

# Newsletter



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Kiama Rockpool at Blowhole Point

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Ice cream Sundays



Nerf gun fun!



Melbourne Cup Day



Remembrance Day



Blue Haven celebrates our community centenarians at the 100-club party

# A message from our COO – Joe Gaudiosi



**This past year there have been many changes and challenges within Blue Haven and the aged care industry at large. Notwithstanding we continue to strive for quality services and support to our residents and clients.**

The COVID-19 pandemic has brought numerous lockdowns and visitor restrictions, testing the aged care industry like never before. The last year has no doubt been trying at Blue Haven and I would like to acknowledge the resilience of our staff and also the patience and understanding of our residents, clients and families during what has been a difficult period.

I know that staff work incredibly hard and continue to provide outstanding care for our residents. That is no mean feat, especially given the challenges faced every day at work but acknowledging that staff have their own families and friends who have been impacted during the pandemic, so I and the whole Council Management team sincerely appreciate your effort and commitment.

In addition to issues due to the ongoing pandemic such as high staff turnover and general staff availability due to care staff shortages, we are further challenged at present by the complexity of the many new reforms and reporting requirements originating from the Aged Care Royal Commission in 2021.

Applying the new reforms requires significant staff resources in the initial learning and planning followed by the implementation process and the associated staff training. In an industry where more

than 60% of residential aged care homes in Australia are operating at a loss, we are no different. The Federal Government's aged care reform agenda applies to both Residential and Community Care and the reform agenda continues up to 2026.

We are however, pleased to announce that Blue Haven's Residential Aged Care Facility has received Accreditation to April 2025 from the Aged Care Quality and Safety Commission following a recent accreditation assessment, notwithstanding the difficult operating context and challenges already mentioned.

The NSW Retirement Village Act regulated through the NSW Office of Fair Trading also increased its regulatory requirements of providers this year and is expected to increase in the next few years.

2023 will be busy with continuous improvement both operationally and financially while implementing the new aged care reforms. And if we didn't have enough to do, we are also preparing for an upcoming Accreditation assessment visit for our Community Services Home Care program.

Blue Haven is committed, as ever to an open dialogue with our community and the care and wellbeing of our Blue Haven residents and service users is paramount in our operations. We understand the financial and governance issues of Council and the recent decision committing to the sale of the Bonaira component (subject to the completion of the Blue Haven land reclassification process) has and will continue to cause concern for some of you.

To our loyal Blue Haven staff and volunteers, thank you for your invaluable hard work and commitment, and keeping our residents and clients safe and well. To our amazing clients and families, we thank you for your continued support.

Regards,

A handwritten signature in blue ink, appearing to be 'Joe Gaudiosi', written over a white rectangular background.

Joe Gaudiosi

# Council votes to sell Blue Haven Bonaira



**On 13 October Kiama Council resolved to undertake the sale of Blue Haven Bonaira (subject to the completion of the Blue Haven land reclassification process). This includes our 134-bed Residential Aged Care Home, 57 Independent Living Units and services provided to 850 community in home support clients.**

We anticipate the sale process will occur mid to late 2023 to mid 2024. Council has made it clear that any sale of the federal aged care services must be to another approved Aged Care provider, and the provider will operate under the Aged Care Act.

It was a big decision but unfortunately, Kiama Council cannot continue to run a large aged care business such as Bonaira. The financial position of Council along with the increasing complexity and new upcoming reforms of the aged care industry are too onerous. Ultimately a specialist aged care provider with the established supporting strategic, governance and support processes is better placed to provide the level of service required for both residents and clients but also staff.

Kiama Council CEO Jane Stroud and Blue Haven Interim COO Joe Gaudiosi have been meeting regularly with residents and families as well as staff to discuss the situation.

Blue Haven continues to operate all our services as usual and the care and wellbeing of our staff, clients and residents is paramount.

We have a long and proud history of providing high-quality aged care services to our community for more than 40 years. This will not change. And it will continue regardless of the sale process.

Blue Haven residents, families, staff and interested members of the community are also welcome to contact Blue Haven COO Joe Gaudiosi or CEO Jane Stroud direct with any further questions.

For up to date information about the sale please visit: [kiama.nsw.gov.au/bluehavensale](https://kiama.nsw.gov.au/bluehavensale)

For more information about the Blue Haven land reclassification: [kiama.nsw.gov.au/blue-haven-reclassification](https://kiama.nsw.gov.au/blue-haven-reclassification)

## Land reclassification



**Kiama Council has identified the need to reclassify the public land of the Blue Haven Bonaira site to ensure it is being operated in accordance with the Local Government Act 1993.**

The land on which Blue Haven Bonaira sits is currently classified as community land, and needs to be reclassified as operational land. When Council acquired the site it should have resolved to classify the site as operational land within three months, but was not done due to an oversight.

