

PIPELINE

Newsletter

Welcome to our October 2023 Edition



Dates AND EVENTS

OCTOBER

Sunday, 1st October

NRL TREAT TROLLEY

Staff will be visiting residents with the NRL treat trolley ready for the game at 7:30pm in the PPH Main Hall.



Wednesday, 4th October

OKTOBERFEST

At 2:00pm, Happy Hour will be held with Clair Hayes in the PPH Main Hall and residents will have the opportunity to try different beers and listen to German songs.

Thursday, 5th October

ELVIS

Elvis will be visiting the residents in the DLH Main Hall at 10:30am. We'd love you to come along and enjoy a song and dance with the King.

At 11:30am, there will be a Men's Shed BBQ in Pam Palmer House.



Tuesday, 17th October

GERMAN TRIVIA

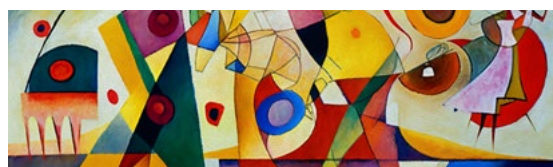
At 10:30am, German trivia will be held in the DLH Main Hall.

ANNUAL REPORT 2022-2023

Presentation to the Residents

Monday, 23rd October at 2:30pm

Pam Palmer House Main Hall



Wednesday, 25th October

PICASSO'S BIRTHDAY

For Picasso's birthday, we will be celebrating with Painting and Pinot at 10:30am in the PPH Main Hall.

Thursday, 26th October

PAINTING AND PINOT

Continuing with Picasso's birthday celebrations, we will be doing Painting and Pinot at 1:30pm in Pozieres House.

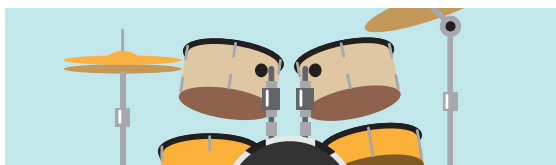


Tuesday, 31st October

HALLOWEEN COOKING

We will be cooking Halloween spider biscuits in PPH at 10:30am in the Main Hall.

COMMUNITY EVENTS



Sunday, 1st October,

12:00 – 8:00 pm

SPRING DRUM WORKSHOP & SOUND BATH + COMMUNITY GATHERING

Join your InRhythm community for a heart-filled afternoon and evening of Rhythm, Sound and Connection.

12pm - 1pm: InRhythm African Drumming Class (Adults)

1pm -2pm: Vegetarian Lunch & Free Jamming

2pm - 3pm: Rhythm and Sound Journey (Adults)

3pm - 4pm: Tea and Chillout time

4pm onwards: Community gathering

\$55 for both workshops, incl lunch
| \$27.50 Drum workshop only
| \$27.50 Soundbath only

1st Avoca Beach Scout Hall, 229 Avoca Dr, Avoca Beach NSW



Thursday, 5th October, 11am - 2pm

COMMUNITY CONNECT DAY AND FAMILY FUN DAY

Wyong Neighbourhood Centre Inc will run until activity supplies have been exhausted or 2pm (whichever comes first).

This FREE event is aimed at families with children and young people.

Old Primary School, Building 2/8 Rankens Ct, Wyong NSW

Saturday, 7th October - Tuesday, 17th October, 9.30am - 4pm each day.

MENTAL HEALTH ART WORKS! EXHIBITION

Mental Health Art Works! is an art exhibition which provides people whose lives have been affected by mental illness the opportunity to tell stories of hope, recovery and growth, through art.

The exhibition aims to engage the community in a better understanding of mental health issues.

The Community Gallery, 36 Webb St, East Gosford NSW

COMMUNITY EVENTS

Sunday, 8th October, 9am - 12pm BEGINNERS BONSAI COURSE

Learn basic horticulture, wiring, pruning and styling and how to repot to start you on a journey to grow beautiful bonsai, over six weeks.

Lions Club Community Hall, 3/8 Russell Drysdale St, East Gosford NSW

Saturday, 14th October at 12pm - 8pm and Sunday, 15th October at 9am - 2pm

SUSTAINABLE FUTURE FESTIVAL

2023 Sustainable Future Festival
The Sustainable Future Festival is a free community event celebrating living sustainably on the NSW Central Coast. Held at the University of Newcastle Ourimbah.

Central Coast - Ourimbah Campus, The University of Newcastle, Australia, 10 Chittaway Rd, Ourimbah NSW



Sunday, 22nd October, 9am - 2pm AVOCA BEACHSIDE MARKETS

Avoca Beachside Markets is a multiple award winning FREE boutique community event curated and owned by Fixx Events every 4th Sunday of each month from 9am-2pm on the picturesque Heazlett Park.

Heazlett Park Foreshore
– Avoca Beach

REGULAR EVENTS

PAM PALMER HOUSE

MONDAY

- 9:30am Exercises
- 10:30am Arts and Crafts with Colleen
- 1:30pm Indoor Golf

TUESDAY

- 9:00am Independent Living Shopping to Woy Woy
- 9:30am Exercises
- 1:30pm Bingo

WEDNESDAY

- 9:30am Exercises
- 10:00am ShuffleBoard
- 1:30pm Happy Hour

THURSDAY

- 9:30am Exercises
- 10:30am Ten Pin Bowling
- 1:30pm Movie /Ice cream Cart

FRIDAY

- 9:30am Exercises
- 10:30am Carpet Bowls
- 1:30pm Bingo

SATURDAY

- 9:30am Exercises
- 10:30am Bocce
- 2:00pm Ice Cream Cart

SUNDAY

- 9:30am Exercises
- 10:30am Coffee and Cake
- 1:30pm Movie

DON LEGGETT HOUSE

MONDAY

- 10:00am Exercises
- 10:30am Indoor Golf
- 2:00pm Coffee and Chat with Friends

TUESDAY

- 10:00am Exercises Main Hall
- 10:30am Trivia
- 10:30am Sensory in Lavender Bend
- 2:00pm Cooking in the Main Hall

