



# WR Mail

Western Region Mail



MERRY  
CHRISTMAS  
AND HAPPY NEW YEAR



United in Christian Care



INSIDE THIS ISSUE:

3 Christmas  
Message

4 - 5 Consumer  
Directive Care Pilot  
Project

6 - 7 Melbourne  
Cup Photos

8 Birthdays and Stay  
Cool Message

9 Find-A-Word

10 Events

11 Christmas Story

12 Admin Message  
& Answers

13 Notice Board



*Merry Christmas*  
& HAPPY NEW YEAR

Christmas will always be for us  
A time to reflect on Christ,  
The gift God gave to all the world  
Was the gift of His life  
We know Christmas is not about tinsel,  
Nor fancy Christmas wreaths,  
Nor is it about all the decorations  
That adorns our Christmas trees  
And it's not about Holly or Mistletoe  
Hanging from our doors,  
Nor is it about the gifts that are left  
By the jolly Santa Claus  
Christmas is more than all of this  
And the only reason why  
We celebrate Christ's birth together  
And the wonder of His life  
So remember as you celebrate,  
Just what it's all about  
And invite the Lord to join with you,  
Instead of leaving Him out  
For He will always be the reason  
We celebrate this day,  
No substitute the world may offer  
Can take that meaning away



# Consumer Directed Care *Pilot Project*

Hi Everyone,

## **Consumer Directed Care Pilot Project:**

Bracken House has been the chosen UPA site for the Consumer Directed Care Pilot Project which will commence in January 2019. This will be a Pilot Project for at least a 6 to 12 month period. There will be a sample of say 7-8 residents only that will be involved in the Pilot Project. Residents and their families will be informed and staff have already commenced training on the Consumer Directed Care Model. This is a very exciting time for residents and staff at Bracken House as it will give us a chance to prove that we can make this pilot project successful and be able to expand it out to the other residents of Bracken House and then to other UPA Residential Facilities.

## **Bracken House Administration Office Christmas Closure:**

Please note that Bracken House Administration Office will be closed from 24<sup>th</sup> December, 2018 and will re-open on the 2<sup>nd</sup> January, 2019.

I would like to take this opportunity to wish all residents, their families and carers and all staff a very Merry Christmas and a safe and Happy New Year.

Bye for now,  
Elaine Baillie



## **What is Consumer Directed Care (CDC) in residential aged care all about?**

Consumer Directed Care (CDC) is an approach where residents (their family/representative) are given choice about how they wish to have their services provided and how to spend the funds available.

Residents (and their families/representatives) are consulted and are informed about care and services.

CDC in residential care is about:

Every resident is provided with their clinical care needs as they have been assessed and agreed to;

Every resident (and/or their family/representative) develops the goals they wish to achieve while living at the facility. This includes areas of social, emotional and physical needs;

A frank and open discussion is held with the every resident about the funding available for the service and how these line up with the services;





The goals and funding are reviewed on a regular basis to feedback to every resident (and/or their family/representative) to ensure the goals are being met;

Resident (and/or their family/representative) have the ability to make adjustments and/or seek more individualised services to meet these goals;

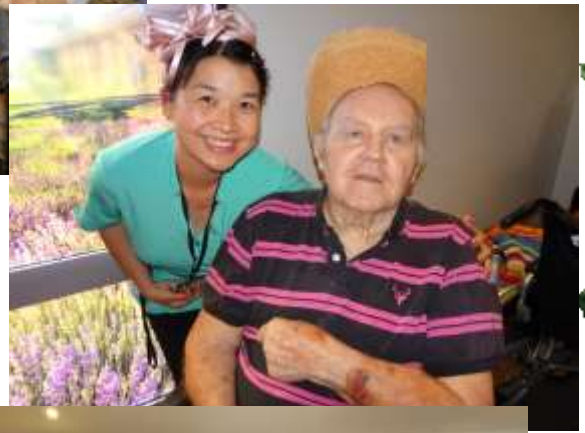
Every resident (and/or their family/representative) is able to make choices within the clinical and care services as well as lifestyle activities to meet their goals; and

Financial information is provided each month on funds available.

UPA is commencing a trial of CDC with a select group of residents. Only those who agree to go on the trial will participate. We invite you to take part in this important change for UPA.



# Melbourne Cup Lunch





STAY COOL

this SUMMER



1. Stay indoors
2. Drink plenty of fluids - preferably water, if people are tea drinkers try placing tea cups full of water around the home in strategic spots to prompt drinking
3. Keep as cool as possible by using air conditioning or fans if available, and use moist cool towels to moisten skin
4. Store water in the fridge to remain cool
5. Wear light, loose fitting clothing



Kath Wood 4th  
Lorraine Donnelly 9th  
Elaine Fessey 17th  
Shirley Moore 28th



# CHRISTMAS DECORATIONS



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



- |           |            |
|-----------|------------|
| TREE      | ELF        |
| STOCKING  | PINECONE   |
| WREATH    | NUTCRACKER |
| GARLAND   | MISTLETOE  |
| CANDLE    | CARDS      |
| FIGURINE  | FIREPLACE  |
| ORNAMENT  | CANDY      |
| TINSEL    | PAPER      |
| RIBBON    | BOW        |
| TWINKLING | NATIVITY   |
| LIGHTS    | SNOWFLAKE  |
| BELLS     |            |





# Events

Red Gum Christmas Luncheon  
Wednesday 12th December 2018  
12pm

Lavender Lodge Christmas Lunch-  
eon  
Thursday 13th December 2018  
12pm

Christmas Sight Seeing  
Friday 21st December 2018  
7pm



## A Christmas Train

By Thomas S. Monson

He recalled a Christmas, probably in his tenth year; when he wanted an electric train more than anything else. He did not want the less expensive and easier-to-find wind-up train. He wanted a train that could be plugged into a socket and run by the wonder of electrical power.


