



ALLAMBIE HEIGHTS  
*Village*

## THE VILLAGE NEWS



# Welcome from Ciarán



Welcome to our **33rd edition** of The Village News!

I wish all our residents, their families, our members and directors, volunteers and contractors a very happy new year. Health, happiness and success to you all for the year ahead.

I also wish to express my deep appreciation to all of our staff and their families for 2016. Thank you for the care and dedication that you demonstrate as staff members in your respective roles towards our residents and to anyone visiting or working with us at Allambie Heights Village Ltd.

We are a 'people' organisation and our attention to all of our people is what sets us apart from many of our competitors and is a main reason for our popularity and the reason that we are a clear choice for those residents and staff who join us.

We work with many different personalities, most whom are great and rich in their individuality and we work with some people and situations that can be challenging too, whether it is a resident, a family member, a staff member, a volunteer or a contractor who seek our assistance. Of course, we want to help where we can and we certainly do, it is part of what we are about.

I believe that most people now realise that our residential aged care facility has changed dramatically during the past 18 months in relation to the level of care that we are providing to our residents. I have certainly highlighted this in my past articles for this magazine. Our numbers of residents presenting with 'high care' needs and dependencies now represents the majority of our residents. Each day is different, each hour can even be different for some of our residents and for our staff. Therefore, I believe that readers will appreciate that residents are the sole reason that we are here. We need to respond to their needs on an on-going basis.

Family members and friends are and can be even more important in the future in assisting residents and staff in the contribution of care to each resident. Volunteers make an immense difference in the time, energy, interest, distraction and stimulation that they bring to the residents and to the whole environment of a residential aged care facility and to a retirement village.

So, I am making an appeal and a call to family members and to your friends as well as to residents of our retirement village to consider offering to our residents and to our staff some of your time each month as a Volunteer. You may think that you have little to offer. Wrong! Everyone has something to offer and we are the success that we are also because of our Volunteers. Please consider this seriously.

One hour a week or a fortnight can make a real difference. We will 'buddy' you up with another volunteer and we will support you along the way with the assistance of Virginia Stapleton, Recreational Activities and Volunteer Coordinator who is contactable at 02 9975 5800 or directly by email [vstapleton@alhvillage.com.au](mailto:vstapleton@alhvillage.com.au) Volunteering is also a great way to get meaningful experience that can be used and valued in a work and social setting and it is great fun too!

# Welcome from Ciarán

I would also ask family members to be conscious of the demands that some make upon management and staff when visiting. The main purpose of visiting is to spend quality time with your loved one. However, increasing amounts of management and staff time is being directed to family members when it needs to be with the actual resident. So, please help us with this. Dropping in to see your loved one is great, please keep doing it, but expecting management and staff to stop what they are doing to meet with different family members without prior appointment does not serve us in what we need to do and it doesn't serve the resident. This is a delicate matter that I am trying to communicate as sensitively as I can. Huge amounts of management and staff time is being used in this manner and we still have all of the other tasks to do too.

So, please consider making an appointment should you need to see a member of the management or nursing team about your loved one. This is really good use of everyone's time and allows for appropriate preparation and focus about those matters that need to be discussed. Thank you on behalf of all of our staff in considering this.

I have often referred to the wonderful longevity of our retirement village residents. Alas, the inevitable consequence of such longevity is that it is not limitless. It is with sadness that our residents, their families and friends bid farewell to some of our longest residing residents recently, to Heidi Sachse, Helene Sonntag with whom we celebrated her 100<sup>th</sup> birthday in January 2015 and to Erhard Gohl.

Both Heidi and Helene moved to our Village in the 1980s and indeed I wrote a past article about Helene to celebrate her 100<sup>th</sup> birthday last year.

I learned this week of Erhard's passing. Erhard was one of the first residents I met when I arrived at Allambie in June 2006 in my capacity as Chief Executive Officer and he in his capacity as Chairperson of the Resident's Committee, a role that he held just short of 7 years and over 2 periods between other Chairpersons.

It would be an understatement to describe that we had a 'good' working relationship in our respective roles. We respected each other's position, our roles and our responsibilities. We respected each other as people. We met often over the years and always with focus. There were not many times that we did not agree on how to resolve a situation but in those very few situations, each of us put across our views and we listened to each other and ultimately we arrived at a common approach and solution. In this regard, Erhard represented the position of all residents in a fair and in a professional manner and he contributed immensely to the harmony that existed and continues to exist in our retirement village. Erhard and his wife Christa represented always care and love and giving to so many people, a wonderful couple appreciated by so many of us.

