

PIPELINE

Newsletter

September 2024 Edition



What's on THIS MONTH

DATE	EVENT	TIME	LOCATION
Sunday 1	Father's Day Gift Giving	10:30am	All Houses
Sunday 1	Fathers Day Morning Tea	10:30am	Pam Palmer House
Sunday 1	Fathers Day – Dad's Bar and Indoor Golf	2:00pm	Don Leggett House
Sunday 1	Fathers Day – Indoor Golf, Beer and Nibbles	2:00pm	Pozieres House
Wednesday 4	Hawkesbury Brewing Co – Lunch Bus Trip	12:00pm	All Houses Residential Care only
Thursday 5	Father's Day Men's Shed BBQ with Entertainment	11:30am	Pam Palmer House for All Houses
Tuesday 10	NSW Local Election Voting	9:00am-12:00pm 1:00pm-4:00pm	Pam Palmer House Main Hall Don Leggett House Main
Wednesday 11	Pam Palmer House Footy Tipping Presentation	2:30pm	Pam Palmer House Happy Hour

What's on THIS MONTH

DATE	EVENT	TIME	LOCATION
Wednesday 11	Japanese Origami and Calligraphy	10:30am	Don Leggett House
Wednesday 11	Japanese Dance and Afternoon Tea	2:00pm	Don Leggett House
Thursday 12	R U Ok? Day Morning Tea	10:30am	Don Leggett House Pozières House Pam Palmer House
Mon - Sun 16-22	Dementia Action Week	TBC	All Houses
Wednesday 18	Mitch in Concert	10:30am 1:30pm	Pam Palmer House Pozières House
Thursday 19	Ladies High Tea	11:30am	Pam Palmer House
Thursday 19	Gosford Musical Society performance	2:00pm	Pam Palmer House
Saturday 26	Wild Honey in Concert	1:30pm	Pam Palmer House

For all Bus Trips please see houses Calendars.

Community EVENTS



DATE	EVENT	TIME	LOCATION
Every Tuesday	Sids Barber Shop Ettalong – Tuesday Morning Special - \$20 cut and hot towel	9:00am-12:00pm	410-412 Ocean View Rd, Ettalong Beach
Every Sunday	Gosford City Farmers Markets	7:00am-1:00pm	Gosford Showground
Sunday 8	Woy Woy Waterfront Artisans Market	9:00am-2:00pm	Brick Wharf Road, Woy Woy
Sunday 15	Umina Beach Markets	9:00am-2:00pm	Umina Surf Life Saving Club, Umina

CEO REPORT

Welcome Spring! We are already feeling the warmer weather and sunshine.

I hope you have had an enjoyable August and have had a chance to participate in the new activities and trips being offered lately. It's been great seeing you active and social with friends, family, and loved ones.

Happy Father's Day to those Fathers and Families that have the privilege of celebrating such an important day.

I would like to notify you of a minor change to the monthly Resident and Relative Meetings, which are held for all 3 houses. These meetings will now be run by the Facility, Catering and Lifestyle Managers for each house. Now the questions you have and information you receive will be managed by the professionals who run and oversee these areas. Please note, these meetings are for our Residential Care Residents

exclusively - Independent Living residents have their own separate meeting. Please see the What's on This Month section of Pipeline for all up-and-coming meeting dates.

Dementia Action Week is 16th – 22nd September. During this time, we will be increasing the overall awareness of our support and education for Staff who assist those living with dementia. We will also be highlighting our support for Families and how they can further build on connections made in our Memory Care Connect BBQ's.

Have a wonderful September!
Kind Regards

Colin Osborne
Chief Executive Officer



Lifestyle & COMMUNITY

Welcome to Spring! We are very quickly moving out of Winter temps and into warmer weather. That said, the cold hasn't stopped the fun and activities here at Peninsula Villages and there has been plenty of it.

I have loved seeing you all joining in on the Lifestyle Program. August was a hit with more bus trips, including Lavendar Bend for the Don Leggett house mystery tours, Ocean Beach Friday afternoon journeys, and the beachside Fish n' Chips trip to Avoca Beach Theatre to see The Fabulous Four film.

We have continued our Olympic celebrations, celebrated Aged Care Employee Day, Hawaiian Shirt Day and Daffodil Day. We have also had a special BBQ for all of our amazing Volunteers and launched our hatchling program, a much-loved addition where residents have enjoyed the newborn birds delicate chirping and ultra soft feathers.

