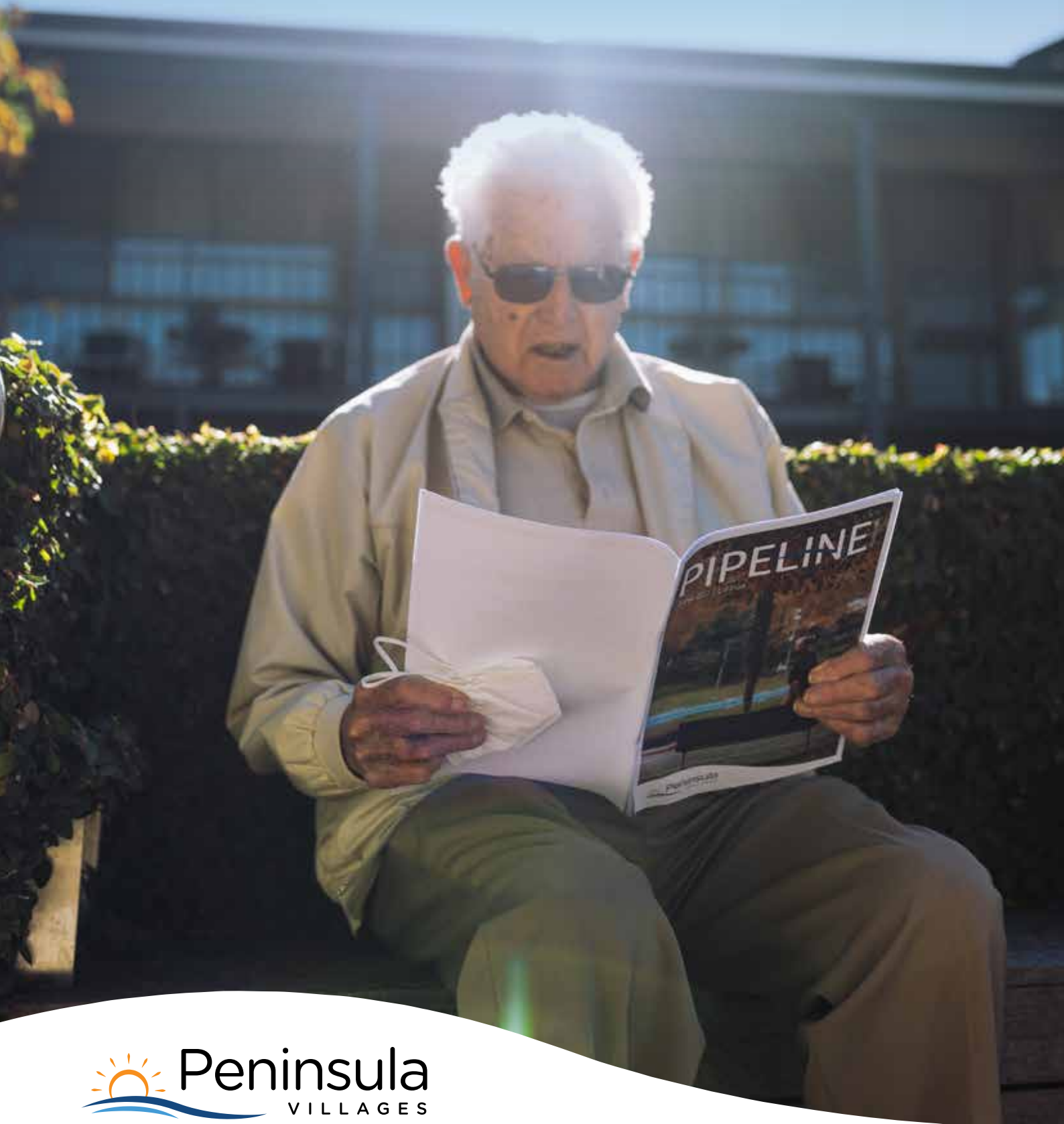


PIPELINE

Newsletter

Welcome to our August 2023 Edition



Dates AND EVENTS

AUGUST



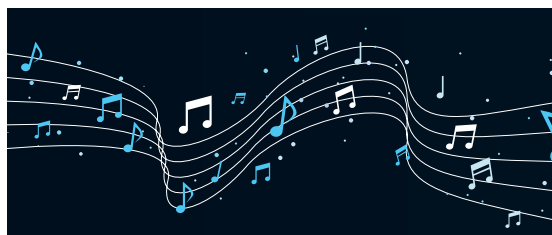
Wednesday, 2nd August
**INTERNATIONAL
BEER DAY**

International Beer Day is an annual celebration in August to appreciate the iconic beverage and its makers. It is a day to raise a glass to beer and all that it brings to the world. Peninsula Villages will be holding its own celebrations with a delicious beer tasting. Cheers!



