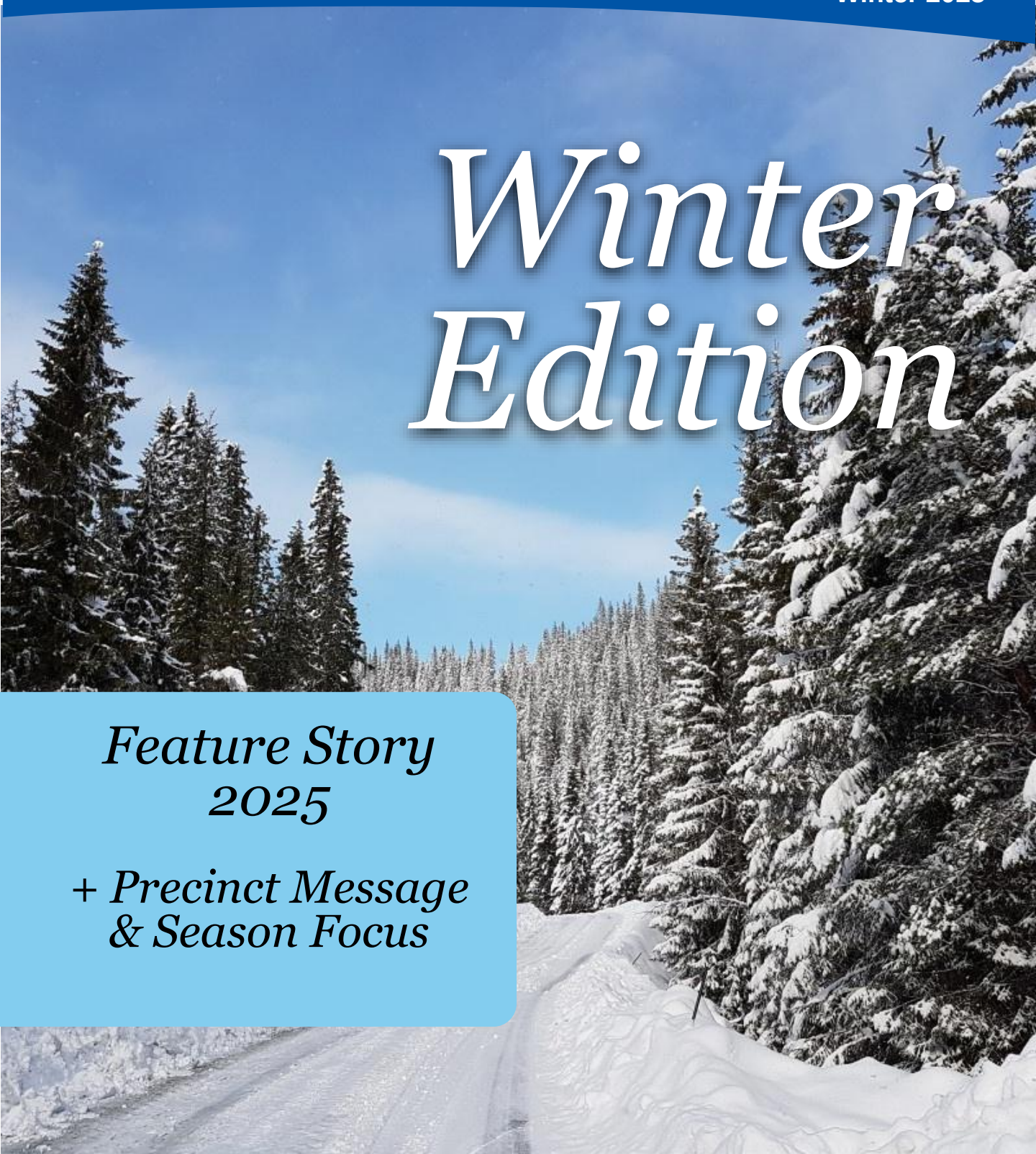
OneCare

89 Club Drive, Port Sorell (03) 6427 5700

Rubicon Grove

Newsletter

Winter 2025



Winter Edition

Feature Story 2025

+ 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

Port Sorell U3A

What we do

We offer over 30 courses per year covering a wide spectrum including arts and craft, humanities, music, health, literature, history, social sciences, leisure, computing, fitness and we offer these classes in an environment of fun and friendship.

