

NEWSLINK



Happy New Year!

Can you believe it's 2022?

I hope you have a joyful and peaceful time throughout Christmas with family and friends.

Here's what has been happening in January.

COVID 19

We have had a challenging January with a small number of our community who have contracted COVID. We have managed through with support from the Public Health Unit. Aaron and his team have done an exceptional job throughout the month to keep everyone safe.

BUILDING WORKS

Later in January, we have been able to isolate areas in Thomas House to finish off the renovations. My sincere apologies for the long delays in arranging for this house to be finished. We are looking forward to putting all the new furniture there are getting life back to normal in much nicer surroundings. Thank you for being so patient as we've chipped away at lockdowns, delays in supply of building materials and short supplies of trades to complete the work.

Over the next few months, SEC building company will still be on site as they do the remedial work needed so that we don't have future storm water damage. This includes some work on the roofing areas, and new gutters and downpipes on all our buildings. In Carise Place courtyards, it also means putting down tiles that make the water go into new drains to stop flooding of the courtyard.

Towers Projects are doing works in Rosetta Park Retirement Village units and Redleaf Apartments. We have work booked with them for the next few months.

The Level 6 Common Room in Rosetta Park has a new roof at long last. There is still some painting and electrical work for lighting and air conditioning to make this area what we have hoped and dreamed of.

NEW STAFF

We have a new Maintenance Manager!

Margaret Frappell is starting on 7th February. Margaret is a qualified joiner and furniture maker. She has managed trades teams and contractors and has worked for some interesting companies. Marg has also experience of aged care and we are very much looking forward to her starting work with us.

We have four new Registered Nurses at Thomas and Rosetta Agst!

We are growing and needing additional registered nurses. At the start of this year, we have the opportunity to set up Homemaker and RN teams to support residents choosing their own care and services in a more robust way.

Thomas and Rosetta team is:

Dhanwant Kirk, Charlie Calder and Sammy Serhan and Rashmi Neupane (who is still on maternity leave)

Carise Place team is:

Hazel Capahi, Kay Seto and Kiranjot Kaur

Redleaf team is:

Dhiraj Simkhada, Simon Lee, Louise Wong and Ceci Deng

We have a new staff member starting in the laundry whose name is Qi Chen.

Over the next few months, we will also continue to recruit additional care staff as residents' needs are increasing. We have, for the last few years, had staffing levels that the Royal Commission recommended last year should be available in aged care facilities and we want to maintain these staffing levels.

GARDENS

The garden outside Redleaf apartments is starting to take shape.

After the roofing work is done, we will renovate the entry to Rosetta Park and the native garden area alongside Ada Avenue. It will not be too soon, will it.

UPA Company

Over the next few months, under the leadership of our CEO, UPA will be developing their strategic plan for the next few years. Our Region will want to include your thoughts, hopes and dreams for life at UPA Sydney North, so please give your feedback to your service manager or to me so that our local community thinking is part of our plans.

From the Strategic Plan, the Regional Executive at Sydney North Region will develop and go forward with an annual business plan.

**News from Thomas &
Rosetta AGST Aged
Care**
Written by Aaron Renel

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WOW,



What a beginning to the new year, with COVID-19 spreading in the community and unfortunately, we had some staff who tested positive. These staff were placed in isolation and provided with support from the organisation. It has been a difficult time for the residents with them spending long periods in their rooms and not having their loved ones to visit. With these measures we are hoping to keep the residents safe in the service.

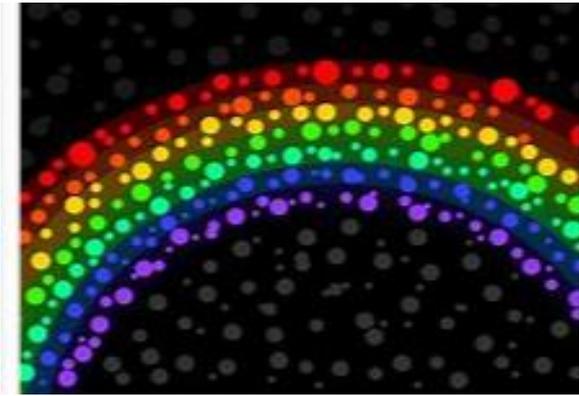


We have some big plans for the new year, with have more volunteers entering the service. A more individualised resident Reactional activities program which will see the resident undertake more activities that they want to do. Also we have new staff and roles created with Kiran being the new Homemaker in Carise. Hopefully this will improve the service provided to the residents.

Thank you for your patience and support during this difficult time.

Aaron Renel

"A RAINBOW APOLOGUE "



Once upon a time all the colours in the world started to quarrel; each claimed that they were the best, the most important, the most useful, or the most favourite.

GREEN said, "Clearly I am the most important. I am the sign of life and hope. I was chosen for the grass, the trees and the leaves. Without me all the animals would die. Look out into the countryside and you will see that I am in the majority."

BLUE interrupted. "You only think about the earth but consider the sky and the sea. It is the water that is the basis of life, and this is drawn up by the clouds from the blue sea. The sky gives space, and peace and serenity. Without my peace you would all be nothing but busybodies."

