



Leigh Place

Care • Compassion • Community • Choice

Leigh Place Aged Care

Roselands

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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

Care • Compassion • Community • Choice

JUNE 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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WORD FROM THE CEO



Board and Management would like to give a big thanks to Residents, Representatives, and Staff for the support during this Covid_19 Pandemic. We are grateful to you and all our staff during this difficult time. We want to say a huge thank you to everyone at every level for the work they're doing collectively to manage this period on behalf of our residents.

Industry Code for Visiting Residential Aged Care Homes during COVID-19

An [industry Visitor Code](#) developed by both consumer and provider organisations was released recently to provide guiding principles for visiting aged care homes in a way that minimises the risk of introduction or spread of COVID-19 into the homes.

The key principles of the Code cover:

- Different ways for visits to occur
- The length of visits
- Additional ways for families to connect – Video conferencing and telephone
- The need for booking systems
- Where visits should be conducted
- Legislative requirements of government directives – influenza vaccinations

Leigh Place fully supports the Code. We have reviewed our visitor policies to ensure they align with the principles outlined. While the Code provides guidance to conducting safe visits, it is critically important that everyone is vigilant in taking personal responsibility with practising hand and respiratory hygiene and maintaining physical distancing at all times.

With the progressive relaxing of restrictions, we must not become complacent as the risk of a second wave of COVID-19 infection is highly possible with increased interactions in and around the community. We ask that you continue to work with us in ensuring we are able to facilitate visits whilst maintaining a COVID-19 free environment.

Step Framework for COVIDSafe Australia

As we now work towards the government's staged easing of restrictions, we want to remind everyone that maintaining vigilance in physical distancing and hygiene practices remains crucial to keeping our residents and each other safe.

With a clearer path ahead, we envisage the frequency of changes and news to report via this newsletter will lessen. However, please be assured that we are committed to maintaining our communication with relevant and timely information to keep you updated. We ask that you monitor your own health status over this critical time and if you feel even mildly unwell, please do not come into the Home, even if the visit is considered essential.

Our priority remains the safety and protection of all residents and staff in at Leigh Place, by working cooperatively, we will be able to move forward together. Visits can only be sustained with everyone's cooperation and commitment to our processes and conditions of entry.

- As our community becomes more active and starts to get back to business, it's important that we
- follow the rules about gatherings, self-isolation and quarantine
- maintain a physical distance of at least 1.5 metres from others
- practise good hand hygiene
- stay active and healthy
- take extra care if you're around vulnerable people
- get tested if you have any **symptoms**, even if they are only mild
- follow NSW Health advice about staying home while you are waiting for test results.

We look forward to progressively welcoming families back and ask for your patience and understanding as we work to implement the new access policies to support safe visits. We continue to be guided by state and federal regulations and directives. we appreciate your patience and support as we continue to work hard to keep our community safe.

LEIGH PLACE HEALTH AND LIFESTYLE



What a start to the year!

Alike the rest of the world, we had to make adjustments to our plans due to the COVID-19 outbreak. Many of our events and activities had to be cancelled or replaced, we had to implement social distancing and many other infection control procedures.

However, we can definitely say that we still managed to have some fun during these tough times!

Of course, we missed family visits, outings and all the fun entertainers, but we have learnt to enjoy each other and to appreciate the daily engagements with staff, other residents and the surroundings.

We improved our digital skills and connected with our relatives using that "rectangular device" (tablet) 😊.

We had daily activities in small groups involving music, exercises, arts, table games, pamper, bingo, pastoral services and many lovely conversations accompanied with a nice cup of tea.

We have received a lot of support from the local communities, such as letters, calls and gifts. We have appreciated these little gestures which have touched our resident's hearts.

Families have been very supportive and also sent amazing gifts to the residents for Mother's Day.

We are thankful to all the residents for their participation at the Anzac Day Commemorations, in particular to Lieutenant Colonel Vincent Hallinan OAM. RFD. ED. for the planning and his address to all three events hosted on a very long day.

Overall, everyone has done something more, helped and looked out for each other, which is what makes Leigh Place a very special community.

COMING UP

We are looking forward to the future, where we will be able to enjoy outings, events and get together with families and friends again.

