

PIPELINE

Newsletter

July 2024 Edition



What's on THIS MONTH

DATE	EVENT	TIME	LOCATION
Wednesday 3	Morning Tea Bus Trip	9:30am	Pam Palmer House & Don Leggett House (Hostel Residents Only)
Thursday 4	Mad Hatters Tea Party	10:45am	Pozieres House
Friday 5	Ukulele Band	10:00am 11:00am	Don Leggett House Pozieres House
Monday 8	Aunty Di NAIDOC Week talk	1:30pm	Pam Palmer House
Tuesday 9	Talking with Seniors Tour Central Coast Council	10:00am	Pam Palmer House
Tuesday 9	DLH Resident and Relatives Meeting	1:30pm	Don Leggett House
Wednesday 10	Lunch Trip	11:00am	Pam Palmer House (Hostel Residents Only)
Thursday 11	Men's Shed BBQ	12:00 pm	Pam Palmer House, all houses welcome.
Thursday 11	The Gals	10:30am	Pozieres House

What's on THIS MONTH

DATE	EVENT	TIME	LOCATION
Thursday 11	Afternoon Tea Bus Trip	1:30pm	Pozieres House and Don Leggett House
Friday 12	Ukulele Band	10:00am 11:00am	Don Leggett House Pozieres House
Monday 15	Training week Peninsula Olympics	TBA	Across all homes
Tuesday 16	Training week Peninsula Olympics	TBA	Across all homes
Tuesday 16	Cooking Crepes for Bastille Day	2:00pm	Don Leggett House
Tuesday 16	PPH Hostel Resident and Relatives Meeting	1:30pm	Pam Palmer House
Wednesday 17	Mitch in Concert	10:30am 1:30pm	Don Leggett House Pozieres House
Wednesday 17	Training week Peninsula Olympics	TBA	Across all homes
Wednesday 17	State of Origin Game 3 on the Big Screen	7:00pm	Pam Palmer House (All houses welcome)

What's on THIS MONTH

DATE	EVENT	TIME	LOCATION
Thursday 18	Ladies High Tea	10:30am	Pam Palmer House (All houses welcome)
Thursday 18	Training week Peninsula Olympics	TBA	Across all homes
Thursday 18	Afternoon Tea Bus Trip	1:30pm	Pozieres House and Don Leggett House
Friday 19	Ukulele Band	10:00am 11:00am	Don Leggett House Pozieres House
Friday 19	Training week Peninsula Olympics	TBA	Across all homes
Monday 22	Mini Winter Market	10:30am	Pam Palmer House
Monday 22	Training week Peninsula Olympics	TBA	Across all homes
Tuesday 23	Christmas in July	10:30am	Pozieres House
Tuesday 23	Training week Peninsula Olympics	TBA	Across all homes

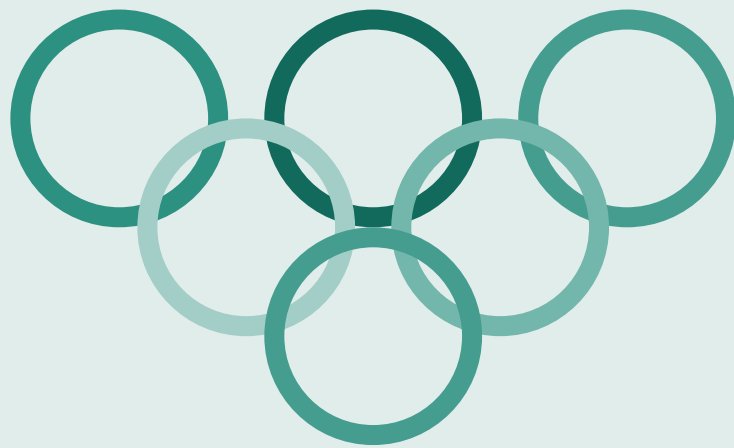
What's on THIS MONTH

DATE	EVENT	TIME	LOCATION
Tuesday 23	Pozieres House Resident and Relatives Meeting	1:30pm	Pozieres House
Wednesday 24	Lunch Trip	11:00am	Pam Palmer House (Hostel Residents Only)
Wednesday 24	Training week Peninsula Olympics	TBA	Across all homes
Thursday 25	Training week Peninsula Olympics	TBA	Across all homes
Thursday 25	Afternoon Tea Bus Trip	1:30pm	Pozieres House and Don Leggett House
Friday 26	Ukulele Band	10:00am 11:00am	Don Leggett House Pozieres House
Friday 26	Training week Peninsula Olympics	TBA	Across all homes
Monday 29	Training week Peninsula Olympics	TBA	Across all homes
Tuesday 30	Training week Peninsula Olympics	TBA	Across all homes

