



WR Mail

Western Region Mail





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EVENTS

Happy Valentine's Day

Thursday
14th
February
2019

IT'S ALL ABOUT LOVE

And then...

COMING UP
NEXT...

St. Patrick's
Day



Regional Manager's Report

Hi Everyone,

Hope you all had a great Christmas and a Happy New Year to everyone!!

Don and I travelled to Brisbane to have Christmas with our youngest daughter and her partner. Thank heavens the weather was a little cooler up there than here in Dubbo. One evening we enjoyed a lovely dinner and the fireworks at Southbank in Brisbane. We were very surprised with the Southbank area and how much it had changed. We had not been back there in 30 years (ie Expo 88). We came back before New Years Eve and hooked on the caravan and travelled to Wyangla Dam, where the temperatures were in their 40's, so we did not do too much but kept cool under the air conditioning. I suppose we cannot expect much more this time of year, as it is summertime.

Consumer Directed Care Pilot Project:

We have received the signed Agreements back from the residents or their representatives who will be involved in the CDC Trial. They have also completed the Pre-Trial Survey for CDC. Mark Sheldon-Stemm will be attending Bracken House from 15th to 17th January to conduct training to all staff and implement the software needed to start the trial.

Changes in Management Staff:

Mary Elliott resigned her position as Care Manager at UPA Yeoval and has now been replaced by Joanne Rendell. Robin Gossip has also resigned her position at UPA Bracken House and has now been replaced by Lee Oddy. Also a new addition to UPA Bracken House staff is Annie Strestha, who is our new Clinical Leader. I would like to take this opportunity to welcome our new staff members to both UPA Yeoval and Bracken House and thank both Mary and Robin for their work and support to our UPA Western Region facilities and wish them both well for the future.

New Aged Care Quality Standards:

New Aged Care Quality Standards will come into effect for all Aged Care Providers (including Home Care Providers) on 1/7/2019.

The Quality Standards are made up of eight individual standards:

- Consumer dignity and choice
- Ongoing assessment and planning with consumers
- Personal care and clinical care
- Services and supports for daily living
- Organisation's service environment
- Feedback and complaints
- Human resources
- Organisational governance.

Due to these standards coming into effect in July, UPA's Policies and Procedures will have to be revised, including documents, forms, audits and handbooks which will also need to be updated to reflect these new standards.

It already looks like 2019 is going to be a busy year also!!

Bye for now, Elaine Baillie.

Dubbo Care Manager's Report

I hope everyone had a happy and safe festive season. I would like to thank all the residents and families who wished us well over the Christmas and New Year Period.

Well it is a new year and with that comes a new newsletter.

I would like to introduce myself to those residents and families that I have not yet been able to catch up with. My name is Lee and I started at Bracken House just before x-mas as the new Care Manager. I was previously in a similar role in Narrandera NSW and before that I spent many years as a Manager of Aged Care in SA working in the Adelaide Hills enjoying the beautiful scenery and the wineries (of course). My Husband & I raised 5 children in SA and now have 3 beautiful grandchildren as well. See picture below.

I must acknowledge how welcoming the staff, residents and families have been to myself (& our new Clinical Nurse Leader – Annie Shresthra, who started on the same day as myself in December) I can see how caring & dedicated the Bracken House team is and how passionate they are in providing a high standard of care to the residents. Keep up the good work.

We have been experiencing some very hot weather recently, staff and residents have been educated to follow the hot weather policy and stay out of the heat and to drink plenty of fluids. We have plenty of Ice Block's and have been conducting frequent Ice block rounds which the residents and staff alike seem to enjoy. Residents & relatives don't forget that if you are going out please ask staff for a cold bottle of water to take with you.

I would like to take this opportunity to welcome all new residents and their families to Bracken House and I hope that you enjoy your stay with us. My door is always open if you have any concerns.

All residents along with their family and representatives are invited to join our second monthly resident/relative meeting which is held @ 10.30am in the front lounge room. Any concerns, suggestions or ideas will be happily received. A meeting schedule with the specific dates is located on the Residents Information board or please ask staff.

As I'm sure you are aware through the media, Aged care will be going through a lot of changes in 2019, with the commencement of Consumer Direct Care (CDC) and the implementation of the New Aged Care Standards. Bracken House has commenced a trial of the CDC process and the whole team is excited with the changes that will be happening as these changes can only improve the quality of our residents' lives. We will keep all staff, residents and relatives informed of any changes happening as well as holding information sessions to keep you all up to date.

Once again: Thank you to all staff and volunteers who continue to make Bracken House a warm and happy environment for the residents who call it home.

Thank you

Lee Oddy, Care Manager.



Yeoval Care Manager's Report

I'm currently in my first few weeks as the new Care Manager for UPA Yeoval Aged Care, and everyone has been so helpful, kind and welcoming. Thank you.

My first day on the job began with the annual Residents' Christmas Luncheon – which was a wonderful opportunity to meet the families of our residents here at Yeoval, the volunteers and other community members.

I have worked in aged care for around 24 years in Far North Queensland, South Australia and now at Yeoval in New South Wales.

My previous role was running a 62-bed aged care facility in Adelaide, which was very and challenging and rewarding.

I am looking forward to working in a smaller facility such as Yeoval and getting to know the local community. People have been so welcoming that I feel like I've been here forever!

The thing that attracted me to Yeoval was the remoteness (compared to living in a city like Adelaide) as one of the highlights of my career was working on Thursday Island (about 39km from the Cape York Peninsula).

I am a mum to five children aged 8 to 23 (some of whom still live at home) and a nana to 14-month-old Ariaiah. My husband Evan is still in South Australia and will be joining me in coming weeks.

I love working with the elderly – I think it's the fact that they allow me to be part of their journey. Caring for the elderly holistically is just so important – it's not just about the residents but also the resident's family. It's wonderful being part of their life...getting to know them and hearing their stories.

On that note, I am very excited to be appointed as UPA Yeoval's new Care Manager and I look forward to working closely with the staff, volunteers, residents, their families and the local community to keep UPA Yeoval running efficiently and effectively, and with great care and warmth.

