

LEIGH PLACE

Autumn Newsletter



Leigh Place

Care • Compassion • Community • Choice

12-18 Leigh Avenue Roselands

NSW 2196 | T: 02 8522 5800

E: info@leighplace.com.au

www.leighplace.com.au

ABN 57 003 866 135



Your place to call home

OUR VISION

To be a leader in innovative, quality aged-care services that maximise each resident's opportunity to live as independently as possible.

OUR MISSION

Leigh Place is committed to pursuing excellence in the provision of service to older people

OUR VALUES

Our commitment to our residents is guided by the key pillars of CARE, COMPASSION, COMMUNITY and CHOICE.



Word from the CEO

Dear Residents and Families,

We hope this newsletter finds you in good health and high spirits. On behalf of the entire Leigh Place team, we would like to extend our sincere gratitude and appreciation for your ongoing support and understanding. As you are aware, the COVID-19 pandemic again affected our community and has brought about significant changes to our daily lives. Your cooperation and understanding in following the protocols and guidelines put in place has been instrumental in reducing the spread of the virus and keeping our community safe. We are proud of the resilience and strength that our residents have shown throughout this difficult time. Your positive attitude and support for one another has been a source of inspiration for us all. We would also like to thank our dedicated staff who have gone above and beyond to care for our residents during this time.

At Leigh Place Aged Care, our priority has always been the health, safety and well-being of our residents and staff. We have taken a number of measures to ensure that our facility remains a safe and supportive environment, including implementing strict infection control protocols and procedures, providing regular testing and vaccines, and ensuring that residents and staff are kept informed and up-to-date with the latest information and guidelines.

As we approach Easter, a time of renewal and hope, and as we continue to navigate the ongoing challenges posed by the pandemic, we would like to remind you of the importance of considering Leigh Place Aged Care in your will. Your generosity can ensure that our facility remains a supportive and nurturing environment for generations to come and will enable us to continue to provide the highest quality of care to our residents.

Once again, thank you for your support, understanding, and trust in Leigh Place. Have a very happy and safe Easter. May this special time of year bring you joy, peace and happiness.

With warmest regards,

Joe Azzi | Chief Executive Officer



Charter of Aged Care Rights

I have the right to:

- Safe and high-quality care and services;
- Be treated with dignity and respect;
- Have my identity, culture and diversity valued and supported;
- Live without abuse and neglect;
- Be informed about my care and services in a way I understand;
- Access all information about myself, including information about my rights, care and services;
- Have control over and make choices about my care, and personal and social life, including where the choices involve personal risk;
- Have control over, and make decisions about, the personal aspects of my daily life, financial affairs and possessions;
- My independence;
- Be listened to and understood;
- Have a person of my choice, including an aged care advocate, support me or speak on my behalf;
- Complain free from reprisal, and to have my complaints dealt with fairly and promptly;
- Personal privacy and to have my personal information protected;
- 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.

JOIN US FOR OUR

LEIGH PLACE FETE

SATURDAY 14TH OCTOBER

9:30 - 2:30PM

**Leigh Place Fete is back!
We are looking for volunteers to
support us:**

- Master of Ceremony -Singers -Entertainers
- Barista -Marketing Support -Photographer
- Raffle & Stall Donations -Event Volunteers.

**Please contact us with ideas and suggestions
or if you are able to support the event!**

PHONE (02) 85225800

EMAIL SIMONE@LEIGHPLACE.COM.AU

12-18 LEIGH AVENUE, ROSELANDS

PARKING AVAILABLE ON SKINNER AVENUE



HARMONY DAY

Friday 24 March

**JOIN US IN THE CELEBRATION OF
CULTURAL DIVERSITY & INCLUSIVENESS**

Harmony Day celebrates Australia`s cultural diversity. It`s about inclusiveness, respect and a sense of belonging for everyone. Leigh Place encourages all the staff and residents to share their culture on the day.

