



Newsletter of the Buckland  
Residential Aged Care Facility

**BULLETIN**

**January  
2021**

## **A LETTER FROM THE FACILITY MANAGER**

Dear residents, relatives and friends of Buckland,

It is my great pleasure to write my first Facility Manager's report for our Buckland Bulletin. Buckland is a beloved, long-standing organisation with a wonderful reputation in our community, so it is an honour to step into the role of Facility Manager and to join the Buckland family. Thank you for the warm welcome.

As you are aware, thanks to the recent COVID-19 outbreak in Sydney's Northern Beaches, Christmas this year was a little different for all of us. Many of us had to spend Christmas away from our friends and families, we could not visit loved ones interstate and Buckland did unfortunately have to implement visitation restrictions and a quarantine period to keep our residents safe. Unfortunately on the 30<sup>th</sup> of December, NSW Health directed us to restrict visitation immediately and that restriction is in place until the 6<sup>th</sup> of December.

We do understand that these restrictions are frustrating and upsetting to our residents and their families, but in the interest of keeping our residents and our team safe, we must do what is necessary. We are cautiously optimistic that NSW Health will get this outbreak under control soon and that we can return to seeing our loved ones in person.

That said, there was no shortage of Christmas cheer here at Buckland in December. If you were in the facility at all during December, you would have seen the wonderful decorations and felt the Christmas spirit. Our DT team got creative, with an online carols by candlelight event, a special Christmas High Tea for residents and even a visit from the man in the red suit himself. I do hope you and your families had a safe and happy Christmas, and I hope 2021 is a better year for all of us.

Mohan (Facility Manager).





## *Welcome to Buckland*

Buckland wishes Roslyn Phillips, Susan Olsen and Beryl Caten a hearty welcome and comfort in their new home. Please check the activities on the back page of the bulletin and everyone is welcome to join in.



The Buckland Chaplain is generally available for Residents and their families each Monday and Tuesday. Requests to see her can be made through Reception or the Diversional Therapy Team.

### **SHOPPING INFORMATION**

As we are unable to run the DCW shopping bus at this time until further notice, we welcome you to use the Shopping Order forms. Please see reception or a DT staff member if you require one of these. Please have completed shopping order forms returned to the DT Team.

If you would like to try this service for the first time please speak to a DT Team member who will explain the billing process.



## **Kiosk**

**The DCW Kiosk is located next to the Hairdresser & has a wide variety of items available for purchase. In January the Kiosk will be opened every Thursday from 10:00 -11:00am.**



**BUCKLAND STAFF MEMBER OF THE  
YEAR 2020**

This certificate is awarded to

*Sue Ward*



Lorna H getting ready to make the DCW foyer tree merry and bright!



Roger G arriving in the foyer to admire the decorations & below is Helen T using her height advantage to adorn the tree



**BUCKLAND CHRISTMAS DECORATING** To use the words of the famous carol—"Christmas is the most wonderful time of the year", it really felt like that this Christmas past at Buckland as many staff and residents gave it their all to make Buckland as festive as ever. The trees were decorated with the help of DCW and BNH residents in the foyers, including the two real trees, as well as the lounges of both areas. They enjoyed fluffing up the branches of the trees and adorning these with bright lights, beautiful ornaments and topping the tree with either the traditional star or an angel.





Julie H adding ornaments to the tree with care.



Pictured below is Betty W & Bill L decorating the BNH Foyer tree. We hope you enjoyed the train set this year!



Annette T & Joan B (above) & Pamela P below sorting the ornaments.







The little sunshine we had in December was enjoyed outside during **Pamper Hour**. We could not resist making an arrangement for the dining room using the flowers from the garden. Pictured above is Kevin R & Marian H.



Jean W & Julie H admiring the tree

## Christmas Decorating

It was clear how much the residents enjoy Christmas as finding helpers for the trees and decorating other areas was an easy task! We think you will agree that they all did a wonderful job making for a wonderful Christmas time.



Sourabh & Bill L at exercises on the deck







Admin team in front of their Christmas display: Christine, Lauren, Lilia & Tallara



Pictured above is Maria S & Olwyn G who, along with others, continued to make beautiful placemats using old Christmas cards. These were received with much joy.



