



Leigh Place

Care • Compassion • Community • Choice

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A Picture is Worth a Thousands Words- Word Search



### OUR VISION

To be a leading provider of innovative and quality aged care services that maximises resident opportunity for realistic independence.

### OUR MISSION

To strive for excellence in the provision of service.

### VALUES

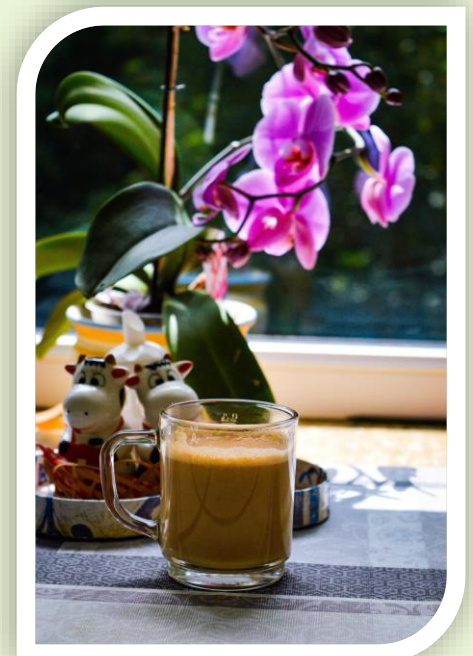
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### MARCH EDITION

We would like to extend a warm welcome to all at Leigh Place.

We continue to strive to provide quality living and secure aged care services in a home-like environment that maximises people’s opportunities for independence.

We hope that you will enjoy your time with us.





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## Leigh Place Aged Care

### Roselands

#### WORD FROM THE CEO

As we all know, the COVID-19 virus is rapidly expanding, and we are also gearing towards the 2020 influenza season, I note that there is a need for a collaboration between all stakeholders of Leigh Place Aged Care as part of our outbreak planning. This includes our residents, representatives, staff and visitors. Our priority is to exercise effective *Infection Prevention and Control Program* and to be prepared for health emergencies.

Leigh Place Aged Care often have frequent visitors and staff coming and going, and close physical

contact between staff, residents and their families. We understand that our residents are more at risk of infections generally, and are particularly vulnerable to serious illness if they do become infected with COVID-19.

In line with the 2020 influenza season, I want to emphasise that vaccination for all residents, staff, and volunteers is particularly important this year, our Seasonal Flu Vaccination Clinic is set before winter time. For the meantime, we request everyone to be vigilant in recognising signs of infection, practice strict infection control



and always attend to your 5 moments of hand hygiene. All Houses are fitted with handwashing facilities and antibacterial wall dispensers.

Rest assured that Leigh Place Aged Care is taking steps in preparing and securing our protection measures.

#### CHARTER OF AGED CARE

I have the right to:

1. safe and high quality care and services;
2. be treated with dignity and respect;
3. have my identity, culture and diversity valued and supported;
4. live without abuse and neglect;
5. be informed about my care and services in a way I understand;
6. access all information about myself, including information about my rights, care and services;
7. have control over and make choices about my care, and personal and social life, including where the choices involve personal risk;
8. have control over, and make decisions about, the personal aspects of my daily life, financial affairs and possessions;
9. my independence;
10. be listened to and understood;
11. have a person of my choice, including an aged care advocate, support me or speak on my behalf;
12. complain free from reprisal, and to have my complaints dealt with fairly and promptly;
13. personal privacy and to have my personal information protected;
14. exercise my rights without it adversely affecting the way I am treated.

Please speak to our staff if you need support in understanding your rights



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## LEIGH PLACE HEALTH AND WELL-BEING



"I am too old for that" is the phrase I heard the most during my years as an exercise professional working with older adults.

Most often that's a challenge from the person who wants to hear your opinion, who lacks of confidence and wants you to encourage them.

Many studies demonstrated that our quality of life is strongly effected by our lifestyle including nutrition, activities and social engagement.

National guidelines state that older Australians should aim for 30 minutes of moderate exercise (for example, brisk walking, sports, gardening or swimming) on most, if not all, days of the week. Being active includes any regular physical activity and has important benefits for both physical and mental health, including:

- reducing the risk of many health problems, such as cardiovascular disease, diabetes, anxiety, depression, and musculoskeletal problems.

