



LEIGH PLACE

Winter Newsletter



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.

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Message from the CEO

We hope this newsletter finds you and your loved ones in good health and high spirits. We have some wonderful news to share with you about our aged care facility. We have successfully passed the accreditation process, affirming our commitment to delivering exceptional care and services to our cherished residents. Accreditation is a significant milestone that validates the high standards of care and services Leigh Place provides. It underscores our unwavering commitment to the well-being, safety, and happiness of our residents. This achievement would not have been possible without the collaborative efforts of our entire community, and we are immensely proud of this accomplishment.

We want to express our deepest gratitude to all our exceptional staff for their unwavering dedication and compassion. Their tireless efforts and commitment to providing the highest quality care make a significant difference in the lives of our residents. The staff are the heart and soul of our facility, their hard work and empathy is what creates a warm and supportive environment for our residents to thrive in.

We recently celebrated International Nurses Day. It was an opportunity to recognise and appreciate our incredible nursing team for their tireless dedication and compassionate care.

Our residents, with their resilience, spirit, and unique stories, bring joy and inspiration to our facility. Their vibrant personalities and diverse backgrounds create a rich and welcoming community. We feel privileged to be a part of their lives and are dedicated to providing a safe and nurturing environment where they can thrive. We also extend our heartfelt appreciation to you, and our families, for your trust, support, and understanding.

Your involvement and engagement in the care of your loved ones are truly invaluable and greatly contribute to their overall well-being. We understand the trust you place in us, and we are grateful for the opportunity to care for your family members. Thank you for being an integral part of our community.

We are excited about the Annual Fete being held on 14 October. Please take time and come and visit on the day.

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.



Leigh Place

COMMUNITY FETE

SATURDAY, 14 OCTOBER

9:30 AM TO 2:30 PM

ALL WELCOME

-VARIETY OF STALLS -ENTERTAINMENT -
CONCERT -RAFFLE -JUMPING CASTLE
-SAUSAGE SIZZLE

12-18 LEIGH AVENUE ROSELANDS

-PARKING AVAILABLE ON SKINNER AVENUE OR
KARNE ST

-02 85225800 -RECEPTION@LEIGHPLACE.COM.AU

● -WWW.LEIGHPLACE.COM.AU



Skinner Avenue New Building

Almost there!

In an exciting development for the local community, Leigh Place Aged Care is on the brink of opening a brand-new building dedicated to enhancing the quality of life for its residents. The imminent opening of the three-story expansion marks a significant milestone in meeting the growing needs of the community. The new floors offer a total of 34 additional rooms, with 12 rooms on the first floor, 13 on the second and 9 rooms on the third floor. The thoughtfully designed rooms prioritize comfort and individualized care, ensuring a welcoming and homely environment for residents.

The carefully designed spaces prioritize accessibility, safety, and convenience, ensuring residents feel at home while receiving the care they deserve. The rooms are thoughtfully furnished, featuring modern amenities and personalized touches to cater to the diverse needs and preferences of each resident.

Additionally, the facility boasts an array of communal areas where residents can socialize, engage in recreational activities, and foster meaningful connections. From beautifully landscaped gardens to cozy lounges, the new building encompasses a comprehensive range of facilities to enhance residents' overall well-being. A large car park is located under the building.

Send your enquiries to reception@leighplace.com.au



Dignity of Risk & Duty of Care

Dignity of risk is a principle that emphasizes the importance of allowing individuals to make choices and take risks that align with their personal preferences and values. It recognizes that while ensuring safety is essential, it is equally important to respect an individual's autonomy and decision-making capacity.

Leigh Place recognises and respects your unique identity, culture, social connections, well-being and needs which will help you maintain your independence while applying the duty of care legal and ethical obligations. We have a responsibility to protect individuals from foreseeable risks and provide a safe environment. It requires exercising professional judgment and taking necessary precautions to minimize harm while promoting the overall welfare of the individuals in our care.

When a risk has been identified, we complete risk assessments, consult relevant health professionals, inform you of the risk and benefits, and support you in making the choice. Risk and benefits are regularly reviewed and you can always have a change of heart and inform us.

The reconciliation of duty of care and dignity of risk involves finding a balance between providing a safe environment and respecting an individual's autonomy and choices. Here are some key considerations:

- Individual assessment: Each individual's capabilities, preferences, and capacity to make decisions should be carefully assessed to determine the appropriate level of support and the risks they can reasonably assume.



