NOVEMBER 2020

NEWSLETTER

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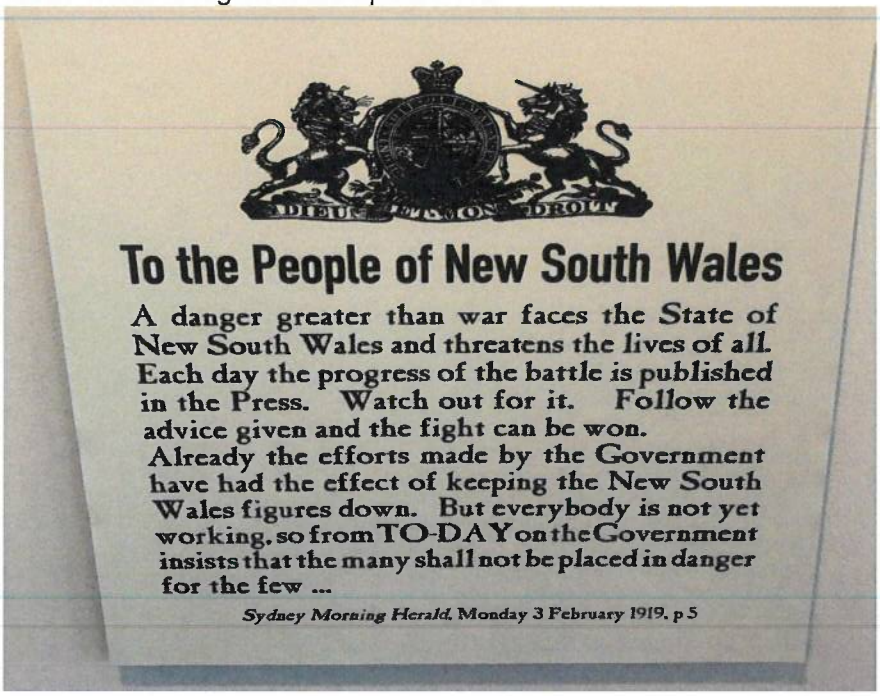
A MESSAGE FROM EMMA

Having recently visited the state library I wanted to share a photo that I took, and thought our amazing it was to find ourselves in a similar time 2020. It was in regard to the Spanish Flu.



To the People of New South Wales

A danger greater than war faces the State of New South Wales and threatens the lives of all. Each day the progress of the battle is published in the Press. Watch out for it. Follow the advice given and the fight can be won.

Already the efforts made by the Government have had the effect of keeping the New South Wales figures down. But everybody is not yet working, so from TO-DAY on the Government insists that the many shall not be placed in danger for the few ...

Sydney Morning Herald, Monday 3 February 1919, p 5

During such stressful times I have been searching for ways to help maintain a balanced and "reduced" stress environment for all. It's completely natural if people's levels have gone up. Experts from Beyondblue have suggested the following ideas may help during a worrying and challenging time.

1. Exercise regularly,
2. Get support,
3. Remember to relax

When reflecting about these I was pleased to think about the residents at The Palms and how what we do here already is assisting in maintaining wellness and a stress free environment to live in. Our residents are assisted Monday to Friday by fulltime Physiotherapists along with a fulltime Physio Aide. The team consists of Adam, Jordan, Danielle, Kevin, Amy and Rachelle. Together they work with residents offering group exercise classes, massage, pain management and social support.

We offer a lot of support here at The Palms for both residents, families and staff alike. Residents are assisted to communicate with their families through Facetime, WhatsApp and Scheduled Visits. We also assist with regular phone calls, reading letters and emails and having a non-contact drop off point for "care packages". From a clinical background we have many General Practitioners, Calvary Hospital, Geriatric Flying Squad, Speech Pathologists, Podiatrists and Counsellors available for residents. For our staff we subscribe and are members of the Employee Assist Program, we provide them with morning tea, pizza days and monthly education.

Please all stay tuned for upcoming news on Christmas. This year Christmas like many things this year is also looking at being "different". As soon as we have worked our plans out we will communicate this to all resident, families and staff.

