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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

SEPTEMBER 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.



WORD FROM THE CEO

To stay positive during this Coronavirus situation is a tough task. But it doesn't mean that we can't be happy. Sometimes we all need a reminder that life is a unique gift. Coronavirus taught us the importance of compassion and hard work, and that you can overcome enormous obstacles.

COVID-19 has massively disrupted the world economy, shutting down entire industries. Major policy interventions by governments have treated all types of business as equivalent, industries What is currently happening in Victoria reminds us that we must be vigilant at all times.



As COVID-19 continues to create uncertainty, fear and genuine concern for many businesses, people and societies, the need for more human, more purposeful conversations feels ever more important. COVID-19 is not just a medical challenge, but a spiritual challenge too, think about the impact of COVID-19 on humanity and our societies. In these times of grief and distress, let us all stand together. Because of the turmoil that the whole world is facing, we all need to help one another. We are all in this together, and we can together fight the COVID 19 pandemic.

I know that we are all watching the development of the coronavirus pandemic with feelings of concern and uncertainty. We all at Leigh Place and the world in general – are in uncharted territory, and it is important that we remain calm, show solidarity, and stand by each other in this difficult time.

I would emphasize these are not "end times" but every person needs to understand they have a very important responsibility not only to avoid the virus themselves but to keep themselves and the environment clean, so others don't get sick. Please consider wearing a face mask when out in public as an extra precaution.

As always you are able to connect with family members at any time. Staff consider it a privilege to connect families and friends. It's great for everyone's mental wellbeing

Unfortunately, at the time of writing we are still advised to lockdown at least until the 14th of September. Further information will be provided closer to that date. Please take time to connect to the Zoom meetings regularly scheduled to keep residents, friends and family members informed of what is happening at Leigh Place.

Leigh Place management continue to closely monitor developments concerning the coronavirus pandemic and is taking all necessary steps to ensure the wellbeing of all residents and employees. These arrangements will remain in place until further notice and I thank you for your understanding.

Dear residents and families,

We are pleased to announced that due to continuous downward trend on the community transmission of COVID19 in the local area, on Monday the 14th September 2020, we will begin to gradually open up the facility for resident visitors. Provided that the there will be no further order to lockdown the facility from the department. Bookings are essential through the Leigh Place website <https://www.leighplace.com.au/>.

Visitor conditions of entry are as follows:

- Must have a current evidence of flu vaccination 2020 if not yet submitted to reception
- No more than 2 visitors per day per resident, maximum of 1 hour initially
- Visitors will present on the reception/gazebo for screening and temperature taking
- Visitors will need to sign a health declaration form that they haven't been on a COVID19 hotspot or areas identified with positive COVID19 contact tracing
- Visitors will need to wear a surgical mask all the time whilst at the facility
- Visitors will need to sanitise hands upon arrival
- Visitors are only allowed to be on communal areas as identified by the lifestyle team/person assisting

Leigh Place management will continue to monitor the status of the local community, the directives from the Department of Health and NSW Health. This all will be considered in the regular review of the facility visitor restrictions.

Kind regards,
Leigh Place Management

Leigh Place Nurses



In this picture: Anjana, Shanti, Jessie, Francheska, John, Irene, Nicole

Hello Everyone!

Considering the challenging times that we have been facing, Leigh Place would like to acknowledge the tireless and outstanding clinical care provided to the residents from our nurses.

Our dynamic and multicultural nursing team demonstrate, day after day, strong clinical knowledge, excellent time management and importantly

the skill to communicate with residents and their families during an extremely difficult time. Their calling to do above and beyond are always evident in each shift. Their fantastic teamwork is reflected in the quality of clinical care they provide.

THANK YOU CLINICAL TEAM!



In this picture: Anjana, Antiepa, John, Shanti.

Hi All!

My name is Poormina but everyone calls me Nima. I am a registered nurse. You can see me in the picture below, can you guess which one? 😊

Working at Leigh Place has given our RNs the opportunity to know our residents and look after them as our own family. We try hard to bring that beautiful smile on their faces in these pandemic times when they can't spend time with their own family members. All these years working at Leigh Place has changed me a lot as an RN, I see residents as my family and not just a patient. Our RN team strive to give the best care possible for all of our residents and be their advocate. We want all our residents to be safe and live their life fully.