- Informed consent: Individuals should be provided with relevant information about the potential risks and benefits associated with their choices. This allows them to make informed decisions based on a realistic understanding of the situation.
- Person-centered care planning: Collaborating with individuals, their families, and healthcare professionals to develop care plans that reflect their goals, preferences, and tolerance for risk is essential. This includes identifying appropriate safeguards and supports to balance safety and autonomy.
- Ongoing evaluation and monitoring: Regular assessments and continuous monitoring are necessary to ensure that the risks individuals choose to undertake remain within acceptable limits and align with their well-being and preferences.

By implementing person-centred care approaches and involving individuals in decision-making processes, Leigh Place balances the duty of care and dignity of risk. This enables individuals to maintain their autonomy, experience personal growth, and preserve their dignity, while still receiving the necessary support and safeguards to ensure their overall safety and well-being.

Different organisations and healthcare professionals can assist in making informed choices. Ask our friendly staff for referrals or information.

In the pictures:

William and Nadyne, respectively Leigh Place's residents and physiotherapists during exercise classes.

As you can see, William loves a challenge, and the experienced Nadyne supervises and mitigates risk.

Resident's Project: House of Humour

At Leigh Place, we believe that laughter truly is the best medicine. That's why we are thrilled to introduce you to "House of Humour," a unique project created by our vibrant residents, Carlos, Marjorie and George. This initiative aims to cultivate friendship, joy, and engagement through the power of humour.

Where it all started:

A few months ago a new activity called Residents to Residents Visits was launched with the aim of building meaningful relationships. When residents spend time together, they have the opportunity to learn about each other's life experiences, interests, skills and passion enriching their connections and enhancing their overall well-being.



Over a cup of coffee George and Marjorie, who love to sit outside Marjorie's room chatting, thought of inviting and involving other residents in afternoon laughs.

From previous activities, they both knew Carlos's artistic skills and in collaboration, they come up with the idea of a sign in front of Marjorie's room inviting other residents to stop by and join their company.

Carlos with his great mind come up with the drawing.

Everyone in House 1 Valerie, Norma, Renee, Dorene, Luc, Marjery and Jessie loved it and congratulate them on the work well done.

Stop by for a chat when you walk by!

Marjorie Kennedy



Getting to Know Joan

Greetings, everyone! My name is Joan, and today I'd like to share a glimpse into my life's journey with you.

I hail from Arncliffe, New South Wales, and I grew up in a loving family of four. There was my father, Geoffrey, my mother, Betty, my sister, Denice, and of course, myself. From a tender age, my sister and I found our passion in dance. We delighted in ballet and tap dancing, often frequenting the dance studios in Drummoyne and Balmain. As we grew older, Denice continued her dancing pursuits, while I took on a different path, becoming a babysitter for one of our dance teachers' first baby. At the age of 15, I made the decision to leave school early and embark on a career in Millinery, where I honed the craft of hat-making.

It was during my early twenties that I had a life-changing encounter. I watched a movie called "Tea for Two" starring the radiant Doris Day, and I instantly fell in love with her charm, her melodious voice, and her undeniable talent. Fortunately for me, a friend won the lottery, and she graciously invited me to accompany her on a trip to America to meet Doris Day in person. From the moment we met, a profound and enduring friendship blossomed between Doris and me. Over the span of 60 years, we remained dear friends until her passing. During my time in America, I had the incredible opportunity to visit the film studio and witness Doris at work, both on movie sets and during our delightful shopping trips and social outings. I resided with Doris' mother, Alma, and had the pleasure of meeting Doris' entire family. Throughout our friendship, I had the privilege of creating numerous hats for Doris, which she wore in her movies and on other special occasions. Additionally, my mother, Betty, contributed her talent by making jackets for Doris. I am eternally grateful to my lifelong best friend, Joyce, who joined me on this journey, meeting Doris and sharing countless cherished memories together.



Over the years, I found myself travelling back and forth to spend time with my dear friend Doris. During the intervals between our visits, I engaged in various jobs, including working at Grace Brothers, crafting hats, designing neon signs, and providing babysitting services. It was a remarkable life filled with extraordinary individuals whom I had the pleasure of knowing and meeting along the way. I consider myself truly blessed.

