



ALLAMBIE HEIGHTS
Village

THE VILLAGE NEWS



EASTER CELEBRATIONS!



Welcome from Ciarán



Welcome to our **30th edition** of The Village News!

Another outstanding target and milestone achieved, our thirtieth edition of the Village News! A very big thanks to Virginia Stapleton who chases up contributors, writes articles, plans and creates the range of photos and coordinates the magazine from start to actual production and print stage. Well done Virginia and thank you everyone who has been involved in every way with our magazine over the years!

I would also like to advise our readers that the Board of Allambie Heights Village Ltd. celebrated Gerd Wilmer, Director and Treasurer at their April Board meeting for having reached 10 years of service as a Director of our Company. An excellent achievement!

Gerd has been a stalwart in his support to all that we have achieved over the past ten years during a period when we have witnessed so much positive change and development. A presentation was made to Gerd at the Board meeting by Wendy Kramer, President on behalf of the Board, management and staff to appreciate his immense contribution.

Our Directors are volunteers and give freely of their time, energy, wisdom and overwhelming support. As Chief Executive Officer who reports to the Board on all matters regarding the operations of our Company on a monthly basis, I appreciate greatly the working rapport that I have with the Board, President and Directors. Well done Gerd and thank you!

In April, our catering services were audited by the NSW Food Authority and for the 6th Year in a row, we were awarded an A Classification, no mean feat! The auditing process has been in operation for six years. Catering Industries Pty Ltd. who provide all our home cooked meals on site have been in partnership with us since May 2007.

Congratulations to Chef Manager René, Chef Kate, and to our Catering Assistants. Congratulations to all our care, housekeeping and maintenance staff who keep everything from the other side of the counter, so to speak to the highest of standards. This collaboration between two companies demonstrates how we are successfully appealing to the diverse nutritional needs, tastes and wishes of our residents and visitors as well as maintaining excellent standards of hygiene and safety.

Our Chefs are preparing and presenting approximately 80,000 meals per year when we take account of breakfast, morning tea, lunch, afternoon tea, dinner, special events and any additional requests from our residents.

Welcome from Ciarán

Lindsey Hatt, Director of Care along with Chef René and Shaun, Area Manager, Catering Industries are working together to introduce some new and exciting food ranges to appeal to residents with dementia which embraces elements of colour, texture, shape, taste of meals as well as considering sensitively the table layout so as to engage residents more. Dementia can challenge so many aspects of a person's daily life. Some people become disinterested, confused and even distressed about food, the way it is presented and the environment in which we dine. So, we try creatively and stay abreast of research about how we achieve a resident's correct level of nutrition, hydration and of course ongoing enjoyment of food. It is all so important.

Management and staff of our residential aged care facility have been actively involved in training and in the implementation of our new computerised medication system. In partnership with Webster Care and their MedSig system, we have invested in this information technology to improve even more our very capable systems of giving and recording medication to our residents in an environment of less paper. Our new Pharmacist, Summer Pharmacy of Manly appointed in April following a competitive tendering process has been working closely with us and Webster Care to achieve the transition to this new system. This is an exciting phase, an important investment and another development for our Company in our services to our residents whom we value highly.

I welcome the formation of the Social Committee within our retirement village and applaud the residents for the range of activities that they are planning. It is also exciting that our Chefs following a Resident Survey will be providing a special weekly roast in the foreseeable future as well as High Teas.

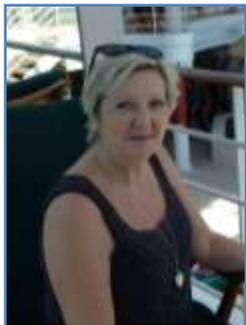
I thank those families who have provided donations during past months which have been spent on a range of equipment for resident comfort and ease. It is a poignant moment to ask any of our readers to remember that donations are tax deductible (for which we provide receipts) as we approach the end of the financial year and we will let you know how we spend any funds received to benefit our residents.

I thank also the recognition of the family of Shirley McCormack who died recently. Shirley was a resident of our residential aged care facility for over six years and she died in our care being cared for by her family and by our staff. Shirley's family presented a cash donation for staff use as a token and expression of their appreciation for the excellent care provided to Shirley. On a night out, staff celebrated the life and memory of Shirley whom we will always remember with fondness.

And now, please enjoy reading the rest of news in The Village News!

Ciarán Foley, Chief Executive Officer

Self Care Social Activities from Patricia



Dear Residents and Friends,

There is a crispness in the air. It is time to unpack the scarves and Winter clothing and dust the heaters, take the time to check the power cords and make sure they bear no sign of wear and tear. We have had another positive busy quarter, new residents have arrived and the Village is full. 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.

