



Alino

LIVING

ADELENE VILLAGE

Voice of the Village

April 2024



CEO Report

Dear residents,

This year, CEO get-togethers will transition from monthly to quarterly. The next one will be held on Tuesday, 4th June 2024 at 9:30 am in The Hub. Please see Marita with any concerns or questions before then.

Thank you to everyone who participated in the recent Resident Experience Survey. We received 35 responses from 103 surveys delivered, representing a 22% increase in return rate compared to last year. While a higher return rate would be ideal, we're pleased to see this upward trend.

We were delighted that all staff ratings fell within the "very satisfactory/satisfactory" range (94%-100%). Contractors also received positive evaluations, although feedback highlighted a need for improvement in after-mowing cleanup practices. Marita has addressed this concern with the team manager, and we anticipate seeing positive changes in this area.

The survey revealed generally positive feedback regarding hazard management, complaints handling, communication on major village projects and the PACE billing process. However, one anonymous response and one identifiable response expressed dissatisfaction with the complaints process. Additionally, one identifiable response indicated dissatisfaction with lawn mowing services, and three identifiable responses were critical of gutter clearing services. Marita has contacted these residents directly to discuss their concerns.

We appreciate your valuable feedback and are pleased with the overall positive results.

A warm welcome to Merrill and Gloria to our village! We hope you'll enjoy your new home, and we look forward to getting to know you.



Justin

Justin Dover
Co-CEO
Alino Living



Greg

Greg Williams
Co-CEO
Alino Living

From Marita

And just like that, it's April! I've been thoroughly enjoying seeing the changing colours of Adelene throughout autumn.

I would like to extend a warm welcome to Merrill and Gloria! May you enjoy your new home and settle comfortably into Village life.

There was an error on page 22 of the March edition regarding yellow bin collection frequency. We apologise for any confusion this may have caused. Yellow bins are collected fortnightly, not weekly.

Thank you to everyone who participated in the Independent Living evacuation training in March. Damien from the Rural Fire Service provided valuable information, and I'm sure everyone who attended found it beneficial. These training sessions are crucial for testing our internal procedures and identifying areas for improvement.

Enclosed in this edition is a form for you to complete and return, outlining your current personal evacuation plan. Please don't hesitate to contact me if you have any questions or concerns.

As part of our April planned preventative maintenance program, we will be conducting our annual smoke detector testing and battery changes, along with testing the medical emergency buzzers in your homes.

Thank you to those who returned the resident experience survey in February. We appreciate your feedback and are pleased to see an increase in the return rate compared to last year.

Hearing Australia will be visiting Independent Living on Thursday, 11th April 2024 from 8:30am to 2:30pm. The bus will be parked near The Hub, and hearing checks will be offered free of charge.

Greg raised a valid point at both the Residents' Committee meeting and the Residents' General meeting on 11th March regarding the potential work health and safety risk associated with the amount of ladder work Daley performs for shrub and hedge maintenance. Daley and I have reviewed the grounds and identified areas where ladder use can be minimised. He will be progressively reducing the height of shrubs and hedges in those areas to a more manageable level as he works through his plan for different Village sections. I will keep residents in those areas informed about the work schedule. Please don't hesitate to contact me if you have any concerns about your area.

Daley will be taking annual leave from 2nd April and will return on 16th April.

Wishing you all the very best for April!

Marita



Note from Nic

I hope you all had a lovely Easter, however you celebrated. It's always a joy for us staff to see so many of you enjoying yourselves at our Adelene Easter Fun Morning Tea. We put a lot of effort into creating and organising the day to make it as fun as possible for everyone.

For those who found Hippety around the village, we hope you enjoyed the little game and the treats you earned! He found some fantastic hiding spots, even managing to sneak into my handbag on a trip to Kmart!

March brought a wonderful surprise for me! One of my closest sisters flew in from the UK with her 9-month-old baby, who I hadn't met before. It had been ten years since I last saw my sister in person. My family had been planning this visit for months without telling me, so the shock was delightful! I took a few days of leave in March to spend time with them, and we created some truly special memories before they returned to the UK.

This month, we're excited to have a guest speaker from Cleanaway talk about recycling and waste. We'll also be welcoming the wonderful Sing Australia to entertain us for an afternoon. Finally, our Anzac Day service will be held in The Hub on 24th April.

