

# PIPELINE NEWSLETTER MAY 2023

WELCOME TO OUR MAY EDITION!



Your Life, Your Choice, Our Communities

# DATES & EVENTS

## MAY EVENTS

### **Saturday, 6th May**

#### **Coronation of Charles III and Camilla Sunday**

King Charles III will be crowned at Westminster Abbey on **6th May 2023**, becoming the 40th monarch to be crowned there since 1066.

While we are still waiting for official confirmation of which Australian channel will be airing the ceremony, it is likely that all of the free-to-air channels will provide coverage. In the past, ABC, Nine, Seven and 10 have all broadcast royal events, so it is reasonable to expect that they will do so again for King Charles III's coronation.

For those of us tuning in from Down Under, the ceremony will kick off at 8pm AEST (that's 11am in the UK).

**This will be televised in the Pam Palmer House Hall and the Don Leggett House Hall. We will also be enjoying a high tea and full day of coronation activities.**

### **Tuesday, 9th May**

#### **Claire Hayes in Concert**

Claire Hayes will be stopping by Pozieres House for a concert. Be sure to check you activities calendar for more information.

### **Thursday 12th May**

#### **International Nurse's Day**

International Nurses Day is a global celebration of the work of nurses and their commitment to providing quality care to patients. We are fortunate to have such a dedicated and compassionate team of nurses at Peninsula Villages so be sure to express your gratitude on this special day.

### **Sunday 14th May**

#### **Mother's Day**

Celebrated on the second Sunday of May, Mother's Day is a day to honour and celebrate mothers and mother figures in our lives. We have organised a Mother's Day high tea and gift giving for all houses.

### **Wednesday, 17th to 23rd May**

#### **National Volunteer Week**

A time to recognise and thank the millions of volunteers in Australia who give their time and energy to help others. We are so grateful for the wonderful volunteers at Peninsula Villages. They give their time and energy to help our residents, and we appreciate their kindness and compassion. Please take a moment to thank a volunteer the next time you see them.

### **Thursday 25th May**

#### **Australia's Biggest Morning Tea**

Australia's Biggest Morning Tea is a fundraising event held annually by Cancer Council Australia to raise money for cancer research, prevention, and support services. We will be hosting morning teas in all houses.

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**We respectfully recognise and acknowledge the traditional owners of the Darkinjung land on which we sit, the traditional custodians of this land, and pay our respect to Elders past, present and future.**

# DATES & EVENTS

## COMMUNITY EVENTS

**Saturday, 6th May**

### **The Coast Race Day**

The Coast Race Day is a horse racing event held at Gosford Racecourse. It features nine races, including the \$500,000 The Coast, a Group 3 race for three-year-olds and up over 1600 metres. The race day is also a major social event, attracting thousands of people to Gosford.

**Sunday, 22nd May 9:00am to 2:00pm**

### **Umina Beach Markets**

A vibrant and lively market filled with unique and quirky stalls, where people can explore their creative and whimsical sides. These markets entice the senses with visual arts, live buskers, delicious foods and more.

**Sunday, 28th May 9:00am to 2:00pm**

### **Avoca Beachside Markets**

Held at the picturesque Heazlett Park Foreshore of Avoca Beach, these markets offer 100+ stalls, live music, fresh produce areas and international food offerings.

## **CALLING ALL CHOCOLATE LOVERS**

### **the Lindt Café at Erina Fair is now open!**

The Lindt Café at Erina Fair opened on 1st April, 2023. It is located in the Boardwalk precinct of the shopping centre and offers a wide variety of Lindt products, including chocolate bars, truffles, and hot chocolate. It also has a selection of hot and cold drinks and light meals. The café is a popular destination for chocolate lovers and is a great place to stop for a quick bite or a leisurely meal.

## CHURCH SERVICES

**8th, 14th, 22nd and 28th March at 10:00am**

**Interdenominational services – JAH Chapel**

**1st and 3rd Wednesdays 10:30am**

**Anglican Service – DLH Hall**

**2nd and 4th Wednesdays 2:00pm**

**Bible Study – DLH Library Area**

**4th Thursday of each month**

**Catholic Mass – Location will alternate between JAH Chapel and Pozieres House Activity room.**

On 23rd March, it is in Pozieres House and on 27th April it is in the JAH Chapel.





# CEO REPORT



Hello and welcome to May. As we enter a new month, I wanted to take a moment to thank our staff for all that they do to make Peninsula Villages a warm and welcoming place for our residents.

Your work is essential in providing our residents with the quality care they deserve. I know that your job is not always easy. You work long hours, often dealing with challenging situations. But you do it all with a smile on your face and a positive attitude.

I am grateful for your commitment to our residents and to our organisation. You are the heart of our community, and we could not do our work without you so thank you for all that you do.

In expected but welcome news, Peninsula Villages received the maximum term of three years reaccreditation last month. Accreditation is a rigorous process that assesses our organisation against a set of national standards. It ensures that we are providing high-quality care and meeting the needs of our residents.