What's on THIS MONTH

DATE	EVENT	TIME	LOCATION
Tuesday 30	Pop Up Fashion and Jewellery Store	10:00am	Don Leggett House
Tuesday 30	Barry Harper in Concert	10:30am	Pam Palmer House
Wednesday 31	Training week Peninsula Olympics	TBA	Across all homes

AHP OLYMPICS



JULY 15 - AUGUST 9 2024

**GET READY FOR FOUR
WEEKS OF CHALLENGES
AND COMPETITION!**

**AWARDS FOR HIGHEST
SCORING SITES**

**BONUS STAFF CHALLENGES
AND AWARDS**

AHP

Community EVENTS



DATE	EVENT	TIME	LOCATION
Every Tuesday	Sids Barber Shop Ettalong – Tuesday Morning Special - \$20 cut and hot towel	9:00am-12:00pm	410-412 Ocean View Rd, Ettalong Beach
Every Sunday	Gosford City Farmers Markets	7:00am-1:00pm	Gosford Showground
Sunday 14	Woy Woy Waterfront Artisans Market	9:00am-2:00pm	Brick Wharf Road, Woy Woy
Saturday 20	Gosford Waterfront Markets	9:00am-2:00pm	Gosford Waterfront Park
Sunday 21	Umina Beach Markets	9:00am-2:00pm	Umina Surf Life Saving Club, Umina



CEO REPORT

Welcome to winter and I hope everyone is keeping warm!

It has been lovely to see the amazing photos from the recent trip to VIVID. I do hope those who attended had a great time and enjoyed themselves. The city on display with beautiful colours looked impressive and I was pleased to hear that Beverly Lane from Pozieres House enjoyed the trip and said, 'I didn't think I would ever see the VIVID Lights.' Now you can say you have.

July is a big month for events and activities at Peninsula Villages. We have NAIDOC week, Bastille Day, Christmas in July and the Olympics being run by Australian

Health Professionals AHP, and I am looking forward to seeing all the brilliant photos.

Our new Peninsula Villages bus is not far away, and this will allow for more opportunities for Residents to go on outings especially with the accessible lifter recently installed.

Have a great month,
Kind Regards

Colin Osborne

Chief Executive Officer



Last Month's NEWS



A MESSAGE FROM GREG PATTERSON

**Lifestyle & Community /
Events Manager**

Hello, I want to thank you all for the very warm welcome I received on starting at Peninsula Villages and I have enjoyed getting to know everyone and speaking to you all. I was very impressed with the amazing variety of activities and events already happening here and my plan is to only build on the current positive culture and community spirit we thrive on each day.

Moving forward, utilising all the resources we have at our fingertips, will be key to running a daily program that works to highlight the passions, hobbies, strengths, friendships and connections of you, the Residents here at Peninsula Villages.

We have an amazing team across many professions including Lifestyle, Care, Catering, Volunteers, Community members, Friends and Family who live by our ICCARE Values statement daily – Integrity, Community, Accountability, Respect and Excellence.

Looking at the opportunities that await in the future is exciting and in July celebrating NAIDOC week, Bastille Day, Christmas in July and the start of our Olympics is just the beginning in our journey to provide the best of what is on offer for you to live your life with your choice in our communities.

Regarding food services if Residents would like to provide feedback on a specific meal, please fill out the meal specific feedback slips on the dining room tables and trays. This will help us put together the new menus and Stephan our Food Services and Catering Manager is putting together the summer menu now.

We know Residents may like food brought in from families. If families are bringing in food or drink for your loved one, please check with the Registered Nurse first. You can call ahead or ask on arrival. This is to ensure the food or drink aligns with the Residents current nutrition and hydration plan, so we are ensuring safety and safe storage.

There are 24/7 meal services which are freely accessible, for example yoghurt, custard, flavored milk, ice cream, thickened ice cream and puree fruit.

Thank you,
Greg Patterson



A fact sheet for aged care residents

Do you have questions, concerns or complaints about your food, nutrition and dining in aged care?



The Food, Nutrition and Dining Hotline is now available to help you. Call 1800 844 044 between 9am and 5pm AEDT Monday to Friday.

If you are an older person receiving aged care services, and you have any questions, concerns or would like to make a complaint about your food, nutrition or dining experience, you can now call the Food, Nutrition and Dining Hotline.

