

NEWSLINK

Welcome to this edition of Newslink.

A lot has been happening over the last month. In particular, we had all the windows cleaned throughout the site. My understanding is that this year it was successful. Thank you to Anthony (one of our maintenance guys) for going around and removing, cleaning and returning the fly screens to all the windows once they were clean.

Our planning for the site development is progressing and we recently met with Council to discuss our draft plans. We are waiting on the minutes of this meeting however; the meeting went well with some positive comments from Council around our proposal.

The Residents in Rosetta Park, Redleaf and St Ermes will have received the proposed budgets for 2018-2019 which were sent out on the 30th April. Trish and I have sent dates to meet the residents to discuss the budgets. These meetings will be held on the 7th June 2018 with St Ermes at 10.30am, Redleaf at 12.30pm and Rosetta Park at 2pm. I look forward to catching up with you all.

For everyone who is asking how Julie O'Reilly Care Manager at Redleaf is going with her recovery, she is going well and is now back driving. She still has a long recovery however she is improving each day.

As many of you would know Eva who has been Acting Care Manager at Redleaf since February is going on leave at the end of May 2018 for 3 months. I have appointed on a short-term contract Alice Mackay to take over this role. Alice commenced in the role on the 14th May to allow her to transition into the position and so she could receive training from Eva.

Alice was our Pastoral Carer and unfortunately at this stage she will not be able to fulfil this role for the next few months. Until either Julie and/or Eva returns Alice will be working in Redleaf as Acting Care Manager. UPA is sorry for the inconvenience to our Residents who have enjoyed Alice's time and input into the Pastoral Carer role.

We have coming up the 29th and 30th May our Accreditation Audit by the Australian Aged Care Quality Agency. Our staff are well prepared for this audit and feel confident in meeting the 44 outcomes for our accreditation.

Thank you and see you all soon.

Stuart Leverton

News from Thomas & Rosetta AGST Aged Care Written

Inside this issue:

- News from District Manager 1
- News from Thomas & Rosetta Agst 2
- News from Redleaf/ Rosetta Park..... 4
- News from Activities Corner 5
- Bus Outings 8
- Mission Statement & Contacts..... 10

Hello Families and Friends,

I hope you all are enjoying the beginning of winter. There are a few updates for the month. Recently the facility has bought raised garden beds for the Thomas Wing. The lifestyle team will plan to have some garden activities for residents in the coming weeks.



We are looking for some more Volunteers to assist Residents with activities. Please contact Beth if you are able to help.

The laundry has got some missing and unlabelled clothes -please see staff if you are missing anything. The facility has got regular speech path and dietitian contracted for your assistance.

Beth has joined recently Admin Team as Receptionist at TRA.

We would like families to send their updated email address for communication purposes to beth.oxenbould@upa.org.au.

Also, please let us know if you would like us to send you monthly Newslink through emails.

Please don't hesitate to contact me if you do have any compliments or suggestion. I would like to say thank you to all of you for your warm and lovely welcome to me.

Take Care,

Surinder

Heartwarming stories

One night four college kids stayed out late, partying and having a good time. They paid no mind to the test they had scheduled for the next day and didn't study. In the morning, they hatched a plan to get out of taking their test. They covered themselves with grease and dirt and went to the Dean's office. Once there, they said they had been to a wedding the previous night and on the way back they got a flat tire and had to push the car back to campus.

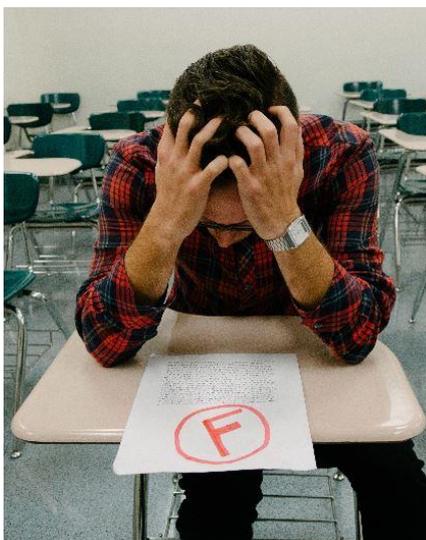
The Dean listened to their tale of woe and thought. He offered them a retest three days later. They thanked him and accepted his offer that time.

