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

OneCare

# The Manor 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

## Peter Francis

My role as Regional Clinical Services Manager is to oversee the staff and the care delivery between Rubicon Grove at Port Sorrell and The Manor in Launceston. It's an extremely challenging and demanding role that keeps me busy indeed, but I thoroughly enjoy it.

A large part of my role is to review data relating to health outcomes encountered by our residents. These are broken up into key indicators that we monitor each month and include falls, injuries sustained during falls, pressure related injuries, incontinence associated dermatitis, weight loss, hospital transfers, infection, reportable and non-reportable incidents, skin tears, restrictive practices, care plan reviews, advanced care directive completion rates, coroners investigations, call bell response times and Aged Care Commission complaints, amongst others.

Accurate and consistent data on our residents' health outcomes is collected every day by our staff and systems, and allows us to understand each individual's unique health status, progress, and responses to treatments. This information helps us identify trends, anticipate potential issues, and make informed decisions to optimize care. By utilizing detailed health data, we can tailor care plans that address each resident's specific needs, preferences, and goals. This approach ensures that our care is proactive rather than reactive, promoting better health outcomes, comfort, and quality of life. Our teams are dedicated to meticulous documentation, which is regularly reviewed and enables us to adapt care plans promptly, ensuring they remain aligned with each resident's evolving needs. Staff training also ensures our teams skills, knowledge, resources and equipment match those ever-changing resident needs.

Our current data to the end of May 2025 suggests our most prevalent indicators impacting on our resident health outcomes are falls, skin care in those who suffer incontinence and pressure related injuries. These issues recognised as high risk areas and we are implementing evidence-based practices to improve these occurrences. Please be guided by staff who are here to support you in the prevention of the adverse events.

Till next time, stay warm and stay active.

Kind regards,
**Peter Francis**
Regional Clinical
Services Manager

# Community Connection

Come and enjoy our weekly community lunch every Thursday at 12:30pm.
All are welcome and it's a great opportunity to meet new people and have an enjoyable time.

**Location**: Kings Meadows Hub (formerly YMCA)
8a Blaydon Street, Kings Meadows
**Time**: Thursday's at 12:30pm
**Register Your Interest:** Please call 6326 5551 or email north@vinniestas.org.au to register your interest and secure your spot!
We look forward too seeing you there!

