



UPA CENTRAL WEST NEWSLETTER 2018-19

December - January edition



Alleluia, alleluia!
A virgin will give birth to a
son; his name will be
Emmanuel: God is with us.
Alleluia





CENTRAL WEST UPA

REGIONAL ADMINISTRATION OFFICE

68 Nile Street, Orange (PO Box 8090 Orange 2800)

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ABN 71 050 057 620

Regional Manager:

Janelle Waters

Retirement Village and Admissions Officers :

Leila Oborn & Amanda Berrington

Administration:

Nic James

Accountants:

Natalie Shepherd & Geoff Redman

Payroll & Billing:

Amanda Berrington

Accounts Payable:

Mandy McLean

Regional Presidents

Mr Anthony Short

Phone: 6360 2235

Mrs Heather Woodhouse

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REGIONAL MANAGER

Hello again to everyone,

Can you believe the year is almost over and Christmas nearly upon us.

2018 has been a busy and productive year with many wonderful achievements coming to fruition across all services.

I would like to take this opportunity to wish our residents, staff, families, volunteers and the wider UPA family a happy, holy and safe Christmas. To my Central West Staff who are working over Christmas, I say a sincere thank you for continuing to provide the wonderful care you deliver to our residents and clients.

"The Grandies"

Until next year!

Take care

Janelle

UPA Central West

Christmas Trading Hours

Administration Office – Closed
Friday 21/12/2018 at 12 pm –
Reopen 2/1/2019 at 8.30 am.

For urgent matters outside these hours please ring 6362 7820 and follow the prompts.

Retirement Village Residents please call the Administration Office on 6362 7820 and follow the prompts (eg plumbing, electrical) for medical emergencies please press your Medi alert Buttons and ring 000.

Opportunity Shop - Close Saturday 29/12/2018 at 12pm – Reopen 2/1/2019 at 9am.



ASCOTT GARDENS

A warm welcome to Summer,

I can't believe it's almost Christmas. We are all very busy preparing for the upcoming holidays and especially looking forward to our big Christmas lunch with friends and relatives at Ascott in December.

I am very happy about the recent move of our Pastoral care worker and volunteer coordinator Val Bradley. Val is now located in the corner office opposite the dining room. Please come and see Val for a chat anytime you desire.

Our catering team is currently working on an exciting development. We are hoping to be able to introduce two choices of main meals during lunch 7 days a week. We are confident that we will be able to offer you extra choices before the new year commences. If you like to see changes in the existing menu please don't hesitate to share your ideas with the catering team or myself any time.

In November you were offered to participate in our "Resident satisfaction survey". We are currently waiting on the results that will hopefully give us a good idea on how we can further improve your home and the services provided. Despite this survey you are all invited to give us feedback anytime you feel like we could improve what we are doing.

I am always pleased to take a stroll down to our Lime café corner and seeing some of you enjoy coffee and or cake. Synergy has gotten busy and the staff from Community doing a fantastic job in expanding their services to offer you a wider variety of exciting activities. If you like to see some specific services offered, please don't hesitate to come and see us.

I wish you all a wonderful Christmas and a happy new year (yet to come).

Warm Regards,
Johannes Brockhaus
Facility Manager



LEISURE AND LIFESTYLE REPORT – ASCOTT

Ascott gardens has been very busy, we have had Sadie Michaels pop up shop come selling women's clothes and garments the residents had a great time looking and purchasing some new threads. We also had Tracey from the foot doctor come and do shoe fittings. Tracey had a large range of shoes that were available, this is great help to families who's loved one have poor mobility and are unable to go shopping.



For Melbourne cup we had a few activities organised, one was getting the residents to make their own fascinator and then had a best dressed competition. Everyone went to a huge amount of effort and they all looked amazing.

We have had Pymble public school come and play for us this was such a treat to have a full band in our facility the residents sat and enjoyed the music while having lunch. The East Orange Primary School has also been to visit and perform with their choir. Our residents love to hear the children sing and we always get a large audience to watch.



The house was packed out for our singers Ian and Cathy, who visit us from Bathurst once a month. Ian and Cathy sing our favourite songs and have now introduced a section where one resident will decide on a song and preform it for the audience. Another wonderful concert we

have experienced at Ascott is a visiting Saxophone player Selwyn. Everyone was delighted by his amazing playing and we even had a few people up dancing along.

One of our beautiful residents and his partner Ron and Carol donated a record player to Ascott garden. Carol has been coming in and bringing her beautiful collection of records and playing them for us. Music is such a big part of our days at Ascott Gardens and is a wonderful therapeutic experience for our residents.

