



ALLAMBIE HEIGHTS
Village

THE VILLAGE NEWS



**HAPPY 100th BIRTHDAY
HELENE SONNTAG!**



Welcome from Ciarán



Welcome to our **29th edition** of The Village News!

A Very Happy New Year to all our readers. This will be a relatively short article from me as I have prioritised writing space for a very worthy celebration of our oldest Village resident and the longest residing resident of our Village, Helene Sonntag whose 100th birthday was celebrated by us in our Village Dining Room on 30 January 2015.

January 2015 represented more and not less 'red tape' from the various Government Departments.

On one day, we received contact from a variety of Departments, the first notifying us of returns we need to file in relation to the number of RADs and DAPs we hold (a monthly return that we don't need to be reminded of as we are always on time and an additional process of reporting which was introduced after 1 July 2014); the Australian Aged Care Quality Agency notified us of the need to re-apply for our licence to operate our residential aged care facility (a requirement every 3 years) and to pay just under \$10,000 for the audit process they will engage in over the next three years (they will conduct their audit over 2 days on 14 & 15 July 2015); another Department phoned to arrange an Aged Care Funding Instrument (ACFI) audit which refers to the Medicare Payments that we receive in relation to our residents. And Medicare ceased as of 1 January 2015 paying the Payroll Tax Supplement to all residential aged care facilities. In brief, while we are a 'tax exempt entity' (we pay GST but we don't pay tax on any surplus/profit), some of our contractors clearly do and can pass this on to us in their charges. The Commonwealth Federal Government which regulates Australian residential aged care facilities and provides some funding through ACFI Medicare Payments paid this Payroll Tax Supplement to facilities but in relation to New South Wales, the State Government collected the Payroll Tax from contractors. Federal Government was obviously unhappy with subsidising the coffers of State Governments. So, Federal Government gain by ceasing to pay the supplement, State Government gain because they will continue to collect the tax and we have lost as of 1 January 2015, \$24,000 in this year. Of course, for the industry across Australia the cost or more specifically the savings to Government runs into the millions.

On a very positive note, congratulations to Lindsey Hatt, Director of Care and her team for a successful ACFI Audit which demonstrated the very robust nature of our Medicare Claiming Process. Very well done! To remind all readers, we are a business with limited sources of revenue which we must maximise in order to continue our success, sustainability and development plans.

In this edition, please read with interest the brochure from one of our Contractors and sponsors Catering Industries Pty Ltd. who provide our Catering Service and pass on the good message about what they do to your friends and associates who could benefit from their services. And now, enjoy reading the rest of The Village News!

Ciarán Foley, Chief Executive Officer.

100th Birthday Celebration of Helene Sonntag, Allambie Heights Village

Helene Sonntag was born Helene Triebe on 31 January 1915 in Harbin, China, the youngest of 5 girls. Her parents came originally from Germany and moved to China in 1900 where her father operated a sausage factory to a wide clientele including to the large German and Russian communities who had moved to the area to build and support the development of the Moscow to Vlasivostok railway line, now known as the Trans-Siberian Express.



Helene described Harbin in those days as a “second Paris, very big and very posh”.

She grew up speaking German at home and went to a Russian speaking school where she spoke Russian.

Her father died when she was just 9 months old. But he had been a successful businessman and had provided very well for his family as did her mother who sold the sausage factory and other land and properties while continuing to rent out other properties. Helene described having had a happy childhood. In fact, she speaks continuously of having found happiness throughout her life to date in relationships with many people.

In 1935 at aged 20 years, Helene moved from Harbin to Tiensin located about one hour from Peking (now Beijing and China's Capital City) and commenced training as a Registered Nurse in a German/American hospital. She had to learn to speak English. She spent 8 years in that hospital and 15 years working as a nurse describing herself as a “very good nurse”.

She loved being a nurse and was involved in all aspects of nursing including delivering babies and working in operating theatres. Helene recalled the Second World War and the Japanese invasion of China.