Please note that all these activities require booking in advance so we can confirm attendance with the presenters. To book, you can contact Marita or me directly, or if you have Centrim access, log in and book online for any events you'd like to attend.

I hope you all have a wonderful April!

See you in the Hub or around the Village.

Nic

April 2024

calendar

SUN	MON	TUE	WED	THUR	FRI	SAT
	1 Public Holiday	2 10AM Cafe Open to 3pm 12PM Resident led exercise group 1PM Rummikub	3 9:30AM Move and Groove with Nic 10AM Cafe Open to 3pm 11AM Guest Speaker Kristina from Cleanaway 12PM East Gosford Podiatrist	4 9:30AM Shopping Bus - Gosford and Erina Fair 10AM Cafe Open to 3pm 11AM Craft with Nic 1PM Rummikub	5 9AM Zumba with Haruko 10AM Cafe Open to 3pm 1PM Quiz with Nic	6
7	8 9AM Better Hearing facilitated by Better Hearing - School Terms Only no booking required 10AM Cafe Open to 3pm	9 10AM Cafe Open to 3pm 12PM Resident led exercise group 1PM Rummikub	10 9:30AM Move and Groove with Nic 12PM Cafe Open to 3pm 3:30PM Music with Ken and Tina	11 8.30-2.30 Hearing Australia Hearing Testing, near The Hub 10AM Cafe Open to 3pm 11AM Bus Trip - Lunch at Shelley Beach Golf Club 1PM Rummikub	12 9AM Zumba 10AM Cafe Open to 3pm 2PM Sing Australia	13
14	15 9AM Better Hearing facilitated by Better Hearing - School Terms Only no booking required 10AM Cafe Open to 3pm 3PM Movie Afternoon - Paris When It Sizzles with Audrey Hepburn	16 10AM Cafe Open to 3pm 12PM Resident led exercise group 1PM Rummikub	17 9:30AM Move and Groove with Nic 10AM Cafe Open to 3pm 11:30AM Manicure/Hand Massage with Nic (IN HOME)	18 9:30AM Shopping Bus trip - Gosford, Bunnings & Spotlight Precinct 10AM Cafe Open to 3pm 11AM Birthday Morning Tea 1PM Rummikub	19 9AM Zumba 10AM Cafe Open to 3pm 1PM Word maker with Nic	20

April 2024

calendar

SUN	MON	TUE	WED	THUR	FRI	SAT
21	<p>22</p> <p>☀️ 9AM Better Hearing facilitated by Better Hearing - School Terms Only no booking required</p> <p>☀️ 10AM Cafe Open to 3pm</p>	<p>23</p> <p>☀️ 10AM Cafe Open to 3pm</p> <p>🚶 12PM Resident led exercise group</p> <p>🍷 1PM Rummikub</p>	<p>24</p> <p>🚶 9:30AM Move and Groove with Nic</p> <p>☀️ 10AM Cafe Open to 3pm</p> <p>🍷 11:30AM Memories and Memorabilia</p> <p>☀️ 2PM ANZAC Day Commemoration</p>	<p>25</p> <p>☀️ Public Holiday</p>	<p>26</p> <p>🚶 9AM Zumba</p> <p>☀️ 10AM Cafe Open to 3pm</p> <p>🍷 3:30PM Happy Hour with Tony and Paul</p>	<p>27</p>
28	<p>29</p> <p>☀️ 9AM Better Hearing facilitated by Better Hearing - School Terms Only no booking required</p> <p>☀️ 10AM Cafe Open to 3pm</p>	<p>30</p> <p>☀️ 10AM Cafe Open to 3pm</p> <p>🚶 12PM Resident led exercise group</p> <p>🍷 1PM Rummikub</p>				

Happening *in the Village*

Safety Checks and Tests

April will see the commencement of smoke detector battery checks and the emergency buzzer testing. Village staff will be performing this work.



Calling all potential volunteer drivers!

Our dedicated volunteer driver, Paul, is looking to expand the team. Are you interested in volunteering your time and skills? Perhaps you know someone who might be a great fit!

If you (or someone you know) possess an LR license or are willing to obtain one, we'd love to hear from you. Please contact Marita by 19th April 2024.