Classes range from one off sessions to weekly activities so there is bound to be something that suits your interest and schedule.

0499 162 539
office@portsorellu3a.org.au

Rubicon Grove Auxiliary

The Auxiliary meet once a month, to assist with fundraising, to support the facility.

New members always welcome.

Deidre – 0411 099 433
Sharon – 0419 352 359

Social Media

Instagram:
Rubicon Grove
Port Sorell, OneCare

Facebook:
Rubicon Grove
Port Sorell, 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

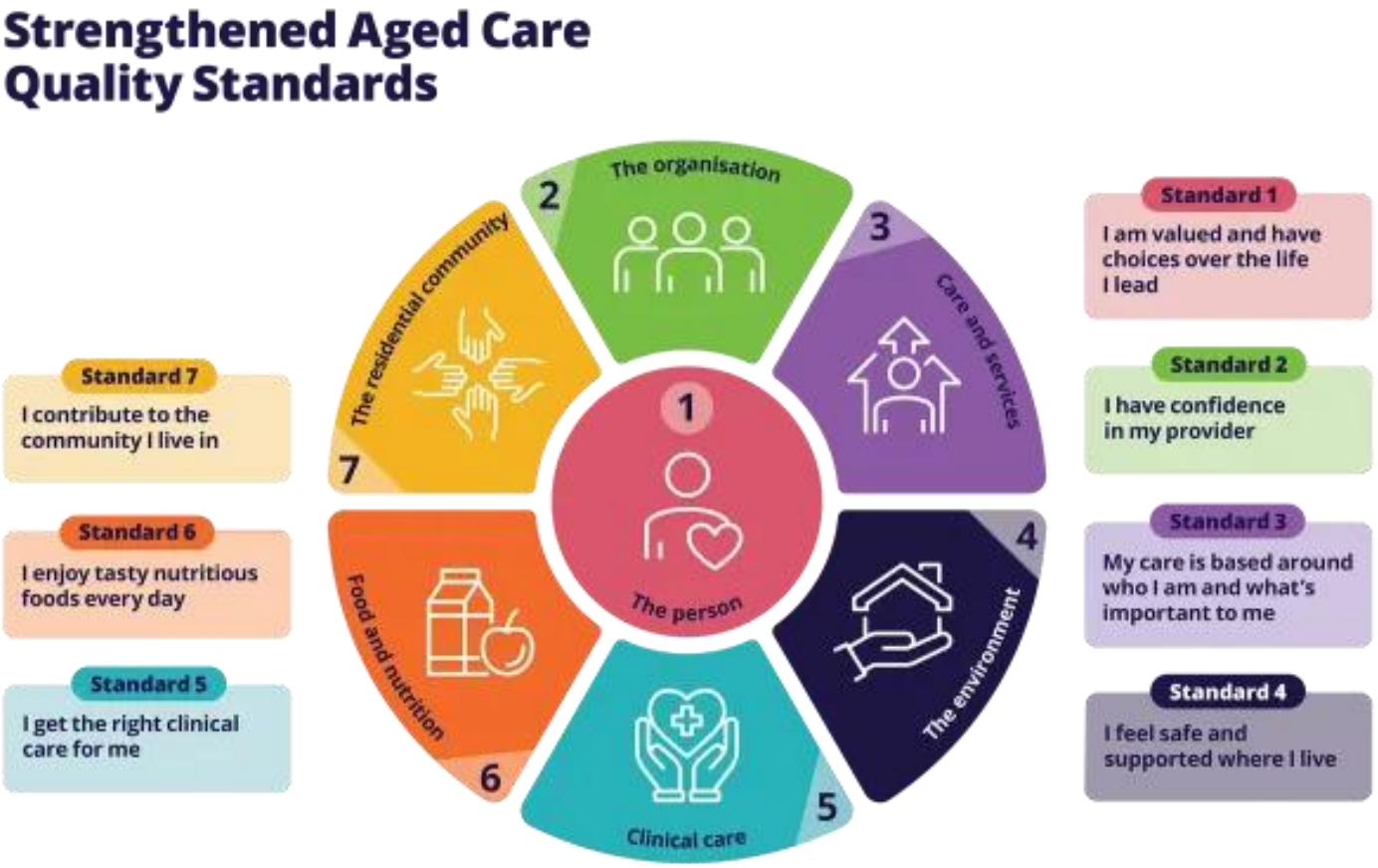
Sector Update

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

Update from The CAB

Rubicon Grove Consumer Advisory Body – What we have achieved so far….