The Food, Nutrition and Dining Hotline is run by the Aged Care Quality and Safety Commission. The Hotline can give people receiving aged care, their families and carers direct access to a dedicated team to discuss any issues about your food, nutrition and dining in aged care.

We want you to feel comfortable to ask questions, provide feedback and raise concerns about your food, nutrition and/or dining experience in aged care.


You can call our new Food, Nutrition and Dining Hotline with enquiries, questions and complaints and we will help you.

RESIDENTS DAILY OUTING REGISTER

To all Residents, Families and Friends

There has been a change in the sign out process for Residents. A new row has been added as seen below that says 'I have checked with RN about safety requirements for Residents social leave/outing.'

This confirms that you as Family and/or Friends have checked with the Registered Nurse if your loved one has any safety requirements.



2024

Residents Daily Outing Register

Date	Name	Leave Time	Return Time	Signature	I have checked with RN about safety requirements for resident's social leave/outing



Back in my day Podcast

Be a star on "Back in My Day" Podcast!

Your stories, your voice

Launching in July 2024, our new podcast features aged care residents as the stars of the show. Hosted by Edward Freeman, Co-Founder of E4 Recruitment, we capture cherished memories, share laughs, and hear valuable life lessons.

Share your amazing journey

We're looking for residents to share their life stories in a relaxed setting in the comfort of their home. Enjoy a yarn over coffee with Edward and relive your favorite moments.

Interested in taking part?

Email us at podcast@e4recruitment.com.au or let your facility staff know.



SHEILA TURNED 101

We celebrated a milestone at Pozieres House! Our beloved resident, Sheila Hall, turned 101 years old. She was delighted with a beautiful bouquet of flowers, a heartfelt gift delivered by Legacy.



VIVID SYDNEY

Residents attended VIVID Sydney and it was an unforgettable experience for all. The dazzling sights and vibrant sounds left a lasting impression.







SONAS PROGRAM

SONAS is a program originating from Ireland, designed to engage the skills, senses and abilities of those living with dementia.

At Pozieres House in Ocean Beach, this program brings joy to residents through music, fun and movement. The interactions are always a hit, consistently bringing smiles to their faces.





KING'S BIRTHDAY

Peninsula Villages celebrated the King's Birthday with high teas, quizzes and royal bingo.





TEDDY DONATION

The art and craft group donated beautifully hand made trauma teddies to Allen from NSW Ambulance. These are used to bring a smile and comfort to children being transported to hospital. What a special gift.





TRIP TO CHINA

When armchair travels began at Don Leggett House, Beryl was thrilled to share memories of her trip to China with her husband in the 1970s. Without a camera, Beryl had only her vivid recollections.

Lifestyle Advocate Steve promised Beryl he would take her handmade scarf—crafted over eight months with help from her friend Pauline—on his own trip to China. True to his word, Steve took a photo wearing the scarf on the Great Wall.

Beryl's face lit up with joy when she saw the photo, a memory she will cherish forever. This heartwarming story exemplifies the incredible journeys and connections fostered at Peninsula Villages.



WILD HONEY AND UKULELE BAND

At Peninsula Villages, our residents and staff love to dance and groove, especially when the live music is fantastic. Wild Honey and our weekly ukulele band performed at Pam Palmer House and Pozieres House. Everyone thoroughly enjoyed the concerts and can't wait for the next performance!







VINTAGE CAMERAS

Jeff, our valued volunteer, brought in a collection of vintage cameras and lenses for the men's group yesterday morning.

The classic cameras were a hit, sparking fond memories as participants shared stories of owning similar models or reminiscing about their family's experiences with them. It truly became a captivating conversation piece, with history literally in the palm of their hands!





DANCE PARTY

Don Leggett House hosted an incredible dance party this afternoon! It was wonderful to see so many residents coming together and grooving to the lively tunes of Mitch.





Resident CONTRIBUTIONS

LOVE GALORE

I've walked this path many
times before,
To reach out and then enter, that
"narrow door".
My body ached, and my knees
were sore,
As I crawled my way to
that "narrow door".

"Don't quit", came a voice from
deep within –
Just wait till its open –
And then, walk in"!

"I'm tired of waiting –
Give me some proof,
That what's inside,
Is really the truth"?!

"I can't do that for you –
You're on your own,
You must see for yourself –
How much you have grown".

I pushed the door gently,
And to my surprise –
A veil fell away.
And a light flickered on –
To show me the way.

Each step I took –
The light grew brighter,
And ate up the darkness,
As I grew 'lighter'.