St Vincent de Paul Society TASMANIA
good works

# Social Media

**Instagram:**
The Manor Kings Meadows, OneCare

**Facebook:**
The Manor Kings Meadows, 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

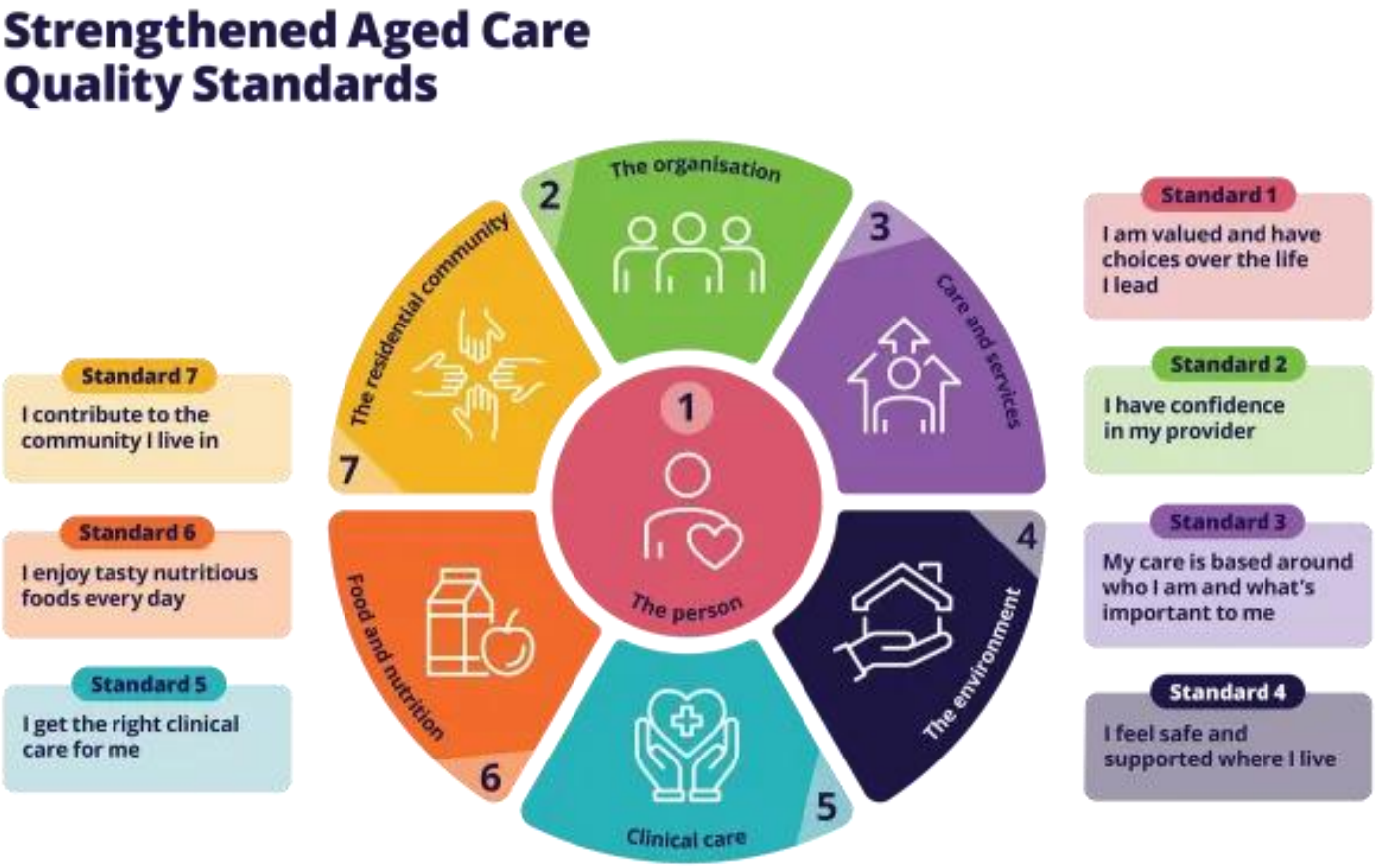
# Sector Update

## 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

# Join our Consumer Advisory Body!

During November we will be writing to all of our consumers and representatives to ask if you would like the opportunity to be a part of Consumer Advisory Body.

Consumer advisory bodies can help fix problems and improve your care. They give you a way to talk about the care and service quality with others and share this with OneCare's governing board.

Consumer advisory bodies need people like you! Residents from all backgrounds are welcome to join; diversity means that all consumers are represented.

You will receive your official invite which will be dropped off or emailed to you in November. If you would like further information, please speak with the Client Liaison Officer.

# Upcoming Events

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

**The Manor Fun Day**
Saturday 18 October

**Serenata**
Monday 22 September
Choral concert in Activities

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

# OneCare Notice Board

## Happy 99th Birthday John (Jack) Clarke

## Hair Dresser

Glen visits The Manor on Tuesdays and Wednesdays from 8.30am – 4.30pm

## Resident Testimonial

The Manor is my home. I've been here for 3 years now, and the staff are like my family, they're all beautiful people. I feel happy and contented here and I really appreciate how everyone is always helping – Pat Abley

## Coffee Club

Every Wednesday at 10.30am in Activities Room

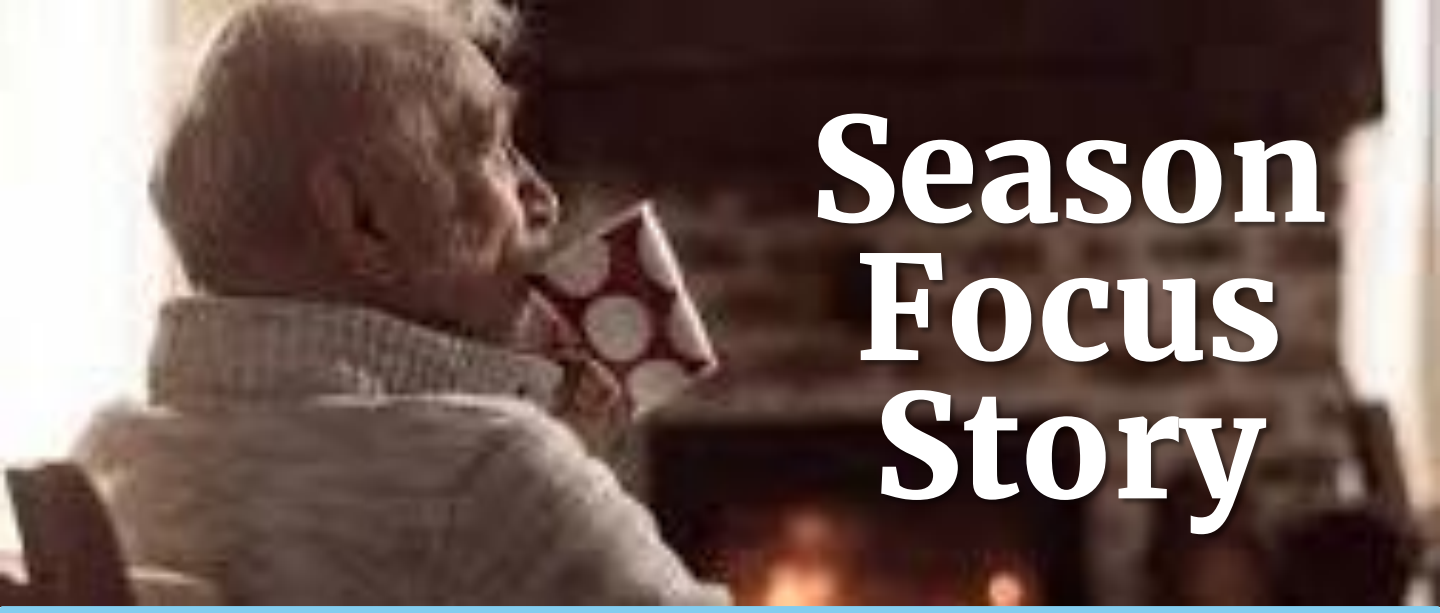
# Welcome!