Some restrictions are still in place, however, as notified to families and residents, a hairdresser will be at Leigh Place in June following strict infection control measures.

In June we will host Multicultural Day, which celebrates the diversity of our community that reflects on Leigh Place's values. More information's will be available on the notice boards.

Towards the end of the month our lifestyle team will hold Winter Olympics. We recommend that everyone works to be in their best shape and keep your mind sharp!

We are unsure of what the remainder of 2020 has in store for us, but we do know that no matter what, we will be ready and will face challenges together!





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AN INTERESTING STORY

At Leigh Place we consider ourselves very lucky to have the opportunity to get to know many residents and people with so many interesting stories and life events. We would like to share one;

During my working life I had many interesting jobs. The days of working in one job were coming to an end.

This particular job involved combating white collar crime, in all there were 50 accountants in various capacities, many were in administration, they were needed as eventually briefs were prepared for the Legal Department to take to court and frequently engage barristers. Initially the books and records were seized and examined. We had power to enter premises and interview anyone involved in what was usually fraud. The fraud squad department capably dealt with any resistance. The fraud squad was commanded by a no-nonsense detective sergeant.

One company on the South Coast, for which the government had provided funds, had a Board of Directors which had two factions; these two feuded resulting in the alleged secretary taking the books and records away from the registered officer. My instructions were to get them; many hundreds of thousands of dollars were tied up. I went to the South Coast to the Registered Office only to be told "they are on board a ship in Port Kembla Harbour".

Eventually I got what I wanted in a crewman's cabin on this freighter. All monies were not paid and the company liquidated.

Vintage cars are a much sought after collectors' item, what people collect is amazing, most of us try to collect money, but some of these cars are worth ten times their original cost. This man set up a business selling to collectors. However he had more buyers than cars and he overcame this problem by selling the same car to many buyers. The arrest papers had all been completed and were ready to be served when we found he had fled to America. He was arrested and jailed later on his return to Australia.

Another company requiring investigation was in Wilcannia. They had a business of making concrete bricks all went well until there was some rare rain. The sand used had a lot of gypsum in its make-up and this melted in the rain. From Parkes I flew in a Cessna two-seater to Wilcannia and went to the registered office. I was amazed to find only one person there, he explained that a very prominent citizen had died and all in the town

were at the funeral, the books and records were hopeless, so back in the plane and to our office.

Another company sold shares in a gold mine. There was a mine but no gold. Another cause for "lockup".

What I liked about this job was, not knowing what would happen next. And I did not have to keep journals and ledgers in an office.

Vincent Hallinan, Leigh Place Resident



P5 MY CARE PLAN APP

Leigh Place has introduced the P5MyCarePlan application which will allow residents and their families to:

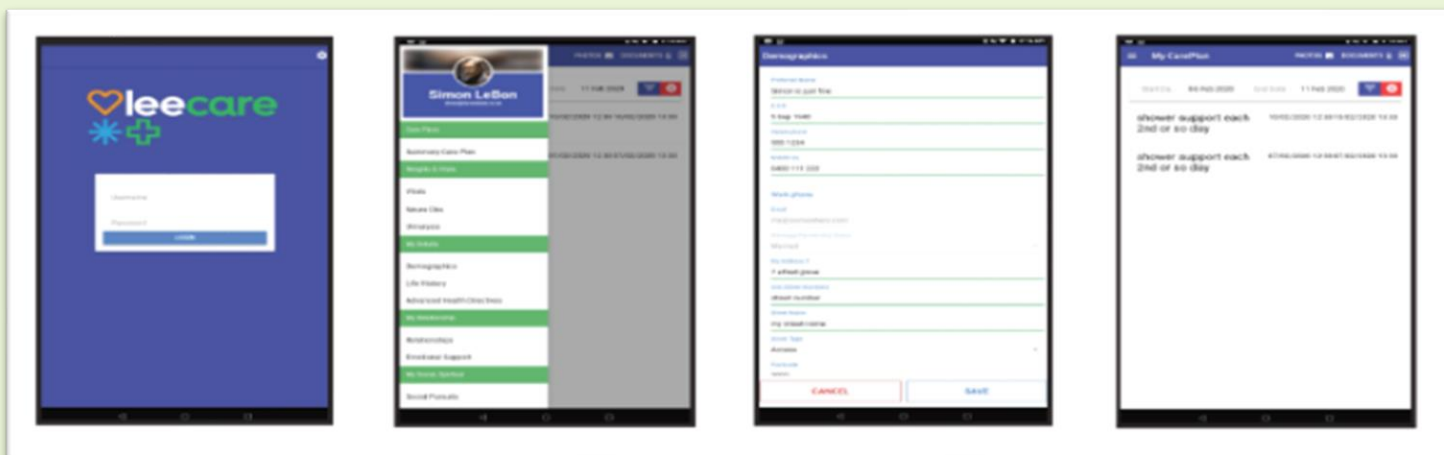
- Provide feedback
- Access Summary Care Plan for Review
- Set own goals of care for selected forms
- Record preferences and needs
- View uploaded photos of daily life
- View their personal event calendar
- Be alerted to important communications