We are all looking forward to our Christmas party and have many things organised to keep our residents in the festive mood. Both Kerry and Georgie want to wish you all a happy and healthy Christmas and we are excited to welcome the new year in and keep informing you all of what's happening here at Ascott.



Kerry White & George Harris
RAOs Ascott Gardens



PRUNUS LODGE

Merry Christmas to our Prunus Lodge Family

Amazingly, Christmas is just around the corner. This year has gone by so fast! We have farewelled loved ones and welcomed others to our home. We have had many changes at Prunus this year. I personally would like to thank all the residents, relatives and staff for making me feel so welcome here and being patient with me as I found my feet. It's a joy to be working at Prunus lodge.

Prunus Lodge was the place to be for Melbourne Cup. Thanks to the staff and one of our residents who spent most of the day selling sweeps. I was amazed by how many we had. One of our residents was disappointed that he only had \$10 on the day to bet, he didn't like his chances, he then won first prize in the \$5 sweep! Unfortunately, not all of us did so well.



We continue to look at ways that we can improve our resident's lifestyle and implement new ideas. We have started regular exercise groups, suitable to all abilities and encourage all our residents to attend. It's a great way to keep up your strength and socialise with others.

Feedback from our resident's and relatives is important to us. I appreciate individuals coming to see me with any suggestions or concerns. If I'm not available or you would prefer to put it in writing, please fill in a "what do you think" form with any comments, compliments or complaints. These forms are at the front sign in desk.

We are all looking forward to the Prunus Lodge Annual Resident Christmas Party on Thursday 6th December. Our cooks have been busy planning for the day, I'm sure we will all enjoy their excellent cuisine. We are also fortunate to have in our community so many generous people who have donated to our Christmas raffles. Thank-you so much. In the lead up to the Christmas party, as additional items are donated, our raffles will start to shape, keep your eye out for when raffle tickets go on sale. Proceeds from the raffle will be used to purchase equipment for the Prunus Lodge activity program.

I hope you all have a wonderful Christmas and look forward to our adventures ahead in the New Year.

Sincerely,
Rebecca Fraser Care Manager

**MERRY
CHRISTMAS**



LEISURE & LIFESTYLE REPORT PRUNUS LODGE

Hello everyone,

I hope you are all enjoying this Spring season.

Here's a look at what we've been up to at Prunus Lodge over the last couple of months.

Gardening - With the warmer weather we are very happy that our plants and our vegetable gardens are starting to bloom and grow. We frequently spend time outside watering, picking weeds and admiring what a great job we did along with our gardener Krissy.



Café morning tea - We love our Café visits! Most of the time we walk from Prunus Lodge to the main street of Molong, to perch up at one of our local cafes. We often talk about the fresh aroma of coffee and cakes; and what it was like to live in Molong back in the day and how much it has changed. We usually indulge in a fresh coffee and maybe a cake or a pastry.

Molong Central School Play - We were invited to attend the local Molong Central School production... and what a show it was! The acting was incredible, and they incorporated every single class of Primary to perform to a song each, including: Singing in the Rain, Chitty Chitty Bang Bang, Lets go Fly a Kite and many more.

Melbourne Cup - What a day. Melbourne Cup at Prunus Lodge is a highly celebrated day with all involved. It was excellent to see the residents getting into the spirit by dressing up for the occasion. Our kitchen did a marvellous job with the food provided for the day, and our home was decorated as none other than Flemington. Thank-you to Dot Williamson for the many beautiful flower arrangements she made up for the special day. We also had a few competitions before the big race for the best dressed contenders where we did a runway show and had a little dance. We also had many sweeps for Melbourne Cup, thanks to Kim Blake and Zonka for minding the table for the day. It was an amazing day had by all.

Anyway, stay tuned for many more to come!

Ruby Mitchell

Recreational Activity Officer



CENTRAL WEST UPA PHOTOS

Visit to Cowra Japanese Gardens



Photos by J Parkins

Ascott Gardens Shoe Party



COMMUNITY NEWS

Christmas is around the corner! Please advise the office if you will be away over the Christmas/ New Year period so that we can arrange your roster. On public holidays we only provide personal care and safety checks, please advise the office if you need these services as they must be booked in.

The office will be open as follows:

Monday 24 th December	8.30am – 1.30pm
25 th , 26 th , 27 th December	CLOSED
Friday 28 th December	9am – 1.30pm
Monday 31 st December	8.30am – 1.30pm

Synergy/Lime will be closed from:

Monday 24 th December – Friday 4 th January 2019
Reopening Monday 7 th January 2019

We welcome two new staff to our office. Virginia who will be Case Managing Level 1 and 2 and Tamsin in Admin Support.