Welcome to those who joined us in the past 3 months

## Agnese Florian

## Carolyn Glock

## Len Miles



# Season Focus Story

Winter can be a wonderful time for seniors to prioritize health, connection, and comfort. Here are a few thoughtful areas to focus on:

**1. Staying Warm and Safe**

Colder weather can pose challenges for circulation and mobility. Layered clothing, warm socks, and cozy blankets go a long way. It's also smart to check heating systems and ensure you know how to operate the controls and settings. Make sure your room is clear of hazards and safe.

**2. Nutrition and Immune Health**

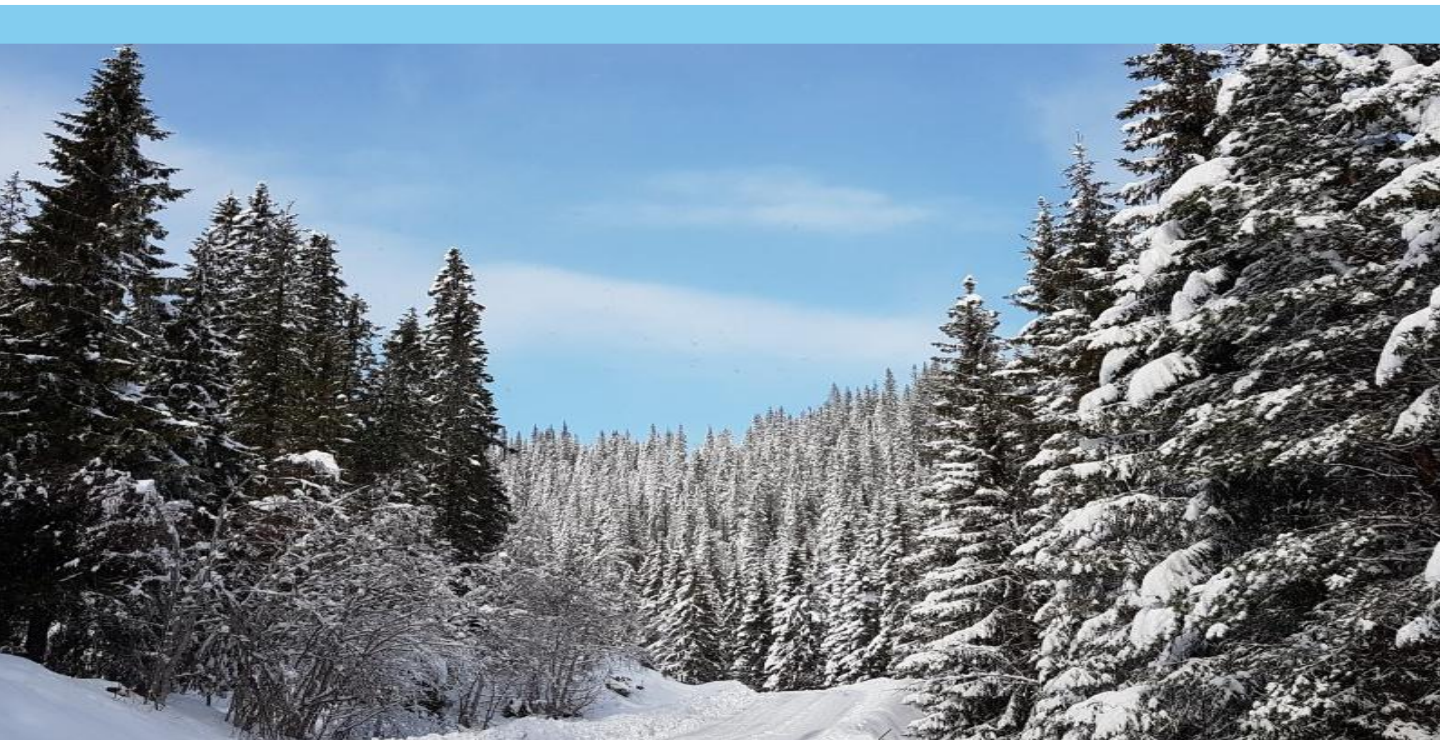
Comfort food doesn't have to mean heavy or unhealthy. Soups, stews, and seasonal vegetables can boost immunity and keep energy levels up. Vitamin D supplements are often a wise idea with shorter days.

