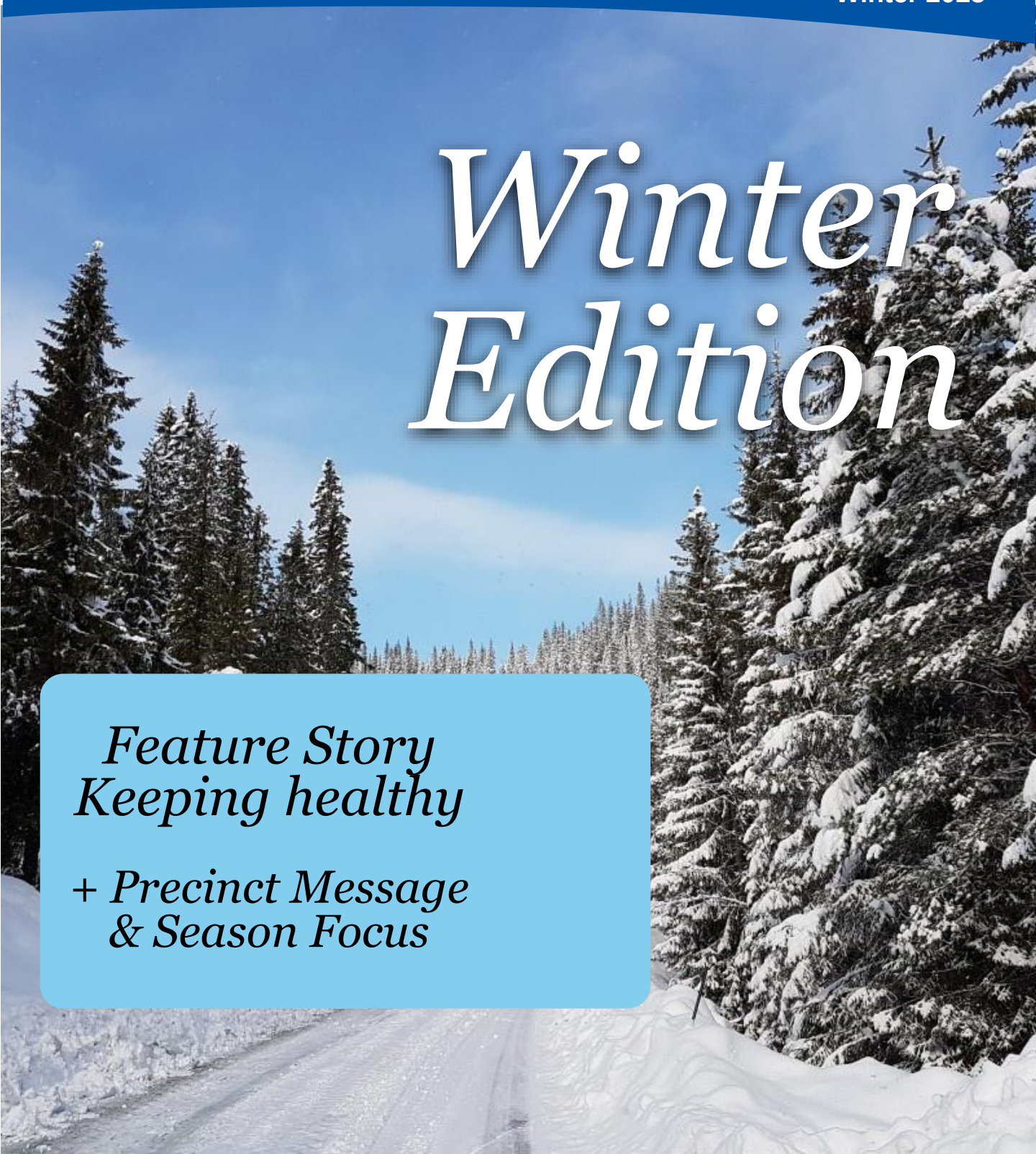
OneCare

22-42 Mooreville Rd, Burnie (03) 6433 5166

Umina Park Newsletter

Winter 2025



Winter Edition

Feature Story
Keeping healthy

+ 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

Fiona Hill & Nicole Ledger

We hope this message finds you well. Over the last few months, we've been working on a number of improvements across the home, and we would like to thank you for your patience and cooperation as these updates have taken place. Here are a few highlights:

Veggie Pods Delivered: We were excited to distribute the veggie pods recently—thank you to everyone who participated! We hope you are enjoying growing your own fresh produce.

