

UPA CENTRAL WEST NEWSLETTER 2019

February - March edition



upa Uniquely tailored to every Individual...



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

CENTRAL WEST UPA

REGIONAL ADMINISTRATION OFFICE

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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:

Geoff Redman

Billing:

Amanda Berrington

Accounts Payable:

Mandy McLean

Regional President:

Mr Anthony Short

Phone: 6360 2235

Contents:

Page 3	Regional Manager Report
Page 4	Ascott Gardens Report
Page 5	Leisure & Life Style Report - Ascott Gardens
Page 6	Ascott Gardens Photos & News
Page 7	Prunus Lodge Report
Page 8	Leisure & Life Style Report - Prunus Lodge
Page 9 - 10	Community Care Report
Page 11	Synergy Program
Page 12 - 13	Retirement Village Report & Info
Page 14	Ascott Gardens Volunteers Report
Page 15	Buena Vista Opp Shop Report
Page 16	Happy Birthdays
Page 17	Meet one of Our UPA Regional Executive Member
Page 18 - 19	Word Search, Sudoku & Funnies
Page 20 - 21	Ascott Gardens Events Calendar
Page 22 - 22	Prunus Lodge Events Calendar
Page 25	What do you think?
Page 26	Central West Services
Page 27	UPA Philosophy & History

REGIONAL MANAGER

Hello everyone and Happy New Year to you all!

I do hope you are coping with these very hot weather conditions we have been experiencing and you are managing to remain “cool”.

The new year has already started as a busy one, with many activities on the go around the region.

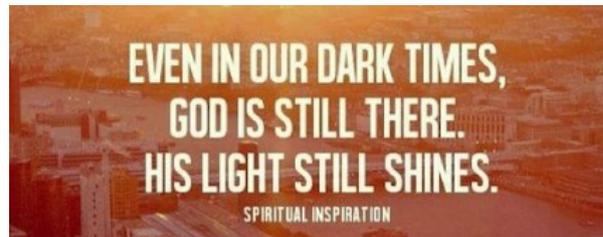
The Astill Court Stage 5 Development commenced on the 29th of January. Stage 5 (8 more new units) will complete the Astill Court redevelopment. The builders are hoping for a good run before winter and the completion date is set for mid-September. If you or anyone you know may be interested in entering one of the new units, please contact Amanda on 6362 7820.

In early March we will be contacting everyone in our Retirement Villages to organise dates to attend our Work Health and Safety inspections. Providing safe living environments is a huge priority to UPA and we thank you (in advance) for your co-operation to attend these safety checks.

We, at the Regional office, are always happy and willing to assist with any concerns or issues you may have. Please do not hesitate to call or drop in for a visit if we can assist you in anyway.

Kind Regards,

Janelle Waters
Regional Manager



Astill Court - Stage 5

Signing of contract and Astill Court resident information meeting



ASCOTT GARDENS

We have been very busy at Ascott Gardens over the last two months. In December our residents in Cedar and Poppy enjoyed a Christmas morning tea with family and friends. It was a very beautiful day and it was great to sit outside and sing Christmas carols whilst enjoying a glass of punch. We also enjoyed a traditional Christmas lunch with families and friends in the main dining room. This has always been a tradition at Ascott and it was good to be able to do it again now that our renovations are complete. Our residents enjoyed a Christmas lights tour and the Salvation Army visited with gifts for everyone. After the Christmas break it is good to have everything open again, including Synergy and Lime Café.

If you have followed the media, you know that the royal commission into aged care is in full swing. UPA was amongst the 100 major providers in Australia who was asked in December to assist with the investigation. As shocking as some revelations in relation to the treatment of some residents at other facilities are, I am so proud of our staff at Ascott that ALWAYS give 110% to make sure that the residents get the best possible home like care.

In January our residents were invited to complete a Resident Experience Survey. This is a way to find out how well we are meeting (your) our residents needs and what we can do to further improve Ascott as a home away from home.

In the January heatwave we all had to suffer but luckily the air-conditioning lived up to its expectations and kept us all cool despite temperatures above 40 degrees. Plenty of cold drinks including fruit punch and ice blocks helped to overcome the struggle.