Jo Rendell

Care Manager

HOME CARE MANAGER'S REPORT

Hi Everyone,

Summer has certainly hit with a vengeance so please make sure you are keeping hydrated. Try and stay out of the extreme weather conditions and drink plenty of water. If you are on a fluid restriction, please check with your Doctor first. Thank you for turning on your air conditioners when staff are providing your services on hot days.

Please ring our office if you have any concerns or would like to know about the services we provide, we are always available to have a chat or visit you in your own home.

UPA Home Care staff would like to wish you all a happy, healthy and safe 2019

Tracy Dess

UPA Home Care & Nursing Manager



Christmas Lunch's!









Lavender Lodge Lunch



Yeoval Aged Care Christmas Lunch!





Melbourne Cup



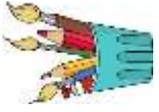
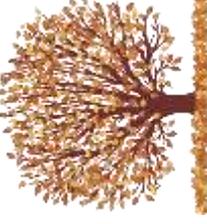
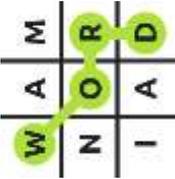
2018



Red Gum Lodge February Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Morning Tea Daily at 10am</p> <p>Lunch Daily at 12pm</p> <p>Afternoon Tea Daily at 3pm</p>	 <p>5 Chinese New Year 9am Cards/ Board Games 10.30am Flower Arranging 11am Music in the lounge 1.30pm Trivia @ Masonic Village</p>	 <p>6 9am Walk in the Garden 10am Indoor Golf 11am Music in the Lounge 1.30 Bingo with Community in the Lounge 2pm One on One Time</p>	 <p>7 9am Hairdresser 10.30am Bingo in the Activity Room 1.30pm Word Games in the Lounge 2pm Walks Outside</p>	<p>1 Bubble Gum Day 9am Tai Chi in the Activity Room 10.30am Sight Seeing Bus Trip 1.30pm Happy Hour 2pm Movie in the Lounge</p>	<p>2 Ground Hog Day 9am Music in the Lounge 10.30am Cards/Board Games 11am Movie in the Lounge 1.30pm TV in the Lounge Room</p>	<p>3 9am Music in the Lounge 10.30am Cards/Board Games 1.30pm TV in the Lounge Room</p>
<p>11 9am Music in the Lounge 10.30am Rhonda Singing in the Lounge Room 1.30pm Craft with Jan 2pm Movie in the Lounge</p>	<p>12 9am Music in the Lounge 10.30am Flower Arranging 11am Zumba 1pm Shopping Trip to the Orana Mall 1.30pm Movie in the Lounge</p>	<p>13 World Radio Day 9am Walk in the Garden 9.45am St Plus School Visit 11am Music in the Lounge 1.30 Bingo with Community in the Lounge 2pm One on One Time</p>	<p>14 Valentine's Day 9am Hairdresser 10.30am Bingo in the Activity Room 1.30pm Word Games in the Lounge 2pm Walks Outside</p>	<p>15 9am Tai Chi in the Activity Room 10.30am Sight Seeing Bus Trip 1.30pm Happy Hour 2pm Movie in the Lounge</p>	<p>16 9am Music in the Lounge 10.30am Cards/Board Games 11am Movie in the Lounge 1.30pm TV in the Lounge Room</p>	<p>17 Random Act of Kindness Day 9am Music in the Lounge 10.30am Cards/Board Games 11am TV in the Lounge Room 1.30pm Movie in the Lounge</p>
<p>18 9am Music in the Lounge 10.30am Barry Singing in the Lounge Room 1.30pm Craft with Jan 2pm Movie in the Lounge</p>	<p>19 9am Cards/ Board Games 10.30am Sight Seeing Bus Trip 1.30pm Trivia with Masonic Village residents in the Lounge Room</p>	<p>20 9am Walk in the Garden 9.45am St Plus Visit 11am Music in the Lounge 1.30 Bingo with Community in the Lounge 2pm One on One Time</p>	<p>21 9am Hairdresser 10.30am Bingo in the Activity Room 1.30pm Word Games in the Lounge 2pm Walks Outside</p>	<p>22 9am Tai Chi in the Activity Room 10.30am Sight Seeing Bus Trip 1.30pm Happy Hour 2pm Movie in the Lounge</p>	<p>23 9am Music in the Lounge 10.30am Cards/Board Games 11am Movie in the Lounge 1.30pm TV in the Lounge Room</p>	<p>24 9am Music in the Lounge 10.30am Cards/Board Games 11am TV in the Lounge Room 1.30pm Movie in the Lounge</p>
<p>25 9am Music in the Lounge 10.30am Rhonda Singing in the Lounge Room 1.30pm Craft with Jan 2pm Movie in the Lounge</p>	<p>26 Johnny Cash's Birthday 9am Music in the Lounge 10.30am Flower Arranging 11am Zumba 1pm Sight Seeing Bus Trip 1.30pm Movie in the Lounge</p>	<p>27 9am Walk in the Garden 9.45am St Plus Visit 11am Music in the Lounge 1.30 Bingo with Community in the Lounge 2pm One on One Time</p>	<p>28 9am Hairdresser 10.30am Bingo in the Activity Room 1.30pm Word Game 2pm Walks Outside 3pm February Birthday's Celebration</p>	 		