She referred to the Japanese Military having been cruel to the Chinese population. She was treated well by the Japanese and “while there were no luxuries during these years, the rations were okay”.

She remembers the very hour at 11.00am on 15 August 1945 when she and other hospital colleagues gathered in a room to listen to the radio and to the surrender speech by Emperor Hirohito of Japan instructing all Japanese Military to cease conflict and to lay down arms. She later visited Japan and loved it finding the people most friendly and welcoming.

Helene married her husband Albert Sonntag, a tailor by profession in 1948 having known him for a few years prior.

They lived in Tiensin until 1951 at which stage the Communist Regime was in government and Helene and Albert decided to move from China. Helene's sisters had all moved to Germany.

Welcome from Ciarán

Helene and Albert decided to move to Australia and with the assistance of the father-in-law of an English Salvationist Minister who was able to 'fast track' accessing a Travel Visa for them, they arrived in Western Australia in 1951 and commenced working on a farm located about 130km from Perth.

Helene remembers the unkindness of people who were on the farm. After three weeks, Helene and Albert with the assistance of finance from some Russian friends who sent them some money, they moved to be nearer to Helene's niece in Sydney. They departed Perth by ship and arrived in Sydney ten days later.

They resided in Bronte and Albert was able to resume working as a tailor. Helene was recommended for a position by her Pastor and she commenced housekeeping for an 85 year old lady in North Turrumurra. Helene described that "she couldn't cook" when she first started this job, a fact that people who know Helene and her excellent reputation as a fabulous baker and cake maker, will find hard to believe. Her first Australian wage was three pounds a week.

Helene and Albert bought a house in West Pymble in 1953 where they lived for 8 years. They then bought land and built a house to which they moved, also in West Pymble. Albert enjoyed gardening and there was plenty of land for him to engage his interests.

In 1973, Helene travelled along with Albert for her very first time to Germany where they spent six months visiting her family and a number of nieces in Germany and in Switzerland with whom she is still in contact.

Albert died in 1978 aged 66 years. Helene described a very happy marriage with lots of friends.

Helene moved to Allambie Heights Village in 1984 and is the longest residing resident of the Retirement Village and Residential Aged Care Facility. She said, "It was the best decision to move to Allambie Heights Village in 1984. Everyone here is very nice".

Helene said during this interview, "I have had such an interesting life. I have met so many people. I am very happy and very grateful. I always stood on my own feet and managed myself saying to myself, 'Helene, you have to do it and I did it'. I admire myself".

Helene remembers life before the telephone and electricity. She said, "We used a kerosene light and we survived, we were happy".

A religious person, Helene said, "I could not do without God".

Asked if there was anyone in the world that she had admired during her lifetime, she responded, "I like tennis and I am a fan of Roger Federer".

When it was put to her that many people would want to know if she had any secrets that had contributed to her long life so far, Helene answered, "I have lived and I live a normal life, I eat normal. I love to cook and I cook every day. At 5.00pm every day, I have a small glass of Brandy, Vermouth or Port. I like red wine better than white wine, oh, and I like Champagne". Asked if she had a favourite meal, she responded, "I like everything".

Welcome from Ciarán

She referred proudly to her General Practitioner having told her recently that she was “the healthiest ninety nine year old person” that he knew. She takes some medication for a “bit of blood pressure” but that’s all.

Asked if she had any closing words to share with an interested audience, she smiled gracefully and said, “I am grateful and I am happy”.

We celebrated Helene Sonntag's 100th Birthday on 30th January – a great lady, the longest residing resident of our Retirement Village of over 30 years and the oldest Resident of our Retirement Village.

Happy Birthday Helene!

In interview with Ciarán Foley, Chief Executive Officer



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Catering Industries



Self Care Social Activities from Patricia



Dear Residents and friends,

Happy New Year and welcome to the first newsletter for 2015.