Heat on Demand Now Active: Heat on Demand is an important initiative that addresses Residents concerns and improves the meal experience. Although we initially faced some challenges, with the support of our staff we are now seeing the benefits.

Refurbishment Progress: Refurbishment work is progressing steadily. We understand that some of the upgrades have caused temporary disruption, and we appreciate your patience and look forward to unveiling the finished results soon.

Over the past couple of months, we have welcomed several new staff members to our team. Each brings their own valuable experience and fresh energy. We are both committed to maintaining a safe, comfortable, and welcoming environment for everyone. If you have any questions, concerns, or suggestions, please don't hesitate to contact us.

Kind regards,
Fiona Hill and Nicole Ledger
Regional Operational Services Manager and Regional Clinical Services Manager

Community Connection

Burnie 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.

Burnie Community 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:
Umina Park Burnie, OneCare

Facebook:
Umina Park Burnie, 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

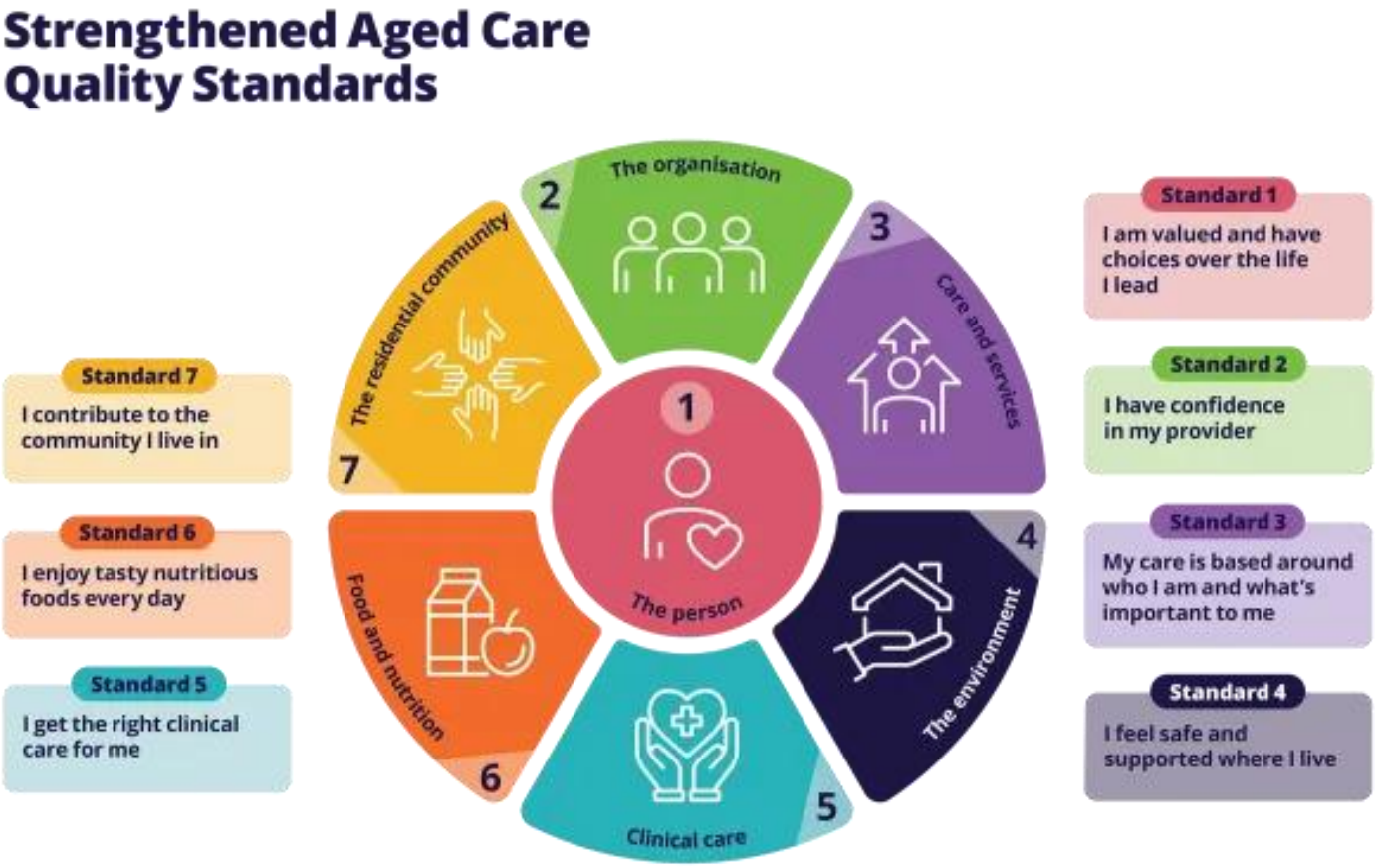
Sector Update

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

Melbourne Cup
4 November
Join us to watch it live on the big screen in our Sport Room WG 2

OneCare

Notice Board

IIAIRDRESSER

LADIES	
Trim	Colour $95
Trim / Set	$40
Perm	$120
MEN	
Trim	$20-225

SPRING CLEAN GARAGE SALE

WE'RE HAVING A SPRING CLEAN OF OLD FURNITURE, BOOKS, DVDS, COOKING AND DINING ROOM EQUPMENT.

HELD ON SEPTEMBER 13TH FROM 8:30AM – 1PM AT UMINA PARK IN THE OLD YALMABIE BUILDING

CONTACT TARA.KUYS@ONECARE.ORG.AU

EVERY WEDNESDAY FROM 1:45PM

THERE ARE

BOARD GAMES

BEING PLAYED WITH VOLUNTEER

HANNAH

HAPPY HOUR

EACH THURSDAY AFTERNOON FROM 2PM – 3PM AT WEST GROVE LEVEL 2

WITH SPECIAL EVENT HAPPY HOURS AND ENTERTAINMENT FROM THE L&L TEAM

COME VISIT YOUR LOVED ONE AND ENJOY THIS EVENT WITH THEM

Welcome!

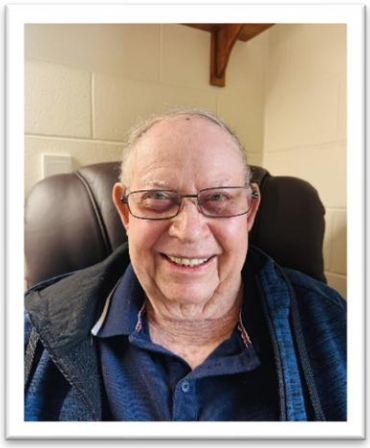
Welcome to those who joined us in the past 3 months

Gail Stewart

Sereenah Chase

Helen Dixon

Anthony Kiely



Christine Smith

Patricia Brumby

Ken Townsend

Margaret Hamilton

Welcome!