WEDNESDAY

- 10:00am Exercises Main Hall
- 10:30am SONAS in Lavender Bend
- 10:30am Build a Word
- 2:00pm Have a game of Pool, some nibbles and drinks

THURSDAY

- 10:00am Exercises
- 10:30am Fun and Games
- 2:00pm Bingo
- 2:00pm Sensory in Lavender Bend

DON LEGGETT HOUSE

FRIDAY

- 10:00am Ukulele Band Main Hall
- 2:00pm Happy Hour Cart

SATURDAY

- 10:00am Exercises Main Hall
- 10:30am Garden Walks
- 2:00pm Bingo Main Hall

SUNDAY

- 10:00am Exercises
- 10:30am Scattergories Main Hall
- 10:30am SONAS in Lavender
- 2:00pm Ice Cream Cart
- 2:00pm Musical Memories

POZIERES HOUSE

MONDAY

- 9:45am Exercises Level 1 Activities Room
- 10:30am Bingo Level 1 Activities Room
- 1:30pm Ice Cream Cart

TUESDAY

- 9:45am Exercises Level 1 Activities Room
- 10:30am Floor Games Level 1 Activities Room
- 2:00pm Room Visits

WEDNESDAY

- 9:45am Exercises Level 1 Activities Room
- 10:30am Bingo Level 1 Activities Room
- 1:30pm Happy Hour Cart.

THURSDAY

- 9:45 am Exercises Level 1 Activities Room
- 10:30am Indoor Golf Lion's Island Activity Room
- 2:00pm Bingo Level 1 Activities Room

FRIDAY

- 9:45am Exercises Level 1 Activities Room
- 11:00am Ukulele Band Level 1 Flanders Field
- 1:30pm Bingo Level 1 Activities Room

SATURDAY

- 10:30am Jingles With Judy Level 1 Activities Room
- 10:30am Garden Walks
- 1:30pm Cooking Level 1 Activities Room

SUNDAY

- 10:30am Build A Word Level 1 Activities Room
- 10:30am Games In Ocean Beach
- 1:30pm Sunday News With Sue Level 1 Activities Room

CHURCH SERVICES



INTERDENOMINATIONAL SERVICE

10:00am in the Chapel

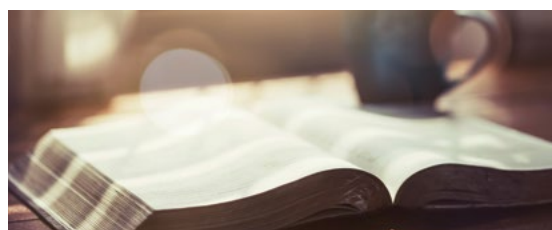
Tuesday, 3rd October - David

Wednesday, 11th October - Mark

Tuesday, 17th October - Lesley

Wednesday, 25th October - Mark

Tuesday, 31st October - David



ANGLICAN SERVICE - ROSEMARY BIBLE STUDY

10:30am and 2pm in Don Leggett House

Wednesday, 4th October - Sheila

Wednesday, 18th October - Sheila

CATHOLIC MASS

10:00am in the Chapel

Thursday, 28th October

CEO REPORT

Last month I took a well-earned break and spent two weeks in Fiji. We stayed on a small island which was north-west of the main island. We were treated to an abundance of locally caught fish and seafood and we were overwhelmed with the friendliness, generosity and sense of community that the Fijian people radiated. We were lucky enough to visit a local village and the sense of community

was something that really reminded me of Peninsula Villages and the lovely community our residents have created.

It's been great to see our residents enjoying the warmer weather and like you, I'm looking forward to longer days with Daylight Savings starting this month.

October has some great activities coming up including Oktoberfest happy hour and the NRL Grand Final. I'm looking forward to seeing who wins the Footy Tipping!

The Annual Report Presentation to the residents will be held on the Monday, 23rd October 2023 in the Main Hall. This is a great time to come and meet with the Board of Directors and we look forward to sharing afternoon tea with you.

Colin Osborne
Chief Executive Officer



From the PIPELINE DESK

Welcome to October!

Spring has arrived and we've already had a taste of summer with temperatures rising above 30 degrees. We started the month with a Father's Day BBQ, which was well-received by all residents. We celebrated with sausages, salad rolls, and ice cream for dessert. Don Leggett House and Pozieres Houses had a combined Father's Day BBQ, where the men enjoyed spending time together.

Just a reminder that the 2023 Australian Indigenous Voice referendum will be held on 14 October 2023. Voters will be asked to approve an alteration to the Australian Constitution, creating a body called the Aboriginal and Torres Strait Islander Voice that "may make representations to the Parliament



and the Executive Government ... on matters relating to Aboriginal and Torres Strait Islander peoples". For more information, please visit the Australian Electoral Commission website.

We are currently working with the Australian Electoral Commission to secure a date for mobile polling booths in each house. They will also be offering bedside polling. We will advise you when a date has been confirmed.

We have a number of upcoming events at Peninsula Villages, starting with Football Fever for the NRL grand final on Sunday, 1st October. We will be showing the game in communal areas at every house, so encourage you to wear your team's colours!