I hope that everyone had a good Christmas and managed to spend time doing something a little special. My daughter Lauren was married in December, I was a very proud Mother of the Bride, a spectacular day with much fun and laughter!

It was followed by a very busy family Christmas and New Year as we entertained the relatives from Scotland and England staying on after the wedding to enjoy our sunshine. Great memories made!

Thank you to our residents, family and friends who came and shared our Christmas lunch and cheered on the staff performance of the Annual Christmas Concert. It was a great afternoon with evidence now hanging in photo frames in the Aged Care Facility for all to view.

Our themed monthly luncheons in the Village Dining Room continue to be a great success. They are advertised on the notice boards and tickets can be purchased at reception. The three course lunch with tea or coffee is available every day, it is great value and can be ordered any time prior to 10am on the day of the booking. Residents \$12 Visitors \$14.

Menus for the month are now displayed in the Community Hall, we hope this is helpful should you wish to plan for friends and family to join you for a meal. The Village Dining Room is BYO. Meal tickets can be purchased at reception, they do not expire should you wish to purchase a few at a time and use at your convenience.

We welcome Rene our new Chef Manager, who is 'cooking up a storm' and providing amazing food for the village. We have received numerous compliments on the quality of food and presentation achieved.

The results of the 'Village Resident Catering Survey' which self care residents completed prior to Christmas have shown that a monthly High Tea at a cost of \$10.00 and a set weekly lunchtime special would be popular with a number of our residents. In the coming months we are looking to work with Rene and Catering Industries in providing these new services .

In November a scenic Bus Trip to Palm Beach for the famous fish & chips was a great success, as was the Christmas Lights Trip in December. We also had a visit from Lily Law Clothing and Sea Change Markets.

A matinee performance of Shen Yun is being organized for 11th February, 2015 our bus will provide the convenience of being dropped at the Capitol Theatre and picked up after the event for a small charge, information and ticket cost for this event is on the notice boards. Warringah Mall shopping trips continue weekly. Our appreciation and thanks once again go to our volunteer drivers.

Self Care Social Activities from Patricia

Fun and games continue at the Indoor Carpet Bowls held on Thursday afternoons. Thank you to the patient residents who have given their time to teach new comers, mastering the curly ball is not as easy as it looks. Everyone is welcome and no experience necessary!

Noticeboards displaying new and up and coming events are located on the covered walkway at the entrance to the Reception and at the entrance to the village near the letterboxes. If residents are required to add their name to a list, for example, the Bus Trip outings this will be located on a clip board in the Community Hall on the Cocktail table.

The internet Kiosk/Library has books and DVDs available for residents to borrow, it is an honesty system 'take and return', if you have a good book or DVD that you would like to share, they can be left in the library. Open Monday to Friday 9.30 – 4.30pm. (Please do not leave large quantities of book donations in the library, contact the office and they will advise if needed).

Volunteering your time to people or projects is a very beneficial and satisfying thing to do and a great way to connect with your community. We are lucky that many of our residents volunteer to help and assist with the recreation programme in the Aged Care Facility. Your time is appreciated, if you are interested and would like to find out more please do not hesitate to contact myself or Virginia, Recreation Manager for the Aged Care Facility.

Please extend a warm welcome to our new residents as they settle into the village. A friendly smile and hello can make all the difference. I am always interested to hear from residents with new ideas and suggestions for social activities. Please give me a call or drop me a note.

Painting and Drawing Art Group

An artistic group of self care residents enjoy getting together in our Community Hall on Wednesday. If you would like to join this small, informal and creative group you will be welcome.



Indoor Carpet Bowls

Fun and games continue at the Indoor Carpet Bowls held on Thursday afternoons in our Community Hall. Thank you to the patient residents who have given their time to teach new comers, mastering the curly ball is not as easy as it looks. Everyone is welcome and no experience necessary. The more the merrier!