Erhard returned from hospital to our residential aged care facility on 25 January 2016 where we had planned to care for him. Unfortunately, we did not have the privilege to have been able to care for him longer. I enjoyed my time with Erhard, an intelligent, humourous giant of a man with a great smile and laugh, who loved his wife, his family, his friends, his food, his life and a good old challenge. A gentle man and a gentleman whom I will miss but am better for having known him!

## Welcome from Ciarán

And finally, I remind all of our readers to refer to the last 32<sup>nd</sup> edition of the Village News and to my article and to remember that it is Election Year!

Contact your Politician, Start Talking and Keep the Conversation Alive! Getting Older Affects us All!

**Ciarán Foley**  
**Chief Executive Officer**

AUSTRALIAN OWNED TO SERVE AUSTRALIA

Catering Industries



## Volunteer Bus Driver Required

We are seeking a volunteer bus driver to come and join our fabulous volunteering team.  
Every Friday from 9am to midday.



**FREE CAKE & COFFEE!**  
Toyota Coaster 18-seater  
Must have LR or HR bus license



Very rewarding and lots of fun!

If you are interested OR know anyone who might be, please call Virginia Stapleton on 9975-5800 or email [vstapleton@alhvillage.com.au](mailto:vstapleton@alhvillage.com.au)

# Retirement Village Social Activities from Patricia



*Dear Residents and Friends,*

Happy New Year and welcome to the first newsletter for 2016. I hope that everyone had a good Christmas holiday and managed to spend time doing something a little special.

My cousin and her family arrived Christmas Eve from England and stayed with me for two weeks, their first time in Australia. Had a wonderful time showing off our beautiful city the Blue Mountains, Taronga Zoo and the Northern Beaches. New Years Eve was spent on the harbour watching the midnight fireworks, spectacular. They are now back in England with snow and freezing temperatures. We are definitely the lucky ones!

Thank you to our residents their family and friends who came and shared our Christmas lunch and cheered on the staff in our performance of Mary Poppins. It was a great afternoon with evidence now hanging in photo frames in the Aged Care Facility. For those who missed us, *we will be back.....*

I would like to welcome Kim Loines to our Office Administration Team – Kim will be working 3 days a week on Reception. We farewell and wish Leesa Howell all the best in her new full-time role in the city.

The Village dining room is open for lunch every day offering exceptional value. Menus for the month are 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. 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.

**Daily three course lunch** with tea/coffee. Residents \$12, Visitors \$14 (place your name on the list located in the dining room and select your meal). Booking to be made no later than the day prior to service. *For groups of more than four please give as much notice as possible to help with catering.*

**Wednesday 'Roast of the Day'** is great value at \$10.00 for residents and guests. *(Place your name on the list in the Community Hall by the previous Friday)*

**Themed monthly luncheons** in the Village Dining Room continue to be a great success. They are advertised on the notice boards, bookings can be made and tickets purchased at reception.

Warringah Mall shopping trips continue weekly. Our appreciation and thanks once again go to our volunteer driver, Harold who makes this possible, and also Bob Willatt who fills in.

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.

Please enjoy socializing at the BBQ area that has been rejuvenated into a beautiful level setting with a new larger table and chairs and umbrella and gas BBQ. In addition, table and chairs have been placed around the pond area. It is good to hear that it is being used to entertain friends and families. The area is located at the end of the driveway adjacent to the pond and gate that leads to the War Memorial Park.

# Retirement Village Social Activities from Patricia

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. 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 Activities and Volunteers Co-ordinator for the Aged Care Facility.

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).

## Wednesday Movie Nights

Movie Night is back following the Christmas Break! Wednesday evening at 6.30pm on the large screen with surround sound. It is so easy for residents to stroll down to the Community Hall and enjoy socialising with friends and neighbours just minutes from home. The kitchen is there to share a cuppa or glass of wine. We have quite a long list of DVDs to choose from and some residents have also made their collections available. The movie title of the week will be displayed on both notice boards.



## Sunday BBQs

All Village residents are welcome to attend. Sunday BBQs to be held every two months, more information on our notice boards.



## 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 notice boards.



## 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.



## Walking Group

A fun energetic group meet Sunday mornings at 9.15am at the Community Hall. Dust off your walking shoes and join in the fun!



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.

