	11	<b>Hairdresser/Beauty Care</b> <b>Remembrance Day Service</b> <b>Special Morning Tea</b> <b>Remembrance Day Quiz</b>	Hairdressing Salon Hall  Hall Hall	9.00am 10.00am  11.00am 2.30pm
Tuesday	12	<b>Hairdresser/Beauty Care</b> <b>Village Walk</b> <b>Table Games</b> <b>Bingo</b>	Hairdressing Salon Village Gardens Coffee Shop Hall	9.30am 9.30am 10.30am 2.30pm

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DAY	DATE	ACTIVITY	VENUE	TIME
Wednesday	13	<b>Sing-A-Long Communion Service Resident Meeting Coffee Get Together Sjoelbak Competition</b>	Camellia Hall Hall Hall Hall	9.00am 10.00am 10.30am 11.00am 2.30pm
Thursday 	14	<b>Hairdresser/Beauty Care Birthday Party with Sam Pellegrino Craft with Paula</b>	Hairdressing Salon Hall Hall	9.00am 10.00am 1.30pm
Friday 	15	<b>Table Tennis Non -Denominational Meeting Happy Hour</b>	Hall Hall Hall	9.00am 9.30am 2.30pm
Saturday 	16	<b>Yahtzee with Robyn &amp; Hanna</b>	Hall	10.00am
Sunday	17	<b>Social Chat &amp; Cake</b>	Hall	10.30am
Monday 	18	<b>Volleyball/Tennis Competition Shopping</b>	Hall Bass Hill Plaza	9.30am 2.30pm
Tuesday	19	<b>Hairdresser/Beauty Care Exercises &amp; Cricket Bingo</b>	Hairdressing Salon Hall Hall	9.30am 9.00am 2.30pm
Wednesday 	20	<b>Sing-A-Long Catholic Mass in Polish Coffee Get Together Walking Group Rehearsal Nativity Play</b>	Camellia Hall Hall Village Gardens Coffee Shop	9.00am 10.00am 10.30am 11.00am 2.30pm
Thursday 	21	<b>Hairdresser/Beauty Care Variety Club Outing with Lunch and Show Table Games</b>	Hairdresser Salon Belmore Hall	9.30am 9.30am 10.00am
Friday 	22	<b>Table Tennis Non-Denominational Service Happy Hour</b>	Hall Hall Hall	9.00am 9.30am 2.30pm
Saturday 	23	<b>Family/Friends Visits Bingo with Marja Cost: \$1.00</b>	Hall	10.00am
Sunday	24	<b>Family Friends Visit</b>		



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<b>DAY</b>	<b>DATE</b>	<b>ACTIVITY</b>	<b>VENUE</b>	<b>TIME</b>
Monday 	25	<b>Gentle Stretching Tenpin Bowling Christmas Craft</b>	Hall Hall Hall	9.30am 10.30am 2.00pm
Tuesday	26	<b>Exercises &amp; Tennis Game Bingo</b>	Hall  Hall	9.00am  2.30pm
Wednesday 	27	<b>Sing-A-Long Catholic Mass in English Coffee Get Together Walking Group Deal or No Deal</b>	Camellia Hall Hall Village Gardens Coffee Shop	9.00am 10.00am 10.30am 11.00am 2.30pm
Thursday	28	<b>SINTERKLAAS PARTY Morning Tea Sinterklaas Board Game</b>	Hall  Hall	 10.00am 11.00am 3.00pm
Friday 	29	<b>Table Tennis Non -Denominational Meeting Happy Hour</b>	Hall Hall  Hall	9.00am 9.30am  2.30pm
Saturday 	30	<b>Family/Friends Visits Bingo with Marja Cost: \$1.00</b>	Hall	10.00am

Pension Days 14<sup>th</sup> and 28<sup>th</sup> November 2019

Podiatrist: Tuesday, 12<sup>th</sup> November 2019

**Fruit Cutting: Each Tuesday, 10am in the Hall**


ATV Shop Open Monday to Friday

Monday to Friday 12pm - 12.30pm

***FAMILY PLEASE CHECK THE LETTERBOXES***

**Family & Visitors Lunch Meal \$7.00**

Please let the kitchen know the day before or 9.00am that morning if you require a meal for a visitor and inform kitchen supervisor if you will not be at lunch or dinner.



***RESIDENTS NEWS***



The following residents are celebrating their birthday in November and we wish them many happy returns. They are Antonetta Gaillard, Carmel Windred, Elly Zentveld, Frank Vleeskens and Irena Najdzion.