On the catering side of things, I am very happy that since January we have increased choices on our menu, including various meat choices and every day salads. We are continually updating our menu with more choices and as always please feel free to give feedback and or improvement suggestions. At a time where more and more providers choose to outsource the catering to an external company, we are extremely proud to have a strong internal catering team that provides delicious meals.

Invitations for the Relative Meeting held at Synergy on the 13th of February, have been sent out. I look forward to seeing family/friends and to answer any questions regarding Ascott Gardens.

As always, I like to extend an invitation to all residents, family members as well as staff to come and visit me in my office. My door is always open for concerns, suggestions or a friendly chat.

Warm Regards,
Johannes Brockhaus
Facility Manager



LEISURE AND LIFESTYLE REPORT– ASCOTT GARDENS

We are looking forward to the next few months. We had our resident’s activity planning meeting in January and our beautiful residents came up with some great ideas for activities.

We are looking into swimming at the pool once a week, which will be a great benefit to the residents in regards to fitness and flexibility.

Happy hour is going to be held twice monthly for a trial for the next 6 weeks. We love the get together, food and a nice glass of bubbles. This is a very popular activity at Ascott as you can imagine.



On the 12th of February Star Chem Chemist will be coming to Ascott Gardens with a pop up shop. The shop will be focusing on beauty and makeup.

Ascott has recently purchased a “google home” and we are in the process of learning how to use it. The residents find it funny that you can ask this box any question and it will answer us. We are having so much fun with it that soon all residents will be more tech savvy than the staff. We are also using our smart TV a lot with finding music to sing along to and surf You tube and Netflix. Our residents can get access to Netflix on their smart television in their room as well. If you have a Netflix account and would like to share the password with your family at Ascott please do.



We had a great night out for the Christmas lights tour. Our bus was bursting with laughter and jokes. It was a great night had by all that attended.



Georgie and Kerry



ASCOTT GARDENS PHOTOS & NEWS



Christmas
Time...

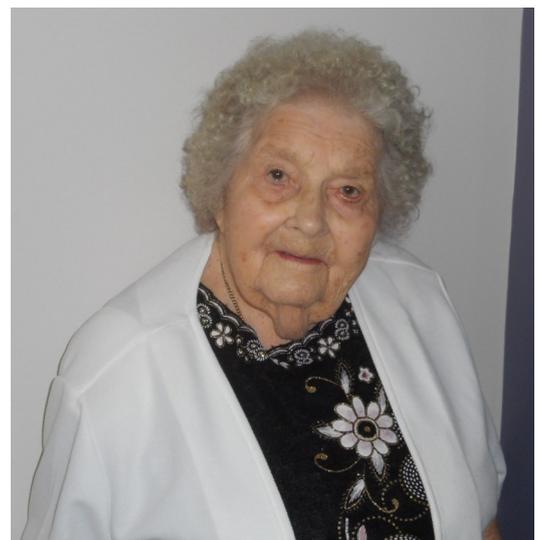


Special Mention:

Joyce Johnson

On the 1st of February 14 years ago, Joyce Johnson moved into Ascott Gardens and has never looked back. Originally, Joyce stayed at Astill House prior to moving into her new home, which at the time was managed by our very own pastoral care worker Val Bradley. When we spoke with Joyce she said: "I feel so lucky to live in a wonderful place like Ascott Gardens. Its just so beautiful here and everybody can call this place a real home". Joyce, we are happy to have you here and we hope that we can share many more years together that are yet to come.

Johannes & the Ascott Gardens team





PRUNUS LODGE

Hello all and welcome to 2019,

I hope everyone had a super Merry Christmas and an absolutely fabulous New Year!

Here's a look back at the last couple of the months:

With the smell of tinsel in the air and decorations everywhere; we celebrated our resident Xmas party in true style and Christmas spirit. With a visit from Santa to deliver gifts and live music by Audrey who had us rocking our hips throughout the whole day . We also had an abundance of guests featuring our nearest and dearest, Prunus Lodge was truly a ball of excitement on the day. I would just like to extend a huge thank-you to all who assisted, in every way possible, to make this day happen. I hope everyone enjoyed the special day.