**With warm regards,**

**Patricia Carnes, Retirement Living Manager**

# Upcoming Events

## Themed Lunches:

Thursday 24<sup>th</sup> March – EASTER LUNCH



Friday 22<sup>nd</sup> April – IRISH



Friday 20<sup>th</sup> May – ITALIAN



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

The Happy Wanderers  
will be performing for  
us again on Monday  
22<sup>nd</sup> February at  
1.30pm

**"IN LINE WITH YOU" –**  
Bootscooters & Line  
Dancers! Coming to  
perform on 28<sup>th</sup> April,  
2016 in the Community  
Hall – all welcome

**SPECIAL CONCERT!**  
**Phil Allen and his**  
**Handbells**  
performance –  
**Wednesday 3<sup>rd</sup>**  
**February – 1pm**

*Catholic Mass will be held every 2 months on Thursday 18<sup>th</sup> February and Thursday 14<sup>th</sup> April, 2016 at 10am. The German Lutheran Service is always on the first Sunday of each month at 2pm. Anglican Church service is always the 1<sup>st</sup> Tuesday of the month. All our Church Services are held in our Community Hall and all residents are always welcome to attend.*

The next Residential Aged Care Facility Residents Meeting is scheduled for Thursday 11<sup>th</sup> February, 2016 at 11am – all residents' families are welcome.

## Message from Lindsey



Hello everyone,

Hope you have all enjoyed the holiday season, can't believe we are almost into February already! I would like to thank everyone for the very kind gifts and words of appreciation given to the staff, they really appreciate it. The Aged Care Facility has been particularly busy over the holiday season keeping us all on our toes.

I would like to welcome to our great team Anu Khatri and Sushmita Gurung who are both Registered Nurses and will assist us in providing specialist care to our residents over a seven day period supported by myself of course. It is really great to be able to encourage young registered nurses to work within our Aged Care environment and I know they are very keen to learn particularly with the mentoring and varied experience they will receive from us here at Allambie.

We have recently this year looked at our performance in many areas over the last 12 months and I can report again a reduction in our hospital admissions for that period which is great news for our residents and for our over stretched health system in managing hospital avoidance. This again is due to the hard work and observation of our staff and their swift interventions and monitoring.

As usual I am already looking ahead to the winter months and it will of course be flu season again before we know it so a gentle reminder for all visitors to be ready and think about getting your vaccination this year.

We have recently had a few of our staff complete a mental health course looking not only at dementia but in particular depression and the effects this can have on the wellbeing of residents. This has been very interesting and they have shared the experience/information with their colleagues to continue the up skilling of our staff which can only enhance our regular monthly in-service education sessions. We also have regular information on the effects of certain medications and the conditions those medications are prescribed for also providing our staff with the skills to assist in their observation of residents.

We are always looking at ways to make some of our other processes more efficient/effective so we have just moved to a new staff rostering system which will be a cloud roster, again moving with the new technology, and a more time efficient system.

I would just like to say that we had the privilege of caring for Erhard Gohl (or 'Young Man' as I would fondly call him) for a very short time here in the facility. I personally will miss him and I am sure he will be greatly missed in the village. Our thoughts are with Christa and their family at this time.

Until next time

**Lindsey Hatt**  
**Director of Care**



# Animal Magic!

It was a hot and humid day for our annual KindiFarm visit, so it was hats all round! Once again, our residents thoroughly enjoyed every minute of it. They were able to feed, cuddle and watch these gorgeous creatures in action and we also had some fabulous whip-cracking demonstrations! An event to remember and we can't wait until they visit us again in November 2016.



# Calendar for February, March, April 2016

## Regular Activities in our Residential Aged Care Facility

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>9.30am</b> Bus Trip <b>1pm</b> Carpet Bowling <b>2.30pm</b> Trivia & Sing-A- Longs <b>6pm</b> Movie Night	<b>9.30am</b> Exercises <b>10am</b> Reminiscing & Songs <b>2pm</b> Bingo	<b>9.30am</b> Art Group <b>10am</b> Bingo <b>1pm</b> Movie Afternoon	<b>9.30am</b> Exercises <b>10am</b> Baking, Trivia or Carpet Bowling <b>1pm</b> Movie Afternoon	<b>9.30am</b> Bus Trip <b>9.30am</b> Computers <b>9.30am</b> Hairdresser <b>12noon</b> Piano <b>2pm</b> Knitting & Craft	<b>10am</b> Bingo <b>6pm</b> Movie Night	