I am proud of what we as a team have accomplished together. This accreditation is a testament to our commitment to providing the best possible care for our residents. I have included a copy of my letter detailing the outcome of this accreditation on the next page.

In other anticipated news, I am excited to announce the launch of our new website! This website is a reflection of our commitment to providing our residents, families and staff with the best possible experience.

The new website is designed to be more user-friendly and informative. It includes a wealth of information about our organisation, our services and our community. I encourage you to visit it and explore all that it has to offer:

*[www.peninsulavillages.com.au](http://www.peninsulavillages.com.au)*

# CEO REPORT

CONT.

I am delighted to welcome Tanya Sourian to the Peninsula Villages team as our new facility manager at Don Leggett House. Tanya brings a wealth of experience to the role, having worked in the aged care sector for over 20 years. She is passionate about providing high-quality care and support to older people, and we are confident that she will be a valuable asset to our team.

As we look ahead to the month of May, we have a number of exciting events and activities, including those surrounding Mother's Day.

Mother's Day is a special day to celebrate all the mothers and motherly figures in our lives. It is a time to show our appreciation for all the love, support and sacrifices

they have made for us. For many of our residents, Mother's Day is bittersweet, but our team are dedicated to making it as special as possible for our residents. We will be hosting a variety of activities, such as a Mother's Day high tea and will also be providing special meals and desserts.

We hope that our residents have a wonderful Mother's Day. They deserve to be celebrated!

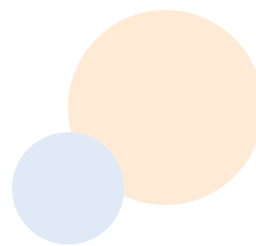
I wish you all a happy and healthy May!



**Sincerely,**

Colin Osborne  
*Chief Executive Officer*

## OUTCOME OF ACCREDITATION



*Originally published 4th April 2023*

Re: Outcome of Peninsula Villages Accreditation

Dear Residents,

The privilege of being able to provide care and services to older people is an opportunity that I continually value. As the CEO of Peninsula Villages, I am proud to lead over 350 employees who are guided by our ICCARE values. The intent of these values is to always put our residents' choices, needs and preferences front and centre as part of our pledge to provide high quality care and services.

In order to provide aged care services, all aged care organisations are required to be accredited by the Aged Care Quality and Safety Commission (ACQSC) every three years.

In February 2023, Peninsula Villages underwent a Site Audit by a team of five assessors who were here for five days. The Site Audit involves interviews with our residents, their loved ones, staff and management as well as reviewing our systems and processes.

We're very pleased to announce that we have received the maximum term of three years reaccreditation, and in all areas of care and service provision that is measured by the ACQSC, we have been found to be compliant against best practice standards.

Peninsula Villages is committed to continuous improvement and over the next three years will continue to review our systems and processes, as well as your feedback to ensure we continue to provide a high quality service.

**Kind regards,**

Colin Osborne

*Chief Executive Officer*

# CEO REPORT

CONT.

## INTRODUCING TANYA SOURIAN

Last month we welcomed Tanya Sourian to the Peninsula Villages team as the new Facility Manager for Don Leggett House. We are confident that Tanya will be an asset to Peninsula Villages and that she will be able to build strong relationships with our residents, their families, and our staff. We wish her all the best in her new role and look forward to working with her to provide the best possible care and lifestyle for our residents.



### Message from Tanya

Hello

I thought it timely to start with a brief introduction about myself.

I moved up from Sydney to the Central Coast in December 2020 and am very much enjoying the lifestyle and beautiful coastal beaches.

My career in aged care commenced as an Assistant in Nursing in 2002. It was during this time that I recognised my passion for nursing and subsequently pursued tertiary qualifications in the field.

I hold a Bachelor of Nursing degree, Graduate Certificate in Acute Care Nursing, Master of Applied Nursing and I am a Credentialed Nurse Immuniser. I have 12 years' experience in the acute care sector as a Registered Nurse and more recently as a Clinical Care Consultant with NSW Health Northern Sydney Local Health District. I also have extensive facility management experience having held positions with various aged care providers.

In my spare time, a few of the things that I enjoy include trying out local eateries, visiting art galleries and spending time with my border collie puppy name Charlie.

I look forward to working with you all.

**Tanya**

02 4344 9160

Tanya.Sourian@peninsulavillages.com.au

# FROM THE PIPELINE DESK

## WELCOME TO MAY!

We hope you had a wonderful April, celebrating Easter and Anzac Day. Easter was a special time for reflection and celebration for many residents and we enjoyed a variety of activities, including a visit from the Easter bunny, arts and crafts and an Easter hat parade.

Anzac Day was a time to remember and honour those who have served our country. We commemorated this occasion with wreath laying services across all houses. Thank you to those who attended.