It is with great pleasure I advise that our village has appointed a Social Committee. A very big thank you to residents, James Wheeler, Charles Gilmore, Patricia Robinson, Angela Dunstan and Marion Schumertl who have volunteered their services to form the committee.

Following the recent questionnaire asking for your ideas and suggestions the Committee have organised a number of activities. Patricia Robinson has agreed to run a gardening club, James Wheeler will lead the Walking Group and Angela Dunstan will organise a Book Club.

'Sunday Barbeques' are to be held every two months. Our first one held on the 15th March was a great success and enjoyed by all who attended. The next BBQ will be held on 17th May, signs will be posted on the noticeboards.

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.

In June we will be introducing 'Roast of the Day' every Wednesday at the special price of \$10.00. 'High Tea' is also being arranged as a bi-monthly function.

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.

Our Chefs, Rene and Kate provide great quality food with excellent presentation. In April this year an A Class certification by the NSW Food Authority was achieved once again, congratulations to our catering team.

A matinee performance of Shen Yun at the Capitol Theatre was thoroughly enjoyed in February, special thanks to Harold for the door to door service he provided. In April a trip to the Driftwood Café at Akuna Bay for lunch went ahead after much debating on the weather! Fortunately the sun peeped through, the food was excellent and the staff made everybody welcome.

The Warringah Mall shopping trips continue weekly. Our appreciation and thanks once again go to all our volunteer drivers.

Self Care Social Activities from Patricia

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 Reception 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 greatly 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. Virginia is currently seeking a volunteer to run an activity on Saturday afternoons from 1pm.

Sunday BBQ's

All self care residents are welcome to attend. Sunday BBQs to be held every two months, more information on our noticeboards.



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.



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.



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. Please add your name to the list of attendees that is in the Community Hall. The more the merrier!



Bus Trips

Check out the notice boards for information on up and coming BusTrips 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.



Self Care Social Activities from Patricia

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.



Chess Set

If anyone has a chess set that they would like to donate to the Aged Care Facility, please see me.

With warm regards,

Patricia Cearnas, Retirement Living Manager

POETRY CORNER

ODE TO A WILD ROSE

By Old Charlie
(Resident Poet)



*She stood there with her body all bare,
And a wild rose bud entwined in her hair.*

*Alas! My wild rose bud bloomed and died,
My heart was broken and I cried.*

*Now I roam this sad universe, and I cry
"Rose! Rose! Oh my wild rose, return ere I die!"*

You think this one stinks?
You just wait in fear and trepidation for the next one called "Ode To A Dead Horse"

I am not sure whether I composed or decomposed it!

- Charlie

Message from Lindsey – Director of Care



Hello Everyone,

It appears that we had winter upon us sooner than expected with the storms a couple of weeks back, hopefully you all came out of it without too much damage.

The Aged Care facility as always is very busy particularly with flu season upon us ensuring that all our residents and staff receive the flu vaccine for this year. Please all make sure if you are showing any signs of sore throat, cough, cold symptoms please DO NOT visit the facility during this time. Please wait until you are symptom free to visit our residents to prevent any cross infection of our staff and residents.

We are currently in the process, after some research, of looking at ways to make the meals and the grazing foods we are providing to residents (particularly those with severe dementia) more interesting and creative to encourage their food intake. This has involved purchasing food moulds, coloured china and in conjunction with our chef trying new recipe ideas which are all nutritionally based and appealing to our residents senses in an alternate way. We have also looked at some new molecular gastronomy products (Heston Blumenthal eat your heart out!!) - one in particular that will change food stuff into a foam that melts in your mouth making ingestion of meals much easier and hopefully more pleasant. We always love to look at new ideas particularly if it improves our residents' quality of life so I will report back in our next issue the progress of this initiative.

My husband Ian and son David will be leaving on their "Shitbox Rally" on Thursday 8th May to make their way to the start in Canberra. As you may already know, this is to raise money for the Cancer Council and I would like to thank everyone for their support at our Biggest Morning Tea as we raised the sum of \$1850! The car was definitely a sight to see – beautifully decorated in the "Mad Hatter's theme. It is still not too late to donate to this very worthy cause just visit shitboxrally2015.everydayhero.com/au/mad-hatters. You can follow the rally online to see all the antics they get up to and hopefully they will arrive in Townsville fairly unscathed.

We have been lucky enough to have received some donations from family members recently which has allowed us to purchase new wheelchairs, shower chairs and an alternating air mattress. We thank you for these donations to assist us in continuing to provide excellent care to our residents. It is also greatly appreciated by all the staff that their hard work is often recognised in this way as I am sure you will agree we have the most wonderful team of very caring people. I would like to say a big "THANK YOU" to all our team members and how proud I am to work with you all.