## FEBRUARY 2016 SPECIAL DATES, ACTIVITIES & EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b> ANGLICAN CHURCH – 11am	<b>3<sup>rd</sup></b> <u>SPECIAL CONCERT:</u> Phil Allen's Handbells	<b>4<sup>th</sup></b>	<b>5<sup>th</sup></b>	<b>6<sup>th</sup></b>	<b>7<sup>th</sup></b> German Lutheran Church – 2pm
<b>8<sup>th</sup></b>	<b>9<sup>th</sup></b> BEAUTICIAN Warringah Library	<b>10<sup>th</sup></b>	<b>11<sup>th</sup></b> ACF RESIDENTS MEETING – 11am	<b>12<sup>th</sup></b>	<b>13<sup>th</sup></b>	<b>14<sup>th</sup></b> VALENTINE'S DAY
<b>15<sup>th</sup></b>	<b>16<sup>th</sup></b>	<b>17<sup>th</sup></b>	<b>18<sup>th</sup></b> CATHOLIC MASS	<b>19<sup>th</sup></b> <u>SPECIAL LUNCH:</u> Chinese New Year	<b>20<sup>th</sup></b>	<b>21<sup>st</sup></b>
<b>22<sup>nd</sup></b> <u>SPECIAL CONCERT:</u> The Happy Wanderer's	<b>23<sup>rd</sup></b>	<b>24<sup>th</sup></b> PODIATRIST	<b>25<sup>th</sup></b> VOLUNTEERS THANK YOU LUNCH	<b>26<sup>th</sup></b> HAPPY HOUR	<b>27<sup>th</sup></b>	<b>28<sup>th</sup></b>
<b>29<sup>th</sup></b> February Birthday Cake						

# MARCH 2016

## SPECIAL DATES, ACTIVITIES & EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1<sup>st</sup></b> <b>ANGLICAN CHURCH</b> Warringah Library	<b>2<sup>nd</sup></b>	3 <sup>rd</sup>	4 <sup>th</sup>	<b>5<sup>th</sup></b>	<b>6<sup>th</sup></b> German Lutheran Church
<b>7<sup>th</sup></b>	<b>8<sup>th</sup></b> <b>BEAUTICIAN</b>	<b>9<sup>th</sup></b> <b>SPECIAL CONCERT:</b> Rusty – Singing with Spirit	<b>10<sup>th</sup></b>	<b>11<sup>th</sup></b>	<b>12<sup>th</sup></b>	<b>13<sup>th</sup></b>
<b>14<sup>th</sup></b>	<b>15<sup>th</sup></b>	<b>16<sup>th</sup></b>	<b>17<sup>th</sup></b> <b>ST. PATRICK'S DAY</b>	<b>18<sup>th</sup></b> <b>HAPPY HOUR!</b>	<b>19<sup>th</sup></b>	<b>20<sup>th</sup></b>
<b>21<sup>st</sup></b> March Birthday Cake	<b>22<sup>nd</sup></b> Warringah Library	<b>23<sup>rd</sup></b>	<b>24<sup>th</sup></b> <b>SPECIAL LUNCH:</b> Happy Easter!	<b>25<sup>th</sup></b> <b>GOOD FRIDAY – Public Holiday</b>	<b>26<sup>th</sup></b> <b>EASTER SATURDAY</b>	<b>27<sup>th</sup></b> <b>EASTER SUNDAY</b>
<b>28<sup>th</sup></b> <b>EASTER MONDAY – Public Holiday</b>	<b>29<sup>th</sup></b>	<b>30<sup>th</sup></b>	<b>31<sup>st</sup></b>			

# APRIL 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>3<sup>rd</sup></b> German Lutheran Church
<b>4<sup>th</sup></b>	<b>5<sup>th</sup></b> <b>ANGLICAN CHURCH</b>	<b>6<sup>th</sup></b>	<b>7<sup>th</sup></b>	<b>8<sup>th</sup></b>	<b>9<sup>th</sup></b>	<b>10<sup>th</sup></b>
<b>11<sup>th</sup></b>	<b>12<sup>th</sup></b> Warringah Library	<b>13<sup>th</sup></b>	<b>14<sup>th</sup></b> <b>CATHOLIC MASS</b>	<b>15<sup>th</sup></b>	<b>16<sup>th</sup></b>	<b>17<sup>th</sup></b>
<b>18<sup>th</sup></b> April Birthday Cake	<b>19<sup>th</sup></b>	<b>20<sup>th</sup></b>	<b>21<sup>st</sup></b>	<b>22<sup>nd</sup></b> <b>SPECIAL LUNCH:</b> Irish	<b>23<sup>rd</sup></b>	<b>24<sup>th</sup></b>
<b>25<sup>th</sup></b> <b>ANZAC DAY – Public Holiday</b>	<b>26<sup>th</sup></b>	<b>27<sup>th</sup></b>	<b>28<sup>th</sup></b>	<b>29<sup>th</sup></b> <b>HAPPY HOUR!</b>	<b>30<sup>th</sup></b>	