Happy Hour

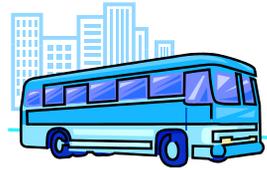
Happy Hours continue to be a great success. This popular event is a great opportunity for residents to share a few drinks and nibbles with old and new friends. If anyone plays the piano or guitar maybe you can finish the evening with a sing-along. Dates are displayed on the noticeboards.



Self Care Social Activities from Patricia

Bus Trips

Check out the notice boards for information on up and coming Bus Trips and add your name to the list that is located inside the community hall on a clipboard on the cocktail table. Details can be found on both noticeboards.



Weekly Shopping trip to Warringah Mall

Thursday mornings at 9.30am our village bus leaves from our lower car park for Warringah Mall and returns lunchtime.

with warm regards,

Patricia Cearnas, Retirement Living Manager

VOLUNTEERS NEEDED!!

We are always looking for new volunteers to come and help out with recreation activities at our Aged Care Facility.

It's only 1-2 hours per week or even once a month, and so rewarding!

If you are interested, please contact Virginia Stapleton on 9975-5800 or email: vstapleton@alhvillage.com.au



Sad Farewells



We sadly say farewell to:

NATALIE NORIEKA

Our thoughts and prayers are with Natalie's family.....

Message from Lindsey – Director of Care



Hello everyone,

Hope you all had a lovely holiday period and have recovered well. Summer is such a lovely time of year but also a time to remember to keep out of the extreme heat and ensure that you are drinking plenty of fluids, not too much coffee!!

The Aged Care Facility remains very busy as usual with a lovely mix of old and some new residents. It can be a very daunting transition coming from your family home into a facility with lots of other people you have never met before. The staff and I work very hard to assist residents in making this transition as smooth as possible. Most residents have been used to living alone and usually welcome the company and activities that our facility provides even managing to make new friends in the process. When I show people around our facility they often comment on what a lovely 'feel' the place has which is a great credit to all.

Melissa (RN Care Coordinator) and I have been recently collecting some interesting data from some of the many audits that we carry out on a regular basis to measure our performance as a facility. We keep records on the number and type of residents' falls as part of our falls prevention program, looking at things like hazards, footwear, medical issues, time of day, area where the fall took place and the resident's individual care needs which can all impact on their physical mobility. Having our regular physiotherapist here enables a timely assessment of their physical ability and any aids they require or should be using.

We also work hard to prevent residents being admitted to hospital so prevention and management of wounds, urinary infections, behaviours, constipation with thorough clinical assessment and working closely with the GPs which has resulted in our hospital admissions for 2014 being just under 50% lower than in 2013. This is great work from the whole team and the residents can feel safe and confident that we really try to keep them in their own home with the appropriate care wherever possible but be rest assured that if a hospital admission is appropriate we will ensure a speedy and thorough handover to our local hospital.

We are coming up for our 3 year Accreditation with the Australian Aged Care Quality Agency this year so are looking forward to being able to showcase the great work that we do in our facility. There are 4 standards with 44 outcomes that we have to meet and as you can imagine a lot of work, particularly paperwork, is required to meet those standards. This of course makes up a normal day in our facility with our main aim providing our residents with a safe and homely environment to live in and we are just lucky enough to work in their home. Hope you all enjoy the rest of the lovely summer months.

Until next time

Lindsey Hatt

Director of Care

Staff Christmas Party – Hawaiian Theme!



