

Adelene



The Voice

OF THE VILLAGE

MARCH 2022

This publication is produced 11 times per year for the residents of Adelene Village.



March 2022 Edition

We are pleased to advise that our master and strategic plans have commenced.

As you are aware, Adelene commenced in 1978 and we are now entering an exciting time of planning for the future under the Alino Living – Adelene Village leadership. Part of the strategic plan will be to determine what our prospective residents will be looking for when moving to Adelene Village and who better to ask than those of you living in the Village. As history tells us, when Adelene was built it generally attracted a younger population, in fact some of the original occupants in the Village assisted with laying the footpaths. We are now seeing an average age of prospective residents more toward their mid to late 70s. So, we ask - have needs changed for the layout and inclusions in our homes?

We have consulted with the Residents' Committee and asked for their assistance to chat with you regarding your thoughts on this. The Residents' Committee also suggested a survey be distributed, which we will do over the coming weeks. All ideas are welcome and remember there are no silly questions or ideas. We have an exciting road ahead and your input is appreciated. Marita is also available for a chat and over the next month, you will see her working from The Hub from time to time, so if you have any ideas, please let her know.

It was encouraging to read the results of the quality survey sent to you in January and we thank you for your participation. Marita is available at any time if you have a suggestion, concern or feedback so too is your Residents' Committee. Lawns featured as an ongoing issue and as previously advised; we have sought quotes from other contractors. We have had one quote returned and it is markedly above what is currently being paid. Marita has met with the contractor, and we trust you will see an improvement. If you have any concerns on mowing day, please contact Marita and she will address this promptly. There were some great ideas on outings and activities, and you will see these begin to appear on the activities calendar. Thank you for your input and suggestions.

We would like to extend our sincere thanks for your patience and support whilst we have been trying to fix the issues with emergency call system in the Independent Living homes.

The system has now been installed in your homes and has been tested. Instructions on how to use this and what happens if you press the call system have been forwarded to residents. This will also be covered in your Evacuation, Emergency training this month.

It is time to select the Independent Living Auditor and residents of the Village will, by now, have received a consent request notice. Bishop Collins was the resident appointed auditor for a period of three years which ceases following the end of this financial year. The operator proposed auditor for Independent Living is Bishop Collins for a period of three years. Residents have a 30-day period to meet and consider the notice and to vote on:

- appointing the operator proposed auditor and,
- the proposed period of appointment if more than one year

The Residents' Committee AGM will be held on Thursday 24th March at 2.30pm in The Hub and the consideration of the consent request notice and appointment of the operator proposed auditor (Bishop Collins) for a period of appointment of three (3) years will be on the agenda.

It is with sadness we hear of the passing of Alan Gawthorn. Alan, a resident of Adelene Village for almost twenty years, was much loved by his neighbours and the staff. The staff describe him as a true gentleman who was a pleasure to be with. Our condolences go to his wife, Ailsa, and the family.