A warm welcome to Mr Raymond Stock, Mrs Edith Worldon and Mrs Eugenie Samuels.



**ABEL TASMAN**  
A culture of care

## FROM HOMECARE

This month we have a wonderful day to celebrate as our own home care client Anna Gistl is turning 100 years! Anna was very happy to share her history with all of us.

She was born Friday 7th November 1919, in München - Germany. She was the only child. She grew up in a beautiful home with breathtaking country views. They moved to the city which was awful for her because in the country she could run around and scream but in the city it was more restricted, "It was hell". She went to school till 8th class. She wanted to become a florist but her mum advised her to do something else so she decided to be a hairdresser. She got her qualification in 4 years.

In 1939 she met her husband Paul, but then they were separated because of war at that time but their romance continued afterwards and they met again and got married in 1950 and had two children. They migrated to Australia in 1951 with their daughter Eva aged 15 months. Anna was 32 years old. Her son "Anton" stayed in German as he was asthmatic and Anna's parents raised him.

They bought land and build their own home in Mount Pritchard were she still lives. She validated her Hairdressing Certificate through TAFE and continued her trade as hairdresser and had her own business in 'Austral' and her husband work as toolmaker.

They both visited their hometown every 10 years. Their daughter decided to live back in Germany and she visits her mum frequently. Anna 's son died at the age of 61.

At the age of 54 they went for a trip to Nepal were Anna had a fall and was unable to continue work. John passed away in 2013 and she misses him deeply. She has a very close friend who regularly visits and her own hairdresser that comes on a regular basis.

Anna's passion is her garden where she spends lots of time. Two years ago she had a fall and was granted the home care service. She has regular care staff who provide service 5 days per week. Her regular carer is Edith and they share many great moments.

Anna is looking forward to celebrate her birthday with family and friends and has accepted the invitation to visit us at the village for a morning tea after her birthday.

### Congratulations

on this amazing milestone.  
May this day be filled with  
sunshine and smiles,  
laughter and love.  
Have a very  
**Happy 100th Birthday.**



Elizabetht & Nina





# ABEL TASMAN VILLAGE RECREATION PROGRAM NOVEMBER 2019



Abel Tasman Village is in the process of having the website redesigned and we have been fortunate to have the wonderful services of **Mr Gerrit Fokkema** (photographer) who has taken these amazing photos.

Here are three samples of his photography. The men (Albert, James and Frank) enjoying playing bowls in the village garden, Raisa having her nails done by Rosa and Pat and her son Shaun showing her beautiful garden.

So keep an eye out on our new website which should be up and running soon.



Spring is in the air and we made beautiful flower arrangements which was organised through the I.C.E project this month with Angie Summers.

The flowers had a delicious aroma and its an awesome activity as residents were drawn to the bright colours and the soothing scent. It was wonderful to see residents help one another and even staff showed their wonderful capabilities. The Dining Room looked so colourful and it gave the room a breath of fresh air.





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Let us introduce you our new resident by the name of "Mr Teddy Bear" who is 18 months old and has taken up residency in Camellia in Unit 111. He has adopted himself to the village and has a wonderful caring nature. The only issue is that we need to pay for his vet bills, food etc and are asking family and friends of the village if they can donate some money for him? Donations can be made to the Accounts Department.



**Photo on Left:**

The new air fryer was donated by the Residents to the value of \$1,900 and it has made a huge difference i.e. the chips are nice and crispy and as it has two baskets its much faster in cooking large quantities of food.



**Photo Above:**

Residents enjoy prepping food with Mark each Tuesday morning. Photo taken by **Gerrit Fokkema**



**Management is inviting Family and Friends of the village to come and join us for a meet and greet to celebrate the end of the year**

**WHEN: Wednesday, 5th December**

**WHERE: Coffee Shop**

**TIME: 6pm—7.30pm**

Meet & Greet

I.C.E. Quiet Rooms Residency Artists, **Tarik Ahlip and Linda Brescia** visited a number of residents in their rooms over a 6 week period.

The photo on the right show the banners which are displayed in the Link Building and are based on conversations they had with residents and reflect their real words. They are pictured here with **Lawrence** (resident).

The banners are cyanotypes (sun prints) on fabric which were exposed and printed at Abel Tasman Village. There will be more artwork on display in coming months.



Pictured on the right is **Irena** (resident) together with **Linda** who painted a self-portrait of Irena.