Monday, 7th August
**THE GALS/ELVIS
PERFORMING IN DLH**

The Gals are an over 60s tap dancing group who will be visiting Peninsula Villages to perform! An Elvis impersonator will be joining them to sing some rock and roll classics. All residents are welcome!



Friday, 11th August
**MICHAEL MONTGOMERY
IN PPH**

Michael Montgomery is a crooner singer with extraordinary vocal ability. Join us for a great performance in Pam Palmer House.



Thursday, 24th August
FRANTASTICS PPH

The Frantastics are a Central Coast choir with a repertoire of songs from our childhoods, musicals, choral melodramas and more! Don't miss out on their performance at Pam Palmer House.

COMMUNITY EVENTS



Monday 7 August -

Friday 25 August

WOY WOY LIBRARY HISTORIC PHOTO DISPLAY

Visit Woy Woy Library this August and join in on the celebrations for its 75th Birthday. Take a trip down memory lane and enjoy a wonderful display of images of Gosford and Woy Woy districts in the 1940s-1950s, around the time of the formation of the Library Service.

Open:

Weekdays 9am-5pm

Saturday 9am-12pm

Sunday-closed



Saturday 19 August -

Sunday 20 August

VINTAGE FAIR

If Vintage, Antiques, Collectibles, French Decor is your thing put the dates in your diary.

Types of treasure that you may find - China, Glass, Kitchenalia, New & Preloved Fashion, Jewellery, Fine Art, Books, Pottery, Tools, Exotic plants and much more...

Grab a coffee or a pastry whilst you stroll around the Fair.

\$2 Entry Fee | *Eftpos available.*

Cash is king, some stallholders do have Eftpos

Lions Club Community
Hall, Russell Drysdale Street,
East Gosford

Open:

Saturday 8am - 3pm

Sunday 9am - 2pm

REGULAR EVENTS

MONDAY

- We have a darts competition every Monday in PPH
- Arts and Craft in the PPH Hall at 10:30am
- Exercises in the activities room at 10am and the DLH Hall at 10:15am
- Bingo at 1:30am on first floor of POZ House

TUESDAY

- Indoor Golf in PPH Hall at 10:30am
- Build-A-Word in the activities lounge in DLH at 11:00am
- Garden Walks at 1:30pm in POZ House
-

WEDNESDAY

- Shuffleboard at 10:00 am and Happy Hour at 1:30pm in PPH Hall
- Nail Care at 2:00pm in the upstairs lounge in DLH
- Happy Hour Cart at 1:30pm in all rooms at POZ House

THURSDAY

- Learn a new skill – Sign language class at 1:30pm in PPH Hall
- Bingo at 2:00pm in DLH Main Hall
- Coffee and Chat at 1:30pm in POZ House

FRIDAY

- Bingo at 1:30pm in PPH hall.
- Brewers Club at 2:00pm in the DLH Hall
- Ukulele at 11:00am in POZ House

SATURDAY

- Bocce at 10:30am in PPH Hall
- Ice Cream Trolley at 2:00pm at DLH
- Ice Cream Trolley at 1:30pm in all rooms at POZ House

SUNDAY

- Coffee and cake morning in PPH Main Hall
- Coffee and cake morning in Jesmond Hall DLH
- Build-A-Word at 10:30am in activities room at POZ House

CEO REPORT

Hello all and welcome to August.

As we enter the last month of winter, the days are getting longer and the sun is shining brighter. This is a sure sign that warmer weather is on its way! I hope you have had the opportunity to enjoy some of the glorious winter days we have experienced. There is something truly special about sitting in the winter sunshine and soaking up the warmth. It is one of the simple joys in life.



July was another busy month at Peninsula Villages. We celebrated NAIDOC Week with a smoking ceremony which I felt honoured to be a part of, and residents participated in arts and crafts inspired by Aboriginal culture. It was a special time to reflect on the history and culture of Aboriginal and Torres Strait Islander peoples and embrace traditions and rituals.

We also celebrated Bastille Day and Christmas in July with events that were well-attended and enjoyed by all.

Our 2022-23 Annual Report photo shoot also took place, and I would like to thank the staff and residents who participated. The photos capture the essence of our community and the spirit of our residents. Your effort and participation are greatly appreciated, and the results are truly wonderful.

The Annual Report will be presented on 23rd October at a presentation, so pencil it in and we hope to see you there.

In this edition of Pipeline, we are excited to share information about a range of activities and events that we have planned across the Village for August.

We have a lineup of several concerts organised, with a variety of genres to choose from, so there is sure to be something for everyone.