- enhancing social and community connectedness by providing opportunities for social engagement.

Healthy ageing involves more than just promoting good physical health. Social and mental wellbeing are also important determinants for a high-quality life into older age. Staying mentally active throughout life can help maintain cognitive functioning, mental wellbeing, and promote independence into older age.

National Health and Medical Research Council (NHMRC) recommends that older adults have diet with a wide range of fruit and vegetables that protect against conditions such as heart disease, type 2 diabetes and certain eye diseases such as cataracts and macular degeneration. A high intake of fruit and vegetables promotes a healthy lifestyle; have 2 servings of fruit and 5 servings of vegetables every day. A healthy eating plan can include some sugar. It is ok to have a sprinkle of sugar on porridge or a scrape of jam on some low GI high fibre bread. However, foods that are high in added sugars and poor sources of nutrients should be consumed sparingly.

In particular, limit high energy foods such as sweets, lollies and standard soft drinks.

Leigh Place promotes health, wellbeing and independency amongst the community and encourage their residents to make informed choices. We strongly believe that is never too late to look after yourself.

Our Lifestyle Department delivers a number of different physical activities including gym classes, Mind and Body, Champions Fitness Club and Tai Chi as well as many other activities which will be beneficial for your health.

For further information please ask one of our Lifestyle staff or email [Simone@leighplace.com.au](mailto:Simone@leighplace.com.au)







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## LEIGH PLACE YEARLY COMMUNITY FETE



It's that time of the year again!

Our annual fete is almost here and we are looking forward to enjoying another great community day together!

The fete will start at 9.30am and wrap up at 2.30pm.

Start the day with a barista made cappuccino and amazing homemade cupcakes.

Our Leigh Place Choir will perform on the day.

Ian Blakeney, who is a well-know singer, will perform during the day.

You will also be able to appreciate paintings from our Art and Craft's group, a massage from our Physiotherapist or eat a wood fire pizza.

There will be a variety of stall with local farmers products and hand-crafted items.

The young ones, and maybe some grown ups, can enjoy the jumping castle!



### Interested in having a stall?

Market stall \$25

Please email applications to: [Simone@leighplace.com.au](mailto:Simone@leighplace.com.au)

All money raised from stallholder fees goes back to Leigh Place for activities and resources.



### Volunteering and donations

The Leigh Place Stall is looking for support, please contact us if you would like to make a donation (clean items, good quality, not electrical) or be a volunteer on our stall.



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## Leigh Place Aged Care

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## LEIGH PLACE EMOTIONAL AND SPIRITUAL SERVICES



Leigh Place, along with the Aged Care Standards, focus on providing to our community the care they deserve.

We consider the social participation and integration of the residents as important as the clinical care to maintain quality of life at older age. There is ample evidence demonstrating that social bonds and social activities, e. g. continuing hobbies, learning activities later on, participation in cultural events and maintaining a social network are essential for healthy aging.

For this, Leigh Place offers a number of different services and activities focused on supporting the residents emotionally and spiritually.

Those activities are tailored around the needs of our residents aiming to offer as many choices as possible, they can be found on our monthly calendar such as:

- Art and Craft
- Choir
- Living Theatre
- Mind and Body
- Tai Chi
- Community Events
- Shopping Trips
- Outings
- Pamper Group
- Movie Day
- Current Affairs
- Gardening
- Bingo
- Men's/Ladies Group
- School Kids Visits
- Community Visitors
- Concerts
- Monthly Meetings

Group Pastoral Activities:

- Baptist Service
- Catholic Service
- Bible Study



Leigh Place also understands the importance of individual support and utilises specialised staff and services helping residents to deal with emotional and spiritual issues. Listed are some of the services available:

- Lifestyle Staff visit and individualised activities
- Nursing and Care Staff
- Virtual Reality
- Leigh Place Volunteers
- Community Visitors Scheme (CVS) volunteers
  - o Multicultural Care
  - o Canterbury Community Centre
  - o GWC Community Service
- Hand Massage
- Individual Pastoral Visits
  - o Lady Of Fatima
  - o Father John (Catholic Church)
  - o Father Christodoulou
- New Access-Beyond Blue
- GP referrals to counsellors

Leigh Place strives to ensure you feel that you have someone to talk to.