Jazz Kingdom

Selwyn King did a wonderful performance in Synergy on Wednesday 31st October. There was a great turn out for the show and it was thoroughly enjoyed by all. We hope to have him again soon.



We wish you a Merry Christmas and
Happy New Year!

Penny, Nicole, Jodie, Hayley, Carol, Virginia,
Tamsin and the Community Team





Massage

Eight of our care workers have now completed a course in massage therapy and are available to visit you in your home or at Synergy. There are many benefits from massage so we encourage you to take advantage of this service.



Exercise



We have exercise group classes with the physiotherapist. Prior to the classes the physiotherapist does an assessment of your individual needs and tailors your session to suit. Classes are \$10/hr.

We also have 'Open Gym' with the physiotherapist where you can work on your own individual exercises.

All activities must be booked through the Community Care office on 6361 3322.

If you have not yet attended any of the programs, we are more than happy to provide further information and a tour, or you might just like to pop in for a coffee at Lime, open Monday to Friday 10.00-11.45 offering coffee, tea and





MONDAY	TUESDAY	WEDNESD	THURSDAY	FRIDAY
MORNING	MORNING	MORNING	MORNING	MORNING
<p>Programs to be advised</p>	<p>10am - 11am: Tai Chi (\$10 per session)</p> <p>10am - 12pm: Art Class (\$25 per session)</p>	<p>9am - 10am: Chair Yoga (\$10 per session)</p> <p>9am - 10am: Physio 1:1 Sessions</p> <p>10am - 11am: "Move it" Physio Class - for strength,</p>	<p>9am - 10am: Mindfulness (\$10 per session)</p> <p>Bowen Therapy (by appointment)</p>	 <p>Massage Therapy (by appointment)</p>
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
 <p>12pm - 3pm: The Shed - Men's Group (\$20 per session)</p>	<p>Programs to be advised</p>	<p>1pm - 3pm: The Shed - Men's Group (\$20 per session)</p> <p>1pm - 2pm: Music Therapy (\$10 per session)</p> 	<p>Programs to be advised</p>	<p>BOOKINGS ESSENTIAL</p> <p>Please call Community Care: (02) 6361 3322 to reserve your place.</p> 

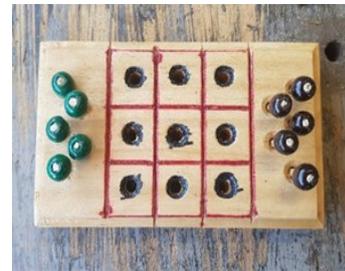
Programs are an indication only. For more information/bookings please contact Community Care office. Ph: (02) 6361 3322



SYNERGY

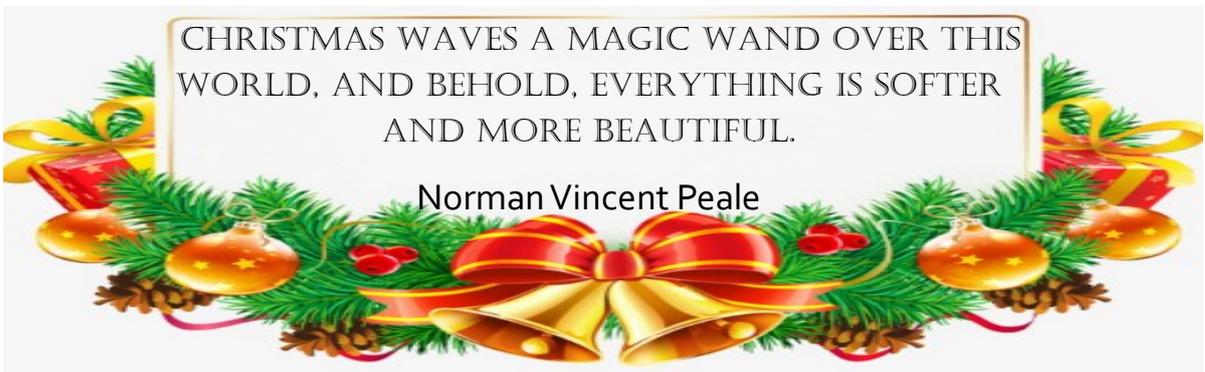


Our 'Men's Group' have been hard at work in The Shed. They have a number of items available for purchase in Synergy. Please come and have a look.



CHRISTMAS WAVES A MAGIC WAND OVER THIS WORLD, AND BEHOLD, EVERYTHING IS SOFTER AND MORE BEAUTIFUL.