We have also included a profile on Mrs Karen Schofield, who joined the Peninsula Villages Board in January 2023. Karen brings with her a wealth of experience in the healthcare sector, having worked at Central Coast Local Health District for 40 years.

Karen is also passionate about contributing to her community and is excited to use her skills and experience to help Peninsula Villages achieve its strategic goals. We hope you enjoy reading about Karen's background and experience in this edition of Pipeline.

You will also find an interesting story about two of our residents, Jan Morley and Maureen Stewart in this edition of Pipeline. Jan and Maureen have known each other since they were eight years old, and they have remained close friends ever since.

Jan and Maureen met at the New South Wales Institution for the Deaf, Dumb and Blind, where they both attended school. They quickly bonded over their shared experiences of being Deaf, and they have been friends ever since. We hope you enjoy reading about Jan and Maureen's story.

Wishing you all a wonderful August, I look forward to seeing you soon.

Colin Osborne
Chief Executive Officer

From the PIPELINE DESK

Hi everyone,

I hope you're all doing well as we approach the last month of winter. Spring is just around the corner, and the days are starting to get longer and longer.

I'm excited to announce that we're starting a new Learn to Sign Language class every Thursday at 1:30pm. This is a great opportunity to learn a new skill and connect with other people in our community.

We have a range of performances coming up this month, including The Gals and Elvis, Michael Montgomery and The Frantastics. All residents are welcome, so we hope to see you there! You can read more about these shows at the beginning of this newsletter.

We're also planning some other fun activities for August, including weekly darts tournaments and UNO competitions.

I hope you'll join us for some of these events. As always, if you have any feedback or suggestions, please don't hesitate to contact us. Either write a letter to the Pipeline Team and hand it to reception or contact us via email at lindas@peninsulavillages.com.au. We would love to hear from you.

Cheers

Linda Segrott

Leisure and Lifestyle Manager



Board PROFILE

Mrs Karen Schofield

In January 2023, Peninsula Villages welcomed Karen Schofield as an Honorary Director to its Board. This month, we will be sharing more information about her, her professional experience and why she is such a valuable addition to our board.

Karen brings with her a wealth of experience in the healthcare sector, having worked at Central Coast Local Health District for 40 years in various positions, including Registered Nurse/Midwife, Senior Nurse Manager, Facility Manager and Director of Surgery, Anaesthetics and Intensive Care. She retired in 2019 but returned to clinical practice in 2021 to administer COVID vaccines at Gosford Hospital.

Karen has also held several board positions since her retirement, and in 2020, she completed a Diploma of Governance with the Institute of Community Directors to further enhance her skills in governance in the not-for-profit sector.

She is passionate about contributing to her community and is excited to use her



skills and experience to help Peninsula Villages achieve its strategic goals. She is particularly interested in working collaboratively with the board and leadership team to achieve the following:

- Achieve the objectives outlined in the Strategic Plan
- Meet the challenges of new government legislation pertaining to the aged care sector
- Work with team members to achieve good governance

Karen resides in Davistown, and in her spare time, she enjoys travelling, hiking, kayaking, oil and watercolour painting, and spending time with her partner, Stephen, two children, and several grandchildren.

We are confident that Karen will make a positive contribution to the Peninsula Villages Board to ensure the continued success of our organisation.

Deaf Residents **INSPIRE STAFF TO LEARN AUSLAN**

Two deaf residents at Peninsula Villages have inspired staff and other residents to learn Auslan, the Australian sign language, through regular language classes hosted at the aged care village.

Jan Morley and Maureen Stewart, 86 and 87, met at the age of eight at the New South Wales Institution for the Deaf, Dumb and Blind. They have been close friends ever since and moved to Peninsula Villages in 2020 and 2023, respectively, to be together and support one another.

"We met our future husbands at the school," said Jan. "We both married deaf men, and we had wonderful marriages. We're both widows now, but we still remain as close friends at the Village," added Jan.

"I decided to move to Peninsula Villages earlier this year so that I could be close to Jan, and we could provide each other with a little extra support," added Maureen.

Jan and Maureen are both active members of the Peninsula Villages community, participating in weekly activities such as bingo, gardening, and arts and crafts.

They communicate using Auslan and have been teaching staff and other residents at Peninsula Villages how to sign since April 2023, when they organised weekly sign language classes.

"We love using Auslan," said Maureen. "It's our way of communicating and it's a beautiful language."



"We're so happy that staff and other residents are learning Auslan too," said Jan. "It means that we can communicate with them better and they can understand us."

The two women were born deaf and grew up in a world where sign language was not widely accepted.

They both faced challenges in their education and in their personal lives, but they have always been determined to live independent and fulfilling lives.