If you don't feel that way please let one of our staff know so we can partner you to meet your needs!

Do you have any suggestions or know any program/service not listed? Please contact us! [Simone@leighplace.com.au](mailto:Simone@leighplace.com.au)

Please find more service and information on page 9.







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## Getting To Know Norma

**Every edition we will get to know one of our residents a bit better. This month we have Norma!**

Hi everyone, my name is Norma. I been at Leigh Place since Christmas 2019, which after a short settling down time I now consider my home.

Staff are friendly and helpful, there are a lot of activities and residents that provide good company. I like to attend religious events and every other activity where a warm cup of tea can be shared along with a nice chat.

I was born in the 30's on a property called Mount Erin in Robertson, NSW, where my mum, dad and five children lived on a dairy farm. When one of my brothers married they changed the farm to a grazing cattle farm.

We used to go the racecourse and with some friends have a flutter on the horses.

Initially I worked at the Commonwealth Bank as a clerk in Bowral. Then I became a nurse to look after people and be of help to the community. I worked at the Royal Prince Alfred Hospital before moving to Adelaide for 12 years to work as a midwife along with other jobs.



I then returned to Sydney living in Belmore until becoming a resident at Leigh Place.

As we did not have a lot of money when I was younger we had an appreciation of simple things, such as when my Uncle George would visit from Lismore and we would sit together and play card games. He was a very cheerful and intelligent man so we enjoyed his company.

My star sign is Leo, and although I am a bit bossy, I was also a very active person that enjoyed playing hockey, gardening and knitting. During the war effort I knitted large Khaki scarves for the soldiers.

I did have two or three loves in my life but never settled down into marriage.





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### Getting To Know Chola

**Every edition we will get to know one of our staff a bit better. This month we have Chola!**

Hi everyone, my name is Chola. I started working at Leigh Place in January 2020.

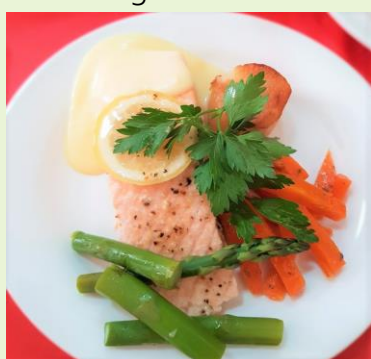
I work here as Chef and Food Services Coordinator. If I haven't had the chance to introduce myself, hello, and I'm sure I will in the near future. Since day one I had a good connection with Leigh Place community, every one here is very friendly.

I'm originally from a small town, Pokhara, close to Mount Everest in Nepal and close to Lumbini, believed to be the birth's place of Buddha. As our Hindus ethnicity we consider the cow to be a sacred symbol of life that should be protected and revered.

I now call Australia home. I'm married and I have 2 young sons. Together we enjoy going for a drive, learning new cultures and trying different foods. The rest of my family is in Nepal, which we visit every few years.

I been working in Aged Care just over 15 years in the catering department, during this time I have met a lot of residents, which made me very grateful to be working with such wonderful people.

I am studying a Bachelor Degree in nutrition and diet at Western Sydney University to further improve my knowledge.



I look forward to creating more and new memories with all of you and hearing your feedback and suggestions.

Wishing everyone a fantastic and healthy 2020!





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## LEIGH PLACE 2020 NRL TIPPING

### Terms & Conditions:

The Leigh Place footy tipping competition kicks off on the 9<sup>th</sup> of March 2020 and all residents and staff are invited to register and test their predictive skills with amazing prizes to be won.

Forms can be collected from the RAO team or can be found in the community room. The competition ladder is sorted by score, then alphabetically by name.

### HOW TO ENTER:

The cost of the competition is \$10 to be paid before the start of the competition (12<sup>th</sup> of March is the closing day for the first round). It is possible to enter the competition after the start day,

however for the games that have been missed out you will be assigned tipping on the away teams for all the previous games.

### ABOUT TIPPING

For each tipping round, the entrant must submit their tips prior to the deadline which occur on Thursday at 3:30. The tipping form will be printed every Monday. You can collect and submit the form to the RAO team or to the reception.

Tips will NOT be accepted after the deadline.

- Points for correctly tipped wins earn one (1) point.
  - Two (2) bonus points will be awarded for a perfect round.
  - Two (2) points will be awarded for a correctly tipped draw.
- Default tips for tippers who don't



submit tips or for late entrants will be assigned the away team for every game.