We have an exciting September planned. Father's Day kicks off the month on Sunday the 1st and we will be celebrating with gift-giving,

morning and afternoon teas, and a Men's Shed BBQ on Wednesday the 5th. We have more interesting bus trips planned, more walking group outings, and our ever-popular Footy tipping will wrap up with celebrations across all houses.

Dementia Action Week 16 – 22 September is an amazing opportunity to highlight the new Dementia-specific programs we have at Peninsula Villages, the support services that exist and the ways in which we are shaping our community for the better. Linda Segrott, our Memory Support Coordinator, will lead this week along with the clinical and lifestyle teams and other Peninsula Villages staff.

So spring into Spring and join in the fun!

Greg Patterson

Lifestyle & Community /
Events Manager



NSW Local Government Elections

Voting at Peninsula Villages

Tuesday 10th September

Pam Palmer House Main Hall

9am - 12pm

Don Leggett House Main Hall

1:00pm - 4:00pm

All Residents welcome

Staff and Families are not able to vote on this day at Peninsula Villages.

Can we please ask Families to assist your loved one where possible.

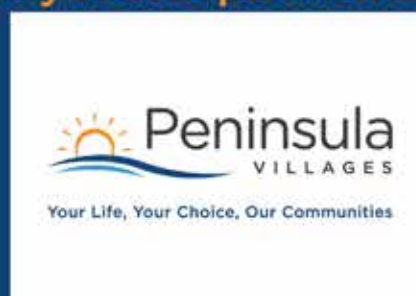
Room Visits will be conducted time permitting after static voting.

General Voting date: Saturday 14th September

Early Voting: Peninsula Community Centre

93 Mcmasters Rd Woy Woy.

7th September 9am - 6pm, 9th September 8:30am - 5:30pm, 10th &
11th September 8:30am - 5:30pm, Thursday 12th September 8:30am -
8pm, Friday 13th September 9am - 6pm





Back in my day Podcast

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

Your stories, your voice

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

Share your amazing journey

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

Interested in taking part?

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

Last Month's **NEWS**



PENINSULA VILLAGES' OLYMPICS

It was great to see so many of the residents and staff getting involved in our fun competitions.





PENINSULA VILLAGES' OLYMPICS





IRENE TURNED 100

Irene celebrated with her husband of over 76 years, Neville, as well as her beloved family, all the way from Melbourne, and her dearest friends, who shared a cuppa and delicious treats with the birthday girl. Irene received beautiful flowers, cards and a lovely cake for morning tea. A big Happy 100th Birthday to you Irene!



THANKS FOR CARING

Peninsula Villages celebrated Aged Care Employee Day in style with a delicious BBQ, drinks and salads on the side. The lucky door prizes included sought after meat and fruit trays, chocolates and lollies, beautiful plants and plenty of other goodies. We would like to thank every Staff member for the work they do. You bring care and joy to our Residents everyday. Thank you and well done.



AGED CARE EMPLOYEE DAY





YOUNG AT HEART

Residents from Peninsula Villages loved visiting Guardian Childcare and Education at Blackwall. There was art and craft and the children enjoyed the interaction. Many more visits to come.





GUARDIAN CHILDCARE AND EDUCATION VISIT





TOE TAPPING FUN

Our newest entertainer, Alma, played a wide selection of popular tunes on her keyboard and got everyone's toes tapping! She also brought along some spare musical instruments, so that residents and staff could play along and join in the fun in an interactive way. It certainly made for a lively morning with plenty of smiles and singing along.





TOE TAPPING FUN





HAWAIIAN FUN

We had a Hawaiian Shirt day and Residents, Staff and Volunteers including our Ukulele Band were full of colour and fun at Peninsula Villages.





HAWAIIAN SHIRT DAY



TABLE TENNIS CHALLENGE

Residents and Staff in Ocean Beach in Pozieres House had a table tennis challenge and everyone enjoyed the morning.





TABLE TENNIS CHALLENGE





TABLE TENNIS CHALLENGE
Residents also enjoyed the BBQ - a sign of warmer weather to come.