For 48 years, I cherished a beautiful unit in Campsie, which was adorned with a splendid collection of dolls and dedicated displays honouring Doris Day. However, circumstances led me to bid farewell to my beloved unit. Transitioning to Leigh Place was initially challenging, but thanks to the unwavering efforts and kindness of everyone involved, I now feel at home here. My family and the dedicated staff went above and beyond to recreate the ambience of my Campsie unit in my new room, adorning the walls with delightful images of Doris Day. While my vision has deteriorated over time, making it difficult for me to participate fully in activities, the staff has been incredibly supportive, encouraging my engagement and ensuring I feel included. As a naturally friendly person, I welcome anyone who wishes to converse, especially if it revolves around the fascinating world of Doris Day. So please, feel free to come by and say hello.

In summary, my life has been an incredible journey intertwined with lasting friendships, unforgettable memories, and a passion for creativity. I am grateful for the wonderful people I have encountered, and I look forward to sharing more stories and experiences with all of you.



Getting to Know Moumita (Care Staff)

I was born in the small town of Satkhira, Bangladesh, into a loving family with two elder brothers and a younger brother.

As a child, I was always curious and eager to learn, constantly exploring the world around and asking questions. At the age of eleven, I moved to a hostel to continue my education, and there I made many lifelong friends. I worked hard and excelled in my studies, eventually graduating with flying colours. Although my childhood is adorned with numerous memories, a cherished one revolves around my elder brother's wedding ceremony, where I relished delightful moments with my cousins.

In 2018, I married the love of my life and embarked on a new chapter of my life. A few years later, in March 2022, we welcomed our first baby into the world, bringing even more joy and happiness into our life.

Throughout my life, I pursued many hobbies and interests, including cooking, crafting, dancing, and spending time outdoors near the water.

Recently, I joined Leigh Place as a care staff member in September 2022, and it has been a truly rewarding experience. I feel privileged to be able to help and care for those in need, and I love the warm and welcoming atmosphere of Leigh Place.

I know that the support and care I provide at Leigh Place can make a real difference in the lives of those I serve, and I am proud to be a part of such a wonderful organization.



Getting to Know Pat (Hotel Services)

Hi All, My name is Pat, originally from Thailand. In 2006, I arrived in Australia as a student, embarking on a journey that led me to various jobs and introduced me to wonderful individuals. After six years of studying and working in Australia, fate brought me to my future husband, and we sealed our love in marriage. Currently residing in Mortdale, Australia, I find great happiness in my life here, although I do deeply miss Thailand.

Recently, I commenced my employment at Leigh Place. The staff and residents have warmly embraced me, creating a welcoming environment. I hold high hopes for a promising future at this establishment and eagerly anticipate the opportunity to meet each and every one of you during my tenure at Leigh Place.

Moments

Art & Craft in good company accompanied by vibrant music!
As we store these exquisite artworks, who knows, they might become invaluable treasures worth millions in the future!



Mariam, Western Uni Student playing cards with David, Ivana and Nigel. Smiling faces hiding aces in their sleeves!

Age is just a number when it comes to sharp-shooting in the game of pool! Forever young at heart and always up for some friendly competition!"



Cecilia exercising on the trampoline supervised by the Physio team. Looking good!



Lt Colonel Vincent H. raising the Australia Flag at Anzac Day service. We are really lucky to have the opportunity to learn about wartime experiences through the eyes of a veteran or residents who remembers the war.

Shirley visiting Helena during the resident to residents visits program. So many good stories to share!



Shirley and Ivana making The Crescent Moon and Star for Ramadan. Residents enjoy celebrating the Australian cultural diversity!



Gary W. a LP staff member during a commemorative address at the Anzac Day service.

Indoor volleyball is a popular activity amongst the residents! Fortunately, volunteer Christine is supervising the highly competitive game!





Aleks and Cecilia with Charlie, who is hiding his age (11 yrs on 2 June) and the fact that he is too big for a lap dog!



Shirley's Special Day

Sometimes great days just happen! Leigh Place residents went on a bus trip to Mounties Club for a concert and lunch. While the entertainment was already really good, Shirley decided to steal the show and make the most hilarious and lovely performance we ever witness. Shirley's singing along and funny remarks made the day for over a hundred people watching the show! So many people come and say hi after the show to get to know more about her!



But that's not it for the star of the day! Returning to LP she was visited by Cheng (volunteer) who knitted a pretty doll which Shirley loved! A day we will remember!