Council has engaged MMJ Town Planning and Advisory to prepare the Planning Proposal to reclassify the site. Once prepared, the Planning Proposal will be submitted to the NSW Department of Planning & Environment, for a Gateway Determination, which usually takes a minimum of two weeks.

Once the Department has issued the Gateway Determination, the planning proposal will then be put on public exhibition for at least 28 days via Council's website.

A public hearing is then held, at least 21 days after the close of the public exhibition.

The purpose of the public hearing is to give the community an opportunity to expand on written submissions and discuss issues in a public forum chaired by an independent facilitator, who will be engaged by Council.

The independent facilitator will provide a Public Hearing Report, which will be made publicly available.

The Public Hearing Report, any submissions and a recommendation will then go up to Council, who will vote on whether to reclassify the land.

## Re-accreditation

**Our Blue Haven Residential Aged Care Facility has achieved 31 out of 42 criteria and received Accreditation to April 2025 from the Aged Care Quality and Safety Commission following a recent accreditation assessment.**

The Accreditation Assessment is undertaken periodically (usually every 3 years) at all aged care facilities. The site visits occur unannounced. Assessors visited Blue Haven Bonaira for three days in September 2022.

Since the Royal Commission and the ever-increasing focus on compliance and regulation, visits like this are part-and-parcel of running an aged care business and, while they add complexity to our operations, we welcome the higher standards that have ensued.

The Accreditation Assessment is based on the 8 Quality Standards which contain a total of 42 criteria. Blue Haven's 11 un-met criteria are well spread across the 8 Standards which, on balance, suggests general improvement across all areas compared to critical and significant risk in 1-2 specific areas.

This is a positive result, given the context of the past two years which has been challenging on many fronts, and the past eight months of high staff turnover, volatility and shortage across management and care staff.

Thank you to all our Blue Haven staff and residents and families who assisted with the Accreditation Audit.

It's a great result that confirms our good reputation for quality care and high standards as well as being an accurate reflection our hard-working and dedicated staff and wonderful residents.



# Announcements

## Bonaira Chapel

Catholic Rosary is held every Monday at 1:00pm.

Catholic Mass is held on the 2nd and 4th Wednesday of the month at 1:30pm.

Anglican service is held on the 1st and 3rd Wednesday each month.

## Library Service

We have a mobile library service with Kiama Library that delivers and picks up library books to resident's rooms. If you would like this service, please talk to a Lifestyle Team member.

### Upcoming activities – Bonaira

#### Knit and Natter

Wednesdays 2:00pm

#### Men's Group Cuppa and Chat with the Boys

Fridays 10:00am – Barroul House Cafe

#### Happy Hour

Fridays 2:00pm

#### Hairdresser

Thursdays and Fridays

#### Bingo!

Mondays 10:30am

This newsletter is produced by Blue Haven Media, Marketing and Communications team. If you have something to contribute to a future issue, write to [media@bluehavencare.com.au](mailto:media@bluehavencare.com.au)

Our cover image shows a Blue Haven resident being visited by a guinea pig from Matilda's Farm.

## Reception details

8:30 to 4:30pm – 7 days per week

[enquiries@bluehavencare.com.au](mailto:enquiries@bluehavencare.com.au)  
(02) 4203 4055

Visitor hours – 9:00am to 3:00pm.

COVID-19 rapid antigen tests are provided on-site and are required for all visitors upon entry.



### Blue Haven COVID Update

Due to current COVID-19 exposures, Blue Haven has extra precautions in place, in line with the advice from the NSW Department of Health.

Family and friends are to ensure they are fully vaccinated against influenza and COVID-19 and take a temperature, symptom and rapid antigen test (RAT) on arrival. Visitors are strongly encouraged to get a booster vaccine if they are eligible for one. Residents can have two visitors per day aged 12 years and over, plus two children aged under 12 years per day between 9.00am-3.00pm, seven days a week. All visitors and staff are required to wear P2 masks within the building.



# The Lifestyle Team

## Dementia Friendly Dancing

Our residents participated in social dancing at **Uniting Mayflower Village in Gerringong.**

Held by a fully qualified dance teacher, the program is putting dance, music, and joy back into the lives of dementia sufferers.

