

PIPELINE

Newsletter

March 2024 Edition



What's on THIS MONTH

DATE	TIME	LOCATION	EVENT
Saturday 9 March	10:30am	Pam Palmer House Hall	Nearly Vintage will be entertaining us with a concert
Wednesday 13 March	10:30am	Any resident may register to attend	Morning tea at the Gosford Regional Galley
Wednesday 13 March	2:45pm	Pam Palmer House Hall & streamed to residents in Pozieres House	Premiers Gala Concert
Thursday 14 March	10:30am	Don Leggett House Hall	The Gals will be performing tap dancing
Sunday 17 March	10:30am	Will be celebrated in each buliding. Please see calendar for locations.	St Patrick's Day – coffee and cake
Monday 25 March onwards	From 11am	All facilities	We will be taking Easter photos with our residents
Saturday 30 March	10:00am	Pam Palmer House Tea House	Cooking Easter Brownies

Community EVENTS



DATE	TIME	LOCATION	EVENT
Every Wednesday	Crescendo Live Music by the Sea	10:30am- 12:30pm	Killcare Beach Kiosk, Killcare
Saturday 9 and Sunday 10 March	Central Coast Italian Weekend	9am-4pm	Galleria Ettalong Beach, Ocean View Road, Ettalong Beach
Sunday 10 March	Woy Woy Waterfront Markets	9am-2pm	Brick Wharf Road, Woy Woy
Sunday 17 March	Umina Beach Markets	9am-2pm	Next to Umina Surf Life Saving Club, Umina

CEO REPORT

Hello everyone,

It feels like we've just said goodbye to Christmas and now we're welcoming Easter!

It was wonderful to be able to celebrate Joy's 105th birthday recently. Very few people are lucky enough to reach this milestone and the staff of Peninsula Villages' were privileged to share this day with Joy.

We also saw Donald and Shirley, who live in Pozieres House, celebrate 73 years of marriage. Congratulations on this amazing achievement!

Our Leisure and Lifestyle team are planning more bus trips for our residents in Don Leggett House and Pozieres House starting in March. We're still eagerly waiting the new bus and will let you know as soon as it arrives.

We've seen more residents who have been using our heated pool. This is a wonderful area that is wheelchair accessible. If you are interested in having a swim, please let our Leisure and Lifestyle staff know and we can meet with you to see how we can support this.

The maintenance team have done a great job with the clean up of the fishpond. It's lovely to see the water lilies blooming again.

Have a wonderful month and I hope the Easter Bunny brings you lots of goodies.

Kind Regards

Colin Osborne
Chief Executive Officer



Last Month's **NEWS**

AUSTRALIA DAY

Aussie spirit filled our facility on Australia Day! From delicious food and drinks to entertainment from Dave, it was a day brimming with pride and cheer.



Last Month's **NEWS**



JOY'S 105TH BIRTHDAY

On Friday 2 February, we were delighted to celebrate Don Leggett House resident Joy Lewis, who turned a remarkable 105! Born in 1919, she has witnessed over a century of change and continues to inspire us all.

Surrounded by loved ones, including her sister Yvonne, nephew Brett and dear friend Joyce, Joy enjoyed a delightful party last month. This photo captures Joy holding a cherished family photo of a young Joy standing proudly next to her parents and siblings – a beautiful reminder of her life's journey and the legacy she has built.

Happy birthday, Joy! We hope your day was filled with joy, laughter and love, just like you bring to everyone around you.

Last Month's **NEWS**

LIONS PARK ADVENTURE

Living the Peninsula Villages life! Last month, our residents took in the breathtaking views of Lions Park in Woy Woy on a refreshing morning walk.



Last Month's **NEWS**



WELCOMING OUR NEW TRAINEES

A big welcome to our newest Village family members!
We're thrilled to introduce 11 trainees starting their Certificate III in Individual Support – Ageing, and a fantastic new catering assistant joining the team.

Let's give them a warm Peninsula Villages welcome!

Last Month's **NEWS**



VALENTINE'S DAY

Residents celebrated all the love on Valentine's Day with sweet treats and champagne!