In case you missed it because of the rain, pictured above is the beautiful big scale **Nativity Scene**, with many thanks to Peter M for arranging it so everyone could enjoy it. Peter placed a large Nativity Scene on his ground floor balcony so that DCW and village residents could enjoy the display. Peter's artistic abilities shone through as he decorated everything so tastefully. Thank you Peter for thinking of others and sharing with us all!

## **CHRISTMAS SERVICE FOR 2020**

The combined Christmas Service was held on Thursday 24 December 2020. Residents from all wings attended. Covid-19 restrictions prevented us from having a pianist but thanks are expressed to DT Nina who played the Christmas Carols. Residents expressed their joy at celebrating Jesus' birth and some were able to reconnect with long term friends whom they discovered are now living at Buckland. After such a difficult year it was good to focus on joy and hope for the future. Kaye (Chaplain).



Iris B, Eileen M & Florence B  
decorating the little trees,  
Dorothy G, Isla D, June H  
getting their nails done with  
Jess (DTA).



Residents  
continued to  
have lots of  
fun decorating  
the small trees  
for the dining  
rooms as well  
as having their  
nails done at  
pamper hour!



Jean W & Annette C decorating the foyer!





Decorating the sunroom Christmas Tree with Elaine E & her rabbit, Doug K, Joan H, Joan G, Marian H, Joan T, Jean W & Hazel G.





Santa with clockwise Neil A, Pat W, Sandra O, Eileen M, Helen S, Roger G; Elaine R dancing with Stephanie (DT) & Pat H dancing with Nina (DT).

## DCM Christmas High Tea Party







Santa with Joan B, Elaine R & Alwyn G.



## **DCW Christmas Party**

The DCW Christmas party was held on December 8th, and congratulations to the DTs, GSOs, kitchen, nurses and everyone involved. As we entered the lounge we stepped into a wonderful Christmas setting and we were all made to feel welcome as we were taken to our beautiful tables, presented in a very warm and inviting manner, beautifully



decorated; you could feel a lot of love had been put into it. As soon as we entered the room, there was a feeling of optimism and an expectation that something nice was about to happen. Fine food was beautifully presented on the tiers ready to be devoured, and it was nice to share a pleasant afternoon sitting amongst friends while listening to the lovely songs we all knew played by the glamorous Ian Pritchard, and of course, when a clue was given by Ian by playing "Santa Clause is coming to town". Santa appeared with his HO, HO, HO, and we started receiving our presents and cracking bon bons! Needless to say that all our fellow residents were genuinely impressed by their presents – books, hats, and jewelry/cosmetic bags which were all different from each other, were handed out by Santa and his "elves". The afternoon continued with more music played by Ian and of course dancing, and it was a pity to leave such a gorgeously decorated and welcoming room at the end. It was a magnificent party enjoyed by everyone; the tables were decorated so beautifully, the food was excellent - as good as the Hydro Majestic! The presents were selected so thoughtfully. It was a splendid time, so thank you very much for such a successful day.

Jean A & Marjorie C (DCW Residents).





Santa clockwise with Kath H, Joy S, Betty W, Claire C, Betty P & Fay W.







Santa clockwise with Helen T, Bill H, Julie H & Annette C, Olive H and Arnold M with Santa, Annette T & Lorna H.









Opposite page; Santa clockwise with Pat W, Marjorie C, Annette C, Stephanie dancing with Arthur B, June S, Santa with Thareniy (DTC), Jess (DTA), Marjorie C & Alwyn G.

This page: Santa with John M, Julie H, Elsie C, Les E, Jean-Pierre E & Maria S.









Opposite page; Pictured clockwise is Santa entering with Thareniy (DTC), Andy R, Monica K, Arthur B & Gloria M.

This page pictured clockwise is Santa with Lilia (Admin) & Tallara (Admin), Sandra O, Santa with Dorothy B, Peter M, Elaine R & June S.





Pictured clockwise is Santa with Dorothy M, Joy F, Jean W, John C, Jean A & Thareniy (DTC)







Pictured above is Stephanie (DT), Mary S, Santa with Jean A



Pictured above is Santa with Mary S & Jean A



Pictured above is Santa with Dorothy M.