Foxtel Installation: Foxtel will be installed in the main lounge/activity area in the new financial year, enhancing entertainment options for residents.

Weekend Activities: Weekend activities commenced in May and have been very well received by residents. Thank you to everyone who has participated and supported these events!

New dining furniture for wing lounge areas: New Tables and chairs have been ordered for residents to ensure comfort, suitability and resident preference.

Resident Personal Insurance: Information regarding personal insurance for all residents will be included in the upcoming edition of the Rubicon Grove Handbook.

International Menu: Monthly was residents preferred frequency. This has been implemented and well received with positive feedback.

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.

Consumer Advisory Body Representatives

Hank Timmerman
- Chairman
- Representative

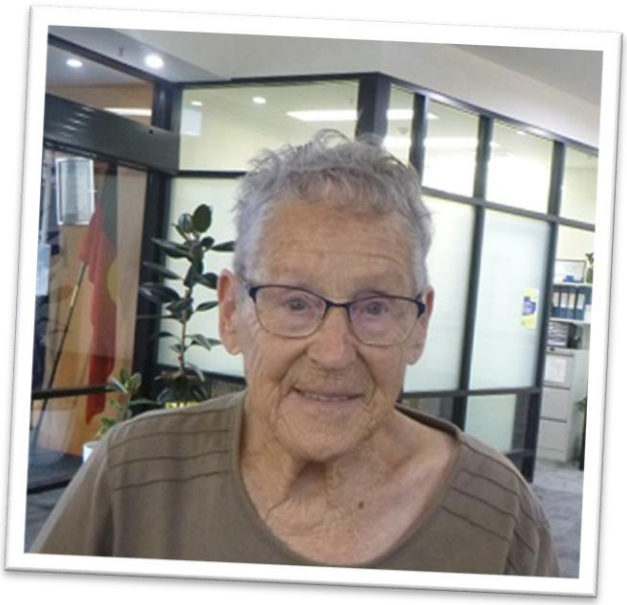
Jenni Boss-Walker
- Representative

Mike Boss-Walker
- Resident

Beth Cripps
- Resident

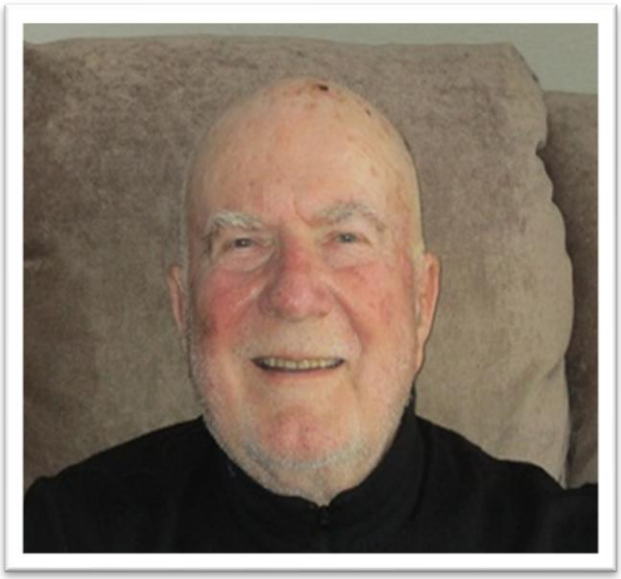
Consumer Advisory Body Representatives

Joan Evans
- Resident



Eileen Martin
- Resident

Manfred Schneider
- Resident



Carleen Williams
- Resident

Upcoming Events

Peter G at Rubicon Grove

When: Friday 25 July
Time: 6.30–8.30pm
Where: Rubicon Grove
89 Club Drive, Port Sorell
Booking: (03) 6427 5700 - No door sales
Cost: $30 includes canapés and entertainment Alcohol and non-alcohol drinks available or purchase, cash sales only.

