

ANTHEM

NOVEMBER

Newsletter 2025



Inspirational Quote

"You never fail until you stop trying"

- Albert Einstein -

IN THIS ISSUE

Lifestyle News	2
Months in Review	3-5
Upcoming Events	6
Happy Birthday	6
Noticeboard	7-9
Poem to Share	10
Laughing Matters	11
Word Search	12
Christmas Markets	13

Lifestyle News

Hello Residents, Families and Friends!

Hello and welcome to the November edition!

As we head into the festive season, we're excited to share all the wonderful moments our residents have enjoyed over the past couple of months and what's still to come!



Our residents' beautiful flower art has been transformed into stunning garden displays, adding bright splashes of colour throughout our grounds. It's that time of year again, and our recent celebration was filled with fun, laughter, and plenty of sweet treats from homemade lemonade and donuts to fairy floss and ice cream sundaes! The Merry Music Makers provided lively entertainment, while Frank the Pony trotted in for a special visit and Dandelion the scarecrow kept a cheerful watch over the festivities. What a fantastic day it was!

We also took a wonderful trip to the NSW Rail Museum in Thirlmere, where residents explored an impressive collection of locomotives, carriages, and wagons each with its own story to tell. All aboard for a memorable adventure!

There's plenty to look forward to over the next couple of months, including the Melbourne Cup celebration, a visit from Frensham School, performances by the Whitley College Dancers, our festive Christmas Markets, and of course, our much-anticipated Christmas Party! We can't wait to celebrate the joy of the season together with music, laughter, and community spirit.

Wishing everyone a wonderful end to the year!

Warm Regards

Lifestyle Team

CAN YOU CONTRIBUTE?

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, staff news, trivia, poems, and amusing stories relating to residents or staff are most welcome.

Please hand in your submissions to reception or email us anytime at LifestyleTeam@anthemcare.com.au

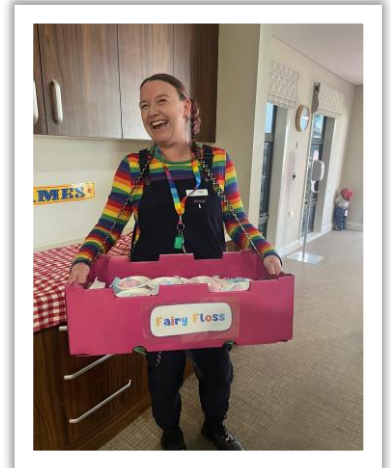
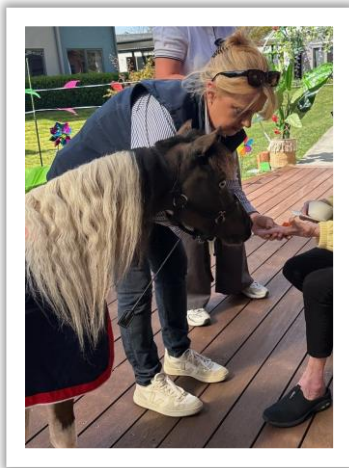
EXPRESSIONS OF INTEREST

Would you like your loved one, or a staff member to be featured in our newsletter?
If so, please email us at LifestyleTeam@anthemcare.com.au

Month in Review – September

Anthem Spring Fair

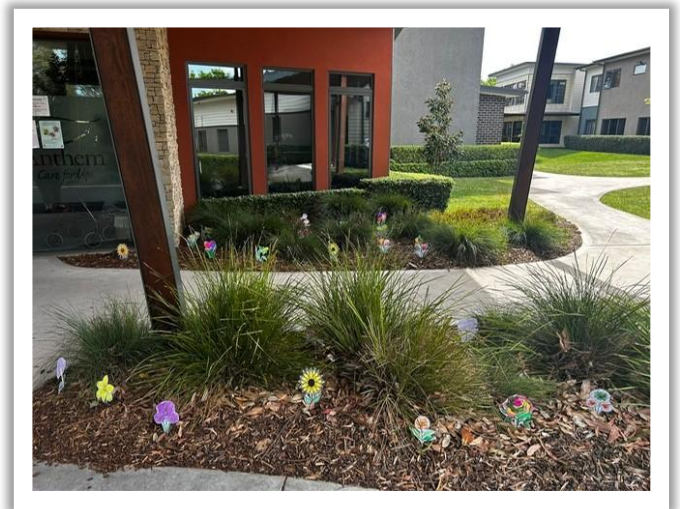
It's that time of year again! Our residents enjoyed an afternoon filled with fun and games, along with lively entertainment from the Merry Music Makers. Everyone enjoyed sweet treats including homemade lemonade, donuts, fairy floss, and ice cream sundaes. We also had a special visit from Frank the Pony, while Dandelion the scarecrow watched over the festivities. A great day!!



