

NEWSLINK



This week we know it's winter!

It's been lovely to catch up with many people in the courtyard between Rosetta, Thomas and Rosetta Agst and Redleaf enjoying a coffee and an occasional pork dumpling snack from the new coffee van who visits Tuesday, Wednesday and Thursday each week from 10 to 11am.

Thank you everyone for diligently keeping social distancing going and washing your hands. As we watch Victoria struggling to manage COVID, it's a reminder to stay safe and limit contact with families and friends, avoiding any places where large groups meet.

In July we have gone "live" with our Consumer Directed Care Pilot and so far, 11 residents are part of the pilot. We still doing training sessions with the staff. Early days are very promising. Many residents and families are commenting on how much they enjoy being involved making decisions about their care and services.

This month we are ensuring all our Fire Safety plans and equipment is up to date. If you notice any risks, please let us know.

We are close to finalizing our builders to fully renovate Thomas and Rosetta Agst Facility. We are working towards a start in early September and expect that the works will take about 5 weeks in each of 6 different areas across our facility in the common areas of dining and living areas and corridors. We hope to have the inconvenience of renovations affect each resident group for about 5 weeks. Many residents would prefer not to have their own room and bathroom renovated, so we plan to renovate resident private rooms and bathrooms only when bathroom repairs make a renovation the most sensible thing to do. Overall, we will see the builders in one spot or another for the best part of 30 weeks.



At the end of this month, we are extremely sad to farewell Mark Spurr, our Maintenance Manager and wish him and Cheryl lots of great adventures as they travel together to places on their "bucket list". He has been such a fantastic person to get to know and to work with, he's leaving hard shoes to fill. We are recruiting this month to the position and Mark Roddick has agreed to be the Acting Manager in the interim.

Take good care in our winter months.

Bronwyn Heard
Regional Manager

Message from Steve Walkerden

Hello to everyone,

The ABC news article on the link below interested me. If there is greater spread of the virus through the air than previously thought, then it will have an impact on the way prevention is handled – the 1.5m physical distance, whilst helpful, may not be sufficient. Proper fitting good quality face masks may become the norm; and fresh air is always a great idea – maybe even more so.

ABC News: Coronavirus spreads through the air, 230 scientists write in open letter to WHO

Hundreds of scientists publicly appeal to the World Health Organisation to recognise the potential that COVID-19 is spread through the air, warning that if we keep ignoring the risk it will be at our own peril.

I had an interesting excursion into an Apple store last week – they would not let me in unless I agreed to wear a mask. And Qantas and Rex I understand will be handing one to every passenger prior to boarding. *Might be time to review stock levels just in case this virus takes off again in NSW and the CMOs up the advice on PPE.*

Please keep the reminders about the basics circulating to all staff:

- **DO NOT** come to work if **you are unwell in any way.**
- If you have a fever or symptoms of a respiratory infection such as a cough, sore throat or shortness of breath **you must let your manager know.**
- **DO NOT** come to work **if you have been in close or casual contact with a confirmed case of COVID-19 in the last 14 days.** You must isolate yourself for 14 days after the date of last contact with the confirmed case. If you become unwell, call your Doctor or the Coronavirus Health Information line at 1800 020 080.
- **DO NOT** come to work if **a member of your household** is a suspected case of COVID-19.
- If you have **secondary employment** in any context please **let your Manager know.**
- (Old news ... Get the flu vaccination. After 1 May if you do not have a flu vac you may not be able to work. *Keep an eye out for new staff starting work.*)

And of course, the new one:

- **DO NOT** visit if you have travelled from Victoria **or any Covid-19 hotspot** – you must self-isolate at home for 14 days.

Please continue to screen all staff at the start of the shift and for residential care, visitors and others on entry.

The latest Health Order is below.

<https://www.health.nsw.gov.au/Infectious/covid-19/Documents/pho-interstate-hotspot.pdf>

Again, thinking about how we continue to reduce the incidence of this highly contagious virus here are a few reminders.

1. Outside of work, each of us, every day, make lots of small decisions about our life. How we travel, where we shop, who we see, what we do and of course what we touch. These small decisions matter. When you touch surfaces that are public and you cannot wash your hands soon after contact there is risk. If you touch your face, that risk greatly increases. So please be careful - wash hands, and if your hands have been in contact with unclean or public surfaces, don't touch your face.
2. At work, keeping a physical distance of two arms lengths and using your normal PPE is important. Following correct protocols to put the gear on and off is very important.
3. Handwashing – twenty seconds of washing is a long time, so stay the course and just do it. There are posters around to guide you in good practice. Do this on entry and exit to any site, after the bathroom, before and after eating and drinking, after using a lift, door handles, being on public transport, shopping etc. If washing your hands is not an option, use hand sanitizer.
4. If you need to cough or sneeze, use a tissue and then dispose of it, or if you do not have a tissue, coughing/sneezing into your elbow will help prevent the spread of any virus.