-Traditional Clothes -Food -Music -Dances

11:00 Residents & Staff Performance

12:00 Residents BBQ

1:30 Staff Lunch

Residents, Relatives, Friends and Staff please let our Lifestyle Team how you would like to contribute on the day.

Staff please bring a meal from your culture to share

Vouchers for the best dressed/performance and best food on the day!



Leigh Place Hotel Services

As of February 2023, we care for 63 residents from all over the world, about 35 are from an Australian background, and the remaining are from 22 different countries: Mauritius, Italy, Ireland, Philippines, Scotland, England, China, Egypt, Poland, Macedonia, Hungary, Cyprus, Malta, Peru, Fiji, NZ, Brazil, Spain, Indonesia, Greece, Korea and Uruguay! An amazing multicultural community! Our Hotel Services team strive to provide everyone with their favourite meal, and ensure our menu meets nutritional needs, likes, dislikes, allergies and intolerances. We received positive feedback on the new Summer menu, with a lot of improvements made.

Merit goes to our Foodie Group, which is now meeting, as per Activities Calendar, every month with the House Meeting. We invite residents to participate actively. Leigh Place Chef Saikat is very friendly and enjoys a chat with the residents when he is not cooking! After a little bit of convincing, he agreed to share his Butter Chicken recipe!

Ingredients

For the chicken marinade:

- 800g chicken thighs or breasts cut into pieces
- 1/2 cup plain yogurt
- 1 1/2 tablespoons minced garlic
- 1 tablespoon minced ginger
- 2 teaspoons garam masala
- 1 teaspoon turmeric
- 1 teaspoon ground cumin
- 1 teaspoon red chili powder
- 1 teaspoon of salt

Instructions

- In a bowl, combine chicken with all of the ingredients for the chicken marinade; let marinate for 30 minutes to an hour (or overnight if time allows).
- Heat oil in a large skillet or pot over medium-high heat. When sizzling, add chicken pieces in batches of two or three, making sure not to crowd the pan. Fry until browned for only 3 minutes on each side. Set aside and keep warm.
- Heat butter or ghee in the same pan. Fry the onions until they start to sweat (about 6 minutes) while scraping up any browned bits stuck on the bottom of the pan.
- Add garlic and ginger and sauté for 1 minute until fragrant, then add ground coriander, cumin and garam masala. Let cook for about 20 seconds until fragrant, while stirring occasionally.
- Add crushed tomatoes and salt. Let simmer for about 10-15 minutes, stirring occasionally until sauce thickens and becomes a deep brown red colour.
- Remove from heat, scoop mixture into a blender and blend until smooth. You may need to add a couple tablespoons of water to help it blend (up to 1/4 cup).
- Pour the puréed sauce back into the pan. Stir the cream, sugar and crushed kasoori methi (or fenugreek leaves) through the sauce. Add the chicken with juices back into the pan and cook for an additional 8-10 minutes until chicken is cooked through and the sauce is thick and bubbling.

For the sauce:

- 2 tablespoons olive oil
- 2 tablespoons ghee (or 1 tbs butter + 1 tbs oil)
- 1 large onion, sliced or chopped
- 1 1/2 tablespoons garlic, minced
- 1 tablespoon ginger, minced or finely grated
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons garam masala
- 1 teaspoon ground coriander
- 400 g crushed tomatoes
- 1 1/4 teaspoons salt (or to taste)
- 1 cup thickened cream
- 1 tablespoon sugar
- 1/2 teaspoon kasoori methi

Getting to Know Judy & Malcolm



Malcolm: I was born in Trafalga, a little country town of Victoria in 1943. I was raised on a farm and was the middle child of a family of 5. In the early years, our parents could never afford to provide us with many luxuries. I was involved in correspondence (home) school until I was at the age of 10 and then to a primary school in our local hometown. We had to travel by bicycle for 7 miles to the nearest school. After primary education, I attended secondary education at Warrigal High School before we sold the farm and moved to Melbourne, as my mum was always a city girl and wasn't coping well at the farm.