Finally, to relax. Some of us are probably better at this than others. Our Recreational Activity Team assist in maintaining a sense of calm and fun. Most days we will have a quiet meditation in the main lounge areas, with soft music, aromatherapy and hand massages prior to meals. This creates an environment of calmness that is not only peaceful for our residents but also our staff. The effects have shown that our appetites also increase.

The current environment is not calm, however I wanted to point out some of the good things that we are doing here at The Palms to ensure that everyone is being well cared and being supported in their daily living environment. We are all trying our best to ensure that the best care is being given and we are all healthy and safe.

Finally, I am pleased to advise that we have appointed Esther Chan to the position of Director of Care at The Palms. Esther brings to The Palms a wealth of experience in aged care nursing, with the last 16 years managing an aged care facility in Peakhurst. Esther has commenced today, Monday 2nd November 2020 and will work closely with myself, Kate Kowlaksi and Kim Spicer. Lillian Stockall remains on the governing board of The Palms as Executive Director of Care.

I trust that you will all welcome Esther into her new role as I know she is looking forward to meeting you all in due course.

Welcome Esther

BIRTHDAYS FOR NOVEMBER

November Birthstones
Topaz & Citrine

November people are lucky enough to have two incredible birthstones. The yellow gold colour that is associated with November is displayed in both gemstones, and this is why November ends up with not one but two birthstones.

Topaz – symbolizes love and affection. It is believed to give the wearer increased strength and intellect. Topaz makes an ideal gem. The hardness and desirable colours, combined with a relative abundance and availability makes it one of the most popular gemstones. The most valuable colours of Topaz are the golden orange-yellow type and the dark pinkish-red. Value increases with a deepness of colour in orange and reddish hues.

Citrine: - is associated with strength and healing for both body and mind. It can offer good mental health as it clears the mind and gets the soul to action. Also known as the "Light Maker" the citrine gemstone has a bright yellow hue which reflects its equally vibrant energy. The Citrine crystal emanates positivity and joy. Citrine is naturally found all over the world, including Brazil, Africa, Madagascar, Spain, Russia, France, Scotland and the U.S.

November Birth Flower
CRYSANTHEMUM

Native to Asia and north eastern Europe, they were first cultured in China as a flowering herb.

Represents: compassion, friendship and joy. They have all different meanings. Red is for Love, white means innocence and yellow denotes unrequited love.

Chrysanthemum's have been shown to reduce air pollution. Here in Australia, the Chrysanthemum is in season during May and is widely used for Mothers on Mother's day.

BIRTHDAY CELEBRATIONS WILL BE HELD ON THE 18TH OF NOVEMBER 2020

HAPPY BIRTHDAY TO THE FOLLOWING RESDENTS

Alkira

David Wilson	1st
Carol Pike	5th
Beryl Hillier	13th
Arthur Brien	14th
Elsie Pratt	26th
Olive Hadfield	27th

Allambie

Lalla Higgins	17th

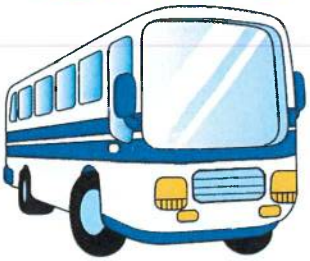
HAPPY BIRTHDAY FROM ALL OF US HERE AT THE PALMS!!!

THIS & THAT

WHAT'S ON FOR OCTOBER

Tuesday 3rd	Melbourne Cup Day
Wednesday 4th	Protestant Youtube Service
Wednesday 11th	Remembrance Day
Thursday 12th	NAIDOC Week
Wednesday 18th	Birthday Celelbrations
Thursday 19th	International Mens Day

BUS TRIPS



BUS TRIPS ARE ON A TUESDAY AND FRIDAY

VISITING HOURS

Visiting is between the hours of 12:30-4:00pm Monday to Friday (by appointment **only)**

To book appointments, both for visiting and virtrual calls, please contact Robyn in the office on 9521 2963 between the hours of 9am-4pm.