Red Gum Lodge March Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>10am Morning Tea 12pm Lunch 3pm Afternoon Tea</p>	 <p>5 World Tennis Day 9.30am Balloon Tennis 10.30am Bus Trip—Trivia at Masonic 11am Movie in the Lounge 1.30pm Flower Arranging 2pm Trivia in the Lounge</p>	 <p>6 9am Walk in the Garden 9.45am St Plus School Visit 11am Music in the Lounge 1.30pm Bingo with Community 2pm One on One Time</p>	 <p>7 9am Hairdresser 10.30am Bingo in the Activity Room 11am Movie in the Lounge 1.30pm Word Games 2pm Walks Outside</p>	 <p>8 International Women's Day 9am Tai Chi 10.30am Sight Seeing Bus Trip 11am Movie in the Lounge 1.30pm Happy Hour in the Lounge Room</p>	<p>2 Dr Seuss Day 9am Music in the Lounge Room 10.30am Movie in the Lounge 1.30pm TV in the Lounge Room</p>	<p>3 World Wildlife Day 9am Music in the Lounge Room 10.30am Movie in the Lounge 1.30pm TV in the Lounge Room</p>
<p>4 9am Podiatrist Music in the Lounge 10.30am Rhonda Singing in the Lounge 1.30pm Craft with Jan 2pm Movie in the Lounge</p>	<p>12 9am Cards / Board Games 10.30am Flower Arranging 11am Zumba 1pm Shopping Trip to the Orana Mall 2pm Movie in the Lounge</p>	<p>13 9am Walk in the Garden 9.45am St Plus School Visit 11am Music in the Lounge 1.30pm Bingo with Community 2pm Footy Tips</p>	<p>14 9am Hairdresser 10.30am Bingo in the Activity Room 10.30am Footy Tips 11am Movie in the Lounge 1.30pm Word Games 2pm Walks Outside</p>	<p>15 9am Tai Chi 10.30am Sight Seeing Bus Trip 11am Movie in the Lounge 1.30pm Happy Hour in the Lounge Room</p>	<p>9 9am Music in the Lounge Room 10.30am Movie in the Lounge 1.30pm TV in the Lounge Room</p>	<p>10 9am Music in the Lounge Room 10.30am Movie in the Lounge 1.30pm TV in the Lounge Room</p>
<p>11 9am Music in the Lounge 10.30am Barry Singing in the Lounge 1.30pm Craft with Jan 2pm Movie in the Lounge</p>	<p>19 9.30am Balloon Tennis 10.30am Sight Seeing Bus Trip 11am Movie in the Lounge 1.30pm Flower Arranging 2pm Trivia in the Lounge with Masonic Village</p>	<p>20 9am Walk in the Garden 9.45am St Plus School Visit 11am Music in the Lounge 1.30pm Bingo with Community 2pm Footy Tips</p>	<p>21 World Forestry Day 9am Hairdresser 10.30am Bingo in the Activity Room 10.30am Footy Tips 11am Movie in the Lounge 1.30pm Word Games 2pm Walks Outside</p>	<p>22 World Water Day 9am Tai Chi 10.30am Sight Seeing Bus Trip 11am Movie in the Lounge 1.30pm Happy Hour in the Lounge Room</p>	<p>16 9am Music in the Lounge Room 10.30am Movie in the Lounge 1.30pm TV in the Lounge Room</p>	<p>17 St Patrick's Day 9am Music in the Lounge Room 10.30am Movie in the Lounge 1.30pm TV in the Lounge Room</p>
<p>18 9am Music in the Lounge 10.30am Rhonda Singing in the Lounge 1.30pm Craft with Jan 2pm Movie in the Lounge</p>	<p>26 9am Cards/Board Games 10.30am Flower Arranging 11am Zumba 1pm Sight Seeing Bus Trip 2pm Movie in the Lounge</p>	<p>27 9am Walk in the Garden 9.45am St Plus School Visit 11am Music in the Lounge 1.30pm Bingo with Community 2pm Footy Tips</p>	<p>28 9am Hairdresser 10.30am Bingo in the Activity Room 10.30am Footy Tips 11am Movie in the Lounge 1.30pm Word Games 2pm Walks Outside 3pm March Birthday's</p>	<p>29 9am Tai Chi 10.30am Sight Seeing Bus Trip 11am Movie in the Lounge 1.30pm Happy Hour in the Lounge Room</p>	<p>23 9am Music in the Lounge Room 10.30am Movie in the Lounge 1.30pm TV in the Lounge Room</p>	<p>24 9am Music in the Lounge Room 10.30am Movie in the Lounge 1.30pm TV in the Lounge Room</p>
<p>25 9am Music in the Lounge 10.30am Barry Singing in the Lounge 1.30pm Craft with Jan 2pm Movie in the Lounge</p>	<p>26 9am Cards/Board Games 10.30am Flower Arranging 11am Zumba 1pm Sight Seeing Bus Trip 2pm Movie in the Lounge</p>	<p>27 9am Walk in the Garden 9.45am St Plus School Visit 11am Music in the Lounge 1.30pm Bingo with Community 2pm Footy Tips</p>	<p>28 9am Hairdresser 10.30am Bingo in the Activity Room 10.30am Footy Tips 11am Movie in the Lounge 1.30pm Word Games 2pm Walks Outside 3pm March Birthday's</p>	<p>29 9am Tai Chi 10.30am Sight Seeing Bus Trip 11am Movie in the Lounge 1.30pm Happy Hour in the Lounge Room</p>	<p>30 9am Music in the Lounge Room 10.30am Movie in the Lounge 1.30pm TV in the Lounge Room</p>	<p>31 Eiffel Tower Day 9am Music in the Lounge Room 10.30am Movie in the Lounge 1.30pm TV in the Lounge Room</p>