From the PIPELINE DESK



On Thursday, 5th October, there will be a Men's Shed BBQ in Pam Palmer House. Please come along and spend some time with our friends in the Shed. We really appreciate all that they do for Peninsula Villages and our residents.

Then, before you know it, it will be Melbourne Cup Day! Get your good clothes out, men dust off your best ties and shine your shoes. We will have a hat parade, sweep, food and drinks, cheer on the races and celebrate the winners together.

Christmas is also just around the corner and as we do most years, we will be running the Salvation Army gift giving tree which has been so well received by our residents and staff in the past. If you would like to contribute please place a new gift into a gift bag and let the Leisure and Lifestyle Department know.

Remember that Daylight Saving Time Starts on October 1st, so don't forget to put your clocks forward one hour on Sunday, 1st October at 2am.

With the daylight hours getting longer and the weather warming up, we are looking forward to more bus trips to the local areas to have morning tea, afternoon tea, picnics and walks in the park.

If there is anything you would like to celebrate or see on the calendar, please don't hesitate to contact me or our Leisure and Lifestyle team. You can also fill out a Feedback form.

We appreciate your feedback and suggestions, and we will use them to make Peninsula Villages an even better place to live, work and play.

Linda Segrott

Leisure and Lifestyle Manager

Village MESSAGES

WE'VE CHANGED OUR NAME!

To avoid confusion with the Wellness Department, we have renamed our Wellbeing Department to the Leisure and Lifestyle Department. This department provides activities for our residents.

HEATWAVE PREPARATION

Throughout the summer months, the staff at Peninsula Villages monitors the Bureau of Meteorology website for heatwave warnings.

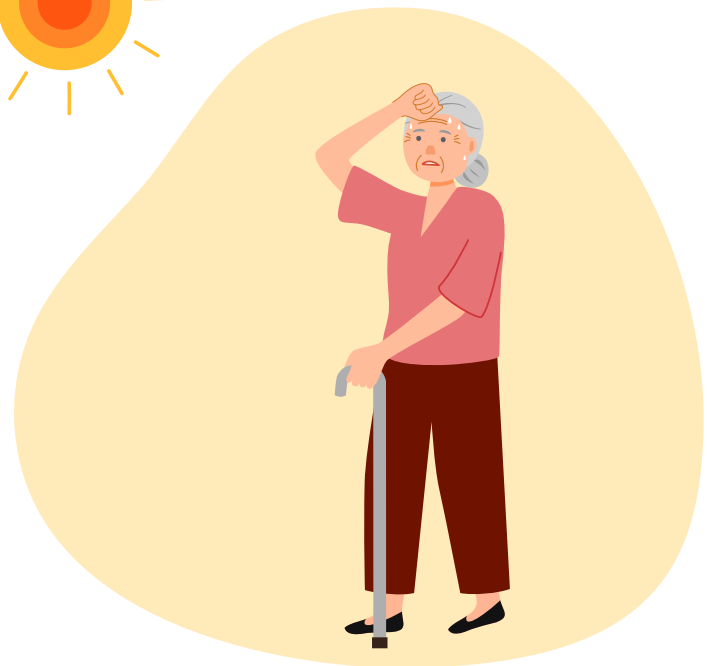
Older people have a reduced ability to adapt to summer heat and are more susceptible to harm from hot weather.

During a heatwave the following advice is designed to keep you cool:

- The temperature in rooms should be kept low by closing windows and curtains
- Drink small amounts regularly and avoid caffeine and alcohol
- Avoid being outside between

11am and 3pm and dress in cool, loose fitting clothing.

- Have a tepid shower or sponge.
- Look for signs of heat stress, such as nausea or changes in appearance including red, pale or severely dry skin and let our care staff know if you experience any of these signs or symptoms.



Village MESSAGES

RESIDENT SATISFACTION SURVEY - ENVIRONMENTAL

Thank you to all residents who completed the survey related to cleanliness that was available on the iPads at the entrance of each facility.

The results were really pleasing. Most residents responded with 'always' for:

- My room is cleaned regularly
- My room is free from cobwebs and dust
- The staff tidy my space everyday
- My bathroom and toilet is cleaned regularly
- The cleanliness of my room is to my liking
- My windows are cleaned
- Common areas that I go to are clean and tidy
- The area outside my room is always clean

CENTRAL COAST LOCAL BUSINESS AWARDS FINALISTS

We are proud to announce that Peninsula Villages has been voted as a finalist for the Central Coast Local Business Awards in the Outstanding Health Improvement Services category! Thank you to everyone who voted for us. We are honoured to be recognised for our commitment to providing high-quality health and wellness services to our residents.



Last month's **HIGHLIGHTS**



POOL FUN

Volunteer Brian and residents Pam, Dona, Allan, Frank, Barry and Gail enjoyed an afternoon playing pool. Gail sunk the first ball, and she was beaming with pride! Thank you, Brian, for making their day.





FATHER'S DAY CELEBRATIONS

Father's Day was celebrated on Thursday, 31st August with a BBQ at Don Leggett House and Pozieres House, and on Friday, 1st September at Pam Palmer House. The men of Peninsula Villages were treated to a Father's Day event of feasting, fun and fellowship. The staff went all out, decorating the room and cooking up delicious sausage sandwiches with onion and coleslaw.





PAT'S FAREWELL

On Wednesday, 6th September, residents and staff hosted a retirement celebration for Pat Hutch who worked in the Leisure and Lifestyle Department. Pat was given the chance to say goodbye and residents shared their gratitude for the lovely memories she had made with them after 30 years of service. Pat is certainly appreciated and will be sincerely missed.

