



## WELCOME

Firstly, let me say as the New Director of Care Services at William Cape Gardens it was very lovely to be welcomed by the residents and their families.

Secondly, I would like to take this opportunity to make all residents and relatives/friends aware that my office door is usually open and if you have any concerns about care issues I would love to hear from you, on the flip side I would also like to hear any positive comments as well. This allows the facility to improve what we do or conversely know that we are doing a good job.

Thank you to those who have completed our Resident & Family survey, we have had a very big response. This is a great way for us to determine how we can work with you to continually improve our care and services.

A new Clinical Care Manager will be commencing with William Cape Gardens in the very near future. She has vast experience in aged care and will be a welcomed hand to work in partnership with Shelley and myself.

There will be Christmas activities organised over Christmas so please contact the facility to make sure the person you want to visit is at the facility.

Could anyone who is taking a relative home on social leave over the Christmas period let the nursing staff know so they can organise medications and have the person ready when you pick them up.

Lastly, I would like to wish everyone a very Merry Christmas and a happy and healthy New Year.

Kind Regards

**Paul Selmes**  
Director of Care Services

## WHAT'S HAPPENING?

Christmas is a very special time of the year, catching up with family and friends and sharing lots of hugs. Celebrations will start with The Residents, Families & Carer's Christmas Party. Please join us on Friday 16 December at 10am for a concert by Bob followed by a short meeting and then light refreshments in Acacia/Banksia wing. For those of you who have not met our new Director of Care Services, Paul Selmes this would be a great time to catch up and share the joy of Christmas.

If you are taking your loved ones out for Christmas Day or social leave, dates and times are required as soon as possible.

A big thank you to our volunteers and staff for their hard work and commitment to our William Cape Gardens family.

My warmest wishes are extended to all the residents and their families for a wonderful Christmas and Happy New Year.

**Cheryl Wright**  
Administration & Client Services Manager

### Merry Christmas

and our best wishes to you and your family for a happy and prosperous New Year



## LATEST EVENTS



Jack, Ashley and John at the Remembrance Day service



Anne from our Church group at the Remembrance Day service



Vincenzia from Camellia starting work on the Mural in Daffodil with a student from Wadalba High School



Jannese, Patricia from Camellia and Betty joining in the Halloween fun

## FROM OUR LEISURE & LIFESTYLE TEAM

October and November have gone by with residents enjoying Halloween, Melbourne Cup and Remembrance Day celebrations.

There has been community visits from local schools and Wadalba High School students have started their project of a mural with some participation from residents.

Our usual activities are still a hit, bingo, concerts and outings.

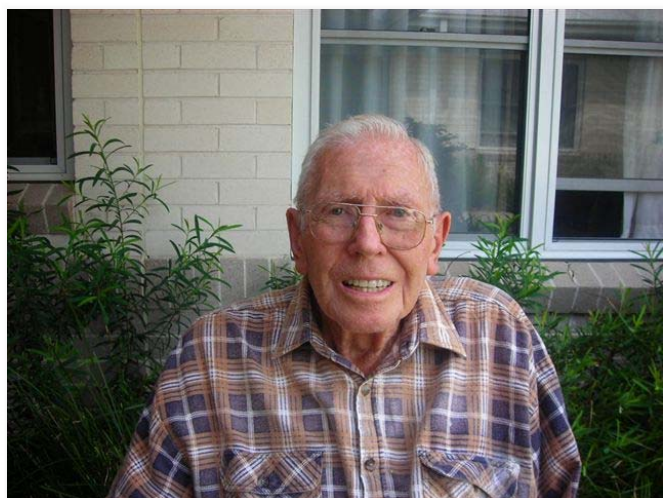
In the coming month we will be involved in Christmas celebrations with a visit to Long Jetty Senior Citizens, a Christmas visit from the students of McKillop Catholic School and our own celebrations with the residents, including bus trips to see Christmas lights. We will also have New Years and Australia Day celebrations.

Have a Merry Christmas and a Happy New Year!

