

NEWSLINK



We are in the middle of Spring and racing to Christmas. It's been another year dominated by COVID and as I am writing today, many restrictions are being lifted in NSW because more than 70% of us are fully vaccinated.

I would like to give my heartfelt thanks to residents and staff for our 100% full vaccination. It has reduced our risks enormously for the last three months and for the months ahead as our city becomes more mobile and businesses get back to normal.

Information is slowly coming through about restrictions becoming less in Aged Care Services. What we know so far for our services in Sydney North are:

- Any resident can have two visitors inside in private areas (not in common living rooms and dining rooms) each day. The visitors need to be fully vaccinated. Visitors are required to wear masks.
- Residents and families can meet outside in groups of up to 5. It's been great to see many residents out enjoying the sunshine and the gardens with their family.
- Residents can leave the site to attend family and friends get together that comply with the current Public Health Orders.
- Our Coffee Van came back on 19th October. We will set up the seating in groups of 5 and the staff will be around so that we meet the social distancing requirements we still need to observe together.
- Where we are able to isolate our builders from residents and staff, we will finish our renovations in Thomas and Rosetta Agst in Thomas House from 18th October.

- We're expecting renovations to retirement village units to get going again in the middle of November.
- Hairdresser is back for Retirement residents, and we are working to have our hairdresser back soon for Thomas and Rosetta Agst residents from this week.

We are able to resume essential maintenance services provided by contractors. We anticipate that restrictions will gradually ease after we know our residents are safe with family and friends and the number of COVID positive cases are effectively managed.

We are starting to put plans in place for Christmas celebrations with the expectation that restrictions will be largely lifted. It is something to look forward to and stay safe for.

I hope you are all enjoying the new menu with food cooked by Jason and his team. There are lots of happy faces and empty plates in every part of our service. I' like to publicly thank Jason and his team for what they are doing – it has been a huge effort to take over between dinner one evening and breakfast the next morning just before the October long weekend. Fantastic work and fantastic food!

With summer coming, please remember sunscreen for outside and plenty of cool drinks.

I'm looking forward to spending time with you all to celebrate Christmas.

Bronwyn Heard
Regional Manager

**News from Thomas &
Rosetta AGST Aged
Care**

Written by Aaron Renel

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So, the lockdown to the service has ended recently which has been a great joy for the residents as the residents had not seen family members for a number of months. Resident's being able to see their friends and families once again has been rewarding - families are catching up and sharing stories. The service is following all the rules that have been put in place by the NSW government such as allowing visitors who are completely vaccinated to enter the service.

During this time the service has been able to vaccinate all the staff and a high percentage of residents for COVID which has been a significant milestone as we assist the state towards that magic 80% mark for re-opening. This has been assisted by the Heritage medical Centre -a local medical practice. Vaccinations have also been supported by the East Wahroonga Pharmacy offering vaccinations for residents and families. Thank you to all the families and the support during these times.

Also, amongst the staff we some new additions to our UPA family with the service now having two little boys and two little girls being born. All new family members are doing well and healthy.

We have some big events coming up on the UPA calendar with Melbourne Cup on the 02/11, Remembrance Day 11/11 and the residents Christmas party being on the 23/12.

I hope everyone is staying safe.

Regards

Aaron,



News from Redleaf & Rosetta Park Rosetta Park

Today, as I write this, is a very special day! "Freedom Day"! We are out of lockdown and the highlights of today so far are that visitors are able to come and visit indoors and, best of all for many of you, the hairdresser is back. She has been flat out today and has brought the glamour back to Redleaf!



On Thursday 7th October we celebrated Redleaf's 32nd Birthday with an amazing lunch of salmon and prawns and a beautiful cake made by our Chef Manager, Jason. Joan Smith, who has been living in Redleaf the longest, did the honours of cutting the cake.



The feedback about the meals at Redleaf has been very positive and the fact that Jason uses fresh ingredients is so obvious in the taste of the meals.

The coffee van is hopefully back on Tuesday the 19th of October and once Faye is back at work, we will start running the shopping bus.

We hope soon to be able to give the residents in Rosetta Park dates for the work on the roof and gutters and work on the common room on level 6. We are awaiting government directions.

Thank you to the Rosetta Park residents for the addition of new plants in the gardens. The herb garden that Bronwyn planted, with a little help, is flourishing.

Now is NOT the time to let your guard down concerning Covid. We are still in a pandemic so remember:

- Wash your hands frequently especially after being in public places or touching money
- Cough/sneeze into a tissue and discard, or into your elbow.
- Wear a mask in crowded places where you cannot maintain a distance of 1.5 m.
- Follow the government rules for numbers allowed in your units and only allow fully vaccinated people in.

Kind Regards,
Alice



East Wahroonga
Community
Pharmacy



Call us
02 9489 5632

Fax us
02 9489 9672

COVID-19 Vaccination

ANNOUNCEMENT:

Moderna Covid-19 Vaccinations now available to ALL over 12 years old!
Please call us on (02) 9489 5632 Option 1 for more information,
or press book below.

We are a
vaccination provider



COVID-19
VACCINATION

AstraZeneca and Moderna Vaccine now available. Bookings are essential.
Click below to book your appointment today.

