

# PIPELINE

Newsletter

June 2024 Edition



# What's on THIS MONTH

DATE	EVENT	TIME	LOCATION
Wednesday <b>5</b>	<b>VIVID Light Bus Trip</b>	4:00PM – 10:30PM	All houses 20 Residents Max
Thursday <b>6</b>	<b>Men's Shed BBQ</b>	12:00pm	Pam Palmer House, all houses welcome
Thursday <b>6</b>	<b>Pozieres Afternoon Bus Trip</b>	1:30pm	Pozieres House & Don Leggett House
Monday <b>10</b>	<b>Kings Birthday</b> High Tea	10:30am 10:30am 2:00pm	Pam Palmer House Don Leggett House Pozieres House
Tuesday <b>11</b>	<b>Resident and Relatives Meeting</b>	1:30pm	Don Leggett House
Wednesday <b>12</b>	<b>Morning Tea Bus Trip</b>	9:30am	Pam Palmer House & Don Leggett House (Hostel Residents Only)
Wednesday <b>12</b>	<b>Lunch Trip</b>	11:00 am	Pam Palmer House (Hostel Residents Only)
Thursday <b>13</b>	<b>Ladies High Tea</b>	10:30am	Pam Palmer House, all houses welcome
Thursday <b>13</b>	<b>Wild Honey Concert</b>	1:30pm	Pam Palmer House

# What's on THIS MONTH

DATE	EVENT	TIME	LOCATION
Thursday <b>13</b>	<b>Pozieres Afternoon Bus Trip</b>	1:30pm	Pozieres House & Don Leggett House (Hostel Residents Only)
Saturday <b>15</b>	<b>Nearly Vintage</b>	1:30pm	Pozieres House
Tuesday <b>18</b>	<b>Resident and Relative Meeting</b>	1:30pm	Pam Palmer House
Wednesday <b>19</b>	<b>Mitch in Concert</b>	10:30am 1:30pm	Pam Palmer House Don Leggett House
Thursday <b>20</b>	<b>Pozieres Afternoon Bus Trip</b>	1:30pm	Pozieres House & Don Leggett House
Tuesday <b>25</b>	<b>Resident and Relative Meeting</b>	1:30pm	Pozieres House
Wednesday <b>26</b>	<b>Morning Tea Bus Trip</b>	9:30am	Pam Palmer House & Don Leggett House (Hostel Residents Only)
Wednesday <b>26</b>	<b>Lunch Trip</b>	11:00 am	Pam Palmer House (Hostel Residents Only)

# Community EVENTS



DATE	EVENT	TIME	LOCATION
Every Wednesday	<b>Live Music by the Sea with Crescendo</b>	10:30am- 12:30pm	Killcare Beach Kiosk, Killcare
Sunday <b>9</b>	<b>Woy Woy Waterfront Markets</b>	9:00am- 2:00pm	Brick Wharf Road, Woy Woy
Sunday <b>16</b>	<b>Umina Beach Markets</b>	9:00am- 2:00pm	Umina Surf Life Saving Club, Umina

# CEO REPORT

As we are nearly halfway through the year, we welcome winter this month!

In industry news, the Department of Health and Aged Care have pushed back the implementation of the new Aged Care Act and Standards until 2025 so that they can really consider the impact it will have on people receiving aged care services. I will keep you updated on any impact this change in legislation will have on you as information is released.

The 15th of June is World Elder Abuse Awareness Day (WEAAD). Peninsula Villages has a no tolerance policy for any type of abuse. There are various types of abuse including financial, psychological, sexual and physical abuse. Unfortunately, elder abuse does occur in the Australian

community. If at any time you find yourself in a situation in which you feel uncomfortable, please speak to our staff.

Hopefully you will have had a chance to meet Greg, our new Lifestyle and Community/Events Manager, by now. Greg has some exciting events planned for June, including evening events. Greg will be providing further details regarding this.