For more information or to join in on the fun, contact Christa Wood: **0416 202 678.**



Friday fun shirts and roaming **ice cream Sundays**...who doesn't love a roaming ice cream trolley, sign us up!



# The Lifestyle Team continued

From goats to rabbits! Our Blue Haven Bonaira residents were very excited to receive a special visit from **Matilda's Farm**.

Studies show pets in aged care can help reduce blood pressure, fatigue and confusion while boosting enthusiasm, physical activity and social well-being.

We were able to obtain these visits at no cost! Staff members, friends and family donated their unused Discover vouchers from Services NSW before they expired, which equated to two free visits! Thank you everyone who donated their vouchers!



A bit of fun for **Watermelon Wednesday**.



# The Lifestyle Team continued

## Knit and Natter

We are pleased to announce that our wonderful and very creative Blue Haven Bonaira residents have completed two more blankets to donate to Wrap with Love.

Just one square provides 1/28 of warmth, and collectively, 28 assembled squares create one whole warm and sheltering wrap.

Wrap with Love have been wrapping people in need since 1992. They have wrapped more than 314,000 people with love and warmth in Australia and around the world.

They deliver aid to needy countries, some experiencing extreme poverty or other natural disasters.

To donate to Wrap with Love, visit: [wrapwithlove.org](http://wrapwithlove.org)



Our residents got a kick out of some **Nerf gun fun!**

The ducks are marked with points, 5, 10, 20 50 – points are added up for each resident on a white board.

The residents said it reminded them of the old shooting carnival games, lots of reminiscing, laughs and fun was had!



# The Lifestyle Team continued

**Oktoberfest** celebrations were a hit with our Bonaira residents!

Residents enjoyed German beer, music and Bavarian food to mark the festivities.

Our Lifestyle Coordinators completed the party with traditional Lederhosen – Prost!



Our Bonaira residents have resumed social outings and enjoy visiting **Kiama Leagues Club** for bingo and lunch twice a month. Social outings around town connect our residents with the local community.

If you see our residents out and around Kiama, don't forget to say hello!



# The Lifestyle Team continued

Kiama MP **Gareth Ward** visited the Bonaira residences with a condolence book for **Queen Elizabeth II**.

Residents signed the condolence book and were able to express their sympathy and thoughts on the passing of the Queen.

The condolence books have been sent to Buckingham Palace, along with many others from around the world.



Our Bonaira residents exercised their creative muscles and enjoyed a **Soap Decorating** workshop with the Lifestyle Coordinators.



# The Lifestyle Team continued

Our Bonaira residents gathered for a picnic at Hindmarsh Park with the children from **Create, Imagine, Learn Kiama Downs**.

Here the residents made some new little friends, went for a stroll through the trees, enjoyed a delicious ice cream cone and created new memories.

These types of visits benefit both old and young alike, and we are already looking forward to our next picnic with the little ones!



# The Lifestyle Team continued

## Melbourne Cup Day celebrations at Bonaira

Residents had a lovely time cheering on their horse as they watched the race that stops the nation!

We got frocked up, enjoyed some special drinks and nibbles, as well as some good old cup trivia... what a wonderful afternoon!



Our Lifestyle Coordinators took some of the Bonaira residents out shopping to the **Pavilion Christmas Markets** in Kiama in the lead up to the holiday season.

Residents did some Christmas shopping and browsed crafts and special items created by local artists.



# The Lifestyle Team continued

Blue Haven commemorated **Remembrance Day** with a special Wreath Laying Service held outside the Bonaira residential home to remember those who have died in the line of duty in the armed forces since the First World War.

Rev Ian Vickery conducted the service and Joyce Fitzpatrick laid the wreath under the Australian flag. Joyce was a member of the British Women's Land Army. The service was held on 11/11 at the 11th Hour.

Remembrance Day is observed on 11 November to recall the end of the First World War. Hostilities formally ended "at the 11th hour of the 11th day of the 11th month" of 1918.

Lest we forget.



Our residents made delicious fudge with our Lifestyle Coordinators during their **'No Bake Cooking'** sessions.





# The Lifestyle Team continued

## Happy Hour Social Dance

Family, residents and staff joined in for an afternoon of dancing at Bonaira.

We enjoyed light refreshments, a little bit of exercise and great fun was had by all!



**Do you care for a friend, relative, neighbour, or partner? You might be an unpaid carer.**

Carers provide care in many different ways. A carer might look after someone 24 hours a day and help with daily activities, or they might look after someone who only needs help some of the time.

Carer Gateway can help carers get the support that is right for them.