**Happy reading,
JUSTIN DOVER (CEO)**

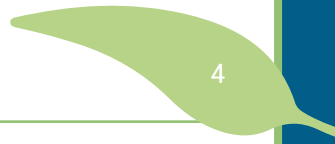
March 2022



SUN	MON	TUE	WED	THUR	FRI	SAT
		1 Café open 9.30-2.30 12.00 Wellness and balance class with Tresna to be confirmed	2 Café open 9.30-2.30 – buggy will be available for pick up to the café between 10.00 and 12.30 bookings essential 9.00 Move and groove. Nic will be running this just for fun group– no cost – Men’s group 10.00am Japanese Gardens, walk around the garden, have a look at the art gallery, stop for a coffee in the café if you wish. Bus: \$5.00 Entry to the garden is free. 1.00pm– Knit and Natter with Nic – bring your knitting or just come for a natter. No cost, all welcome. Home visits	3 Café open 9.30-2.30 9.00 Move and groove, Nic will run this fun group – no cost, all welcome 9.30 – shopping bus to Gosford, Bunnings precinct \$5.00 return - booking essential must wear a mask. 10.00am Understanding your smart phone – class with Nic \$2.00 (fundraise for café/ community garden) Home Visits	4 Café open 9.30-2.30 9.00 Zumba with Haruko cost applies – to be confirmed 12 noon – Friendship Lunch Home Visits	5 Café open 9.30-2.30
6	7 Café open 9.30-2.30 9.00 walk and talk with Marita meet at The Hub 9.00 Better Hearing (Graham Abbott)	8 Café open 9.30-2.30 12.00 Wellness and balance class with Tresna to be confirmed	9 Café open 9.30-2.30 – buggy will be available for pick up to the café between 10.00 and 12.30 bookings essential 9.00 Move and groove. Nic will be running this just for fun group– no cost – Men’s group 10.30 – Evacuation and Emergency Training – bookings essential. This training is specific to Independent Living. 12.30 Manicure with Nik, buggy pick up available – bookings essential, limited numbers \$2.00 must be fully vaccinated and wear a mask. Home visits	10 Café open 9.30-2.30 9.00 Move and groove, Nic will run this fun group – no cost, all welcome 9.30 – shopping bus to Gosford, Bunnings precinct \$5.00 return - booking essential must wear a mask. 10.00am Understanding your smart phone – class with Nic \$2.00 (fundraise for café/ community garden) 11.30am Craft with Nic craft with Nic \$5.00 materials included in cost Home visits	11 Café open 9.30-2.30 9.00 Zumba with Haruko cost applies – must be fully vaccinated 10.30am – Mangrove Dam Picnic \$8.50 bring your own or order a picnic box from the cafe Home Visits	12 Café open 9.30-2.30

Please note: The Hub is open from 8.00am to 4.30pm, you can access library. If exclusive bookings are required in The Hub availability will be from 3.00pm – bookings are required. If for other than Village activities, a booking fee may apply.

SUN	MON	TUE	WED	THUR	FRI	SAT
13	14	15	16	17	18	19
	Café open 9.30-2.30 12.00 Wellness and balance class with Tresna to be confirmed 1.30 – Book club - in The Hub. Contact Erica Ramsden for details	Café open 9.30-2.30 for pick up to the café between 10.00 and 12.30 9.00 Move and groove. Nic will be running this just for fun group- no cost – Men’s group 10.00am Understanding your smart phone – class with Nic \$2.00 (fundraise for café/ community garden) Please note: moved from the 17 due to Saint Patricks Day celebration 5.00pm – 3 peppers pizza and pasta restaurant – bus \$8.50, meal at resident’s expense. Home visits	Café open 9.30-2.30 9.00 Move and groove, Nic will run this fun group – no cost, all welcome 9.30 Shopping bus to Gosford, bunnings precinct \$5.00 return - booking essential must wear a mask. 10.30am – Saint Patricks Day morning tea, gold coin donation or whatever you can afford. Home visits	Café open 9.30-2.30 9.00 Zumba with Haruko cost applies – must be fully vaccinated 10.30 am March birthday morning tea, must be fully vaccinated at time of publishing. 12.30 Quiz with Nic Home visits	Café open 9.30-2.30 9.00 Zumba with Haruko cost applies – must be fully vaccinated 12.30 - Memories and Memorabilia with Nic – no cost – buggy pick up available Home visits	Café open 9.30-2.30 9.30-2.30
20	21	22	23	24	25	26
	Café open 9.30-2.30 9.00 walk and talk with Marita meet at The Hub 9.00 Better Hearing (Graham Abbott)	Café open 9.30-2.30 2.00 Wellness and balance class with Tresna	Café open 9.30-2.30 for pick up to the café between 10.00 and 12.30 bookings essential 9.00 Move and groove. Nic will be running this just for fun group- no cost – Men’s group 10.30 – Evacuation and Emergency Training – bookings essential. This training is specific to Independent Living. 12.30 Manicure with Nik, buggy pick up available – bookings essential, limited numbers \$2.00 must be fully vaccinated and wear a mask. Home visits	Café open 9.30-2.30 9.00 Move and groove, Nic will run this fun group – no cost, all welcome 9.30 – shopping bus to Gosford, Bunnings precinct \$5.00 return - booking essential must wear a mask. 10.00am Understanding your smart phone – class with Nic \$2.00 (fundraise for café/community garden) 2.30pm – Residents’ Committee AGM in The Hub. Home visits	Café open 9.30-2.30 9.00 Zumba with Haruko cost applies – must be fully vaccinated 12.30 - Memories and Memorabilia with Nic – no cost – buggy pick up available Home visits	Café open 9.30-2.30
27	28	29	30	31		
	Café open 9.30-2.30 9.00 walk and talk with Marita meet at The Hub 9.00 Better Hearing (Graham Abbott)	Café open 9.30-2.30 2.00 Wellness and balance class with Tresna	Café open 9.30-2.30 for pick up to the café between 10.00 and 12.30 bookings essential 9.00 Move and groove. Nic will be running this just for fun group- no cost – Men’s group 2.30 - 2022 Premier’s Gala Concert - Live Stream. The Hub – Free. Show time: 2:45 pm - 4:30, bookings essential			