YELLOW chuckled: "You are all so serious. I bring laughter, gaiety and warmth into the world. The sun is yellow, the moon is yellow, the stars are yellow. Every time you look at a sunflower the whole world starts to smile. Without me there would be no fun."

ORANGE next started to blow its own trumpet. "I am the colour of health and strength. I may be scarce, but I am precious because I serve the inner needs of human life. I carry all the important vitamins. Think of the carrots, the pumpkins and the oranges. I don't hang around all the time, but when I fill the sky at sunrise, or give you a majestic sunset to admire, my beauty is so striking that no one ever gives another thought to any of you!"

RED could stand it no longer. Red shouted out, "I'm the ruler of you all. Blood, life's blood. I am the colour of danger and bravery. I am willing to fight for a cause. I bring fire in the blood. Without me the earth would be as empty as the moon. I am the colour of passion and of love, the red rose, the poinsettia and the poppy."

VIOLET rose up to its full height. He was very tall and spoke with great pomp: "I am the colour of royalty and power. Kings, chiefs and bishops have chosen me, for I am the sign of authority and of wisdom. People do not question me. They listen and obey."

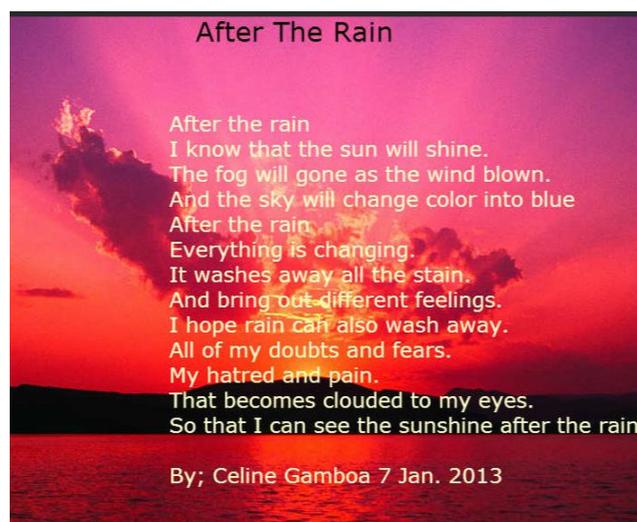
INDIGO spoke more quietly than the others, but just as determinedly. "Think of me, I am the colour of silence. You hardly notice me but without me you all become superficial. I

represent thought and reflection, twilight and deep waters. You need me for balance and contrast, for prayer and inner peace."

And so, all the colours went on boasting, each convinced that they were the best. Their quarrelling grew louder and louder. Suddenly there was a startling flash of brilliant black lightning; thunder rolled and boomed out. The suddenly **RAIN** started to pour down relentlessly. The colours all crouched down in fear, drawing close to one another for comfort.

Then **RAIN** spoke: "You foolish colours, fighting amongst yourselves, each trying to dominate the other. Did you not know that the Creator made you all, each for a special purpose, unique and different? The Creator loves you all, he wants you all. Join hands with one another and come with me. He will stretch you across the sky in a great bow of colour as a reminder that He loves you all, that you can live together in peace, a promise that he is with you, a sign of hope for all for tomorrow."

So, whenever He uses a good **RAIN** to wash the world He puts the **RAINBOW** in the sky, and when we see it we should remember that He wants us all to appreciate, and live with, each other in peace and not try to fight and dominate everyone.



News from Activities Corner

By Shilpa and Nahid

Hello everyone,

We had a lovely time in the month of December. The Resident Christmas Party celebrations on 16th December 2021 at our UPA home were just as exciting and as eagerly anticipated as the actual day itself.



Our residents celebrated Christmas with various food, tea, coffee and wine in our dining and lounge areas. Staff dressed up in festive gear sporting Santa hats, and dress-ups, and one could see a beautifully decorated of hall room. We sold raffle tickets throughout December and at the end 3 lucky winners were announced.



Throughout our UPA aged care residences around Australia, the month of December brings about an endless flow of Christmas carols, brightly coloured tinsel, and Santa visits.



Christmas sure is a busy and exciting time of the year for us. Many of our residences spend the month of December involving the varieties of festive activities, such as decorating Christmas trees, baking Christmas cookies and cakes, making cards, carolling and of course, we can't go without a residence Christmas party.

Here are some of the highlights from UPA 21 Christmas celebrations:





Christmas just isn't Christmas without some good carolling at UPA, volunteers from the residents' families visited to perform some carols for us. Organized music brought peace and joy to many of the residents as they relived their memories of Christmas once again.

As you looked around the room there were smiles, lots of laughter and Christmas cheer



Other than Christmas celebration, residents had Christmas eve party, new year eve and new year day celebration. What a cheerful month we had. As expected, Covid/Omicron makes our lives complicated due to the various restrictions and we were in lock down. Though activities didn't stop, we are now limited to individual activities happening in our resident's room.