For more information call Carer Gateway on **1800 422 737** or visit [carergateway.gov.au](https://www.carergateway.gov.au)

# Our Community Team

## CTO Conference

Our Blue Haven staff and volunteers attended the Community Transport Organisation (CTO) Resilience Conference held at the Pavilion in Kiama.

With a focus on resilience, the conference featured programs and discussions around innovation and the future of community transport, the importance of transport on the road to a dementia friendly community and mindful leadership.

Throughout the two days we welcomed over 200 people to the Conference, hosted 20 exhibitors, displayed 7 vehicles and explored topics ranging from funding reforms to mindful leadership.

For more information about CTO and to find your local community transport provider, visit: [cto.org.au](http://cto.org.au)



# Our Community Team continued

## NSW Volunteer of the Year Awards

All of our Blue Haven volunteers received the NSW Volunteer of the Year award.

Volunteers give without expecting anything in return. The Volunteer of the Year Awards recognise and celebrate the vital contribution NSW's 2.1 million volunteers make towards strengthening communities across the state. The NSW Government is the founding sponsor of the awards and, since 2007, has been working in partnership with the Centre for Volunteering to promote the importance of volunteering through the awards.

For more information or to nominate an exceptional volunteer, go to [volunteering.nsw.gov.au](https://volunteering.nsw.gov.au)



### Sign up to volunteer now with Blue Haven's Service Facilitator

- 1 Fill in our volunteer application form: [bluehavenillawarra.com.au/about-us/volunteering](https://bluehavenillawarra.com.au/about-us/volunteering)
- 2 Email the completed form to [enquiries@bluehavencare.com.au](mailto:enquiries@bluehavencare.com.au) or call us (02) 4203 4055
- 3 Our Service Facilitator will be in touch with you

Our staff have been very busy learning about **driver awareness training** and proper **manual handling techniques**.

Here at Blue Haven, safety is paramount and our support workers are always keeping up to date on OHS best practices and how to care of our client and staff wellbeing.



## Our Community Team continued

Our amazing Support Workers receive regular training to stay up to date on all the latest and best practices in the aged care industry.

This session we learned about the **Rights and Respect of Elders**.

We all have the right to live safely and to be treated with dignity and respect, no matter what age we are. To learn more visit: [seniorsrightsservice.org.au](https://seniorsrightsservice.org.au)



**Upskilling and gaining competency**

## EveryAGE Counts Campaign

**Kiama Council has added its support to a world without ageism, signing up to the EveryAGE Counts campaign.**

Mayor Neil Reilly, on behalf of Council, signed the pledge to stand for a world where all people of all ages are valued and respected and their contributions are acknowledged.

"Our community, more than most, has been at the forefront of supporting and including our older colleagues, neighbours, team-mates, family members and friends in our day-to-day lives and the public life of our towns and villages," Cr Reilly said.

"Here we have the highest percentage of residents in NSW in the 85 plus bracket, and have long appreciated the experience, skills and community-spirit our seniors have to offer and provide every day."

Cr Reilly said the huge rate of volunteerism in our region was one example of the value of this often-overlooked part of our communities.

"Kiama has a great story about inclusion of people at all ages through our various initiatives such as our Blue Haven volunteers and Dementia Advisory Group through to the Intergenerational Munch Out program."

"These examples are not tokenistic and have produced real results. We also acknowledge the invaluable service our Blue Haven volunteers provide through the community transport service, which would not be possible without their efforts."

"One of the worst things about ageism is it denies society an enormous range of benefits that can flow, economically and socially, from the full participation of older people."

"Further, programs such as Intergenerational Munch Out, have physically and socially bridged the gap between our older and younger people through the simple task of preparing and sharing fresh and healthy meals."

"But we can always do more, which is why Kiama Council is excited to be involved in the EveryAGE Counts initiative."

The EveryAGE Counts campaign aims to set strong, new foundations for current and future generations to age well.

To find out more and get involved visit: [everyagecounts.org.au](https://everyagecounts.org.au)

# International Volunteer Day



**On December 5 we marked International Volunteer Day – a special day to acknowledge the huge difference volunteers make to so many lives in our community.**

Ken Falkner is a Blue Haven community volunteer driver who deserves to be recognised. A former TAFE Engineering instructor, Ken has been volunteering for Blue Haven community for an astounding 17 years. He started doing home gardening, changing light bulbs for seniors and helping out with home maintenance. Ken then moved onto bus driving and has been in that role for 15 years.

Ken says he volunteers because he gets a lot of satisfaction from helping people, plain and simple.

It's through volunteering that he gets to meet so many interesting people with interesting stories. "Seniors have worked hard all their lives and deserve some help", says Ken.