May is a beautiful time of year, with warm weather and plenty of sunshine. It's a great time to get out and enjoy the outdoors.

We have a lot of exciting things planned for the month ahead, including:

- The King's Coronation high tea and viewing
- Mother's Day celebrations
- Happy hours
- Ukulele in Pozieres House and Don Leggett House every Friday
- Bus outings
- Entertainment from local talent

We hope you'll join us for all the fun!

In the meantime, please enjoy the month of May and all that it has to offer.

As always, if there is anything on which you would like to comment or discuss, please feel free to write a letter to the Pipeline Team and hand it to reception. You can also contact us via email at [lindas@penvill.com.au](mailto:lindas@penvill.com.au).

We would love to hear from you.

Cheers,  
**Linda Segrott**

**We've hidden a few crowns throughout Pipeline. Count how many and tell a member of the Wellbeing Team to win a special prize.**





# APRIL HIGHLIGHTS

## Easter Bunny Visit

Easter is a time for joy, celebration and chocolate, which is exactly what the Easter Bunny brought to residents of Don Leggett House on Easter Sunday.



# APRIL HIGHLIGHTS

## Easter Crafts

Our residents demonstrated their eggcellent craft skills, creating hats and Easter decorations for the holiday.



## Exercise

Chair exercises are a low-impact activity that is suitable for people of all fitness levels, making them great way for our residents to stay active and healthy.





# APRIL HIGHLIGHTS



## Ice Cream

Although the weather cooled down last month, our residents continued to enjoy our ice cream cart!

## Staff Milestones

At the beginning of last month, staff members Karen, Debbie, Elissa and Emma all celebrated milestone work anniversaries! All four ladies are well known and appreciated amongst our residents, so it was wonderful to recognise their hard work and devotion with a little party.

Congratulations to all and thank you for your service.



# APRIL HIGHLIGHTS

## Patonga Day out

Is there anything better than a sunny Autumn day by the water? Residents enjoyed a bus trip to beautiful Patonga Beach yesterday where they soaked in the spectacular scenery.



## Morning Tea

Sharing stories and sipping tea was a perfect way for our ladies to spend their morning.

## MP Visit

Last month, local member for Robertson, Dr. Gordon Reid, paid a visit to Peninsula Villages to tour our state-of-the-art facility, Pozieres House, and discuss the Albanese Labor Government's commitment to strengthening and improving aged care across the Central Coast.

Colin Osborne welcomed the discussions about the Labor Government's plans to fix

the aged care crisis. As someone who grew up in Umina Beach and worked as a local emergency department doctor, Dr. Gordon Reid was receptive and compassionate.





# APRIL HIGHLIGHTS

## Canvas Painting

Our art and craft sessions provide a creative and often therapeutic outlet for our residents, assist in keeping their minds sharp and help promote dexterity. Here we have residents of Pozieres House enjoying a relaxed and fun painting session.



## DLH Gym Champions

Gary, John and Frank are all gym champions in Don Leggett House, working hard to stay fit and active. They are an inspiration to us all.





# APRIL HIGHLIGHTS

## Anzac Services

On Anzac Day, we held services across all of our residences to remember the sacrifices of those who served our country. Residents, staff, families, and friends gathered to pay tribute to the men and women who have fought and died for our freedom. The services were a moving and solemn reminder of the cost of war.

We are grateful for the service and sacrifice of all those who have worn the uniform of our country. We will never forget their bravery and dedication.

*Lest we forget.*



# FROM THE VILLAGE

## SHARE A FAMILY SECRET RECIPE!

Who does not remember The Commonsense Cookery Book? I think we all had one – my mother, grandmothers and aunts.

My mother introduced me to this book when I was young, and I used to love to cook with her.

One day, I decided to be independent and try and cook something by myself out of this book.

To my surprise I found this book quite confusing as I did not know what a GILL of water was. Mum smiled as I asked “how do I measure a gill? What is a gill?” With that she passed me a old glass baby’s milk bottle I looked at the bottle mum said look at the measurements.



### STEAK AND KIDNEY PIE

#### Ingredients:

- 1 lb. steak.
- 1 sheep's kidney.
- 1 heaped teaspoon of flour.
- 1 teaspoon salt.
- Pinch pepper.
- 1 gill water.
- 1 lb. flaky pastry, rough puff or short crust.

#### Method:

1. Cut the steak into thin slices about 2 inches square.
2. Skin and soak the kidney and cut into small pieces.
3. Put the flour, salt, and pepper on a plate.
4. Dip each piece of steak into it and roll up a piece of kidney in each.
5. Place them in the pie-dish, piling high in the middle.
6. Add enough cold water to nearly half fill the pie-dish.
7. Make the pastry.
8. Roll it out the shape of the pie-dish, 1 inch larger.
9. Wet the edge of the pie-dish with cold water.
10. Cut a strip of pastry off all round and place it on the wet edge of pie dish, turning the cut edge to the outside.
11. Moisten this with water, and put the remainder of the pastry on top.