Judy: I was born in Warrigal, Gippsland, in 1944. I was adopted into a family of 4. My education consisted firstly of attending Athlone Primary School before attending Stroke Drouin High School. Being a country girl, I found it very difficult at school with my studies. However, I had a great interest in arts & crafts. Outside my schooling life, I would help my father on the dairy farms, milking the cows and completing additional domestic chores. After school, I began a career as a telephonist and a switch operator at Telstra.

Judy and Malcolm: By the time we moved to Melbourne, Malcolm had become an Industrial Chemist, specialising in making plastic and glass. Malcolm's older brother was a University student before becoming a school teacher and creating a business with computers. Malcolm met Judy at a public dance in East Melbourne. Malcolm offered to take her home, and Judy asked her friend to take her car so he could take her home after the dance. Our romance blossomed and 3 years later, we were married in the countryside.

We had two wonderful children, firstly our daughter Kerry and then our son Peter. It was tough then, having very little support from the Government on how to raise children, but we made it through. We were always passionate about travelling and had a fair bit of money after Malcolm's promotion in his new job in Ingleburn. He had been on numerous overseas trips for work including: South Africa, England, Germany, Argentina, Japan and Kathmandu. Two of the companies he worked for sent him overseas to increase his knowledge through learning different skills in different countries all around the world.

Later in life, we enjoyed holidays travelling to many different places including: Hong Kong and Switzerland. Now we enjoy our new chapter together at Leigh Place, where we like to go shopping, have morning tea and go for walks outside in the lovely sunshine meeting new friends. We used to both work at Leigh Place, Judy was a carer in houses 1 and 2, and Malcolm was a gardener working for Ruth Toohey. If you see us around, come and join us for a chat.



Getting to Know the Maintenance Team Rychard & Luca



Rychard

Hey everyone! My parents are from Poland, however, I was born in Auburn, on the 22nd of August 1969. I spent most of my childhood life in Sefton. I come from a large family, one of four living in a 3 bedroom home. I went to Marist Brothers Catholic College in Auburn. I used to stay active, riding my bike to school. After school, I took up a technician course at TAFE. My first job was as a motor mechanic for Saab Scania, and had a side job at the Bankstown Polish Club. Later, I moved into Telecom in 1989 before working in IT at Telstra for 21 years. I am a father of three, two boys and a girl. I had my first child in 2003 and my third in 2009. I am very grateful to my father for teaching me to become a skilled tradesman, and helping me become successful at home renovations. I was successfully able to find myself a great job at Leigh Place, working with my friend Luca. The staff have a few funny nicknames for the two of us, they like to call us Lauryl and Hardy, Bert and Ernie or Tom and Jerry. Outside of work, I love to travel. I have been to many places, including Denmark, Germany, Poland, France, Queensland, and Hobart. My other hobbies include hiking and walking my black Labrador.

Luca

I was born in San Marino, Italy, on the 4th of March, 1965. I was raised in a family of four with one younger brother. I moved to Australia when I was young and went to primary school at Croydon Park. The high school I attended was Ashfield Boys High School. I'm not a huge fan of Angus Young from ACDC, as he went to my high school and dumped my head down the school's toilets. I was never fond of school and dropped out at 15 to begin my ENC - electrical degree.

I have an amazing wife, Dom, who works as a cook at Leigh Place. I have many hobbies, gardening and cars to name a few. For those who love cars, I used to own the original XU1 Holden Torano. I also make sure I am always keeping very busy. My other main hobby is laughing and telling jokes. Bert (Rychard) and Ernie (myself), as they call us, enjoy working at Leigh Place, helping make people laugh while we work on maintenance. I never like to be near anyone serious, as I am someone who likes to stay positive and happy. If you ever see us come around for a yarn and a laugh.



Lifestyle at Leigh Place

LP Physio`s Nadine and the Residents punching away boredom and staying healthy! Join her weekly class!



Carlos setting a very high standard for LP Art & Craft weekly activity! Keep up the good work!

Jean`s 101 Birthday! She received lot of love and birthday wishes from her family and our community!



LP Residents enjoying a little break during a walk in the park!