AVOCA BEACH THEATRE ROAD TRIP

Roadtrip! The new bus is coming in handy. Residents took a trip out to Avoca Beach Theatre today to watch the The Fabulous Four and have a delicious lunch at the beach. Big smiles all around on the way home.





DAFFODIL DAY

Staff and residents celebrated Daffodil Day with bright yellow everywhere, to raise funds for Cancer Council and spread the love. Total funds raised went past \$350.



DAFFODIL DAY





HATCHLINGS

Residents loved holding the hatchlings in Don Leggett House. Already being called by names, these little chicks brought joy and smiles to all.





HATCHLINGS



Cooinda NEWS



Welcome to our newest addition to the Pipeline - the Cooinda Village News. Cooinda Village offers a relaxing, warm and convenient setting for retirement living. Our social committee will update you with what's happening there each month.

Our Christmas in July party was a hit with many residents attending. Thank you to all the volunteers who helped out and made the day a success. A big thank you to Peter, our head chef, who put together a fantastic feast for all. We will have a sausage sizzle coming up in September, so watch for the notice of this event.

Sadly, we would like to note the passing of Robert (Bobby) Hock, a much loved resident of Cooinda Village. Bob was well known throughout the community and in particular, the sporting world of the Central Coast. Sincere condolences to his family. We will miss you Bobby – farewell friend.

We would love any input from Cooinda Village residents for the next edition of Pipeline.

Thank you!

**The Cooinda Village
Social Committee**

Cooinda NEWS

FAMILY TREE OF VINCENT VAN GOGH



His dizzy aunt

Verti Gogh

The brother who ate prunes

Gotta Gogh

The brother who worked at a
convenience store

Stop N Gogh

The grandfather from Yugoslavia

U Gogh

His magician uncle

Where-diddy Gogh

His Mexican cousin

A Mee Gogh

The Mexican cousin's
American half-brother

Gring Gogh

The nephew who drove
a stage coach

Wells-far Gogh

The constipated uncle

Can't Gogh

The ballroom dancing aunt

Tang Gogh

The bird lover uncle

Flamin Gogh

An aunt who taught positive
thinking

Way-to-Gogh

The little bouncy nephew

Poe Gogh

A sister who loved disco

Go Gogh

The brother with low back pain

Lum Bay Gogh

And his niece who travels the

Winnie Bay Gogh

I saw you smiling

There ya Gogh

Resident CONTRIBUTIONS

HAND WASHING POEM

You put your right over your left
and your left over your right.

Behold your hands are
looking clean and bright.

No, they're not

Praise the lord your fingers link.

Rub them all above the sink.

Don't forget the vital move around
those thumbs and in the grooves.

Itchy palms deserve a rub.

Give those thirsty germs a scrub

Rinse them well and pat them dry

And bid that nasty Virus Goodbye!