I stared at a mirror, much bigger
than me,
And reached out to a girl who
reached out to me.
"Keep walking" she whispered,
"You're almost free",
"Free of what", I asked.
And she said "Go see".

Carmel Stanford.

REMEMBERING NOEL WITH APPRECIATION

When Noel Forster came with his Mum Rhonda into residence at Palm Palmer House, he did not let his natural handicaps stop him from joining in the life of the Village and adding to the fun.

Ladies who were here in his early days will remember their surprise when Noel greeted each of them with a friendly "I love you!" He often added how lovely they looked.

Noel had health issues that few people have and as time passed, they added to his difficulties. Many of us came to admire him for his forbearance and cheerfulness.

When Noel learned that my wife Joan was transferred into High Care at Don Leggett House, he stopped me each day to ask after her in his usual whimsical style: "How's m'girl?" He was a blessing to us.

Continuing blessings on you Noel and thank you.

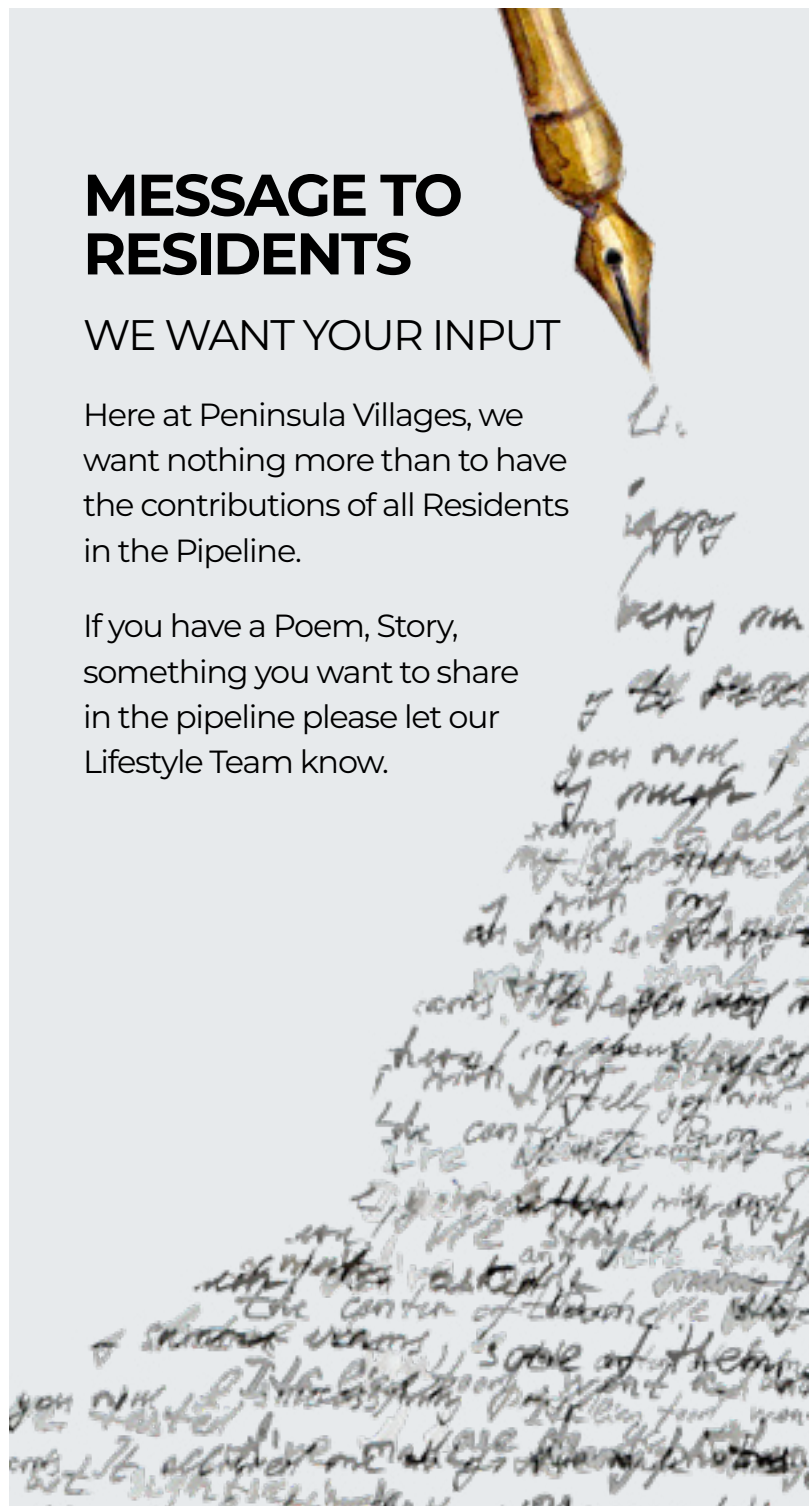
Peter Swain

MESSAGE TO RESIDENTS

WE WANT YOUR INPUT

Here at Peninsula Villages, we want nothing more than to have the contributions of all Residents in the Pipeline.