### TIPPER RANKINGS

End of season winners will be determined by total score. You can find the leaderboard in the community room.

- PRIZES (total price is 10\$ multiply by the number of players)
- 1<sup>st</sup> Price= 50% of the total price
  - 2<sup>nd</sup> Price = 30% of the total price
  - 3<sup>rd</sup> Price= 20% of the total price

# International Harmony Day

## JOIN US IN THE CELEBRATION OF CULTURAL DIVERSITY & INCLUSIVENESS

Harmony Day celebrates Australia's cultural diversity. It's about inclusiveness, respect and a sense of belonging for everyone. Leigh Place encourages all the staff and residents to share their culture on this day.

- Traditional clothes
- Food
- Music
- Dances

FRIDAY, 27 MARCH

11:00 Residents and Staff Celebration

12:00 Residents Multicultural BBQ

13:30 Staff Community Food Shared

Celebration will start at 10:30am under the gazebo, contact our RAO staff letting them know what you would like to do (bring food, sing, play music, dance, etc).

We encourage everyone to join us on this day. Prices on the day.

To foster a vibrant, diverse and inclusive community, Leigh Place offers a variety of multicultural programs and initiatives.

Harmony Day is the most recognised and celebrated multicultural day world wide.

Our staff, residents and their families are encouraged embrace their cultural background and celebrate this day with us.

Dress up, sing, dance, bring food or anything that represents you or your culture. Wear something orange as a sign of support!

Let our RAO team know if you would like to perform on the day or you would like to make a suggestion!







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## Notices and Services

### NOTICEBOARDS

Just a reminder for all residents to check the noticeboards located in the dining room.

This is where we post any changes that need to occur after the calendar has been published and also other information.



### SHOPPING TRIP

Shopping trips will usually depart at 9:30 every Monday. The Leigh Place residents chose to alternate between Roselands, Menai and Chullora. Please check our monthly calendar for updates and advise Lifestyle staff if you would like to attend.

### HOUSE NUMBERS

For your convenience we have printed below all the numbers for the houses.

House 1: 8522 5891

House 2: 8522 5892

House 3: 8522 5893

House 4: 8522 5894

House 5: 8522 5895

House 6: 8522 5896

After 5pm please call house

### NEWACCESS – COACHING YOU THROUGH TOUGH TIMES

NewAccess has been developed by beyondblue to provide free and confidential support to help you tackle day-to-day pressures. If any of the following are causing you to feel unhappy, moody, angry or unable to concentrate or sleep NewAccess could be right for you: work stress or uncertainty, change in living arrangements, family problems, health concerns or uncertainty, long-term isolation or loneliness, financial worries.

Call 1300 22 4636

Website

[www.beyondblue.org.au](http://www.beyondblue.org.au)

For further support please see our clinical staff or a GP which can refer you to a counselor.

### HAIRDRESSER

Please contact



Annette on 0416046095

Kathleen on 0413441777

Or ask our staff to book you an appointment.

If you wish to use another hairdresser, please note that a family member will need to assist you with your appointment.

### LAUNDRY

New clothes have to be labelled, please see our staff before sending them to the laundry.

### NEWSPAPER SERVICE

“The Senior” is delivered monthly while “The Torch” is delivered weekly at our facility and distributed in the houses. Additional copies can be found at reception.

The Narwee newsagency delivers to our facility, the contact number is 02 9153 8358

### BEAUTICIAN

C SHELLS BEAUTY DAY SPA

2<sup>nd</sup> Wednesday of the month,

House 3 lounge room.

Christine

Phone 0417656883





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## Allied Health

### Dementia Australia

The dementia Helpline is for people living with dementia, their carers, families and friends.



Call 1800 100 500

Visit [www.dementia.org.au](http://www.dementia.org.au)

### BRAINYAPP

BrainyApp is a fun way to help you look after your brain health and reduce your risk of dementia.

<https://brainyapp.com.au>

### Other Services

There are a range of other services available to the residents such as:

Be Connected

NDIS (under 65yrs old)

Exercise Physiologist

Speech Pathologist

Clever Care Now

Library services and more.

Please ask our friendly staff for further information.