Kind Regards

**Colin Osborne**  
Chief Executive Officer





# Last Month's NEWS

## PENINSULA VILLAGES TEAM MEMBER NEW ROLE

### **Linda Segrott** **Memory Support Coordinator**

Starting my new role as the Memory Support Coordinator has been a truly enriching experience. Once a month, I will have the privilege of hosting Memory Care Connect, a gathering where family, friends and residents whose lives have been affected by dementia come together for support.

Although this is a new role, we have established a goal to run programs to support memory care for residents. These programs are designed to increase understanding and awareness of dementia, guiding and nurturing everyone involved. My goal is to ensure that residents receive the best possible care through these initiatives.

Secondly, I will be collaborating with allied health services, both internal and external, to provide comprehensive support for our residents who need memory support. This collaboration is crucial in creating a holistic care

environment that addresses all aspects of our residents' well-being.

My work history and passions bring a unique perspective to this role. Before becoming a Memory Support Coordinator, I spent 2.5 years as the Leisure and Lifestyle Manager at the Village. My career path includes roles at the Salvation Army, Allity, and Arrum, where I started as a Disability Support Worker. Each of these experiences has equipped me with valuable skills and insights that I bring to my current position.

Outside of work, I have a passion for camping, outdoor activities, paddle boarding, fishing, and swimming. I love spending time with friends and taking my father to Sydney to visit family. My dogs, Rosie, a Golden Retriever, and Ollie, a Black Labrador, are also a big part of my life and bring me great joy.

Our commitment is to support our residents and their families by creating a nurturing and understanding environment. Through our programs and collaborations, we will strive to enhance the quality of life for everyone at Peninsula Villages.



## MEN'S SHED BBQ

Volunteers from the Men's Shed cooked up a storm for the men here at Peninsula Villages. A few keen Residents and Men's Shed regulars washed down their meal with a delicious beer!





### MORNING TEA

The Legacy Mother's Day Morning Tea, run by Ann and Cheryl, was a lovely event. There were plenty of high tea cakes, along with tea and coffee. Sheila from Pozieres House won the lucky door prize – an impressive colourful flowers gift!









Nessie, who turned 101, was presented with an amazing bunch of flowers and Happy Birthday was sung by all. Nessie loved the blooming display and couldn't take her eyes off them. Legacy and Peninsula Villages are community partners and work closely together to provide exceptional care and support to the Legacy War Widows.





## MOTHER'S DAY

We celebrated all the Mothers, Grandmothers, Nana's, Nonna's and Great Grandmothers here at Peninsula Villages. Everyone here had a very Happy Mother's Day being showered with amazing gifts and lots of love from family, friends and our entire team.







## INTERNATIONAL NURSES DAY

We celebrated International Nurses Day, which is officially celebrated on Sunday 12th May 2024. We had a BBQ where everyone got together and thanked all RN's and EN's working at Peninsula Villages. Everyone had a great time! Badges and lollipops were given out to staff.





## POOL AND SHUFFLE BOARD

Brian and Gary love to volunteer at Peninsula Villages and sometimes run the pool and shuffleboard activities for the residents. Competition and comradere is the aim of the game, as residents love the sporty company. Of course, the thrill of winning is always an amazing addition!





## ENTERTAINMENT

Pozieres House were excited to welcome back Mitch, our loved entertainer, who is very respected and who can also draw a crowd. The afternoon was accompanied by an ice cream cart and filled with dancing, smiles, and lots of fun.











## VOLUNTER EXPO

Peninsula Villages recently participated in the 2024 Central Coast Volunteer Expo on Wednesday 22nd May at The Erina Centre, Erina Fair. We had friendly staff and current volunteers to answer any questions people may have about Peninsula Villages. We are always looking for our next volunteer to help to create meaningful memories with the residents and be a part of our amazing team that prides itself on our values: Integrity, Community, Compassion, Accountability, Respect and Excellence.