If you have a Poem, Story, something you want to share in the pipeline please let our Lifestyle Team know.



Resident **IN FOCUS**



BEVERLY LANE

Bev sat in her cozy armchair, the late afternoon sun casting a warm glow over her living room in Pozieres House. Next month would mark a year since she had moved in, and she couldn't be happier with her decision. From the moment she saw Pozieres House, she knew it was the perfect place for her. The friendly atmosphere and wonderful staff made her feel right at home, and she quickly made plenty of friends.

One of Bev's favourite things to do was to engage in her hobbies of knitting, sewing and crocheting. She had been passionate about these crafts since she was a little girl. Over the years, she had made all her own clothes, as well as her children's clothes and school uniforms for three different schools: Warragamba School, Leonay near Emu Plains, and another nearby school. Bev took pride in sewing the girls' uniforms, dresses, and sports skirts, which

not only provided financial support but also brought her a sense of accomplishment.

Bev joined the craft group in Pam Palmer House, which quickly became one of her favourite activities. Bev especially loves making teddy bears for the local ambulance service and doctors' surgery. She made sure the teddies were perfect before they were given away. These bears provided comfort to many, and Bev was touched when a staff member said they received a teddy when they had broken their arm at school years ago. Bev was so pleased to know the comfort her creations had given.

Family is the cornerstone of Bev's life. She has three children,

seven grandchildren, and five great-grandchildren. Her eldest daughter and husband live close by, and she sees them often. Bev's heart swells with pride whenever she thinks of her family, and she loved spending time with them, sharing stories, and creating new memories.

As Bev continues to work on her latest knitting project, she reflects on her life with contentment. Pozieres House has brought her joy, friendship, and a renewed sense of purpose. She looked forward to many more happy years in her beloved home, surrounded by the people and activities that meant the most to her.



Staff IN FOCUS



SAIL SWANCOTT

I have been working at Don Leggett House for six months as a Care Partner. I am deeply committed to caring for the Residents. I find immense joy in seeing the residents happy, and this drives my passion every day.

Before embarking on my career in Residential care, I worked in childcare for a year after finishing school. This initial experience in a caring profession inspired me

to seek further qualifications and learn new skills. I would like to eventually be a Registered Nurse.

Outside of work, I enjoy going for walks and spending time at the beach. I have a background in sports, having played water polo and even competed at the nationals in Brisbane. This experience required a lot of commitment and dedication, qualities I feel I now bring to my work.

Originally from Gosford on the Central Coast, I moved to Perth, where I lived for nine years. I appreciate the differences in weather between Western Australia and my hometown. I have been told I am calm natured, and I find joy and purpose working with Residents living with Dementia.

I love to draw and paint. I look forward to my future career here at Peninsula Villages

Volunteer **IN FOCUS**



KEN RADFORD

I have been a volunteer at Peninsula Villages since 2019.

I've been a driver for most of my adult life, beginning with the Government Buses in 1967 and later driving for various companies until my retirement in 2015, during which I was driving the spare parts delivery van for Toyota Waitara..

I grew up in Villawood buying a home in Blakett in the late 1960s. Unfortunately my marriage

broke down and I was then the sole carer for my three sons. I met my second wife in 1976 and we married in 1977 bringing together our own Brady Bunch of 8 children.

In the mid-1980s, my wife and I purchased acreage in Londonderry, where we successfully bred, trained and raced Greyhounds for several years whilst both still holding down full-time jobs.

In 1995 we put the Londonderry

property on the market and moved to the Central Coast in August 1995, my wife had retired but I continued to work.

After an accident which happened on my way to work, I retired and I had time on my hands, and I needed something to do. My wife suggested that I apply for the volunteer driving position at the Village as she had seen an ad on Facebook and in August 2019 I did, and the rest is history.

I absolutely enjoy my hours at the Village, the Monday trips to various venues on the Coast, shopping bus to Umina on Tuesdays and Woy Woy on Thursday and now once again the afternoon tea run on Thursday afternoons. In between drop off and pick up I enjoy talking to the chaps in Pam Palmer House especially the train enthusiast Alan Tupper, who passes his train journals onto my 38-year-old grandson who is passionate about trains as well.