Santa with Dorothy J, Pamela P, Janet N, Beverley F, Annette T, Richard S & Stephanie (DT), Judith E.







Pictured top right is Stephanie (DT) dancing with Elaine R, below is Jerrah & Tim, Stan B & Ron L.

## Jerrah & Tim Concert

Another favourite performing duo were back for a special Christmas concert. On Thursday 17<sup>th</sup> December they played to a full house in the BNH ML. Singing some Beatles, Christmas carols and other favourites. There were lots of feet tapping and even some dancing! Thank you Jerrah and Tim and we can't wait till you come back again!







Johannes (CEO), with Alwyn G, Thareniy (DTC), Arthur B & Dorothy G.



Betty W, Marjorie C, Jean W, Jess (DTA), Florence B.



June H among others at the Carols Night



**Carols Night 2020** As many of us made our way to the BNH ML on Tuesday the 22nd December for a 6.30pm start, the Christmas lights on the skylight invited us to the magical atmosphere of our 2020 Carols night. After some delicious fruit cake and a round of drinks the music began, which was the BBC Big Sing Christmas Concert. It was a lovely feeling to join everyone in holding a candle during the first couple of chords of "Silent Night". The whole ambiance of the event was wonderful and many residents experienced the nostalgia of being part of a church choir in the past, such was the inspiration of this beautiful performance. All those present joined in singing, or just watched the soulful show. This event was yet another great example, that although Covid-19 has made it's mark, we can still create a special Christmas atmosphere and put a smile on residents faces.







Sandra O in Dining Room E



Betty M  
greeted by  
Nina (DT) at  
the Carols

The winner of the dining room competition was announced & it was Dining Room E! Sandra O was awarded the prize from Thareniy (DTC).





As the famous song goes, **Rudolph Games** were a big hit this year with residents, who unlike the other reindeers, they did want to join in the fun of this new game. Of course, before it could be introduced, the staff helped the DT Team to trial the game, which they were only too happy to oblige! They like the residents had a lot of fun!



Julie H playing with Thareniy (DTC) & Betty W & Andy R & Stephanie (DT )



Dorothy M playing with Stephanie (DT) & Arthur B; Nina having a go with Arnold M, Maria M & Gloria G.



Stephanie (DT) playing with Marjorie C, Peter M & Shane (GSO).



Thi (Accountant) & Jane (AIN) trialling the game with Stephanie (DT)



# BUCKLAND

## Praise / Complaint Action Form

**Location: (Tick)**    ☐ Residential Aged Care Facility  
                                  ☒ Buckland Retirement Village

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Name:	Telephone No:
Address:	
Name of Resident / Staff Member (if applicable):	
Relationship to Resident / Staff Member (if applicable):	

Nature of feedback: \_\_\_\_\_

[illegible]

Signature Resident / Representative / Staff Member:

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**Please forward to Facility Manager**

Signature Care Manager

Date:     /     /



# BUCKLAND

## Suggestions/Opportunities for Improvements

Please complete the following, even the smallest issue is important to record.

**Date** \_\_\_\_/\_\_\_\_/\_\_\_\_ **Location:** Buckland Residential Aged Care Facility  
(please tick one) Buckland Self Care Village

**What is the suggestion, issue or concern?** Include dates, times, persons involved as relevant.

\_\_\_\_\_

\_\_\_\_\_

**What action could be taken to improve?** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(Please circle)  
**Issue raised & suggestion made by** \_\_\_\_\_ **resident / visitor / staff / contractor**  
Please leave completed form in the box.

**Issue Reviewed** \_\_\_\_/\_\_\_\_/\_\_\_\_ **By:** \_\_\_\_\_

### Aged Care Standards Reference:

Management Systems, Staffing & Organisational Development      Health & Personal Care

Resident Lifestyle      Physical Environment & Safe Systems      Other

### Risk Rating

Serious      High      Moderate      Low

### Action taken to meet suggestion or resolve the issue/concern & prevent recurrence

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Outcome / Result** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Evaluation of effectiveness (6 months post action taken)** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Signature** \_\_\_\_\_ **Name** \_\_\_\_\_ **Date** \_\_\_\_\_

**Please forward to the Facility Manager**





# VALE

Sadly, Pauline Biden, Margaret Foy & Hazel Grierson, Evelyn Coles and Robert Butler passed away in December.

