OneCare

17a Clydesdale Ave, Glenorchy (03) 6208 0800

Barossa Park Lodge Newsletter

Winter 2025

Winter Edition

Feature Story
Wellbeing and Reablement

+ Precinct Message & Season Focus

Chief Executive Officer Update

Dear Residents,

I hope this message finds you well as we move through the colder months in our beautiful state of Tasmania. I wanted to take a moment to share an update on how OneCare is continuing to invest in our homes, communities and our future.

Across our organisation, we are working hard to enhance the spaces you live in and the services you rely on. You may have noticed projects underway or in planning at several of our sites. These include upgrades to our buildings, including some internal rooms at Umina Park, and outdoor areas to make them more welcoming, accessible, and enjoyable, from refreshed gardens and walking paths to improvements in communal spaces. We're also progressing our plans for new independent living units at Rubicon Grove (Port Sorell) and Barossa Park Lodge (Glenorchy), which are currently moving through the council planning process.

These improvements are part of OneCare's broader strategy to create precinct-style communities that provide a full range of care and lifestyle options. Our vision is to ensure that our homes not only meet the highest standards of care but also support your wellbeing, independence, and connection to the community.

In addition to these projects, our Board of Directors and leadership team have been focused on shaping OneCare's next strategic plan, 2026-2028. This work draws on feedback from residents, families, clients, staff, and our broader community. Together, we are identifying ways to further strengthen quality of care and support, improve amenities, security, technology and ensure that OneCare remains financially strong and future-ready.

Thank you for your ongoing support as we continue this important work. Please don't hesitate to reach out if you have ideas or feedback on how we can improve our services, as your voice is central to everything we do.

Kind regards,
Pete Williams
Chief Executive Officer

From the Chairman

Dear Residents,

We continue to negotiate turbulent times in the aged care industry.

The Royal Commission, funding shortages, the COVID-19 pandemic, the shortage of Registered Nurses and now the transformation of governance under the new Aged Care Act.

We are fortunate to have had the skills of a professional and competent CEO, Pete Williams, who has successfully led the company through all of these challenges.

The delivery of quality care remains of paramount importance to the Board. Approval has been granted for programs and additional staff to assist in achieving the objective of being the care provider of choice in Tasmania.

Our building program continues with the recent commissioning of the refurbished Derwent Wing at Bishop Davies Court at a cost of $3.9m ($1.8m from the Federal Government). Works are currently underway at Umina Park involving the upgrade of 50 rooms at a cost of $2m, including a residents' café and extensive courtyard and air conditioning upgrades.

Our major ILU developments continue to evolve at a pace that is somewhat less than anticipated. However, council approval has been granted for the additional 56 dwellings at Barossa Park Lodge with tenders about to be called. The Development Application has been lodged with the Latrobe Council for 84 units at Rubicon Grove.

As we continue to work through the challenges of the aged care sector, our commitment remains to provide the highest quality care and support to every resident. Thank you for your trust, your support and for being part of the OneCare community.

Kind regards,
Leon Peck
Chairman

Precinct Update

Nicolle Ferry & George Wilson

We recently appointed a Clinical Operations Manager at Barossa Park Lodge (BPL). This is a new position reporting to Regional Clinical Services Manager, Nicolle Ferry, but also supporting Regional Operational Services Manager, George Wilson.

The position is based full time at BPL. Following an extensive expression of interest process our very own Tamyka Clements was appointed to the role. An advantage for residents and family members is that whilst Nicolle and George are in Regional Roles, with Tamyka, there will always be a manager on-site at BPL (weekdays business hours).

We also see this role as improving the effectiveness of the linkages between Clinical and Operations. Congratulations and welcome to the role Tamyka.

One of our primary aims at BPL is to improve both the Quality of Care Experience as well as the Quality of Life Experience for our residents. Independently commissioned surveys consistently validate our strong performance in both these areas. While much focus and attention is applied to Quality of Life there can be much less dialogue and planning in relation to Quality of Death.

It is our wish that our residents when the time comes to transition to the next stage of their spiritual journey are comfortable, pain free, and, passing away in accordance with his or her express wishes. You can help us and more particularly your loved one by working with our Nursing Staff to ensure that an Advanced Care Directive is in place and current.