FISH WHISPERERS

Greg Smith and Renee Gomez, our amazing maintenance staff, are known for their many skills, but did you know they're also fish whisperers? Here they are feeding the fish in the Pam Palmer House fish pond with resident Arthur Moore. These three are a real team, and they love taking care of our community. We're so grateful for their hard work and dedication. The residents of Don Leggett House love strolling over to Pam Palmer House to view the koi fish and resident turtles in the pond now that the weather is warming up and the sun is shining brighter.



SEPTEMBER BIRTHDAY CELEBRATIONS

On Tuesday, 12th September, we celebrated our residents who were born during September with a chocolate cake!





R U OK? DAY

We recognised R U OK? Day which is a national day of action when we're reminded that every day is the day to ask, 'are you okay?' and start a meaningful conversation whenever they spot the signs that someone you care about might be struggling with life. Staff wore yellow, enjoyed yellow cupcakes, participated in Tai Chi sessions and were provided with information on how to ask R U OK?



HIGH TEA

Our Leisure and Lifestyle Coordinator, Danielle, and Leisure and Lifestyle Advocate, Michelle, are the queens of high tea at Pozieres House!

Every week, they host a fabulous high tea for our residents, complete with all the trimmings: dainty sandwiches, delicious cakes and of course, plenty of tea.

Our residents love getting dressed up and enjoying a cuppa with their friends. It's a great way to socialise and catch up on the latest news.



ARMCHAIR TRAVEL TO MEXICO

On 18th September, residents took a trip to Mexico without leaving their chairs in honour of Mexican Independence Day! With a plate of warm churros and chocolate dipping sauce, they were transported to the vibrant and colourful country of Mexico. They gathered in Pam Palmer House to learn and enjoy the delicious food and “buenos” company.





PIRATES OF PAM PALMER HOUSE

On Talk Like a Pirate Day, the residents of Pam Palmer House set sail for adventure on a pirate-themed ring toss voyage. Leisure and Lifestyle Coordinator Maddison led the way as the ship's captain, dressed in a pirate hat and eye patch.



REG'S BIRTHDAY

Reg Weber, a beloved resident of Peninsula Villages, celebrated his 100th birthday on 24th September. The following day, we hosted a birthday party, inviting family, friends and staff to the Main Hall of Pam Palmer House. He enjoyed champagne, a delicious cake, and plenty of well wishes as he reflected on his amazing life. We are so grateful to have Reg as a part of our community and wish him many more happy years to come. Happy birthday, Reg!

Resident CONTRIBUTIONS

Imagination

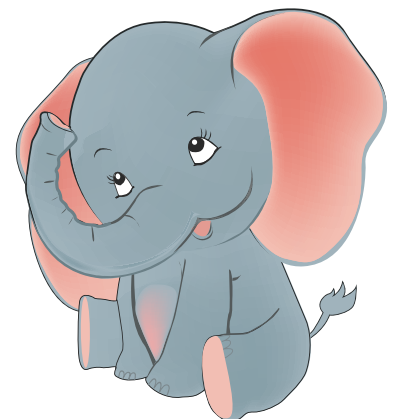
Can change a Swan into a Dog.
Miss Piggy is already in love with a frog.
And Alice who I am sure has no habit
Running down a hole after a Rabbit.
And Dorothy on a yellow brick road, to a wizard's door.
Accompanied by A cowardly Lion, A Tin Man and one
made of straw.



Picture Two

Imagine A Mum Elephant's fears when finding her son
could fly by flapping his ears, Dumbo was born.
Authors frolic in Imagination .
We all have a wonderful gift .
If you are inclined to indulge when resting in your little
nook you never know you could write a book.

- From the pages of Joyce



A MESSAGE FROM PETER

A STRANGE AND PUZZLING MYSTERY AT PENINSULA VILLAGES.

**Warning: do not read if you are
of a nervous disposition**

One day, in the corner spot outside a building at the village I noticed a small black box. It looked as if it was something special and meant to be there. What was it? I thought that I'd look inside but it was locked. I was puzzled but said nothing to anyone.

Then one day weeks later I saw an unknown man approach the box. He quickly produced a key, opened it, he looked around, then went on his way.

Who was He?

My active imagination went into

overdrive. Was he a foreign spy getting secret information or instructions? Or a member of a drug syndicate or a smuggling gang? Were crooks using our innocent Village for dangerous and illegal purposes?

Finally, with unusual courage, I decided it was my duty to uncover the truth and to promote decency and justice. So I went to a wise and trusted member of staff for advice. She knew the answer and informed me that locked black boxes at the village contained rat poison, used for our protection.....

So, my imagination about the possible presence of unpleasant nasties at our Village wasn't completely wrong!

Peter Swain



Resident in Focus

REG WEBER

Reg has been a resident of Peninsula Villages for the past seven years. He previously resided in Pam Palmer House but has recently moved over to Don Leggett House. Reg celebrated his 100th Birthday on 24th September with family and friends at The Everglades Country Club. Reg also had a get together morning tea with other residents and staff from Peninsula Villages the day after his 100th birthday.

Reg grew up in Cammeray and is the youngest of 11 children! He joined the army and served in New Guinea and Borneo. During the war, Reg was injured and required hospitalisation. He spent 12 months in Hospital, and that is where he met his beautiful wife Lillian who was working as a nursing assistant.

They later married and lived in North Sydney, having three children Pam, Greg and Ken. They really enjoyed travelling together and for 28 consecutive years Reg and his wife Lillian travelled to

Bowen, QLD yearly where they stayed for 3 months at a time. When Reg retired, he and his wife moved to the Central Coast. Reg is a valued WWII veteran to the Peninsula Villages Community.