Better Hearing Support Group

Better Hearing is a support group for hearing impaired people. They focus on lip reading, share helpful hints about hearing aids, cochlear implants and assisted listening devices. They meet in The Hub on Monday morning at 9.00am. Anyone is welcome and there is not cost. Phone Gay 0405 750 145 for more information.

Intergenerational Activities

An intergenerational activities program is being introduced to residential care so we are surveying independent living residents to see if you would be interested in our own program? This program would connect you with younger generations for fun, engaging activities. Studies show intergenerational interaction benefits everyone involved, fostering social connection, knowledge sharing and community spirit. If you are interested in participating, please contact Marita 4380 9903 mbrocklehurst@alinoliving.com.au or Nic 4380 9901 nkent@alinoliving.com.au.

Centrim Life – Computer Training

There will be a free group training session on Centrim Life at 9.00am on 30th May led by Nic on the big screen TV in The Hub. There is no cost. If you would like to come along, please let Nic know on 4380 9901. If it goes to message bank, leave a message letting Nic know you'll be attending. Don't forget to bring your device and your play store or app store password that you will use to access Centrim Live during the training session..

We look forward to seeing you there!

Happening in the Village

Continued

EXPRESSIONS OF INTEREST FOR NEW ACTIVITIES

Join us for Indoor Bowls!

Sharpen your skills and make new friends with some indoor bowls fun right here in The Hub!

Joan Wright and Pat Courts are rallying the troops to see if anyone's interested in a friendly game. Dust off your bowling shoes (or come learn the ropes!), it's a great way to spend an afternoon.

Ready to roll? **Give Pat a call at 0403 577 389** and join the indoor bowls crew!

Who's Up for Cooking with Ken?

If you've ever tasted Ken's delicious treats, you know how irresistible they are! We're excited to announce that Ken will be hosting a "Cooking with Ken" class for some culinary fun.

The class will be held in The Hub. There will be a small fee to cover expenses, or you can choose to bring your own ingredients.

Interested in joining the fun? Please let Nic know by calling 4380 9901 or emailing nkent@alinoliving.com.au

Calling All Book Lovers!

Ken, who volunteers his time in the library, has a new take on book club and wants to gauge interest. He's noticed several genres with multiple books by the same author and proposes reviving a book club format.

Here's the idea:

- Choose a featured author for a one-month period.
- Borrow books from the library or read from your own collection.
- Meet up at The Hub to discuss your thoughts over refreshments.

Prolific British author Ann Cleeves, published since 1986, is a great starting point. Her beloved crime novels, featuring characters like Vera and Shetland, have been adapted into popular television series. The Adelene library currently has 10 Ann Cleeves titles across all three series.

Interested? Let Marita know by phoning 0422 644 129 or 4380 9903, or emailing mbrocklehurst@alinoliving.com.au.

Or chat with Ken! You'll usually find him in The Hub on Wednesday mornings.

Recycling

GET IT SORTED



NON ACCEPTABLE ITEMS



1300 126 278 1coast.com.au



Our March



CRAFT WITH NIC

This group had so much fun creating Easter hats not only for themselves and their friends, but also for the staff! We think they all looked fantastic, and a big thank you goes to them. Cost: \$5.00

HIPPETY, HOPPETY

Our master of hiding could not hide well enough from these people.

Our March

BIRTHDAY MORNING TEA

We had a small group for our March birthday morning tea but that didn't dampen the spirits and the laughter. It was lovely to see you enjoying each other's company. To those of you who couldn't make it, we hope you all had a lovely time celebrating your special day.



THE PIECEFUL ASSEMBLY

At The Hub, puzzles bring people together. Whether you're a regular or a visitor, feel free to join the table – fresh perspectives are always welcome!



SAUSAGE SIZZLE CRAFT DAY

Sausage sizzle, craft day put on by the In Out and About committee

Regular Activities

Held in The Hub

Also see calendar
Bookings open!

Move and Groove with Nic

Wednesday morning 9am - no cost.
Just come along or contact Nic for more information.

Exercises in The Hub

Resident led **Tuesday** 12.00 noon.
Contact Jan Farrell for more information.

Zumba with Haruko

Friday morning 9am and Tuesday 12noon. Contact Nic or Marita for details.

Better Hearing

Each **Monday morning** (school terms) 9am. Run by Better Hearing; just come along.

Quiz with Nic

First Friday of the month. Free activity. Come along and test your knowledge!