Welcome to those who joined us in the past 3 months

Norma Miller

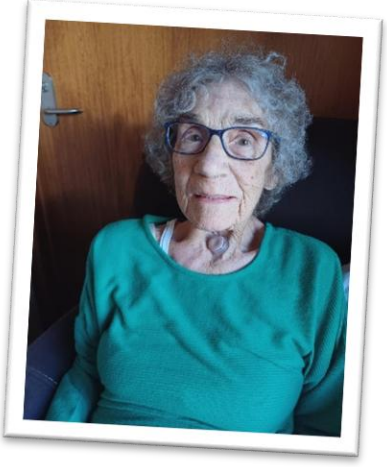
Myra Haberle

Berris Barnes

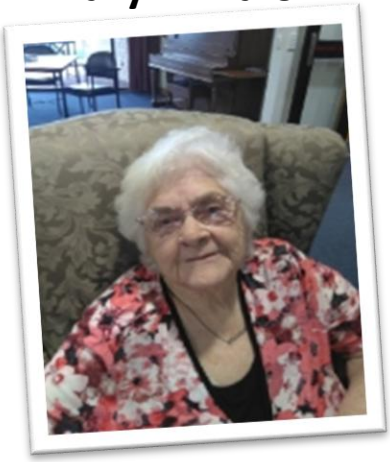
Lolita Richardson

Alma Walsh

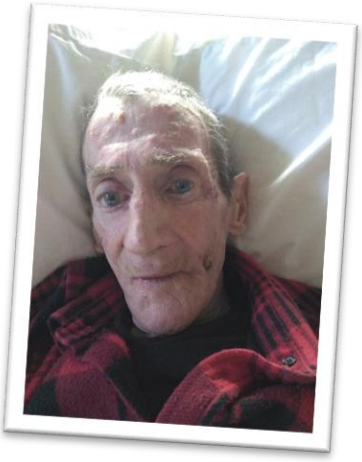
Dawn Simms



Marylin Halon



Kevin Ball



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.

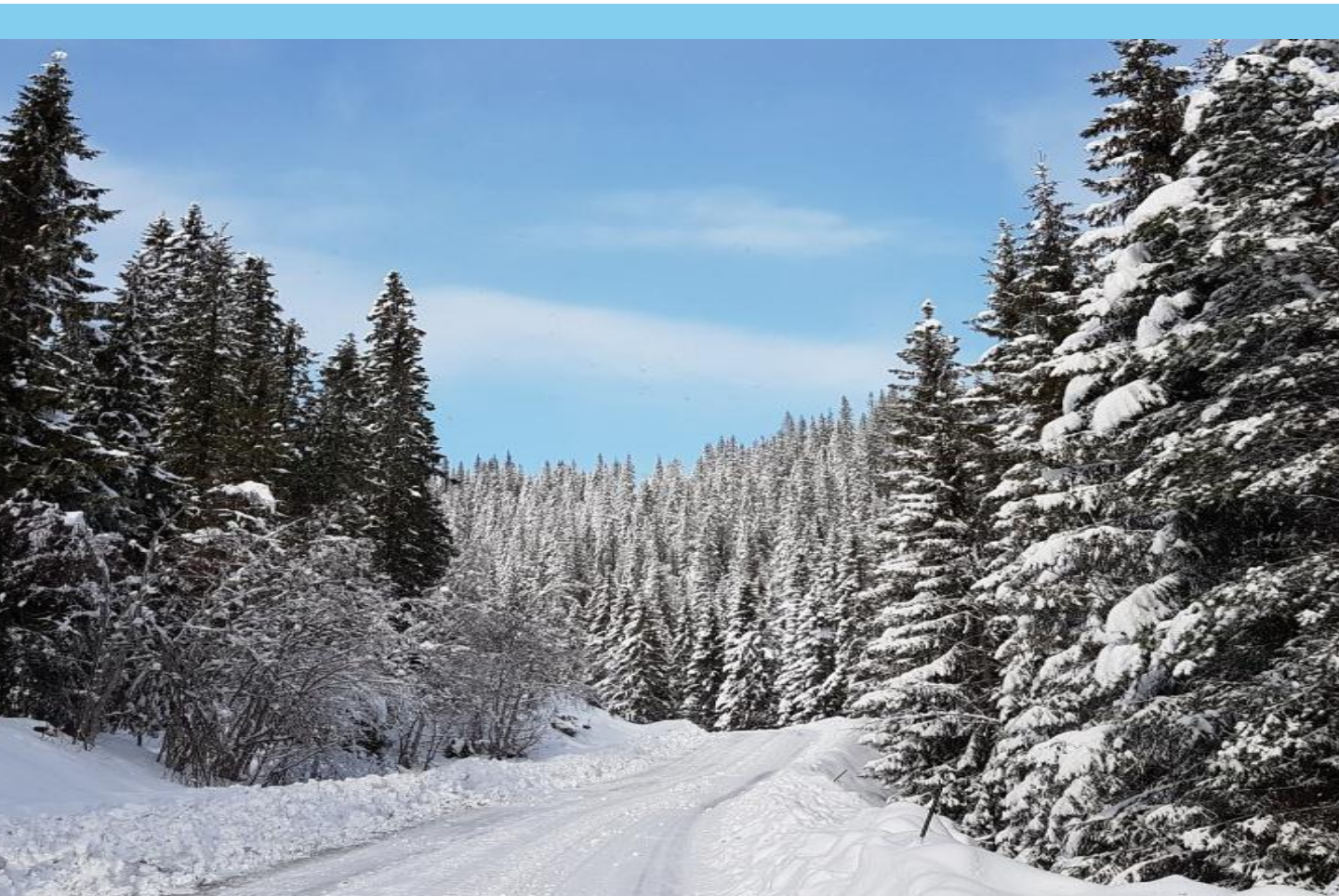
3. Eat for Warmth
Hot meals and drinks not only nourish your body but also help maintain body temperature. Soups, stews, and herbal teas are comforting and beneficial. Make sure you're eating enough—your body uses more energy staying warm in winter!