I recently enjoyed the trip to the preschool and being involved with the Volunteers Expo at Erina Fair. The Expo gave me the opportunity to encourage others into volunteering.

Between us, my wife and I have 8 children, 21 grandchildren,

29 great grandchildren and two beautiful great great granddaughters, Alessi 3 and Minnie 1.

I have made many friends at the Village and enjoy the time I spend with the Residents. My granddaughter is a Nurse in Pozieres House, so it is a bit of a family affair.

EMILIA KRINKS

I have been volunteering here at Peninsula Villages now for a little over a year. I live on the Central Coast at Empire Bay, I love the area as it's a lot less busy than Sydney.

I am mainly based in Pam Palmer House, and I love getting to know the Residents, all the different activities and bus trips I can help with and that it's different to my previous career.

I worked in Sydney as a Draftsperson at two different engineering companies for over 12 years and it was fast paced world. Before this I completed a TAFE course in engineering.

I enjoy every time I come to Peninsula Villages and look forward to more fun experiences.

Department **IN FOCUS**



MAINTENANCE AND GARDENING

At Peninsula Villages, the Maintenance and Gardening Team is a dedicated group of hardworking individuals: Rene, Greg, Luke, Jacob, Neil, and Graham. Every day, they tackle various tasks to ensure the smooth operation of the community, taking pride in their work and the joy they bring to the residents.

Luke is the go-to guy for moving furniture, delivering PPE, handling clinical stock, and taking care of deliveries. He's the first-person residents see when they need something shifted or a package brought in.

Rene, who has been with Peninsula Villages for twenty years, is the heart of the gardening team. He looks after the pool area and all the animal care. The residents love the birds, fish, turtles, and the canary, and

Rene ensures they're all happy and healthy.

Greg, who started in March of 1985, is the team's snake catcher and another essential member of the gardening crew. He keeps the pathways clean with the pressure washer, ensuring the grounds are always pristine and safe.

Jacob manages the MEX maintenance system, keeping everything organized and ensuring that all maintenance tasks are logged and completed efficiently.

Neil, the Operations Manager for Domestic Services and Maintenance, handles the administrative side of things. He oversees the cleaning and laundry operations, making sure everything runs smoothly and up to standard.

Graham, the supervisor, oversees day-to-day projects and ensures everything is in order. With ten years at Peninsula Villages, he supports the team,

services equipment, keeps everything up to date, liaises with subcontractors, and meets the needs of staff and residents alike.

Together, they look after multiple sites, including Ambleside, Cooinda and Springwood Village. They also provide support for Veterans Affairs. Peter is the caretaker at Cooinda, and Mick in Information Technology and Communications will help out where and when he is needed.

The team love working at Peninsula Villages because of the variety of work and the chance to meet and help different people every day. They're always guided by ICCARE Values, ensuring that no job is too small and that they provide the best possible service to the residents.

Their dedication and hard work make Peninsula Villages a wonderful place to live, and their efforts do not go unnoticed by the residents and staff alike.

Church SERVICES



INTERDENOMINATIONAL SERVICE

10:00am in the Tea House

Tuesday, 2nd July, David

Wednesday, 10th July, Mark

Tuesday, 16th July, Mark

Wednesday, 24th July, Mark

Tuesday, 30th July, Lesley

CATHOLIC MASS

10:00am in the Tea House

Thursday, 25th July, Father Alex



ANGLICAN SERVICE

10:30am in Don Leggett House Hall

Wednesday, 3rd July, Rosemary, Don Leggett House

Wednesday, 17th July, Rosemary, Pozieres House

BIBLE STUDY

2:00pm in Tea House

Wednesday, 3rd July, Sheila

Wednesday, 17th July, Sheila

Just for FUN

JOKES



How does the moon cut his hair? Eclipse it.

Why aren't koalas actual bears?

They don't meet the koalafications.

A woman told her friend, **"I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising."**

She said, **"So, I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But by the time I got my leotards on, the class was already over."**

Did you hear the watermelon joke? It's pitiful.

What do lawyers wear to court?

Lawsuits.

Why did the golfer bring an extra pair of pants? In case he got a hole in one.

If my body were a car I would trade it for a newer model. Every time I cough, sputter, or sneeze, my radiant leaks and my exhaust backfires.