*Tell us your favourite family recipe as we would love to share. Please let Linda or the Wellbeing team know.*



# FROM THE VILLAGE

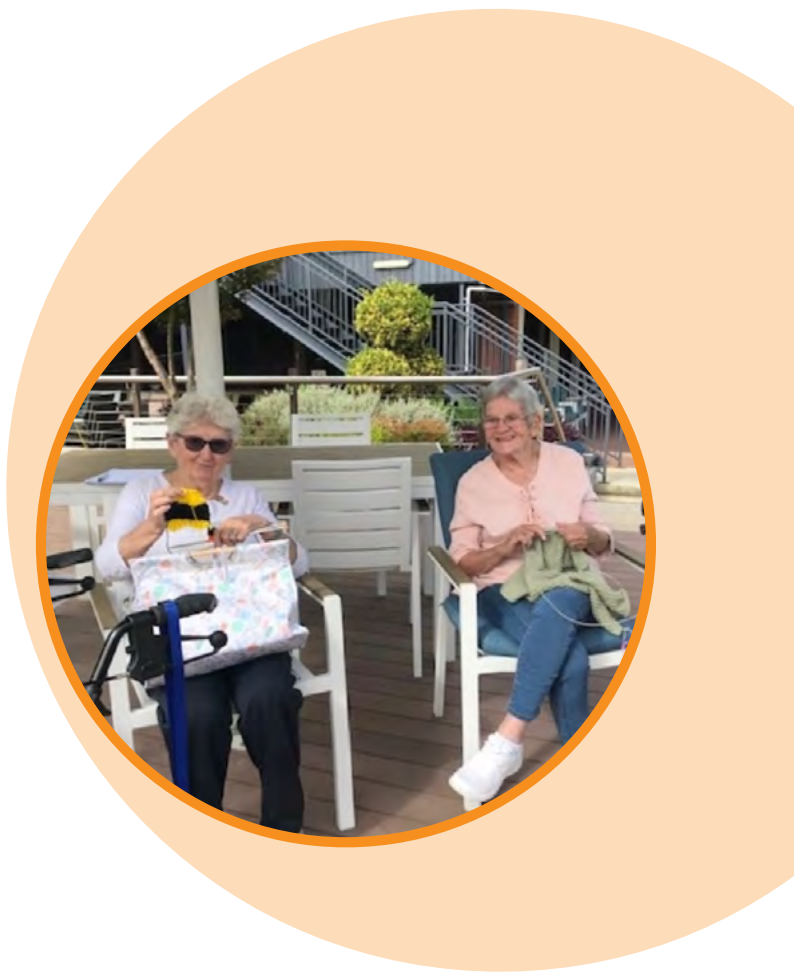
## Knitters' Corner

Residents Bren and Sylvia meet every morning up on the veranda of the Tea House in Pam Palmer House. There's a lot of talking, laughing and listening to music on Bren's iPad.

Their #1 rule is "you have to enjoy fresh air" and knit of course.

At the moment, Bren is doing a snuggle rug for a family member while Sylvia is making beanies for premature babies which she then gives to the hospital.

If you are a knitter and want company, come and join the girls each morning on the veranda.



## Darts Club

The Pam Palmer House darts club meet every Monday and Friday afternoon in Pam Palmer House Main Hall at 3.15pm. The group is very enthusiastic, and competition can get very spirited throughout the session.

Our members Dea and Lola scored a Bull's Eye so their photo will go up on the dart board.

Starting Monday 1st May, the group will be starting a new darts competition which will run for the month of May. At the end, a perpetual trophy will be awarded to the winner. The trophy will be held for a month by the winner until the next month's winner is announced.

The group welcomes new members and hopes to see you at the next session.





# MID MEAL

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OPTION AVAILABLE 24/7

- ~ Yoghurt (variety of flavours) ~
- ~ Hard cheese (slice or cube) ~
- ~ Custard (chocolate or vanilla) ~
- ~ Milk shake (variety of flavours, added sustagen available) ~
- ~ Variety of biscuits and crackers ~
- ~ Variety of cakes and bake goods made by our chef ~
- ~ Ice cream ~
- ~ Variety of spreads on bread ~
- ~ Fresh fruit and fruit cups ~
- ~ Puree fruit ~
- ~ Screamies No Melt Ice Cream (vanilla, strawberry, salted caramel) ~
- ~ Variety of sandwiches / toasties

For more options, refer to the alternate menu and communicate to the catering team what is needed and update nutrition assessment if necessary.

*Bon appétit!*

# APRIL

## STAR SIGNS



### Taurus:

April 20 – May 20

It's true that in their perfect world, Taureans would spend all day bathing in a tub overflowing with essential oils. At the same time, these earth signs know the value of a dollar. Taureans aren't afraid to roll up their sleeves and work hard to earn big rewards. They're ambitious, focused, and resilient and they feel most secure when steadily putting money into a savings account. Taureans are dependable partners, soothing their friends and lovers with their trustworthiness and devotion.