This application can be downloaded on your android's phone/tablets. We have made enquiries with the software provider to make it available on IOS devices, we expect updates in the next few months.

Instructions and log in details have been emailed to the relatives, however if you have difficulties with it please ask our lifestyle staff for support or email Simone@leighplace.com.au.

Tablets are available at Leigh Place for the use of residents or families who don't have an android device, they can be used during visits at the facility.

Leigh Place would like to ask residents or relatives to review the care plan, add information and every 3 months to complete the feedbacks form (My Care Plan Review-Feedback).





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Getting To Know Anne Marie

Every edition we will get to know one of our residents a bit better.

This month we have Anne Marie!

Hi everyone, my first name is Elizabeth but my family calls me Anne Marie. I was born and grew up in Pamplemousses, Mauritius. I come from a strong Catholic faith and would attend Church every Sunday with my family. I grew up in a family of five, with one brother and one sister.

I finished schooling in year 10, got married at the age of 19 and had my first son at the age of 20. I went on to work as a receptionist at Darne Pharmacy. In 1978 I went to Europe for 3 months for a holiday. I had a wonderful experience and was blessed to be able to visit England, France, Switzerland and Seyshelle Island.

At the age of 24 I started modelling for 12 years, which was the best part of my life. I ended my modelling career to move to Australia with my second husband, giving birth to my two youngest children.

I had a tough couple of marriages, first one ended and after the divorce I moved to Australia. My second marriage also didn't work out, but I am very fortunate to say I have four beautiful children and six adorable grandchildren who I love very very much. They are all very healthy and smart.



Pamplemousses Botanical Garden Mauritius



I have a beautiful son who made channel 9 news for his touching story about me in which he says "My mother is my idol and my inspiration". Every time I think about these words it makes me cry and I thank God every day for how lucky I am to have such a wonderful son.

At the age of 68 I had a stroke, losing feeling in the left part of my body. I spent 3 months in St. George hospital before my youngest son found the perfect home for me at Leigh Place. This is the best choice they could have made, I am very happy here. I keep fighting very hard to have the ability to walk again with the help of the fantastic physiotherapists Rain and Andrew. They are wonderful to me and help me as much as they can. They are very patient and polite and help to make me feel very happy. I also appreciate all the staff at Leigh Place for helping by making me feel happy and safe.



Getting To Know Christopher

Every edition we will get to know one of our staff a bit better.

This month we have Christopher!

Hi everyone, my name is Christopher. I started working at Leigh Place in December 2019.

I work here as a Recreational Activities Officer in the Lifestyle Department. If you haven't already met me, hello, and feel free to stop and chat to me anytime. I really enjoy my occupation and felt I belonged since the very first day working at Leigh Place.

I was born in Sydney, Australia, however my background is Greek. I come from a Christian household, more specifically Greek Orthodox religion. I live in a family of four: my father John, my mother Maria, my brother James and myself.

In my spare time I enjoy playing soccer with friends. I enjoy watching and playing all different kinds of sport. My favourite team is Liverpool Football Club who play in the English Premier League. My favourite genre of music is rap/hiphop. I am also a large Marvel fan and have watched all the movies.



