



Alino

LIVING

*November 2021*

EDITION



## CEO Report & COVID Visitation Update

### *Welcome, everyone*

Firstly, thank you all for your patience and understanding over the past few months during lockdown. We understand how difficult this period was for everyone. We would like to publicly acknowledge the commitment of our staff during this difficult time. Each one of our staff members went above and beyond to ensure that the needs of the residents were met and their efforts are greatly appreciated.

This is the first newsletter of Alino Living. As you are aware Alino Living is made up of

- Adelene Retirement Village
- Vietnam Veterans Keith Payne VC Hostel
- Lake Haven Court
- Killarney Court

Combined, we are providing care to more than 450 Central Coast residents and provide employment to more than 300 staff. Our combined strength will position us well as an organisation to move forward into the future.

There are many challenges coming in the aged care industry over the next 12 months. The Royal commission made 148 recommendations for significant change

to the aged care industry and our focus as Alino Living is to implement them, as well as review and improve the way aged care is delivered across all our sites.

To assist with this, we have appointed an Executive Care Manager Mel De Luca. Mel has more than 30 years' experience in the aged care sector and will be responsible for all care issues across all sites. Each of our Facility Managers will work in conjunction with Mel. We welcome Mel to the team. We have some other appointments, and over coming editions of the newsletter we will introduce these new staff to you.

Over the next few months there will be some exciting changes. Aligning three different organisations is a challenging process and we will keep you updated on our progress. Should you have any concerns please speak with the facility manager at each site or as always feel free to send either of us an email with any concerns/ suggestions you may have.

We thank you all for your support and welcome to Alino Living.

*Justin*  
Justin Dover  
Co-CEO

*Greg*  
Greg Williams  
Co-CEO



# VIETNAM VETERANS KPVCH

## Month in Review

### Loud Shirts

Staff and residents got LOUD on October 22, with Loud Shirt Day, raising money for deaf children.



### Darts

Nothing like a little friendly competition, and residents enjoyed some darts last month.



### Dunk A Duck

Roll up, roll up! Residents enjoyed a good old fashioned funfair game of dunk a duck!



### Shuffleboard Wars

Residents lined up to take turns in a vigorous game of shuffleboard.



### Oktoberfest Happy Hour

We got a little German in our Oktoberfest celebrations!



## KILLARNEY COURT

### Month in Review



### Cookie Decorating

The residents enjoyed another fantastic sensory experience put on by the activities team at Killarney Court. It definitely looks like they had a sweet time making colourful biscuit treats!



### Pine Cones

We had an arty time at Killarney Court, with some of our residents participating in our pinecone painting activity. How lovely do they look!



### Dancing KC

There's nothing better than a little boogie! Killarney Court residents showing us how it's done at our interactive chair dance activity. Great moves everyone!





## LAKE HAVEN COURT

### Month in Review



### *Happy Hour*

All smiles around at Lake Haven Court happy hour! Not only did our residents appreciate a cheeky beverage, but they also enjoyed each other's company, with much laughter going around.



### *The Price Is Right*

At Lake Haven Court, staff organised a game of The Price is Right, where you had to guess the price of many household items. We love some friendly competition!

---



# RUMBALARA HOUSE @ ADELENE VILLAGE

## Month in Review



### *Adelene Exercise*

Getting the blood pumping is great for body and mind. Residents at Rumbalara House enjoyed some creative exercise in October.



### *Hand Therapy*

Soothing sore joints and muscles, our activities team indulged our residents in a little hand therapy.



### *Teachat*

Nothing soothes the soul quite like a cuppa and a chat. Our Sunday morning tea and chat group break out the fine china and enjoy a good chin wag on a Sunday.



### *Bingo*

Everyone's favourite, residents enjoy regular games of Bingo in our activities room.





# ADELENE COURT @ ADELENE VILLAGE

## Month in Review

### *Germany*

Welcome to Deutschland! Our intrepid Adelene Court armchair travellers enjoyed a trip to Germany last month in our armchair travel activity.



## Lifestyle Messages

### LAKE HAVEN COURT

*Hello!*

It has been just wonderful to be able to have our family and friends return to visit us. I know you have all missed them very much.

November is here, and with it comes the greatest race of the nation, The Melbourne Cup! We will be having a fun day with races and other horse related activities. We are also having a Pizza Luncheon on that day, by popular demand. Not to forget the big race itself.

We will be having a look at some of the greatest inventions of all time, which have made life easier, for World Inventors Day.

On the 11th November at 11am we will pause to remember the fallen. There will be a special morning tea at 10am followed by the official service.