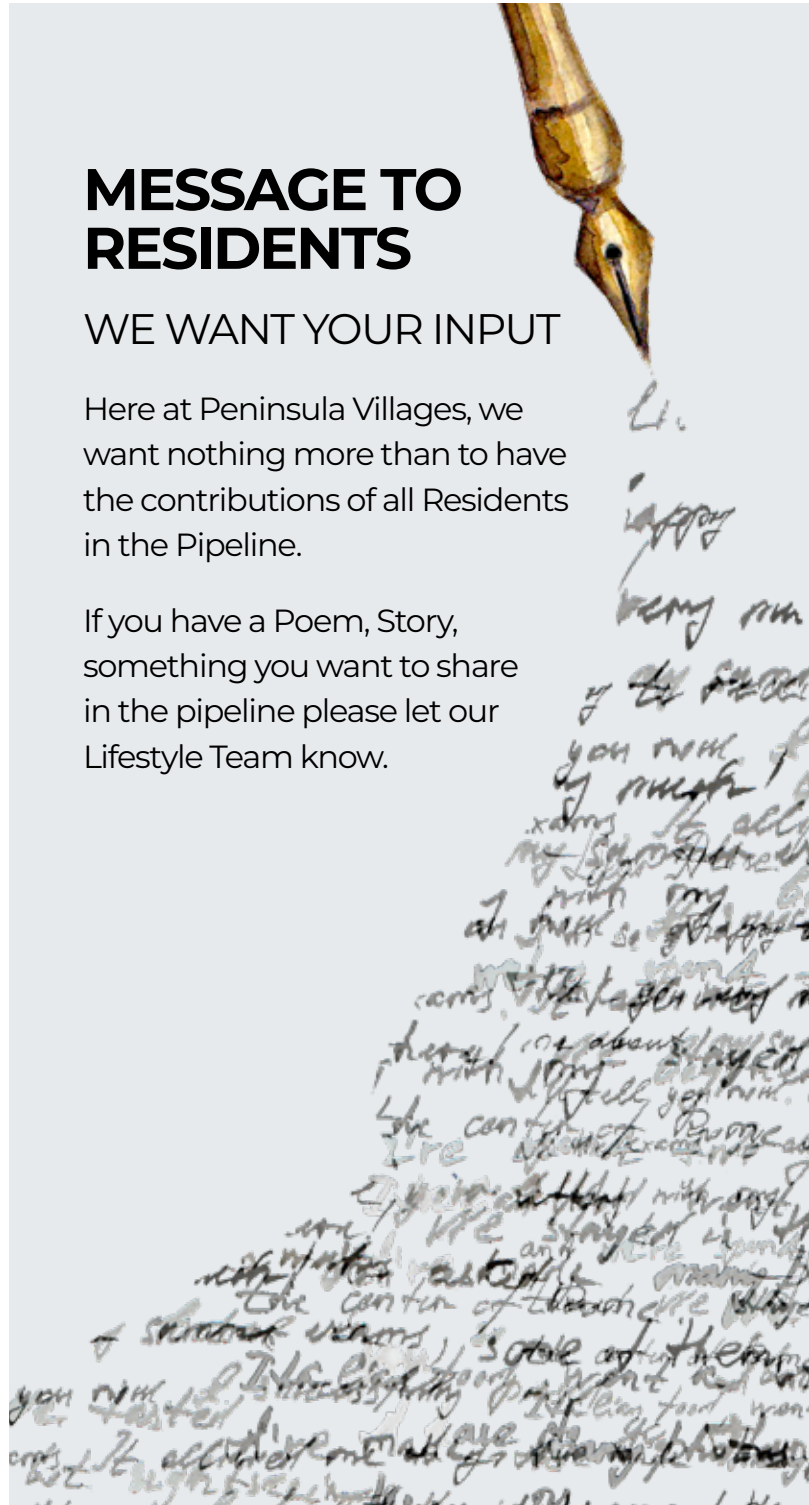
Carmel Field

MESSAGE TO RESIDENTS

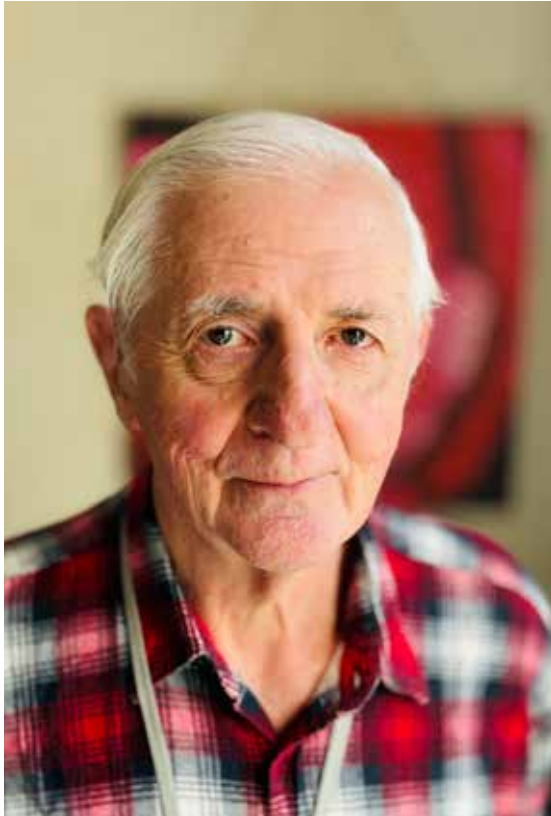
WE WANT YOUR INPUT

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

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



Resident **IN FOCUS**



RON WATKINS

I'm Ron Watkins, born on August, in Manly. My life has taken me through many paths, starting with leaving school after earning my School Certificate. In 1993, I spent eight weeks in film school, where I learned everything from production and processing to colour theory and editing. Those skills served me well throughout my career.