Month in Review – October

Spring has sprung!

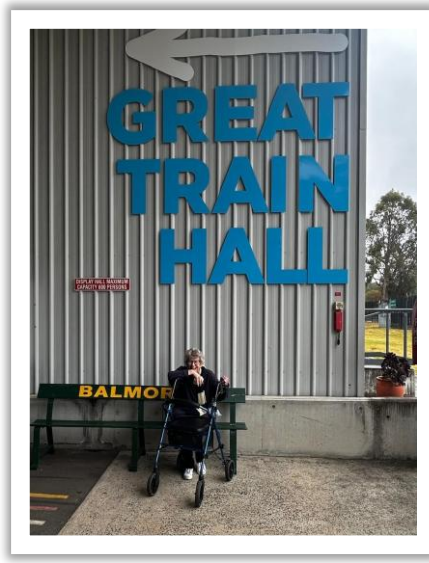
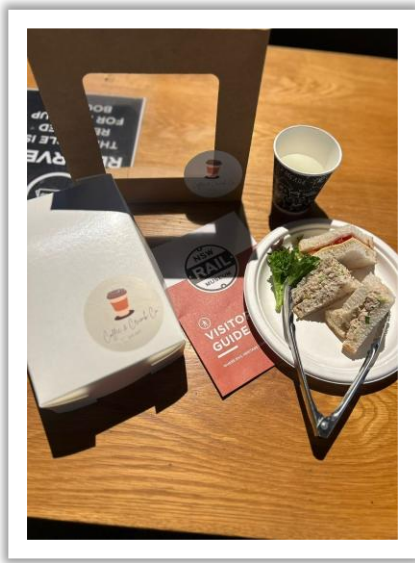
Our residents' beautiful flower art has been transformed into gorgeous garden art, adding bright splashes of colour to our grounds.



Month in Review – October

Rail Museum

All aboard!! Residents had a fantastic day at the NSW Rail Museum in Thirlmere, discovering an impressive collection of locomotives, carriages, and wagons—each with a story of its own.



Upcoming Events



Melbourne Cup

Tuesday 4th November

Frensham School Visit

Monday 24th November

Whitley College Dancers

Tuesday 2nd December

Christmas Markets

Friday 5th December

Christmas Party

Friday 19th December

Regular Events

Happy Hour every Friday at 2.30pm

Bus Trips Fortnightly

Pop up café every Friday at 10.30am

Refined Moves Tai Chi Fortnightly on Thursday at 10.30am

Paws Pet Therapy Fortnightly on Monday at 2.00pm

Special Days

November

1 st	All Saints Day
4 th	Melbourne-Cup
11 th	Remembrance Day
19 th	Men's Day
27 th	Thanksgiving

December

1 st	Summer begins
5 th	Volunteer Day
25 th	Christmas
31 st	New Year's Eve

Birthdays Celebrated

Wishing all our Residents that celebrated Birthdays in November and December a very Happy BIRTHDAY!!!

Noticeboard



CONTINUOUS IMPROVEMENT

Residents, families, and friends are reminded that there are a number of avenues available for you to express your views, suggestions and complaints.

There are feedback forms available at reception. We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.

If you require any information for external services, please see the web address below

www.hearing.com.au

<https://visionaustralia.org>

<https://www.dementia.org.au>

<https://beyondblue.org.au>

<https://palliativecarenewsw.org.au>

alternatively, please speak to the lifestyle team and we can assist you in obtaining the relevant resources for you or your family member.

NEW STAFF

A warm welcome to the people who joined our team in the past few months!

Cynthia M	Parasmani D
Josephine E	Keith A
Meg M	Liv A

We hope that you enjoy your time here!

NEW RESIDENTS

A very warm welcome to

David S	Olwen K
Nancy W	Jule W
Royce S	
Annette T	
Maria S	
Dulcie B	

We hope you enjoy your time here!

IN MEMORIAM

To the families and friends of our late residents

Lance M	Joan P
Malcolm J	Graeme P
Leonie K	Margaret P
John B	Dawn M
John H	

May you be comforted by the knowledge that your loved ones are at peace.



STINY Clinical News

As of 1 November 2025, with the implementation of the new Aged Care Act, the updated Statement of Rights now legally requires service providers to respect residents' rights to make decisions about their care, have those decisions honoured, and be safe and supported. At Anthem, we have fully completed this transition, ensuring our practices align with these new legal requirements and reaffirming our commitment to upholding residents' dignity, independence, and well-being.

In line with our commitment to safety, Anthem has also strengthened its Heatwave Preparedness Plan as part of our comprehensive risk management strategy. This includes proactive measures such as monitoring weather forecasts, ensuring cooling systems are operational, providing hydration and comfort, training staff to recognise heat-related illnesses, and implementing responsive protocols during heat events. Regular reviews and continuous improvement ensure residents remain protected and comfortable during extreme conditions, consistent with the standards of the Aged Care Quality and Safety Commission.