Until next time
Lindsey Hatt
Director of Care



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 & Garden Walks 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

MAY 2015

SPECIAL DATES, ACTIVITIES & EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1st	2nd	3rd German Lutheran Church – 2pm
4th	5th Anglican Church – 11am	6th	7th RESIDENT'S MEETING – 11am	8th	9th	10th
11th	12th Warringah Library	13th	14th	15th	16th	17th
18th	19th	20th	21st	22nd <u>SPECIAL</u> <u>LUNCH:</u> <i>Italian</i>	23rd	24th
25th Birthday Cake Celebrations for May Birthdays HAPPY WANDERER'S CONCERT!	26th Aged Care Facility Shopping Trip (Warriewood) GERMAN STUDENTS VISIT – 3.45pm	27th	28th	29th SELF CARE HAPPY HOUR	30th	31st

JUNE 2015

SPECIAL DATES, ACTIVITIES & EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 st	2 nd KRISSY'S FEATHERED FRIENDS – Bird Show – 11am Warringah Library	3 rd BEAUTICIAN	4 th	5 th	6 th	7 th German Lutheran Church
8 th	9 th Anglican Church – 11am	10 th	11 th	12 th	13 th	14 th
15 th	16 th PODIATRIST	17 th	18 th Catholic Mass – 10am	19 th <u>SPECIAL LUNCH:</u> <i>Spanish</i>	20 th	21 st
22 nd	23 rd	24 th	25 th	26 th SELF CARE HAPPY HOUR	27 th	28 th
29 th Birthday Cake for June Birthdays	30 th Aged Care Facility Shopping Trip					

JULY 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 st	2 nd	3 rd	4 th	5 th German Lutheran Church
6 th	7 th Warringah Library	8 th	9 th	10 th	11 th	12 th
13 th	14 th	15 th	16 th	17 th	18 th	19 th
20 th	21 st SPECIAL CONCERT: That Couple – “Winter Wonderland”	22 nd	23 rd	24 th <u>SPECIAL LUNCH:</u> <i>Christmas In July</i>	25 th	26 th
27 th	28 th Aged Care Facility Shopping Trip (Warriewood)	29 th	30 th	31 st SELF CARE HAPPY HOUR		

Upcoming Events

Themed Lunches:

Friday 22nd May – ITALIAN



Friday 19th JUNE – SPANISH



Thursday 24th JULY – CHRISTMAS IN JULY



Look out for the “special menu” closer to the time and remember to book early by contacting Reception.

Catholic Mass will be held every 2 months on Thursday 18th June and Thursday 20th August at 10am. The **German Lutheran Service** is always on the first Sunday of each month at 2pm. **Anglican Church** scheduled for 5th May, 9th June, 2nd July and 4th August. All our Church Services are held in our Community Hall and all residents are always welcome to attend.

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

The Happy Wanderers will be performing for us again on Monday 25th May at 1.30pm

Anglican Church Services are the 1st Tuesday of every month in the Community Hall – all welcome!

Welcome to our New Residents!

We warmly welcome....



To Our Village:

LINA BURT
JOHN GOLDING

To Our Aged Care Facility:

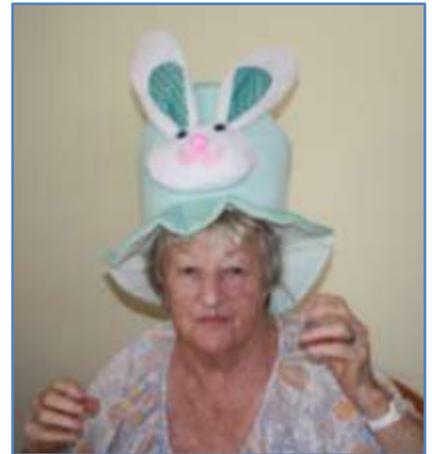
BETH de MARS
VERA MANNING

Easter Lunch!

Easter comes around so fast doesn't it? We had a wonderful Easter lunch on Thursday 2nd April, and the dining room was packed again! Our residents enjoyed dining on creamy pumpkin soup, followed by a delicious salmon fillet with french fries and a tossed green salad. Dessert was creme brulee – sensational!



HAPPY EASER



Volunteers THANK YOU Lunch!



WE SALUTE OUR WONDERFUL VOLUNTEERS!

It's the event we always look forward to – a delicious lunch to honour our hard-working and committed volunteers! We enjoyed a sensational lunch consisting of smoked salmon with a Thai salad, chicken breast supreme with roasted vegetables, and a citrus tart for dessert. Only the best for our volunteers!



Loosely Woven Concert!