We are so fortunate to live in such a generous community. A great many thanks to the following businesses for their generous donations to our Prunus Lodge Christmas raffle:

Be Tempted at Barnsey's

Molong BP

Molong Newsagency

Molong Spar Supermarket

Molong Pharmacy

Be Roberts Photography

RSL Club- Molong Branch

Molong Post Office

Kerry Bunting Flowers

Sweetness Lolly Shop

Molong Massage

Minna-Murra Hardware Store

Booful Gifts and Homeware

Eden Décor and Gifts

Molong Cane

Rumour Has It- hairdresser

The Woolshed gift shop Molong

It is due to our close-knit community that we have the ability to run such fabulous fundraising activities to raise money for our residents enjoyment. We are excited to announce that we raised \$546.

We were very lucky to be asked by Molong Baptist Church Playgroup and Cabonne/Blayney Family Day care to hold Christmas themed playgroups with our residents. The children and their day care mums came and entertained us with some carols and crafts. It was so nice to watch the bonds between our residents and the young children that came in. The art and craft seemed most intriguing to the residents and they loved decorating their rooms with lots of creations made.

LEISURE & LIFESTYLE REPORT PRUNUS LODGE CONT...

With our Care Manager on annual leave, we had the pleasure of welcoming Johannes as acting Care Manager from Ascott Gardens. Johannes impressed us on day one by jumping straight into the position (and a toilet). He gloved up to stick his arm in a blocked staff toilet, his adventure was successful. His singing around the facility is nothing from X factor, but 5 stars for trying.

During the upcoming months I will be adding a new activity each week to further enhance our resident activity calendar. Some of these activities include baking, aromatherapy, trivia, memory games and Sip and Dip, just to name a few. Monthly outings such as the Amusu Movie Theatre and the pensioner lunch at the RSL club are also offered. With the Chinese New Year, Valentine's day, St Patricks day and World Poetry day fast approaching, the residents and I have started to plan out how to make these days enjoyable for all and lots of fun! As well as all of that, gentle exercise will be held every Monday, Wednesday and Friday mornings starting at 9.30am. I am so excited for the new and wonderful things planned for 2019. If anyone has any suggestions of what can be added in the coming months please feel free to approach me, I am all ears.

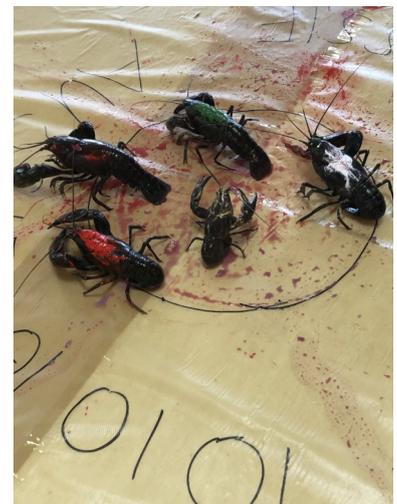
Thank-you to everyone who assisted with activities at Prunus Lodge in 2018. Bring on 2019!

Many thanks,

Ruby Mitchell - Recreational Activity Officer Prunus Lodge

& Johannes Brockhaus - Acting Care Manager Prunus Lodge

Australia Day Yabbie Races at Prunus Lodge...



COMMUNITY NEWS

Synergy/Lime is open, we hope to see you there for an activity and/or coffee and cake.



With the warmer weather  remember to stay hydrated & drink more water

Drinking at least 8 glasses of water daily reduces the risk of many health problems. (NB: Unless advised by your Doctor to follow fluid restriction).

Ageing itself makes people less aware of thirst and also gradually lowers the body's ability to regulate its fluid balance.

Older people who get enough water tend to suffer less constipation, use less laxatives, have fewer falls and, for men, may have a lower risk of bladder cancer and reduce the risk of fatal coronary heart disease.



Massage

We have eight care workers who are qualified in massage therapy. There are many benefits from massage so we encourage you to take advantage of this service. Please call the office on 6361 3322 to book.



COMMUNITY NEWS CONT...

Safe At Home

Be wary of allowing strangers into your home. Follow these tips:

Always ask callers for proof of identity – all genuine callers should carry a photographic identification card.

NOTE: UPA workers always wear a uniform

Beware of callers who attempt to distract you by claiming that they have seen something untoward in your back garden or somewhere that may encourage you to leave your house – they may have an accomplice who is waiting to act upon this distraction.