We offer our sincere condolences to family and friends.

Special thoughts and memories remain in our hearts and minds here at Buckland.

## Visiting Window

Please come and visit your loved ones at the visiting window!

Please book in a suitable time with the DT Team by sending an email to

**dt-bh@buckland-rv.com.au**

## **HAIR DRESSER APPOINTMENTS**

Please see the RN from your wing in regards to making a Hair Dresser Appointment.

If 2020 was a math problem:

If you're going down a river at 2MPH and your canoe loses a wheel, how much pancake mix would you need to re-shingle your roof?

## **MONTHLY ACTIVITY BOOKLETS**

Keep your eye out for the Monthly activity booklets. These are available every month for residents and everyone is invited to complete at their own leisure. See how many activities you can complete!

The Buckland "BULLETIN" is available **online** in full **COLOUR!** Just visit our web-site [www.buckland-rv.com.au](http://www.buckland-rv.com.au) and click on the link: "LATEST NEWS".



## **DO YOU HAVE ANY SUGGESTIONS FOR OUR ACTIVITIES PROGRAM?**

Please see a member of the Diversional Therapy Team or leave a message in the suggestion box in the foyer. We will endeavour to incorporate these suggestions into the activity program. Thankyou!

## **Church at DCW in January**

The dates for Church at DCW are the 11th & 25th at 11:00am in the DCW Main Lounge

**Church Service in BNH** 4th of January at 11:00am & 15th of January is a St Marys Cathedral (Virtual Church Service at 10:30am).



# **FIRE SAFETY & YOU**

The Buckland facilities are well protected against fire with a fully operational fire alert system and fire fighting equipment (sprinkler system, extinguishers, hose reels, fire blankets) being on hand. In the unlikely event of a fire, the sprinkler system will activate in the area of the fire and in normal circumstances would bring any blaze under control very quickly.

Residents and relatives should also be aware that the staff are fully trained in the actions to take in the event of a fire, with Buckland undertaking regular sessions every year in fire fighting and evacuation. This excellent training that is provided by highly qualified fire experts, sees our staff well prepared to react appropriately in the event of a fire or emergency situation.

So, what should you do if the fire alarm activates?

1. Firstly, you should know that Buckland has an emergency and evacuation plan in place to ensure that residents, staff and visitors who may be involved in any emergency are protected.
2. The facility is fitted with smoke and heat detectors, which will initiate an electronic impulse to the fire indicator panel. The alarm is then activated and the Fire Brigade is automatically notified. They in turn will visit the facility to investigate.
3. The registered nurse in charge or the trained fire safety officer will assess the situation and advise staff, residents and visitors of the appropriate action to take. You should remain as calm as possible and do as instructed. The first priority in the event of a fire is the protection of life, and no unnecessary risks will be taken.
4. **DON'T SHOUT or PANIC** (as panic may cause injury more serious than that caused by a fire, etc.)
5. In the first instance you should stay where you are and await the direction of the registered nurse who is the initial response person. In the event of you being able to see either fire or smoke, you should leave the building (and if practical remove other persons in immediate danger) by the closest available exit and then go directly to the closest evacuation holding site.

I would ask all visitors that you take the time, next time you visit to have a look at our evacuation plan. If you need assistance with interpreting it please speak to the Facility Manager.





## CHRISTMAS PARTY BNH

Our Nursing Home Christmas party was held on Tuesday 15<sup>th</sup> December in the BNH ML. We wanted to make it an extra special one this year so we had a Christmas High Tea! Everyone had tiered plates of delicious morsels both savory and sweet to choose from, with special thanks to Jenny (HSC) and Ina (Admin) for the amazing food and presentation. Everyone enjoyed the beautifully decorated room with a “skylight of stars” in the centre. All of this was enjoyed while Ian Pritchard, a most loved performer at Buckland returned to entertain us by singing all our favourite songs and playing his keyboards. Of course Santa came to say hello and to hand out all of the personalised gifts, it looked like everyone had been very good this year as the presents looked amazing. Thank you for all the positive feedback and to all our little elves who helped make the day a brilliant success!