We will be remembering our friends that have passed on in the last 12 months with a memorial service on Tuesday 16th.

Christmas will be upon us before we know it. We are holding a gift stall on the 16th at 1:30pm for residents to buy Christmas gifts for their family members. It has been difficult to get to the shopping centre, so we are bringing it to you!

There is always something on the program to keep you busy, should you wish to attend.

Remember, the more the merrier. We love seeing you attend the activities. Please see us if you have any suggestions for activities you would like to attend. Your input is always most welcome.

Have a wonderful November!

*Dianne, Sue & Rhonda*

Your Activities Team



## NOVEMBER HIGHLIGHTS

**Every Thursday:** BBQ lunch!

**12th & 26th:** Church service via video

**9th:** Greatest inventions from around the world.

**11th:** Remembrance Day with special morning tea and service.

**11th:** Residents Meeting 1.30pm / Ice-cream cones afterwards!

**16th:** Memorial service for passed residents.

**16th:** Christmas gift stall.

**19th:** Famous men throughout history.

**22nd:** Revisiting old television shows and commercials.

**23rd:** Christmas table decoration craft.

**24th:** Ladies 'Let's Talk It Over' group.

**26th:** Armchair travel to New Zealand.

*And much, more fun to be had each and every day!*

## Lifestyle Messages

### KILLARNEY COURT

*Hello!*

October has been a very busy month for Residents at Killarney Court, we started the month with a football BBQ celebrating the NRL Grand final.

We have lots of fun and exciting events coming up in November.



#### NOVEMBER HIGHLIGHTS

**1st:** Melbourne Cup sweep day.

**2nd:** Melbourne Cup Day featuring the Killarney Cup at 11am and a Melbourne Cup Party at 2pm.

**4th:** Ladies' Day - playing horse shoes at 11.00am and ladies social and sips at 2pm.

**5th:** Spring Racing BBQ, 10.30am nibbles and drinks, 12.30pm BBQ lunch, 2pm Horse Racing Games.

**11th:** Remembrance Day service at 11am.

**12th:** Movember with 'Name That Famous Moustache' at 11am and Pub Trivia at 2pm.

**19th:** International Men's Day with car trivia and quiz at 11am and men's drinks and nibbles at 2pm.

**26th:** Birthday babies' birthday morning tea at 10.45am and Christmas crafts at 2pm.

**27th:** Arm chair adventures travelling to Scotland.

## Lifestyle Messages

### VIETNAM VETERANS KPVCH

Spring has sprung here at Vietnam Veterans and we have been spending as much time out in the sunshine as we can.

Gardening club has been a hit, we have potted up pansies and violas in terracotta pots for under our gazebo, just in time for our doors to open back up to families for visitation.

We had two residents turn the 100 and 101 which we celebrated with a party, balloons, cake and all the extras.

Our residents were over the moon to see our hairdresser Sandy return after four long months due to lockdown restrictions. Sandy has been looking after our residents' hair for 12 long years and says that this was the longest break she has had from Vietnam Veterans Keith Payne Hostel. She was truly missed and has a long list of hairdos and haircuts to catch up on! (our residents are now looking ten years younger)

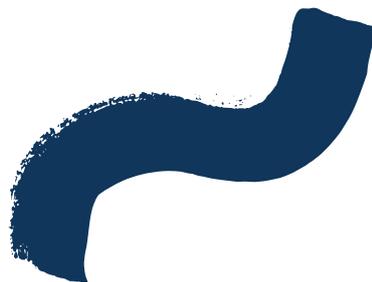
We have our first concert this week which will be outside for Halloween, looking forward to seeing our staff dress up and make the day fun!

Our ice cream runs are a must in this warmer weather running a trolley door to door. Yummo!

Staff are looking forward to the easing of the restrictions so we can all get back to our norm just in time for Christmas.

*Keep smiling!!*

From the Vietnam Activity Team



## NOVEMBER HIGHLIGHTS

**2nd:** Melbourne Cup

**10th:** Tai Chi with Maryse

**12th:** Concert with Evan Haswell

**22nd:** Concert with Melody Men

**26th:** Monthly Birthday Parties

## Lifestyle Messages

### ADELENE VILLAGE

#### *Jodie's Jibba Jabba*

Hello All,

Well how quickly time flies, November already. We have a couple of important days coming up this month such as Melbourne Cup and Remembrance Day.

For Melbourne Cup, this year's theme is Spring and Florals. We hope to see everyone wearing their florals for our Melbourne Cup picnic day.