Bus Timetable

WEDNESDAY	THURSDAY	FRIDAY
<p>Wednesday 2nd March - Japanese Gardens, walk around the garden, have a look at the art gallery, stop for a coffee in the café if you wish. Bus Cost: \$5.00 Bookings essential, Departs 10.00am. Entry to the garden is free</p>	<p>3rd March Shopping and Bunnings Precinct – Bus departs The Hub 9.30am \$5.00 return</p>	
<p>Wednesday 16 March - We are off to the 3 Peppers Pizza Pasta Restaurant for dinner –Bus cost: \$8.50 dinner at resident's expense. Bookings essential RSVP 10 March 2022. Departs 5.00pm</p>	<p>10th March – Shopping and Bunnings Precinct – Bus departs The Hub 9.30am \$5.00 return</p>	<p>Friday 11 March - Mangrove Dam Picnic – If you haven't been to see the Central Coast Dam, now is your chance. Take a picnic lunch or order your picnic box from the café. Bus cost: \$8.50. Bookings essential. Departs 10.30am</p>
<p>Wednesday 23 March - Hunter Valley Gardens Shopping Village is a unique collection of bespoke shops offering everything from delicious meals, lunchtime treats, coffee and wine to stunning glassware, jewellery and unique clothing. Bus cost: \$15.00. Bookings essential. Departs 10.00am</p>	<p>17th March – Shopping and Bunnings Precinct – Bus departs The Hub 9.30am \$5.00 return</p>	
	<p>24th March – Shopping and Bunnings Precinct – Bus departs The Hub 9.30am \$5.00 return</p>	

Our residents Tony Kayes and Paul Collins are your volunteer drivers.

Happening in the Village

RESIDENTS' COMMITTEE ANNUAL GENERAL MEETING

The Residents' Committee AGM will be held on Thursday 24th March at 2.30pm in The Hub.

On the agenda will be selecting the Independent Living Auditor and the proposed period of the appointment.

Pat Courts – Secretary, would like to distribute the minutes to residents via email. If you have an email address and you would like to receive the minutes please email Pat, pmcourts.pc@gmail.com.

THE RESIDENT HUB

The Resident Hub is the residents' intranet where you can book activities, log requests, suggestions and notifications. We also post the Voice and other information for you on the Resident Hub. If you have the internet and you are not using the Resident Hub please contact **Nic 4380 9901** or **Marita 4380 9903** (*please leave a message if there is no answer*). We will assist you to set up the intranet on your desktop and show you how to access and use the intranet.

RESPONSE FROM THE DAVID MEHAN REGARDING MOBILE RECEPTION

As you are aware, Justin contacted David Mehan regarding the mobile reception in the area. Two residents have also contacted Mr. Mehan. The response is on next page.

WHAT IS RESIDENTIAL CARE

When we refer to Residential Care, we are referring to Adelene Court and Rumbalara House. Please note: Independent Living (the Village) is not included in Residential Care terminology. Thank you to the resident who raised that this may need clarification.

SAFE DRIVING IN THE VILLAGE

We ask that all residents drive safely in the Village, and you remind your carers, cleaners, transport drivers to adhere to speed limits. Please be mindful that the Village roads are shared with pedestrians. Only licenced drivers are permitted to drive vehicles within the Village grounds

David Mehan MP

MEMBER FOR THE ENTRANCE



REF 115/20/AK

3 February 2022

ADELENE VILLAGE

WYOMING NSW 2250

RE: Mobile phone coverage

As you may know, I have been contacted by many residents concerning the lack of mobile phone reception in your area and I am writing to provide you with an update on the issue.