If you or your loved one does not have an Advanced Care Directive in place a Nursing Team member will be in contact with you shortly.

Each month we have our twenty-two Clinical Indicators, risk assessed by an independent external provider.

For display purposes a traffic light system is used. For May 2025 we had 17 Green Traffic Lights (Low Risk), 3 Yellow Lights (Medium Risk), 2 Amber Lights (High Risk), and Zero Red Lights (Extreme Risk). This equates to outstanding clinical performance. The High Risk areas were Infection and Advanced Care Plans.

Infections are reviewed by our Infection Prevention & Control Nurse, who develops education and strategies to reduce prevalence. As mentioned previously for Advanced Care Plans please work with our nurses where needed – its for the ultimate benefit of your loved one and your peace of mind meantime.

Kind regards,
Nicolle Ferry and George Wilson
Regional Clinical Services Manager & Regional Operational Services Manger

Community Connection

Glenorchy Library

Typically libraries are for borrowing books, but did you know our local library has adult activities including:

Author talks, Book chat, Chess Club (all ages), Digital Programs, Family history support.

West Moonah Neighbourhood House

Neighbourhood houses are a great place to meet new people, with a variety of activities on offer the door is open to everyone.

Social Media

Instagram:
Barossa Park Lodge
Glenorchy, OneCare

Facebook:
Barossa Park Lodge
Glenorchy, OneCare

Feedback & Suggestions

Feedback can be provided by filling out a
'We Welcome your Feedback Form' these are located around the facility, from admin or the Leisure and Lifestyle team.

If you would like to do it in a less formal way, you can speak with one of the team on site

Sector Update

The Hon Sam Rae MP

Minister for Aged Care and Seniors

AN OPEN LETTER FROM THE MINISTER FOR AGED CARE AND SENIORS

I am honoured to be your new federal Minister for Aged Care and Seniors.

I have spent my first three weeks as your Minister listening to older people, your families and carers, aged care providers, workers and others in the sector who have generously shared their views and feedback with me. I am privileged to be taking on an immensely important job.

The Australian Government is working to deliver once-in-a-generation reforms to build a high-quality, respectful and sustainable aged care system.

In order to deliver on the intent of these reforms and following careful consideration, the government has decided to briefly defer the start of the new Aged Care Act from 1 July 2025 to 1 November 2025.

The new Act is changing aged care laws to put the rights of older people first. It includes a Statement of Rights and a Statement of Principles to guide how providers and workers must behave and make decisions.

This extra time will allow participants to better understand the changes, so you can prepare and make informed decisions. Importantly, you will continue to receive the safe, quality care you deserve.

I am committed to building on the work we have done so far to improve aged care in Australia. The Royal Commission into Aged Care Quality and Safety's number one recommendation was to deliver a new Act that puts you at the centre of your aged care, and this is what we are doing.

We are further committed to delivering the new Act and its benefits to you as soon as possible. However, a pause is needed to allow for a smoother implementation of the new Act and with the Support at Home program.

You deserve these improvements; it is as important to me to get them right as it is to you. Thank you for your patience and continuing to work with us on these changes.