# Resident CONTRIBUTIONS



## **Martin's Mini Mirthquakers** MARTIN'S FAVOURITE TOP 10 JOKES

1. What lies at the bottom of the sea and shakes? **A nervous wreck**
2. How many letters are there in the alphabet? **Eleven**  
– **THEALPHABET**
3. Why did the Romans build straight roads?  
**Because they didn't have steering wheels on their chariots.**
4. What is a copper nitrate?  
**Overtime pay for a policeman**
5. What is bigger when it is upside down? **6**
6. What do you call a man with an angry cat on his head? **Claude**
7. What gets smaller the more you put in it? **A hole in the ground**
8. What's worse than raining cats and dogs? **Hailing Taxis**
9. What is the centre of GRAVITY? **V**
10. What stays hot in the refrigerator? **Mustard**



## MEETING SIR EDMUND HILLARY – THE FIRST MAN TO STAND ON MOUNT EVEREST.

In 1953 I travelled from Melbourne to London and quickly got employment selling ice cream. This was the year when Elizabeth II was crowned, and I went with friends to see her Coronation Procession to Westminster Abbey. The grandstands were too expensive, so we met at 3am on the 2nd of June and joined the crowd on the footpath in Parliament Square close to the Abbey.

It was cold and showery, but everyone was excited. Loudspeakers on the lampposts kept broadcasting the news and there was an enormous cheer when it was announced that, for the first time in history, Mount Everest, the world's highest mountain, had been conquered. In a British expedition, Edmund Hillary reached the top and, fifteen minutes later, his Sherpa partner, Tensing Norgay, joined him on the summit. On returning to London, Edmund Hillary was knighted by the new Queen and

given many other awards.

Edmund Hillary was a New Zealander who worked on his family's apiary (bee farm), producing honey. He was a big strong man and had gained recognition for his skill and strength climbing various high mountains, so was chosen for the British expedition.

A kind and generous person, Hillary decided to use his fame to help the poverty-stricken Sherpa people in the remote rugged country of Nepal, down below Mount Everest. He especially used the money to build schools and hospitals. The lads at the school, where I was Chaplain, enthusiastically raised money for his work and we were delighted when, on two occasions, Sir Edmund came to the school to speak and to thank us. I learned that he had carried a small cross with him and left it on top of Mount Everest.

**Peter Swain**

# Resident **IN FOCUS**



## ARTHUR

I was born in Sydney. After the war ended, my dad moved us all out to Tumut. We dug potatoes and rounded up sheep. My dad, my siblings, and I worked together. There were nine of us siblings, but now only five are left. I had five sisters and there were four boys, including myself.

We used to set out rabbit traps, running a wire from one gum tree to another. We skinned and cleaned the rabbits, hanging them out on the wire. We ate the rabbit in various ways: rabbit stew, baked rabbit, and boiled rabbit.

When we were school kids, we moved down to Umina and went to Ettalong School. We walked to school every morning and then back home, which was lots of fun. Later, we moved to Wyong.

I worked in a bakery in Umina until my boss sold it. I spent five years on a farm in Somersby, where we had chickens, an apple orchard, plums, oranges, and mandarins. We put the fruit into the hopper, cleaned them, sorted them by grades, and sent them off to market.

After that, I moved back to Umina, then back to Wyong again. I worked in a caravan park and at the Wyong Bowling Club for about two years. I was a barman, picked up glasses and plates, and played bowls. I love bowls and have all my bowling gear. I also love gardening, pottering around, and helping by setting up tables and chairs. I like to brush the moss off the fishpond.

I have been living at Peninsula Villages for five years. I stayed in the hostel for six weeks before transferring to Green Gum. I love living at Peninsula Villages. It's great here, and I have plenty of friends. Allen and I do different jobs around the home, and we enjoy playing Uno and golf.

I played footy at school and I am a Roosters fan. I proudly wear my Roosters footy jersey. I love Country and Western music, especially Johnny Cash and Elvis.

# Staff IN FOCUS



## ARIA

I have worked here for a year. The staff call me Ards, and I mainly work in Pozieres House. When I started, I was nervous, but working here has helped improve my social skills and boosted my confidence. Everyone here is lovely and welcoming, and I have the opportunity to learn and grow every day.