Norman Vincent Peale



RETIREMENT VILLAGE

Sunset Vista - Astill Court - Kooronga Lodge - Molong Lodge

Christmas time already?!? As a community, Orange loves Christmas! There are streets of house lights and decorations, and the shop displays get better every year. If you get a chance, pop down to the Buena Vista Op Shop in Peisley Street and check out their window. They always make a wonderful effort.



Kris, our Gardener, is back! She already has the gardens looking fresh again. We have some great long-term maintenance plans to refresh the Villages, so we will keep you informed of any planned maintenance dates and other activities.

Watering of Gardens should be as per Orange & Molong Council allocated days

- Remember the Library at the Gallard Centre is opened week days from 9am – 3pm. There will be a new bookcase there soon for the overflow of books. Also a new notice board will be fitted in the function room so make use of this for all of your activities etc.
- Please make use of the Gallard Centre over the Holiday time. Let us know in the office if we can assist in any way.
- Bin collection are as normal through the Holiday period

Kind Regards,
Leila and Amanda

RV & Admissions Coordinators



A reminder that in this warmer weather please stay hydrated. Drink plenty of water and slip slop slap!



RETIREMENT VILLAGE

Gardening & Maintenance

As always any maintenance issues you have please call **Nic** at the Regional Office so she can put it in **Robbie's** "to do list"

Also you will all be happy to know that **Kris** is back doing the gardening around the Villages, if you see any gardening in the UPA general areas please give Nic a call at the Regional Office to pass onto Kris.

Brett & his mowing team will be still cutting the grass once a week till January then down to once a fortnight (weather depending)

REGIONAL OFFICE: 6362 7820

UPA Bus Outings December & January 2018



Wednesday 19th December:

**Christmas Dinner and Night lights tour &
Dinner Patmos Restaurant at 5pm**



Bus will depart Sunset Vista/Astill Court at 4.30pm & Kooronga Lodge at 4.45pm, returning around 7.30pm

Wednesday 30th January:

TBA





ASCOTT GARDENS VOLUNTEERS

We look back on a great year with some special 'success stories' to share with our readers.

* **Friendship Group**

The Coinda Friendship Group was formed 4 years ago on 2nd September 2014 and continues to meet once a month. Coinda means 'Happy Place' and that is exactly what we aim to provide for residents as they meet, enjoy a cuppa and then spend some quality time sharing special memories of lifelong experiences. The program in recent months has included:

- Memories of Favourite Things, Places and People in our Life
- Cameras Old & New and the Changes in Photography with Guest Speaker, Ray Rowney, Patron of Orange Camera Club
- Tuning in to Music Memories
- Recalling How Shopping Methods Have Changed through the Years
- Putting our Best Foot Forward – the changes in footwear.
- We were privileged to have Pam Johnson from the local Samaritan's Purse Group spend time with us when we donated enough items to pack 30 boxes for Operation Christmas Child.

Monthly attendances average 16 (on occasions up to 25) and we enjoy having some family members join us as well.

- * **The Shop** – Our Shop continues to trade quite briskly every Thursday after lunch. Our sales have increased and we have expanded our range to provide a wider selection. The 'favourites' include: Chocolates! Lollies of all description, biscuits, bottled drinks, tissues, toiletry items of soap, powder, toothpaste, etc. Greeting cards are popular as are gift items and jewellery. We are very grateful to the volunteers who donate a variety of handcraft goods such as facewashers, coathangers, knee rugs, bed socks, knitted items and other interesting items.

I take this opportunity to sincerely thank ALL our volunteers, whether they come on a weekly, monthly, or on call basis. Your willingness to contribute to the program provides a quality of life for our residents that is greatly appreciated. May you all enjoy happiness and peace during the Christmas Season and may good health be with you in the coming New Year.

Val Bradley
Volunteer Co-Ordinator and Pastoral Care Worker



BUENA VISTA OPP SHOP

Christmas Magic has certainly arrived – right here at the Op Shop – We have cards – decorations – jewellery – toys – books and all that is associated with the holiday period.

Our volunteers who have been working tirelessly all year recently enjoyed a lovely Christmas Luncheon at Nile Street Café, it is not often that we can all come together and we thank UPA sincerely..

What a great year it has been – the donations we have received from the local community has been overwhelming – many new customers (who always leave with a smile on their face) and so many visitors from far and wide..... This makes us all so very proud that we are part of UPA – and able to assist Orange Family Support Services.

Our last day of trade for 2018 will be Sat 22nd December and will re-open on 2nd January 2019....