A number of representations have been made to the Federal Minister responsible, most of which resulting in no substantive outcome for you.

I have recently been made aware that the Department of Infrastructure, Transport, Regional Development & Communications has considered Wyoming as a priority location for the Peri-Urban Mobile Program (PUMP). However, upon analysing the areas it seeks to improve, I note that the most affected areas in Wyoming, who have little to no mobile phone coverage, have been excluded.

All residents should have at least the basic access to sufficient mobile phone coverage. I am fighting for this. The Federal Liberal Government fails in its duty to ensure that you have a reliable phone service and for this I apologise.

I have now made urgent representations to the Federal Minister seeking his assurance that funding be considered for the whole of Wyoming, not just what suits them.

As soon as a response is received, I will again be in touch.

Yours sincerely,

A handwritten signature in black ink that reads "David Mehan". The signature is fluid and cursive.

David Mehan
Member for The Entrance

Office 24 The Entrance Road, The Entrance NSW 2261, Darkinjung Country
Mail PO Box 401, The Entrance NSW 2261
Phone 02 4334 1012 Fax 02 4334 3840 Email theentrance@parliament.nsw.gov.au



Happening in the Village

QUALITY SURVEY

A number of participants in the survey noted they would like to see quiz days. Nic has added this to this month's calendar and we look forward to seeing you there. Visits to gardens featured strongly so whilst the weather is still warm, we have included a visit to the Japanese gardens and art gallery in March.

Another suggestion was bridge. If anyone is interested in playing bridge, please let **Nic 4380 9901** or **Marita 4380 9903** MBrocklehurst@alinoliving.com.au know and we will arrange for you to meet with other like minds.

STATIONERY AND PRINTING COSTS

As mentioned in the February Voice, stationery and printing costs are increasing and we are looking at ways to reduce the cost. The Resident Hub is our intranet for the Village, and we will be posting all notices and the Voice of the Village on this platform in 2022.

Nic and Marita will run a class in The Hub in March if you are unsure how to access this. You will need to book in so if you are interested please contact **Nic 4380 9901** or email mbrocklehurst@alinoliving.com.au. Once we know the residents who are interested, we will schedule the class/es

If you do not have access to the internet, please let Marita know and the correspondence will be delivered to your letterbox.

Current notices and the current Voice of the Village are also kept in The Hub on the notice stand. A copy of the current Voice of the Village is also left in the library.

NEWSPAPER DELIVERY

Once again newspapers are being delivered and dropped in the Village grounds. These newspapers do not have names or villa numbers on them, so we are not able to contact the owner. If you are paying for a subscription and you are not receiving your newspaper, please contact **1300 696 397** to advise them.

We have attempted numerous times to resolve this issue, unfortunately without success.

CAFÉ PICNIC BOX

You will see in the activities calendar a number of picnics will be held whilst the weather is still warm. If you do not want to take a picnic lunch with you, picnic boxes are available from the café. Book your picnic box at least one day before the outing. Phone **Michelle** in the café on **0458 014 378** for more information.

Happening in the Village

Craft with Nic

Our February craft morning making bookmarks was so much fun. We don't always get the opportunity to attend these classes but with Nic on leave in February, we had the pleasure of watching the creations grow from a thought to multiple beautiful bookmarks. The comradery and fun amongst this group was a joy to see, what a great group of ladies.

If you are not crafty but love to watch people create, you are more than welcome to come along and join in the chat and laughs (no cost).

Michelle and Marita

This month we will be dusting off our painting and decorating skills and creating something beautiful. **Cost: \$5.00 includes materials**

If you need a pickup and drop home just let us know.

At the moment, we will require bookings so let **Nic 4380 9902** or **Marita 4380 9903** know if you would like to come. You can also book via the Resident Hub.



Happening in the Village

Rummikub

A group of residents have been playing Rummikub in The Hub on Thursdays at 1pm. Come along and join in on the fun of playing Rummikub and sharing time with friends.