### Gemini:

May 21 – June 21

Have you ever been so busy that you wished you could clone yourself just to get everything done? That's the Gemini experience in a nutshell. Because of Gemini's intrinsic duality, they're often falsely misrepresented as two-faced. In reality, however, Gemini rarely has a hidden agenda. Playful and intellectually curious, Gemini is constantly juggling a variety of passions, hobbies, careers, and friend groups.

## FLOWER



### Lily-of-the-Valley and Hawthorn

The fragrant lily-of-the-valley signifies sweetness, humility, and a return to happiness. If you want to show your loved one that your life is complete with them, give them a few lilies of the valley. The other May flower is the hawthorn plant, which represents hope and supreme happiness. Hawthorn signifies that you want only the best for the recipient.

## BIRTH STONE



### Emerald

May's birthstone colour of green symbolises the renewal of life in Spring, which starts in May in the northern hemisphere. The birthstone colour comes from May's birthstone Emerald, one of the four precious gemstones and one of the rarest, most valuable gems.





# LET'S TALK TRAVEL PERU



*Hola!*

*(Hello) from Peru*

Welcome to this month's "Let's Talk Travel" adventures where we will visit the intriguing and beautiful country of Peru. Here is a bit of information that you may not know about Peru, its people and its culture.

## **Peru is a very old country.**

The earliest inhabitants arrived there about 15,000 years ago. Societies emerged on the west coast more than 5,000 years ago and began to spread inland. These included the Chavín, the Moche, and the Nasca.

One of the most important Peruvian cultures was the Inca, who lived in Peru around 600 years ago. Their capital, Cusco, is still a major city today. The Inca also built Machu Picchu, a famous and mysterious ancient city in the Andes. They thrived for centuries before being conquered by the Spanish in 1532.

The people of Peru are a mix of many different cultures, including Peruvians, Spaniards and other Europeans, descendants of African slaves, and Asians. Until recently, most people lived in the countryside. But now, more than 70 percent live in cities. Most Peruvians follow the Catholic religion introduced by the Spanish.

## **Peru is the third largest country in South America, after Brazil and Argentina.**

It is made up of a variety of landscapes, from mountains and beaches to deserts and rain forests. Most people live along the coast of the Pacific Ocean, where the capital, Lima, is located.

The world's largest rain forest, the Amazon, covers nearly half of Peru. Called the selva in Spanish, this huge jungle, which also covers half of Brazil, is home to plants and animals that do not live anywhere else on Earth. Some scientists think there may even be tribes there that have never seen the outside world.

We hope you have found some of this information interesting and if you would like to know more about this stunning part of the world, please come along to our next "Let's Talk Travel" session to be held in Pozieres House, Level 2 Activity room on Thursday 17 May from 1:30pm. We look forward to welcoming you then!

*Chau*  
*(Bye)*



# INTERNATIONAL NURSES DAY

International Nurses Day is a day observed around the world on 12th May each year, to mark the contributions that nurses make to society. The day was established by the International Council of Nurses (ICN) in 1974, and it is celebrated in over 100 countries.

The theme for International Nurses Day 2023 is "Our Nurses. Our Future." This theme highlights the importance of investing in nurses and ensuring that they have the resources they need to provide quality care. It also emphasises the need to protect nurses and ensure their safety.

Nurses play a vital role in the healthcare system. They provide direct care to patients, educate patients and their families, and work to improve the health of communities. Nurses are also leaders in advocating for patient care and in improving the quality of healthcare.

On International Nurses Day, we celebrate the work of nurses and thank them for their dedication and commitment to providing quality care. We also call on governments, employers, and communities to invest in nurses and to create a supportive environment where nurses can thrive.

International Nurses Day is celebrated on May 12th because it is the birthday of Florence Nightingale, who is considered the founder of modern nursing. Nightingale was born in Florence, Italy,



in 1820. She was a pioneer in the field of nursing, and she is credited with improving the quality of care for sick and injured soldiers during the Crimean War. She also founded the first school of nursing in the world, and she was a tireless advocate for the rights of nurses.

Nightingale's work has had a profound impact on the field of nursing, and her legacy continues to inspire nurses around the world. International Nurses Day is a time to celebrate the work of nurses and to thank them for their dedication to providing quality care.

# HAPPY CINCO DE MAYO! ¡VIVA MÉXICO!

Cinco de Mayo is a holiday that is celebrated on 5th May in Mexico and the United States. The holiday commemorates the Mexican Army's victory over the French Empire at the Battle of Puebla on the same date in 1862. Although the victory was a relatively minor one in the overall conflict between Mexico and France, it became a symbol of Mexican resistance to foreign domination.

In Mexico, Cinco de Mayo is primarily celebrated in the state of Puebla, where the battle took place. Celebrations often include parades, re-enactments of the battle and traditional Mexican music and dance.