I enjoy working in Aged Care. The residents are nice and

understanding, and I love meeting new people and getting to know them. I am fascinated by their life experiences, including their trips overseas and personal histories.

Before working here, I was a hairdresser after leaving school, but I felt it was time for a change. I love how grateful the residents are for the care they receive.

In my personal life, I love sunsets and sunrises. I played netball for ten years, and our team came second in the Hunter League states. I also coached netball for six years and played representative netball. I enjoy going to the beach and spending weekends with my dad, who works painting different buildings regionally.

Looking ahead, I want to progress in my career and become a Registered Nurse or a Midwife, possibly working in hospitals in a care role.



# Volunteer **IN FOCUS**



## JEFF

I've been a volunteer at Peninsula Villages for just over 18 months. I applied here around November in 2022, and I drive the Bus in a volunteer role.

I love spending time in Pozieres House, where I enjoy running the football tipping and talking with the residents. Every Monday during Men's morning tea, I like to show interesting things, such as old tools and lawn mowers. I even bring in my Scout uniform, and I also enjoy showing old cameras and projectors.

I moved to the Peninsula in 1999, but before that, I lived in

Wentworthville for 39 years. In Sydney, I completed an apprenticeship in fitting and turning before applying to Australia Post, where I delivered mail for 37 years on a motorbike and pushbike. I've been retired from Australia Post for two years now.

I've spent most of my life on the Central Coast. My mother, father, and grandparents travelled here where we had a weekender and took small holidays.

I love being with the Residents at Peninsula Villages, and since I live nearby, I can walk there. I appreciate the company and the welcoming staff.

I enjoy driving the bus on Fridays to Deepwater Plaza and on Wednesday morning tea trips. I've also helped by driving the company car, assisting Residents with their birthdays.

Supporting my favorite football team, the Parramatta Eels, is another passion of mine.

Volunteering at Peninsula Villages has been a truly fulfilling experience for me.

# Department **IN FOCUS**



## REGISTERED AND ENROLLED NURSES

At Peninsula Villages, our Registered Nurses (RNs) and Enrolled Nurses (ENs) are dedicated to providing exceptional clinical care to our residents. We pride ourselves on offering a dignified approach to healthcare, ensuring that each resident feels respected and valued. As advocates for our residents, our nursing staff go above and beyond to meet their needs and enhance their quality of life.

Recently, Peninsula Villages welcomed two new Clinical Care Coordinators (CCCs), Leah and Adele. Their expertise and leadership will be instrumental in guiding our team of experienced nurses, further elevating the

standard of care we provide. With the support from our clinical management team, our RNs and ENs are more equipped than ever to deliver exceptional care to our residents.

Our nursing staff has been featured in the local newspaper, highlighting the expansion of our team. This recognition is a testament to their dedication and hard work. We are proud to have such a fabulous group of professionals committed to the well-being of our community.

At Peninsula Villages, we uphold our core values of integrity, community, compassion, accountability, respect, and excellence. These principles guide every aspect of our care, ensuring that we not only meet but exceed the expectations of our residents and their families.