This very popular game is a version of Rummy played with 106 tiles instead of decks of cards. New players are very welcome! We all had to learn at some time.



Sensory garden trip

With the bus full, it was time to set off with Tony our terrific driver and Sandra our sassy navigator to the Sensory Garden at North Entrance.

The beautiful sunshine added to the happy atmosphere. Thank you to Sandra and Yvonne for serving the morning tea in Nic's absence, your help is greatly appreciated.



Birthday morning tea

Birthday morning tea to celebrate our February babies. was great fun. For those who couldn't make it, we hope you all had a wonderful celebration!

Resident Feedback Needed

TableTENNIS

Unfortunately, we have not received feedback from anyone interested in playing table tennis. We still have two men who would be keen to play regularly but they would like to play doubles.

If you are interested in playing table tennis, please let Nic know and she will take over the organising.

Nic 4380 9901



NewACTIVITY

We have not received any feedback for the new activity suggestion of introducing outdoor games during Autumn and Spring for a bit of fun and fresh air. Games would include things like boules, quoit, golf putting, badminton.

Let us know your thoughts. You can do this by phoning **Nic 4380 9901** or **Marita 4380 9903** (leave a message if there is no answer).



Regular Activities

– held in The Hub

Did you know that challenging your brain and keeping social will improve your mental, emotional and physical wellbeing?

Our activities are all designed with resident wellbeing in mind. Come along and join the fun, if you don't feel confident in participating you can always come and watch.

It has been lovely to see new friendships formed and people enjoying the challenge of some of the activities. Buggy pick up is available for all of Nic's activities. Phone: **4380 9901**.

Please also see activities on the calendar

WITH SO MUCH ON THE CALENDAR (who-hoo!), BOOKINGS ARE ESSENTIAL.

Walk and Talk with Marita

Monday morning 9.00am, - no cost

Move and Groove with Nic

Wednesday men's group, Thursday mixed gender group, - no cost

Strengthening and Wellbeing Class with Tresna

Tuesday 12.00 noon.
Contact Nic or Marita for details

Zumba with Haruko

Friday morning 9.00am. - Contact Nic or Marita for details

Better Hearing

Each Monday morning (school terms) 9.00am. Contact Graham Abbott for more details

Book Club with Erica

Second Tuesday of the month.
Contact Erica Ramsden for more details

Friendship Lunch

The first friday of the month

Manicure with Nic

check the calendar, cost - \$2.00
fundraiser for a nail polish dryer

Knit and Knatter with Nic

Check the calendar, - no cost

Craft with Nic

Check the calendar,
\$5.00 includes materials

Games afternoon with Nic

Come along and be surprised,
you could be playing scrabble,
cards, boules or any number of
games, - no cost

Memories and Memorabilia

Topic will be - "My first courting (date)"
- 25 March

Regular Activities held in The Hub

Coming in MARCH

Wednesday 2 March

Japanese Gardens. Walk around the garden, have a look at the art gallery, stop for a coffee in the café if you wish. **Bus Cost: \$5.00.** Entry to the garden is free. Bookings essential. Departs 10.00am.

Friday 11 March

Mangrove Dam Picnic If you haven't been to see the Central Coast Dam, now is your chance. Take a picnic lunch or order your picnic box from the café. Feel free to bring a fold up chair. **Bus cost: \$8.50.** Bookings essential. Departs 10.30am

Wednesday 16 March

Dinner at 3 Peppers Pizza Pasta Restaurant
We are off to the 3 Peppers Pizza Pasta Restaurant for dinner. **Bus cost: \$8.50.** Dinner at resident's expense. Bookings essential (RSVP 10 March 2022). Departs 5.00pm.

Thursday 17 March, 10.30am

Saint Patrick's Day Morning Tea. Gold coin donation or whatever you can afford. RSVP via the Resident Hub or phone **Nic 4380 9901** or **Marita 4380 9903.** All profits will go to Coast Shelter.

Wednesday 23 March

Trip to Hunter Valley Gardens Shopping Village
Hunter Valley Gardens Shopping Village is a unique collection of bespoke shops offering everything from delicious meals, lunchtime treats, coffee and wine to stunning glassware, jewellery and unique clothing. **Bus cost: \$15.00.** Bookings essential. Departs 10.00am.