Manicure with Nic

Nic sells individual manicure sets. Contact Nic if you would like your nails done 4380 9901.

Craft with Nic

First Thursday of the month at 11.00am. If you're not one for crafting, come along anyway and join in on the conversations.

Music Group with Ken and Tina

Second Wednesday of the month
3.00pm

Happy Hour with Tony and Paul

Last Friday of the month 3.00pm –
BYO snacks and drinks, your smile and sense of humour.

Rummikub

Every Tuesday and Thursday at 1pm
in The Hub, unless other events are being held in The Hub.

Wordmaker Quiz

Third Friday of the month from 1pm.
Free activity.

Memories and Memorabilia

Wednesday, 24th April. This month's Memories and Memorabilia topic is most memorable day outing you have had. Bring photos if you have them!

Monday Movie Afternoon

Third Monday of the month 3.00pm
– Paris When It Sizzles

If you loved Audrey Hepburn, then this is one not to be missed. Paris When It Sizzles is a 1964 American romantic comedy film based on the 1952 French film Holiday for Henrietta. The film stars William Holden and Audrey Hepburn, with Grégoire Aslan, Raymond Bussières, Noël Coward and Tony Curtis.

COMING UP IN

April

Wednesday, 3rd April

11.00am - Cleanaway Recycling Talk

Join us for a talk on recycling by guest speaker Christina from Cleanaway. The event will be held in The Hub. No cost.

Thursday, 11th April

8.30am - Hearing Australia

Hearing Australia will be visiting Independent Living on Thursday, 11th April 2024 from 8:30am to 2:30pm. The bus will be parked near The Hub, and hearing checks will be offered free of charge.

Friday, 12th April

2.00pm - Sing Australia

Sing Australia is returning for another performance this month. Join us in The Hub at 2pm for a delightful afternoon tea (included for \$5.00). RSVP by Tuesday, 9th April and let us know if you're bringing friends or family.

Wednesday, 24th April

2.00pm - Anzac Day Commemoration

Join us for our Anzac Day Commemoration officiated by Greg Mawson this year. The ceremony starts at 2pm in The Hub, followed by a light afternoon tea. No cost.

Bus Trips in April

9.30am Thursday, 4th April - Shopping Bus to Gosford and Erina.

When you book in, please let us know where you will be going. Return fare \$5.00

11.15am Thursday, 11th April - Bus Trip to Shelley Beach Golf Club.

Fare \$5.00. Lunch at your own expense. Please RSVP by Thursday, 4th April as booking needs to be confirmed. Club has been booked for 10 people.

9.30am Thursday, 18th April - Shopping Bus to Gosford and Bunnings Precinct, Spotlight and Officeworks.

Fare \$5.00

SAVE THE DATES

May

Friday, 10th May **1.00pm - Mother's Day** **Celebration**

Join us for a fun Mother's Day Paint and Sip afternoon. Afternoon tea is provided, and all the supplies you need to create your masterpiece are included.

Cost: \$20.00 (family and friends welcome!)

Bookings Essential: We need to ensure enough supplies for everyone, so please RSVP by Friday, 3rd May.

Monday, 20th May **11.30am - Learn About Home** **Care with Community Carers** **Central Coast!**

Join us in The Hub at 11:30am for a free information session with Jackie and Kathy from Community Carers Central Coast. They'll be discussing:

- How to access the home care system
- Typical wait times for a home care package
- Maximising the benefits of your home care package

We need to confirm attendance numbers beforehand so please RSVP by Wednesday, 15th May.

Nic and Michelle on Leave

June

Nic and Michelle will be taking annual leave in June. But don't worry, there will still be plenty happening around the Village! Keep an eye on the calendar for upcoming activities and events to keep you entertained.

Monday, 24th June **11.30am - Guest Speaker on Falls** **Injury Prevention**

Vivienne Scott, a guest speaker from Health Promotion Service for Older People, will be visiting the Village to talk about Falls Injury Prevention. 11.00am at The Hub.

July

Friday, 19th July - In Out and **About Committee Soup Lunch**

Friday, 26th July **11.30am - Adelene Village** **Olympics**

Adelene Village is heading to the Olympics in Paris! Come join us for this trip of a lifetime with:

- Darts with a twist
- Shooting
- Basketball
- Obstacle races
- And more!