# Church SERVICES



## INTERDENOMINATIONAL SERVICE

**10:00am in the Tea House**

Tuesday, 4th June, David

Wednesday, 12th June, Mark

Tuesday, 18th June, Lesley

Wednesday, 26th June, Mark

## CATHOLIC MASS

**10:00am in the Tea House**

Thursday, 27th June



## ANGLICAN SERVICE

**10:30am in Don Leggett House Hall**

Wednesday, 5th June - Rosemary

Wednesday, 19th June - Rosemary

## BIBLE STUDY

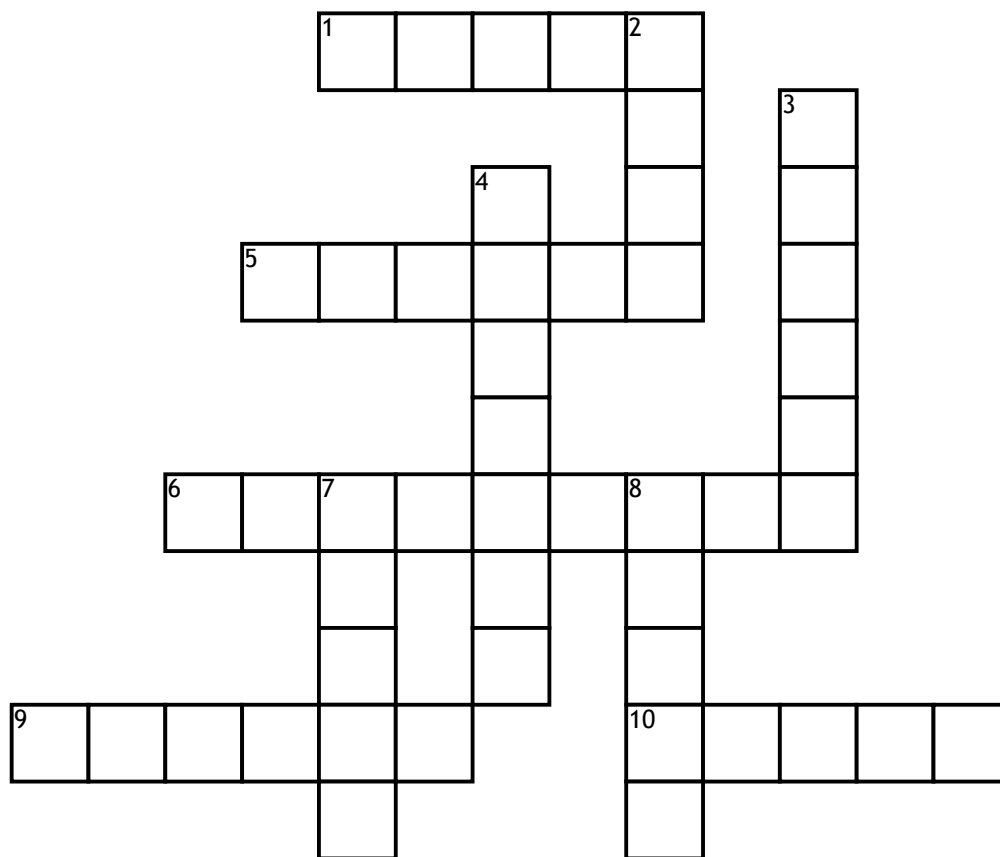
**2:00pm in Don Leggett House Hall**

Wednesday, 5th June - Sheila

Wednesday, 19th June - Sheila

THE ROYAL FAMILY CROSSWORD

# Just for FUN



**Across**

- 1. Who is the mother of Prince Harry?
- 5. What is the name of Meghan Markle's son?
- 6. What is the name of Prince William and Kate Middleton's daughter?
- 9. Who was the husband of Queen Elizabeth II?
- 10. How many grandchildren does the late Queen Elizabeth II have?

**DOWN**

- 2. What is the name of the late Queen Elizabeth II's only daughter?
- 3. Who is Prince Edward married to?
- 4. Who is the King?
- 7. In which month did Prince William and Kate Middleton get married?
- 8. How many children does Prince William have?