Resident CONTRIBUTIONS

MRS MURPHY'S CHOWDER – THE CULPRIT.

As to who played the dastardly trick on dear Mrs. Murphy, I have studied the case and can report on the identity of the person responsible for the shocking discovery of overalls in with her excellent chowder.

It was a busy day in Mrs. Murphy's household. Visitors were coming, and she knew that they would be anticipating a meal of her famous soup.

Now - there was a problem. Earlier in the week, Mrs. Murphy had done a load of washing, using her large metal bucket known as a Chaudière.

She thought she had emptied and cleaned it, but she missed removing one item from the bottom!

Believe it or believe it not, it was not an Irish trickster, it was poor Mrs. Murphy herself who left the overalls in the Chaudière with her superb chowder!

I ask you: Is there a lesson to be learned here?

- Peter Swain

Resident **IN FOCUS**



LOVE BLOSSOMED YOUNG.

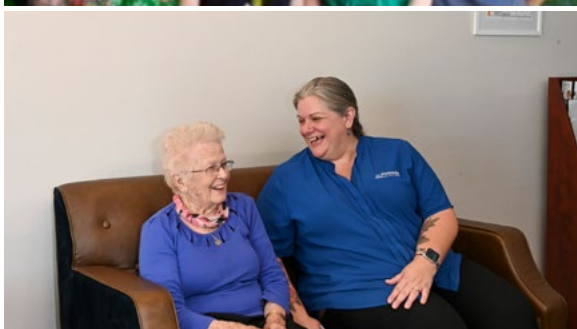
Love blossomed young and continues to bloom for Donald and Shirley Auburn, residents of Pozieres House at Peninsula Villages. They recently marked an incredible 73rd wedding anniversary on Saturday 3 February.

Donald and Shirley's love story began not with a grand gesture, but with shared adventures in a Sydney scout club. A spark ignited amidst knots and campfires, and their connection deepened after Donald's return from his time in the Interim Army in Japan following World War II. He'd faithfully cycle across the city from Leichhardt to Birchgrove to meet Shirley.

Together, they built a life filled with milestones – saving for their first home, exchanging vows in 1951 and raising two children, Stephan and Louise. Their journey took them to Canberra and then, in 1966, on an exciting adventure to Malaysia for two years, where they embraced new cultures and created cherished memories.

Retirement brought them to Erina, where they embraced an adventurous lifestyle, enjoying independence for over 20 years. Even as they eventually transitioned to care at Peninsula Villages, their love remained a constant, built on mutual respect, understanding and a shared love of laughter. "The secret?" they share, "Give and take, and always have a laugh together!"

Staff IN FOCUS



KATHERINE HOWE (KAT) DON LEGGETT HOUSE WARD CLERK

You will see Kat's smiling face when you enter Don Leggett House's main reception. Kat is Don Leggett House's Ward Clerk. She has worked for Peninsula Villages for 7 years, 3 of those at the reception desk in Don Leggett House. Kat has been married for 18 years and has 4 children. A daughter Jasmine 18, daughter Beth 15 and twin 12-year-olds George and Emily (as pictured).

Her favourite colour is blue and her favourite movies are

Princess Bride, Howl's Moving Castle and Aliens. She enjoys listening to RNB music. Her favourite holiday destination is Fiji. Kat's claim to fame - her twin sister was the Woolworths Butcher on the advertisements on television and in store in 2013. Her dedication to Peninsula Villages is much appreciated by staff and residents of the Village. Her favourite part about working here is the staff and residents.

Be sure to pop in and say hello to Kat when entering Don Leggett House, even ask her for an autographed photo of her famous sister!

Volunteer **IN FOCUS**



COLLEEN HUNTER

Colleen Hunter our arts and crafts volunteer has been with us for four years and she organises art experiences for residents as well as our Christmas store each year.

Colleen completed her four years of training at Hornsby Hospital to become a Registered Nurse which she then pursued as a career. After her career she spent her time taking care of her nine grandchildren who now range from eight to twenty-four years old. She has been married for fifty-four years and has three children of her own. She moved

to the Central Coast in 1971 and has lived in the same house since.