Yours sincerely

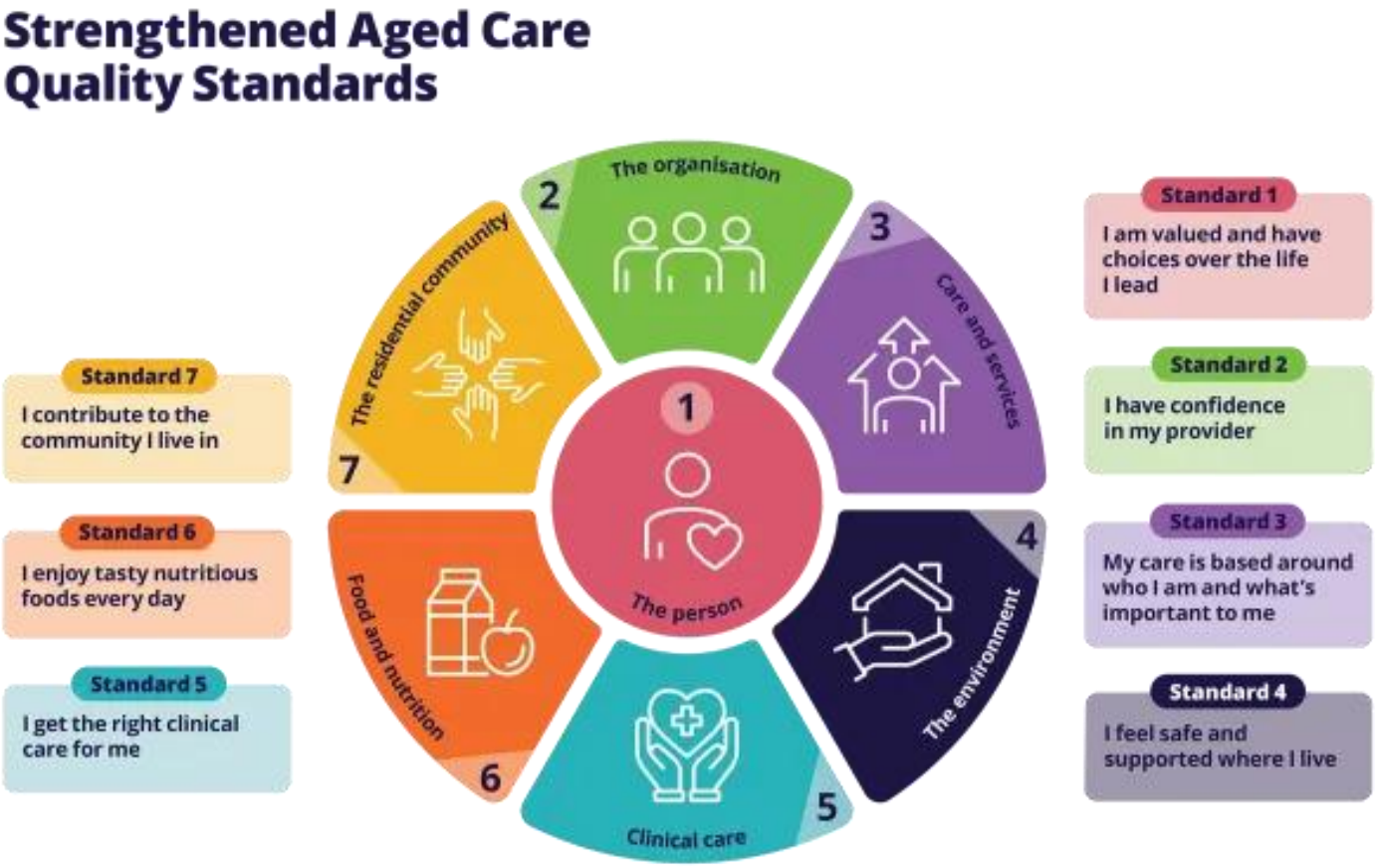
Sector Update

Strengthened Aged Care Quality Standards

The strengthened Quality Standards will come into effect from 1 November 2025, in line with the new Aged Care Act. The strengthened Aged Care Quality Standards are designed to improve outcomes for older people and set clear expectations for providers in delivering quality aged care.

The Strengthened Quality Standards are:

- Standard 1: The person
- Standard 2: The organisation
- Standard 3: The care and services
- Standard 4: The environment
- Standard 5: Clinical care (ACSQHC set the clinical care components)
- Standard 6: Food and nutrition
- Standard 7: The Residential community.



Sustainability and OneCare's Role

OneCare Limited recognises that we are responsible to protect our resources and therefore must embed sustainable actions into every day practices that lead to sustainable outcomes in all of aspects of our service.

To achieve this, and to meet the needs and expectations of our consumers, employees and communities, we will focus on 11 areas of sustainability including;

- Sustainable transport
- Waste management
- Energy efficiency
- Leadership in sustainability
- Empowering people
- Purchasing and contracts
- Chemical management
- Water management
- Greening built environments
- Pharmaceuticals
- Food waste

Consumer Advisory Body

Update from The CAB

Our Consumer Advisory Body has been hard at work planning something truly special for our community – Wellness Week, coming this October 13th to 18th 2025!