We wish you all a Merry Christmas a safe and Happy New Year and we look forward to seeing you “At the Op Shop” in 2019....

Irene and Debbie

HAPPY BIRTHDAY

December

- Kath McCauley
- Wendy Murray
- Elaine Williams
- Rhonda Higgins
- Liz Preston
- Ellen Goodlock

January

- Margaret Young
- Jenny Cleary
- Lynn Doak
- Edna Sylvester



australia day

Birthstones



December
Zircon



January
Garnet



HAPPY BIRTHDAYS

DECEMBER

Tiny Witherdin - Ascott Gardens
Maria Rossetto - Ascott Gardens
Allan Fox - Community Care
Joy McManamey - Ascott Gardens
Bev Berkeley - Ascott Gardens
Brain Mealey - Community Care
Peter Short - Ascott Gardens
Janette Martyr - Prunus Lodge
Mabs Garrood - Ascott Gardens
Shirley Johnston - Ascott Gardens
John Fairbairn - Community Care
Norman Mackin - Community Care
Joan Sanders - Ascott Gardens
Melva Bennett - Prunus Lodge

its the most
DECEMBER
wonderful time of the year



JANUARY

Jean Kelly - Ascott Gardens
Joan Bradley - Ascott Gardens
Mary Reed - Ascott Gardens
Lorna Carr - Ascott Gardens
Robert Pye - Ascott Gardens
Joyce Heckendorf - Prunus Lodge
Nina Robertson - Ascott Gardens
Betty Green - Ascott Gardens
Zonka Kelly - Prunus Lodge
Fay Koch - Community Care
Ronald Dover - Community Care

Good, better, best. Never let it rest. 'Til your good is better and your better is best.

St. Jerome

VOLUNTEERS BIRTHDAYS

DECEMBER

Shirley Simpfendorfer
Dulcie McLean

JANUARY

Elaine Ceasar
Toni Dingle

MEET OUR UPA STAFF:

Amanda Berrington - Retirement Village & Admissions Coordinator (Leila's job share) - Regional Office.

I have been with UPA now for over five years (time flies!) – starting in Accounts Payable and Payroll and now I have moved into Admissions, job sharing with our wonderful Leila. It is such a privilege to be able help people with the transition into one of our units or full care. It's very rewarding.

I grew up in the upper Blue Mountains and moved to the Central West as a teenager. I was a cook for many years in local hotels and a few Aged Care facilities. Very different from what I do now but it was flexible and allowed some flexibility to raise my family.

I am married to an Englishman (we met on the internet 14 years ago) and have a blended family of five great kids ranging from age 20 to 28. We also have two gorgeous grandkids aged five and one. We have one daughter still living in England but the rest are here – three local and one in Wollongong. We can plan some great holidays with that selection! We also have two dogs and a cat that keep us busy tidying up after them. I am sure they are worse than kids.

My husband and I love to travel when we can. Generally back home (for him) to the UK but we have been to the USA a few times now and have another trip planned there in February. We hope to see some snow on Yosemite!

It has been lovely to meet you all over the time I have been here and now I am more involved in the Retirement Villages and Hostels, I hope to get to know everyone a little better.

Merry Christmas to you all. I hope Santa is good to you .

Regards Amanda



A little Christmas Story

It was the day after Christmas at St Peter and St Paul's church in Borden , Kent, England. Father John, the priest, was looking at the nativity scene outside when he noticed the baby Jesus was missing from the figures.

Immediately, father John's thoughts turned to calling in the local policeman but as we was about to do so, he saw little Nathan with a red wagon, and in the wagon was the figure of the little infant, Jesus. Father John approached Nathan and asked him, 'Well, Nathan, where did you get the little infant?'

Nathan looked up, smiled and replied, I took him form the church.'

'And why did you take him?'

With a sheepish grin, Nathan said, 'Well, father John , about a week before Christmas I prayed to Lord Jesus. I told him if he would bring me a red wagon for Christmas, I would give him a ride around the block in it. '

Anonymous Author

SUDOKU & FUNNIES

Challenge yourself....

			5		1			7
1		3		9				
		7	8			2		
	8							
6		4				3		5
							6	
		5			4	1		
				1		8		9
2			7		3			

Level: Hard

			2		3			
7	3			6		8		
5		2		9				
8	7							
	2	3				5	1	
							3	9
				8		1		4
		6		4			7	5
			5		9			

Level: Expert

HOHOHO...