# Season Focus
## continued...

**3. Staying Active Indoors:** Movement keeps joints limber and spirits high. Chair yoga, gentle stretching, just keeping active and moving, walking to the dining room take the longer pathway. Attend something different each week.

**4. Nurturing Social Connections:** Shorter days can sometimes feel a bit isolating. A regular phone call with a friend, a community centre activity, or even video chats with family can warm the heart as much as any blanket.

**5. Mental Engagement:** Winter is the perfect season to dive into hobbies—crossword puzzles, knitting, reading, or learning something new online. Keeps the mind sharp and spirits bright. Making sure you go to the dining room for meals, helps with socializing and keeps the mind working using conversation.



# 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 two 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 Chris Nobes, Regional Operational Services Manager.

# Lifestyle Desk

At our wonderful "Winter Solstice" event on Saturday the 21st of June, residents and guests enjoyed warming up the season with a feast of food, wine and entertainment. Jonty and Ben won our hearts with a bout of jousting and duelling.

The Auxiliary gave us a wonderful stall to peruse and purchase, including the sought after marmalade made by Paige Pinkard-Erekose.

Dennis Quillerat serenaded us with his marvellous madrigals, and the mulled wine, and chocolate Yule logs created by Leisure and Lifestyle staff were consumed with much merriment.

The dining room was transformed by the art and craft of our talented residents into a medieval winter wonderland. It was just the ticket for dispelling the winter chills and a memorable way to pass the shortest Saturday of the year.

Thank you to the many staff and volunteers who contributed to make the night truly magical.

-The Leisure and 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
# Chris Peart

"I started knitting in my retirement to keep myself busy, first using a French knitting tool, and eventually progressing to the machine I use now. I found patterns online, and made toy animals as gifts. Nowadays, I get a lot of orders from co-residents for toys, but this week alone, I've made 17 beanies for co-residents and staff".

We love the joy Chris brings to The Manor with his creations and his repair skills that he is always kind enough to share with us