Lavender Lodge February Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10am Morning Tea 12pm Lunch 3pm Afternoon Tea	 5 Chinese New Year 10.30am Group Exercise 11am Ball Games 1.30pm One on One Time 2pm Tuesday Treats—Cooking	 6 10.30am Group Exercise 11am Badminton 1.30pm Sight Seeing Bus Trip / Ice Cream Run 2pm Music in the Lounge	 7 10.30am Group Exercise 11am Quois 1pm Hairdresser 1pm Nail Care & Hand Massage 2pm Trivia	1 Bubble Gum Day 10.30am Group Exercise 11am Badminton 1.30pm One on One Time 2pm Happy Hour	2 Ground Hog Day 10.30am Group Walk Around the Facility 1.30pm Trivia about Ground Hog Day 2pm Group Sing-a-long	3 10.30am Group Walk Around the Facility 1pm Children's Piano Recital / Musical Entertainment
4 10.30am Rhonda Singing in Red Gum Lounge 1.30pm One on One Time 2pm Manicure and Massage Monday	12 10.30am Zumba in Red Gum Lounge 1pm Art / Craft 2pm Board Games 2.30pm Uniting Church	13 World Radio Day 10.30am Group Exercise 11am Quois 1.30pm Sight Seeing Bus Trip / Ice Cream Run 2pm	14 Valentines Day  10.30am Group Exercise 11am Ball Games 1.30pm Hairdresser 2pm Tasty Thursday—Cooking	8 10.30am Group Exercise 11am Ball Games 1pm Bingo 2pm Happy Hour	9 10.30am Group Exercise 11am Badminton 1.30pm One on One Time 2pm Bingo	10 Julie's Birthday 10.30am Group Exercise 1.30pm One on One Time 2pm Creative Arts and Crafts
11 10.30am Barry Singing in the Red Gum Lounge 1.30pm One on One Time 2pm Manicure and Massage Monday	18 10.30am Rhonda Singing in Red Gum Lounge 1.30pm One on One Time 2pm Manicure and Massage Monday 2pm Anglican Church	20 10.30am Group Exercise in the Garden 11am I Spy Game 1.30pm Sight Seeing Bus Trip / Ice Cream Run 2pm Music in the Lounge	21 10.30am Group Exercise 11am Ball Games 1pm Bingo 1.30pm Hairdresser 2.30pm Quiz / Discussions	15 Hippo Day 10.30am 11am Facts About Hippos / Discussions 1.30pm One on One Time 2pm Happy Hour	16 10.30am Group Walk Around the Facility 1pm Quiz / Discussions 2pm Group Poetry	17 10.30am Group Walk Around the Facility 1pm Children's Piano Recital / Musical Entertainment
18 10.30am Rhonda Singing in Red Gum Lounge 1.30pm One on One Time 2pm Manicure and Massage Monday 2pm Anglican Church	19 Chocolate Mint Day 9.30am Catholic Church 10.30am Group Exercise 11am Ball Games 1.30pm One on One Time 2pm Tuesday Treats	27 10.30am Group Exercise in the Garden 11am I Spy Game 1.30pm Sight Seeing Bus Trip / Ice Cream Run 2pm Music in the Lounge	28 10.30am Group Exercise 11am Quois 1.30pm Hairdresser 2pm Tasty Thursday—Cooking	22 10.30am Group Exercise 11am Quois 1pm Trivia 2pm Happy Hour	23 10.30am Group Exercise 11am Badminton 1.30pm One on One Time 2pm Bingo	24 10.30am Group Exercise 1.30pm One on One Time 2pm Creative Arts and Crafts
25 10.30am Barry Singing in the Red Gum Lounge 1.30pm 2pm Manicure and Massage Monday	26 Tell A Fairy Tale Day 10.30am Zumba in Red Gum Lounge 1pm Fairy Tale Trivia 2pm Quiz / Discussion					

Lavender Lodge March Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>10am Morning Tea 12pm Lunch 3pm Afternoon Tea</p>	 <p>5 World Tennis Day 10.30am Group Exercises 11am Ball Games 1.30pm One on One Time 2pm Tuesday Treats— Cooking</p>	 <p>6 10.30am Group Exercise 11am 1.30pm Sight Seeing Bus Trip / Ice Cream Run 2pm Music in the Lounge</p>	  <p>7 10.30am Group Exercise 11am I Spy Game 1.30pm One on One Time 2pm Bingo</p>	<p>1 10.30am Group Exercise 11am Ball Games 1.30pm One on One Time 2pm Happy Hour</p>	<p>2 Dr Seuss Day 10.30am Group Walk Around the Facility 1.30pm One on One Time 2pm Quiz / Discussions</p>	<p>3 World Wildlife Day 10.30am Group Walk Around the Facility 1.30pm Reminiscing Quiz 2pm Sing-a-long</p>
<p>4 9am Podiatrist 10.30am Rhonda Singing in Red Gum Lounge 1.30pm One on One Time 2pm Manicure and Massage Monday</p>	<p>12 10.30am Group Exercises 11am Zumba in Red Gum 1.30pm Trivia / Discussions 2pm Sing-a-long 2.30pm Uniting Church</p>	<p>13 10.30am Group Exercise 11am 1.30pm Sight Seeing Bus Trip / Ice Cream Run 2pm Music in the Lounge</p>	<p>14 10.30am Group Exercise 11am Badminton 1pm Hairdresser 1.30pm One on One Time 2pm Tasty Thursday— Cooking</p>	<p>15 10.30am Group Exercise 11am Ball Games 1.30pm One on One Time 2pm Happy Hour</p>	<p>16 10.30am Group Walk Around the Facility 1.30pm Reminiscing Quiz 2pm Sing-a-long</p>	<p>10 10.30am Group Exercise 11am Badminton 1.30pm One on One Time 2pm Creative Arts</p>
<p>11 10.30am Barry Singing in Red Gum Lounge 1.30pm One on One Time 2pm Manicure and Massage Monday</p>	<p>19 9am Catholic Church 10.30am Group Exercises 11am Ball Games 1.30pm One on One Time 2pm Tuesday Treats— Cooking</p>	<p>20 10.30am Group Exercise 11am 1.30pm Sight Seeing Bus Trip / Ice Cream Run 2pm Music in the Lounge</p>	<p>21 World Forestry Day 10.30am Group Exercise 11am I Spy Game 1.30pm One on One Time 2pm Bingo</p>	<p>22 World Water Day 10.30am Group Exercise 11am I Spy Game 1.30pm Group Quiz / Discussions 2pm Happy Hour</p>	<p>23 10.30am Group Exercise 11am Badminton 1.30pm One on One Time 2pm Sing-a-long</p>	<p>17 St Patrick's Day 10.30am Group Walk Around the Facility 1.30pm One on One Time 2pm St Patrick's Day Quiz / Discussion</p>
<p>25 10.30am Barry Singing in Red Gum Lounge 1.30pm One on One Time 2pm Manicure and Massage Monday</p>	<p>26 10.30am Group Exercises 11am Zumba in Red Gum 1.30pm Trivia / Discussions 2pm Sing-a-long</p>	<p>27 10.30am Group Exercise 11am 1.30pm Sight Seeing Bus Trip / Ice Cream Run 2pm Music in the Lounge</p>	<p>28 10.30am Group Exercise 11am Badminton 1pm Hairdresser 1.30pm One on One Time 2pm Tasty Thursday— Cooking</p>	<p>29 10.30am Group Exercise 11am Ball Games 1.30pm One on One Time 2pm Happy Hour</p>	<p>30 10.30am Group Walk Around the Facility 1.30pm Reminiscing Quiz 2pm Sing-a-long</p>	<p>31 Eiffel Tower Day 10.30am Group Walk Around the Facility 1.30pm One on One Time 2pm Quiz / Discussions</p>

lavernder lodge

ACTIVITIES REPORT

December has been busy for residents in the creative arts field designing and decorating their own Christmas decorations.