To leave items for your family member, please leave them in the appropriate drop box which is located halfway down the driveway. It will be collected by our staff. **PLEASE DON'T LEAVE ANY ITEMS AFTER 4PM.**

ACTIVITIES CALENDAR

Our newly designed Activities Calendars are displayed as an A3 poster around the facility for all to see.

TUESDAY 3rd NOVEMBER

Our Residents had a fun Melbourne Cup Day, with sweeps, dressups and good food.
Our Sweep winners were:

ALLAMBIE

1ST Gloria Downes

2nd Louise Critharis

3rd Judith Pettiford

ALKIRA

1st Jon Roberts / Eva Parry / Valda Wilson

2nd Irene Wareham / Valerie Higgins

3rd Desmond Wood / John Luxford / Margaret Hamilton

ACTIVITIES TO WATCH OUT FOR

CHRISTMAS

As we all know, Christmas 2020 will be different for us all. At the Palms we will make the Christmas season as festive and special as possible for all our Residents.

Our Christmas Raffle will still go ahead and we would greatly appreciate any donations towards this from families and friends.

All donations can be left at the drop box area but must be clearly labelled – FOR CHRISTMAS RAFFLE

Donations will be accepted until the 15th December with the Raffle being drawn on the 20th December.

Raffle tickets can be purchased when you come in for your booked visits

Christmas Activities

We are planning more Christmas activities so keep an eye out for more information coming soon.

Our Residents will celebrate International Men's Day with an Aussie BBQ Burger for lunch.

RESIDENTS AND RELATIVES MEETING

Our next Residents and Relatives **ZOOM** Meeting will be held on **Tuesday 10th November at 2pm.**

If you would like to join this meeting, please contact us on 9521 2963 or via email at reception@thepalms.net.au and we will forward you the zoom link.

Happy Snaps

HUMOUR

Q: What nails do carpenters hate to hit?

A: Fingernails!

Q: Who earns a living by driving their customers away?

A: A taxi Driver!

Q: Why did the scarecrow win an award?

A: Because he was outstanding in his field!

Q: What do you call a deer with no eyes?

A: I have know idea!

Q: What would a country be called if everyone in it lived in their cars?

A: An in-carnation!

Q: Why don't cannibals eat clowns?

A: Because they taste funny!

Q: What's the difference between a lawyer and a liar?

A: The pronunciation!

Quote for the month!

"The cure for boredom is curiosity. There is no cure for curiosity."
—Ellen Parr

Remembrance Day Word Search

h	b	m	s	d	t	j	n	o	v	e	m	b	e	r	u	n	d	p	m
p	z	a	t	b	s	q	a	b	l	y	c	s	i	t	m	i	p	o	m
k	t	z	j	o	i	f	u	l	m	a	c	o	u	n	t	r	y	p	d
s	m	k	d	u	l	o	c	y	p	s	w	n	n	t	z	f	t	p	v
o	t	j	a	c	e	k	i	h	m	y	u	v	e	f	j	m	v	y	p
r	f	w	n	d	n	e	i	g	w	h	g	f	m	w	l	o	c	n	q
y	s	x	i	z	c	f	r	e	e	d	o	m	e	y	a	i	c	n	y
v	n	c	k	o	e	h	c	u	c	k	q	l	m	g	z	r	c	t	z
l	m	r	e	m	e	m	b	e	r	b	v	w	o	f	k	x	i	t	s
y	h	p	y	z	y	m	d	j	i	j	e	l	r	i	r	n	b	c	e
r	i	a	b	c	d	q	j	c	w	a	z	w	i	e	t	s	q	e	r
w	a	l	f	b	c	d	f	d	v	i	g	z	a	k	a	p	s	q	v
z	s	z	t	v	h	p	i	p	y	w	f	g	l	n	n	t	d	n	i
i	r	b	d	b	h	u	o	z	e	j	d	l	w	b	b	u	h	z	c
w	x	e	v	r	m	u	x	j	a	a	c	e	a	s	e	f	i	r	e
l	s	a	c	r	i	f	i	c	e	a	c	r	q	n	n	o	n	c	p
c	e	n	o	t	a	p	h	l	s	m	y	e	r	g	d	n	v	p	d
l	i	m	r	d	x	u	t	n	n	o	t	c	n	f	a	e	v	y	f
e	z	y	s	r	q	n	p	k	o	o	d	i	m	g	j	r	r	j	b
f	u	e	a	r	m	i	s	t	i	c	e	i	o	i	v	w	v	s	f