Again, please continue all your good efforts to stay clear of the virus and to help your family and household to do the same. It is simply the best thing we can all do. NSW Premier Berejiklian's great message still applies: **have no regrets**. In other words, be very, very cautious to make sure you don't either catch or spread the virus. Remember to get good sleep, look after your diet, get some fresh air, exercise and keep your life in balance as best you can. We are all in this for the long haul, so reach out and help each other along the way.

Kind regards
Steve

News from Redleaf & Rosetta Park Rosetta Park

We are right in the middle of winter which means spring is not far away and the daffodils and Magnolia are already in bloom, just to mention a few spring flowers. Spring is a time of new growth and longer days and I hope we will all find time to reflect and enjoy the beauty of this suburb we live in and in so doing will find some joy in a very unsettled world.

We pass our best wishes to those celebrating a birthday in July:-
Redleaf:

Tom Kerslake on the 8th, Beth Mathews on the 14th, Richard Gillett and Shirley Storey on the 18th.



Rosetta Park
Joan Reale on the 11th, Audrey Yu and Janet Martin on the 24th.

The shopping bus has been running for a few weeks with the restriction to a maximum of 10 per trip. Redleaf residents are also able to go out on a Tuesday afternoon for a bus trip, staying on the bus, and again a maximum of 10. Redleaf Happy Hour is on the 2nd and 4th Wednesday each month.

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Rosetta Park are going to have 'Happy Snacks' every Wednesday starting July 29th from 2.30-3.30pm on level 6. No food sharing though and BYO mug/cup/bottle!



The coffee truck coming Tuesday, Wednesday and Thursday at 10am is a big hit and provides much needed companionship.

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

Our hairdresser Kylie has been talking to you all about increasing her prices and she will put the new prices up in the Salon. The price increase will start from Monday 3rd August 2020.

Thank you again for letting us know when your families are visiting and filling in the screening forms each time. You will now notice we have a long list of additional places that are 'hot spots' for the virus and if any visitors, staff and contractors have been to those places, they are not to come into this facility.

Please continue to adhere to all the guidelines set out by the government and UPA concerning how we go forward in these difficult times ensuring that we continue to support each other and continue to keep the Covid-19 virus out of UPA Sydney North Region. We have done really well so far because we have worked together and supported each other. There are 2 things we need to do all the time: wash our hands frequently for 20 seconds and maintain a distance of 1.5 meters between each other.

Warmest regards to you all, Alice

News from Activities Corner

By Rodney McGeehan

Hi all,

With the easing of restrictions, we have enjoyed the return of some of our regular activities. The Bus trips are back underway, and everyone is enjoying being able to get out in the fresh air again.

Annette Van Roden came in to entertain us with her cabaret show which was also enjoyed by everyone who attended. Russell has returned and is conducting our prayer and hymn group. It is nice to have him back. The zoom sessions are going well, and everyone is reminded that this will be ongoing after all the restrictions are lifted. In the coming month we will continue to resume normal activities as it is deemed safe to do so.

This month we have our Coffee club returning with Mark singing and playing his guitar. We also have two themed days, French Day on the 14th and a

Winter wonderland themed day on the 29th. We are continuing with our bus trips but will be staying in the local area for the time being.

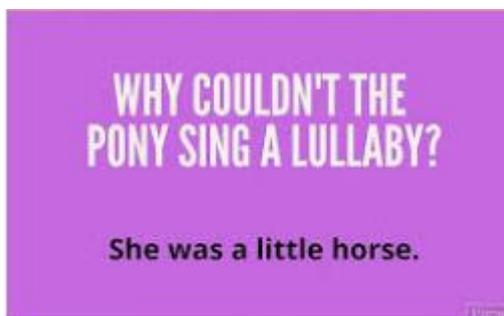
This will be my last contribution to Newslink as I am leaving to continue full time studies. I would like to take the opportunity to thank you all. It has been a pleasure to be at UPA and spend my time with you all.

Thankyou, from Nahid, Shilpa and Rodney.

Jokes



Tie Joke On the day of my big job interview I woke up late. Frantically I threw on a suit. "OH NO!" I thought. "MY TIE! My Dad was out of town and wasn't there to help me, and for the life of me I did not know how to tie a tie! I grabbed a tie and ran out the door. "Excuse me sir," I said to the crossing guard, "I have an important job interview, can you please help me make this tie?!" "Sure" said the guard, "just lie down on this bench." Well if someone was going to help me I wasn't going to ask any questions. After he finished and the tie looked good I just had to ask why I had to lie down. "Well in my previous job I learned how to tie tie's on other people when they were lying down. He replied. What was your previous job? I asked incredulously. "I ran a morgue." Was the reply.