I have been here for last 8 years and don't want to leave this facility because for me "there's no place like Leigh Place" 😊

Regards

Poornima Kumar | Registered Nurse



In this picture: Carmelita & Poormina

MEANINGFUL AGEING: Spiritual, Pastoral & Emotional Care



Meaningful Ageing is a growing membership based not-for-profit organisation, supporting aged cares and other organisations to respond to the pastoral and spiritual needs of older people.

Leigh Place Aged Care has been a member of Meaningful Ageing for a few years and during this very challenging times, high quality spiritual care is needed more than ever, alongside the vital role of physical distancing and other clinical measures.

Their resources, education and guidance plays a very important role in the high quality care delivered from Leigh Place.

Leigh Place is not a faith-based organisation, our amazing staff, who come from a wide range of different backgrounds, beliefs and world views are united around a common goal of full quality of life for the older people we are serving.

We know it can come as quite a surprise to many people to find out that spirituality is more than religion. Spirituality is integral to, but not confined

by, religion and faith. It is about what gives us a purpose to our lives. It is about our sources of

Spirituality is the way we seek and express meaning and purpose; the way we experience our connection to the moment, self, others, our world and the significant or sacred.

meaning and hope, which in turn is intimately related to our connectedness to ourselves, to others and to the world.



For some people, spirituality may be experienced or expressed in the:

- Physical – in the posture or movement of prayer, the wakefulness of paying attention to the senses, or the act of being in service to others.
- Emotional – in the cultivation of compassion, loving-kindness, generosity toward ourselves and others. It might be in the experience of awe and wonder in response to a beautiful sunset. It might be in accepting all of the feeling states that move through.
- Intellectual – in reading sacred or inspiring texts, or engaging in discussion with others. It might be in turning the mind to inquire what it means to be human.
- Social – in gathering in ritual, ceremony, prayer, service, song or dance. It might be in starting a food tree for a sick friend, or in fundraising for a cause we know makes the world a better place.

As we all experience spirituality in many different ways, the care we provide is tailored around residents and relatives' needs which can change over time. A good 3 ways communications between resident, relatives and facility is vital and there is a range of different ways to do so, please ask our friendly staff for information.

Lifestyle



Our lifestyle team; Cheryl, Gladysz, Chris, Simone

During these very unusual times where the seniors are the most affected and at risk, many concerns have been raised for the physical and mental wellbeing of people living in Aged Care.

In saying that after 6 months of continuous changes, restrictions and challenges we acknowledge how strong and how special our community is. All the staff, residents, family, friends, volunteers and all the other stakeholders including pastors, allied health providers, library, hairdressers, local schools and local communities have been outstandingly supportive.

We exchanged letters and arts with different local schools, started a project with the Art Gallery of NSW, received an overwhelming amount of books donated from the Canterbury library, concerts and nutrition education on Zoom from the St George Development Centre and received DVD donations from local residents.

Most importantly, we had the support and understanding of the families and friends, which have complied with the regulations during the restricted visits and have been available to do video/phone calls when visits are not allowed.

The large amount of gifts and resources dropped off to the facility for the residents have helped them to stay connected and maintain their mental wellbeing.

Residents have had a lot of fun with many activities, engaging with staff and other residents (yes, don't worry, we are still missing families and outings... 😊).

The dance exercise with Physiotherapist Rain has proved very popular, café days and BBQ's are amongst our favourites, bingo unmissable and the art and craft group created some amazing paintings, cards and decorations. During pastoral and spiritual groups we have supported and listened each other. We had bus trips to Kamay Botany Bay National Park and Sans Souci (we stayed safely in the bus), it was a lovely change of scenery!

We would like to say thank you to everyone and particularly to families for being patient with booking times for visits and video phone calls.

We can't wait to see everyone, go for some nice outings and the biggest fete ever!



Dearly Departed

When someone you love becomes a memory, the memory becomes a treasure. Rest in Peace.



Beryl B.

Joy G.

Edward (Ted) Q.

Rosaria F.

Barbara Z.



Getting To Know Ivana (Ivy)

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

This month we have Ivy!

Hi everybody my name is Ivana Sgro.