The cost is \$20.00 and includes lunch, drinks and access to a tea and coffee station.



SAVE THE DATES

August

Thursday, 22nd August
10.30am – Cheryl's
Fashion Show

Join the fun and find your perfect outfit at the Adelene Village Fashion Parade. Enjoy the festivities for just \$5 (includes morning tea). After the parade, barista coffee will be available at the café for purchase.

Friday, 30th August
1.30pm – Support Daffodil Day

Join us in raising funds for the Cancer Council on Daffodil Day. We'll be hosting a morning tea with tea, coffee and treats. Entry is \$5.00 and includes refreshments. If you would like to help by contributing the morning tea table, please let Nic know – we would be very grateful!

All proceeds will be donated to the Cancer Council.

September

No events this month due to home safety checks

October

Friday, 18th October

In Out and About Sausage Sizzle and Craft Day

November

Tuesday, 5th November – Melbourne Cup lunch.

\$20.00 – More details to come.

Monday, 11th November – Remembrance Day

No cost – More details to come.

December

Friday, 20th December – Independent Living Christmas Party

More details to come.

REMINDERS



Wednesday, 10th April 2024

Alison Lyons will be visiting Adelene Village on Wednesday, 6th March. Residents with a current Medicare EPC or DVA D904 Referral in place are BULK BILLED.

Bookings are to be made directly with East Gosford Podiatry clinic – please phone 4325 0600.

We are always happy to welcome new patients!

Home Visits

If you are not on Nic's monthly, fortnightly or weekly home visit list and you would like to be, please contact Nic on 4380 9902.

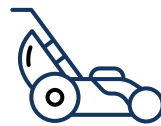
Maintenance Requests

When you log a maintenance via Centrim, email or phone can you please let us know what day of the week is best for you. It is not always possible to get to your job on the day you lodge the requests and knowing the day/s of the week you will be home, helps with planning the workflow.

Batteries

If you have old batteries to dispose of, please do not throw them in the general waste. We collect batteries in the Administration Office and take them to a designated collection point. If you are dropping off batteries and no one is in the office, please pop them through the letterbox slot in the door.

Lawn Mowing



Weather permitting, the upcoming scheduled mowing dates are:

9th April

23rd April

Native Birds

We ask that you please refrain from feeding the native birds. The surrounding bush and native trees in the area provide a natural food source.

Feeding native birds the incorrect feed formula can cause them a number of health issues and can lead to deformities in their young.

Health Summary Reminder

If you keep a copy of your health summary in the envelope in the Perspex holder behind your door for medical emergencies, and it hasn't been updated in a while, ask your doctor to print you a new copy and update the envelope. This will provide paramedics with current information about your health status if an ambulance is called.

Garbage

To ensure everyone's comfort, please make sure your household waste in the red bin is securely tied in a plastic bag. Avoid using paper bags from supermarkets or shopping bags that can't be sealed properly.

Unfortunately, we've recently seen an increase in maggots, food scraps and liquids in bins due to untied bags. This makes it difficult to keep the bins clean and control unpleasant odours.

Thank you for cooperating and keeping our community hygienic!