Staff in Focus

JADA EMERY

Hi, I'm Jada Emery, I'm 18 years old.

I've been currently working at Peninsula Villages for 18 months now, starting as a School Based Apprentice Trainee. I now have my Certificate III in Individual Support and work as a Care Partner.

My favourite part about my job is the opportunity I have had to meet so many different people and learn about their life experiences and achievements throughout their lives.

Every day at work is different and being able to make a difference to someone's day is just the beginning, it's the most heartwarming job in the world.



Happy HALLOWEEN



Halloween is a celebration observed in many countries on 31st October. Irish immigrants first brought the tradition with them to Australia when they settled here in the 1800s, but it hasn't been popular until the past 10 - 15 years.

In Australia its popularity is growing, and retailers are wildly promoting Halloween. During this time of the year many people all over the world throw costume parties whilst many go trick-or-treating hoping to get a selection of sugary lolly delicacies. Pumpkin carving and telling scary stories are also common.

Halloween originated around 2000 years ago when Celtic people in Europe celebrated the end of the harvest and the start of a new year in a festival called Samhain. People also believed they could communicate with the dead more easily during that time, lighting bonfires to ward off ill-intentioned spirits.

In the Peninsula, many children dress up and go trick or treating, mostly only visiting residences with decorations out the front. This ensures that they are not bothering people that don't celebrate Halloween.

NRL GRAND FINAL

The NSWRL club competition evolved into a national competition in the 1990s and became the National Rugby League in 1998. The NRL competition spans the traditional League areas of NSW, Queensland, and New Zealand, as well as Victoria (following the introduction of the Melbourne Storm). Founded 1998; 25 years ago, Inaugural season 1998. With its mix of toughness and athleticism, it has grown to become one of the most popular of Australian sports, a skilful fast-moving game that has the passionate support of its fans.¹

The Grand Final will be aired on every communal area on Sunday 1st October 2023 at 2:30 pm.

Staff are encouraged to wear their football jerseys to work.



¹Excerpt from: The Game Begins. <https://www.nma.gov.au/exhibitions/league-of-legends/game-begins>

Let's Talk TRAVEL

GERMANY

This month we thought it would be interesting to learn more about Germany as we celebrate Oktoberfest!

Germany is a true all-year-round holiday destination. Warm summer weather showcases historic medieval villages and stunning castles at their best, whilst the delicious smells of gingerbread, roasting chestnuts and mulled wine will tempt your tastebuds at one of the many Christmas markets during winter.

Boasting more than 33 UNESCO World Heritage monuments and many world class events, including Munich's annual Oktoberfest, Germany offers something for everyone. From art to architecture, culture to cuisine, Germany has it covered.

With a relatively flat landscape, Germany is the ideal destination for cycling. Over 200 long distance cycle routes cover more than 70,000 kilometres of the country, linking cities, pretty little villages and areas of natural beauty.

As one of Europe's most important and influential countries, Germany's cities reflect



a modern, thriving nation. Berlin was reinstated as the nation's capital after reunification in 1990 and today is one of Europe's most cosmopolitan cities - and a must see on any visit to Germany.

The majestic River Rhine never fails to impress and today, luxury cruise ships ply their way along the vineyard-covered banks, past castles and fortresses and romantic, cobble-stoned towns. Lovers of the great outdoors will appreciate Bavaria's Alps and lakes, and the beautiful Black Forest, whilst shoppers will be spoilt for choice in the thousands of boutiques, shopping malls and outlet centres throughout Germany.

FOOD AND DRINK

Local specialties: Whilst German cuisine differs from region to region, some of the more popular and well-known dishes

associated with Germany include wurst (sausages), potato dishes and knodel (dumplings). Wurst are made from many different kinds of meat and popular varieties include Bratwurst; Weisswurst; and kransky. Typically they are a thick sausage served with gravy and vegetables, but can often also be bought served in a bread roll at outdoor venues. Knodel are dumplings made from bread that are often served with meat dishes like gulasch, or in a clear soup. Favourite German desserts include Black Forest cake and apple strudel.

Germany is well-known for its large variety of high quality beer and wine. With breweries dating back to 1040 A.D., Germany has been producing beer for hundreds of years and has perfected the art. Likewise, the Rhine and Mosel regions produce the highest quality wines which are known worldwide. When ordering water in a restaurant or café, it is assumed you want the carbonated variety. If you want still water (non-aerated), be sure to order 'wasser mit ohne luft' (water without bubbles).

MENU OF THE DAY:

Lots of restaurants and cafes offer what is known as the 'menu

of the day'. This is usually a two course meal (with a choice of dishes) for a set price. The 'menu of the day' often includes a glass of beer or house wine and is of great value – often you'll pay less than €15 for a two course meal of Wiener Schnitzel with potatoes and a green salad followed by apple strudel, and a drink.

FUEL

In Germany, unleaded 95-octane petrol ('Benzin'), as well as diesel, are available at all petrol stations. Petrol stations in many small towns and villages are closed for a two hour lunch break, and most are also closed on Sundays.

MAJOR CITIES IN GERMANY

Berlin – The city's name is almost synonymous with the wall that once stood separating East and West Berlin during the Cold War, but its history is far older and richer than what happened during WWII and its aftermath.

The capital city of Germany, and also the seat of the German government, Berlin is home to most of the nation's foreign population (although 95% of inhabitants are German), as well as many theatres and museums.²

² Excerpt from: https://holidaystoeurope.com/wp-content/uploads/2021/08/Germany-Travel-Guide_compressed.pdf



Remember **WHEN**

KEEP IT CLEAN: THE SURPRISING 130-YEAR HISTORY OF HANDWASHING

Until the mid-1800s, doctors didn't bother washing their hands – they would go from dissecting a cadaver to delivering a child. Then a Hungarian medic made an essential, much-resisted breakthrough.