We couldn't agree more!

Ken picks Blue Haven Community clients up from their home and takes them shopping to buy groceries, medical appointments or transport to and from the Seaside Group at Blue Haven Bonaira. Some clients have lost the ability to drive which can be frustrating. Ken is here to lend a helping hand and meet a few friends along the way.

"I find it rewarding to meet other people and support them", says Ken. "It adds to the social connection."

"You get to know clients fairly well and form connections with them", says Ken.

Blue Haven couldn't operate without our volunteers like Ken. Their contribution ranges from driving, helping with community transport buses and cars, individual shopping for or with clients, group social outings, individual social outings, and more.

Blue Haven would like to take this opportunity to express our warmest gratitude and acknowledge our volunteers for their continuous commitment and kindness. You are all truly amazing and we couldn't do it without you!

Blue Haven is actively recruiting for more volunteers. If you are looking to make connections in the community and experience all of the amazing benefits of volunteering, sign up now.



# Independent Living Units



Terralong Independent Living Units

## What's been happening since 1 October 2022

### Terralong

- 26/10/22 Annual Management Meeting & Resident Forum
- 02/12/22 Meeting between residents and Mayor, CEO & COO to provide information and answer questions regarding the sale of Blue Haven Bonaira.

### Bonaira

- 10/10/22 Annual Management Meeting & Resident Forum
- Proposed meeting 30/11/22 between residents and Mayor, CEO & COO to provide information and answer questions regarding the proposed sale of Blue Haven Bonaira deferred to 25/01/22 due to large number of COVID-19 cases involving residents.



## Manager update

### Terralong

Kiama Council contractors have carried out interim repairs to the hot water system servicing 21 units at Blue Haven Stage 4 independent living units.

The exhaust air-flow pump in the hot boiler water room for the building failed over the Christmas long weekend, with the timeline for repairs unfortunately impacted by the closure of electrical parts suppliers during the holiday period.

Residents were immediately provided with access to bathroom facilities in an adjoining building.

Interim repairs have now been completed to ensure hot water availability in all units between 8:00am and 6:00pm every day, pending full replacement of the fan unit as soon as electrical suppliers reopen.

Kiama Council and Blue Haven apologise for the inconvenience caused by the breakdown and extend their appreciation of the efforts of its electrical and plumbing contractor to re-establish hot water supply to all units.

Blue Haven management will review the pump failure and associated contingency processes as part of their operations and asset management.

### Bonaira

Maintenance of grounds and buildings have been impacted by recent heavy and sustained rainfalls.

Richard Crookes Constructions are continuing with building defect rectifications.



Gardens at Terralong

# Independent Living Units continued

## First move to encourage intergenerational links

Inspired by the benefits of bringing older and young people together, highlighted in the ABC's **Old People's Home for 4 Year Olds**, a group of Blue Haven Terralong residents have initiated a program with Kiama Public School.

"There are a lot of opportunities to get together, especially being across the road from each other," says Blue Haven's Trevor Dickson, who first approached the school.

According to the Australian Institute for Intergenerational Practice, engaging the two generations provides older adults with a sense of purpose, improves social outcomes, and delays cognitive and physical decline.

Providing young people the opportunity to connect with an older generation helps improve their attitude to older people in general, and improves their pro-social behaviours of sharing, helping and cooperating.

"Society tends to separate us out into old people and young people but research has shown the more you meet up, the better it is," Trevor says.

"The kids have the energy and are enthusiastic, and we have the wisdom and the experience – it's a good combination."

For the first encounter, Year 6 garden ambassadors met with members of the Blue Haven Garden Club.

Acting Principal, Sarah Webb, who wants to promote more active integration into the community, says, "There were smiling faces and waving from residents in passing cars as the kids walked in."

Students, Nellie and Tahlia, enjoyed learning about Blue Haven's garden and plan to incorporate some



of their techniques into their own plot. They also saw, from just one meeting, the benefits of intergenerational practice.

"It gives them (residents) a chance to pass down their knowledge so we can also pass it down to the other generations," Nellie says.

Tahlia says, "Just seeing us in general probably makes them feel really happy that they have other people than the elderly that live here to mix with."

Resident Robyn Varcoe says, "Kids are our future, and I don't think we realise until we have children and be with them, how important it is to engage with them."

According to Miss Webb, this will be a long-term connection where they will build on the program and its success as they go through.

Coming up, the school's chess club will play with Blue Haven's scrabble club, and students have been invited to play indoor croquet.