Wordsearch

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

COMMEMORATE

REMEMBER

RESPECT

WREATH

AUSTRALIA

HELPFUL

SOLDIER

MARCH

MEMORIAL

BRAVERY

PARADE

POPPY

MATESHIP

COURAGE

SPIRIT

ARMY

CEREMONY

SERVICE

MEDALS

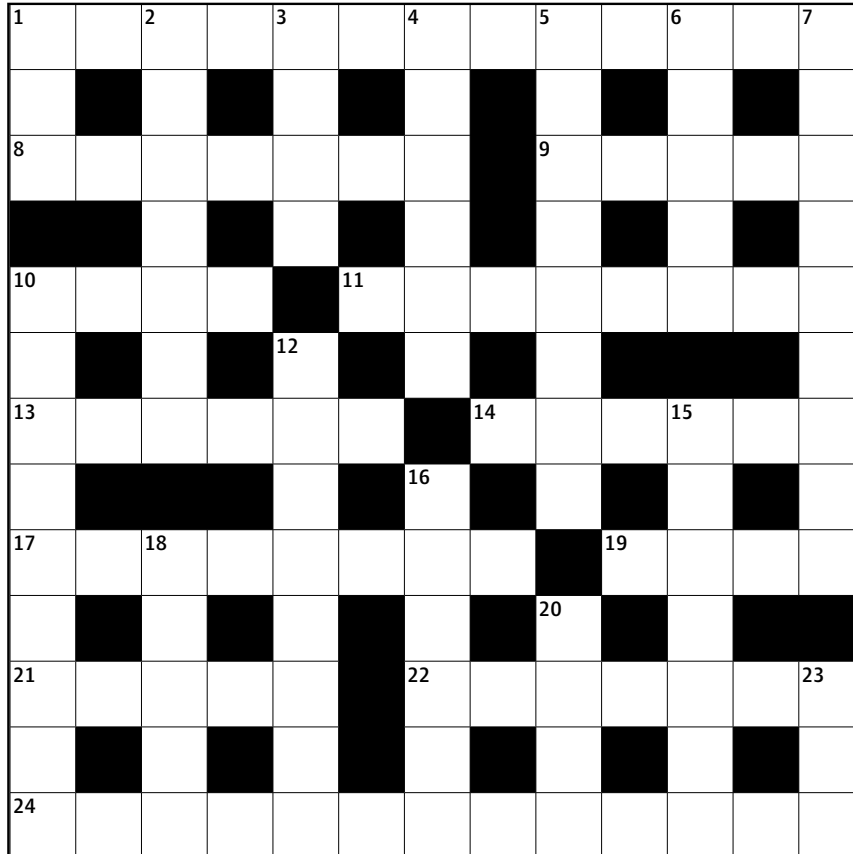
WAR

FUN AND GAMES

SUDOKU

		3			5	2	6	
		5		7				
1	7				2		4	
			2		7		1	
4								8
	9		3		8			
	5		9				7	4
				6		8		
	8	4	7			1		

Crossword



ACROSS

- 1 Like yin and yang, for instance (13)
- 8 Full of twists and turns (7)
- 9 Player of Tetris or Minecraft (5)
- 10 Expression (4)
- 11 Orders (8)
- 13 Without doubt (6)
- 14 Japanese traditional theatre blending music, dance and mime (6)
- 17 Inspire (8)
- 19 Lengthy walk (4)
- 21 Support – former British prime minister (5)
- 22 Acts in retaliation (7)
- 24 Overlong fit at (anag) – one undecided about the election (8,5)

DOWN

- 1 Sacred animal (3)
- 2 Peter Pan avoids it (7)
- 3 Refuge (4)
- 4 Long-tailed crow family member (6)
- 5 Drink before bed (8)
- 6 Acknowledge (a mistake) (5)
- 7 Benchmark (9)
- 10 Repeated theme – I omit felt (anag) (9)
- 12 Solidly built (8)
- 15 Not a grand piano (7)
- 16 Secure (6)
- 18 Cornwall's only city (5)
- 20 Diesel oil (4)
- 23 What to call a baronet (3)

ANAGRAM – DANCE

Unscramble the letters below to make words related to dance.