Soulful, funky twists to classic jazz, delivering upbeat and danceable favourites with top Tasmanian talent.

Devonport Jazz Festival,
Friday, 25th July, 6:30 – 8:30 pm
$30 a ticket for canapes and show

Jeans for Genes Day
Thursday, 7th August

Daffodil Day, Thursday 21st August
An annual event where Australians come together to support cancer research and those affected by cancer, with daffodils symbolizing hope.

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

OneCare

Notice Board

Molly Churchill
celebrated her 97th Birthday

Hair Dresser
D'Ayrne on Mondays
Dianna on Tuesdays
Appointments available at the front office

Resident Testimonial

Manfred very happy with Friday afternoon sing along and Happy Hour, felt it was a great balance of genre, catering for everyone's taste.

Café
Opening Hours
Now open on a Wednesday
1:00 – 3:00

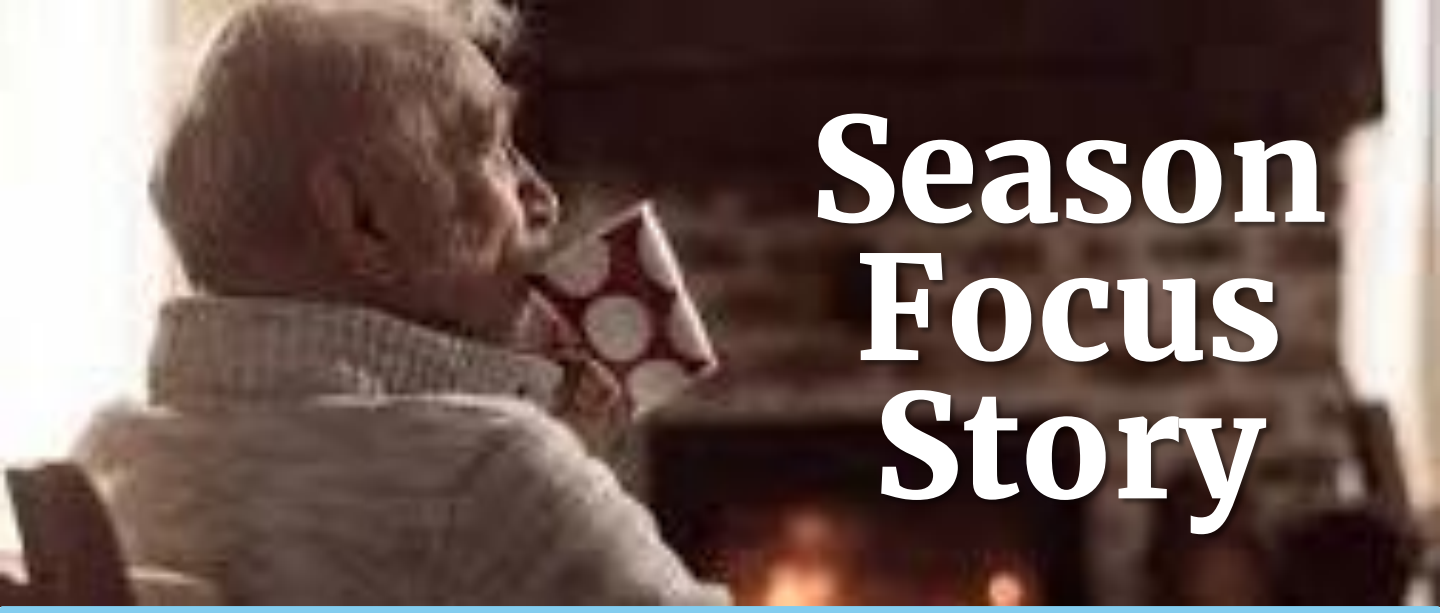
Welcome!