Pictured opposite is Santa arriving with Thareniy (DTC) with Lucie and Joan G looking on & greeting Bill & Marjorie R; Kevin W, Ian (entertainer). This page pictured below is Jean W with Florence B, Stephanie (DT) dancing with Joan H & Pauline B.







Pictured clockwise from top left is Nina (DT) with Diane T, Neil P, Ron W, Stephanie (DT) with Margaret B & Marie L in background & Nina with Wyn & Islwyn J. Page opposite is Stephanie (DT) with Miriam M, Joan L, Dawn C, Jeanette S, Stephanie (DT) with John P.











Pictured this page is Doug K with Nina (DT), Talisa (Admin) with Wyn J, Islwyn J, Nina (DT) dancing with Ron W, Stephanie (DT) dancing with Marjorie R & Nina (DT) with Joan G.  
 Page opposite is Santa with Joan T, Mohan (FM) with Florence B, Nina dancing with Diane (H), Bill L at the party, & Mary M with Santa.













Pictured opposite is Santa with Marian H, Bill L, Joan G, Russell K, Marian G, Stan B, Jack A, Agnes I & Jill P.

This page pictured above from clockwise is Santa with Marie L, Diane T, Joan L, Elaine E & Joan M.





Pictured clockwise from top left is Santa with Doug K, Pauline B, Kevin W, Lucie B, Islwyn & Wyn J, Iris B & Gwen H.





This page Santa with Florence S, Diane H, Rose R, Janet H, Dawn C, Joan H & Nina (DT).







Picture above is Santa with Evelyn C, Jeanette S, Lucie B with Lucie (GSO), Santa with Marion, Florence B, Jean W, Neil P & Bill G.





This page anti clockwise; Santa pictured with Gwen W & Betty M & Miriam M; Marie L, Agnes I, Jean G, Margaret D, Bill & Marjorie R, John P, Betty M & Bill L.





Pictured above: Jessica (DTA), Nina (DT), Thareniy (DTC), Stephanie (DT), Ian Pritchard & Diane T.



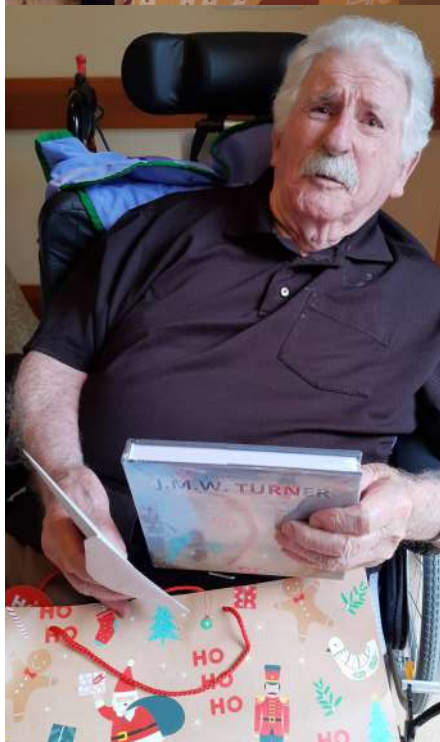
Pictured above: Stephanie (DT) saying cheers with Bill L & Gwen H.







After the parties, the gift giving continued with residents receiving their gifts. Pictured clockwise from top left: Beryl F, Janet H, Ron L, Neville B, Ama K, Mick M, Kevin R, Istvan T & Rose R.





## December Birthday Party & New Years Day



Clockwise from top left is Jill P, Roger G, Neville & Florence B, Maria S, Jean W cutting the Birthday Cake followed by Judith & Jean-Pierre E celebrating their 65th Wedding Anniversary—congratulations to the happy couple!



Pictured below Julie H, Jean W, Helen T, Dorothy M & Monica K.






Our New Years Eve and December birthday party was a big success. It was so great to see so many residents join us for the festivities. Along with party food, drinks and birthday cake we also worked in teams to play a very funny game of Christmas Charades! I think the residents enjoyed laughing at us trying to act out the charades, but it was all in good fun! We listened to the Queens Christmas Message and sang together Land of Hope and Glory & Auld Lang Syne. What a fantastic way to welcome in a new year. Happy New Year everyone!