This exciting initiative is more than just a calendar of events. Wellness Week is designed to bring residents and staff together through shared activities that focus on physical, emotional, and mental wellbeing.

At the heart of this week is a simple but powerful idea: no matter where we come from or what roles we play in our community, wellness matters to all of us. By participating side-by-side in these activities, we aim to break down barriers and strengthen the connections that make our community so special.

The Consumer Advisory Body has thoughtfully curated these activities to reflect the diverse interests and backgrounds of our residents and staff.

It's a time to come together, try something new, and support each other in living well – together.
More details will be shared closer to October, but for now, mark your calendars and get ready to take part in a week of celebration, connection, and wellbeing.

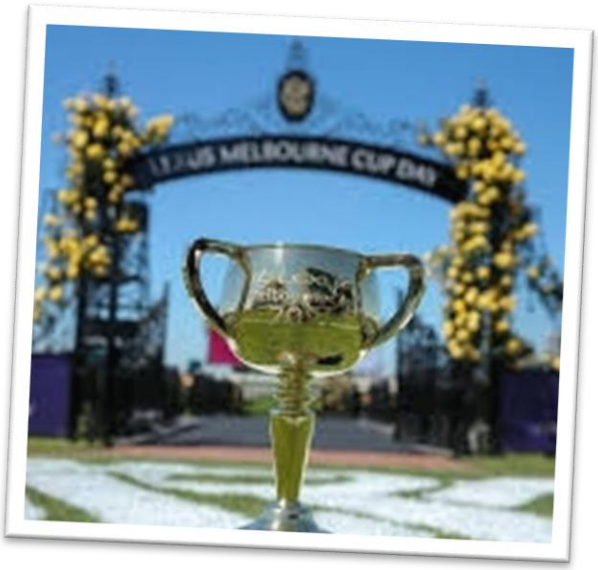
Let's build wellness, together.

Upcoming Events

Seniors Week
13-19 October
Theme: Connecting Generations Through Food

Winterfest Lunch
Wednesday 30th July

Royal Hobart Show
Thursday 22nd October – Public Holiday,
you can find some show day fun in the Community Room



Melbourne Cup
Tuesday 4th November
Join us to watch it live on the big screen

OneCare Notice Board

Milestone Birthday

On the 11th of August Les Cutcliffe will celebrate his 100th Birthday

Hair Dresser
Heads Up Hair Design

Monday 9-Late
Wednesday 9-late
Friday 9-5

Our next term of play group will start on the 25th of July

Café
Opening Hours
7 days a week 9-4

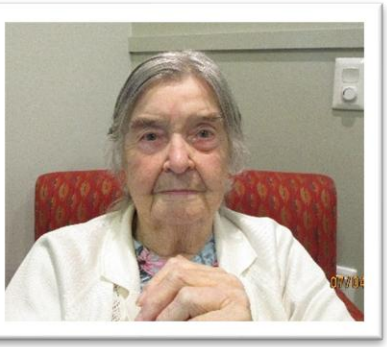
Welcome!