ceasefire conflict poppy Flanders wreath

remember November armistice war memorial

peace sacrifice freedom service country

silence Cenotaph

Help us

NSW GOVERNMENT

stop the spread

Clean your hands thoroughly
for at least 20 seconds with soap and water, or an alcohol-based hand rub.

Cover your nose and mouth
when coughing and sneezing with a tissue or a flexed elbow. Put the tissues in the bin.

Avoid close contact
with anyone with cold or flu-like symptoms.

Stay home if you are sick.

health.nsw.gov.au/coronavirus

COVID-19

Keep yourself and your loved ones safe

Stay 1.5 metres or two big steps away from other people

Follow NSW rules for gatherings and activities (individuals and businesses). Follow advice to avoid COVID-19 hotspots

Don't attend big family gatherings. Catch up with a small group instead

Stay safe when out and about. Take hand sanitiser with you. Clean your hands often

No shaking hands, hugging or kissing other people who don't live with you

Stay in if you feel unwell. Get tested if you have any symptoms. Avoid contact with others until you are well

COVID-19 symptoms

Stay Safe

Clean your hands thoroughly for at least 20 seconds with soap and water, or an alcohol-based hand sanitiser

Cover your nose and mouth when coughing and sneezing with a tissue or your elbow. Put the tissue in the bin and wash your hands

NSW GOVERNMENT

For more information call the National Coronavirus helpline on **1800 020 080** (available 24/7).
For free help in your language call **13 14 50.**

www.nsw.gov.au/covid-19

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How to fit and remove a surgical mask

Applying and wearing a surgical mask:

1

To apply hold the mask by the ear loops and place them around each ear

2

Make sure the mask covers your nose and mouth

3

Shape the metal strip at the top of the mask to your nose

Avoid touching the outside of the mask once you have applied it

Removing your surgical mask:

1

Remove mask by touching the ties only.

2

Put the mask in the bin.

3

Clean your hands thoroughly for at least 20 seconds with soap and water, or an alcohol-based hand rub.

NSW GOVERNMENT

Help us

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health.nsw.gov.au/coronavirus

NSW GOVERNMENT

www.health.nsw.gov.au

Practise simple hygiene by washing hands regularly

1 Wet hands | **2** Apply soap | **3** Lather & scrub

4 Rinse hands | **5** Turn off tap | **6** Dry hands

Spend 20 seconds washing your hands.

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ALKIRA MONTHLY ACTIVITIES PLANNER