Welcome to those who joined us in the past 3 months

Mary Arnol in Blackwood

Lorna Fitzmaurice in TeaTree

Susanne Baldock and Glenise Boyles in BlueGum



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

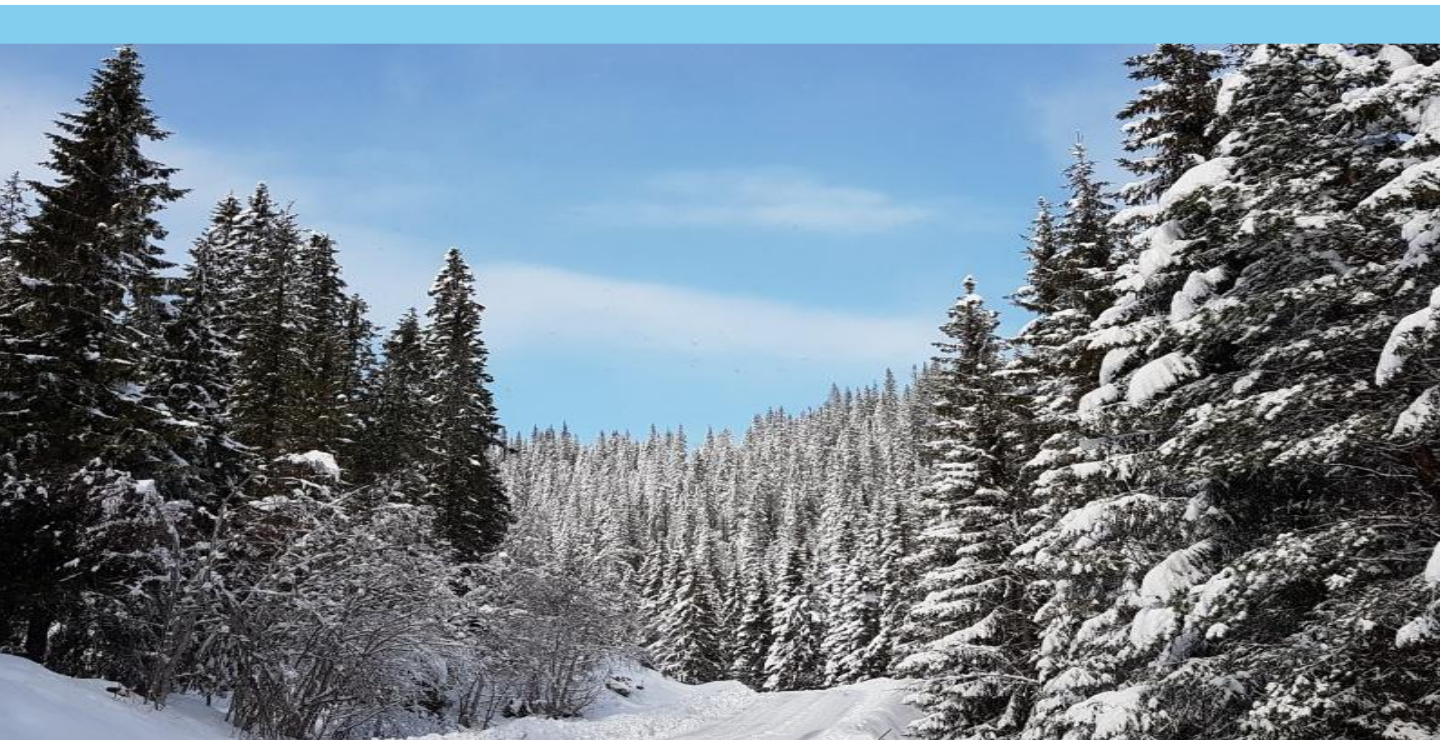
Comfort food doesn't have to mean heavy or unhealthy. Soups, stews, and seasonal vegetables can boost immunity and keep energy levels up. Vitamin D supplements are often a wise idea with shorter days.

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 Rubicon Grove are remaining active, with the Lifestyle program offering many active activities, all of different levels of mobility requirements.

We are fortunate to live in the close proximity of the beach, offering a lovely morning stroll along the pathway, we have had the Latrobe Council install seating along the pathway so that residents are able to take a rest.