To Nancy Tomes, a distinguished professor of history at Stony Brook University, New York, seeing this basic advice headlining the public health agenda has felt even more strange. “Being a historian of this

kind of pandemic event and then experiencing this one,” she says, “is kind of like being a passenger on the Titanic and watching it all unfold.” It also feels, she says, like going back to the early 20th century, when infectious diseases such as tuberculosis and smallpox were the number one cause of death, and the new science of germs had led to the first mass obsession with hand hygiene.

Religious hand washing rituals have been around for thousands of years in Islamic, Jewish and other cultures, but the notion of disease spreading by hand has been part of the medical belief system for only about 130 years.



Joseph Lister and his assistants. Photograph: Pictorial Press Ltd/Alamy

However, the first recorded discovery of handwashing's life-saving power came 50 years earlier, in 1848, as a huge, unwelcome shock.

"If there had to be a father of handwashing it would be Ignaz Semmelweis," says Miryam Wahrman, a professor of biology at William Paterson University in New Jersey and author of *The Hand Book: Surviving in a Germ-Filled World*. While working at Vienna General hospital, the Hungarian doctor was at the forefront of a more scientific approach to medicine. Faced with a doctor-led maternity ward in which maternal deaths from the dreaded childbed fever were significantly higher

than in the midwife-run clinic there, he racked his brain for clues as to why.

Germs were yet to be discovered, and it was still believed in the 1840s that disease was spread by miasma – bad smells in the air – emanating from rotting corpses, sewage or vegetation. Victorians kept their windows firmly shut against such malevolent forces. So it didn't seem a problem that trainee doctors at Vienna General would hang out in the morgue dissecting corpses to figure out what had rendered them dead and then pop up to the maternity ward to deliver a baby without washing their hands.

One of them then accidentally got cut by a scalpel during a dissection and died, seemingly of the same childbed fever the mothers had been getting. Semmelweis hypothesised that cadaverous particles from the morgue were to blame, and that such particles on the hands of doctors were making their way into women's bodies during childbirth.

To test his theory, he ordered doctors to wash their hands and instruments in a chlorine solution, a substance he hoped would dispatch the deadly smell of cadaverous particles. Before the experiment, says Wahrman, "the mortality rate for new mothers was as high as 18%. After Semmelweis implemented hand hygiene between the morgue and the delivery room, the rate of mortality for new mothers dropped to about 1%."

Despite his success, his idea faced great resistance, and met a tragic end. He lost his job, and is thought to have had a breakdown. He died in a psychiatric institution, "a very despondent person at the untimely age of 47", says Wahrman.

Part of the problem, says Tomes, was that people "didn't have that conception of themselves as sort of walking petri dishes". And doctors were offended by the suggestion that they could be

causing infections. "The majority of doctors in Vienna at this time were from middle- or upper-class families, and they thought of themselves as very clean people compared with the working-class poor. He was insulting them when he said their hands could be dirty."

Over the next 40 years, an understanding of germs developed, and attitudes to hygiene gradually shifted. In 1857, while Semmelweis's mental health declined, Louis Pasteur, of pasteurisation fame, raised awareness of pathogens, and how to kill them with heat. In 1876, the German scientist Robert Koch discovered the anthrax bacillus, kicking off the new research field of medical bacteriology. Cholera, tuberculosis, diphtheria and typhoid bacilli were subsequently identified.

Surgeons started handwashing in earnest. Tomes says: "If you're cutting open someone's skin – that protective layer – you need to take extraordinary precautions." The British surgeon Joseph Lister pioneered antiseptic surgery, which included handwashing, "and by the 1890s and into the early 1900s," adds Tomes, "handwashing moved from being something doctors did to something everybody had been told to do."³

³ Excerpt from: <https://www.theguardian.com/world/2020/mar/18/keep-it-clean-the-surprising-130-year-history-of-handwashing>. Accessed 19/09/23.

Just for FUN

WORD SEARCH

BEER

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

Amstel
Antarctica
Asahi
Brahma
Bud Light
Budweiser
Busch

Carlsberg
Cass
Coors
Corona
Dos Equis
Guinness
Harbin

Heineken
Kirin
Michelob
Miller
Modelo
Natural
Pabst

Skol
Snow
Stella Artois
Tecate
Tsingtao
Yanjing

Just for **FUN**

SUDOKU

			5	1		8		2
					3	7		
6	5							9
		1	3		8			
9	8	4		7		1	5	3
			4		1	6		
2							8	4
		6	9					
3		5		8	2			

Just for FUN

AUSSIE BEER CULTURE



150 LASHES – A PAINFUL STORY

James Squire, a pioneering Australian brewer, started making beer while still a convict in Sydney town. Having been transported on the First Fleet in 1788, Squire was caught stealing ‘medicines’ a year later. He claimed that they were herbs for his pregnant girlfriend, but later reportedly admitted they were to aid in the brewing process. His penalty (probably reduced because his clandestine brewing was actually regarded as a service to the community) was to receive 300 lashes, “one hundred and fifty now, and the remainder when able to bear it.”

James Squire’s One Fifty Lashes is now the brewery’s biggest selling beer. And it doesn’t hurt a bit.

THE (REAL) PUB WITH NO BEER

Readers of a certain vintage will know Aussie country music trailblazer Slim Dusty’s 1957 classic A Pub With No Beer. The lyrics were written by a very thirsty bloke, Dan Shehan, who, in 1943, rode over 30km to the Day Dawn Hotel in Ingham in far north Queensland for a cheeky frosty beverage.