- Q: What do elves learn in school?
A: The Elfabet.
- Q: What do you call people who are afraid of Santa Claus?
A: Claustrophobic
- A child asked his father, "How were people born?" So his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on." The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now." The child ran back to his father and said, "You lied to me!" His father replied, "No, your mom was talking about her side of the family."
- Q: Is Google male or female?
A: Female, because it doesn't let you finish a sentence before making a suggestion.



ASCOTT GARDENS DECEMBER 2018

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1 9.15 CWD reading 10.30 Cross-words	2 9.15 Ascott Service
3 9.15 CWD Reading 9.30 Physo Exercise 10.30 Bingo 1.30 Craft	4 9.15 Good news 9.30 Physo Exercises 10.30 Star chem pop up shop 1.30 Movie	5 9.15 Resident's Meeting 10.30 Bingo 2.00 Anglican Service	6 9.15 News & Views 9.30 Physo Exercise 10.30 Round Robin 2.00 Reading Group	7 9.15 Current Affairs 9.40 Walk 10.30 Bingo 2.00 Catholic Mass	8 9.15 CWD reading 11.00 Singing	9 10.30 Uniting Service
10 9.15 Media Madness 9.30 Physo Exercises 10.30 Bingo 1.30 Craft	11 9.15 Good news 9.30 Physo Exercises 10.30 View Club Singing	12 9.15 Morning News with Kerry 9.40 Exercise 10.30 Recorder group 2.00 Cooida	13 9.15 Paper 9.30 Exercise 10.30 St Mary's Singing 2.00 Reading Group	14 9.15 Current Affairs 9.40 Walk 10.30 Bingo Anson Street School visiting 1.30 Movie	15 9.15 CWD reading 10.30 Hangman International Tea day	16
17 9.15 Media Madness 9.30 Physo Exercise 10.30 Bingo 1.30 Craft	18 9.15 Good news & Gossip 9.30 Physo Exercises 10.30 Residents Activity Planning	19 9.15 Morning News with Kerry 10.30 Bingo 9.30 Physio 2.00 Anglican Service	20 9.15 Out & About 2.00 Reading Group	21 9.15 Current Affairs 9.40 Walk 10.30 Bingo 2.00 Presbyterian Service 4.00 Happy Hour	22 9.15 CWD reading 10.30 Quiz/Trivia	23
24 9.15 Paper 9.30 Physo Exercise 10.30 Bingo 1.30 Craft	25 CHRISTMAS DAY 	26 BOXING DAY HAPPY BOXING DAY! 	27 UPA HOLIDAY 	28 9.15 Current Affairs 9.40 Walk 10.30 Bing 1.30 Christmas Movie	29 9.15-CWD reading 10.30- Scattergories	30 NEW YEARS EVE

ASCOTT GARDENS JANUARY 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 NEW YEARS DAY PUBLIC HOLIDAY 	2 9.15– Morning Paper 9.40 Exercise 10.30- Bingo 2.00 Anglican Service	3 9.15– News & Views 9.30– Physo Exercise 10.30– Darts	4 9.15– Current Affairs 9.40– walk 10.30- Bingo 2.00- Catholic Mass	5 9.15-CWD reading 10.30– Cross-words	6 9.15 Ascott Services
7 9.15– Media Madness 9.30– Physo Exercises 10.30– Singing 1.45 Craft	8 9.15– Good news & Gossip 9.30– Physo Exercise 10.30– Boggle 2.00 Café 83	9 9.15– Morning Paper 9.40 Exercise 10.30- Bingo 2.00 Anglican Service	10 9.15– News & Views 9.30–Physo 10.30–Round Robin 2.00 Reading Jenny	11 9.15– Current Affairs 9.40-Walk outside 10.30- Bingo 1.30- Bus Drive	12 9.15-CWD reading 10.30– Who wants to be millionaire?	13 10.30– Unit-ing Service
14 9.15– Media Madness 9.30– Physo Exercises 10.30– Bingo 1.45 –Crafts	15 9.15– Good news 9.30– Physo Exercise 10.30– Bobs	16 9.15– Morning New 9.40 Exercise 10.30- Bingo 2.00 Anglican Services	17 9.45– Out & about 2.00 Group Reading	18 9.15–Paper reading 9.40-Walk outside 10.30- Bingo 2.30– Pres-biterian Ser-vice	19 9.15-CWD reading 10.30– Hang-man	20
21 9.15– News 9.30 Physo Exercise 10.30– Bingo 1.45 –Crafts	22 9.15– Good news 9.30– Physo Exercise 10.30– Round Robin	23 9.15– Morning News 9.40 Exercise 10.30- Bingo 2.00– Open praise	24 9.45-News 9.30– Physo Exercise 10.30 Word game	25 9.15– Paper reading 9.40-Walk 10.30- Bingo 4.00– Happy hour	26 AUSTRALIA DAY 	27
28 9.15– Media Madness 9.30 Physo 10.30– Bingo 10.45 Craft	29 9.15– Good news 9.30– Physo Exercise 10.30–Boogle	30 9.15– News 9.30– Physo Exercise 10.30– Bingo	31 9.15– Paper reading	RESIDENTS * Please see weekly planner for any change.		