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

"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 Fiona Hill, Regional Operational Services Manager.

Lifestyle Desk

Keeping Busy and Loving It!

The Leisure and Lifestyle team has had a wonderfully active few weeks, with plenty of fun and meaningful moments shared by all.

We've been out and about on regular outings, enjoying local sights, fresh air, and great company. These trips are always filled with smiles and lots of chatter.

Back at the facility, we've had a string of fantastic concerts that brought music, memories, and movement to the room. It's always a joy to see residents singing along and tapping their feet.

Craft activities have kept our creative juices flowing, with residents making beautiful art pieces, seasonal decorations, and more. It's a great way to relax, express creativity, and enjoy time together.

We've also been fortunate to welcome local school groups each week, bringing a wonderful sense of connection and joy. The children from Milpara Childcare visit every Monday morning, and their laughter, energy, and cuddles are a highlight for many.

Thank you to everyone who joins in and helps make these moments so special. We're looking forward to more fun, friendships, and shared experiences in the weeks ahead.
– 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

OneCare

Resident Story

Meet Umina's Parks' Longest-Standing Resident

Dawn Hamilton

I was born in 1944 in Zeehan, Tasmania, to Australian-born parents. I grew up with two brothers, and we spent our early years playing games, caring for our pet cats, and enjoying a simple life. I went to the state school in Ridgley and loved being active. I especially enjoyed playing basketball.

At 16, I began working at the local pulp mill, one of my first jobs. A few years later, I trained and began working as a nurse , a job I was proud to do. Sadly, when I was 19, I was involved in a serious car accident that changed the course of my life. I nearly died, and after that, I wasn't able to return to work or do many of the things I once loved. It was a challenging time, but I learned to adapt and find joy in different ways.

One of the brightest parts of my life came when I met my husband at a local dance. We fell in love, got married, and raised our daughter together. We also had a dog, and our home was full of love and laughter. I'm proud to be a mother and a grandmother. I have one grandchild who means the world to me.

My husband passed away in 2003, and although I don't have many close friends, I find comfort in my hobbies. I've always loved painting, knitting, and reading , they've brought me peace and purpose over the years. Pop music still puts a smile on my face.

I've lived here for 33 years now, and while life has had its ups and downs, I'm grateful for the memories, the people I've known, and the small joys that continue to brighten my days.

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.

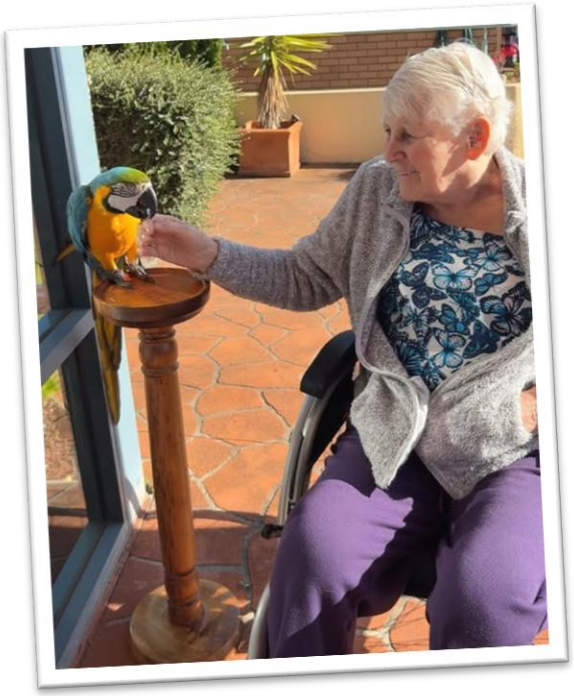
- **Root Vegetables:** Carrots, beetroot, turnips, and radishes are well-suited for winter growing.