Colleen filled her spare time with playing squash and creating patch work. She has always been a seamstress and has made her own children's clothing and quilts. Colleen loved travelling with her nursing friends to America, Europe, South Africa, and New Zealand. She now loves coming to the village to volunteer and spend time with our residents, gardening and making costumes for a dance academy (currently making costumes for the Wizard of Oz).

Department **IN FOCUS**



CATERING TEAM

This month the Catering Department is focusing on next season's menu. Resident feedback will be collected from Leisure and Lifestyle staff and through other means of feedback as this will help retain the popular dishes on the menu and remove the not so popular ones. The Catering Manager, Stephan Blant, is always on the lookout for new and exciting cuisines. Once the dishes are selected, the menu will be forwarded to the Dietitian for their seal of approval.

Recruitment is always a top priority for the catering department to ensure the village has the best staff to serve our residents.

Planning has commenced to refurbish the Don Leggett House serveries which will commence in the foreseeable future.

The residents, staff, and management would like to thank the Catering staff and dining room Care staff for their hard work, consideration, and attention to detail that makes the Peninsula Villages dining experience a pleasure.

Church SERVICES



INTERDENOMINATIONAL SERVICE

10:00am in the Chapel

Tuesday, 5th March - David

Wednesday, 13th March - Mark

Tuesday, 19th March - Lesley

Wednesday, 27th March - Mark

CATHOLIC MASS

10:00am in the Chapel

Thursday, 28th March



ANGLICAN SERVICE

10:30am in Don Leggett House Hall

Wednesday, 6th March - Rosemary

Wednesday, 20th March - Rosemary

BIBLE STUDY

2:00pm in Don Leggett House Hall

Wednesday, 6th March - Shelia

Wednesday, 20th March - Shelia

Church **MINISTERS**



MARK MILLER

Mark, a 72-year-old retiree, lives on the Central Coast with his wife. Married with three children and nine grandchildren, he's called the area home for over 30 years. He worships at Woy Woy Presbyterian Church.

Mark's career boasts unique experiences. He spent four years managing a store in the Ernabella Aboriginal Community of Central Australia, followed by six years managing a bookshop in Tonga.

Sport, reading, family time and worshipping with fellow Christians bring him joy. He and his wife have recently explored Australia together.

Mark cherishes God's Word and enjoys sharing his faith with others. He and his friends find Chapel Services at Peninsula Villages particularly meaningful, where they lead services together.

Church **MINISTERS**



SHEILA HOOPER

A dedicated member of Ettalong Baptist Church since her move to the Central Coast in 2005, Sheila (left) fosters community through Bible Study leadership at Peninsula Villages.

Her initial motivation for joining the Bible Study stemmed from supporting fellow church member Margaret Raddatz, who founded the group within the Village. As Margaret's health declined, Sheila took on the mantle of leading the study, now ably assisted by Heather Crawford (right).

Prior to retirement, she served as a Midwife and Child and Family Health Nurse.

Sheila is married to Paul and cherishes their three daughters and three grandchildren.

Church **MINISTERS**



REV ROSEMARY GILLHAM

Rev Rosemary Gillham was ordained in the Anglican Church in 1998. Prior to that she worked as a Physiotherapist with children with disabilities. She retired from full-time ministry in 2010 and now is happy to volunteer her time and abilities in the Peninsula Anglican Parish in Woy Woy.

Rosemary comes from a large family and has 9 grandchildren and 2 great-grandchildren. She loves people and loves serving the people God loves too.

Church **MINISTERS**



CAPTAIN LESLEY NEWTON

Lesley has spent her entire life involved with The Salvation Army. Both her parents were officers; her mother, Margaret, is now retired, while her father, Doug, passed away over 20 years ago. Lesley is a mother to one adult daughter. Before becoming a Salvation Army officer, she worked in administration roles at both The Salvos and The Benevolent Society.

Lesley underwent training at the Salvo's training college from 2011 to 2012, where she completed a Diploma of Theology. She was initially stationed in Bega and later in Young, spending three years in each location. Subsequently, she was assigned to Umina Beach, where she is now entering her sixth year of service.

Lesley finds fulfillment in her monthly visits to Peninsula Villages, where she shares the teachings of God's word with the residents.