Staff members at Peninsula Villages, including Leisure and Lifestyle Manager Linda Segrott, Leisure and Lifestyle Advocate Karen Evans, and Care Worker LeeAnn Medina, were inspired by Maureen and Jan's determination and their love of Auslan. They decided to attend the sign language classes so that they could better communicate with residents who are hard of hearing.

"We're so grateful to Maureen and Jan for teaching us," said Linda. "It's a wonderful way to connect with them and other residents who are hard of hearing or deaf, and to make them feel more at home."

Peninsula Villages is committed to providing high-quality care to all residents, and learning Auslan is one way that the organisation is ensuring that deaf residents can communicate effectively.

In July 2023, Peninsula Villages engaged Deaf Connect to assist Jan and Maureen in running the weekly classes. Deaf Connect is the largest whole-of-life service provider for Deaf, Deafblind and hard of hearing Australians.

"We believe that upskilling our staff is essential to providing the best possible care for our residents," said Colin Osborne, CEO of Peninsula Villages. "By learning Auslan, our staff are able to better communicate with deaf residents and ensure that they feel included and respected."

"We are grateful to Jan, Maureen and Deaf Connect for their assistance in running the weekly classes, and we are excited to see how this will improve communication between our staff and residents."

Peninsula Villages is hosting Auslan classes every Thursday afternoon at 1:30pm for staff and residents.

Village MESSAGES



PENINSULA VILLAGES WELLNESS CENTRES. JOIN IN!

We hope people take advantage of Peninsula Villages' safe and supportive senior gym. At our Wellness Centres, the equipment, classes, and staff are all tailored to best assist you to reach your health goals.

Suited to all fitness levels, our wellness programs will help you strengthen your muscles, as well as improve your overall balance, confidence and wellbeing. Not to mention it's a great way to keep nice and warm!

Participants will also enjoy the social connection with other gym-goers as well as our

wonderful staff. The leisure and lifestyle team run daily exercise classes each morning, so come along, make friends and have fun. Our wellness staff are more than happy to assist you.



A Message from Your Nurse Practitioner

Dear Residents,

Medications are an important part of daily life for many. We have a couple of medicine related items for your information.

MEDICATIONS SHORTAGES

You may have heard of the medication supply shortages in NSW, across Australia and indeed the world. The causes can be local such as panic buying and stock piling, or affected by international circumstances.

The Therapeutic Goods Authority (TGA) is an excellent source of information about the cause of the shortage and which medications are affected. They publish a comprehensive list of prescription, and some over-the-counter medicine. The list is on the TGA website and kept up to date on a daily basis.

Ask your GP or NP about medications you have not been able to source. Brand or product substitution, prescribing a similar medication, or recommending a new treatment option which suits your needs, might all be considerations.



FROM PAPER TO ELECTRONIC MEDICATION CHARTS

Peninsula Villages is upgrading to an electronic National Residential Medication Chart. This is a national project intended to give real time access and information about medications that are prescribed and administered to you. Our goal is to have this in place by 30/7/23.

Some of the proven benefits such as:

- Reduced medication safety risks
- Timely provision of medicines
- Prompts and alerts of allergies and medication interactions

So, what do you need to do? Nothing. We aim to make the switch to online charts seamlessly. However, if you do not use You Save Pharmacy, it is important you discuss this with Leanne, (Nurse Practitioner) or the Facility Manager in your area.

Last month's **HIGHLIGHTS**



BASTILLE DAY

We celebrated Bastille Day with a crepe-tastic feast! On Friday, 14th July, residents gathered in the Main Hall at Pam Palmer House to enjoy delicious crepes prepared by our French chef, Stephan Blant. The crepes were topped with delicious ingredients including bananas, cream, lemon and sugar. Yum!



Last month's HIGHLIGHTS



NAIDOC WEEK

Residents celebrated NAIDOC Week from July 3-9, and were lucky enough to participate in a traditional smoking ceremony thanks to the MINGALETTA Aboriginal & Torres Strait Islander Corporation.

A smoking ceremony is an ancient Aboriginal custom that involves burning various native plants to produce smoke. The smoke is used to ward off bad spirits from the people and the land with its cleansing properties, and make a pathway towards a brighter future.

We were all so grateful for this experience and for the MINGALETTA community's generosity in sharing this custom with us.

Residents also celebrated NAIDOC Week with arts and crafts inspired by Aboriginal culture. Beautiful illustrations of boomerangs, fish, emus and more were made by residents, with some gorgeous results.



Last month's **HIGHLIGHTS**

UNO!

Our UNO group is growing by the week, and we're loving all the laughs and good times we're having. For anyone who fancies a bit of UNO, please join in! details?