Answers can be found on page 33

# Just for **FUN**

## BRITISH ROYAL FAMILY WORD SEARCH



EDINBURGH  
CAMBRIDGE  
CATHERINE  
ELIZABETH  
PRINCESS  
CORNWALL

VICTORIA  
DUCHESS  
WILLIAM  
CHARLES  
CAMILLA  
EDWARD

ALBERT  
PRINCE  
GEORGE  
MEGHAN  
PHILIP  
DIANA

HARRY  
QUEEN  
DUKE

Answers can be found on page 33

# Just for **FUN**

## ANIMAL ANAGRAM

**Can you rearrange these words to make 24 animal names?**

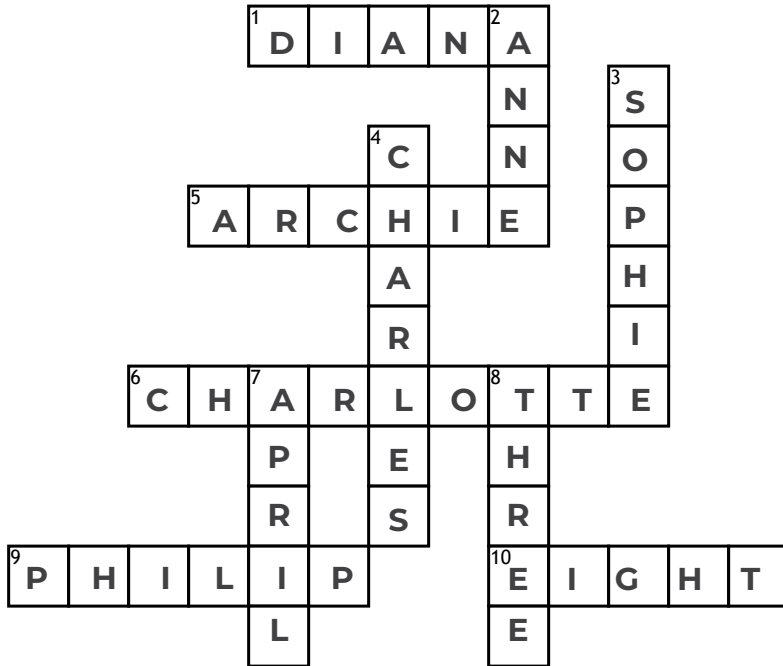
- |             |              |             |
|-------------|--------------|-------------|
| 1. paroled  | 9. star      | 17. sandier |
| 2. nicest   | 10. looped   | 18. tutor   |
| 3. shear    | 11. doing    | 19. slain   |
| 4. straying | 12. seashore | 20. balm    |
| 5. corona   | 13. raptor   | 21. throne  |
| 6. bolster  | 14. toga     | 22. carob   |
| 7. aunt     | 15. sneak    | 23. swap    |
| 8. prides   | 16. pea      | 24. garbed  |

Answers can be found on page 33

JUNE 2024 EDITION

# Just for Fun ANSWERS

CROSSWORD



ANAGRAM

1. Leopard
2. Insect
3. Hares
4. Stingray
5. Raccoon
6. Lobster
7. Tuna
8. Spider
9. Rats
10. Poodle
11. Dingo
12. Seahorse
13. Parrot
14. Goat
15. Snake
16. Ape
17. Sardine
18. Trout
19. Snail
20. Lamb
21. Hornet
22. Cobra
23. Wasp
24. Badger

WORD SEARCH



# Onsite HAIRDRESSERS

## DAYS AND TIMES FOR OUR ONSITE HAIRDRESSERS



**ANNE**  
Phone 0414 532 660

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



**JULIA**  
Phone 0466 984 341

<b>TUESDAY</b>	9.30am - 3pm	Pozieres House
<b>THURSDAY</b>	9.30am - 3pm	Don Leggett House



# Village NOTICEBOARD

CENTRELINK  
PHONE NUMBER  
FOR ANY ENQUIRIES  
**132 300**



**02 4344 9199**

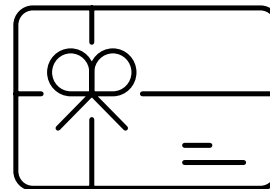
**peninsulavillage.com.au**

**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.



**1 J&K's Coffee Club 1**  
**2 Peninsula Village Limited 2**  
**3 Customer Loyalty Card 3**  
**4 Buy 5 Coffees 4**  
**5 and receive 5**  
**Free the 6th Free! Free**  
*Kiosk 91 Pasirvan Avenue Uniten Beach 2237*



## 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](http://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	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](mailto: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](http://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](http://agedcarequality.gov.au/making-complaint)