I began working as an apprentice professional golfer in 1960 at Manly Golf Club, but my interests eventually led me to the film industry. I worked at Greater Union Sydney, where I printed, processed, shot, and edited film for TV cameras. Later, I spent six years at Atlab, handling cameras and preparing new films for TV and cinemas.

Dancing has always been a passion of mine, which led me to start the Central Coast Filipino Association. We provided social activities for newcomers and families, bringing people together through dance. I also got involved with the Central Coast Umina Garden Club, where I served as Chief Steward, and later, I joined the Probus Umina Club and the Peninsula Diabetic Support Group.

In 1979, I married Maria, and we have two wonderful daughters, Gwendolen and Jessica, and two grandsons, Corey and Wyatt. Now, I live at Peninsula Villages. Looking back, I'm proud of the varied experiences and community connections that have shaped my life.

Staff IN FOCUS



SHELLY TRINDER - CARE PARTNER

My name is Shelley and I am a proud Wiradjuri woman and part of the stolen generation. I was one of eleven children. In the 1960's, many of us were taken by the Government of the day from our birth mother in Nyngan. Over the past 15 years I have been able to reconnect with my Indigenous family, many of whom live on Wiradjuri land

around NSW. I am an active member of our local Mingaletta Aboriginal Corporation, which provides many social and health-based programs for our local Indigenous community, and indeed, for anyone in need in our area. I am involved with Auntie Jeans Chronis Health Program for Aboriginal People and with the 'Sisters Together' Program which provides opportunities for community engagement in local schools.

I was fortunate enough to be adopted as a child by a loving family in Ettalong and have lived on the Peninsula since the age of three. I have worked in Aged Care for 16 years, with the last 5 years working at Peninsula Villages. I enjoy looking after our Residents and treating them with care and respect.

I enjoy spending time with the Residents, having a cuppa and assisting them to activities. I enjoy going to the gym, walking, reading, gardening and my favourite footy team is the Bunnies.

Volunteer **IN FOCUS**



JENNY DALY

I have been volunteering my whole life. When my children were young, I used to volunteer at their school. I then volunteered with their various sporting clubs. I have been a volunteer with McMasters Surf Life Saving Club

for many years now and have been doing everything from surf patrol, manning the bar and selling uniforms.

I started volunteering with Peninsula Villages in November 2023 when a friend, who is a staff member at Peninsula Villages said that they were looking for volunteers. This is the first time I have volunteered in an aged care facility, and I love it. I really enjoy getting to know the residents and hearing about their lives and listening to their stories.

My hobbies include art, cooking, baking and patchwork quilting. I feel that these interests help me to connect with the residents and I can add value to activities.

Fun fact: I studied art at school and topped the class. My friend and I travelled through Europe for 12 months after leaving school and I saw every art gallery and museum in Europe.

Department **IN FOCUS**



LEISURE & LIFESTYLE TEAM

Our Lifestyle Team is talented, diverse, skilled, committed, and passionate about the job that they do here every day. Each team member loves coming to work and thoroughly enjoys running the programs and activities for residents, across Pam Palmer House, Don Leggett House, and Pozieres House. The

roles and responsibilities vary for each Lifestyle Team, as do their interactions, conversations, activities run and personal passions. This team is all about keeping our residents happy and having fun.

Our Lifestyle Coordinators are Danielle, Chantel and Narelle and their role is all about putting together a lifestyle calendar which reflects what the residents enjoy and working on feedback



from individuals and groups to improve on the service delivered every day. They oversee and coordinate the team of Lifestyle Advocates and Volunteers, so we are bringing purpose to Residents' lives and setting them up for a great day, every day.

Our Team of Steve, Sue McMillan, Sue Mitchell, Michelle, Sonia, Judy, Kathy, Ann, Stacey, Karen, Sam and our new team member, Joejie, are our Lifestyle Advocates. Together they help to run the activities and events and interact with Residents in an inclusive, welcoming, warm, and friendly

environment where Residents can thrive and build on their social connections, emotional wellbeing, spirituality and faith and their physical health. The community here flourishes with the Lifestyle Team providing fun and excitement and always looking outside the box on how we can improve. The team strives to listen to what it is Residents want and need, all while demonstrating Peninsula Villages ICCARE Values Statement of Integrity, Community, Compassion, Accountability, Respect and Excellence.