Resident CONTRIBUTIONS

AT LUNCH WITH BARRY HUMPHRIES

There was a deal of attention paid to the death of Barry Humphries on the 22nd of April this year. Barry gained world acclaim portraying various odd characters, including Dame Edna Everidge.

One of my prized memories is of an occasion in 1971 when I had lunch with him. Barry was performing in Sydney at the time, and he accepted an invitation to address the senior boys at Newington College about life in the theatre. He also agreed to have lunch with the headmaster in his office beforehand. I was the College Chaplain and the Head asked me to come too.

We three ate our sandwiches and chatted. Barry Humphries revealed himself as a very intelligent and thoughtful person who at the time was publicly agitated about the destruction of some fine old buildings in the centre of Sydney. He complained that these were being replaced by “ugly modern ones”. Barry was especially anxious about the proposed destruction of the

iconic Queen Victoria Building in the centre of the city. He and his supporters were eventually successful in ensuring its preservation.

After our lunch we went to the Assembly Hall and Humphries addressed the senior lads. With this audience he changed to Humphries the entertainer and there was a considerable mirth in his humor. I recall the boys rocking with laughter at some rather questionable material and the teachers who were present frowning uncomfortably!

As he was departing, Barry got the Head and me to pose with him for a historic photograph.

- **Peter Swain**



Resident CONTRIBUTIONS

"When I was a little girl
To Grandma's house I went
So often on the weekends
A place that's heaven sent

It always seemed to smell the same
Then again she was always cooking
Or baking some of my favourite treats
That I could sneak when she wasn't looking.

And often she did my laundry
She dried my clothes on the line
I loved the way they smelled from that
She was so thoughtful to take the time.

My grandma taught me many things
To cook, to sew, and to care
She showed me so many values in life
How important it is to share

Now when I go to my Grandma's house
I cherish that special scent
They flood me with happy memories
Of times when life was content.

And sometimes when I am elsewhere
I will often catch a whiff
That reminds me of a special place
And that my Grandma's a special gift."

- From the Pages of Joyce





Resident in FOCUS

AMAZING LIFE OF A RESIDENT – BORN 1920!

Allen Badman's 103rd birthday party was held in the Main Hall on May 20th, with his two children present. It was a happy occasion and CEO Colin Osborne congratulated him.

Despite his advanced age, for years Allen has cared for himself in an Independent Living unit in Pam Palmer House. Only recently he moved to the Hostel.

Allen's life story is worth reading. He was born in Croydon NSW in 1920 as the seventh of his parents'

eleven children. Today he is the only one of them still alive!

Daily life in the Badman family was exceptionally busy, with mother up each morning at 5am preparing meals for her husband who worked in printing, and for the large family. There were piles of washing, including starching the collars etc. The older children were expected to help care for the younger ones. Allen remembers that the whole family sat around the table for the evening meal, and when it finished, they all knelt down and their father offered a prayer of thanks.

Allen went to Ashfield Primary School and to Grade 8 at Technical High School. At age 14 he left school and was employed at Anthony Hordern's General Store in Sydney. He worked in the linen department, selling tablecloths, napkins, and homeware items.

The 1930s saw the rise of Adolf Hitler and a pact between Nazi Germany and Fascist Italy, with the threat of war in Europe. World War 2 began on 12th December 1939. Australia declared war against Germany and her allies. The Badman family responded to Australia's call for citizens to volunteer in the services with

one son joining the Air Force, and a daughter and another four sons, including Allen, enlisting in the Army.

After training in the AIF, Allen was assigned to the Transport Regiment and drove big trucks on wild tracks through the centre of Australia to Darwin where a barracks was established overlooking the ocean.

A serious threat to Australia came when Japanese forces invaded and conquered country after country in Southeast Asia and advanced ever closer to the Australian mainland. War was declared by Australia against Japan on 8th December 1941.

The first of the bombing raids on Darwin by Japanese aircraft began on 19th February 1942, and Allen and his colleagues quickly took shelter down in the scrub. In all there were 64 raids on Darwin and its harbour. The Government

censored news of the attacks and it was hushed up until after the war.

Allen was transferred for more training down at Geelong in Victoria (he says he went from extreme heat to freezing cold), and he was raised to the rank of Corporal. When on leave in 1942 he married Gladys and in time they gave birth to two children.

After the war ended in 1945, Allen was deployed and began work as a Sales Representative in the Printing Industry. Happy family life followed until, sadly, Gladys died in 1988. Sometime later he married a good friend, Elva, and they had many enjoyable years together on the Central Coast.

Elva was a regular speaker in the Village chapel before her death two years ago. This led to Allen becoming a resident here and so able to share with us a fraction of his 103 years.