Be wary of callers offering to do work around your home. These 'rogue traders' may do a shoddy job and often charge extortionate prices.

If you are not convinced of the identity of the caller, don't let them in. Ask the caller to come back later and arrange for a friend, relative or neighbour to be present on their return...

Check this carefully and if you are unsure, telephone the company the caller claims to represent. We would urge all those who are older and may be more vulnerable to be vigilant.

Many criminals are opportunists. They will commit burglaries and robberies when the opportunity presents itself. By cutting down on the opportunities we can cut down on the crime.

Being a good neighbour is one of the best deterrents, as criminals and thieves can't operate if they know their every move is being watched. As it only takes a few minutes to commit a crime, the importance of promptly reporting all suspicious activities to the police should be obvious.

If you feel threatened please call the office on 6361 3322 or or the police 000.

Although no
one can go back
and make a
brand new start,
anyone can
start from now
and make a
brand new
ending.

— — Carl Bard

We wish you a
happy and healthy 2019

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

RETIREMENT VILLAGE

Sunset Vista—Astill Court—Kooronga Lodge—Molong Lodge

Orange & Molong Village Residents attended Christmas Parties and Christmas Light tours in the lead up to the festive season.



A special thank you to our Volunteer Bus Drivers for taking the Residents on the Lights Tour and all the trips they generously give up their time to attend.

Kris our Gardener is doing a great job planting, weeding all our gardens. Nothing like a women's touch!

We welcome new Residents into Units 4 & 8 at Molong Lodge. Please give them a warm welcome.

Thank you to the Residents of Astill Court who have been organising the Library with new books. The new books will provide lots more great reading material. Also thank you for putting up the Christmas Tree at the Gallard Centre. Special thank you's to Maurice and Valmai Naveau for all their assistance with the many volunteer jobs they attend to.

Looking forward to enjoying another great year with you all.

Leila and Amanda



RETIREMENT VILLAGE INFO



GARDENING & MAINTENANCE.

For any Maintenance or Gardening (for the UPA gardens) please contact Nic at the Regional Office .

Maintenance & UPA Gardens please call the Regional Office: 6362 7820

UPA Bus Outings

February - March 2019



Wednesday 13th February:

Sweet Caramel – George St, Bathurst

Wednesday 20th March:

La Porchetta – 6.00pm (to be confirmed closer to date)

The Bus will depart Sunset Vista/Astill Court at 11.15am & Kooronga Lodge at 11.30am, returning around 3pm, unless other wise stated.

- ♦ **Due to our wonderful driver Allan being away, there will be only 2 bus trips for these months.**

ASCOTT GARDENS VOLUNTEERS

News from Ascott Gardens Volunteer Program

With the Christmas/New Year period behind us we are looking forward to what opportunities come our way in 2019.

Sincere thanks are expressed for the help with our Christmas decorations with volunteers brightening the building for the festive season. In total we had 8 Christmas trees to erect, decorate and then dismantle for storage. Quite a big undertaking yet the end result gave great pleasure to our residents and visitors. The Christmas Tree in the main dining room gave a good background for family photos at our Christmas lunch.

Our Shop is trading very well. We plan to continue with monthly specials this year and for January we tempted the taste buds with delicious muffins. The shop has a mini post office section, gift suggestions, handicraft items, jewellery, cosmetic items as well as the ever popular sweet treats, biscuits and drinks. We are so very grateful to the ladies who help our Volunteer Coordinator with the Shop, both in shopping each week for supplies and in serving each week.

St James Presbyterian Church, Orange, will continue to be part of the volunteer program again this year by transporting residents to the 'Out and About' Morning Tea venues each month. In January a wise decision was made to cancel the outing due to the intense heat we have experienced. So it was a case of staying inside with air conditioning and plenty of drinks and nice cold ice blocks.

Val Bradley
Volunteer Coordinator
& Pastoral Care Worker



Dictionary definition of

Volunteer:

*"Volunteering as to
"give" "bestow "or
perform voluntarily".*



**If you would like to become a Volunteer with UPA Central West
Please contact *Val Bradley* on 6362 2201 or Volunteers@centralwest.upa.org.au**

BUENA VISTA OPP SHOP

What a great start we have had to 2019, with many out of town visitors who have certainly enjoyed the experience of shopping at “Buena Vista”. They all left us with very positive comments of the quality of our goods, our bargain prices and the excellent service that we give....our team of volunteers are just the best.