I completed my higher school certificate at Casimir Catholic College in Marrickville. I then completed a Diploma of Health Science at Western Sydney University College in Nirimba. I have recently graduated a Bachelor of Health Science (Therapeutic Recreation and Health Promotion) at Western Sydney University, Campbelltown. I believe learning is a very important part of life and I am always looking for ways to expand my knowledge.

I also love to travel and have been to many different places around the world including: USA, Europe, Thailand, New Zealand and Fiji. My greatest memory was joining a Contiki tour in 2018 and travelling around Europe. Some of the many places I visited included: London, Paris, Rome, Venice, Berlin, Split, Athens and Amsterdam.

I am very happy to be working at Leigh Place and hope to enjoy plenty of memories in the years to come with all the staff, residents and families.

I hope everyone remains happy and healthy during this tough time.



Leigh Place Physiotherapists

Hello from the physio team!

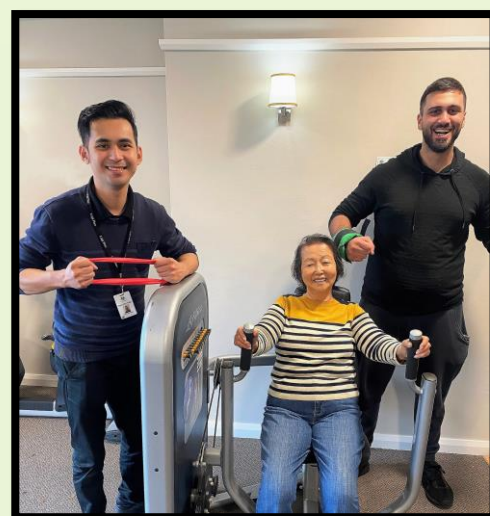
At Leigh Place Aged Care we offer specialised physiotherapy and exercise classes. Our purpose is to help residents manage pain and improve physical function, while enhancing their overall well-being and health. Andrew, who has joined Leigh Place recently, and Rain are also constantly ensuring the safety and the comfort of the residents to reduce the risk of falls.

Many have been joining Rain and his fun dance exercises classes in the houses, and we are looking forward to have a larger dance-exercise group when restrictions relax further. Please check our activities calendar for times and locations.

Yong Cha, our lovely resident from House 6, is experiencing the benefits of our exercise programs. She uses the gym to improve her balance and strength and is continuously managing pain from her older injuries.

We are always happy to discuss with our residents and family members, if there is any equipment you feel may maximize comfort, safety, and encourage exercise.

Should you have any questions before then, please feel free to email us at physio@leighplace.com.au



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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Notices and Services

VACANCY

We have vacant units in the facility which we will be advertising shortly. However, in accordance with Leigh Place community value we prioritise people who lived locally or have already some connection with the facility. Please contact us if you know someone who may be interested in joining our amazing community!

DENTAL CARE

Toothbrush are provided from LP and replaced regularly every 3 months, identified by using different colors.

January-April-July-October

HAIRDRESSER

Please contact

Kathleen on 0413441777

Annette on 0416046095

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.



BEAUTICIAN

C SHELLS BEAUTY DAY SPA

2nd Wednesday of the month,

House 3 lounge room.

Christine

Phone 0417656883



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

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

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 may be resume in July, please check our monthly activities calendar.

The Leigh Place residents chose to alternate between Roselands, Menai and Chullora.

Ask our friendly staff for more information.





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Allied Health

OPTOMETRY AND DIETICIAN HEALTH CARE 2 U

Phone 1300 882 374

Fax 1300 913 043

info@healthcare2you.com.au



PODIATRIST

SYDNEY MOBILE PODIATRY

Phone 02 8068 7547

Email

sydneymobilepodiatry@outlook.com.au



DENTIST

ADVANCED ORAL

Phone: 02 9956 7677

Fax: 02 9956 7877

Email: info@advanceoral.com.au



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

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

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 or call +61 408 820 642

www.drmarkshygenie.com

www.hygeniesport.com





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A Picture Is Worth A Thousand Words...





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International Youth Day Word Search

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

Online
Gigabyte
Digital
Nerd
Bloggers

Internet
Megapixel
Bios
Hackers
Avatar

Megabyte
Cyberspace
Virtual
Booting
Flatscreen

Analog
Geek
Harddriv
Google
Yahoo