1. sodic _____

2. arbum _____

3. tzwal _____

4. viej _____

5. qipuckset _____

6. sabos avon _____

7. betall _____

8. frottox _____

9. angot _____

10. dalabam _____

11. alass _____

12. switt _____

13. nac nac _____

14. niel caned _____

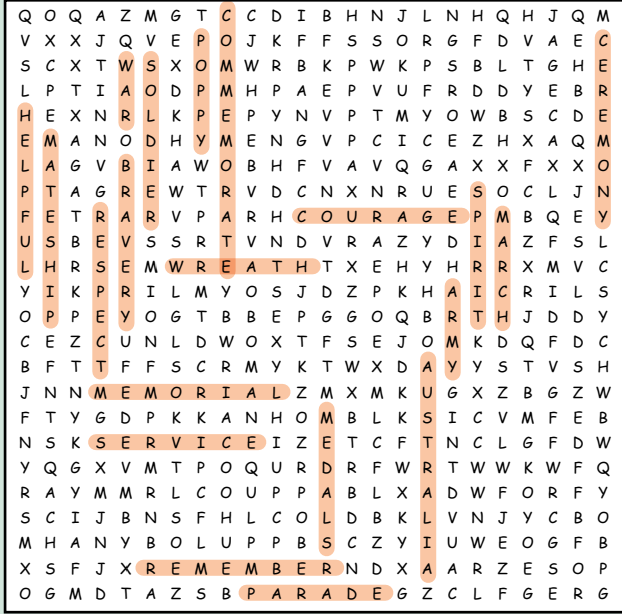
15. pat acned _____

16. clamfone _____

17. lebyl caned _____

18. munite _____

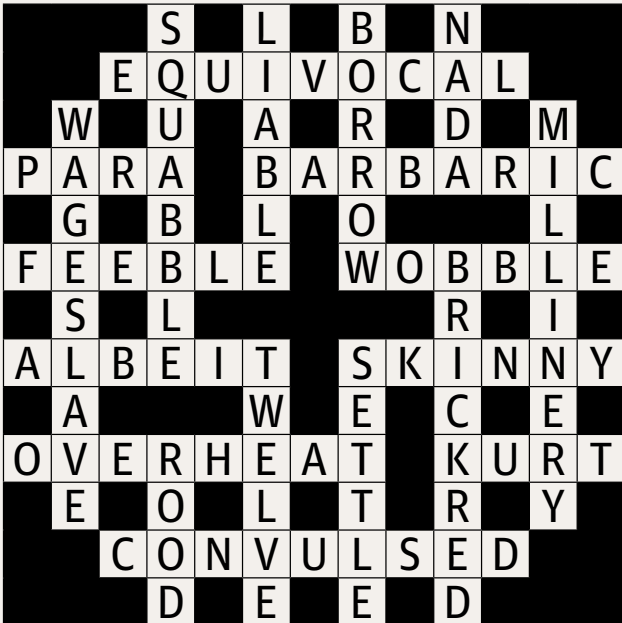
Wordsearch



Sudoku

		3			5	2	6	
		5		7				
1	7				2		4	
			2		7		1	
4								8
	9		3		8			
	5		9				7	4
				6		8		
	8	4	7			1		

Crossword



Anagram

1. disco
2. rumba
3. waltz
4. jive
5. quickstep
6. bossa nova
7. ballet
8. foxtrot
9. tango
10. lambada
11. salsa
12. twist
13. can can
14. line dance
15. tap dance
16. flamenco
17. belly dance
18. minuet

Management and Services

Chief Executive Officers:

Justin Dover and Greg Williams
ceo@alinoliving.com.au

Independent Living, Operations Manager:

Marita Brocklehurst
Phone 4380 9903
Mobile 0422 644 129

Administration Office:

Phone 4325 3693

Cafe: Mobile 0458 014 378

Nic: Phone 4380 9901 (Wed, Thur, Fri)

CORRESPONDENCE TO THE OFFICE

Email: mbrocklehurst@alinoliving.com.au

Reception Email: admin@alinoliving.com.au

Residential Care Facility Manager:

Anna Ross

Reception: Phone 4325 3693
Monday to Friday 8am – 4pm

Residential Care Rumbalara

House: Phone 4325 3693

Maintenance: 8am – 4pm
Mon, Tues, Thur, Fri

YOUR FEEDBACK

Resident feedback forms are available in The Hub on the notice stand at the rear of the room. If you have a suggestion, complaint or compliment this form is another avenue to let us know. Forms are also available from the Administration Office and the Café.

You can also contact Marita or Nic directly if you have any feedback.

Marita 4380 9903 or
mbrocklehurst@alinoliving.com.au

Nic 4380 9901 or nkent@alinoliving.com.au

Emergency Phone Numbers

Medical & Security

Emergency: Ring "000"

Gosford SES: 132 500

Security:

(Day time 8.30am–4pm)

Phone Office 4325 3693

After Hours Security:

AlphaK9 Security - 0428 853 389

Health Direct: 1800 022 222

Police Assistance Line: 131 444

Seniors Rights Service:

02 9281 3600

info@seniorsrightsservice.org.au

Elder Abuse Action Australia:

(EAAA) Elderhelp:

1800 353 374

compass.info/about/contact-us

Law Access: 1300 888 529

Lifeline Australia: 13 11 14

After Hours Urgent Maintenance Resident Contacts



Yvonne Edwards:

Unit 67 | Ph: 4322 1894

Michael Pettitt:

Villa 72 | Ph: 0488 702 333

Note: Please call Yvonne in the first instance. If no answer please phone Michael.