Church **MINISTERS**



REV DAVID GILCHRIST

Rev David Gilchrist, originally from the Blue Mountains, relocated to the Central Coast in 2009 to serve as a Pastor at Ettalong Baptist Church. Since then, he has been involved in conducting Chapel services at Peninsula Villages. David is an Accredited Baptist Minister with a keen interest in church health. He is married to Margy and has two adult children. Witnessing God's transformative work in people's lives, bringing hope, faith and love, brings him the greatest joy. In his leisure time, David enjoys walking, philately (the collection and study of postage stamps) and engaging in meaningful conversations over a good coffee.

Church **MINISTERS**



REV. DR PETER SWAIN

Peter is a member of the Uniting Church in Australia. He underwent training at Melbourne University in the 1950s. Peter's initial parish leadership position was with the Methodist-Presbyterian in Murrayville, Victoria, from 1960 to 1961. From 1962 to 1969, he served as a School Chaplain at Wesley College, Melbourne, and subsequently at Newington College, Sydney, from 1970 to 1994.

A career highlight for Peter was an exchange year in 1990, teaching Theology in Cambridge, UK. Additionally, Peter served as a Chaplain (Lieut. Colonel) in the Australian Army Reserve from 1964 to 1984. Since 1999, Peter has been enjoying an active retirement in Umina.

Church **MINISTERS**



Fr Timothy



Fr Alex



Kath Player

ST JOHN'S

St John's is part of the Broken Bay Diocese, which is nominally divided into three separate geographic regions: The Northern Beaches, the North Shore, and the Central Coast. The faithful of Broken Bay actively proclaim the Good News through their daily words and actions.

Fr Timothy and Fr Alex belong to the Congregation of the Missionaries of St Francis de Sales, known as Fransalians. The Fransalians have been ministering to the spiritual needs of the people of the Diocese of Broken Bay for the past 24 years and to the Woy Woy Peninsula since 2015. In addition to their parish duties, the Priests engage in various ministries. They work with local Catholic schools, participate in hospital and aged care ministry, and are available to administer the sacraments and celebrate the Eucharist regularly.

Kath Player is also a valued member of the St John's team. Kath has been supporting Peninsula Villages for over 20 years, providing spiritual support, including one-on-one communion for residents.

Let's CELEBRATE

BIRTHDAYS

PAM PALMER HOUSE

1st Mar	Janette Morley
3rd Mar	Arthur Moore
3rd Mar	Denise Staunton
3rd Mar	Sandra Thomas
4th Mar	June Dunlop
5th Mar	Joy Williams
8th Mar	Frederick Kitching
8th Mar	Annie Williams
13th Mar	Barbara Annett
13th Mar	Coral Pennell
22nd Mar	Ronald Blake
22nd Mar	Bruce Todd

DON LEGGETT HOUSE

1st Mar	Rose Lorraine Holmes
13th Mar	Phyllis Hill
27th Mar	Winifred Selwood
30th Mar	Nancy Grzesik
31st Mar	Elaine Budden

POZIERES HOUSE

2nd Mar	Carmel Field
2nd Mar	Douglas Nicholson
2nd Mar	Noeleen Pengelly
4th Mar	Myrtle Brett
7th Mar	Doreen Wilks
10th Mar	Ruth Porter
20th Mar	Carol Johnston
23rd Mar	Patricia Dwyer

NEW FRIENDS

PAM PALMER HOUSE

Rhonda Byrne
Eilish Kinsella
Christine 'Chris' Murray

DON LEGGETT HOUSE

Catherine 'Hazel' Scott
Linda Walker
Robin 'Rob' Williams

POZIERES HOUSE

Marie Mitcheson



Friends Forever **IN OUR HEARTS**

PAM PALMER HOUSE

Gerald 'Gerry' McCabe

POZIERES HOUSE

John Bogle

DON LEGGETT HOUSE

Ulises 'John' Altez

Josephine Morgan

Margaret Alcock



Just for **FUN**

EASTER TRIVIA

Questions:

1. What do eggs represent at Easter?

- a) The Easter bunny
- b) New life
- c) Baby chicks
- d) Chocolate

2. What season is Easter closely associated with?

- a) Spring
- b) Summer
- c) Autumn
- d) Winter

3. What is Easter called in European countries?

- a) Passover
- b) Hanukkah
- c) Pascha
- d) The Passion

4. What famous play about the Easter story is performed every ten years?

- a) The Alsfelder Passion Play
- b) The Oberammergau Passion Play
- c) The Frankfort Passion Play
- d) The Passion of the Christ

Just for **FUN**

EASTER TRIVIA

5. When and why did the famous play (refer to Q4) start?

- a) 1962; To make a name for itself
- b) 1700; To prevent the rise of atheism
- c) 1849; Thanksgiving to God for eternal life
- d) 1633; Gratitude to God for ending the Black Death

6. What are rabbits associated with at Easter?

- a) Eggs
- b) Hunts
- c) Fertility
- d) Chocolate

7. Which of these movies is not about Easter?

- a) Winnie the Pooh - Springtime with Roo
- b) It's a Wonderful Life
- c) The Passion of the Christ
- d) Here Comes Peter Cottontail

8. What season does Easter fall in Brazil?

- a) Spring
- b) Summer
- c) Autumn
- d) Winter

Just for **FUN**

EASTER TRIVIA

9. How is the date for Easter determined each year?
- a) It falls on the first Sunday after the first full moon on or after March 21st
 - b) It's always the first Sunday in April
 - c) It's determined by the Jewish calendar
 - d) It's the first Sunday after Daylight Savings finishes in the Southern Hemisphere
10. What are the 40 days before Easter known as?
- a) 40 Days of Fasting
 - b) Passover
 - c) Holy Week
 - d) Lent