There are also plans to have residents visit the school on a regular basis to listen to students read, and Miss Webb says their choir group will perform for them soon.

(Reference: The Bugle, 19 November 2022)

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## Intergenerational social gardening

**Our little friends at Kiama Family OOSH spent the morning at the Kiama Community Garden learning about various plants and how to grow fruits and vegetables.**

The Kiama Community Garden is located next to the Terralong ILUs and is a public, non-for-profit community activity that anyone can get involved with. It provides benefit to the people involved and to our environment and is a social activity for like-minded people looking to get together for a common purpose.

# Independent Living Units continued

## Intergenerational social gardening continued

We caught up with Peter Maywald, Blue Haven ILU resident, who has been involved with the Kiama Community Garden for many years now. Peter was one of the first residents to move into the Bonaira ILUs when they were completed in November 2019.

Peter says many gardening volunteers stopped coming due to COVID-19, so they're currently looking for more people to care for the community garden together. Volunteers and residents share all of the work and all of the harvest.

Planning for the Kiama garden's design began when 60 members from our community attended a public meeting in 2009. The first plantings were made in October 2010.

The garden does not have individually managed beds, rather, it's worked on as a whole. The community member's effort has enabled the very efficient development of the whole site.

Community gardening contributes to the health,

well-being, social, environmental and cultural strengths of our community. Furthermore, there are many benefits to gardening for older Australians, including improved moods and lower stress levels, better heart health and even decreasing the risk of dementia (source: 6 Health Benefits of Gardening for Seniors – Jefferson Park at Dandridge (jcnh.org).

"Intergenerational social gardening benefits both children and seniors alike", says Sabrina Kelly, Kiama Family OOSH Director. "Some of the children don't have grandparents that live locally, and it provides the kids an opportunity to socialise with the older locals in our community, while learning about permaculture and soaking up all the health benefits that come from connecting with nature".

To volunteer at the Kiama Community Garden, email [kiamagardens@gmail.com](mailto:kiamagardens@gmail.com) or call **0417 066 896**

Visit Kiama Community Garden on Facebook: [facebook.com/KiamaCommunityGarden](https://www.facebook.com/KiamaCommunityGarden)





# Independent Living Units continued

Calling all ILU residents!  
Subscribe to our Blue Haven mailing list, to stay up to date on all things Blue Haven. Visit: [eepurl.com/gLyOY1](http://eepurl.com/gLyOY1) to sign up, or use this QR code:



## Kiama Public School Christmas choir

Christmas season has arrived at Terralong! Our Independent Living residents were entertained by the sweet voices of the Kiama Public School choir.

Students from Year 3, 4 and 5 performed Christmas rock n' roll songs for our residents, for some children it was their very first time performing for the public.

We had so much fun singing tunes with the choir and there's nothing better than experiencing Christmas through the energy of the children!

Thank you **Kiama Public School**, please come back and visit us anytime!



# Blue Haven 100 Club

## Blue Haven celebrates our community centenarians with a '100 Club' party

**Blue Haven threw a big party for our Kiama centenarians on 30 September to mark International Day of Older Persons.**

Held at Blue Haven Bonaira, our community came together to celebrate with afternoon tea and live music. The event received coverage in local newspapers (see below) and on WIN TV News.

Thanks to everyone for attending our event, it was great to celebrate our older Australians within our community!

### Blue Haven in the news

#### Oldest residents celebrated – *The Bugle*

What better way to mark the International Day of Older Persons than getting our oldest locals together for one big celebration.

About 40 centenarians, and people within a decade of the milestone, came to the party organised by Council with friends and family members.

They were entertained by live music, enjoyed an afternoon tea including a cake donated by Parfait Patisserie, and received hand-made cards from the children at Create Imagine Learn Childcare Centre in Kiama Downs.

The Bugle took the opportunity to chat with people

about their lives and times as they sat around the tables and enjoyed the event, which was attended by the Mayor, councillors, council staff and the local MPs, Fiona Phillips and Gareth Ward.

Bev Sherwood, who recently celebrated her birthday, was eating cake she cut when she exclaimed, "I'm 102 and I'm having a good time!" She misses her husband, who she explains as a 'wonderful man', and often remembers the time she rejected his first offer to dance and how they used to laugh at the memory together.

101 year old Alvin Manning and his wife Valerie visited Blue Haven for the celebration. They recalled that while Alvin would spend his time volunteering with Bankstown Rural Fire Service, Valerie was busy doing all kinds of dancing, including ballroom and Scottish country dancing.