The recommendation is to have 3 x 40 minute gentle exercise/ movement classes each week, to maintain physical well being.
Rubicon Grove Lifestyle program has two exercise / strength and balance groups throughout the week assisting residents of varied mobility and strengths to participate, it is a great way to challenge yourself, socialise and remain as active as you are able. All exercises are developed with a varied range of motion, seated and or standing, much thought has been arranged to ensure all residents are catered for and no one feels inferior.

Indoor Bowls, with adapted balls, smaller weighted balls and a pvc pipe for ease of rolling the ball, Ten Pin Bowling and Bocce, a seated ball game. Often residents do not wish to physically play, but enjoy the company and banter involved with the activity.

There are many social outings, gatherings and intellectual games that are played during the week and weekend.

By keeping our residents engaged and inspired we are enabling them not to become socially isolated as they would be in their own homes. Many new residents have stated that they never realised how lonely it had been since a partner had passed and once arriving for respite wish to make the transition to Rubicon Grove a permanent living arrangement.

Lifestyle Desk

Welcome to the new Rubicon Grove Newsletter: We have celebrated Easter, Anzac Day, Mother's Day, Volunteer Thank You afternoon tea, King's Birthday, International Nurses Day.

We also had a fundraiser where we cut, coloured and shaved our hair, raising much needed funds for Blood Cancer Research. We also had fun with the Motor Neurone Disease (MND) Ice Challenge, it was great to see, Chris, our Operational Services Manager, participate as well as staff and residents.

The Auxiliary had their annual Fashion Parade and Luncheon which, as always was a great success. We are looking forward to the next three months, where we will host our annual Jazz Festival, NAIDOC week, Jeans for Genes day, Aged Care Employees Day, Daffodil Day, Dementia awareness month and Father's Day. We are looking forward to showcasing our wonderful facility for Seniors week with a local artist art show on the 16th October.

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

OneCare

Resident Story

Duncan Day

I like to keep myself busy, I know my mobility is not great and the staff assist with setting up the hose so I can water the plants. I love to be able to do cuttings and see the plants grow, then happy to put them on the trolley to sell. I have always been honoured to read a poem out for both Anzac Day and Remembrance Day.

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

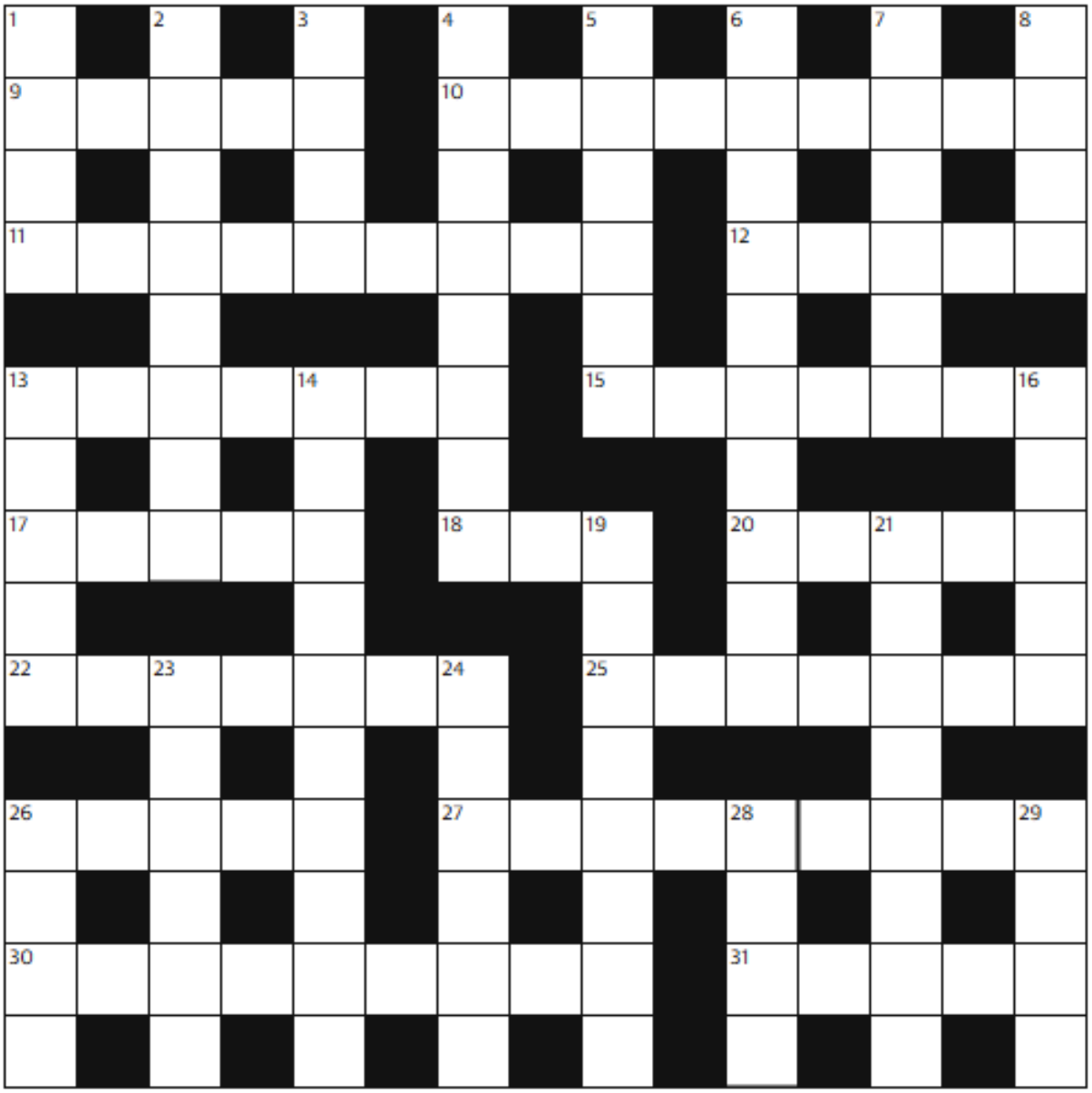
Above: Ivan enjoying the Sensory Wizard.