Overwhelmed by the donations coming in we have had to reduce our prices across the store.....

For the avid reader come in and Fill-a-Bag of books for \$5.....

Looking for Toys?? Fill a Bag for \$2.....

Cool summer clothing all at reduced prices.....

The “New” Cubed display unit in our front window came to us as a donation which allows us to place on view a wider selection of Bric-a-Brac. The creates a much more interesting window display, which in turn, makes our shop more inviting to the passer-by.....



Come on in and out of the heat to shop in air-conditioned comfort – take time to browse and maybe choose a gift for upcoming Valentines Day.....

We would love to see you.....

Irene & Deb



HAPPY BIRTHDAY

February

Helen Griffiths
Helen Raynor
Donna Kane
Maria Cudars
Robyne Robbold

March

Debbie Owens
Vanessa Kelly
Pam Williams

Birthstones



March Aquamarine
(Lab Spinel)



February Amethyst
(cubic Zirconia)

HAPPY BIRTHDAYS

FEBRUARY

Aileen Wirth - Prunus Lodge
Bernice Ashton - Community Care
Flora Van Dijk - Ascott Gardens
Gladys Hubbard - Molong Lodge
John Fairbairn - Astill Court
John Owens - Community Care
Kenneth Murnane - Community Care
Margaret Quinn - Ascott Gardens

MARCH

Betty Rowney - Astill Court
Geoff Mackie - Ascott Gardens
Helen Ruggiero - Ascott Gardens
Janet Chrystal - Molong Lodge
Jessie Cannon - Community Care
Jolan Alter - Community Care
Lillian Sweeting - Sunset Vista
Lorna Jefferson - Community Care
Lorna Ostini - Ascott Gardens
Marg Crump - Ascott Gardens
Margaret Wilson - Ascott Gardens
Marie McMullen - Ascott Gardens
Maurice Naveau - Astill Court
Merle Knight - Molong Lodge
Patricia Tom - Community Care
Thelma Edgerton - Ascott Gardens
Trevor Wiles - Ascott Gardens
Zofia Kalinowski - Community Care

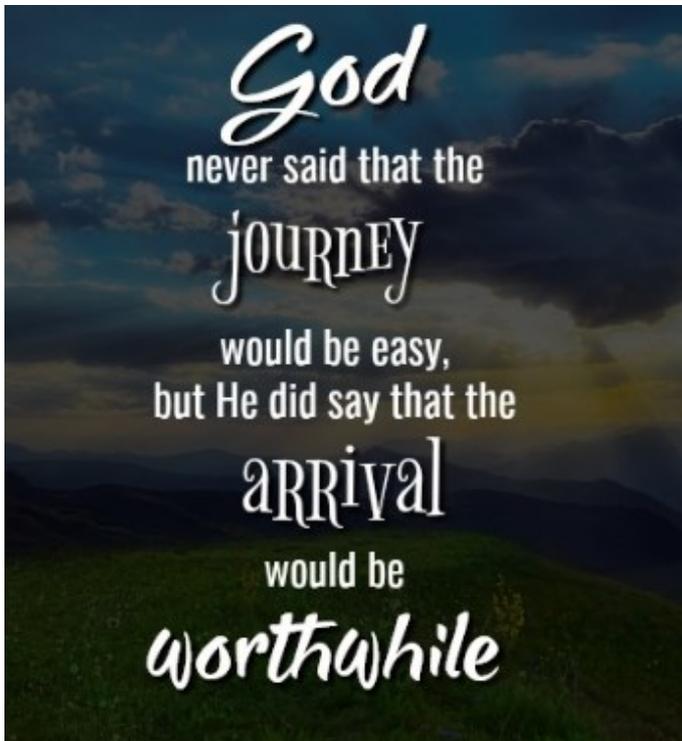
VOLUNTEERS BIRTHDAYS

February

Jenny Lowe
Maurice Naveau

March

Robin Moore
Leigh Knight
Libby Jones



MEET ONE OF OUR REGIONAL EXECUTIVES :

Hi to everyone,

My name is Sue Herbertson and I am the Vice President of UPA Central West Regional Executive. I have been a member since 2016 and a member of the UPA State Board since 2017.