Church SERVICES



INTERDENOMINATIONAL SERVICE

10:00am in the Tea House

Wednesday, 4th September, Mark

Tuesday, 10th September, David

Wednesday, 18th September, Mark

Tuesday, 24th September, Lesley

CATHOLIC MASS

10:00am in the Tea House

Thursday, 26th September, Catholic Mass, Alex, 10.00am



ANGLICAN SERVICE

10:30am

Wednesday, 4th September, Rosemary, Don Leggett House

Wednesday, 18th September, Rosemary, Pozieres House

BIBLE STUDY

2:00pm in Leggett House

Wednesday, 4th September, Sheila

Wednesday, 18th September, Sheila

Just for FUN

JOKES



1. Some people try to turn back their odometers. Not me. I want people to know why I look this way. I've travelled a long way and some of the roads weren't paved.
2. A frustrated wife defines retirement: "Twice as much husband on half as much pay."
3. My face in the mirror isn't wrinkled or drawn. My house isn't dirty. The cobwebs are gone. My garden looks lovely and so does my lawn. I think I may never put my glasses back on.
4. How do piglets wake up their dads on Father's Day? **With hogs & kisses!**
5. What do lobsters do on Father's Day? **They shellebrate with their dads.**
6. I asked my dad if he had gotten a haircut and he said, "No – I got them all cut"
7. What do you call a dad that has fallen through the ice? **A POPsicle!**
8. How is the baby bird like its dad? **It's a chirp off the old block.**
9. Why do fathers who golf take an extra pair of socks? **In case they get a hole in one!**
10. **Son:** Dad, do you know the difference between a pack of biscuits and a pack of elephants?
Dad: No.
Son: Then it's a good thing Mum does the grocery shopping!

Just for FUN

WORD SEARCH

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

- | | | | |
|---------------|----------|------------|-----------|
| AZALEA | FREESIA | ORCHID | SWEET PEA |
| CARNATION | GARDENIA | PANSY | TULIP |
| DAFFODIL | GERBERA | PETUNIA | VIOLET |
| DAHLIA | JONQUIL | PROTEA | |
| DAISY | LILAC | ROSE | |
| FORGET-ME-NOT | MAGNOLIA | SNAPDRAGON | |



Compliments of Lovatts Crosswords & Puzzles
 Answers can be found on page 41

Just for Fun

ANSWERS



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



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 Pineson Avenue
 Umira Beach 2257*

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

CENTRELINK
 PHONE NUMBER
 FOR ANY ENQUIRIES
132 300



02 4344 9199
peninsulavillage.com.au
agedcare@penvill.com.au



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

No. 01

OPAN member organisations by state or territory:

ACT



VIC



NSW



TAS



WA



QLD



NT – Top



NT – Central



SA



Supported by funding from the Australian Government



FEEDBACK FORM

First Name	<input type="text"/>	Phone	<input type="text"/>	
Last Name	<input type="text"/>	Email	<input type="text"/>	
Date Reported	<input type="text"/>			
My Relationship to Peninsula Village:	Consumer	Relative	Staff Member	Other
	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
I am Filing a:	Compliment	Complaint	Request	Suggestion
	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Provide details of the event below: Event Date:

EXAMPLE ONLY. FORMS AVAILABLE FROM RECEPTION.

What outcome/s are you hoping to achieve?

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

Manad Record ID #:	<input type="text"/>	Date Logged:	<input type="text"/>
Receipt of Feedback Acknowledged by:	<input type="text"/>	Date:	<input type="text"/>



We'd love your feedback!

How to provide your feedback:

Provide your feedback to Peninsula Villages by:

- completing the Feedback form
- in person to any manager
- by writing to agedcare@penvill.com.au
- by phoning 02 4344 9199 and asking to speak to the Executive Assistant
- In writing by mail to: The Chief Executive Officer, Peninsula Village, 91 Pozieres Ave, Umina, NSW, 2257.

Do you need support or advocacy to assist you with providing feedback:

Contact OPAN on 1800 700 600 or opan.org.au

OPAN can help older people understand and exercise their rights.

Would you like to make an external complaint about the care or service provided at Peninsula Villages:

- Contact the Aged Care Quality and Safety Commission via 1800 951 822 or agedcarequality.gov.au/making-complaint