Residents have continued to go on bus trips, viewing the Christmas lights at night and attending the Christmas twilight event at the Presbyterian Church.

A big thank you to our regulars who provide singing on Mondays and Zumba on Tuesdays.

With the success of the outing we are planning to proceed with more outings in the New Year to keep the residents involved and connected to community of Dubbo. Such outings may include morning or afternoon tea at a local cafe and shopping trips. Another thought is to have a Men's shed, volunteers from the community coming to engage the men of the facility.

We look forward to providing your loved ones with an eventful New Year.





Lavender Lodge

RN REPORT

Welcome to 2019... Before we talk about our new year resolutions, we are going to reflect on the last year!!

In 2018, we renamed our unit to Lavender Lodge, decorated our doors and changing some of floorings. We also celebrated Christmas in style- fully decorated our home inside and out. Our residents went on a bus trip to see all the lights and went on a little trip to join in the carols at the church.

We also went to pick Lavender and Roses in the garden to create our beautiful flower arrangements which was enjoyable for both residents and staff.

We also celebrated diversity month by learning about different countries and their traditions. We also tried different cultural foods made by our staff.

November was our quotes of day month in which we learn different inspirational quotes; which was aiming to inspire all of us to be the best we could possibly be.

We cook different food with our residents ranging from hamburgers to pancakes... we put together beautiful fruits and veggies platters cut up by our residents.

2018 was a year of change for us in Lavender- we thrive to be better as a family. We ensure that our residents get the best care and that they are as happy as they can be. We laugh, we sing, and we dance together...

We start our 2019 with an egg challenge during Dubbo hot weathers- everyone had fun guessing and getting the result wrong while our little Kath Freeth took the crown. Well done, Kath!!

We planning to do more activities and improvements this year, we will also explore deeper into our residents' talents and abilities... Watch this space!!

2019 will be amazing, we are looking forward to the best year yet.

Lots of love,
Lavender Lodge Team
Rasmey

Red Gum Lodge

ACTIVITIES REPORT

Activities Report Jan 2019

Hello everyone and welcome to the year 2019. Its been a very warm one so far and apparently there is more hot weather on the way. This means we all have to make sure to drink plenty of water and wear sensible clothes and a hat when out in the sun. And when the days become sweltering I recommend that any resident who needs to go out should do so early in the morning or late afternoon. Or better yet, ask a staff member like myself or Emily to help. We are regularly going out on errands and it wont be a problem if we can help our residents by doing this.

Our regular activities are pretty much back to normal as our volunteers are back from holidays. Barry Joseph and Rhonda Tomlinson are our regular singers of a Monday morning and alternate week to week. Bus trips are still at normal time, Fridays at 1030 and Tuesdays at 1030 and 1.30pm on weeks when we have Zumba with Tracey. Jan will still be doing her art and craft on Monday afternoon. Wednesday mornings at 10 we play putt putt golf in the lounge room and then bingo with the people from community care of an afternoon. Emily has been getting into trivia lately, she often plays a game in the lounge at times and just recently we have been doing trivia with the Masonic Village. One week we go there and the next week they come here, anyone is welcome so come down and you may even see someone you haven't seen for ages.

I'm really happy seeing so many people coming out to join in the activities with us, so thank you everyone. Happy Hour has been quite an occasion lately, the residents from Lavender Lodge have been joining us and its been good to see them having a good time and I appreciate everyone making them feel welcome.

One more thing I'd like to add is that because of this extremely hot weather lately we've cancelled a couple of bus trips. We make these decisions on behalf of you, our residents, because in the unlikely event of a breakdown we could be stuck on the side of the road in the heat with no air conditioner. No one wants that.

That's about it from me, please remember that if there is anything you would like to do that would be fun for everybody to let myself or Emily know and we will do our best to make it happen.

Bye for now from Joe and Troppo.



Elvis Presley Festival!



ACTIVITIES REPORTS

YEQVAL

We've had lots of fun over the past few months here at UPA Yeoval Aged Care.

From seated Zumba exercise sessions to Melbourne Cup luncheons and outings to the Wellington Library – our residents have kept been very busy.

Halloween went off successfully, with many children dropping in for treats. We learnt the significance of the three days over Halloween to the Catholic faith, finding out that it was more than just an American excuse for lollies.

We celebrated the iconic Melbourne Cup at the Yeoval Bowling Club, with residents donning their beautiful hats made just for the occasion.

And on 11/11/2018 we observed Remembrance Day.

Our Zumba sessions are held fortnightly and sometimes include the local pre-schoolers, which adds lots of excitement to the activity.

A highlight of the year has been our annual Christmas Luncheon, with this year's theme "Family." More than 70 people attended the event and feasted on cold meats, traditional salads and yummy desserts.

Our residents also attended the community Christmas gathering held in December in the main street of Yeoval, and the annual Red Cross Christmas Luncheon held at the school and catered for by students.

We farewelled former Care Manager Mary Elliott with a lovely gift from the residents, while welcoming new Care Manager Jo Rendell to the facility in December. Our residents and staff look forward to getting to know Joanne more as the weeks roll on!

In October, two of our residents – Bill and Dulcie - both celebrated their 90th birthdays. And in December, eight of our 19 residents all celebrated a birthday!!

With Christmas approaching and 2019 just on our doorstep, we are very much looking forward to the New Year. Planning is well underway to ensure we have another action-packed Activities Calendar for our residents to enjoy!

We will bring in the New Year with donuts, a barbecue and a thong toss on Australia Day.

Gaela, Kristy and Kath

Recreational Activities Officers at Yeoval.



Welcome to our new resident



Enid Pawley and Bob McNeilly enjoying Seniors Dinner and Yeoval Bowling Club



Volunteer Valerie assists Dulcie Parkes



Resident's say Farewell to previous Yeoval Care Manager, Mary Elliott.