I've lived in Orange all my life, save for a brief interlude in Adelaide in 1977. I have always worked in the health, aged or disability sector and I have strived to support people to live their lives as independently as possible.

I have been married for 42 years to a wonderful man who has a shared view of social justice and together we have 4 children. Each have gone on to forge successful lives based on the principles, I feel, we have instilled in them. We also have 3 grandsons, who are the joy of my life.

Pets? We have a couple of gracefully ageing dogs - a beagle (bane of my life, no, just joking) called Thelma and a beautiful boxer called Madge.

I gained my nursing certificate at Orange Base Hospital in 1976. Since then I have held varied positions that I feel have given me a deep understanding of the issues people face in everyday life.

In some past roles, I have worked in an aged care facility for 6 years, predominately in the dementia unit, managed regional services, for 12 years, that supported people with disability, people who are ageing and their carers to access services, and for 6 years, I was part of a team that managed the transition of a large number of people with intellectual disability to more appropriate community living, also, past and present membership on the Orange Health Service Ethics Committee, Orange Health Council, Orange City Council Access Committee, Orange Family Support Service and Western Region Dementia Interagency.

Currently I am working as a part time teacher at TAFE in the disability and community services section, a role I enjoy as I gain great satisfaction in playing a part in skilling prospective support workers in the industry.

I'm enjoying semi-retirement, as it might give me some time to restore all that furniture I have secreted into our garage over the years, although at this stage, it doesn't seem hopeful.

I am very proud to hold this position at UPA. I feel this gives me an opportunity to have input into ensuring our focus is on the people who have chosen UPA to be by their side for their journey; to support them to enjoy the moment, to reflect on their past and to acknowledge their triumphs and the good times, just like me.

Kind Regards

Sue Herbertson



WORD SEARCH...

VALENTINE'S DAY

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

Bow	Flowers	Lover
Candy	Friend	Party
Cards	Happy	Poetry
Chocolate	Hearts	Red
Cupid	Hug	Roses
Date	Kiss	Sweetheart
February	Love	Valentine

Contact Regional office for solutions

SUDOKU AND FUNNIES...

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

Expert

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

Expert

Ha Ha Ha

- What happens to a frog's car when it breaks down?
- It gets toad away.

- A teacher asked her students to use the word "beans" in a sentence. "My father grows beans", said one girl. "My mother cooks beans", said a boy. A third student spoke up, "We are all human beans".

- Reaching the end of a job interview, the Human Resources Officer asks a young engineer fresh out of the Massachusetts Institute of Technology, "And what starting salary are you looking for?" The engineer replies, "In the region of \$125,000 a year, depending on the benefits package." The interviewer inquires, "Well, what would you say to a package of five weeks vacation, 14 paid holidays, full medical and dental, company matching retirement fund to 50% of salary, and a company car leased every two years, say, a red Corvette?" The engineer sits up straight and says, "Wow! Are you kidding?" The interviewer replies, "Yeah, but you started it."

Can February march? No, but April may.