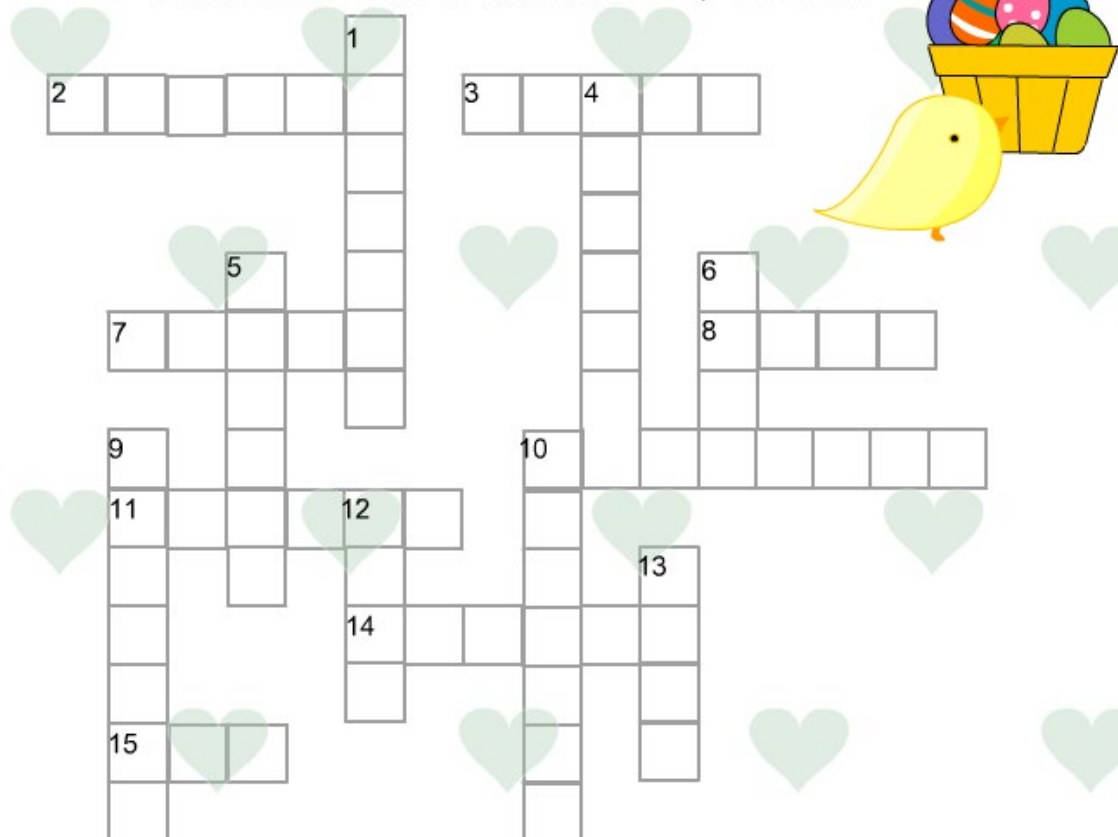
Answers can be found on page 29

Reference: <https://www.thinkablepuzzles.com/commonyms/commonym15answers.shtml>

Just for FUN

QUICK CROSSWORD

Easter Crossword Puzzle



Down:

1. Buying what for Easter is said to bring good luck for the rest of the year?
4. What is the name of the rabbit in the Disney movie 'Bambi'?
5. What can you see on doors at Easter time?
6. What is the 40-day period before Easter?
9. Which British chocolate company makes the Mini Eggs?
10. The traditional Ukrainian way of painting Easter eggs is called what?
12. Easter's date is determined by what?
13. Besides bunnies, what animal is considered an Easter symbol?

Across:

2. In which country was the largest decorated Easter egg?
3. In the Bible, who was the first person to enter Jesus' tomb?
7. In the Bible, how many days passed between Jesus' death and resurrection?
8. What type of food is decorated for Easter?
10. What bread-based snack is associated with Easter?
11. In what season does Easter take place in Australia?
14. What pagan goddess is associated with Easter?
15. What color jellybean is most popular?

Answers can be found on page 29

Reference: <https://www.mypartygames.com/free-printable-easter-crossword-puzzle-with-key/>

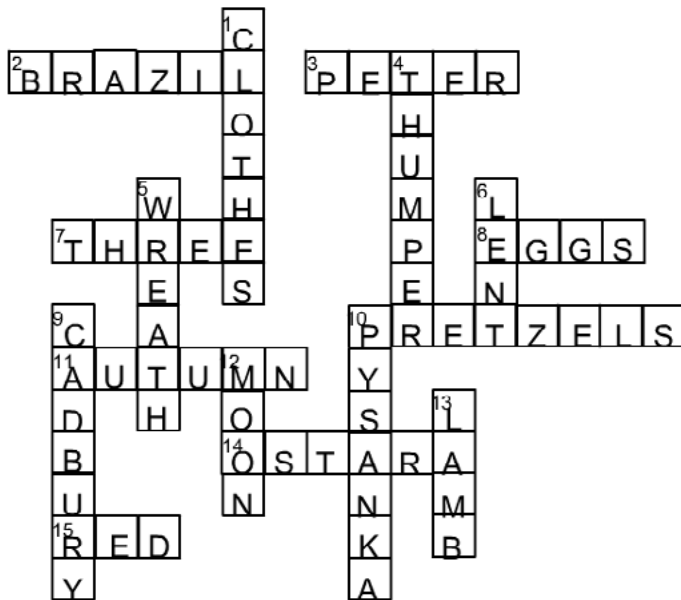
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Just for Fun ANSWERS

EASTER QUIZ

1. B
2. A
3. C
4. B
5. D
6. C
7. B
8. C
9. A
10. D

QUICK CROSSWORD



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.

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 Posieres Avenue
Umina Beach 2237

1 1

2 2

3 3

4 4

5 5

Free Free



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

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

Phone

Last Name

Email

Date Reported

My Relationship to Peninsula Village:

Consumer

Relative

Staff Member

Other

Compliment

Complaint

Request

Suggestion

I am Filing a:

Provide details of the event below:

Event Date:

What outcome/s are you hoping to achieve?

Yes No

Is this a re-occurring issue?

Do you require a response in writing?

Yes No

Signature of person providing feedback:

Thank you for taking the time to provide your feedback. **Please return this form to reception or to a Nurses' station**

Manad Record ID #:

Date Logged:

Receipt of Feedback Acknowledged by:

Date:



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 open.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