He got there to be told that American troops had drunk the bar dry the previous night, and wrote his beerless poem. From that came the first Australian gold record, the first Aussie song to ever chart in England (#3), and a top five spot in the industry-voted best Aussie songs of all time in 2008.





INTRODUCING THE 23RD PRIME MINISTER OF AUSTRALIA

Bob Hawke was Prime Minister from 1983 to 1991 – Australia's third-longest stint in the top job. Among his government's achievements were creating Medicare and Landcare, legislating superannuation, floating the Aussie dollar, and even declaring 'Advance Australia Fair' as the official national anthem.

But it was beer (as he himself once admitted) that really endeared him to the Australian people. While studying at Oxford as a Rhodes Scholar, Mr Hawke broke the Guinness world record for speed beer drinking, knocking back 2.5 pints in 11 seconds. That's almost 1.5 litres. Two longnecks. 11 seconds. Don't try this at home.

In 2017, Hawke himself showed up to launch a new beer – Hawke's Lager – on the condition that a share of profits went to rural environmental program Landcare.

A GLASS IS A PINT IS A PONY

Much like rail gauges and words for swimwear, beer glass sizes were historically an easy way to work out where your new drinking buddy came from. A Territorian might order a 'seven' while an Adelaide resident asks for a 'butcher'. 'Schooners' are almost everywhere (although you might get a sideways look in Melbourne), and – when in Hobart – why ask for a boring old pint when you could be ordering a 'fifteen'? Other glass sizes found across our amber-drenched nation include the foursie, pony, handle, Shetland, bobby, pot and midi.

Figuring it all out is thirsty work, but it's worth it. Cheers!

Excerpt from <https://www.dailycare.com.au/good-living/life/aussie-beer-culture> accessed on the 19/09/23

TRIVIA - BEER IN AUSTRALIA

1. Which Australian beer brand did Paul Hogan famously star in several ads for in the 1980s?
2. Which country produces the most beer by VOLUME?
A) China
B) Russia
C) Brazil
D) Nauru
3. Which large Australian brewery shares its name with a type of small waterfall?
4. What fruit features in the latest release from A Local Beer and Burnley Brewing's 'Fruits of our Labour collaboration range'?
5. Which large US brewery advertises itself as 'The King of Beers'?
6. A unicorn is the logo of which South Australian brewery?
BONUS POINT: The unicorn is the animal emblem for which nation?
7. Which West-Australian brewery produces beers titled Hop Hog and Biggie Juice?
8. Appearing on their bottles, what is the full name of the beer Corona?
A) Original
B) Extra
C) Premium
D) Pandemic
9. Can you identify the following Australian breweries from the clues provided?
A) A Brewery named after a former Australian Prime Minister
B) A Brewery named after a genre of Japanese films featuring giant monsters
C) Brewery named after a Sanskrit word meaning the fifth element or perfect environment
10. What style of sour wheat beer is named after a European Capital city?
11. Beginning with 'C' which two beer companies have been principal drink sponsors of the EPL (English Premier League)?
12. Which one of the following is a recognised beer style?
A) Cicerone
B) Sahti
C) Koleschiber
D) Yum Yum
13. What names are given to the two "acids" found in hops' essential oils that share their name with letters of the Greek alphabet?
14. Lager, Sour or Barrel Aged: Which beer style gained more entries in GABS Hottest 100 craft beers of 2019?



October BIRTHDAYS

DON LEGGETT HOUSE

13th Kathleen Cousins

20th Betty Lane

24th Josephine Morgan

27th Margaret Alcock

29th Robert Attard

PENINSULA VILLAGES INDEPENDENT LIVING

4th Peter Swain

26th Sylvia Grace Tull

28th Joy-Anne Maskiewicz

PAM PALMER HOUSE

4th Melda Bradley

8th Anne Davis

10th Evelyn Crawford

15th Catherine Patterson

21st Faye Bartlett

26th Shirley McDougall

30th Gerald McCabe

COOINDA VILLAGE

4th Lynne Daniel

9th Dianne Hutchinson

10th Jennifer Tillott

POZIERES HOUSE

4th Lynette Chislett

5th Mary McEvoy

9th Barry Boland

14th Grahame Dalzell

18th Margaret Beatty

22nd Alice Jones

24th Merle Flynn

28th Shirley Auburn

29th Colleen Witts

31st Edna McGrath



NEW FRIENDS

DON LEGGETT HOUSE

Robyn Edwards
John Madsen
John Watts

PAM PALMER HOUSE

Ernest Altman
Faye Bartlett
Ronald (Ron) Blake
Bruce Staunton
Denise Staunton
Jeffrey (Jeff) Walley

POZIERES HOUSE

Donald Auburn
Shirley Auburn
Bradford Berry
Audrey Bolton
James Bolton
Robert Dillon
Leonie Ellis
Raymond Ide
Beverly Lane
Ronald (Ron) Watkins