When the test day arrived, they went to the Dean. The Dean put them all in separate rooms for the test. They were fine with this since they had all studied hard. Then they saw the test. It had 2 questions.

1) Your Name _____ (1 Points)

2) Which tire burst? _____ (99 Points)
Options – (a) Front Left (b) Front Right (c) Back Left (d) Back Right

The lesson: always be responsible and make wise decisions.



A mother and a baby camel were lying around under a tree.

Then the baby camel asked, "Why do camels have humps?"

The mother camel considered this and said, "We are desert animals so we have the humps to store water so we can survive with very little water."

The baby camel thought for a moment then said, "Ok...why are our legs long and our feet rounded?"

The mama replied, "They are meant for walking in the desert."

The baby paused. After a beat, the camel asked, "Why are our eyelashes long? Sometimes they get in my way."

The mama responded, "Those long thick eyelashes protect your eyes from the desert sand when it blows in the wind."

The baby thought and thought. Then he said, "I see. So, the hump is to store water when we are in the desert, the legs are for walking through the desert and these eye lashes protect my eyes from the desert then why in the Zoo?"

The Lesson: Skills and abilities are only useful if you are in the right place at the right time. Otherwise they go to waste.

News from Redleaf & Rosetta Park Rosetta Park

Last month the Pre-Mother's Day lunch on Thursday 10th of May, was well received by our Redleaf Residents. They enjoyed the lunch and all Residents received a pink orchid to take to their apartment & also on Sunday the 13th May, we held a special Mother's Day lunch.



The Queen's Birthday will be celebrated on Sunday the 10th of June & Monday the 11th of June.



We pass on our best wishes to those celebrating a birthday in June on Thursday the 28th of June.

Redleaf Residents: -
Helen Thackeray on 11th, June Major on 18th, Eileen Roope on 21st, & David Hutchins on 25th.

In Rosetta Park John Cheney has a birthday on 12th of June.

The cold weather is here with us suddenly, so we would like to remind our Residents to have their flu vaccination up to date. It has been highly recommended by The Department of Health to have the flu injection for all Residents, family, & staff.

Knitting Circle gets together each Wednesday from 2.00 pm in Level 3 lounge. The group continues to support Youth off the Street with their rugs. Afternoon tea is served around 3.00 pm. Everyone is welcome!

Redleaf Men's Group gets together each Wednesday at 3.00 pm in the Level 4 lounge.

Happy Hour is held at Redleaf at 5.00 pm on the second and fourth Tuesday of each month in the Level 2 lounge.

Rosetta Park Happy Hour is at 5.00 pm each Wednesday at Level 6 Activity room.

Our Interdenominational Church service is held on the second and fourth Friday of each month at 10.30 am at Level 4 lounge followed by morning tea.

Kind regards,

Eva

News from Activities Corner

By Rae Williams

Hello Everyone,

Finally, the days are beginning to cool but thankfully, for the most part, it's still sunny out and our Residents continue to enjoy the sunshine in the courtyards and on bus trips without any drizzle to worry about. It's kind of nice to rug up a little and I've seen that a few Residents have pulled out their beanies and scarves before venturing outside and have been rather delighted by the look. Winter is cosy clothing time and that has its charms I think.



We've had a lovely month full of the happy chatter of school children – always welcome around these parts. We've had both the Abbotsleigh year 11 and 9 children visit us on quite a few occasions and this, happily, will continue into June and throughout the rest of the year but not quite so frequently.

Our relationship with Abbotsleigh has been mutually beneficial, with the Residents and children swapping stories about life then and now.

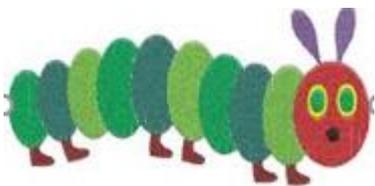
It's always a happy, lively time when they visit and the teachers are absolutely delighted with the outcome, as are we.