Valerie (above) now enjoys looking nice with her pink hair and reminisces on the 'fabulous time' when she was first married to a light keeper and would live in various lighthouses along the NSW coast.

A local for over 40 years, Iris Champion, who will celebrate her 95th birthday next week, once enjoyed knitting, sewing and tapestry. "You name it, I've done it," she insists. She now does crocheting and says she misses her well-working knees and eyes.

Blue Haven resident, Thelma Allman, admitted she came in on accident while on a walk. It seems Thelma hasn't gotten any less active as she grew older with her usual walk down to the beach and back. "I had to ride my bike about 8 kilometres to a little country school every day. I am sure that is why I have strong legs, I don't have a stick or anything," she says.

(Reference, the Bugle Kiama, 30 September 2022)



# Blue Haven 100 Club continued



## Kiama oldies get together to celebrate the 100 year milestone on International Old Persons Day – *The Illawarra Mercury*

**These high-spirited Kiama oldies have proved age is just a number. Blue Haven retirement village in Kiama came alive with music, joy and laughter as the unofficial “100-year-old club” – and club aspirants – gathered to celebrate International Old Persons Day yesterday.**

Gerringong 102-year-old Bev Sherwood was one of the oldest members present but also one of the liveliest.

“It’s great, I was very excited to come down here today,” she said. Ms Sherwood socialised with everyone but was particularly happy to have met 93-year-old George Robertson.

“The best thing about coming down today was that I got to meet George,” she said. “But I think he’s much too young for me, he’s only 93.”

Ms Sherwood’s outlook towards life is inspirational to many, and her love for fitness even puts some youngsters to shame.

“I go to the gym twice a week and I’ve recently started lawn bowling again,” she said.

Blue Haven resident Alvin Manning was another one in the triple-figure club, having celebrated his 101st birthday recently.

His advice to those who aspire to live as long as him is to “stay warm and stay vertical”.

Kiama’s George Robertson recently lost his wife of 71 years.

He sat opposite a vacant chair with his wife’s smiling photo placed on it to compensate for her absence and to make sure she was included in the celebrations.

“It’s a great event, I have lots of friends here today,” he said.

“I often come here, and my mates and I play bingo or carpet bowls. It’s quite fun.”

Another Kiama resident Thelma Allman, who has a significant birthday approaching, was ecstatic to be celebrating the centenarians.

“I will be 90 soon, my siblings are all in their late nineties and I’m the youngest of the five,” she said. “I will also get there.”

Kiama Mayor Neil Reilly said the event was not only open to the “100 club” but anyone who’s reached a great age.

“Sometimes the older generation is the invisible generation and it’s good to be here with them and serving them for a change, they’ve been serving us all of our lives,” he said.

Kiama MP Gareth Ward said Kiama’s beauty was owed not just to the spectacular scenery but also the people who had been living there for decades.

“We’ve seen a change in the Kiama community over the last few years but one of the things that has stayed the same is the warmth and generosity of spirit and you can see that in this room,” Mr Ward said.

(Reference: The Illawarra Mercury, 30 September 2022)

# A Blue Haven Christmas



## Christmas Festivities at Blue Haven

What a performance! Children from **SS Peter & Paul Catholic Primary School** choir sang Christmas carols to our Blue Haven Bonaira residents.

After entertaining us with a few songs, the children walked the room to chat with the residents and asked them questions such as "what are your favourite songs?" and "where is your favourite place to be?"

They certainly brought some holiday cheer to Bonaira and we enjoyed celebrating the spirit of Christmas with them!



Community Team Christmas Lunch at Cambewarra Winery

# A Blue Haven Christmas continued



## Bonaira Christmas Party for Residents

The Lifestyle Team threw a lively Christmas party for our Bonaira residents, complete with Christmas presents and a visit from Santa Clause himself!

Residents were treated to a special performance by our Blue Haven care staff and enjoyed delicious nibbles and a social drink or two.

Thank you Lifestyle Team for a job well done! To our residents – thank you for celebrating with us!



## Christmas party fun with our Seaside group



Support Workers Christmas party at Warrilla Bowls

# A Blue Haven Christmas continued



## Blue Haven Volunteer Christmas Party

We celebrated the Blue Haven Volunteer team with a Christmas Party at Matterson Hall.

Merry Christmas to all our volunteers and thank you for your tireless effort and dedication in 2022. You are all truly amazing and we couldn't do it without you!



We had a ball at the **Gerringong Christmas Street Parade**, what a wonderful event celebrating our community!