PRUNUS LODGE DECEMBER

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>3</p> <p>CHRISTMAS DECORATING DAY</p>	<p>4</p> <p>9am- Newspaper Reading 10am- Bus Trip 1pm- Movie/Cards Club</p>	<p>5</p> <p>9.15am- Xmas Cross-word 11am- Pine Cone Paint 12pm- Mens Shed BBQ 1.30pm- Staff meeting</p>	<p>6</p> <p>RESIDENT CHRISTMAS PARTY</p>	<p>7</p> <p>9.30am- Bingo 10.45am- Golf 1pm- Happy Hour</p>	<p>8</p> <p>WEEKEND ACTIVITY BOOKS</p>	<p>9</p> <p>2pm- Movie and Ice-cream</p>
<p>10</p> <p>9.30am- Exercise 11.30am- Church 1pm- Dominoes</p>	<p>11</p> <p>9am- Newspaper Reading 10am- Bus Trip 1pm- Movie/Cards Club</p>	<p>12</p> <p>Christmas Pamper Day</p>	<p>13</p> <p>9.15am- Walking 10am- Singing 1pm- Bowls</p>	<p>14</p> <p>9.20am- Hairdresser 10.45am- Golf 1pm- Happy Hour</p>	<p>15</p> <p>WEEKEND ACTIVITY BOOKS</p>	<p>16</p> <p>2pm- Movie and Ice-cream</p>
<p>17</p> <p>9.30am- Santa Says Exercise 11am- Word Games 1pm- Dominoes</p>	<p>18</p> <p>9am- Newspaper Reading 10am- Bus Trip 1pm- Xmas Star Craft</p>	<p>19</p> <p>Podiatrist 9.15am- Morning Walk 10.45am- Christmas Art 1.30pm- Xmas Stories</p>	<p>20</p> <p>9.15am- Walking 10am- Family Day Care Visit 1pm- Bowls</p>	<p>21</p> <p>9.30am- Bingo 10.45am- Golf 1pm- Happy Hour</p>	<p>22</p> <p>WEEKEND ACTIVITY BOOKS</p>	<p>23</p> <p>2pm- Movie and Ice-cream</p>
<p>24</p> <p>9.30am- Exercise 11.30am- Church 1pm- Dominoes</p>	<p>25</p> 	<p>26</p> 	<p>27</p> <p>9.15am- Walking 10am- Singing 1pm- Bowls</p>	<p>28</p> <p>9.20am- Hairdresser 10.45am- Golf 1pm- Happy Hour</p>	<p>29</p> <p>WEEKEND ACTIVITY BOOKS</p>	<p>30</p> <p>2pm- Movie and Ice-cream</p>

PRUNUS LODGE JANUARY 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
7 9.30am- Exercise 11.30am- Church 1pm- Dominoes	1 	2 9.15am- seated stretch 9.45am- Dominoes 12pm- Mens ShedBBQ 1.30pm- Staff meeting	3 9.15am- Walking 10am- Singing 1pm- Bowls	4 9.30am- Bingo 10.45am- Golf 1pm- Happy Hour	5 WEEKEND ACTIVITY BOOKS	6 2pm- Movie and Ice-cream
14 9.30am- Exercise 9.30am- Café morning tea 11am- Word Games 1pm- Quilts	8 10am- Bus Trip 1.30pm- Resident/ Carer Meeting 1pm- Mov-	9 9.30am- Arts and Craft Morning 1pm- Gardening	10 9.15am- Walking 10am- Singing 1pm- Bowls	11 9.20am- Hair-dresser 10.45am- Golf 1pm- Happy Hour	12 WEEKEND ACTIVITY BOOKS	13 2pm- Movie and Ice-cream
21 9.30am- Exercise 11am- Novel reading 1pm- Dominoes	15 9am- Newspaper Reading 10am- Bus Trip 1pm- Movie/Cards	16 LADIES PAMPER DAY	17 9.15am- Walking 10am- Singing 1pm- Bowls	18 9.30am- Bingo 10.45am- Golf 1pm- Happy Hour	19 WEEKEND ACTIVITY BOOKS	20 2pm- Movie and Ice-cream
28 9.30am- Exercise 9.30am- Café morning tea 11am- Word Games 1pm- Quilts	22 9am- Newspaper Reading 10am- Bus Trip 1pm- Movie/Cards	23 9.30am- Arts and Craft Morning 1pm- Gardening	24 9.15am- Walking 10am- Singing 1pm- Bowls	25 9.20am- Hair-dresser 10.45am- Golf 1pm- Happy Hour	26 	27 2pm- Movie and Ice-cream
29 9am- Newspaper Reading 10am- Bus Trip 1pm- Movie/Cards	30 9.30am- Arts and Craft Morning 1pm- Gardening	31 9.15am- Walking 10am- Singing 1pm- Bowls				