Calendar for February, March, April 2015

Regular Activities in our Hostel

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30am Bus Trip 1pm Carpet Bowling 2.30pm Trivia 6.30pm Movie Night	9.30am Exercises 10am Reminiscing & Songs 2pm Bingo 4.15pm School Children Visit	9.30am Art Group 10am Bingo 2pm Dog Visit 3pm Movie Afternoon	9.30am Exercises 10am Baking 11am Trivia 1pm Carpet Bowling 2.30pm Brain Teasers	9.30am Bus Trip 9.30am Computers 9.30am Hairdresser 12noon Piano 2pm Knitting & Craft	10am Bingo / Trivia 6.30pm Movie Night	10am Bingo

FEBRUARY 2015 SPECIAL DATES, ACTIVITIES & EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1st German Lutheran Church
2nd	3rd	4th	5th	6th	7th	8th
9th	10th PODIATRIST	11th	12th	13th	14th VALENTINE'S DAY	15th
16th BBQ PICNIC & BUS TRIP for Aged Care Facility	17th Warringah Library	18th	19th CATHOLIC MASS – 10am Norwegian Choir – 2.30pm	20th <u>SPECIAL LUNCH:</u> <i>Chinese New Year</i>	21st	22nd
23rd FEBRUARY Birthday Cake	24th Aged Care Facility Shopping Trip	25th	26th VOLUNTEER'S THANK YOU LUNCH – 1pm	27th SELF CARE HAPPY HOUR	28th	29th

MARCH 2015

SPECIAL DATES, ACTIVITIES & EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 st German Lutheran Church
2 nd	3 rd Anglican Church	4 th	5 th	6 th	7 th	8 th
9 th	10 th Warringah Library	11 th	12 th	13 th	14 th	15 th
16 th	17 th St. PATRICK'S DAY!	18 th PREMIER'S GALA CONCERT – 9.30am	19 th	20 th SPECIAL LUNCH: <i>Irish</i>	21 st	22 nd
23 rd	24 th Aged Care Facility Shopping Trip	25 th	26 th	27 th SELF CARE HAPPY HOUR	28 th	29 th
30 th MARCH Birthday Cake	31 st					

APRIL 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 st	2 nd SPECIAL LUNCH: Easter	3 rd GOOD FRIDAY – Public Holiday	4 th	5 th German Lutheran Church
6 th EASTER MONDAY – Public Holiday	7 th Warringah Library Anglican Church	8 th	9 th	10 th	11 th	12 th
13 th	14 th LOOSELY WOVEN CONCERT!	15 th	16 th	17 th	18 th	19 th
20 th Aged Care Facility Picnic	21 st	22 nd	23 rd	24 th SELF CARE HAPPY HOUR	25 th ANZAC DAY	26 th
27 th APRIL Birthday Cake	28 th Aged Care Facility Shopping Trip	29 th	30 th		31 st	

Upcoming Events

Themed Lunches:

Friday 20th February – CHINESE NEW YEAR



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Look out for the “special menu” on the notice boards closer to the time and remember to book early by contacting Reception!

Kris's Feathered Friends will be back for a show on Tuesday 2nd June, 2015 in the Aged Care Facility at 11am

Loosely Woven!

Will be performing for us on TUESDAY 14th APRIL at 1.30pm in the Community Hall – all welcome!

The 2015 Premier's Gala Concert is on Wednesday 18th March at 10.30am. If you would like a FREE ticket, put your name on the list in the Community Hall. FREE bus departs at 9.30am sharp. The theme this year is VIVA LAS VEGAS – “the big Vegas show” from the years of Frank Sinatra, Elvis and the Rat Pack!

Catholic Mass will be held every 2 months on Thursday 19th February and Thursday 9th April. The **German Lutheran Service** is always on the **first Sunday of each month**. All our Church Services are held in our Community Hall and all residents are always welcome to attend. **Anglican Church Services** will start on **Tuesday 3rd March** at **11am** in the Community Hall – all welcome!

Welcome to our New Residents!

We warmly welcome....



To Our Village:

MAREA & MALCOLM TURNBULL
KEN MANSELL
JUDITH & RUSSELL BENDALL

To Our Aged Care Facility:

JUNE COLLESS
ANTOON KOCX

Interview with Melissa Weir – Registered Nurse/Care Co-Ordinator

Where were you born?