Remember WHEN



Photography source: www.reptilepark.com.au

A BRIEF TIMELINE OF THE CENTRAL COAST

Before 1788 – What later became known as the Central Coast was the home of the coastal Guringai people and the Darkinjung people. The Guringai occupied an area which extended from the northern side of Sydney Harbour, then along the coast to the lower reaches of Lake Macquarie. The Darkinjung people also occupied a vast area, reaching west of Mangrove Creek to Rylstone, north to Cessnock and the Wollombi areas.

1788 – Governor Arthur Phillip and a small party made a brief

excursion into Broken Bay and a tributary called the "north-east arm". Phillip engaged in further exploration in 1789. In time this tributary came to be called "Brisbane Water".

1796 – Tuggerah Lakes are first discovered by a fishing boat crew who were cast ashore during poor weather.

1823 – A soldier named James Webb received permission to occupy 300 acres in Brisbane Water for the purpose of running cattle. He is reputed to be the first white settler of Brisbane Water and its first shipbuilder, an industry which persisted until the mid 1950's.

1825 – William Cape and his two sons are granted land at Wyong, beginning white settlement of the area.

1827 – The original Gosford watch-house was built in Donnison Street.

1828 – Henry Holden receives the first land grant of 640 acres in The Entrance area.

1833 – Gosford Courthouse added to the watch-house.

1835 – Jonathon Warner opens the first Brisbane Water Post Office.

1839 – Governor Gipps names the town of Gosford, purportedly after Archibald Acheson, the second Earl of Gosford.

1842 – The oldest church in the district, Holy Cross Catholic Church, is built at Kincumber.

1865 – Gosford Public School is established in a church building. Later, in 1877, a purpose built sandstone school opens.

1882 – Gosford Post and Telegraph office opens in Mann Street.

1885 – Gosford officially becomes a town. The Gosford Times newspaper is published for the first time.

1887 – Gosford railway station opens. John Bennett Whiteway is elected the first mayor of Gosford Borough Council.

1889 – The first of two railway bridges to cross the Hawkesbury River is completed, linking the region to Sydney.



Photography Acknowledgments: Mitchell Library, State Library of New South Wales and Courtesy ACP Magazines Ltd

1903 – Norah Head Lighthouse is constructed to reduce the number of shipwrecks in the area.

1907 – Erina Shire Council is formed, covering from the Hawkesbury to Catherine Hill Bay.

1913 – Gosford Racecourse holds its first meeting.

1920 – 200 allotments are sold at public auction at The Entrance and holiday cottages spring up seemingly overnight. The Entrance is described as a "Tent City" during peak holiday times.

1924 - The first foundation stone for the Wyong Courthouse is laid by Thomas John Lay, the then Minister for Justice.

1929 – Gosford High School, the first in the Gosford district, opens.

1930 – The Pacific Highway reaches Gosford, reducing travel time markedly when compared to the old route via Wisemans Ferry and Mangrove Mountain.

1934 – The Entrance to The Entrance North is joined by a single lane wooden bridge, which persisted until 1969 when it was replaced by the current bridge.

1938 – Town water is delivered to Gosford for the first time, directly from Mooney Dam.

1939 – Gosford District gets its first fire station.



Photography source: www.gwhr.health.nsw.gov.au

1945 – Gosford Hospital is opened by the then Minister for Health C. A. Kelly. The road bridge is opened over the Hawkesbury River at Mooney Mooney, replacing the car ferries.

1947 – The Shires of Gosford and Wyong are constituted. Woy Woy Shire, Erina Shire and Gosford Municipality were dissolved.

1958 – Eric Worrell opens the Australian Reptile Park.

1960 – Electrification of the railway between Sydney and Gosford is completed.

1965 – The Hawkesbury to Calga section of the Sydney-Newcastle freeway is completed.

1971 – 2GO goes to air for the first time, becoming the first radio station on the Central Coast.

1974 – The Rip bridge is opened.

1975 – Old Sydney Town is opened on Australia Day. closing down in 2003.

1980 – Gosford is proclaimed a city.

1987 – Erina Fair is opened

Just for FUN

WORD SEARCH

OLDSCHOOLTOYS WORDS

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

Box Kite

Pinwheel

Snow Globes

Bubble Pipe

Puppets

Teddy Bear

Frisbee

Ragdoll

Toy Piano

Kaleidoscope

Rocking Horse

Toy Train Set

Marbles

Rubber Duck

Tricycle

Paper Plane

Scooter



MAD GABS

Mad Gabs are a type of brain teaser that uses a series of nonsense words that, when said aloud, sound like a familiar phrase. For example, the Mad Gab "Common Firm Their Rain" sounds like the phrase "Come In From The Rain." Mad Gabs are a fun way to challenge your brain and improve your listening skills. They can also be a great way to get a laugh from your friends and family.