Below: Chris and Ashley attending the Volunteer Thank You Afternoon Tea

Left: Elaine having a story read to her when we visited our local day care, Stepping Stones.

Below: Ethlyn playing fluid games with our visitors from Latrobe High School

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

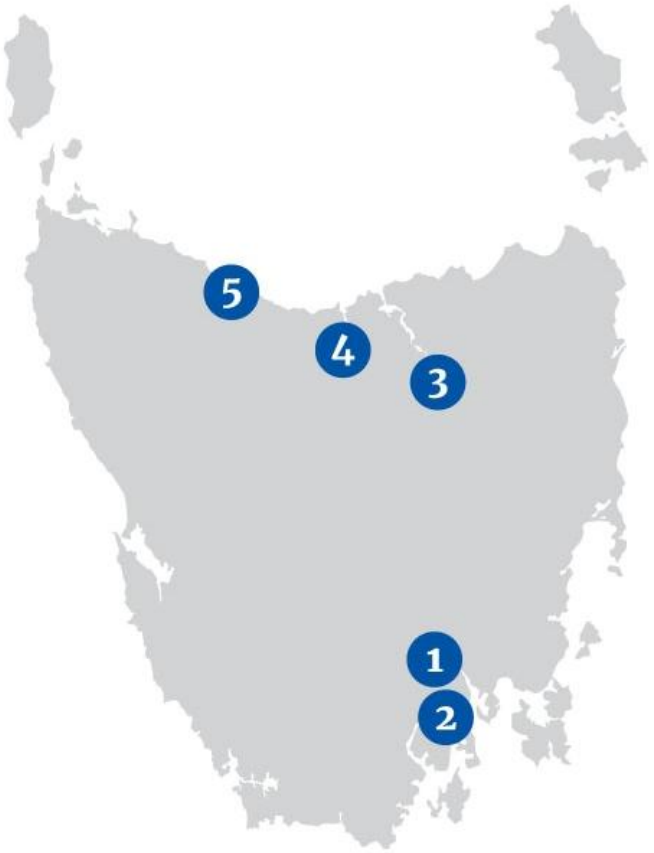
1-7 Guy Street
Kings Meadows 7249
(03) 6345 2100

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 Deanna Nightingale, Leisure and Lifestyle Coordinator