We are looking for residents to join in our Garden Club so please let the Leisure and Lifestyle team know if you are interested.

Residents family and friends are now able to come in to visit and they have received emails on the protocols and procedures to do this.

Christmas is just around the corner so we will be planning our decorating for the festive season. We will be holding our best decorated room competition so get planning with your families. We will help if your family live too far away.

*Keep smiling and keep safe!!*

Jodie

#### ~ POSTPONED TEMPORARILY

**Every Monday 1.15pm:** Bus trips

**Every Tuesday 10am:** Music with Gloria

**Second Wednesday 1.30pm:** Anglican Service

**Second Wednesday 10.30am:** Catholic Service

## RUMBALARA HOUSE

### NOVEMBER HIGHLIGHTS

**2nd:** Melbourne Cup Picnic Day

**3rd:** Resident's Meeting

**11th:** Remembrance Day

**16th:** Sound of Music Day

**22nd:-** Mother Goose Day

**24th:** Celebrate Your Unique Talent Day

### REGULAR EVENTS

**Every Saturday 10am:** Men's Group – Activities Room

**Every Saturday 10am:** Chat Group – Activities Courtyard

**Every Monday, Wednesday and Sunday at 1.45pm:** Bingo!

**Every Wednesday 10.30am and Friday 1.45pm:** Quiz Time

**Every Tuesday and Thursday:** Book Club – see weekly planner for time and location

**Second Wednesday from 9am:** Hairdresser – The Beauty Spot Salon (10th & 24th Nov)

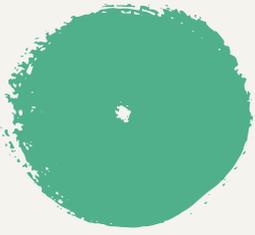
**Every Thursday from 10.30am:** Hand/Nail Therapy – Lounge Area

### WELCOME NEW RESIDENT

Mr Ray Wilson

### IN MEMORIAM

Mr Alan York



## October Birthdays

Happy Birthday to our October Babies! We hope you had a wonderful day!



*Ray  
turned 85*



*Peter  
turned 62*



*Lurl  
turned 100*



*Joan  
turned 101*

---

## November Birthdays

We hope you have a lovely day celebrating!

### **ADELENE**

2nd - Betty (Rumbalara House)

29th - John (Rumbalara House)

### **VIETNAM VETERANS**

3rd - Connie

24th - Shirley

### **LAKE HAVEN COURT**

1st - Marie

27th - Josephine

### **KILLARNEY COURT**

3rd - Marjorie

8th - Merle

11th - Dawn

16th - Kay

21st - Jerry

22nd - David C



## Fun & Games

### Poem

One of the talented residents at Vietnam Veterans has some creative writing skills we would like to share

#### **Because you're you**

The sun rises and sets on your behalf.  
You make my day important whenever I think of you,  
Rainbows are brighter  
Because you're always there.

My heart sings at the mention of your name.  
And the birds sing your praises,  
Softly falls the rain and your image shines  
Because you're you.

My friend on whom I can depend cheers me.  
When my heart is blue, and nothing goes right,  
In my solitude you visit me and things are bright  
Because you're you.

Cares don't crowd me for long, when you come to mind.  
I need you in my life,  
Too many clouds would depress me if you were not there  
Because you're you, and I love my friends.

*By Valery Weaver*



## Parody Song

### Seniors Version of 'Are You Lonesome Tonight?'

Are you lonesome tonight, does your tummy feel tight?  
Did you bring your Mylanta and Tums?  
Does your memory stray, to the bright sunny day?  
When you had all your teeth and your gums?  
Is your hairline receding, are your eyes growing dim?  
Hysterectomy for her, and a prostate for him.  
Does your back give you pain,  
Do your knees predict rain?  
Tell me dear, are you lonesome tonight  
Is your blood pressure up, your cholesterol down?  
Are you eating your low-fat cuisine?  
All that oat bran and fruit,  
Metamucil to boot,  
Keeps you fit like a well-oiled machine.  
If it's football or cricket,  
He sure knows the score,  
Yes he knows where it's at,  
But not what it's for.  
So your gallbladder's gone, but the gout lingers on,  
Tell me dear, are you lonesome tonight.  
When you're hungry, he's not,  
When you're cold, he is hot,  
Then you start that old thermostat war,  
When you turn out the light,  
He goes left, you go right,  
But you still hear his symphonic snore.  
He was once so romantic,  
And witty and smart,  
So how did he turn out such a cranky old fart?  
So don't take any bets,  
It's as good as it gets,  
Tell me dear, are you lonesome tonight?

| *By Gwyneth*

| Golden Carers Website

## Facts about November



November was the ninth month of the ancient Roman calendar and has retained its name from the Latin novem, meaning “nine.” In Finland, they call November marraskuu, which translates as “the month of the dead.” It is one of four months with a length of 30 days on the Gregorian, or modern, calendar



Topaz, a semi-precious stone that symbolizes friendship, is found in many colors, but it is the orange-yellow version that is the traditional birthstone for November. Citrine, which is actually a quartz crystal that ranges from yellow to orange in color, is considered another November birthstone. It is often mistaken for the orange-yellow topaz, which is the more expensive of the two stones.