Welcome to those who joined us in the past 3 months

Barry Barwick

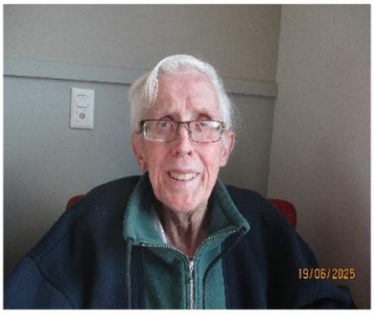
Cherilyn Barwick

Jeannine Connors



Lois Hall

John Jacobs



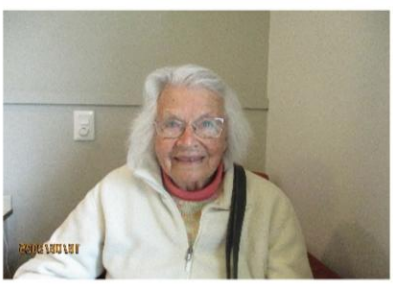
Patrica Direen

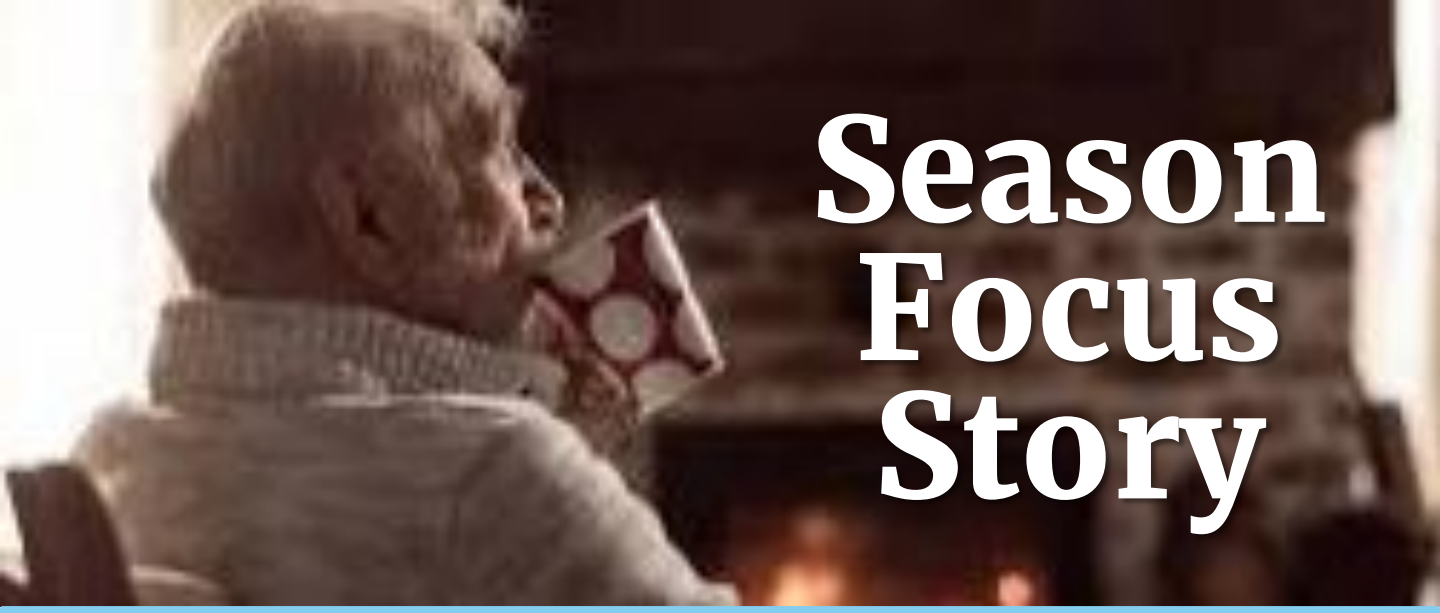
Barbara Menadue

Judith Ryan

Mimi Schreiber

Dawn Tipping





Season Focus Story

Stay Warm, Stay Well: Winter Health Tips for Seniors

As the chilly months settle in, it's important to give your health a little extra attention. Winter can bring more than just frosty mornings—it can also increase the risk of colds, flu, and falls. Here are some simple tips to help you stay well and warm all season long.

1. Keep Moving
While it's tempting to stay snuggled under a blanket, gentle exercise helps keep your body strong and circulation flowing. Try indoor walks, stretching, or seated exercises to stay active even on the coldest days.

2. Layer Up Smartly
Dress in several light layers rather than one bulky jumper. This helps trap warm air and allows you to adjust to changing indoor and outdoor temperatures. Don't forget warm socks and a scarf to protect against heat loss.

3. Eat for Warmth
Hot meals and drinks not only nourish your body but also help maintain body temperature. Soups, stews, and herbal teas are comforting and beneficial. Make sure you're eating enough—your body uses more energy staying warm in winter!

Season Focus
continued...

4. Stay Hydrated
It's easy to forget to drink water when it's cold, but hydration is still key. Sip water throughout the day and include fluids like broth or decaf tea.

5. Watch for Hazards
Wet floors, extra rugs, and poor lighting can lead to slips. Be mindful of where you walk and ask for help if needed. Proper footwear with good grip is essential.

6. Get Your Flu Shot
Vaccination is your best defense against winter illnesses. Check with staff about flu and COVID-19 boosters if you haven't had yours yet. Staying warm, nourished, and active will you enjoy the winter season safely and comfortably. Stay well!

