

From the Manager



Cassie Simadas

While this year has dealt us some challenges with the ongoing presence of COVID-19 and some unavoidable staff shortages, I feel overwhelmingly positive about our whole community. Since I started as General Manager in September, I continue to be impressed by the way our team consistently works together to put residents and clients first.

Next year promises to be a period of consolidation with an excellent leadership team now in place and further investment from Apollo Care across recruitment, technology, best-practice care governance, spiritual care and staff culture program. I'm sure Bundaleer's valued role in the local community will continue to grow.

Make sure you keep up to date with what's happening across our community by liking our Facebook pages. Search for our Bundaleer Care Operations Ltd page and our Bundaleer Retirement Village page.

From everyone at Bundaleer, we wish you a Merry Christmas and a happy, healthy New Year.



It's beginning to look a lot like Christmas!

We can feel the excitement of Christmas building here at Bundaleer.

Our whole community is busy getting ready to embrace those treasured Christmas traditions that make the festive season special for everyone.

Home Care clients are being supported to continue being involved in the events and activities they enjoy around Christmas time. For some, this means private transport to and from family gatherings, while for others it means some additional cleaning to get the house ready to host relatives or friends.

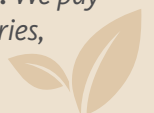
Home Care client, Hazel, says what she enjoys most are her Christmas shopping trips to Port Macquarie.

"I have five gorgeous grandchildren who I love spending Christmas day with. Choosing their Christmas gifts is something I look forward to all year because they all have such different likes and interests," Hazel said.

"I'm not able to drive anymore, but now my Carer, Hayley, takes me on a shopping expedition so I can still select and wrap their gifts myself. Seeing the joy on their faces when they open my presents on Christmas morning makes my heart so happy.

"We also have lunch together at my favourite café. It's a lovely day out and it means the world to me that I'm able to continue this tradition – just with a little help from Home Care."

We acknowledge that at Bundaleer, we gather on Birpai Land. We pay our respects to Elders past and present, for they hold the memories, the hopes and the traditions of Aboriginal Australia.



Community Noticeboard

Feedback

Feedback from residents, clients and families is important to us so we can make positive changes.

We also love hearing when we're doing something well. You can:

1. Tell us in person
2. Fill out a feedback form and hand it to a staff member
3. Email Apollo Care's Chief Governance Officer at feedback@apollocare.com.au



Fab's Christmas Recipes on Facebook

Professional Chef Fab is Apollo Care's Environmental Services Manager in charge of meal service delivery across all our communities.



He's worked closely with Head Chef Dion to design the Christmas luncheon menu and other special Christmas treats for residents to enjoy with their loved ones. Follow our Bundaleer Facebook pages to find some of Fab's festive favourites like these gingerbread biscuits.

Aged Care Community's Christmas Luncheon

Residents and staff will come together on Friday 23rd December to enjoy a delicious Christmas luncheon buffet!

Entrees

Charcuterie board
Prawns with Honey Cocktail Sauce
Fresh Salads

Hot Smorgasbord Mains

Roast Whole Leg of Ham
Roast Turkey with Verjuice Cranberry Sauce
Braised Rump with Red Wine Jus
Baked Salmon with Hollandaise Dill Sauce
Roast Vegetables

Dessert

Christmas Cakes & Sweets
Seasonal Fruits



Thank you to the CWA!

This month, members of the local CWA donated 10 beautiful hand-made quilts for residents to use. These quilts are more like works of art! They will be a bright addition to our community and we're all amazed at the intricate handwork. From all of us at Bundaleer, we thank you for your generosity.

Retirement Living



Continuing Christmas traditions at the Village

Village residents are busy planning their favourite ways to spend this Christmas. Not surprisingly, spending time with loved ones is high on the agenda.

We think Pauline has the right idea. After years of hosting a big family Christmas lunch, she now chooses to be 'Queen Bee' for the day with each of her children taking turns to host her! As the special visitor, she just sits back and enjoys being waited on and spending time with her grandchildren.

Residents, Paula and Cheryl prefer to invite their families to Bundaleer for Christmas. Paula's children visit from Sydney and Newcastle to share an outdoor Christmas picnic, while Cheryl still loves to host Christmas Day lunch for her family, with lots of food and of course presents.

For Colleen, making pickles and preserves is a special and time-honoured tradition. Getting prepared early, she makes and bottles these in plenty of time to give as Christmas presents to family and friends.

A favourite event at the Village is our Christmas Lights bus tour. We're looking forward to doing this again later in December.

Come to the Village Christmas Party!

Join us from 5pm on Saturday 10th December in the BBQ area.

The biggest event on the Village calendar, this is a get-together not to be missed! Families are welcome and the winner of the raffle will be announced at this event. See Sheree for more details.

Favourite moments



Melbourne Cup



Ros' Farewell Morning Tea



Christmas Drinks

Birthdays



Happy birthday to our residents:

Carolyn, Jan, Poppy, Rod, Helen, Merridy, Bill, Kath, Alice, Dallas and Jenny.

Aged Care



Spreading Christmas cheer!

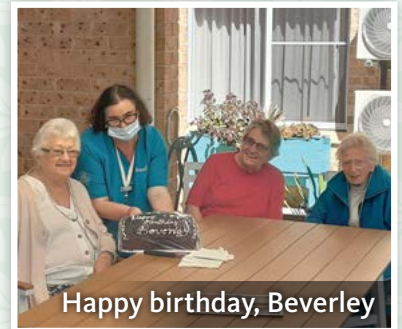
To get us all in the festive spirit, residents are enjoying lots of Christmas activities and events this month including decorating the trees in each household.

Each Wednesday, our cooking classes will feature Christmas-themed baking like gingerbread cookies, Christmas-shaped cookies and Rocky Road, and residents will have the opportunity to purchase some Christmas gifts at our shopping trip on Tuesday 13th December.

We encourage family and friends to come and share in some of the Christmas celebrations, including our special Family Day in the Activities Garden on Saturday 17th December. The grandkids will love the special morning tea and sausage sizzle lunch! Families are also welcome to spend Christmas Day at Bundaleer and join us for a special festive lunch. To book and pre-pay, please complete the order form available at Reception and emailed to family members.

Please note that visiting protocols are subject to the latest COVID-19 guidelines issued by NSW Health. Please call us on 6586 9400 for information about any visitor restrictions or screening requirements.

Enjoying the things we love



Special events!

Tues 6th Dec	BIG Breakfast
Tues 13th Dec	Shopping Trip
Sat 17th Dec	Family Fun Day
Fri 23rd Dec	Resident and Staff Christmas Lunch
Sun 25th Dec	Christmas Day Family and Friends Lunch

Birthdays

Happy birthday to residents celebrating their special days:

Bev, Neil, Fay, Yvonne, Ronald, Enid and Allen