We will continue to send monthly statements to families, which will now include information on how the new Statement of Rights applies to their loved ones. These updates may also include a summary of our heatwave preparedness measures and an overview of any additional services or choices available.

If a resident chooses to have a supporter, Anthem ensures that both the resident and their supporter are provided with the necessary information and assistance to make and communicate their own decisions. Furthermore, by December 2026, all providers must ensure a Restrictive Practices Substitute Decision Maker (RPSDM) is properly appointed for any resident who lacks capacity to provide informed consent for restrictive practices. This will ensure a clear and lawful framework for consent and the continued protection of residents' rights within aged care settings.

Stiny

Clinical Care Manager



LYDIA

Operational News

The **Strengthened Aged Care Standards** and the new **Aged Care Act** will come into force on **1 November 2025**. The Anthem team has been reviewing our current systems and services, taking actions to enhance, amend, and adjust where needed to ensure alignment with the new regulatory framework. We are now ready and confident to embark on this new journey, and we are fortunate to have our residents, families, volunteers, and contractors witnessing, accompanying, and partnering with us as we transition into this new landscape. Our team remains committed to continuous improvement and providing person-centred, high-quality care for all our residents.

The **Anthem 2025 Food Safety Audit** was completed in September, and we achieved an excellent result with an **A rank** and no major issues identified. The **Anthem 2025 Resident Experience Survey** was completed in August, achieving another great outcome with a **4-star rating** and positive feedback from residents and family representatives. We sincerely appreciate our residents' and families' support and participation in this important process.

Looking ahead, in **November**, we will be organising a **summer menu food focus group and tasting session**. We look forward to hearing our residents' feedback and suggestions to help us continue improving the dining experience.

Lydia

Facility Manager



Poem to Share

“Lights are glowing, stars so bright,

Ornaments shine in golden light.

Under the tree, gifts stand tall,

Yet love’s the greatest gift of all.”

Christmas Tree Poem



Laughing Matters



After 20 years of marriage, Louise was upset her husband Tom never bought her a Christmas gift. She was so upset she told him she wanted to see a marriage counselor. The counselor asked Tom why he never bought Louise a Christmas gift.

“I did! I bought her a gift the first year we were married,” he said.

“Well, why have you never gotten her one since,” the counselor asked.

“I told her I’d get her another one when she used the first one I got her. She hasn’t used it yet,” he said. The counsellor looked at Louise who was staring at the floor.

“What did you get her?” the counselor asked.

“A cemetery plot.”

Quick Jokes

How do you know all Christmas trees are old?
They all use candy canes.

Why does Santa go down the chimneys?
Because it soots him!

Why is it difficult to stop arguing over what makes something a Christmas movie?
Because, old habits Die Hard.



Christmas

WORD SEARCH

I I J L L S D Y R J E I P J J C C V I P
W M V G K N S A V C M R L Z O A A B V J
G R H O G S X D T T D Z C K L K R O D J
B I A Q W L W I C H X K D P L R O I N I
V R I P R X W L T T X N R I Y X L J Q N
O S Q E P D O O M W R E A T H Q E E K G
F T B N E I C H R I S T M A S T R E E L
N G O Q A N N Q L E E X E D J N S O Y E
D A E R B R E G N I G N E L A C T F N B
K I C E N G S T P F G C A M V E Y G Z E
Z Q A N K A S H R A O Y W C L E Q K Y L
P Q L U W Q M G W R P O D T Y R S A A L
H L P C A Z T E A H N E S M Z D T K W S
W J E C D K R T N S Z I R E E D N I E R
O M R A H N I V H T M G U Y N D W A V M
J V I C O O A W P D S N W D O S K Q C S
U T F R N O B L D N O R T H P O L E A S
H L S S F L G M R K L U T H Z B L N Y E
C O B S G E F G U A M W D X Y D T L U D
W O B H B A K B H D G Z O H T A I F K L

JINGLE BELLS

BOW

CANDY CANE

CAROLERS

CHRISTMAS TREE

DECORATIONS

ELVES

FIREPLACE

GARLAND

GINGERBREAD

HOLIDAY

JOLLY

SANTA

MISTLETOE

NORTH POLE

ORNAMENTS

PRESENTS

REINDEER

SNOWMAN

WREATH

WRAPPING PAPER





ANTHEM

CHRISTMAS MARKET

Friday 5th December

10:00am – 1:00pm | Ascot Ground

Joined by Mrs Oldbucks, Mt Murray Nursery, Sweet
Treats, Sophia's Creations and more