Wellbeing and Reablement

Residents at OneCare are cycling the streets of the world's greatest cities, building strength and fitness, improving their quality of life. They can even compete in a global championship – all from the comfort of their lounge room.

OneCare's Barossa Park Lodge at Glenorchy trailed two Motiview bikes, in previous months. An innovative system which combines adaptable indoor bikes with a video library of cities worldwide.

OneCare CEO Peter Williams said the cycling pilot has quickly gained speed, with residents keen to sightsee around London, Rome, New York and more.

"Residents are travelling the globe on these bikes, reminiscing and sharing stories about their favourite holidays, or visiting landmarks they've always wanted to see," Mr Williams said.

"We're already seeing increased social connection, and the system is motivating residents to stay active. Keeping our bodies moving as we get older is hugely important for strength, balance and general quality of life, but finding age-appropriate exercise equipment can be a challenge."

As the bikes have been a huge success we have put the call out to businesses and the wider community for donations.

We are so excited to have four of these bikes at our facility! If you would like to be apart of the action, speak with the Leisure and Lifestyle team.

If you would like to donate towards a bike for our facility, please reach out to George Wilson, Regional Operational Services Manager.

Lifestyle Desk

It's been a busy and exciting time for the Lifestyle Team as we've been hard at work creating a fresh new calendar filled with fun activities and outings for everyone to enjoy. As we ease into the cooler months, you might notice a few seasonal changes—but we hope you'll find them a welcome addition to our regular programming.

We're always open to hearing your thoughts and ideas—after all, this calendar is just as much yours as it is ours! Your feedback helps us shape a lifestyle that suits the whole community.

One highlight to look forward to is our upcoming **Winter Fest Lunch**, which will be held in the Community Room. It promises to be a cozy and cheerful celebration, so keep an eye out for more details coming soon!

We're also excited to share that over the past few months, we've introduced a **Playgroup Program** in partnership with **Playgroup Tasmania**. This beautiful initiative brings generations together through the joy of play, and it's been heartwarming to see the smiles and laughter it's sparked.

Stay warm, stay connected—and we look forward to sharing many more wonderful moments with you this winter!

— *The Lifestyle Team*

OneCare Volunteering

What you get from volunteering with OneCare

- Personal Growth and offers of professional development
- New social connections
- Staying active, physically and mentally

Why Volunteer?

Volunteering gives you a sense of purpose, it will help you improve your self-esteem and confidence and it keeps you connected to the community.

You can share your skills with the older generation this will assist them feel a connection with the community. Volunteering also provides happiness to not only the people you are helping, but it will also provide you with a sense of happiness.

I don't know what I want to do but I know I want to volunteer...

We offer a number of options for those that just want to give back. Here's a list of suggestions

- Reading to visually impaired
- Companionship
- Sharing your skills
- Walking
- Helping with the day to day leisure and lifestyle program

For more information, please contact the Leisure and Lifestyle Coordinator or visit https://onecare.org.au/volunteer

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Resident Story

Joan Jordan

Joan had been an advocate for the new Motiview bikes from the get go. She is always encouraging the other residents.

Joan states that it has given her a new lease on life, given her a reason the get out of bed in the mornings.

Winter Gardening Tips

In Tasmania, winter gardening focuses on cool-season vegetables and plants that tolerate cold, like brassicas (cabbage, broccoli, cauliflower), leafy greens (lettuce, spinach), root vegetables (carrots, beets, turnips), and certain herbs. Late autumn and early winter are prime times for planting these crops, with some requiring protection from frost.

Specific Vegetables and Herbs

- **Brassicas:** Cabbage, broccoli, cauliflower, kale, and Brussels sprouts thrive in the Tasmanian winter.

- **Leafy Greens:** Lettuce, spinach, silverbeet, and kale are excellent choices.

- **Root Vegetables:** Carrots, beetroot, turnips, and radishes are well-suited for winter growing.