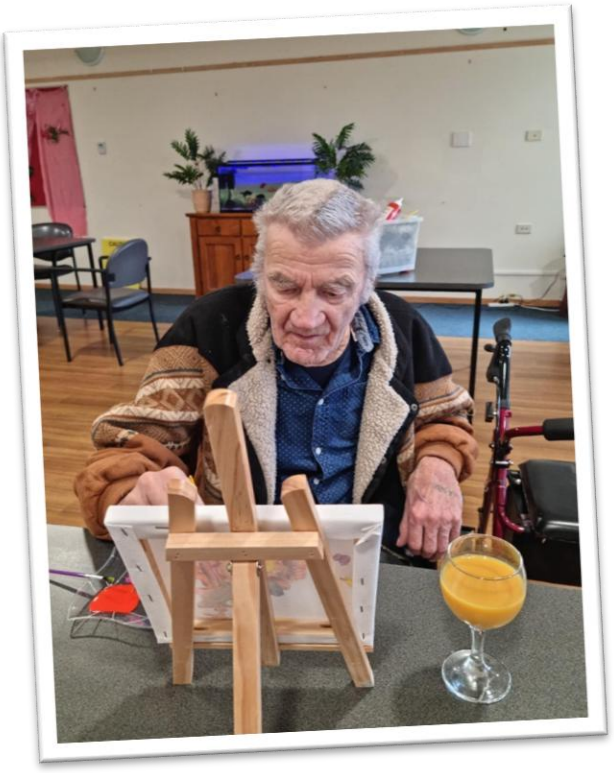
- **Herbs:** Parsley, oregano, thyme, chives, and garlic can be planted in winter.

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

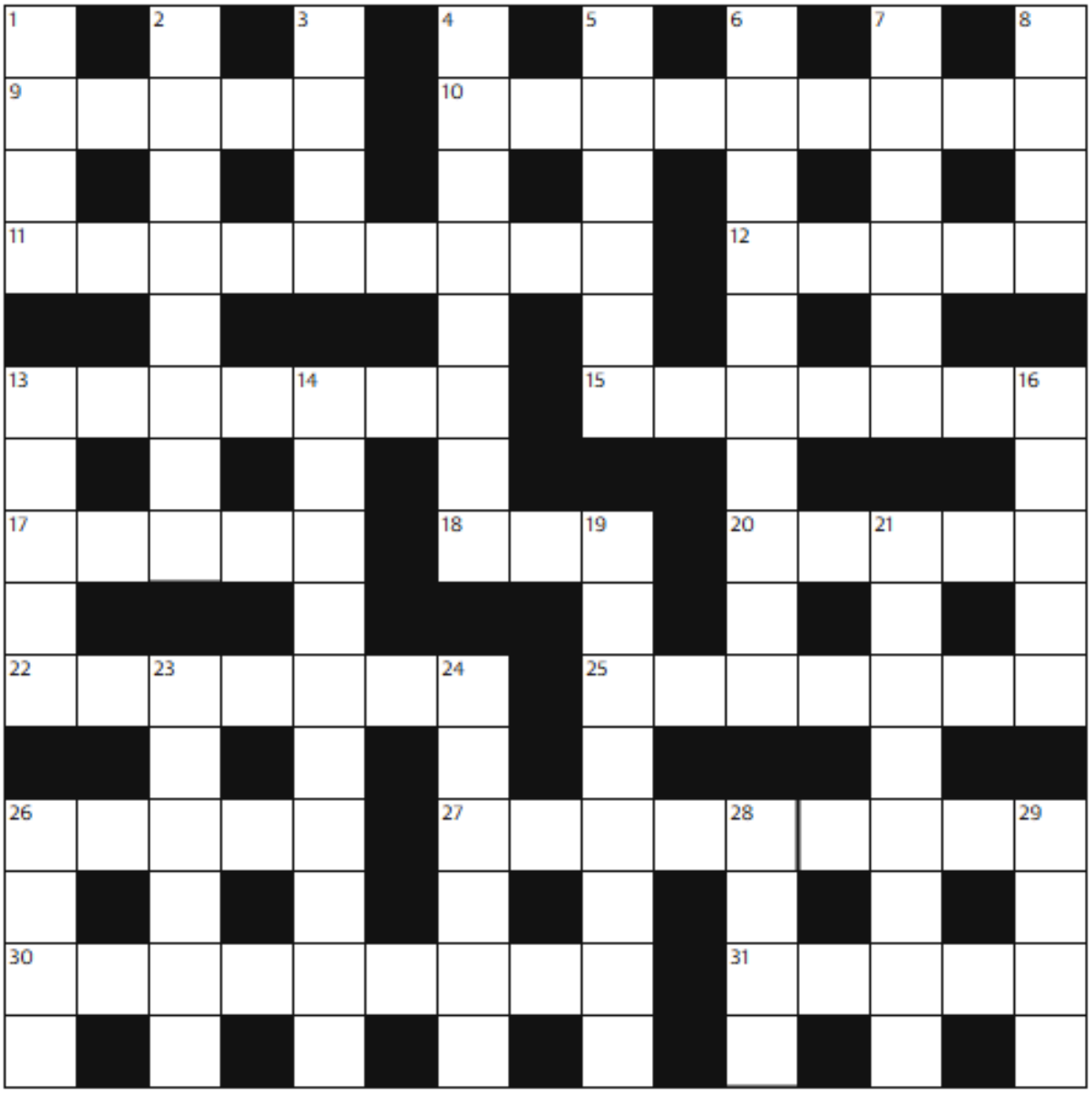
- **Potatoes:** Can be planted when the soil can be worked after the last frost.