ASCOTT GARDENS FEBRUARY 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 9.15 Current Affairs 9.40 Walk 10.30 Bingo 2.00 Catholic Mass	2 9.15 Paper reading 10.30 Word Games	3 9.15 Ascott Service
4 9.15 Media Madness 9.30 Physio Exercise 10.30 Singing Ian 1.00 Craft	5 CHINESE NEW YEAR 9.15 Good news 9.30 Physio Exercise 10.30 Bobs 1.30 Bus trip	6 9.15 Residents Meeting 10.30 Bingo 2.00 Anglican Services	7 9.15 News & Views 9.30 Physio Exercise 10.30 Round Robin 2.00 Reading Group	8 9.15 Current Affairs 9.40 walk 10.30 Bingo 1.00 Movie 3.00 Happy Hour	9 9.15 CWD reading 10.30 Word games	10 10.30 Uniting Service
11 9.15 Media Madness 9.30 Physio Exercise 10.30 Bingo 1.00 Craft	12 9.15 Good news 9.30 Physio Exercise 10.30 Star Chem Make up party	13 9.15 Morning News 9.30 Exercise 10.30 Bingo 2.00 Coinda	14 9.15 Paper reading 9.30 Physio Exercise 2.00 Reading Group	15 9.15 Current Affairs 9.40 Walk 10.30 Bingo 2.00 Presbyterian Service	16 9.15 CWD reading 10.30 Word games	17
18 9.15 Media Madness 9.30 Exercise 10.30 Bingo 1.00 Craft	19 9.15 Morning paper 9.30 Physio Exercise 10.30 Singing 1.30 Bus Trip	20 9.15 Morning News 9.40 Exercise 10.30- Bingo 2.00 Anglian Services	21 9.15 Out and About 9.30 Physio exercise 10.30 Golf 2.00 Reading Group	22 9.15 Current Affairs 9.40 Walk 10.30 Bingo 1.00 Movie 3.00 Happy Hour	23 9.15 CWD reading 10.30 Word Games	24
25 9.15 Media Madness 9.30 Physio Exercise 10.30 Bingo 1.00 Craft	26 9.15 Good news 9.30 Physio Exercise 10.30 Bobs 2.00 Café 83	27 9.15 Paper reading and gossip 9.40 Exercise 10.30 Bingo 2.00 Open Praise	28			

ASCOTT GARDENS MARCH 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			 WORLD DAY OF PRAYER	1 9.15 Current Affair 9.40 Walk 10.30 Bingo 2.00 Catholic Mass	2 9.15 CWD reading 10.30 Word Games	3 9.15 Ascott Service
4 9.15 Media 9.30 Physio Exercise 10.30 Singing 11.30 Lunch Outing 1.00 Craft	5 9.15 Morning News 9.30 Physio Exercise 10.30 Round Robin 1.30 Bus Trip	6 9.15 Residents Meeting 10.30 Bingo 2..00 Anglican Service	7 9.15 paper 9.30 Physio Exercise 10.30 Round Robin 12.30 Shop Open 2.00 Reading Group 4.00 Happy Hour	8 9.15 Paper Reading 9.30 Exercise 10.30 Bingo 1.00 Movie 3.00 Happy Hour	9 9.15 CWD reading 10.30 Word games	10 10.30 Uniting Service
11 9.15 Media Madness 9.30 Physio Exercise 10.30 Bingo 1.00 Craft	12 9.15 Good news 9.30 Physio Exercise 10.30 Seated tennis & ball games	13 9.15 Morning News 9.30 Physio exercise 10.30 Bingo 2.00 Cooinda	14 9.15 Paper Reading 10.30 Bobs 12.30 Shop Open 2.00 Reading Group	15 9.15 Current Affairs 9.40 Walk 10.30 Bingo 2.00 Presbyterian Service	16 9.15 CWD reading 10.30 Word games	17 
18 9.15 Media Madness 9.30 Physio Exercise 10.30 Bingo 1.00 Craft	19 9.15 Paper Reading 9.30 Physio Exercise 10.30 Bobs 12.00 Lunch Outing	20 9.15 News 9.30 Physio exercise 10.30 Bingo 2.00 Anglican services	21 WORLD POETRY DAY 9.15 Out and About 9.30 Exercise 10.30 Singing 12.30 Shop Open 2.00 Reading Group	22 9.15 Current Affairs 9.40 Walk 10.30 Bingo 1.00 Movie 3.00 Happy Hour	23 9.15 CWD reading 10.30 Word Games	24
25 9.15 Media Madness 9.30 Physio Exercise 10.30 Bingo 1.00 Craft	26 9.15 Good news 9.30 Physio Exercise 10.30 ABC word game 2.00 Café 83	27 9.15 Morning News 9.30 Physio Exercises 10.30 Bingo 2.00 Open Praise	28 9.15 News 9.30 Physio Exercise 10.30 Seated Tennis 12.30 Shop open 2.00 Reading	29 9.15 Current Affairs 9.40 Walk 10.30 Bingo 1.00 Movie	30 9.15 CWD reading 10.30 Word Games	31