Bad Date Joke "Hi Sarah, listen I only have a minute. I'm about to get picked up for a blind date, can you call me in a half hour just in case it's going bad? Yes? Ok great! We'll speak." Raquel gave herself a quick spray of perfume, checked herself out one more time in the mirror, and headed outside to wait for the guy. Sure enough after twenty minutes Raquel was discreetly checking her watch. After ten more long minutes her phone finally buzzed. Raquel listened for a few seconds, grimly pursed her lips, and turned to her date, "I feel terrible, but my Grandmother is terribly sick, and I must go home now ." "No problem!" Said her date with a big grin, "in a few more minutes my dog was going to get run over!"



Fire & Rescue NSW

[Home](#) [Home Fire Safety](#) [Seniors fire safety](#) **[Seniors winter fire safety](#)**

Seniors winter fire safety

Fact

Being physically impaired or frail due to advanced age can significantly affect your ability to survive if unfortunate enough to be caught in a home fire.

Are you winter safe?

The FRNSW recommend this simple safety checklist to help keep seniors fire safe this winter:

- Have an adequate number of appropriate smoke alarms installed that are tested regularly.
- Don't fight the fire - get out and stay out and dial '000' immediately.
- Know two safe and clear ways out of every room in your home.
- Make sure all keys to all locked doors are readily accessible.
- Have an escape plan in case of fire and practice it regularly.
- Never ever leave cooking unattended.
- Never ever smoke in bed.
- Place screens in front of open fires.
- Be careful of loose fitting garments near heaters and cooking appliances.
- Make sure heaters and their cords are not a trip hazard.
- Consider using wall mounted heaters or oil-filled column heaters.
- Keep portable heaters away from curtains, tablecloths and bedding.
- Place drying clothing at least 1 metre from heaters or fireplaces and never leave unattended.
- If you use a clothes dryer clean the lint filter each and every time you use it.
- Don't overload power points and switch off when not in use.
- Always handle candles or any other open flame with care.

Fire Safety Tips

- To test an electric blanket lay it flat on top of the bed, then switch it on for five minutes before putting it on the bed for use to confirm that it is okay.
- Use only authorised installers of fixed heating appliances.
- Oil, gas or wood heating units may require a yearly maintenance check.
- Only use fuses of recommended rating and install an electrical safety switch.
- If possible, in the kitchen keep a fire extinguisher and fire blanket placed near the exit.
- Never leave burning candles or any open flame unattended.

In an Emergency Call Triple Zero (000)

A collaboration of the Fire & Rescue NSW, NSW Rural Fire Service, ACT Fire Brigade and ACT Rural Fire Service



**UPA SHOPPING
BUS TIMETABLE**

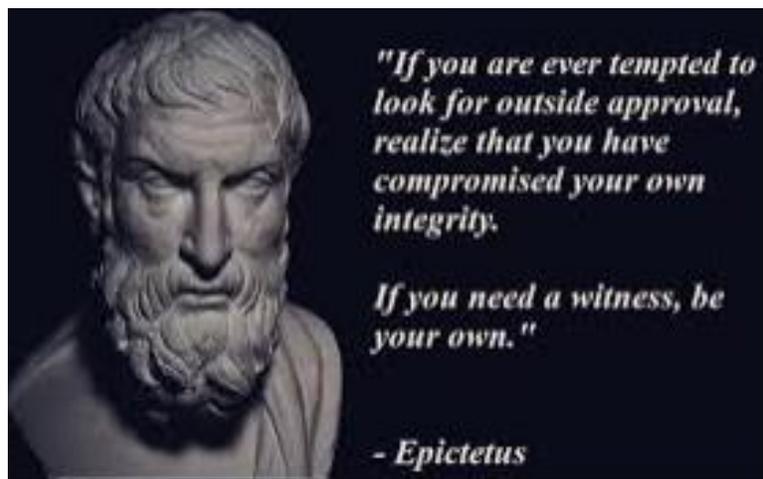
Westfield HORNSBY

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

DEPARTURE TIMES

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

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





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

OUR VALUES: *Compassion Respect Integrity Kindness Inclusiveness*

PHILOSOPHY OF AGED CARE

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

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

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

CONTACT DETAILS

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

Phone 02 9450 8300 Fax 02 9450 8371

United Protestant Association of NSW Ltd

ABN 71 050 057 620- 012

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

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

UPA Sydney North Administration: Regional Manager Bronwyn Heard Ph. 9450 8300

CDC Co-ordinator- Karen Tebbet Ph. 9450 8300

Thomas & Rosetta Agst Aged Care Service: Care Manager: Jose Rigor
Ph. 9450 8320

Rosetta Park Independent Living: Ph. 9450 8340

Redleaf Serviced Apartments: Care Manager Alice Mackay Ph. 9450 8310

Carise Place: Ph. 9450 8350

Home Care Program: Sydney District Ph. 8197 9300

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

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