Pictured above from top left is Peter M, Joy S, Bill G, Dorothy M, Marjorie C & Jean A



BUCKLAND NURSING HOME ACTIVITY CALENDAR					January 2021	SUMMER
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1						
 <b>JANUARY BIRTHDAYS</b> 4th Pamela Dobson 10th Bill Gorman 17th Jeanette Singh 18th Fred Wark 18th Jean Gough					1 <b>HAPPY NEW YEAR</b>  11.00am Activity Calendar Distribution	2 10.30am Bingo BNH ML  1.30pm ABC TV Royal Edinburgh Military Tattoo

WEEK 2						
3	4	5	6	7	8	9
11.30am  ABCTV	11.00am Church Service BNH ML 	10.30am Undecking Xmas Decorations BNH ML  2.30pm Organising Xmas Decorations BNH ML	10.30am Ladies Pamper Hour BNH ML  11.00am - 11.30am Fitness Session D2 & D4	10.00am - 11.00am KIOSK DCW  2.00pm Book Trolley TBW	11.00am Elvis Presley Quiz BNH ML  1.30pm Elvis Presley In house channel 9	10.30am Golden Memory Karaoke (In Room Channel 9)  2.00pm Fun Riddle BNH ML
WEEK 3						
10	11	12	13	14	15	16
11.30am  ABCTV	11.00am - 11.30am Fitness Session D2 & D4 OR 11.00am - 12.00 pm Garden Walks 	11.00am Decorating for Birthday Party BNH ML  2.30pm Birthday Party BNH ML	10.30am Ladies Pamper Hour IN ROOM  11.00am - 11.30am Fitness Session D2 & D4	10.00am - 11.00am KIOSK DCW  2.30pm Magic Memories BNH ML 	10.30am St Mary's Cathedral (Virtual Church Service) BNH ML  2.30pm WHO AM I? D4	10.30am Piano Music (BNH ML)  2.30pm Crossword BNH ML 

BUCKLAND NURSING HOME ACTIVITY CALENDAR					January 2021	SUMMER
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 4						
17	18	19	20	21	22	23
11.30am  ABCTV	11.00am - 11.30am Fitness Session D2 & D4 OR 11.00am - 12.00 pm Garden Walks  2.30pm Poetry BNH ML 	International Flower Day 11.00am Flower Bingo BNH ML  2.00pm Flower Quiz BNH ML	10.30am Ladies Pamper Hour BNH ML  11.00am - 11.30am Fitness Session D2 & D4	10.00am - 11.00am KIOSK DCW  2.00pm Book Trolley MRW	11.00am WHO AM I? D2  2.30pm Piano with Nina in Sunroom 	10.30am Golden Memory Karaoke In Room Channel 9  2.00pm Art & Craft BNH ML 
WEEK 5						
24	25	26	27	28	29	30
11.30am  ABCTV	11.00am - 11.30am Fitness Session D2 & D4 2.30pm Australia Day Party BNH ML 	Australia Day  2.30pm Australia Day Quiz BNH ML	10.30am Ladies Pamper Hour IN ROOM  11.00am - 11.30am Fitness Session D2 & D4	10.00am - 11.00am KIOSK DCW  2.30pm Jerrah & Tim BNH ML 	11.00am Activity Calendar Distribution 2.00pm Movie (In-house Channel 9) 	10.30am Music (BNH ML)  2.00pm Card Craft BNH ML 
WEEK 6						
31	 <b>HAIRDRESSER DAY</b> Wednesday- Friday					Abbreviation BNH: Buckland Nursing Home DCW: Donald Coburn Wing ML: Main Lounge MRW: Matron Rothery Wing TBW: Thomas Buckland Wing