I recently turned 80 and moved to Leigh Place from Beverly Hills. I was born and raised in Egypt until the age of 12 when I moved to Sydney, Australia.

I have four beautiful children, 2 boys and 2 girls that are the best part of my life as they make me very happy and proud.

My favorite memory was the birth of my first daughter. I have a daughter who works in the Navy and flies helicopters.

For work I used to be a dressmaker working in many different warehouses making men and women's clothes. I also worked as a kitchenhand at the AMP building for 15 years which I enjoyed as I had a beautiful view of the Harbour Bridge.

I also volunteered with the Catholic Church Regina Coeli Parish in Beverly Hills, where I joined the choir and also helped make and design outfits for Alter Boys. I am a strong believer in the Christian faith, and use faith to help me through the toughest of times.



I can speak many different languages including: English, Arabic, Maltese, French, Italian and Greek. I have many different hobbies including: stamp collecting, making dresses and patterns, singing, dancing, gardening and cooking.

Amongst my other interest I am a Judo black belt, I have travelled to Japan and hosted seminars.

I have everything I need here at my new home and look forward to spending everyday making new memories with my friends and peers.

I am very friendly and always enjoy socialising so feel free to come visit whenever you wish. Thank you for getting to know about more about me.

Ivana



Getting To Know John

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

This month we have John Reyes!

My name is John, I am a Registered Nurse by profession.

I gained my nursing trainings from my home country The Philippines and in New Zealand. Prior joining Leigh Place I worked for St Vincent's Care Services as a Clinical Care Manager.

I have a calling with Nursing since I was young, it has always been my passion. Nursing is a service that is best rendered with compassion, so I always treat my patients the way I want to be treated. But being a nurse is not for everyone, it's a job that requires to use your body, brain and heart.

I do have a year and a half baby girl who is very cheeky! In my spare time, I love to garden, I have passion in growing plants both indoors and outdoors. I try to decorate all areas of my house with various types of plants.



Although I am permanently working and living now in Australia, I am always looking forward for my yearly holiday. I travelled mostly Asian countries like Hong Kong, Macau, Singapore and Malaysia. The farthest I've been to is the United States. I've been in California in 2018 where I explored the famous cities - Los Angeles and San Francisco. When this pandemic is over, I would love to travel to Europe and see Italy (as influenced by Simone). For now it will be in my bucket list, safety comes first.

I'm happy to be part of the Leigh Place clinical care team, I am excited to meet all our residents and representatives, I hope residents don't hesitate to call me if there's any concern or we can just have a cup of coffee and talk about anything under the sun.

Regards

John Jasson Reyes

Clinical Care Manager



P5 MY CARE PLAN

Great news everyone!

The P5 My Care Plan Application is now available on Apple (IOS) mobile or tablets devices.

This applications allows 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

We would like to kindly ask to all residents and relatives to download the application, review the care plan, and every 3 months to complete the feedbacks form (My Care Plan Review-Feedback).

Please inform us of any changes in circumstances/request or any feedbacks.

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.



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

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!

HAIRDRESSER

Please contact

Kathleen on 0413441777

Margaret on 0421046576

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.



SHOPPING TRIP

Shopping trips have been suspended until further notice due to the current Covid-19 restrictions. Please ask our friendly staff for assistance in purchasing items.

DENTAL CARE

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

January-April-July-October



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 5 or Night Staff 0450769248

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. Other newspapers can be organised directly with providers.

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.

BEAUTICIAN

C SHELLS BEAUTY DAY SPA

2nd Wednesday of the month, House 3 lounge room.

Christine Phone 0417656883



WICKING University of Tasmania Preventing and understanding Dementia free courses. mooc.utas.edu.au



WICKING
Dementia Research
and Education Centre



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

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

OPTOMETRY - 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



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





A Picture Is Worth A Thousand Words...



Leigh Place

Care • Compassion • Community • Choice

Leigh Place Aged Care

Roselands

Word Search

SPRING CLEANING



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

Squeegee

Spray bottle

Cabinets

Detergent

Newspaper

Rags

Duster

Rubber gloves

Vinegar

Vacuum

Oven cleaner

Liquid soap

Window cleaner

Baseboards

Contact paper

Toilet brush



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