Everyone was having a wonderful time when an unexpected guest arrived, ELF! Our Manager, Aaron, with Christmas presents.



We are all just waiting for a bright morning where we all will laugh together with our residents without covid and Omicron.

Many thanks to everyone who has supported us specially our manager, Aaron.

Thank you.
Kind regards RAO team.
Nahid Sultana and Shilpa Jain



Jokes



Hear about the new restaurant called Karma?
There's no menu: You get what you deserve.

Yesterday I saw a guy spill all his Scrabble letters on the road.

I asked him, "What's the word on the street?"

Did you hear about the mathematician who's afraid of negative numbers?

He'll stop at nothing to avoid them.

A bear walks into a bar and says, "Give me a whiskey and ... cola."
"Why the big pause?" asks the bartender.
The bear shrugged. "I'm not sure; I was born with them."

Did you hear about the claustrophobic astronaut?

He just needed a little space.

What sits at the bottom of the sea and twitches?
A nervous wreck.



Health and Safety Message

Top 6 Mental Exercises for maintaining wellness

Exercising your mind is important at all ages. The brain is made up of many specialized areas and nearly 100 billion neurons. If not used consistently, the brain can become atrophied. Brain atrophy essentially destroys neurons and the connections that help cells communicate. Mental exercises help stimulate the brain and sharpen thinking, memory, reasoning, and processing skills. According to scientists, one can gain an additional 14 years of "cognitive youth" by practicing mental exercises.

1. Puzzles



Science has found that solving puzzles can be advantageous for both mental health and relaxation. Additionally, puzzles are easy to integrate into your daily routine and can be fun to complete alone or with friends. There are all types of puzzles to try, such as traditional jigsaw puzzles, Sudoku, or crosswords.

"I feel more at ease and less quick to fall into anxious thoughts...Also, I have unexpectedly noticed that I am LOTS more creative..."

Carol Benton



2. Crafts

Creating things with your own hands is not only fun but can actually be good for your brain. Crafting can also help lessen anxiety, fight depression, and bring about an overall feeling of happiness. Being able to complete a craft project can also build confidence and provide one with a sense of purpose. There are all types of crafting projects you can try, such as painting, collages, sewing, knitting, ceramics, and colouring.

3. Music



Music is a powerful medium that stimulates emotions, improves our attention, and boosts memory and alertness. There are many fun ways to use music as a fun mental exercise.

6. Writing

Try learning the lyrics to a new song and practice singing it. Even chanting has been found to have a profound effect on the brain by releasing mind chatter through music. Even singing on its own can be good for the mind by providing social, emotional and cognitive benefits. Music is also useful for reducing anxiety, stress, and depression.

4. Gardening

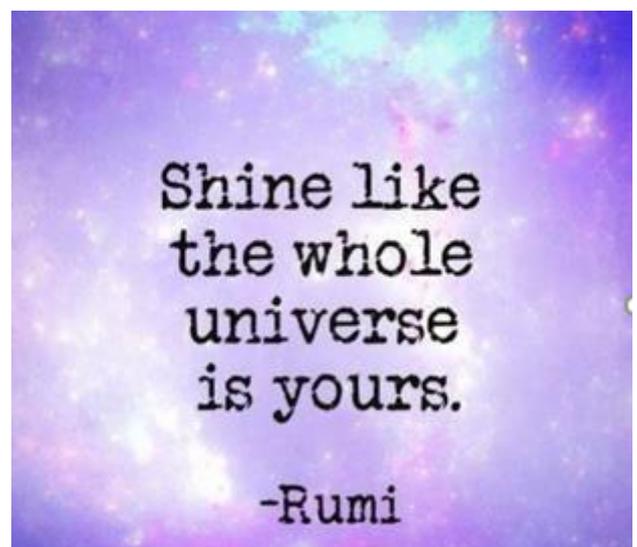
Gardening is a popular pastime for many individuals. It acts as an effective physical activity and can provide a great calming and wellness affect, as it has been found to reduce the stress hormone cortisol. Many researchers believe that high levels of cortisol in the body may negatively impact memory and learning. High levels of cortisol can also increase a person's risk of developing a mental illness. There is also a strong link between gardening and reducing the risks of dementia.

5. Eating

Seniors who enjoy tasting good food will love trying this next elderly mental exercise. Purchase a variety of new fruits, veggies, and other ingredients that you have never tried before. With your eyes closed, try to identify the ingredients by taste, texture, and smell alone. The same concept can be done with entire meals. For example, if you sample a chunky soup try to guess what type of pasta, vegetables, and broth it contains. You can even make guesses right down to the spices and seasonings.



Writing is one of the most underrated of all mental exercises. Not only does writing stimulate brain cells, but it can also be effective at improving memory and increasing your intelligence. Many people prefer to use good old-fashioned paper and pen to write, while others like the convenience of writing on the computer in a word document. What you write really does not matter. Consider keeping a journal of your daily activities, write poems or stories, or send letters to family or friends. Even if you just write out a grocery list, you are effectively stimulating and strengthening parts of the creative brain.





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

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

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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*