# 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.

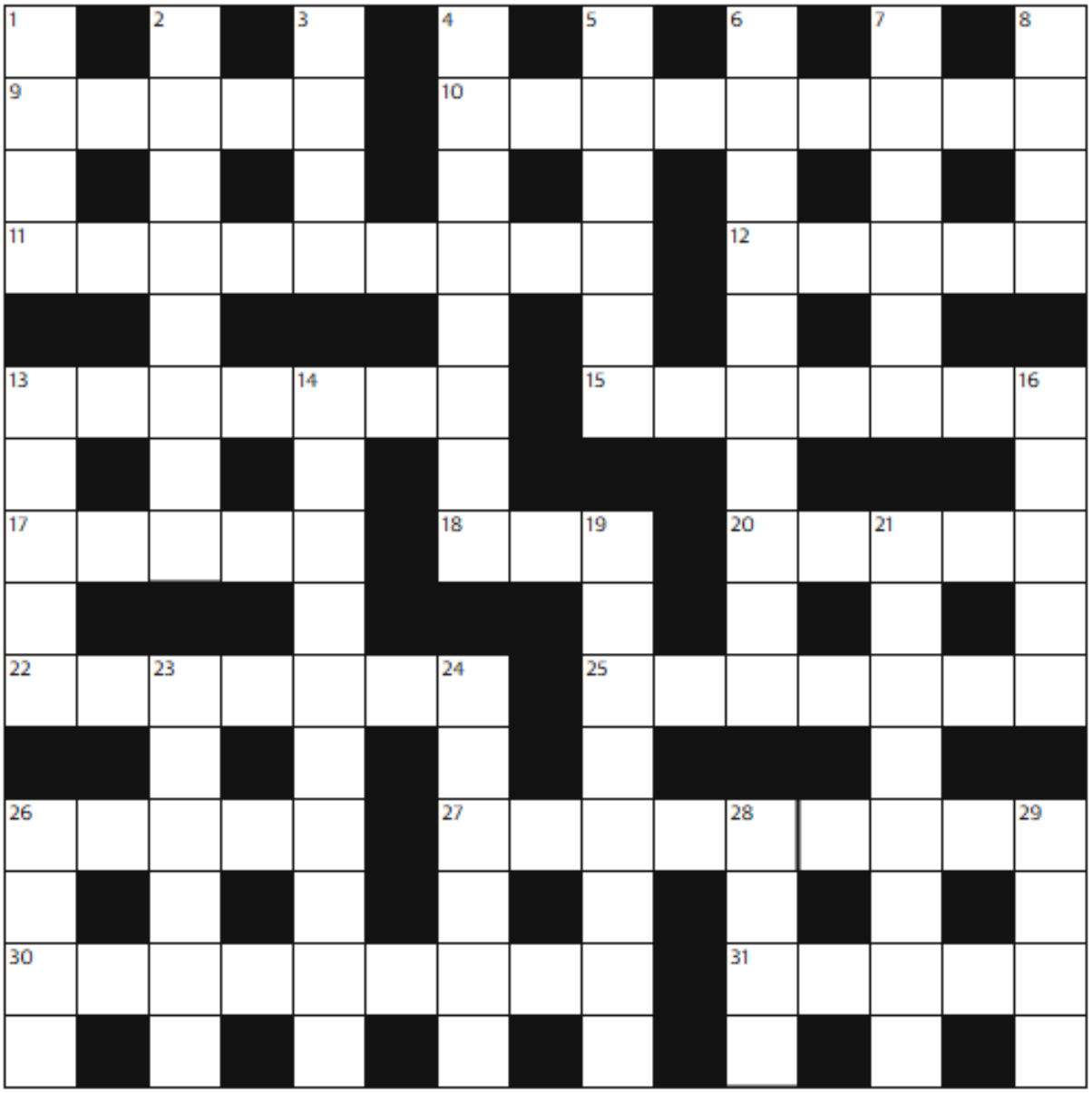
# Photos from Autumn

Above:
Jonty and Ben

Above:
Chris trialling our VR

Annual 8Ball Competition
Below: Back: Louise, Poshan, Ben, Jonty
Front: Bevan, John, Len, Chris, Ron, Amanda, Charlie

# 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

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

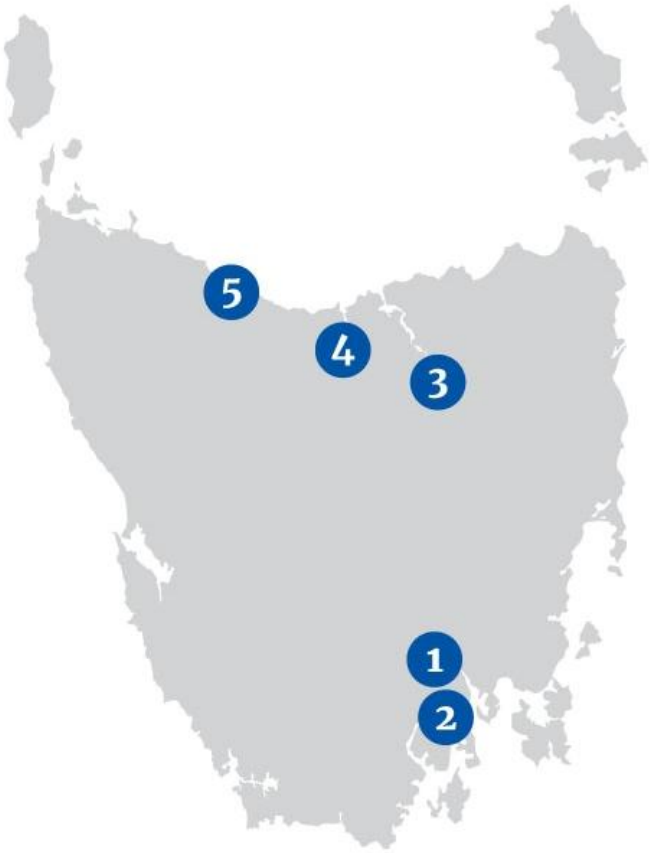
1-7 Guy Street
Kings Meadows 7249
(03) 6345 2100

### 4. Rubicon Grove

89 Club Drive
Port Sorell 7307
(03) 6427 5700

### 5. Umina Park

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



OneCare

# 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 Ruth Groom, Leisure and Lifestyle Coordinator**