YE OVAL

February 2019 ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 10am - Bingo in Mac Lounge 2.30pm - Music in the Dining Room	 5 10am - Morning Tea in Mac Lounge + Catholic Church Service 1.30pm—Word Games	 6 Hairdresser 10.30am - Pamper Hub in Mac Lounge	 7 10am - ZUMBA in the Mac Lounge 1.30pm—Gardening	1 10am - Carpet Bowls 	2 Please ask care staff if you require any resources or games 3pm - Afternoon Movie	3 11.30am - Songs of Praise ABC TV 12.30pm - Landline ABC TV 2pm - Movie in the Mac Lounge
11 10am - Bingo in Mac Lounge 1.30—Digging up the Past	12 10am - Scenic drive 1.30pm—craft with Kathy	13 10.30am - Pamper Hub in Mac Lounge 1.30pm—Cooking with volunteer Laurel	14 Valentine's Day 10am - Moving to music 1.30pm— Craft Time	15 Janice's birthday 10am - Who was that Saint Quiz 2pm—Reflection on the Year so far	9 Please ask care staff if you require any resources or games 10am - Morning tea & Residents Meeting in Mac Lounge 2pm: Iced Coffee	10 11.30am - Songs of Praise ABC TV 12.30pm - Landline ABC TV 1.30pm - Church Service with Pat 3pm—afternoon tea
18 10am- Bingo in Mac Lounge 1.30pm—What's Going On—discussion	19 10am - Cooking: Making Bread 2.30pm - Afternoon tea in the Craft Room	20 10am - Morning Tea & Exercises with Jane & Kristy in Mac Lounge 10.30am - Pamper Hub in Mac Lounge 1.30pm—Craft with Kristy	21 10am - Mathew time! 1.30pm— Craft Time	22 10am - Mind and body time 2pm—Pianola time	23 Please ask care staff if you require any resources or games	24 11.30am - Songs of Praise ABC TV 12.30pm - Landline ABC TV 2pm - Movie in the Mac Lounge
25 10am- Bingo in Mac Lounge 1.30pm—Remember when?	26 10am - Morning Tea in the Mac Lounge 2.30pm—Afternoon Tea & Reminiscing	27 Dorothy's birthday 10am - Morning Tea in Mac Lounge 10.30am - Pamper Hub in Mac Lounge 1.30pm—Cooking with Kristy	28 10am - Moving to Music 1.30pm—Craft Time			

2009 FLASHBACK



Di Brazel and Gloria McDonald, Bracken House.



Terry Hennessy.



Thank you also to Sharon, Elaine and Judy, our management team, for your dedication, support and friendship throughout the year. It was a great year and we look forward to an even better one in 2009-2010.

Thanks go to our staff for the support and commitment shown during the year, it does not go unnoticed.

Last but not least, thank you to the District Executive for your continued support in what has been another busy and exciting year.

The Ballad of Bracken

Now Bracken House they tell me is "the goods" when you grow old,
Where the company and caring is the best so I am told;
They pick you up and dust you down when you might take a fall
And when you're feeling down and out, there's someone close to call.

They gather round for smokos and when the lunch bell rings
They sit about and reminisce about all sorts of things;
About those times they fell asleep when poets spruce their verse
And how they all appreciate attention from their nurse.

And on the odd occasion they might tend to disagree
But tomorrow they will sort it out when having morning tea;
They say to one another "oh dear oh glory be,
Do we have to suffer more of this bloke's poetry!"

Some may use a walking stick and some a walking frame
And some just walk a "slowly pace" but get there just the same;
They have the odd collision, when they lose "the right of way"
And guess some have a "tippie" when it comes that time of day!

Old Bracken House at Christmas time is quite a boozy show
When friends and rellies come along and leave with face aglow!
But for mine the best suggestion is to keep on getting old
"Cause the other damn alternative is just no good I'm told".

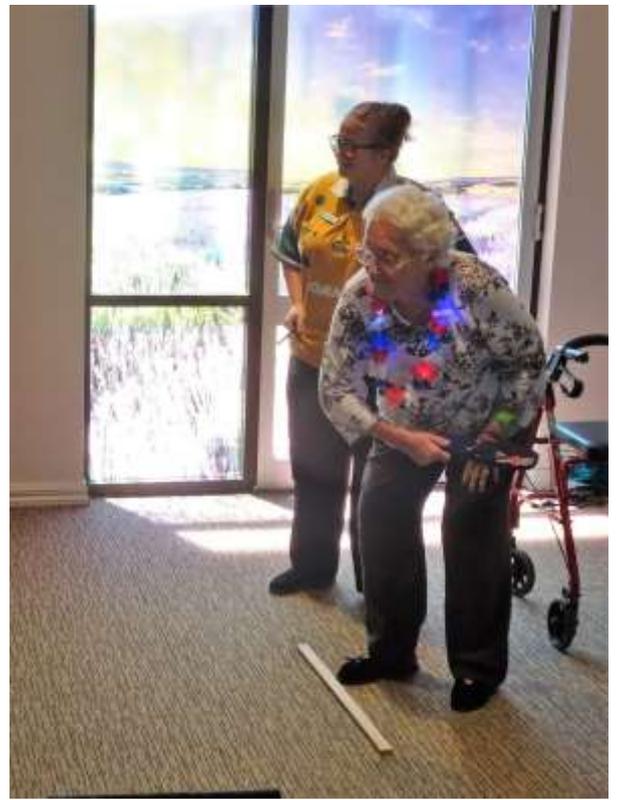
IAN MARWEDEL 3/6/09



Australia Day

26th January







QUESTION 1.

I am the beginning of sorrow and the end of sickness. You cannot express happiness without me yet I am in the midst of crosses. I am always in risk yet never in danger. You may find me in the sun but I am never out of darkness.

WHAT AM I?



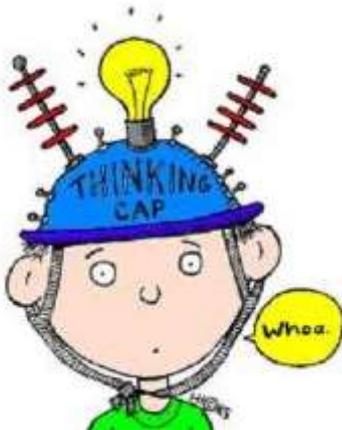
QUESTION 2.