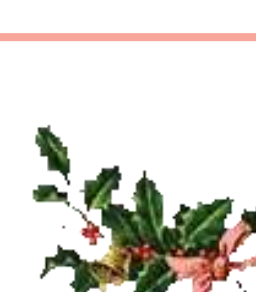
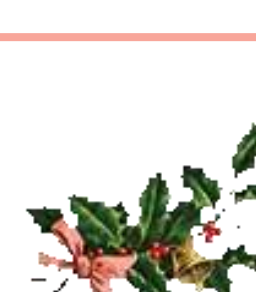

The economy was still depressed at that time and asking for an electric train was asking for a lot— probably even requiring financial sacrifice by his parents. Nevertheless, Tommy hoped and dreamed and, much to his surprise, found an electric train under the tree on Christmas morning. He immediately put the train together and operated the electric transformer. He loved watching the train go forward, then backward, and all around the track.

Hours later, his mother interrupted Tommy at play by showing him a wind-up she had purchased for a boy named Mark Hansen who lived down the street. The train for Mark was not as sleek or as long as his train, but Tommy noticed an oil tanker car in Mark's set that was unlike anything he had. Even though he had a better train set, Tommy began to feel envious of Mark's oil tanker. Tommy pled with his mother to let him keep the tanker. She responded to his fussing: "If you need it more than Mark, you take it."

President Monson recalled how he added the tanker to his set and felt very satisfied---at least for a little while. Later, he walked with his mother over to Mark's home and presented him with the wind-up train, minus the oil tanker. Mark was thrilled with the generous gift. He put the train cars together and began playing with them. Then Tommy's mother wisely asked, "What do you think of Mark's train, Tommy?" Tommy began to feel guilty about the tanker he had confiscated.

He asked his mother to excuse him for a moment, and ran home as fast as his legs could carry him. He detached the oil tanker from his set, along with another car from his own set, and ran back to Mark's home.

Beginning to feel the joy of giving, Tommy burst through the door and said to Mark, "We forgot to bring two cars that belong to your train." He gave Mark the oil tanker and another of his own cars and helped attach them to Mark's set. President Monson remembers how he watched the trains go around the track and "felt a supreme joy, difficult to describe and impossible to forget. The spirit of Christmas had filled my very soul."



Bracken House Administration office will be closed from the 24th of December and will re-open on the 2nd of January 2019.

We wish you all a very Merry Christmas and a Happy New Year.

Love from the Admin Staff.

## ANSWERS

**CHRISTMAS DECORATIONS**

TREE  
 WREATH  
 GARLAND  
 CANDLE  
 FIGURINE  
 ORNAMENT  
 TINSEL  
 RIBBON  
 TWINKLING  
 LIGHTS  
 BELLS

ELF  
 PINECONE  
 NUTCRACKER  
 MISTLETOE  
 CARDS  
 FIREPLACE  
 CANDY  
 PAPER  
 BOW  
 NATIVITY  
 SNOWFLAKE

[www.ChristPuzzle.com](http://www.ChristPuzzle.com)

# Notice Board



We encourage our families to provide photo's and stories about their loved ones who reside with UPA, so we can share within our newsletters.

Follow Us On Facebook!



## PHILOSOPHY OF AGED 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 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.

### OUR VALUES

Compassion    Respect  
Integrity      Kindness  
Inclusiveness

### OUR MISSION

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



The Western Regional office is located at:

315 Macquarie Street, Dubbo, NSW 2830  
Phone: 02 5857 4700 Fax: 02 6884 2764  
Home Care Services: 02 5852 4725

Bracken House Aged Care Hostel, Home Care & Nursing Services  
and Lillimur Cottages: 315 Macquarie St, Dubbo, NSW 2830

Oxley Village: 331 Macquarie Street, Dubbo, NSW 2830

Yeoval: 3 - 7 Lord Street, Yeoval, NSW 2868

United Protestant Association of NSW Ltd  
ACN 050 057 620 ABN 71 050 057 620

**Western Regional Manager:** Elaine Baillie

**Dubbo Care Manager:** Robin Gossip

**Yeoval Care Manager:** Joanne Rendell

**Home Care Manager:** Tracy Dess

**Accountant:** Jonathan Ebba

Members of the Western Regional Executive: Tod O'Dea (President),  
Margaret Moon, Roger Hazlett, Wendy Herd, Rex Morris (State UPA  
Representative) David Lowe, Greg Johnson and Scott Sullivan  
Opportunity Shop Ph. 02 6884 9210 Brisbane Street, Dubbo  
Shop Supervisor: Robyn Fisher

If you would like any further information in regard to membership of UPA or you would like to join the Organisation, please contact the Western Regional Office on 02 5852 4700.

If anyone has anything to contribute, please feel free to either e-mail it to [in-fo@dubbo.upa.org.au](mailto:info@dubbo.upa.org.au) or forward it to the office for inclusion in the next issue.