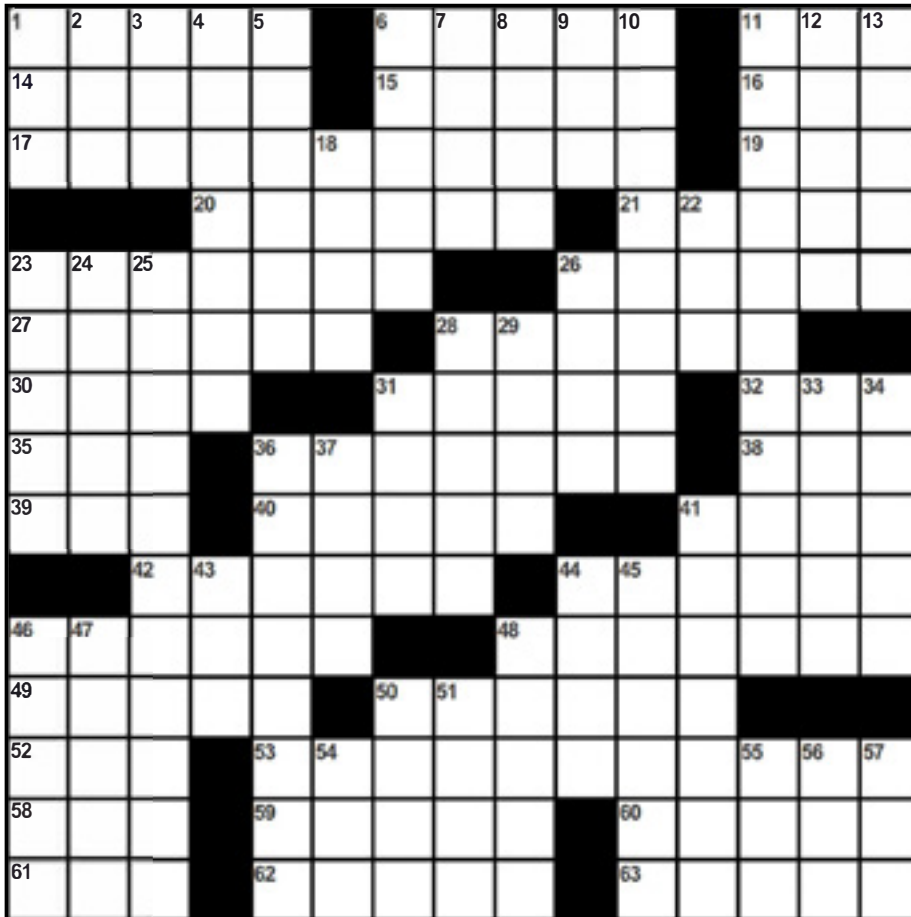
When you're 20 and you drop something, you pick it up. When you're 80 and you drop something, you decide you don't need it anymore.

Speaking to her 93-year-old grandfather, a young woman asked, **"Grandpa, what were your good old days?"**

Grandpa replied, **"When I wasn't good, and I wasn't old."**

Just for FUN CROSSWORD

Answers can be found on page 41



DOWN

- 1. Bro, for one
- 2. Australian runner
- 3. Delivery vehicle
- 4. Breakfast dishes?
- 5. It may be in a groove
- 6. Mexican meal items
- 7. Elementary particle
- 8. Craggy hills
- 9. "Go on ... "
- 10. Full, as a voice
- 11. Con man
- 12. Alaska native
- 13. Novel idea?
- 18. Important blocks of time
- 22. Coquettish
- 23. Fauna's partner
- 24. Dubuque resident, e.g.
- 25. Common hopper
- 26. Gap to bridge
- 28. Apples, e.g.
- 29. Biology lab supply
- 31. Possess
- 33. Gossipmonger
- 34. Apprehensive feeling
- 36. Michigan town
- 37. Big game
- 41. Like some realizations
- 43. Absorbed, as a cost
- 44. Statue part
- 45. Downloadable reading material
- 46. Book of maps
- 47. Kind of concerto
- 48. Relatively robust
- 50. Negotiation problem
- 51. Narrowly defeat (with "out").
- 54. Alien craft
- 55. Kind of approval
- 56. Action film weapon
- 57. Mother Teresa, for one