Facility: The Palms **MONTH:** November **YEAR:** 2020

Spring

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1st 9.45am Gentle Exercises 10.15am Spot the Difference 11.00am Church Service ABC2 2.00pm Board games	**2nd Melbourne Cup' Week** 09.15amGentle Exercises Physio 10.15 Word Games 11.30 – 10 mins Meditation 1.30 pm Ball Games 2.30pm Melbourne Art	**3rd Melbourne Cup' Week** 09.15amGentle Exercises Physio 10.15 Balloon Games 11.30 – 10 mins Meditation 1.30pm Horse game. 3.00pm Melbourne' Racing and 	**4th Melbourne Cup' Week** 09.15amGentle Exercises Physio 10.15 Group' Horse' Talk 11.30 – 10 mins Meditation 2.00pm Individual Protestant visits 3.00pm 60's sing a long 10am - 3.00pm Day Spa by appointment	**5h Melbourne Cup' Week** 09.15amGentle Exercises Physio 11.45 – 10 mins Meditation 1.30pm Current Affairs Discussion 1.30 Afternoon Movie/Show 3.00pm Ice cream delivery 	**6th Melbourne Cup' Week** 09.15amGentle Exercises Physio 9.30am **Scenic Bus Trip** 11.30 – 10 mins Meditation 10.30am Catholic Mass 11.30 – 10 mins Meditation 1.30pm Oldie Music Guess/Trivia 2.30pm Horse' bingo	**7th** **Chocolate Milkshake Day** 9.30am Exercises 10.15am Crosswords 12pm Midday movie
8th 9.45am Gentle Exercises 10.15am Floor Balls 11.00am Church Service ABC2 2.00pm Board games	**9th NAIDOC** 09.15amGentle Exercises 10.15am Sunshine time 11.30 – 10 mins Meditation 1.30pm Armchair travel "Taronga Zoo Sydney" 2.30pm NAIDOC' Art	**10th** 09.15amGentle Exercises Physio 10.15am Word Game 11.30 – 10 mins Meditation 2.00pm Residents & Relative Meeting (also via ZOOM) 2.30pm Short story reading with Phil	**11th Remembrance Day** 09.15amGentle Exercises Physio 10.15 am Knitting Group 11.30 – 10 mins Meditation 1.30pm Coffee & Conversation Remembrance' High tea	**12th** 09.15amGentle Exercises Physio 10.15 am Knitting Group 11.30 – 10 mins Meditation 1.30 Afternoon Movie/Show 3.00pm Ice cream delivery 	**13th** 09.15amGentle Exercises Physio 9.30am **Scenic Bus Trip** 11.30 – 10 mins Meditation 10.30am Catholic Mass 11.30 – 10 mins Meditation 2.00pm Australian music	**14th** 9.30am Exercises 10.15am Table Games 12pm Midday movie
15th 9.45am Gentle Exercises 10.15am Reminiscing 11.00am Church Service ABC2 2.00pm Board games	**16th** 09.15amGentle Exercises Physio 10.15 Individual trolley activities' 11.30 – 10 mins Meditation 1.30 pm Ball Games 2.30pm Gardening	**17th** 09.15amGentle Exercises Physio 10.15am Balloon games 11.30 – 10 mins Meditation 1.30pm Group Word Search 2.30pm Music fun time	**18th** 09.15amGentle Exercises Physio 11.30 – 10 mins Meditation 1.30pm Coffee & Conversation 2.00pm **Monthly Birthday Celebration** 10am - 3.00pm Day Spa by appointment	**19th Int' men' day** 09.15amGentle Exercises Physio 10.15am Sunshine time 11.30 – 10 mins Meditation 1.30 Afternoon Movie/Show 3.00pm Men' Party	**20rd** 09.15amGentle Exercises Physio 9.30am **Scenic Bus Trip** 10.30am Catholic Mass 11.30 – 10 mins Meditation 1.30pm Old time Reminiscing 2.30pm Cooking	**21st** 09.30am Exercises 10.30am Let's Laugh Jokes and Poetry 12pm Midday movie
22nd 9.45am Exercises 10.15am The Price is Right 11.00am Church Service ABC2 2.00pm Board games	**23rd** 09.15amGentle Exercises Physio 10.15 am Mobile trolley activities 11.30 – 10 mins Meditation 1.30 pm Armchair Travel 2.30pm Spring Art & Craft	**24th** 09.15amGentle Exercises Physio 10.15 Brain Games 11.30 – 10 mins Meditation 1.30pm Palms Welcome a/tea 3.00pm Dance Class	**25th** 09.15amGentle Exercises Physio 10.15am Memory Game 11.30 – 10 mins Meditation 1.30pm Coffee & Conversation 3.00pm Knatty Knitters And or 70's sing a long	**26th** 09.15amGentle Exercises Physio 10.15am Sunshine time 11.30 – 10 mins Meditation 1.30 Afternoon Movie/Show 3.00pm Ice cream delivery 	**27th** 09.15amGentle Exercises Physio 9.30am **Scenic Bus Trip** 10.30am Catholic Mass 11.30 – 10 mins Meditation 2.30 pm happy hr	**28th** 09.30am Exercises 10.30am Let's Laugh Jokes and Poetry 12pm Midday movie
29th 9.45am Exercises 10.15am The Price is Right 11.00am Church Service ABC2 2.00pm Board games	**30th** 09.15amGentle Exercises Physio 10.15am Mobile trolley activities 11.30 – 10 mins Meditation 1.30 pm Armchair Travel 3.00pm Cooking' art		**'Netflix' & 'Stan' Movies Shown daily at in main multipurpose room** **Virtual Visits available each day Mon-Fri via bookings**	**M/Tea served Daily at 10am.** **A/Tea served daily at 2pm** *Due to unforeseen circumstances activities may change without prior notice*	News And Views Daily 7-9 am Individually tailored activities 4-5pm	**Relaxation and Reflection each day after lunch** **12.45pm – 1.30pm**