1. Ace Kits Offer in Hick
2. Ace Leap Lesson Height
3. Ace Lie Soap Eye
4. Ace Lope Oak
5. Ace Nose Dorm

RIDDLE ME THIS

1. What can you put in a bucket to make it weigh less?
2. What starts with T, ends with T, and has T in it?
3. Where is the only place where today comes before yesterday?
4. What goes all around the world but stays in a corner?
5. What has 13 hearts but no other organs?
6. What comes at the end of everything? USED Meander & Kangy
7. What do the letter "t" and an island have in common?
8. What type of cheese is made backwards?



COMMONYM

A commonym is a group of words that share a common characteristic. For example, the words "car," "tree" and "elephant" all have trunks. Commonyms can be a fun way to learn new vocabulary and to improve your critical thinking skills. They can also be a great way to start a conversation with friends or family.

1. Wagon - Ferris - Cart_____
2. Love - Chain - Dear John _____
3. Hot - Chili - Corn _____
4. Bricks - Eggs - Carpets _____
5. A Skyscraper - Ernest Heminway - Mark Twain _____
6. Tone - Zest - Dove _____
7. Door - Grand - Nobel _____
8. Pillow - Dog - Fist _____
9. Dinner - Straight - Leather _____
10. Labor - Columbus - Ground Hog _____

July BIRTHDAYS

DON LEGGETT HOUSE

Orange Blossom Left

8th Gerrit Havenaar

29th Dorothy Phillips

29th Audrey Swinton

Orange Blossom Right

29th Donald Besgrove

Magnolia Arch

31st Audrey Trent

PAM PALMER HOUSE

Blue Gum

1st Barbara Murphy

3rd George Sharp

15th Keith Godwin

18th Joan Jennings

22nd Keith Brennan

Green Gum

3rd Joan Laing

4th David tymms

5th Yvonne Johnston

6th Irene Keen

8th Jeffrey Walley

19th Barbara Checkley

19th Shirley Speight

24th Patricia Turner

POZIERES HOUSE

Anzac

14th Bruce Brent

Barrenjoey Lighthouse

20th Donald Davis

20th Elaine Clemesha

Lions Island

4th Brian Sloane

Mt Wondabyne

21st Franciscus Van Den Berg

Staples Lookout

9th Giovanna Molloy

Woy woy Bay

26th Daphne Lowe

PENINSULA VILLAGES INDEPENDENT LIVING

29th Margaret Keen

30th Norman Pringle

COOINDA VILLAGE

26th John Sullivan



New FRIENDS



NEW FRIENDS

DON LEGGETT HOUSE

Jasmine Court

10th (Bill) William Leon

Magnolia Arch

4th Dorothy Shiels

20th Robert Attard

Orange Blossom Right

10th Joan Bentley

Orange Blossom Left

17th Keith Paull

17th Marie Paull

PAM PALMER HOUSE

Green Gum

10th Barbara Checkley

9th Jeffery Walley

POZIERES HOUSE

Flanders Fields

6th David Andrews

Lion Island

4th Denis Davies

Woy Woy Bay

10th (Dot) Dorothy Day

Anzac

3rd Jennifer Rouse

FRIENDS FOREVER IN OUR HEARTS

2nd (Val) Valerie Schroeter

7th Janette McKinnon

9th (Jock) John Jamieson

10th (Frank) Francis Roach

10th Alan Thorpe

13th David Andrews

13th Suzanne Carrier

Just for Fun

ANSWERS

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

MAD GABS

1. A Schizophrenic
2. A Sleepless Night
3. A Slice of Pie
4. A Slow-Poke
5. A Snowstorm



RIDDLE ME THIS

1. A hole
2. A teapot
3. The dictionary
4. A stamp
5. A deck of cards
6. The letter "g."
7. They're both in the middle of water
8. Edam

COMMONYM

1. Wheels
2. Letters
3. Types of dogs
4. They are laid
5. They have stories
6. Names of soap brands
7. Prizes
8. Fights
9. Jackets
10. 10 days

Onsite HAIRDRESSERS

DAYS AND TIMES FOR OUR ONSITE HAIRDRESSERS



ANNE

Phone 0414 532 660

MONDAY	9am - 5pm	Pam Palmer House (by appointment only)
WEDNESDAY	9am - 5pm	Pam Palmer House (by appointment only)
THURSDAY	8am - 5pm	Pam Palmer House
FRIDAY	8am - 5pm	Pam Palmer House



JULIA

Phone 0466 984 341

TUESDAY	9.30am - 3pm	Pozieres House
THURSDAY	9.30am - 3pm	Don Leggett House

*We would like
to welcome Julia to
our team of onsite
hairdressers. Please
call if you would like
to make a booking!*