## Work Experience!

Just before Christmas we were fortunate enough to have three wonderful students from Stella Maris College come and spend some time with us, learning so much about our industry. Lily, Steph and Daniela got to spend time with our wonderful residents for three days. They took them for walks, played carpet bowls, helped them with activities and had some lovely lunch time chats with them. Thank you girls – you made a real difference and our residents enjoyed every minute of it!



# Christmas Lunch & Gala Show!

Once again, Christmas came upon us so quickly and this year we celebrated with a spectacular Mary Poppins show! Residents, family and friends all enjoyed our fabulous traditional Christmas Lunch with all the trimmings and the dining room looked beautiful with new decorations and lights. The staff had a fantastic time again this year performing our live Mary Poppins show – the costumes and music were like nothing else. Thank you to everyone involved.



More photos on back page!

# Interview with Tony Pecar - Maintenance

## **Where were you born?**

Camperdown Hospital, Sydney

## **Where did you grow up?**

Crows Nest, until I was 6 and then we moved to Elanora Heights on a Market Garden. We grew vegetables, mainly tomatoes.

## **Where did you go to school?**

Attended Narrabeen Public School and then Narrabeen Boys High School.

## **Tell us about your family – wife, kids?**

Married to Diana for over 30 years and we have 3 wonderful children - all in their mid-late 20s – Craig, Scott and Michelle. Craig works for an online financial services company, Scott is a Landscaper, and Michelle runs her own Kinesiology Business with degrees in Psychology and Human Movement.

## **Where have you travelled?**

Europe – mainly Croatia. Also Bali and quite extensively throughout Australia.

## **Who has inspired you the most and why?**

My father. He arrived in Australia from Croatia in 1927 at the age of 17 by himself, speaking no English. Through hard work he eventually ended up working for himself, built a good life for himself and us whilst not forgetting his roots.

## **Favourite food?**

Sweet & Sour Pork or a Sunday Roast with all the trimmings.

## **Favourite type of music?**

Old style Rock 'n' Roll such as Jerry Lee Lewis, Elvis Presley, Buddy Holly. I also enjoy Mowtown music such as The Temptations.

## **Favourite TV shows?**

I really like an ABC show called "Utopia" and I also enjoy watching a show called "Yes Minister".

## **Hobbies and Interests?**

Reading, cricket, hockey. I am also a member of the local SES – working with the local council on various community groups.

## **Places you would like to travel to next?**

South America or Egypt.

## **What are your proudest achievements?**

My three children.



My family



Craig & Scott

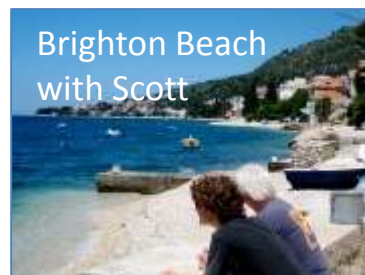
My daughter, Michelle



My wife, Diana



Brighton Beach  
with Scott



# Australia Day Lunch!

We all know how lucky we are to live in such a beautiful country, so we celebrated in style on Friday 22<sup>nd</sup> January! The dining room was donned with Aussie flags and other memorabilia, and the staff looked wonderful in their Aussie hats and t-shirts. Residents and families dined on a traditional Aussie lunch consisting of lamb roast and damper plus a delicious pavlova for dessert!



# Gala Show Photos!



## **WE NEED YOU!!**

*Come and join our volunteering team!*

*The Aged Care Facility is always looking for volunteers to help out with recreational activities.*

*Can you spare just 1-2 hours per week?*

*Wednesday or Thursday afternoons from 1-3pm*

*It's so rewarding, and you'll have so many laughs!*

*If you are interested in finding out more, please contact Virginia Stapleton, Recreation & Activities Officer on 9975-5800 or email: [vs Stapleton@alhvillage.com.au](mailto:vs Stapleton@alhvillage.com.au)*



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