PRUNUS LODGE FEBRUARY 2019



Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 9.30am – gentle Exercise 11am– Golf 2pm– Happy Hour	2 Weekend Activity Books	3 2pm– Movie Afternoon
				4 9.30am – Café morning tea 10am – Word Games 1.30pm – Dominoes	5 CHINESE NEW YEAR 9.15am – News -paper reading 10am – Bus Trip 1.30pm – Movie/ Cards	6 9.30am – Gentle Exercise 11am– Bingo 12pm– Mens Shed BBQ
11 9.30am – Gentle Exercise 10.45am – Gardening 11.30am – Church 1.30pm – Baking	12 9.15am – News - paper reading 10am – Bus Trip 1.30pm – Movie/ Cards	13 9.30am – Gentle Exercise 11am – Bingo 1pm – Sip & Dip	14 	15 9.30am – Gentle Exercise 11am – Golf 2pm – Happy Hour	16 Weekend Activity Books	17 2pm – Movie Afternoon
18 9.30am – Café morning tea 10am – Word Games 1.30pm – Dominoes	19 9.15am – News -paper reading 10am – Bus Trip 1.30pm – Movie/ Cards	20 9.30am– gentle Exercise 11am– Bingo 1pm – Trivia	21 9.15am – News- paper reading 10am – Singing 12pm – RSL Lunch	22 9.30am – Gentle Exercise 11am – Golf 2pm – Happy Hour	23 Weekend Activity Books	24 2pm – Movie Afternoon
25 9.30am – gentle Exercise 10.45 – Gardening 11.30 – Church 1.30pm – Baking	26 9.15am – News -paper reading 10am – Amusu Theatre 1.30pm – Movie/ Cards	27 9.30am– gentle Exercise 11am – Bingo 1pm – Aroma therapy	28 9.15am – News- paper reading 10am – Singing 1.15pm – Bowls			

PRUNUS LODGE MARCH 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 WORLD DAY OF PRAYER 9.30am – Gentle Exercise 11am – Golf 2pm – Happy Hour	2 Weekend Activity Books	3 2pm – Movie Afternoon
4 9.30am – Café morning tea 10am – Word Games 1.30pm – Quoits	5 9.15am – Newspaper reading 10am – Bus Trip 1.30pm – Movie	6 9.30am – Gentle Exercise 11am – Bingo 12pm – Mens Shed BBQ	7 9.15am –Newspaper reading 10am – Singing 1.15pm – Boules	8 9.30am – Gentle Exercise 11am – Golf 2pm – Happy Hour	9 Weekend Activity Books	10 2pm – Movie Afternoon
11 9.30am – Gentle Exercise 10 45am – Gardening 11.30am – Church 1.30pm – Baking	12 9.15am – Newspaper reading 10am – Bus Trip 1.30pm – Movie	13 9.30am – Gentle Exercise 11am – Bingo 1pm – Sip & Dip	14 9.15am – newspaper reading 10am – Singing 1.15pm – Boules	15 9.30am – Gentle Exercise 11am – Golf 2pm – Happy Hour	16 Weekend Activity Books	17 2pm – Movie Afternoon 
18 9.30am – St Pats Arts and Craft 10am – St Pats Trivia 1pm – Irish accent & dance comp	19 9.15am – Newspaper reading 10am – Bus Trip 1.30pm – Movie	20 9.30am – Gentle Exercise 11am – Bingo 1pm – Trivia	21 WORLD POETRY DAY 9.15am – Poetry 10am – Singing 12pm – RSL Lunch	22 9.30am – Gentle Exercise 11am – Golf 2pm – Happy Hour	23 Weekend Activity Books	24 2pm – Movie Afternoon
25 9.30am – Gentle Exercise 10.45am – Gardening 11.30am – Church 1.30pm – Baking	26 9.15am – Newspaper reading 10am – Amusu Theatre 1.30pm – Movie	27 9.30am – Gentle Exercise 11am – Bingo 1pm – Aroma therapy	28 9.15am – Newspaper reading 10am – Singing 1.15pm – Boules	29 9.30am – Gentle Exercise 11am – Golf 2pm – Happy Hour	30 Weekend Activity Books	31 2pm – Movie Afternoon



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



@upacentralwest



"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



Like us on Facebook

"UPA Central West"