In the United States, Cinco de Mayo has become a popular holiday that is celebrated by people of all backgrounds. Many cities hold parades and festivals, and Mexican food and drinks are often enjoyed. Some people mistakenly believe that Cinco de Mayo is Mexico's Independence Day, which is actually celebrated on 16th September. However, Cinco de Mayo remains an important symbol of Mexican culture and heritage, both in Mexico and around the world.

## History and the Battle of Puebla

In 1861, Benito Juárez—a lawyer and member of the Indigenous Zapotec tribe—was elected president of Mexico. At the time, the country was in financial ruin after years of internal strife, and the new president was forced to default on debt payments to European governments.

In response, France, Britain and Spain sent naval forces to Veracruz, Mexico, demanding repayment. Britain and Spain negotiated with Mexico and withdrew their forces.

France, however, ruled by Napoleon III, decided to use the opportunity to carve an empire out of Mexican territory. Late in 1861, a well-armed French fleet stormed Veracruz, landing a large force of troops and driving President Juárez and his government into retreat.

Certain that success would come swiftly, 6,000 French troops under General Charles Latrille de Lorencez set out to attack Puebla de los Angeles, a small town in east-central Mexico. From his new headquarters in the north, Juárez rounded up a ragtag force of 2,000 loyal men—many of them either Indigenous Mexicans or of mixed ancestry—and sent them to Puebla.





# HAPPY CINCO DE MAYO! ¡VIVA MÉXICO!

CONT.

The vastly outnumbered and poorly supplied Mexicans, led by Texas-born General Ignacio Zaragoza, fortified the town and prepared for the French assault. On May 5, 1862, Lorencez gathered his army—supported by heavy artillery—before the city of Puebla and led an assault.

The battle lasted from daybreak to early evening, and when the French finally retreated they had lost nearly 500 soldiers. Fewer than 100 Mexicans had been killed in the clash.

Although not a major strategic win in the overall war against the French, Zaragoza's success at the Battle of Puebla on May 5 represented a great symbolic victory for the Mexican government and bolstered the resistance movement. In 1867—thanks in part to military support and political pressure from the United States, which was finally in a position to aid its besieged neighbor after the end of the Civil War—France finally withdrew.

The same year, Austrian Archduke Ferdinand Maximilian, who had been installed as emperor of Mexico in 1864 by Napoleon, was captured and executed by Juárez's forces. Puebla de Los Angeles was renamed for General Zaragoza, who died of typhoid fever months after his historic triumph there.

Source: <https://www.history.com/topics/holidays/cinco-de-mayo>



# JUST FOR FUN

## DESIDERATA

Go placidly amid the noise and the haste,  
and remember what peace there may be  
in silence.

As far as possible, without surrender,  
be on good terms with all persons.  
Speak your truth quietly and clearly;  
and listen to others,  
even to the dull and the ignorant;  
they too have their story.  
Avoid loud and aggressive persons;  
they are vexatious to the spirit.

If you compare yourself with others,  
you may become vain or bitter,  
for always there will be greater and  
lesser persons than yourself.  
Enjoy your achievements as well as  
your plans.  
Keep interested in your own career,  
however humble;  
it is a real possession in the changing  
fortunes of time.

Exercise caution in your business affairs,  
for the world is full of trickery.  
But let this not blind you to what virtue  
there is;  
many persons strive for high ideals,  
and everywhere life is full of heroism.  
Be yourself. Especially do not feign  
affection.  
Neither be cynical about love,  
for in the face of all aridity and  
disenchantment,  
it is as perennial as the grass.

Take kindly the counsel of the years,  
gracefully surrendering the things of youth.  
Nurture strength of spirit to shield you in  
sudden misfortune.

But do not distress yourself with dark  
imaginings.  
Many fears are born of fatigue and  
loneliness.

Beyond a wholesome discipline,  
be gentle with yourself.  
You are a child of the universe no less than  
the trees and the stars;  
you have a right to be here.  
And whether or not it is clear to you,  
no doubt the universe is unfolding as it  
should.

Therefore be at peace with God,  
whatever you conceive Him to be.  
And whatever your labors and aspirations,  
in the noisy confusion of life,  
keep peace in your soul.

With all its sham, drudgery, and broken  
dreams,  
it is still a beautiful world.  
Be cheerful. Strive to be happy.

*Translated by Max Ehrmann, 1927*  
*Author unknown*



# MOTHER'S DAY QUIZ

**Are you ready to test your knowledge about Mother's Day?  
Try your luck at our quiz!**

1. On what day is Mother's Day celebrated in Australia?
2. In the Roman Catholic Church, the holiday is strongly associated with admiration for whom?
3. What is the highest documented number of children born to one mother?
4. What is the traditional Mother's Day flower in Australia?
5. According to recent polls, Mother's Day ranks where in terms of most popular holidays?
6. The youngest recorded mother is Lina Medina, who gave birth to a boy in Lima, Peru in 1939. How old was she at the time?
7. In the bible, who is credited with being "Mother of All the Living"?
8. On average, how many nappy changes will a mother perform by a baby's second birthday?
9. What percentage of babies are born on their due date?
10. Which group had a hit in 1979 with Does Your Mother Know?