FRIENDS FOREVER IN OUR HEARTS

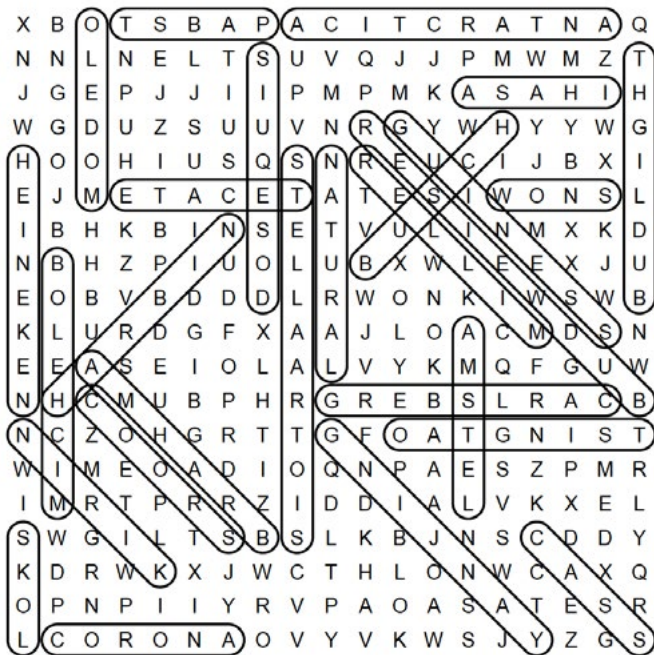
DON LEGGETT HOUSE

Gloria Blair
Kenneth (Ken) Ford
Esma Black

POZIERES HOUSE

Ron Wright
Eileen Stewart
Shirley Harrison
Rosa Bachofen
Maureen Stewart
Joan O'Brien

Just for Fun ANSWERS



BEER TRIVIA

1. Fosters
2. A) China
3. Cascade
4. Watermelon (Watermelon Crush - Hazy Pale Ale)
5. Budweiser
6. Blasta Brewing
BONUS POINT: Scotland
7. Feral
8. Extra
9. A) Hawke's B) Kaiju! C) Akasha
10. Berliner Weisse
11. Carlsberg and Carling
12. Q12. B) Shati
13. Alpha & Beta (2 points)
14. Lager

<https://www.localbrewing.co/post/a-great-local-beer-quiz-6>

Hugo Mylecharane Updated: Oct 28, 2020

4	3	7	5	1	9	8	6	2
1	9	2	8	6	3	7	4	5
6	5	8	7	2	4	3	1	9
5	6	1	3	9	8	4	2	7
9	8	4	2	7	6	1	5	3
7	2	3	4	5	1	6	9	8
2	1	9	6	3	7	5	8	4
8	7	6	9	4	5	2	3	1
3	4	5	1	8	2	9	7	6

Just for Fun OLD-FASHIONED SKILLS

THAT KIDS NEED TO KNOW TODAY!

Our world has gone digital, but there are so many analogue life skills that our kids still NEED!



1. How to write a letter
2. How to make a phone call
3. How to take a message
4. How to get to know an older person
5. How to play with a baby
6. How to sew on a button
7. How to make a genuine apology
8. How to read slowly
9. How to hammer a nail
10. How to shake hands
11. How to introduce yourself
12. How to take notice of needs around you
13. How to make scrambled eggs
14. How to balance a cheque book
15. How to see a job through to completion
16. How to write a thank you note
17. How to do laundry
18. How to take care of a garden
19. How to fix something instead of replace it
20. How to plan a healthy meal
21. How to hang a picture
22. How to wash dishes
23. How to make a budget
24. How to wait and save for something
25. How to check the pressure of a tyre
26. How to ask questions to get to know someone better
27. How to read a map



Just for Fun OLD-FASHIONED SKILLS

THAT KIDS NEED TO KNOW TODAY!

28. How to find a book in the library

29. How to seek counsel from someone more experienced

30. How to care for a pet

31. How to select a gift that the receiver will appreciate

32. How to admit a mistake

33. How to set the table

34. How to iron a shirt

35. How to give someone the benefit of the doubt

36. How to weigh out the pro's and con's of a decision

37. How to have good table manners

38. How to read a recipe

39. How to attend a concert or performance

40. How to do something well, even if no one is watching

41. How to be Kind!⁴



⁴Excerpt from: <https://frugalfun4boys.com/app/uploads/2019/01/Old-Fashioned-Skills-for-Today.pdf>

Onsite HAIRDRESSERS

DAYS AND TIMES FOR OUR ONSITE HAIRDRESSERS



ANNE
Phone 0414 532 660

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



JULIA
Phone 0466 984 341

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

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

Village NOTICEBOARD

CHURCH SERVICES

SUBJECT TO CHANGE DUE TO COVID-19 RESTRICTIONS

CATHOLIC SERVICE

Every Monday at 10.30am in POZ House via YouTube

ANGLICAN SERVICE

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

UNITING SERVICE

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

BIBLE STUDY

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

*CENTRELINK
PHONE NUMBER
FOR ANY ENQUIRIES*
132 300



02 4344 9199

peninsulavillage.com.au

agedcare@penvill.com.au

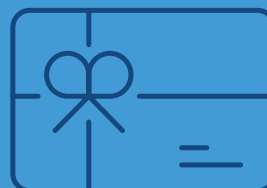
J&K'S COFFEE CLUB

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



STAFF SERVICE AWARD CERTIFICATE

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



EMERGENCY PLANS

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

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

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

DO NOT PANIC!



FIRE ALARM SOUNDS

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

SMOKE IN UNIT

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

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

Supporting you to understand and exercise your aged care rights

OPAN can help. Call us today.
1800 700 600



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



Call us on: 1800 700 600

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



Support

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



Information

Information about aged care service provision, referrals and rights



Education

Free education sessions online or in person

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

Provide details of the event below:	Event Date:
What outcome/s are you hoping to achieve?	

	Yes	No		Yes	No
Is this a re-occurring issue?	<input type="checkbox"/>	<input type="checkbox"/>	Do you require a response in writing?	<input type="checkbox"/>	<input type="checkbox"/>
Signature of person providing feedback: <input style="width: 100%;" 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 #: 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