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

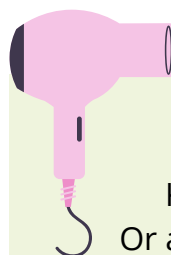
M: 0414 191 169

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

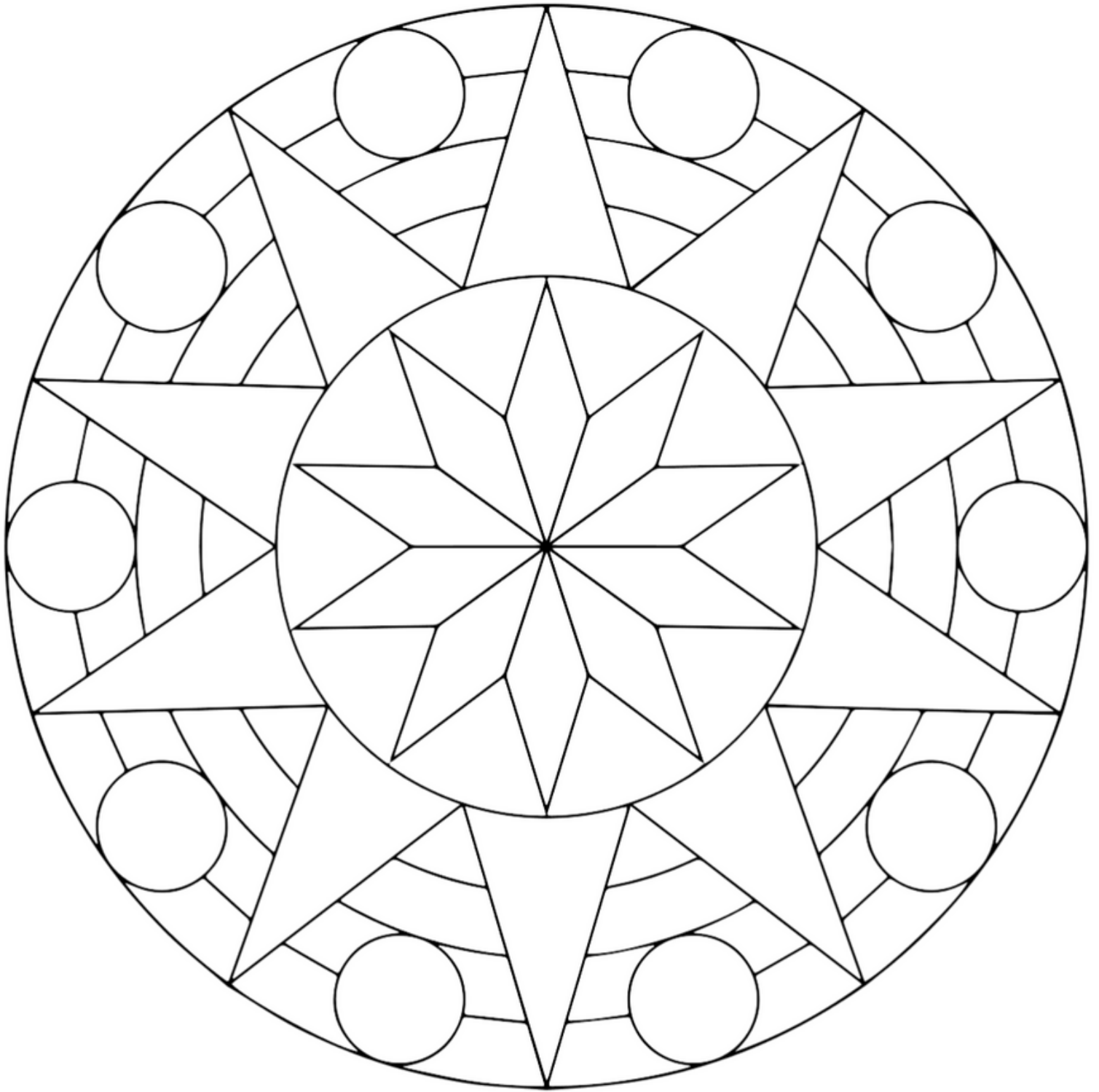
Other Services

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.

Mandala Coloring



12-18 Leigh Avenue Roselands, NSW 2196

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E: info@leighplace.com.au

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