The flower for the month of November is the chrysanthemum. The word chrysanthemum comes from the Greek words chrys and anthemum, meaning golden flower. In the language of flowers, chrysanthemum is considered to symbolize honesty, joy, and optimism.



Scorpio and Sagittarius are the astrological signs for November. Birthdays from November 1st through the 21st fall under the Scorpio sign. November 22nd through November 30th birthdays fall under the sign of Sagittarius.

## This month in History

The Suez Canal opened on November 17, 1869.

After discovering debris-covered stairs, British archaeologist Howard Carter and his crew entered the four-room Egyptian tomb of 18-year-old King Tutankhamun on November 26, 1922.

On November 18, 1963, Bell Telephone Company introduced to the public the push button phone.

On November 22, 1990, British Prime Minister Margaret Thatcher resigned after 11 years in office, the longest term of any British Prime Minister in the 20th century.

The apartheid system in South Africa finally came to an end on November 1, 1995, with the first all-race government elections.



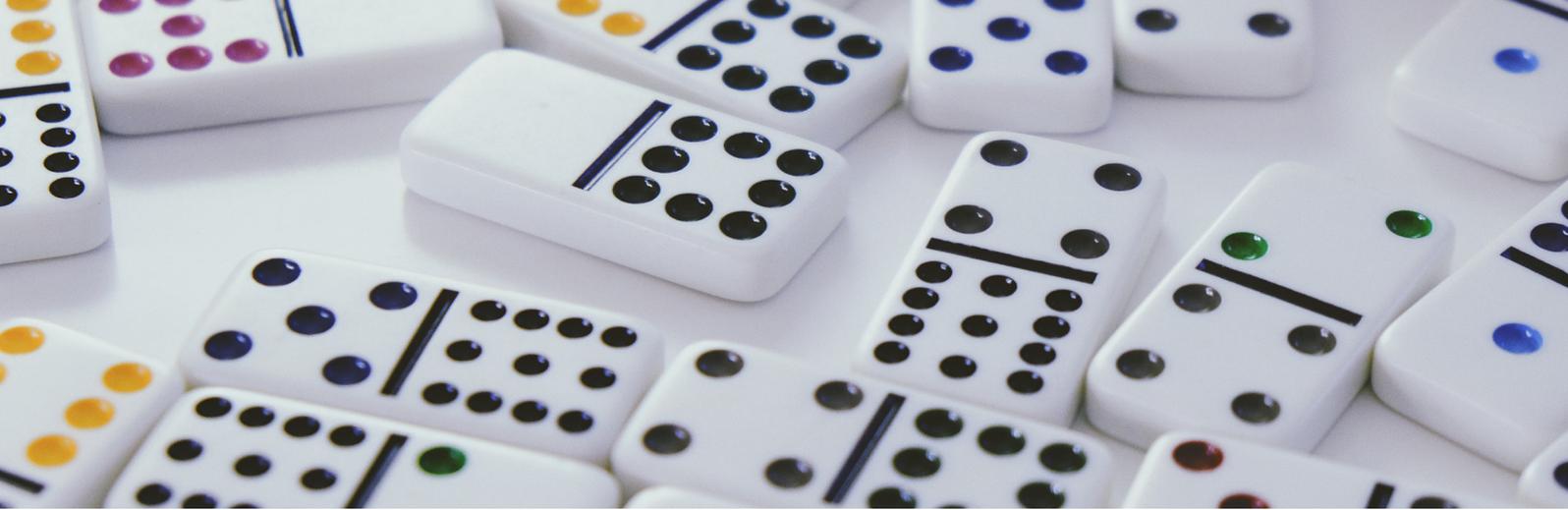
## Quiz

1. Which tragedy of William Shakespeare's tragedy was presented for the first time on November 1, 1604?
2. Which artwork, painted by Michelangelo, was shown for the first time on November 1, 1512?
3. The BBC Television Service launched on November 2, in which year?
4. On November 2, 1942, The British won the battle named what?
5. Who was crowned Emperor / "King of Kings of Ethiopia" on November 2, 1930?
6. The first case of Which disease is found in cattle in England on November 1, 1986?
7. In which language is November is named novembro?
8. Which famous actor of the film "Titanic" was born in November?
9. All Saints Day is a Christian festival held on what date each year?
10. Leika the dog was launches into orbit in November of what year?