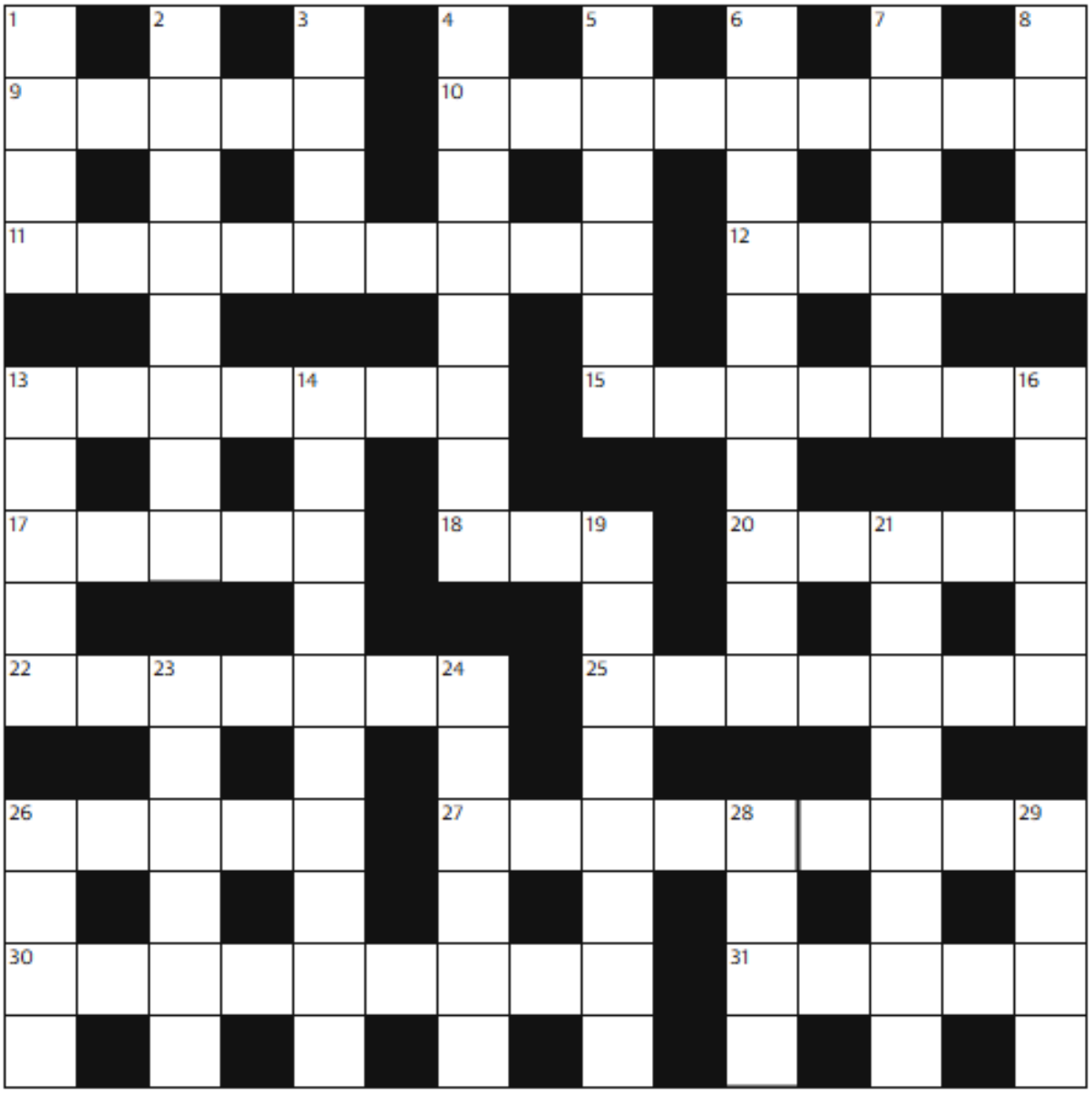
- **Herbs:** Parsley, oregano, thyme, chives, and garlic can be planted in winter.

- **Other:** Peas, broad beans, and onions can also be successfully grown in Tasmania during winter.

- **Potatoes:** Can be planted when the soil can be worked after the last frost.