Village NOTICEBOARD

CHURCH SERVICES

SUBJECT TO CHANGE DUE TO COVID-19 RESTRICTIONS

CATHOLIC SERVICE

Every Monday at 10.30am in POZ House via YouTube

ANGLICAN SERVICE

1st and 3rd Wednesdays at 10am in DLH Hall

UNITING SERVICE

1st, 3rd and 5th Tuesdays at 9.30am in JAH Chapel

BIBLE STUDY

2nd and 4th Wednesdays at 1.30pm in DLH Activity Room

*CENTRELINK
PHONE NUMBER
FOR ANY ENQUIRIES*
132 300



02 4344 9199

peninsulavillage.com.au

agedcare@penvill.com.au

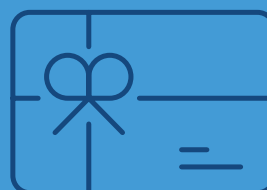
J&K'S COFFEE CLUB

You can pick up your loyalty card from our Kiosk. Just buy five cups of coffee and the sixth cup is free.



STAFF SERVICE AWARD CERTIFICATE

Don't forget that the Staff Service Nominations Blue Forms are located at Reception for staff, Residents and visitors to fill in if they believe a staff member has provided exceptional service.



EMERGENCY PLANS

Peninsula Villages has Emergency Procedures which are a written set of instructions that outline what staff, residents and visitors should do in an emergency.

In the case of any emergency residents and visitors will be notified via the fire alarm or by staff.

The following is the procedure to follow when the fire alarm sounds:

DO NOT PANIC!



FIRE ALARM SOUNDS

- ✓ Close the door
- ✓ Remain in your room
- ✓ Await further instructions from staff

SMOKE IN UNIT

- ✓ Ring your nurse call bell.
- ✓ Leave the unit.
- ✓ Close the door.
- ✓ Go to the nearest lounge area.
- ✓ Await staff instructions.

If the fire alarm sounds – do not use the lift.

Supporting you to understand and exercise your aged care rights

OPAN can help. Call us today.
1800 700 600



The Older Persons Advocacy Network (OPAN) is made up of nine state and territory network member organisations. We help you, your family and carers to exercise your rights and work through issues you may be experiencing with your aged care.



Call us on: 1800 700 600

8am – 8pm Monday to Friday. 10am – 4pm Saturday.
For more information scan the QR code or visit: opan.pub/01



Support

Free, independent and confidential advocacy support to help you raise issues with aged care



Information

Information about aged care service provision, referrals and rights



Education

Free education sessions online or in person

No. 01

OPAN member organisations by state or territory:

ACT



VIC



NSW



TAS



WA



QLD



NT – Top



NT – Central



SA



Supported by funding from the Australian Government



FEEDBACK FORM

First Name	<input type="text"/>	Phone	<input type="text"/>
Last Name	<input type="text"/>	Email	<input type="text"/>
Date Reported	<input type="text"/>		
My Relationship to Peninsula Village:	Consumer	Relative	Staff Member
	<input type="text"/>	<input type="text"/>	<input type="text"/>
	Compliment	Complaint	Request
I am Filing a:	<input type="text"/>	<input type="text"/>	<input type="text"/>

Provide details of the event below:	Event Date:
<input type="text"/>	<input type="text"/>
What outcome/s are you hoping to achieve?	
<input type="text"/>	

Is this a re-occurring issue?	Yes	No	Do you require a response in writing?	Yes	No
	<input type="text"/>	<input type="text"/>		<input type="text"/>	<input type="text"/>
Signature of person providing feedback: <input type="text"/>					
Thank you for taking the time to provide your feedback. Please return this form to reception or to a Nurses' station					

Manad Record ID #:	<input type="text"/>	Date Logged:	<input type="text"/>
Receipt of Feedback Acknowledged by:	<input type="text"/>	Date:	<input type="text"/>



We'd love your feedback!

How to provide your feedback:

Provide your feedback to Peninsula Villages by:

- completing the Feedback form
- in person to any manager
- by writing to agedcare@peninsulavillages.com.au
- by phoning 02 4344 9199 and asking to speak to the Executive Assistant
- In writing by mail to: The Chief Executive Officer, Peninsula Village, 91 Pozieres Ave, Umina, NSW, 2257.

Do you need support or advocacy to assist you with providing feedback:

Contact OPAN on 1800 700 600 or opan.org.au

OPAN can help older people understand and exercise their rights.

Would you like to make an external complaint about the care or service provided at Peninsula Villages:

- Contact the Aged Care Quality and Safety Commission via 1800 951 822 or agedcarequality.gov.au/making-complaint