On Mothers' Day this month we were entertained by Russell Lynch who played the guitar, sang songs and told jokes. He had a great voice and the feedback was very positive. As an added bonus, we were blessed with a mini concert by Darryl, our Clinical Nurse Consultant, during our Mothers' Day high tea on Monday 14th. Is there no end to this man's talent?



Before moving on I thought I'd share one of Russell's jokes:

A man was out one day when he came across another man offering to sell a talking centipede. The first guy thought that a talking centipede was something different and could be a bit of fun so he bought it. He took it home and sat down on the lounge to watch some tv and put the centipede beside him. After a while he said to the centipede "what do you say we head down the pub for a drink?" but the centipede didn't answer. He continued to watch tv for a while thinking that he'd been stupid to think that a centipede could talk, but just in case he turned to the centipede and said, "well I want to go to the pub, do you want to come or not? To which the centipede responded, "I heard you the first time, I was just putting on my shoes"



On a different note....

Our Book Club meeting went very well this month. We discussed a new format and are looking at a change of day as some of our booklovers have been unable to attend due to regular commitments on Tuesdays. I have put it on the calendar in **June on the 1st and 3rd Wednesdays** and hope that this time suits everyone. These groups will be conducted in the Rosetta Wing Lounge at **11am**.

If everyone is in agreement, then we will keep it on those days each month. It was unanimously agreed that we will start with something light and happy from our (and our children's) childhood, so we will be reading A.A. Milne and then move on to some of the classics and some poetry and other genres after that.

Also, look out for our library trolley which will do the rounds of the facility in the mornings. On it you will find word games, Sudoku and other puzzles, Newslink when it comes out and of course books, talking books and cd's. If you want a particular book, let us know and we'll look for it and bring it to you on the next trolley.



Upcoming events for June include:

Armchair Travels to Italy on the 1st to celebrate the Italian National holiday (Festa della Repubblica).

Our **Resident and Relative** meeting on **Saturday 2nd at 11am in the Rosetta wing lounge**. Upcoming meetings will be held on **Tuesday 4th September** and **Thursday 8th November**. We are holding the meetings on different days in order to give relatives more of an opportunity to attend. So please join us if you can.

In case you are unaware, copies of the Resident/Relative Meeting Minutes are kept, along with copies of the monthly calendar, on our activities noticeboard in the Thomas Wing. In Carise, you can find them in the nurses' station.

The Queen's birthday holiday is on Monday 11th June.

We have "The Gals" returning with their fabulous costumes and catchy songs on **Tuesday 12th June at 10.30am** in the Thomas wing lounge.

The Abbotsleigh students will return at 1pm on Tuesday 19th June. Each time a different group of girls come so please join in and share your stories with them.



Art and craft will have a winter theme this month so I hope that we can brighten the place up with some wintery creations. I have also recently purchased some more wool for those who would like to start knitting a winter scarf. Some of our residents will continue to work on their ongoing

projects and others bring their knitting with them. Whatever your fancy, as usual, I invite you to come along and share a cuppa and a chat as you create.

Before I go, I wish to congratulate our Residents on their incredible skills in sport. I think our exercise sessions are keeping us fit and sharp because the general level of skill each week never fails to surprise me. Wheelchairs and water chairs are no obstacle to our wonderful residents full participation and it is always a joy to see everyone perform so well and also encouraging each other the way you do. Keep it up. We might make the next Olympic team yet!!!!

Oh, and one more thing. We now have **Skype** available for residents to contact distant friends and relatives. Time has been allocated on Wednesday afternoons at 3.30pm so if you would like to make use of this service, please see Rae (in Thomas & Rosetta Wings) and Rodney (in Carise). Or email us on:

raelene.williams@upa.org.au

rodney.mcgeehan@upa.org.au

Take good care,

Rae

JUNE BUS OUTINGS

SATURDAY 2ND ICE CREAM RUN

Northern Beaches

Departs 1:45pm

Cost \$15

Exploring the Northern Beaches. Starting at Mona Vale we will travel south along the coast to Curl Curl Beach and then return through Beacon Hill and Frenchs Forest.