**From Jocelyn and Betty**

## MEET OUR RESIDENTS

### John (Cameron) Scott



#### The man who never had a drivers license

Cameron was born on the family farm in 1923 and was the second child of three children.

Cameron attended St Ives Public School, which was built in 1888. After finishing Year 6 Cameron then went to Hornsby High School for 12 months before starting his carpentry apprenticeship at the age of 14.

When the great depression started in 1929, Cameron had no work, so he went back to work on the farm with his uncles where he continued to work until he was called up for army duty to serve in the dental units. He was posted to Western Australia to work with the tank brigades. After Western Australia he moved to Sydney for a while and from there to New Guinea, then back to Australia to continue with his carpentry apprenticeship with the army at Bathurst building mess huts and assembly halls.

Once Cameron finished his apprenticeship with the army he then went on to work for a building company. Cameron has fond memories of his times in Bathurst as this is where he met and married his first wife Peggy. They both settled in St.Ives and had their own family of three boys whilst building their family home.

In 1988 he moved to the Central Coast after the death of his wife. In 1989 he met Eva at the local dance group and they married in 1990 and lived at Wyong until moving into William Cape Gardens in September 2011.

## HOUSEKEEPING

### Direct Phone Numbers

For your convenience you can contact each wing directly on the phone numbers below:

Acacia	4394 2206	Banksia	4394 2206
Camellia	4394 2211	Daffodil	4394 2215
Elm	4394 2218	Gum & Frang	4394 2204

### Fridges

If a resident has brought their own fridge to William Cape, families are reminded to please assist the resident in defrosting and cleaning the fridge on a regular basis.

### Clothing Items

Families are asked to please ensure that all new clothing items are clearly labeled with the resident's name. It is not recommended that clothing items be written in texta as it washes off, items become unable to be identified. If you wish the facility to label the items please bring to administration before placing in room.

## HAPPY BIRTHDAY

We wish the following residents a very Happy Birthday

### Acacia

6 Dec Janet  
6 Dec Una  
17 Jan John L.  
25 Jan Joan

### Banksia

12 Jan Irene (Daisy)  
25 Jan Lily

### Camellia

3 Jan Phyllis  
6 Jan Irene  
27 Jan Mona

### Daffodil

1 Jan Nancy

### Elm

9 Jan Bruce  
10 Jan Edna  
26 Jan Fred

### Frangipani

6 Dec Eli (Jack)  
2 Jan Letterio (Terry)  
14 Jan Barbara  
17 Jan Moya

### Gum

18 Dec Valma

## MEET THE TEAM

### Michael Garbutt



#### What is your role at William Cape Gardens?

Care Service Employee

#### What do you like about what you do?

I enjoy helping people.

#### What do you do in your spare time?

In my spare time I enjoy reading, going out with friends and spending time with my animals – I have two dogs and three cats.

#### What is your favourite food?

Chocolate!

#### What is your favourite TV Show?

*Keeping up with the Jones*

#### What would be your dream holiday?

I would love to take a road trip around Australia.

## QUIZ CORNER

1. What colour are the berries of the mistletoe plant?
2. Who wrote How the Grinch Stole Christmas?
3. How many points does a snowflake have?
4. What is the name of the cake traditionally eaten in Italy at Christmas?
5. Name the original eight reindeer from the 'Twas the night Before Christmas' poem?
6. Who wrote Auld Lange Syne?
7. The song White Christmas was first performed in which 1942 film?
8. In the song The Twelve Days of Christmas, '...my true love brought to me nine...' what?
9. Which country did St Nicholas come from?
10. From which country does the poinsettia plant originate?

Answers: 1 – White, 2 – Dr Seuss, 3 – Six, 4 – Panettone, 5 – Comet, Cupid, Dasher, Dancer, Prancer, Vixen, Donner, Blitzen, 6 – Robert Burns, 7 – Holiday Inn, 8 – Ladies dancing, 9 – Turkey, 10 – Mexico

## FOR THE DIARY



16 December	Residents, Families and Carer's Christmas Party
25 December	Christmas Day
26 December	Boxing Day
31 December	New Years Eve
1 December	New Years Day
26 January	Australia Day