### TRANSLATING AND INTERPRETING SERVICE

is an interpreting service provided by the Department of Home Affairs for people who do not speak English, and for agencies and businesses that need to communicate with their non-English speaking clients.

P 121450

W [www.tisnational.gov.au](http://www.tisnational.gov.au)

### OPTOMETRY AND DIETICIAN HEALTH CARE 2 U

Phone 1300 882 374

Fax 1300 913 043

[info@healthcare2you.com.au](mailto:info@healthcare2you.com.au)



### PODIATRIST

#### SYDNEY MOBILE PODIATRY

Phone 02 8068 7547

Email

[sydneymobilepodiatry@outlook.com.au](mailto:sydneymobilepodiatry@outlook.com.au)



### DENTIST

#### ADVANCED ORAL

Phone: 02 9956 7677

Fax: 02 9956 7877

Email: [info@advanceoral.com.au](mailto:info@advanceoral.com.au)



### DR MARK'S HYGENIE

Dr Mark Hygenie is a simple solution for clean, fresh and hygienic full and partial dentures. Their company is offering Leigh Place residents and families denture care bundles for the following prices:

#### FIRST BUY BUNDLE

These are the right 2 products for the partial denture wearer. Includes the HyGenie device and DentalFresh Cleaning Gel (50ml) which lasts 2-3 months with the recommended daily use. \$37.60

#### DENTURE FRESH BUNDLE

These are the right 2 products for any style of dentures including extra large or extra small arch sizes. Includes the SureGrip Denture Brush and DentalFresh Cleaning Gel (50ml) which lasts 2-3 months with the recommended daily use. \$20.00

#### PEAK DENTURE CARE BUNDLE

This is the ultimate product combination for denture wearers. We recommend the HyGenie device for once or twice daily use and the SureGrip Denture brush for a good hard weekly scrubbing. Includes the HyGenie device, SureGrip Denture Brush and DentalFresh Cleaning Gel (50ml) which lasts 2-3 months with the recommended daily use. \$50.40

Contact our clinical team to purchase [RN@leighplace.com.au](mailto:RN@leighplace.com.au) or call +61 408 820 642

[www.drmarkshygenie.com](http://www.drmarkshygenie.com)

[www.hygeniesport.com](http://www.hygeniesport.com)





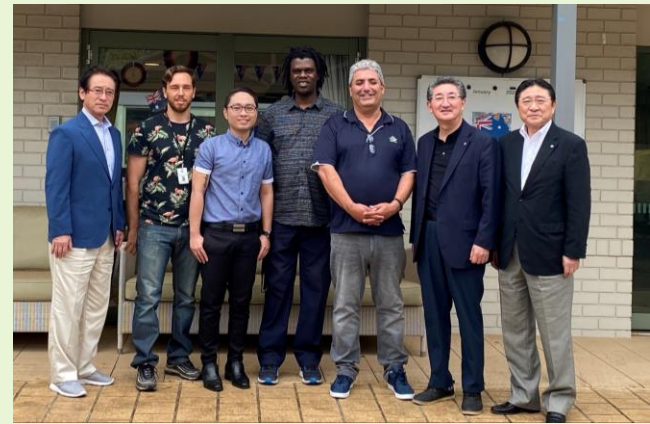


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# Leigh Place Aged Care

## Roselands



*A Picture Is Worth A Thousand Words...*





# Word Search GREEK MYTHOLOGY



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

**Python**  
**Aphrodite**  
**Olympia**  
**Artemis**  
**Poseidon**

**Athena**  
**Medusa**  
**Apollo**  
**Phoenix**  
**Arethusa**

**Pandora**  
**Achilles**  
**Parthenon**  
**Dionysos**  
**Titans**

**Jason**  
**Acropolis**  
**Perseus**  
**Minotaur**  
**Zeus**

"Pete" says his wife, "why don't you play golf with George anymore?"  
 "Would you play golf with a bloke who puts down the wrong score and moves the ball when you're not looking?" Says Pete.  
 "No..." says his wife.  
 "Neither will George" says Pete.

You know you're getting old when you bend over to tie your shoes and you wonder .... what else you can do while your down there?

Elderly couple in church. Wife turns to husband and says  
 "I've just done a silent fart, what should I do?"  
 Husband says  
 "Put new batteries to your hearing aid"