## Sudoku

Complete the 9×9 grid by filling in missing digits from 1 to 9, without using the numbers more than once in each row, column and grid.

7	2			8				
1				2				7
	6	5				2	9	
					8	7	5	
	4	8	1					
	9	3				4	8	
2				3				6
				6			1	9



## Word Search

Find and cross out all the listed words. The words may go horizontally, vertically, diagonally, not backwards. The remaining letters will spell two more constellations.

APUS  
 AQUILA  
 ARA  
 ARIES  
 CAELUM  
 CANCER  
 CETUS  
 CRATER  
 CRUX  
 DRACO  
 FORNAX  
 GEMINI  
 GRUS  
 HYDRA  
 LEO  
 LEO MINOR  
 LEPUS  
 LIBRA  
 LUPUS

LYNX  
 LYRA  
 MENSA  
 MUSCA  
 NORMA  
 OCTANS  
 ORION  
 PAVO  
 PEGASUS  
 PERSEUS  
 PICTOR  
 PISCES  
 PUPPIS  
 PYXIS  
 SCORPIUS  
 SCULPTOR  
 SCUTUM  
 VELA  
 VIRGO

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

HIDDEN \_\_\_\_\_, \_\_\_\_\_

# Codebreaker Word Puzzle

The same number represents the same letter. Crack the code and fill the grid. To help you get started some words are already in place.

	1		2		2		3	4	5	3	4	6	7		8		8		
8	9	8	5	10	4	11		12		5		9		13	14	4	11	15	
	5		10		11		8	16	12	2	4	10	10	L		9		7	
4	11	17	18	9	11	19		15		3		20	5	U	11	12	16	3	14
	12		4		7	12	14	4	12	13	7		12	N		16		7	
14	7	4	11	17		9		10		11		2	4	A	10	13	9	12	21
	21		19	7	17	13	14		11	16	22	7	11	R		3		17	
13		4		4		19		2		8		12			20		16		7
14	5	12	6	11	21		8	16	3	17	4	13	14	16	9	12	5	17	
9		6		9		4		11		16		14		12		8		14	
16	10	10	5	3	17	11	4	17	16	9	12		4	6	9	5	17	2	
11		7		7		6		14		12		10		7		17		1	
	7		6		6	5	16	23	7		24	7	2	11	4		3		
7	25	8	10	9	11	7		4		3		4		3	10	9	8	7	
	8		16		16		15	21	3	17	7	11	21		13		16		
7	10	7	15	7	12	17		13		4		12	9	17	14	16	12	6	
	E	L	E	M	E	N	T												
	4		8		23	21	12	4	3	17	21		5		7		4		
20	16	11	3	17		8		19		5		3	17	9	15	4	13	1	
	12		7		2	7	1	7	18	7	10		14		21		14		

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

# Answers

## QUIZ

- Othello
- The ceiling of the Sistine Chapel
- 1936
- Second Battle of El Alamein
- Haile Selassie
- BSE or "mad cow disease"
- Portuguese
- Leonardo DiCaprio
- November 1
- 1957

## SUDOKU

7	2	4	9	8	1	6	3	5
1	3	9	6	2	5	8	4	7
8	6	5	7	4	3	2	9	1
3	1	6	2	9	8	7	5	4
9	7	2	3	5	4	1	6	8
5	4	8	1	7	6	9	2	3
6	9	3	5	1	7	4	8	2
2	8	1	4	3	9	5	7	6
4	5	7	8	6	2	3	1	9

## WORD SEARCH

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

## CODEBREAKER

- |        |        |
|--------|--------|
| 1 = J  | 14 = H |
| 2 = B  | 15 = M |
| 3 = S  | 16 = I |
| 4 = A  | 17 = T |
| 5 = U  | 18 = W |
| 6 = G  | 19 = K |
| 7 = E  | 20 = F |
| 8 = P  | 21 = Y |
| 9 = O  | 22 = V |
| 10 = L | 23 = D |
| 11 = R | 24 = Z |
| 12 = N | 25 = X |
| 13 = C | 26 = Q |

HIDDEN: Andromeda, Camelopardalis



Aiino

LIVING