Thursday 24 March, 2.30pm

Residents' Committee AGM. Watch your letterbox for the agenda, nomination form and proxy vote. Afternoon tea will be provided.

Wednesday 30 March, 2.30pm

2022 Premier's Gala Concert, live stream.
Free concert, we will live stream the concert from The Hub

Every Thursday

Shopping – The shopping bus to Gosford will now include the Bunnings precinct so if you would like to venture over to Bunnings, Spotlight or Officeworks, just let us know when you book in. **Cost: \$5.00.**

First Friday of the Month, 12:00 noon

Friendship Lunch. Join us for fish, chips and salad followed by sweet treats and tea or coffee at our Friendship Lunch. Bookings with Robyn Chapman 4323 0314 by Monday 28 February. **\$12 Direct Debit.**

May events
for the dairy

Save
THE DATE

FRIDAY 6 MAY, 11:30AM – MOTHER'S DAY
HIGH TEA (*bookings open*)

We are very optimistic that we will be able to bring you the Mother's Day High Tea. We will be holding a Mother's Day High Tea on Friday 6 May, commencing 11.30am to celebrate the wonderful women of Adelene.

Tickets will be \$25.00 per head. You are welcome to bring your family or friends but those belonging to Adelene will have preference. Men of the Village, come along with your neighbours or wife and join the fun. There will be entertainment, friendship and lots of chatter. There will be tables of four and tables of six if you would like to book a table.

Regular Activities held in The Hub

Coming in APRIL

Wednesday 6 April

Riverboat Postman. Bookings open. Bus departs The Hub at 9.00am. We have reserved 15 tickets on the Riverboat Postman. The boat departs the wharf at 10.00am. **Seniors/Concessions \$49.00** for the cruise, including morning tea and lunch. You can use your Dine & Discover voucher. We will need to know of your interest by Wednesday 16 March and if you will be using a voucher, as we need to confirm numbers at that stage.

- Your ticket includes a three-hour mail delivery cruise of the Hawkesbury. Boats depart at 10am Morning tea is served on departure, with percolated coffee, hot tea, and delicious home-made ANZAC biscuits.
- Lunch, which is served around midday, consists of a very Aussie Ploughman's-style plate with shaved ham, tasty cheese, tomato, zucchini, carrot, mixed lettuce, pickled onions, fresh Turkish Bread roll, pickles, fruit chutney, butter & Italian dressing.
- Common dietary requirements (gluten free, vegetarian etc) can be catered for - just let us know at the time of booking.
- All our boats are fully licensed, so you can enjoy a glass of wine or beer, or a soft drink, with your lunch. Water is always available at the bar.
- We pride ourselves on our friendly service, and our special care of seniors in particular. We use porcelain teacups and saucers, real knives and forks, teapots and plunger coffee, and all our food supplies are Australian made.

Wednesday 13 April, 11.00am

Easter Get Together. Join us for fun and laughs, an Easter hat parade if you dare and maybe even an easter egg hunt – chocolate is definitely not only for the littlies. Look forward to seeing you there.

Thursday 21 April, 2.00pm

Anzac Day Service with Gosford RSL

1951/72 National Service Re-Enactment Unit and sausage sizzle prior. If you haven't been to one of these services, we can guarantee you will not be disappointed. This Unit do an amazing job.

This year the service will be held at 2.00pm, weather permitting, at our Remembrance Garden. Prior to the service we will be having a sausage sizzle in The Hub. Sausage sizzle to commence at 12.30pm, **cost \$2.50**. Bookings are essential and open on the Resident Hub or by contacting: **Nic 4380 9901** or **Marita 4380 9902, MBrocklehurst@alinoliving.com.au**.

Friends and family welcome, Adelene residents have preference.

Friday 22 April

Picnic at Rumbalara Reserve. Bring your own picnic or order a picnic box from the café. Pat Courts gives a great commentary of the area so come along and learn more about our beautiful Central Coast. Feel free to bring a chair. **Bus cost \$5.00**. Departs 11.00am.