# RIDDLE ME THIS

Sometimes I shine,  
sometimes I'm dull,  
sometimes I am big, and  
sometimes I am small. I can  
be pointy, I can be curved,  
and don't ask me questions  
because even though I'm  
sharp, I'm not smart enough  
to answer you.

**What am I?**

Answer  
A knife

You should  
keep me as straight  
as can be, yet very few  
do. Most of the time I am  
slightly bent or curved. Your  
sadness usually causes me to  
bend further, but don't bend me  
for too long or I may never be  
able to fully straighten out  
again.

**What am I?**

Answer  
Your posture.

**Which of the  
following is the  
largest?** Triangle,  
circle, square, or  
rectangle?

Answer  
Rectangle, it has  
the most letters

A limo  
driver is going  
the wrong way  
down a one-way street.  
He goes past four police  
officers along the way, yet  
none of them stop him. One  
even smiled and waved.

**Why didn't the police  
stop him?**

Answer  
The limo driver was  
walking not driving.

I can be long  
and can be short,  
I can be black, white,  
brown or purple. You  
can find me the world  
over and I am often  
the main event.

**What am I?**

Answer  
Rice

# WORD CHANGE GAME

Can you morph one word into another by just  
changing one letter at a time?

WORK


MAKE

POLE


FAST

# BAMBOOZABLE

What's a bamboozable you ask? A bamboozable is a saying/phrase that is made up of a display of words, in an interesting way. The object is to try to figure out the well-known saying, person, place, or thing that each bamboozable is meant to represent.

3. BLAME 4. BLAME	I right I	jack
PAYMENT	over over	B E D
LIP LIP	MINUTES MINUTES MINUTES MINUTES MINUTES BACK	Life LIVE LIVE
▲ 1. thing M 2. thing 3. thing	MO G TION MO G TION MO G TION	COAST

# NUMBER BLOCKS

									41
6		3	8		6	8	4	7	45
0	1	5				3	1	3	24
4	5	7	4		8	8	7	5	48
8			5	1	0		7		35
8			4			8	6	1	46
8	8	0	5		8		1		39
	6	8		1		0	7		41
	4	1	0		6	5		0	32
1	7	4		5	8	1	7	5	42
50	43	36	37	28	43	39	45	31	44

**A number block is group of numbers formed in a block. The numbers in each row add up to the totals to the right. The numbers in each column add up to the totals along the bottom.**

**The diagonal lines also add up the totals to the right. Some of the numbers are missing. You fill in the missing numbers.**



# FROM THE PAGES OF JOYCE

## A MOTHER



Memories of moments when there would be,  
One of God's little gifts entrusted to me.  
To tend to faithfully my life through,  
With Health Hope and Happiness,  
To His word be true.  
Easing into a different world,  
Raising God's gift, flag unfurled,  
Born on the wings of Angels,  
His gift over me to hover,  
Laying them upon my heart,  
For me to become,  
A Mother.

# RESIDENT IN FOCUS

## JEAN BEATON

### **District Nursing**

I began nursing in Australia and I was engaged to a boy named Angus, but he was going over to Scotland for his minister position.

I eventually decided to follow him across, so I went down to the town hall to purchase my ocean liner ticket (there wasn't any planes at this time). When standing on the wharf, my nursing friend said, "Now don't open this until you get to England".

We stopped at many ports along the way – Perth, Sri Lanka, West India, Aden, Egypt, and through the canals to England. On the way I met some amazing people.

Angus helped me get set up in Edinburgh. I was given a bicycle and a district. The doctor gave me a list of people to see each day and I went off to assist our clients with general nurse duties (showering, dressing, and injections). I opened the suitcase my friend had given me and there was a wedding veil inside. She was recently married and gave me her veil. Angus and I got married in Scotland.

A missionary did a talk with my husband and other ministers about Peru and the work over there, and my husband decided to go. We had to do two years back in Australia before we could go, though. We had our first child then off to Peru we went.

We lived in Lima to learn the language for a while and then headed up to the Andes mountains 8,000 feet high and I worked as a nurse and midwife there. I never regret living in Peru, learning their culture was an amazing experience. Seeing the mothers with babies on their backs and everyone walking around barefoot. They would hunt and dry their meats out. I had two beautiful maids – as foreigners we had to give work to the locals. My kids did schooling there, but when my eldest daughter turned 12, I decided to move home as I wanted her to go to high school in Australia.