DONALD COBURN WING ACTIVITY CALENDAR				January 2021		SUMMER	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
WEEK 1							
* Please note, social distancing and hygiene guidelines need to be adhered to at all activities to keep everyone safe.							
 <b>HAIRDRESSER DAY</b> Wednesday- Friday		<b>FITNESS CLASS</b>  10.00am- 10.30am Monday- Thursday		<b>Abbreviation</b> BNH: Buckland Nursing Home DCW: Donald Coburn Wing ML: Main Lounge		<b>1</b> <b>HAPPY NEW YEAR</b>  11.00am Activity Calendar Distribution	
						<b>2</b> 10.30am Bingo BNH ML  1.30pm ABC TV Royal Edinburgh Military Tattoo	
WEEK 2							
<b>3</b> 11.30am  ABCTV		<b>4</b> 11.00am Garden Walks  2.30pm This Day in History DCW ML 		<b>5</b> 10.30am Undecking Xmas Decoratons BNH ML  2.30pm Organising Xmas Decorations DCW ML		<b>6</b> 10.30am Ladies Pamper Hour DCW ML  2.30pm Packing away the Xmas Tree DCW Library	
						<b>7</b> 10.00am- 11.00am KIOSK DCW  2.30pm WHO AM I? DCW ML 	
						<b>8</b> 11.00am Elvis Presley DCW ML  11.00am Elvis Presley Quiz DCW ML	
						<b>9</b> 10.00am Piano Music DCW ML  2.00pm Fun Riddle BNH ML 	
WEEK 3							
<b>10</b> 11.30am  ABCTV		<b>11</b> 11.00am Church Service DCW ML 		<b>12</b> 11.00am Decorating for Birthday Party BNH ML 2.30pm Birthday Party BNH ML 		<b>13</b> 10.30am Undecking Xmas Decorations DCW ML  2.30pm Movie DCW ML 	
						<b>14</b> 10.00am- 11.00am KIOSK DCW  2.30pm Poetry DCW ML 	
						<b>15</b> 10.30am St Mary's Cathedral (Virtual Church Service) BNH ML 2.30pm Magic Memories DCW ML 	
						<b>16</b> 10.00am Golden Memory Karaoke DCW ML  2.30pm Crossword BNH ML 	

DONALD COBURN WING ACTIVITY CALENDAR					January 2021	SUMMER
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 4						
* Please note, activities are subject to change and may be dependant on weather						
<b>17</b> 11.30am  ABCTV	<b>18</b> 10.45am <b>Boccé</b> DCW ML  11.00am Piano with Nina DCW ML 	<b>19</b> <b>International Flower Day</b> 11.00am Flower Quiz DCW ML  2.00pm Flower Bingo DCW ML	<b>20</b> 10.30am Ladies Pamper Hour DCW ML  2.30pm In room visit	<b>21</b> 10.00am- 11.00am <b>KIOSK</b> DCW  2.30pm Bowling DCW ML 	<b>22</b> 11.00am Garden Walks  2.30pm Australia Day Word Game DCW ML 	<b>23</b> 10.00am Music DCW ML  2.00pm Art & Craft BNH ML 
WEEK 5						
<b>24</b> 11.30am  ABCTV	<b>25</b> 11.00am Church Service DCW ML 2.30pm Australia Day Party BNH ML 	<b>26</b>  2.30pm Australia Day Quiz BNH ML	<b>27</b> 11.00am Australian Animal Memory Game DCW ML  2.30pm Movie DCW ML 	<b>28</b> 10.00am- 11.00am <b>KIOSK</b> DCW  2.30pm Jerrah & Tim BNH ML 	<b>29</b> 11.00am Activity Calendar Distribution 2.30pm Andre Rieu Concert in Amsterdam DCW ML 	<b>30</b> 10.00am Golden Memory Karaoke DCW ML 2.00pm Card Craft BNH ML 
WEEK 6						
<b>31</b> 11.30am  ABCTV	 <div> <b>JANUARY BIRTHDAYS</b>            19th Dorothy Moore            22nd Helene Ridoux         </div> 					





# Charter of Aged Care Rights

**All people receiving Australian Government funded residential care, home care or other aged care services in the community have rights.**

## **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 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.

## **If you have concerns about the aged care you are receiving, you can:**

- talk to your aged care provider, in the first instance,
- speak with an aged care advocate on **1800 700 600** or visit **opan.com.au**, for support to raise your concerns, or
- contact the **Aged Care Quality and Safety Commission** on **1800 951 822** or visit its website, **agedcarequality.gov.au**. The Commission can help you resolve a complaint about your aged care provider.