SATURDAY 9TH ICE CREAM RUN

Prospect Reservoir

Departs 1:45pm

Cost \$15

An integral part of Sydney's drinking water the reservoir is surrounded by recreational areas. The original buildings and historic machinery related to the construction of the dam can still be seen on-site.

SATURDAY 16TH ICE CREAM RUN

Patonga Beach

Departs 1:45pm

Cost \$15

The tranquil sea-side village of Patonga, sometimes written on early maps as "Betonga", meaning "oyster" in Aboriginal. It is the most southerly beach on the Central Coast. Also travelling through Umina and Pearl Beach.

SATURDAY 23RD ICE CREAM RUN

Darling Harbour

Departs 1:45pm

Cost \$15

Exploring the Rocks and Darling Harbour areas of the city including Barangaroo, Johnstons Bay, Pyrmont, and Ultimo. Checkout the integration of the old and new developments of these inner city suburbs.

SATURDAY 30TH ICE CREAM RUN

No Bus Outing



**UPA SHOPPING
BUS TIMETABLE**

Westfield HORNSBY
EVERY TUESDAY STOPPING AT WAHROONGA IS AVAILABLE ON REQUEST, PLEASE ADVISE THE DRIVER.

DEPARTURE TIMES

UPA	ST ERME'S	HORNSBY
9.15 AM	9.25 AM	
10.15 AM	OTHER	10.45 AM
11.15 AM	TIMES BY	11.45 AM
1.30 PM	REQUEST	1.45 PM
		3.30 PM

ALL SHOPPING BUS TRIPS DEPART FROM THE LOADING DOCK ON LEVEL 2
 THE 3.30 PM RETURN FROM HORNSBY SERVICE WILL ONLY OPERATE IF REQUIRED
 PLEASE ADVISE BUS STAFF IF YOU INTEND TO RETURN ON THE 3.30 PM SERVICE

BUS CONTACT NUMBER
0409 667 533

**NOTE: THE BUS CONTACT NUMBER WILL ONLY BE ANSWERED
 ON SHOPPING BUS DAYS BETWEEN 9.00 AM AND 2.00 PM.**



Our mission is to offer care of the highest possible standard consistent with the Christian commitment of U.P.A. and the expectations of society.

OUR VALUES: *Compassion Respect Integrity Kindness Inclusiveness*
PHILOSOPHY OF AGED CARE

The United Protestant Association of NSW (UPA) is a Christian organization that aims to provide quality service and care. We believe that every person that we care for has the right to live at peace with dignity, respect and security. That right does not diminish irrespective of age.

We welcome people from all religious and cultural backgrounds. We convey compassion, kindness, respect and honesty in our work. Our staff and volunteers encourage and empower those we care for to choose their own path. Mindful of how we ourselves would like to be treated, we aim to provide a caring atmosphere of Christian love and understanding.

When we have failed to live up to our Mission, Values or Philosophy of Care, we seek to make amends.

CONTACT DETAILS

THE **SYDNEY NORTH** DISTRICT OFFICE IS LOCATED AT
 1614 PACIFIC HIGHWAY WAHROONGA NSW 2076

Phone 02 9450 8300 Fax 02 9450 8371

United Protestant Association of NSW Ltd

ABN 71 050 057 620- 012

The Centres of Care within the Sydney North District are: -

On our main site (1614-1634 Pacific Hwy):

UPA Sydney North Administration: Regional Manager Stuart Leverton Ph. 9450 8300

Thomas & Rosetta Agst Aged Care Service: Care Manager
 Surinder Dhanju Ph. 9450 8320

Rosetta Park Independent Living: Ph. 9450 8340

Redleaf Serviced Apartments: Care Manager Julie O'Reilly Ph. 9450 8310

Carise Place: Ph. 9450 8350

Home Care Program: Sydney District Ph. 8197 9300

And St Ermes Court:
 5 Isis Street, Wahroonga. Ph. 9450 8300

EDITOR Jennifer Martin. If anyone has anything they would like to contribute please feel free to either e-mail it to: jennifer.martin@upa.org.au or forward to the office for inclusion in the next issue. It's your newsletter! *Newslink – the voice of UPA Sydney North*