# JUST FOR FUN

## ANSWERS

### WORD CHANGE

WORK	POLE
WORE	POSE
WOKE	POST
WAKE	PAST
MAKE	FAST

### NUMBER BLOCK

										41
6	0	3	8	3	6	8	4	7		45
0	1	5	2	6	3	3	1	3		24
4	5	7	4	0	8	8	7	5		48
8	8	2	5	1	0	2	7	2		35
8	4	6	4	7	2	8	6	1		46
8	8	0	5	1	8	4	1	4		39
8	6	8	5	1	2	0	7	4		41
7	4	1	0	4	6	5	5	0		32
1	7	4	4	5	8	1	7	5		42
50	43	36	37	28	43	39	45	31		44

### QUIZ

1. Second Sunday of May - It is celebrated on fourth Sunday in Lent in the UK.
2. Virgin Mary
3. 69 - Mrs. Vassilyev had 69 children between 1725 and 1765.
4. Chrysanthemum - The flower's name ends in 'mum'
5. Third - Right behind Christmas and Easter.
6. Five years and seven months to be exact.
7. Eve - Eve was the first woman created by God.
8. 7,300 - About 10 a day.
9. Five percent
10. ABBA

### BAMBOOZABLE

1. No one to blame
2. Right between the eyes
3. Jack in the box
4. Down payment
5. Leftovers
6. Bedspread
7. Tulips
8. Back in five minutes
9. One life to live
10. First thing in the morning
11. Go through the motion
12. The coast is clear

# MAY BIRTHDAYS

## DON LEGGETT HOUSE

<b>4 May</b>	Dorothee Staugirdas
<b>10 May</b>	Betty Gaut
<b>12 May</b>	Ulises Altez
<b>19 May</b>	Shirley Wade
<b>22 May</b>	Rodrick Matheson
<b>27 May</b>	Lyle Jones

## PAM PALMER HOUSE

<b>1 May</b>	Deanna Waud
<b>5 May</b>	Patricia Heathfield
<b>5 May</b>	Eric Tweedale
<b>7 May</b>	Ruth Walker
<b>16 May</b>	Betty Jones
<b>19 May</b>	Joyce Graham
<b>21 May</b>	Alison Evans
<b>26 May</b>	Betty Cuthbertson
<b>28 May</b>	John Siely
<b>31 May</b>	Daphne Blackwell

## POZIERES HOUSE

<b>6 May</b>	Janice Hutchinson
<b>9 May</b>	Aurora Carauana
<b>9 May</b>	Nessie Newman
<b>11 May</b>	Judith Cutting
<b>26 May</b>	Rosa Bachofen
<b>27 May</b>	Marguerite Taylor
<b>27 May</b>	Donald Trueman

## INDEPENDENT LIVING

<b>1 May</b>	Richard Carmichael
<b>2 May</b>	Evelyn Passlow
<b>4 May</b>	William Meradith
<b>6 May</b>	Lucy Roy
<b>17 May</b>	Timothy Slocum
<b>20 May</b>	Allen Badman
<b>29 May</b>	Martin Plowman

## COOINDA

<b>1 May</b>	Brian Comber
<b>20 May</b>	Allen Cook
<b>26 May</b>	Patricia Sigsworth
<b>28 May</b>	Marion Gray





# NEW FRIENDS

## DON LEGGETT HOUSE

<b>3 April</b>	Jane Pierce
<b>5 April</b>	Lyle Jones
<b>6 April</b>	Russell Jones
<b>6 April</b>	Rita King
<b>11 April</b>	Colin Williams
<b>12 April</b>	Betty Gaut
<b>13 April</b>	James Ginger

## POZIERES HOUSE

<b>3 April</b>	Margaret Beatty
<b>11 April</b>	John Killen
<b>11 April</b>	Robert Warburton
<b>19 April</b>	Dianna Watson
<b>20 April</b>	Stephen Ormsb

## INDEPENDENT LIVING

<b>11 April</b>	Joe Seth
<b>12 April</b>	Gina Colbert
<b>13 April</b>	William Kilham
<b>14 April</b>	Jean Goldstraw

## PAM PALMER HOUSE

<b>18 April</b>	Keith Godwin
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# FRIENDS FOREVER IN OUR HEARTS

<b>1 April</b>	Hazel Norval
<b>6 April</b>	Paul Clout
<b>9 April</b>	Jean Atkins
<b>11 April</b>	Ian Wilks
<b>13 April</b>	Heather Munday
<b>13 April</b>	Peter Smidt



# ONSITE HAIRDRESSERS

## DAYS AND TIMES FOR OUR ONSITE HAIRDRESSERS

### KIM

Phone 0417 663 232



TUESDAY	8:30am - 4pm	Pam Palmer House
WEDNESDAY	9am - 4pm	Pozieres House
THURSDAY	8:30am - 4pm	Don Leggett House
FRIDAY	8:30am - 4pm	Don Leggett House

### 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	9am - 4pm	Pozieres House
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*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](http://peninsulavillage.com.au)

[agedcare@penvill.com.au](mailto: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.