First I threw away the outside and cooked inside, then I ate the outside and threw away the inside.

WHAT DID I EAT?

QUESTION 3.

What belongs to you but other people use it more than you?



QUESTION 4.

A boy is walking down the road with a doctor. While the boy is the doctor's son, the doctor isn't the boy's father. Then who is the doctor?

QUESTION 5.

What English word retains the same pronunciation, even after you take away four of its five letters?



Word Search

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

AFIRE
CATNAP
EPAULETTE
IRRELEVANTLY
MAGNETIC
MOLYBDENUM
PHILANDERED
RHEA
SHELF
TIFFED

ANON
CHIEF
HANK
ISLE
MALAISE
NUMERATOR
PLUM
RIFE
SKULK
WHEELER

AUDITIONED
CYCLICAL
IMPREGNATED
JEOPARDIZING
MALFUNCTIONS
ORDERED
RAVENED
SEEP
SOLI
WHEY

CALYPSO
ENACT
INFANTRYMAN
KIDDY
MAUL
PENCILLING
SHAH
SWAMI

UPA Villages Bulletin

WESTERN REGION RETIREMENT VILLAGES NEWSLETTER

BEAT THE HEAT!

FEBRUARY &
MARCH
CALENDAR
INCLUDED

This Issue

Community Centre Update—P2
Contact Information - P2
Bits & Pieces - P3
Dates for the Diary - P4



What a Start to 2019! It feels like we step out of the front door into an oven!

The heat is expected to stay with us through into February, we have included a NSW Health booklet on how to beat the heat.

It is very important that we make sure to alleviate the heat by using our air conditioning, making sure we are drinking plenty of water, not going out in the heat of the day where avoidable and take care to make sure your food is safe to eat and your fridge is working correctly.

Please **DO NOT hesitate** to call our Village Emergency Line **0477 768 319** if you are having **ANY** issues with your air-conditioning, water or fridge/freezer, day or night, during this heat wave. If something is wrong we want to get it fixed for you ASAP.

Regards, Mitch

Centre Update

Finally! Work on the Community Centre is nearing the end!

The builders are busily working away getting the air-conditioners installed, walls painted and fit out completed ready for hand over early in February.

Furniture is being ordered and we are

looking at hosting our first Village events in the building from late February!



Contact Details Update

Included with this newsletter is a contact details update form.

We are in the process of making sure all of our contact information is

accurate and up to date for our residents and their emergency contact person.



We have been asked many times about providing a contact or phone list to our village residents. We can not and will not provide this information without the specific instruction of each of our Residents. Should you be happy to have your information included in the contact book for distribution in the villages, you will need to sign the relevant section at the bottom of the form.

We have included a separate section for Birthday Publication in the Newsletter. We will only be publishing this information in the newsletter birthday wishes section with your birth day and month, no year will be included. We will also include it on a “birthday board” in the Community Center.

Publication Example **12th February, Bob B.**

17th February, Jan T.

Bits & Pieces.....

17th February—Random Acts of Kindness Day

Sometimes it's the smallest act that makes the biggest impact, something as simple as saying please or thank you can turn a day around, and make a life seem that much better. Random Acts of Kindness Day encourages you to get out there and be the light you want to see in the world.

History of Random Acts Of Kindness Day

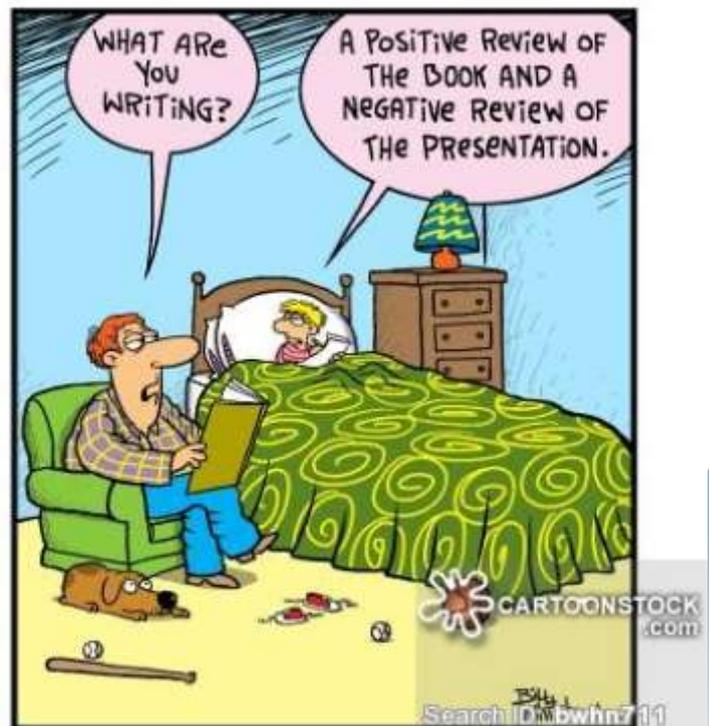
Random Acts Of Kindness Day was first created in Denver, Colorado in 1995, and nine years later it spread to New Zealand in 2004. Random Acts of Kindness can include just about anything, including something as simple a taking a tray of muffins to work. The idea behind this holiday is to make the world a better place by spreading a little light around. Lift someone up with your words, compliment them on their appearance, all these things can help to really turn around someone who's having a bad day.

20th March—Story Telling Day

Once upon a time, a long time ago (well, actually, back in 1991 in Sweden), a Storytelling Day was held. The ethos behind this event caught on around the globe, and now we celebrate World Storytelling Day on an

international level. The aim of World Storytelling Day is to celebrate the art of oral storytelling, with as many people as possible around the world telling and listening to stories in their own languages on the same day. People taking part can link up with others around the globe who are also contributing – making it a truly international festival that creates new friends and promotes positive understanding of cultures around the world!

So, go on, sit down with your friends and loved ones and join the United Nations of storytellers on this day of celebrating cultural folklore and the art of oral storytelling! Why not spin a yarn, and pass down your stories to the next generation?