Friday 29 April, 10.30am

Navigating My Aged Care with Nic and Marita.

Bookings essential

Every Thursday

Shopping – The shopping bus to Gosford will now include the Bunnings precinct so if you would like to venture over to Bunnings, Spotlight or Officeworks, just let us know when you book in. **Cost: \$5.00**.

First Friday of the Month, 12:00 noon

Friendship Lunch. In, Out and About committee. Sausage sizzle and craft stall.

Reminders



Alison Lyons will be at Adelene Village on **Wednesday 16 March**.

Residents with a current Medicare EPC or DVA D904 Referral in place are BULK BILLED.

Please contact reception to book an appointment

The podiatry clinic will be held in the meeting room in The Hub from March 2022. If you have any concerns, please advise Alison.

We are always happy to welcome new patients.



CANDLES: Safety reminder

Residents are reminded that candles are not permitted in your homes

LAWN MOWING

Weather permitting, the upcoming scheduled mowing dates are:

- | | |
|-----------------|-----------------|
| 1 March | 12 April |
| 15 March | 26 April |
| 29 March | |



VISION AUSTRALIA

DID YOU KNOW YOU MAY BE ABLE TO ACCESS SUPPORT FROM VISION AUSTRALIA THROUGH YOUR HOME CARE PACKAGE.

Vision loss and My Aged Care

Two thirds of people with an eye condition are over 65. That's why it's important to engage in services early, so you can maintain the quality of life you've enjoyed.

My Aged Care is not disability specific, but it covers services that help you with your vision loss and maintain your everyday independence.

Vision Australia is an approved aged care provider and receives subsidies to deliver your vision services or you can purchase services from your Home Care Package.

For more information phone Gosford office: 02 4321 6700

RECYCLING / HOUSEHOLD WASTE



Containers with left-over food, food scraps or cigarette butts are not recyclable. This type of rubbish is to be bagged and tied off before being placed in the **RED** bin.

Are you aware that in Central Coast Council areas long life juice and milk containers cannot be recycled?



Please be mindful of what is placed in the **YELLOW** bins.



GREEN bins are for garden waste only.



HEARING AUSTRALIA

Did you know that Hearing Australia can help you out with information on hearing aids such as:

- Hearing aids
- Hearing aid accessories
- Assistive listening solutions
- TV and music
- Safety and alerting
- Entertainment
- Telephones
- Personal amplifiers



For more information call 134 432.

BINS



The bins go out for collection on **Wednesday** and are brought back into the Village on **Thursday**.

Please do not leave bags of rubbish on the ground if the bins are out for collection. Our local wildlife can make an awful mess.

From the Residents



Thank you to all who contacted me after my story in our December "Voice" Blessings to all for 2022. Love Pats & Purrs, Katie. 435

What lovely contacts came to us from some super folk here after Katie's story was published in the December issue of the Voice of the Village. Katie and I say thank you and wish good health and happiness to all in Adelene.

World Wildlife Day

Thursday 3 March

On 20 December 2013, at its 68th session, the United Nations General Assembly (UNGA) proclaimed 3 March as UN World Wildlife Day to celebrate and raise awareness of the world's wild animals and plants. World Wildlife Day has now become the most important global annual event dedicated to wildlife.

World Wildlife Day (WWD) will be celebrated in 2022 under the theme "Recovering key species for ecosystem restoration". The celebrations will seek to draw attention to the conservation status of some of the most critically endangered species of wild fauna and flora, and to drive discussions towards imagining and implementing solutions to conserve them. All conversations will be inspired by and seek to inform efforts towards the achievement of UN Sustainable Development Goals 1 (No Poverty), 2 (Zero hunger) 12 (Ensure sustainable consumption and production patterns), 13 (Climate Action) 14 (Life Below Water) and 15 (Life on Land).

According to data from the International Union for Conservation of Nature (IUCN) Red List of Threatened Species, over 8,400 species of wild fauna and flora are critically endangered, while close

to 30,000 more are understood to be endangered or vulnerable. Based on these estimates, it is suggested that over a million species are threatened with extinction.