# A Blue Haven Christmas continued



## Christmas celebrations at Blue Haven Terralong



Blue Haven Bonaira residents were absolutely delighted to receive 120 Christmas cards in the mail from the **Heart Letter Pen Movement** this week.

Heart Letter Pen has delivered 50,000 handmade and handwritten cards to aged care facilities across Australia.

This act of kindness was born through the need for the elderly living in nursing homes to feel valued, connected and cared for by the wider community as they endured Covid lockdowns.

Thank you to everyone involved in sending us these thoughtful, handwritten cards. You brought big smiles to our resident's faces and we are so grateful to be involved in this incredible project!

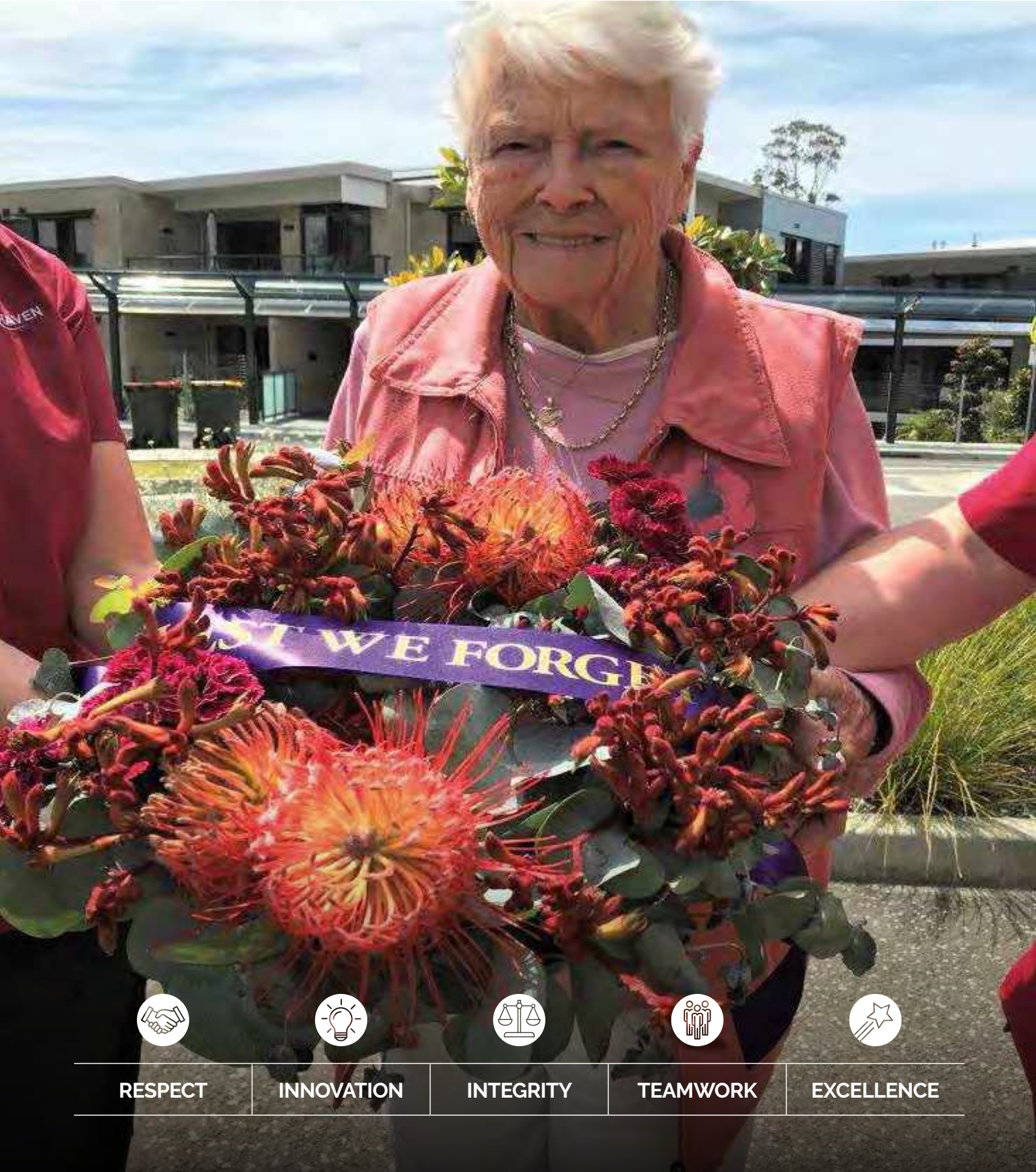


If you are interested in our services, contact Blue Haven at (02) 4203 4055

# BLUE HAVEN

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