Book AZ/Moderna COVID-19 Vaccination now

PLEASE NOTE:

If you have booked for your 1st dose of Moderna with us, your 2nd dose in 4 weeks time will be allocated for you, and we will confirm your second appointment on the day. So you do not need to worry about securing your 2nd dose through our online system.
Our system unfortunately creates duplicate records if you try to make a 2nd booking.

Just wanted to let you know that our shipment of Moderna (Covid-19) Vaccines have arrived at the pharmacy:

As such the following vaccinations are available from participating pharmacies:

- Moderna for children and adults between 12-59 years of age
- Astra Zeneca for adults 60 years and above

For those who wish to receive a Pfizer Vaccination, please note that these are **ONLY** available at participating:

- Doctor's Surgeries
- Hospitals
- Vaccination Hubs

Should you have any questions or wish to obtain further information, please do not hesitate to contact me

Kind regards

Minh Ngo

B.Pharm MPS AACPA JP

Where to locate us

Shop 6, 46-68 Hampden Avenue, East Wahroonga, NSW, 2076

The Joy of Spring – A Spiritual Story by Brenda Barnhart

I am Jolly Joy, and I'm a happiness! But you, as a human, might know of me as simply, "sunflower". Little do you know that we flowers have our own identities and souls, for indeed we do, along with divine purpose and goals, albeit our goals are much simpler than yours?

For instance, my goal in this new incarnation is to feel the Joy of Spring! To you this may seem frivolous, but to me, it is everything. It is all I know, all I yearn for, and all that I live for. The life of a "sunflower" is nothing if not for spring.



You see, for me, it all began with a seed, and this seed was watered and nurtured by the sun and the earth, so that I may come and experience my Joy of Spring. This is all I want, this is all I will be, and this is simply perfect and divine, at least for me.

The sun and the earth know who and what I am. They know me more than as simply "sunflower". They know my essence, they know my needs, and they know my true divinity. Indeed, the sun and the earth know me, as intimately as they know you! And they love me just the same, too.

For the sun and the earth are like my "parents", as you know parents to be, at least. They incepted me, grow me and support me all throughout my experience. Even after I am picked by human hands, the sun and the earth still look after me, for you see, once my experience with the Joy of Spring is over, it is back to the sun and the earth that I return.



But that is for a later day, indeed, for now my focus is on the New! Spring is here and the time is now for me to join humanity and sprout my seed, spread my roots, and become the bloom I'm meant to be, and it's all for Spring, you, see?

The Joy of Spring means drinking up the morning dew, quenching my thirst and feeling the breath of life move through my being down through my stem, into the beloved earth below. Then feeling the sun's caressive rays permeating my silken petals as the sweet little bumble bee drinks of my nectar, spreading my essence for future sunflowers, making it possible for my descendants to experience the Joys of Spring.



Funny Ghost and Goblin Jokes



Why do ghosts go on diets?

So, they can keep their ghoulish figures

Where does a ghost go on vacation? Mali-boo.



Why did the ghost go into the bar?

For the Boos.



How do you know when a ghost is sad? He starts boo hooing.

Why did the policeman ticket the ghost on Halloween?

It didn't have a haunting license.



Why do demons and ghouls hang out together?

Because demons are a ghoul's best friend!

Why did the ghost starch his sheet?

He wanted everyone scared stiff.

What does a panda ghost eat?

Bam-BOO!

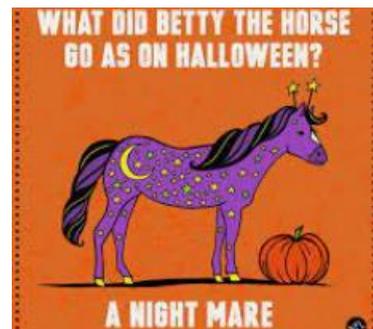
What's a ghost's favourite dessert?

I-Scream!



Where do ghosts buy their food?

At the ghost-ery store!



News from Activities Corner

By Shilpa and Nahid

Hello Everyone,

We had a great time in September and in October so far. There were a lot of new flowers and greenery which Spring brings.



We organized many indoor activities for our residents which we hoped was enjoyed by all. September was a challenging month as the facility had to go into a two-week lockdown in adherence with the NSW restrictions. The team worked hard to keep residents connected with their loved ones via zoom meetings, facetime meetings and phone calls. The staff made sure the residents were engaged with one-on-one activities that they enjoyed.



The residents were served wine and food in their rooms during happy hour. In the residents' room we had activities such as flower arranging, finger food and chocolate treats. Balloons were also given to residents to see a smile on their face.



We celebrated Father's Day with morning tea with cupcakes and an afternoon party. The residents were given gifts and Father's Day cards which they appreciated.

Welcome Spring was celebrated with fresh flower arranging, fresh fruits, fruit punch and dancing which residents especially enjoyed.



- Family members can visit in residents' room
- Hairdresser returning
- Coffee van
- November- Melbourne Cup and Remembrance Day celebration

Upcoming events-

- Grandparents' day celebration
- Bus trip starting soon

Many Thank from RAO Team
Shilpa Jain and Nahid Sultana





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: Aaron Renel

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*