Nepean Hospital, Kingswood.

Where did you grow up?

Old Bar – a small coastal town near Forster.

Where did you go to school?

St. Clare's High School in Taree.

What's your partner's name and what does he do for a living?

My partner's name is Karl and he is studying Law at Macquarie University.

Where do you live?

Artarmon.

Do you have brothers and sisters?

Yes, I have one sister – Kristie.

What car do you drive?

Ford Fiesta.

What is your favourite food?

Knödel and Goulash – made by my Austrian Grandmother (Oma).

Favourite places to hang out?

Local cafes.

Favourite musicians/bands?

At the moment, I'm listening to London Grammar.

Favourite TV shows?

The Block and The Bachelor.

Hobbies and Interests?

Running, music and art.

Favourite sport?

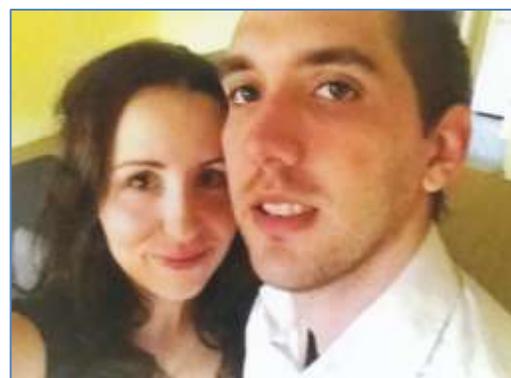
Tennis.

What countries have you visited and what is your most memorable holiday?

Dubai, Scotland, France, England, Bali and Thailand.

Where would you like to travel to next?

Vietnam and I'm going in April!



Melbourne Cup High Tea!

We celebrated in style this year! Our Melbourne Cup High Tea was held on Tuesday 4th November in the Community Hall and how wonderful it was to see so many gorgeous hats and fascinators! The sweeps, champagne and gourmet cakes were flowing, and everyone looked so stylish. The race was won by a horse called, *Protectionist*.



Animal Magic!



It's a wonderful annual event which we look forward to every year. The Kindi Farm animals came to visit us in mid-November and what a treat it was! Our residents got to cuddle rabbits, ducklings, chicks, lambs, and had so much fun feeding the beautiful calf and piglet!



HAPPY AUSTRALIA DAY!

Giddy Mate! We had a wonderful time celebrating Australia Day with a delicious lunch consisting of Roast Tomato & Chive Soup with Damper, Aussie Roast Lamb and a traditional mini Pavlova for dessert. It was lovely to see so many people dressing up and waving the Aussie flag!



Helene Sonntag Turns 100!



Santa Visits the Aged Care Facility!

Well, weren't we lucky! What a wonderful surprise to have Santa come and visit our residents – they thoroughly enjoyed every minute of it! Special thanks to Shannon Nevin, Saxon, Noah and Isaac – HO, HO, HO!



Belrose School Kindergarten Choir

Oh how cute! In mid December, we welcomed the Belrose Public School Kindergarten Choir who visited us to sing Christmas Carols. What a delight for our Aged Care Facility and Self Care Residents to see these wonderful five and six-year old children perform! We were thrilled to receive some gorgeous hand-made Christmas cards from the children – thank you Belrose Public School! We can't wait to see you again next Christmas.



CHRISTMAS LUNCH & GALA SHOW

Friday 19th December, 2014!

On Friday 19th December, we celebrated Christmas at Allambie Heights Village with a traditional Christmas lunch, followed by a spectacular Gala Concert – performed by the staff! What a fun day it was – we enjoyed pumpkin soup, Ham and Turkey, with roasted vegetables and potatoes, followed by Christmas Pudding with Brandy Sauce - absolutely delicious! The concert was a huge hit and thoroughly enjoyed by all – enjoy the selection of photos below.



CHRISTMAS LUNCH & GALA SHOW

Friday 19th December, 2014!



Not all images
are actual!



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