Across

- 1. Evening hour
- 6. Golden Horde member
- 11. Undergrad degs.
- 14. Candidate's concern
- 15. Make retribution
- 16. Farthest or highest (Abbr..)
- 17. Jumper's protectors
- 19. Prefix meaning "new"
- 20. Software holders
- 21. Become part of history
- 23. Leg bones
- 26. Putting on airs
- 27. Jewelers' aids
- 28. Yellow fruit
- 30. Has the deed to
- 31. Hulk in the ring
- 32. Scandinavian rug
- 35. Got ruined in the wash
- 36. Utterly unyielding
- 38. Commandment count
- 39. "_ luck?"
- 40. Emphatic denial
- 41. Engine knock
- 42. Hindu princesses (Var..)
- 44. Burden bearers
- 46. Virtual-reality pinch hitter
- 48. Home
- 49. Rome's river
- 50. Add spice to
- 52. Tennis court ploy
- 53. Newborn, to parents
- 58. Name among boxing legends
- 59. Adult
- 60. Fast-growing vine
- 61. Didn't strap-hang
- 62. Flyboy's agreement
- 63. Assassinated

Just for FUN

WORD SEARCH



- | | | | |
|---------------|-------------|-----------|--------|
| HOT WATER | FROSTBITE | MITTENS | HEATER |
| BOTTLE | MULLED WINE | EARMUFFS | FROST |
| HOT CHOCOLATE | RAINCOAT | UGG BOOTS | FROSTY |
| MARSHMALLOW | SLIPPERS | SNOW GUM | SCARF |
| QUILT | BLANKET | FLANNEL | SOUP |
| FIREPLACE | KNITWEAR | GUM BOOTS | |
| SNOWFLAKE | THERMOS | BEANIE | |

Answers can be found on page 41

Just for **FUN**

ANAGRAM

Can you rearrange these words to make 10 sports?

1. Boot Fall
2. Cockeye Hi
3. Admit Bonn
4. Breaking Toads
5. Koo Wanted
6. Cass Orel
7. Belva Lolly
8. Alpert Woo
9. Box Gin
10. Buggy Lauree

Answers can be found on page 41

JULY 2024 EDITION

Just for Fun ANSWERS

CROSSWORD

1	S	2	E	3	V	4	E	5	N	6	T	7	A	8	T	9	A	10	R	11	B	12	A	13	S
14	I	15	M	16	A	17	G	18	E	19	A	20	T	21	O	22	N	23	E	24	U	25	L	26	T
17	B	18	U	19	N	20	G	21	E	22	C	23	O	24	R	25	D	26	S	27	N	28	E	29	O
				20	C	21	D	22	R	23	O	24	M	25	S	26	O	27	C	28	C	29	U	30	R
23	F	24	I	25	B	26	U	27	L	28	A	29	S	30		31	S	32	N	33	O	34	O	35	T
27	L	28	O	29	U	30	P	31	E	32	S	33		34	P	35	A	36	P	37	A	38	Y	39	A
30	O	31	W	32	N	33	S	34		35	H	36	O	37	G	38	A	39	N	40		41	R	42	Y
35	R	36	A	37	N	38		39	A	40	D	41	A	42	M	43	A	44	N	45	T	46		47	T
39	A	40	N	41	Y	42		43	N	44	E	45	V	46	E	47	R	48		49	P	50	I	51	N
		42	R	43	A	44	N	45	E	46	S	47		48	B	49	E	50	A	51	S	52	T	53	S
46	A	47	V	48	A	49	T	50	A	51	R	52		53	H	54	A	55	B	56	I	57	T	58	A
49	T	50	I	51	B	52	E	53	R	54		55	S	56	E	57	A	58	S	59	O	60	N	61	
52	L	53	O	54	B	55		56	B	57	U	58	N	59	D	60	L	61	E	62	O	63	F	64	F
58	A	59	L	60	I	61		62	O	63	F	64	A	65	G	66	E	67		68	K	69	U	70	Z
61	S	62	A	63	T	64		65	R	66	O	67	G	68	E	69	R	70		71	S	72	L	73	A

ANAGRAM

1. Football
2. Ice Hockey
3. Badminton
4. Skateboarding
5. Taekwondo
6. Lacrosse
7. Volleyball
8. Water Polo
9. Boxing
10. Rugby League

WORD SEARCH

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

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

Village NOTICEBOARD

CENTRELINK
PHONE NUMBER
FOR ANY ENQUIRIES
132 300



02 4344 9199

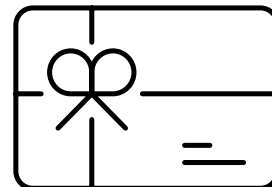
peninsulavillage.com.au

agedcare@penvill.com.au

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.




DO NOT PANIC!



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:

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:



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	Other
	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
I am Filing a:	Compliment	Complaint	Request	Suggestion
	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Provide details of the event below: Event Date:

What outcome/s are you hoping to achieve?

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

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@penvill.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