Dates for the Diary

31st January - Delroy Park Shopping

Village Events in February

- 2nd —Dubbo Farmers Markets
- 5th — Orana Mall Shopping
- 14th — Morning Tea at the Outlook Café
- 19th — Delroy Park Shopping
- 23rd —Wellington Rotary Markets

Village Events in March

- 2nd —Wellington Vintage Fair
- 5th — Orana Mall Shopping
- 14th —Lunch in Narromine
- 19th —Delroy Park Shopping
- 23rd — Wellington Rotary Markets

Suggestions or Contributions

If you have any feedback, suggestions, contributions or dates for the diary - please don't hesitate to get in contact with me.

Mitch Rogers – Self-Care Coordinator / Liaison officer

(02) 5852 4700



February Villages Events - 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 27	Jan 28	Jan 29	Jan 30	Jan 31	1	2
				Delroy Park Shopping		Dubbo Farmers Markets
3	4	5	6	7	8	9
		Orana Mall Shopping				
10	11	12	13	14	15	16
				Outlook Café Morning Tea		
17	18	19	20	21	22	23
Random Act of Kindness Day		Delroy Park Shopping				Wellington Rotary Markets
24	25	26	27	28		

Jan 31st, 5th & 19th – Shopping trips
 Join us for a trip to the shops. Shop browse or just take some time out for you.

14th – Morning Tea at the outlook Cafe
 Trip to the outlook café for morning tea and a browse.

23rd – Wellington Rotary Markets
 Saturday trip to the popular Rotary markets in Wellington.

Events

March Villages Events - 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31					1	2
Mitch Away						Wellington Vintage Fair
3	4	5	6	7	8	9
	Orana Mall Shopping					
10	11	12	13	14	15	16
				Lunch at Narromine		
17	18	19	20	21	22	23
	Delroy Park Shopping		Story Telling Day			Wellington Rotary Markets
24	25	26	27	28	29	30
	Mitch Away	Mitch Away	Mitch Away	Mitch Away	Mitch Away	Mitch Away

5th & 19th – Shopping trips

Join us for a trip to the shops. Shop browse or just take some time out for you.

14th – Lunch at Narromine

Bus Trip to soul food Narromine for lunch

2nd – Wellington Vintage Fair

Saturday trip to have a look at the vintage fair show and parade.

Events



Happy Birthday

*Close your eyes
make a wish and hope for
all good things to come to you.
Happy Birthday*



FEBRUARY

Audrey Job 5th
Audrey McKinnon 6th
Julie Ervine 10th
Janice Conroy 15th
Norma O'Brien 14th
Helen Hazlett 16th
Elizabeth Stanford 16th
Jean Martin 18th
John Moreton 23rd
Dorothy Blatch 27th

MARCH

Margy Farlow 3rd
Shirley Mathews 7th
Margaret Mott 13th
Ann Saunders 16th
Gordon Campbell 22nd
Jean Halliwell 27th
Roger Braithewaithe 28th

***On behalf of all UPA
Staff,
Volunteers and
Residents , we hope
your day was filled with
joy and all your birthday
wishes came true!***

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 you like or dislike about our services?

Do you have any suggestions for improvement?

Please hand in your completed sheet to Bracken House Reception or give to your Home Care Worker if you receive a Home Care Package.

Alternatively please post to:

Care Manager, 315 Macquarie Street, Dubbo NSW 2830. Thank you!



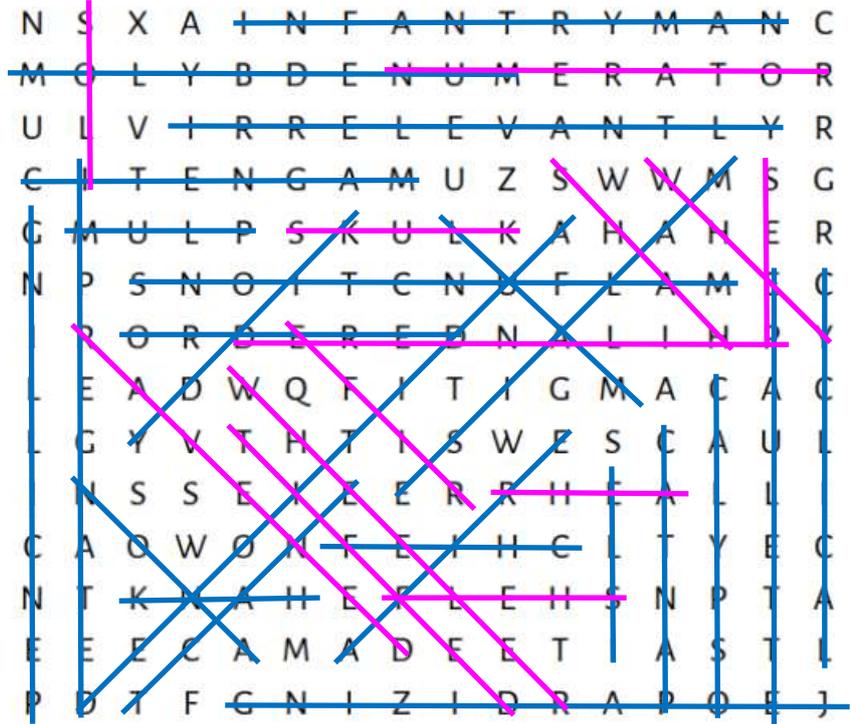
ANSWERS

Brain Teaser

1. The letter S.
2. Corn on the cob.
3. Your name.
4. The boy's mother.
5. Queue.



Word Search



AFIRE
CATNAP
EPAULETTE
IRRELEVANTLY
MAGNETIC
MOLYBDENUM
PHILANDERED
RHEA
SHELF
TIFFED

ANON
CHIEF
HANK
ISLE
MALAISE
NUMERATOR
PLUM
RIFE
SKULK
WHEELER

AUDITIONED
CYCLICAL
IMPREGNATED
JEOPARDIZING
MALFUNCTIONS
ORDERED
RAVENED
SEEP
SOLI
WHEY

CALYPSO
ENACT
INFANTRYMAN
KIDDY
MAUL
PENCILLING
REHASH
SHAH
SWAMI

Notice Board



Follow Us On
Facebook!

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.



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 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: Lee Oddy

Yeoval Care Manager: Joe 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 Rep-
resentative) 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