Mon-Wed: (1:1 visits) 9.30am - 3.30pm Mon-Fri: (Group RAO) 9.30am – 3.30pm LIBRARY SERVICE EVERY 2nd Monday

NOV"20 ALLAMBIE

Meet & Greet + N'paper Delivery Daily Mon-Fri: Virtual Visits by appointment

Mon–Fri: Physio-aide Physio therapy and Rehab Classes 10am – 6.30pm Sat–Sun RAO/ Physio-aide 9.30am – 5pm

Monday – Sunday "Afternoon Sundowners Time"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 Exercises Sunshine Walks Ice Cream Afternoon 2.30pm	31 Exercises Bus Trip 9.30am Crosswords 2pm					1 Exercises 11am Listening to Church Walking Sunshine Time
2 Exercises Sunshine Wal Informal Chats Ice Cream Afternoon 2.30pm	3 Exercises Bus Trip 9.30am Music – CD MELBOURNE CUP ACTIVITIES	4 Hairdresser Exercises Walking (Sunshine) Knitting Group Combined 10.30am Protestant Church Utube Service	5 Exercises Sunshine Walks Knitting Group Nail Care/One to One Chats	6 Exercises Sunshine Walks Catholic Church HAPPY HOUR 2pm	7 Sunshine Walks One to One Chats Table Games Ground Floor, Movie 1st Floor	8 Listening to Church 1:1 Walking Sunshine Time Bingo
9 Exercises Sunshine Walks Room Visits Shire Library Exchange (single book orders only) Ice Cream Afternoon 2.30pm	10 Exercises Bus Trip 9.30am Room Visits Music – CD Resident & Relative Meeting 2pm Alkira Lounge	11 Hairdresser Exercises Walking REMEMBRANCE DAY ACTIVITIES	12 Exercises Sunshine Walks Knitting Group NAIDOCK WEEK ACTIVITY 2.00pm	13 Exercises Sunshine Walks Catholic Church QUIZ 2.00pm	14 Sunshine Walks One to One Chats Table Games Ground Floor Movie 1st Floor	15 Exercises Listening to Church Walking Sunshine Time Bingo
16 International Gratitude Day Exercises Sunshine Walks Room Visits Ice Cream Afternoon 2.30pm	17 Exercises Sunshine Walks Bus Trip 9.30am Room Visits Music – CD Crosswords 2pm	18 Hairdresser Exercises Sunshine Walks Room Visits Monthly Birthday Celebration 2pm	19 Exercises Sunshine Walks Room Visits Footy Tipping INTERNATIONAL MEN'S DAY ACTIVITY 2.00pm	20 Exercises Sunshine Walks Room Visits Catholic Church Happy Hour 2pm 	21 Sunshine Walks One to One Chats Table Games Ground Floor Movie 1st Floor	22 Exercises Newspaper reading Listening to Church Bingo
23 Exercises Shire Library Exchange Single Book orders only Cake Decorating with Robyn 2pm	24 Exercises Bus Trip 9.30am Room Visits Christmas Sing-A-Long 2.00pm	25 Hairdresser Exercises Sunshine Walks Room Visits Nail Care/One to One Chats	26 Exercises Sunshine Walks Room Visits Discussion Group 2pm	27 Exercises Sunshine Walks Room Visits Movie Afternoon	28 Sunshine Walks One to One Chats Table Games	29 Listening to Church Bingo