Australia Day BBQ!
Residents enjoyed the nice food prepared from our Chef Saikat!

Betty delighting house 5 residents with her music. We are so lucky to have residents keen to share their skills and knowledge!



Parking is not allowed on the footpath within the facility. Cars obstruct access for emergency vehicles and cause difficulties to navigate around for residents with limited mobility. Until the new building is completed parking is available 2 minutes walk from the Bennett Park parking.



Notices and Services

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

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.

DENTIST

ADVANCED ORAL

P: 02 9956 7677

F: 02 9956 7877

E: info@advanceoral.com.au

PODIATRIST

Enquire within



DENTAL CARE

Toothbrushes are provided from LP and replaced every 3 months, identified by using different colors. January-April-July-October

OPTOMETRY

HEALTH CARE 2 U

P: 1300 882 374

F: 1300 913 043

E: info@healthcare2you.com.au

HOME LIBRARY SERVICE

This FREE service is tailor-made for residents who cannot visit the Library and Knowledge Centres.

Sally Meakin T: 02 9789 9404

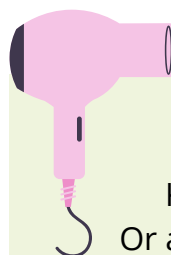
M: 0414 191 169

HAIRDRESSER

Please contact

Kathleen on 0413441777

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

EXERCISE PHYSIOLOGIST

Summit Health & Fitness

P: 0412 477 526

E: mrusso@summitfitness.com.au

Emotional Wellbeing for Older Persons (EWOP)

This program provides emotional support for older people who reside in Residential Aged Care facilities.

If you are a resident:

- who is experiencing anxiety or depression
- or is feeling the need for emotional support

Then this service is for you.

Benefits include:

- mood improvements, reduction in anxiety and stress
- increased ability to cope with life changes
- increased interest in social activities
- trained staff who can identify and support emotional wellbeing

To access this service, all you have to do is:

talk to your nurse or doctor who will assist in completing the Anglicare EWOP referral form with signed consent.

Emotional Wellbeing for Older Persons (EWOP) service is supported and funded by Central and Eastern Sydney PHN.

To know more, contact us on:

1300 111 278

Volunteer Support

Interested in volunteering?

If you're thinking about contributing some of your own time to help make a difference in our community, here are some of the many benefits volunteering brings:

- Making a positive difference in your community
- Meeting like-minded people and forming long-lasting friendships
- Challenging yourself by getting outside of your comfort zone
- Being an engaged and active member of your community.

We are always looking for volunteers who would simply like to talk with our residents or support them with outings, shopping trips, reading, gardening or entertainment, such as singing. In fact, we're always happy to hear any of your ideas! Each volunteer is free to choose which area they'd like to assist in.

Volunteering is such a valuable contribution and makes an enormous difference to our residents, particularly those who might not have many visitors. **For more information, please contact Simone, the Lifestyle and Community Engagement Manager at Simone@leighplace.com.au**



We provide free legal advice, advocacy and information.



Contacts

02 9281 3600

1800 424 079

info@SeniorsRightsService.org.au

SeniorsRightsService.org.au

Gadigal land

Suite 201 / 418A Elizabeth Street

Surry Hills NSW 2010

Interpreter Service 131 450

National Relay Service 133 677

Office Hours Monday to Friday
9.00am - 5:00pm

TRANSLATING AND INTERPRETING SERVICE

TIS 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 www.tisnational.gov.au

Other Services

There is a range of other services available to the residents, such as:

- Be Connected
- NDIS (under 65yrs old)
- Exercise Physiologist
- Speech Pathologist
- Clever Care Now

Please ask our friendly staff for further information.

Word Search



THE SOUND OF MUSIC

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

Austria

Edelweiss

Julie Andrews

Friedrich

Gretl

Best Picture

Escape

Maria

Romance

Liesl

Kurt

Governess

Movie

Von Trapp

Rolfe

Captain

Telegram

Nuns

War

Louisa

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