Continued loss of species, habitats and ecosystems also threatens all life on Earth, including us. People everywhere rely on wildlife and biodiversity-based resources to meet all our needs, from food, to fuel, medicines, housing, and clothing. Millions of people also rely on nature as the source of their livelihoods and economic opportunities.

In 2022, World Wildlife Day will therefore drive the debate towards the imperative need to reverse the fate of the most critically endangered species, to support the restoration of their habitats and ecosystems and to promote their sustainable use by humanity.





Fun and Puzzles

St Patrick's Day

Thursday 17 March

Saint Patrick's Day is a cultural and religious celebration held on 17 March, the traditional death date of Saint Patrick (c. 385 – c. 461), the foremost patron saint of Ireland.

Saint Patrick was born in Britain of a Romanised family; he was captured at age 16 by Irish raiders and carried into slavery in Ireland.

He spent six years as a herdsman before escaping from his master and being reunited with his family in Britain. Called in a dream to bring Christianity to the Irish, he returned to Ireland and journeyed far and wide, baptising chiefs and kings and converting whole clans.

One popular legend says that he explained the notion of the Holy Trinity using the shamrock, now the national flower of Ireland. He is also said to have rid Ireland of snakes.



FACTS ABOUT March

We all know that March marks the start of Autumn, and along with a slight chill to the air, there are lots of fascinating facts about this month. Read on to discover them!

1. The name of March comes from Martius, the first month of the earliest Roman calendar.
2. It was named after Mars, the Roman god of war.
3. March was traditionally the beginning of the season for warfare in Roman times.
4. March's birthstones are aquamarine and bloodstone. These stones symbolize courage.
5. March's birth flower is the daffodil.



St Patrick's Day WORD SEARCH

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

POT
PIPE
LEPRECHAUN
PATRICK
CLOVER

MARCH
HAT
MAGIC
CELEBRATE
GOOD LUCK
COINS

GREEN
HORSESHOE
GOLD
RAINBOW
IRELAND



SUDOKU



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



Fun and Puzzles

CRACK THE CODE

The crossword puzzle grid contains the following numbers and clues:

- 1** (Rainbow): 10 down, 11 down, 12 down, 13 down, 14 down, 15 down, 16 down, 17 down, 18 down, 19 down, 20 down, 21 down.
- 2** (Clover): 10 across, 11 across, 12 across, 13 across, 14 across, 15 across, 16 across, 17 across, 18 across, 19 across, 20 across, 21 across.
- 3** (Pot of Gold): 10 across, 11 across, 12 across, 13 across, 14 across, 15 across, 16 across, 17 across, 18 across, 19 across, 20 across, 21 across.

The word **GREEN** is visible in the top right corner of the grid.

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

Answers and Solutions

SUDOKU

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

CRACK THE CODE

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



Management and Services

Administration:

Marita Brocklehurst & Justin Dover

Administration Office: Phone: 4325 3693

Cafe: 0458 014 378

Nic: 4380 9901 (Wed, Thur, Fri)

Correspondence to the Office:

Email: mbrocklehurst@alinoliving.com.au

Reception email: reception@alinoliving.com.au
(use for maintenance requests, activities bookings etc.)

Residential Care Facility Manager: Anna Ross

Reception: 4325 3693 -
Monday to Friday 8.30am – 4.00pm

Residential Care Rumbalara

House Phone: 4325 3693

Adelene Court: Phone 4325 3693

Maintenance: 8am – 4pm Mon, Tues, Thur, Fri

Garbage: Red lidded bins removed every
Wednesday. Yellow (recycling) bins fortnightly

AFTER HOURS URGENT MAINTENANCE, RESIDENT CONTACTS

Yvonne Edwards:

Unit 67 | Ph: 4322 1894

Maggie and Tony Kayes

Villa 18 | Ph:4339 269



EMERGENCY PHONE NUMBERS

Medical & Security Emergency: Ring "000"

Gosford SES: 132 500

Security:

(Day time 8.30am–4.00pm) Phone Office 4325 3693

After Hours Security:

AlphaK9 Security - 0428 853 389

*For non-urgent security issues between office & security hours, please call the Police Assistance Line on: **131 444***



YOUR FEEDBACK

We love hearing what you would like included in The Voice of the Village.
Contact us at Reception or see Marita.