COMMUNITY CARE SERVICES

Uniquely tailored to every Individual...

UPA Community Care Services
211a March Street ORANGE NSW 2800
02 6361 3322
cacs@centralwest.upa.org.au

www.upa.org.au



"We would prefer you to know us and not need us than to need us and not know us!"

Some of our services include:

- Private Services (including, companion services, domestics, transport, gardening, social support, meals preparation, pain management)
- Home Care Packages
- In Home Respite
- DVA
- Short Term Restorative Care
- Palliative Care
- Brokered Services
- Music Therapy
- Yoga & Tai Chi
- Flower & Garden Therapy
- Pain Management and much more...





WHAT DO YOU THINK??

WE SEEK TO PROVIDE **CHRISTIAN QUALITY CARE** IN ALL OUR SERVICES. WE VALUE YOUR IMPRESSIONS OF US AND ANY SUGGESTIONS YOU MIGHT LIKE TO GIVE.

Please tell us what do you like or dislike about our Services?

Do you have any suggestions for improvement?

Please place completed sheets in our **“3 C’s”**
Suggestion Box: **‘Comments, Compliments, Complaints’**
at the Aged Care Facility or give to your CACS Worker
if you receive a Community Care Package.

Alternately please mail to:

The Regional Manager

PO Box 8090, EAST ORANGE, NSW 2800

Orange NSW 2800





CENTRAL WEST SERVICES

RESIDENTIAL AGED CARE:

Prunus Lodge, Molong - Bells Lane Molong - 28 Bed Aged Care Service

Care Manager: *Rebecca Fraser*

Phone (02) 6366 8097

Ascott Gardens, Orange - 83 Spring Street Orange - 78 Bed Aged Care Service

Facility Manager: *Johannes Brockhaus*

Phone (02) 6362 2201

Community Aged Care Services: - 211a March Street, Orange

CACS Manager: *Nicole Gill*

Phone (02) 6361 3322

RETIREMENT VILLAGES:

Retirement Village & Accommodation Officers - *Leila Oborn/Amanda Berrington*

Phone (02) 6362 7820

Molong Lodge - Bells Lane & Hill Street Molong - 22 Self-Care Units

Kooronga Lodge - 35 - 39 Kooronga Avenue Orange - 10 Self-Care Units

Sunset Vista Village - 64 Nile Street Orange - 13 Self-Care Units

Astill Court - 102-110 Autumn Street Orange - 32 Self-Care Units
& 75 Nile Street Orange

Buena Vista Opportunity Shop: - 197 - 199 Peisley Street Orange

Manager: *Mrs Irene Dwight*

Assistant Manager: *Debbie Alexander*

Phone: (02) 6361 7884

Community & Resident's Centres:

The Gallard Centre - 79 Nile Street Orange

Molong Activity Centre - 36 Hill Street Molong

Phone: (02) 6362 7820



OUR PHILOSOPHY OF CARE

The United Protestant Association, (UPA) is a Christian Organisation that aims to provide quality service and care. We believe that every person that we care for has the right to live in 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, inclusiveness 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 will seek to make amends.

HISTORY OF UPA

The United Protestant Association of NSW Limited (UPA) is a Christian care organisation, established with the commitment to care for disadvantaged children and the provision of care and accommodation for elderly people.

The Association's work was commenced at Grafton in 1938 by the late Thomas Agst, BEM, JP, when he took several small children into care. From this small beginning, the Association was to gain impetus which has since seen expanded services to both young and old at 45 centres throughout New South Wales. From its very inception, UPA has touched the lives of thousands of people by providing care of high quality in the context of Christian love and compassion.





UPA

OUR MISSION

Our mission is to offer care of the highest possible standard consistent with UPA's Christian commitment and the expectations of society

OUR VALUES

Compassion

Respect

Integrity

Kindness

Inclusiveness



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"UPA Central West"