Photo's from Autumn

Brain Teasers



Clues on next page

Brain Teasers

Across

9. A yearning for hope initially (5)
10. About ready to flip, if ditched in a canal (9)
11. One who survives embracing political party that bombed (9)
12. Crazy but well (5)
13. Brit absorbing ‘hard worker’ spirit (7)
15. Lover, once having pried, turned and ran out (7)
17. Nation elected to get back funds (5)
18. Shiner causes squint oddly (3)
20. Sexual declaration used in poems? (5)
22. State call for end of free voting petition (7)
25. Say one’s left deposit, in full (7)
26. Maybe squash plant variant (5)
27. Hot tar’s forced into near empty navigational aid (5,4)
30. Bear on a Piano by surreal painter (9)
31. X’s house arrest finally overturned (5)

Down

1. See 28
2. Single-stemmed plant’s
29. Quality improved (8,4)
3. Question one: What might be said to end a ride? (4)
4. Habitually fit some plastic to retain temperature (8)
5. Nice way to support nut production? Wrong (6)
6. Christian making Satan a bit peeved at first (10)
7. Imitate Spanish artist capturing Republican revolutionary leader (6)
8. Fine plant for skin (4)
13. Older writer holding lives in balance (5)
14. Car, jet brazenly parked on politician’s path! (10)
16. On a regular basis, a diver may be heard (5)
19. Particle, negative, orbiting form of inert uranium (8)
21. Nautical remit: ‘Aim to swim’ (8)
23. Concert part for theatre assistant (6)
24. Said dessert’s a week’s portion (6)
26. Row of bugs turned over (4)
28. Malicious stuff, the crap
1. About a ‘jumped-up’ Brit band member (4,4)
29. See 2

Brain Teasers

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	2	8		4			9	
		7	6				5	
			7		5	2		

Our locations

1. Barossa Park Lodge

17a Clydesdale Avenue
Glenorchy 7010
(03) 6208 0800

2. Bishop Davies Court

27 Redwood Road
Kingston 7050
(03) 6283 1100

3. The Manor

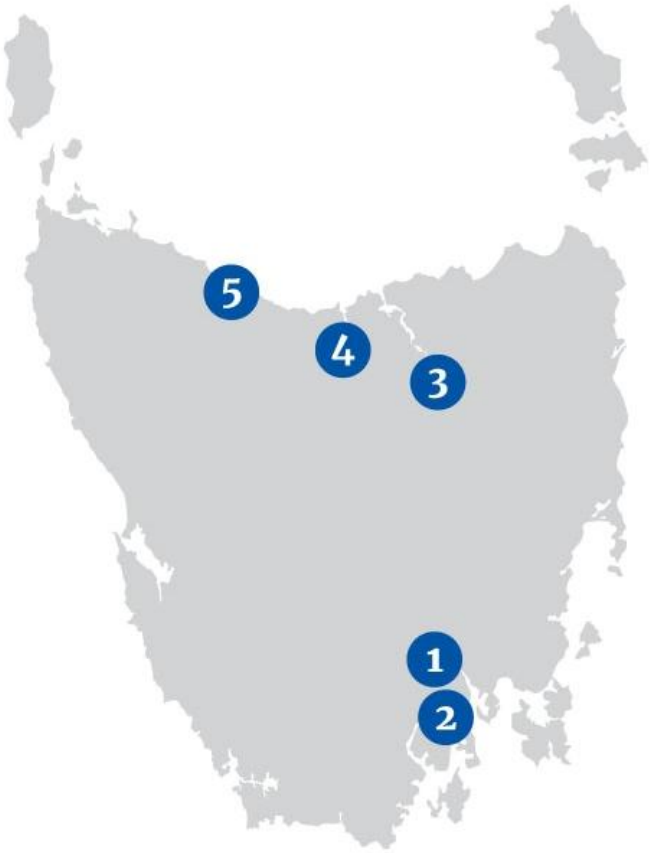
1-7 Guy Street
Kings Meadows 7249
(03) 6345 2100

4. Rubicon Grove

89 Club Drive
Port Sorell 7307
(03) 6427 5700

5. Umina Park

22-24 Mooreville Road
Burnie 7320
(03) 6433 5166



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Our Next Newsletter

We would like you to GET INVOLVED!

We would love to see resident photo submissions to feature on the cover for our next Spring newsletter. Please send all submissions to Paul McIntyre, Leisure and Lifestyle Coordinator