It's a wonderful annual event - 20 singers, actors, musicians and poets all under the one roof! Loosely Woven came and performed for us in mid April – WOW – what a thrill! Thank you so much to Wayne Richmond from Humph Hall and his talented group of performers – we know how hard you work to bring us this sensational concert every year. Well done!



Themed Lunches – Chinese & Irish!



Full House! What a wonderful turn out for both our Chinese New Year and Irish/St. Patrick's Day lunches! We enjoyed mini dim sims, spring rolls and sweet n sour chicken with fried rice to celebrate Chinese New Year and some of the outfits were just glorious! For our Irish/St. Patrick's Day lunch we were spoilt with Beef & Guinness Casserole, Colcannon cakes and a delicious orange & green trifle for dessert!



Allambie Heights Village Rally to Cancer Research



Allambie Heights Village Retirement Village and Residential Aged Care Facility has been supporting the Cancer Council's Biggest Morning Tea for many years raising essential funds for a cause that touches all Australians. The need to support research into cancer and finding solutions has never been greater.

On 30 April 2015, Allambie Heights Village hosted the Greatest Morning Tea and also got behind a team who will be part of 200 cars participating in the infamous 'Shitbox Rally' who will drive a rugged course of over 4000km around Australia.

Allambie Heights Village Ltd. donated \$1,000 to the cause and along with resident, staff and visitor support, total funds raised during the morning tea amounted to \$1,850.

Ciarán Foley, Chief Executive Officer presented the donation of \$1,000 to Ian Hatt, Driver for the 'Mad Hatters' Car, Shitbox Rally allowing Ian and his son David who is co-driver to exceed their initial target of \$5,000. A great cause and well done Ian, David and to all at Allambie Heights Village for supporting cancer research.



Interview with Lillian Stuart – Housekeeping

Where were you born?

King George V Hospital.

Where did you grow up?

Frenchs Forest, Mittagong, Brisbane and then a very small place called Goonengerry in Northern NSW.

Where did you go to school?

I went to four schools, but for high school, I went to Mullumbimby High before moving to Sydney to study at Sydney University.

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

Terry and he is a plumber.

Where do you live?

Allambie Heights.

Do you have children? If so, what are their names and how old are they?

I have 6 children – Oliver (19), Sarah (17), Thomas (15), Luka (13) and twin boys, Isaac and Bede (7). Sometimes I feel like the lady in the shoe who had so many children she didn't know what to do!

Do you have brothers and sisters?

Yes, I have 3 brothers and 2 sisters – I am the second youngest.

Where have you travelled?

Canada, Germany, Austria, Switzerland, France and The Netherlands.

What is your favourite food?

Too hard to choose! I love any Asian food – Japanese, Malaysian, Thai and Indonesian. I also love Indian, Greek, Lebanese and I really enjoy home made desserts.

Favourite musicians/bands?

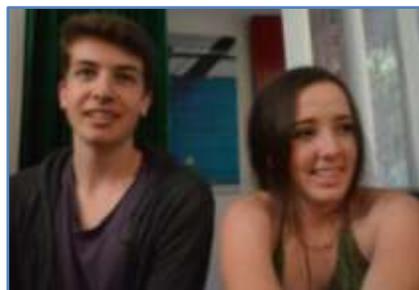
Leonard Cohen, Carole King, Tracy Chapman, The Decemberists, The Proclaimers, The Beatles, Crowded House. At the moment, I'm listening to Lucy Wainwright.

Favourite TV shows?

Game of Thrones, Mad Men, Australian Story and I also enjoy Crime/mystery/detective shows.

Hobbies and Interests?

Art, drawing, painting, sculpting. I'm learning the Ukelele and formed a ukelele group about 7 months ago. I also love camping and gardening – especially planting Australian natives and herbs. I'm also a bit of a handyman!



Sad Farewells



We sadly say farewell to:

SHIRLEY McCORMACK – Aged Care Facility

EUGENIE SALMON – Aged Care Facility

THELMA HARVEY – Aged Care Facility

JOSEPHINE LLEWELYN – Retirement
Village

Our thoughts and prayers are with these families. . . .

SATURDAY AFTERNOON VOLUNTEERS NEEDED!!

We are currently looking for volunteers to help out with activities in the Aged Care Facility on a Saturday afternoon.

It's just 1-2 hours per week and very rewarding!

Please contact Virginia on 9975-5800 or email: vstapleton@bigpond.com if you would like to know more

AUSTRALIAN OWNED TO SERVE AUSTRALIA

Catering Industries



Retirement Village & Aged Care Facility
3 Martin Luther Place, Allambie Heights NSW 2100
Phone: (02) 9975 5800 Fax: (02) 9451 2017

Email: general@alhvillage.com.au

Website: www.alhvillage.com.au