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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6			3		7	9		
8						4		9
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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

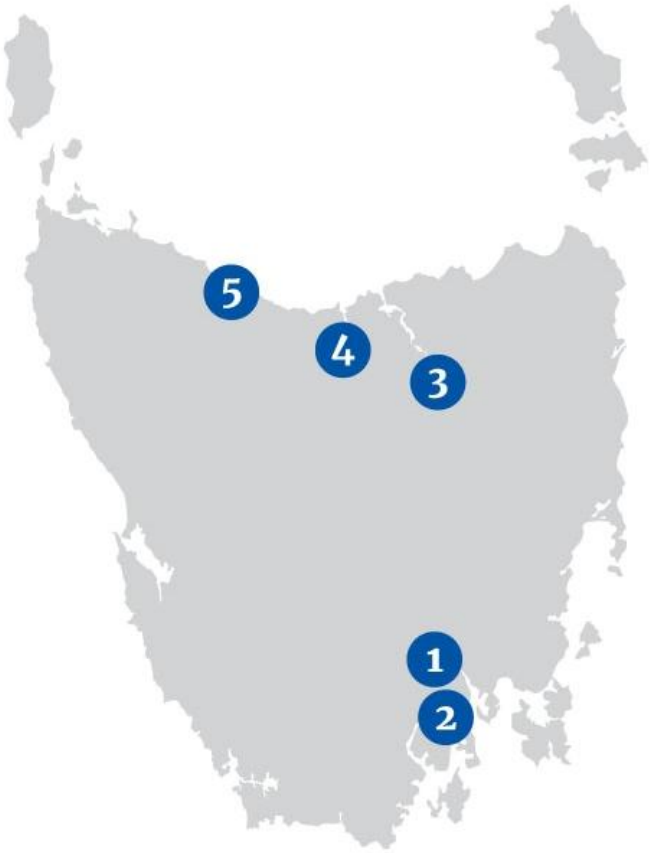
1-7 Guy Street
Kings Meadows 7249
(03) 6345 2100

4. Rubicon Grove

89 Club Drive
Port Sorell 7307
(03) 6427 5700

5. Umina Park

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



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 Tara Kuys, Leisure and Lifestyle Coordinator