

FEBRUARY/MARCH 2018

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Hello,

2018 will be an exciting year for all of us at RSL LifeCare with the centenary commemorations of the end of World War 1 – this will certainly be our focus on Remembrance Day as well as Sydney hosting the 2018 INVICTUS Games. RSL LifeCare will be continuing our support of the Australian INVICTUS Games, the fourth in the series, to be held in October with 600 competitors from 18 nations. We will again be supporting the 75-strong Australian team, their families and carers.

About the Games

Following a visit in 2013 to the US-based Warrior Games for wounded, ill and injured military personnel and veterans, His Royal Highness Prince Harry was inspired to create an expanded international version. The inaugural Invictus Games took place in London in 2014 and attracted more than 400 competitors from 13 nations including our Homes for Heroes Manager, Adrian Talbot. The second Invictus Games took place in May 2016 in Orlando, Florida, and built on the excitement of the London Games with more than 500 competitors from 14 nations. September 2017 saw 550 competitors from 17 nations compete in Toronto, Canada and from 15-18 October 2018, the fourth Invictus Games will be held in Sydney. The Invictus Games demonstrate soldiers' and veterans' indefatigable drive to overcome and the power of sport on their journey to recovery.

"These Games shine a spotlight on the unconquerable character of servicemen and women and their families. They highlight the competitors' "INVICTUS GAMES spirit." These Games have been about seeing competitors sprinting for the finish line with everything they have and then turning around to clap the last person in. They have been about teammates choosing to cross the line together. These Games have been a display of the very best of the human spirit." – Prince Harry.

The Invictus Games is about much more than just sport – it captures hearts, challenges minds and changes lives. The Games show the courage and determination of injured and ill service men and women and veterans as they go through recovery. The Invictus Games Foundation also honours the role that the families, friends and carers of these men and women play in their recovery.

Each athlete is able to take two family members with them to support them at the Games. RSL LifeCare proudly supplied the 92 families and friends of the Australian 2017 Invictus Athletes with supporters uniforms and kits which created an instant bond amongst the families and friends. The uniforms also made it easy for the athletes to identify their supporters in the stands at the events. The Chauvel Village craft group made bright yellow INVICTUS poppies which were presented to each team member and their families as well as HRH Prince Harry, Sir General Peter Cosgrove, Lady Cosgrove, The Hon. Malcolm Turnbull and the Vice Chief of the Defence Force, Vice Admiral Ray Griggs. Prince Harry asked for a second poppy, saying "my Gran would like to have one of these".

Carolyn Kwok



REGULAR WEEKLY ACTIVITIES INCLUDE

Walking Group
Residents cards, games
Social Bowls
500 / Euchre cards

Drop in Morning Tea
Movie afternoon
Colouring Group
Gentle exercises
Jam session

Tai Chi
Ecumenical Service
Strings group
Arts & Crafts at The Grange
Line Dancing
Snooker & Darts

Resident trip to shops.
Mah jong
Bridge
Croquet
Zumba
Cards - Solo

Water Exercises
Men's Morning
Ukulele lesson
Friday Drinks and nibbles
Pot Luck Dinner

Bingo
Bridge
Brunch at the Boat Club



Watch this
space we hope
to soon add a
dance group to
our growing list
of activities

Hello from Stacy

I hope you all had a lovely Christmas and enjoyed New Year celebrations. I spent a week in Sydney and I must say I enjoyed the drive back to Wagga - away from Sydney traffic.

We are working to have our mid-year management meeting in March and we will advise on the date shortly. I do want to thank the Merry Minstrels who provide entertainment to our residents at Remembrance Village regularly. Most recently we had an 80th birthday celebration for one of our volunteers who has been with Remembrance for almost 10 years. The music was fantastic and enjoyed by all. I only wish I wasn't tone deaf, otherwise I would have joined in.

Stacy Moses
General Manager, Riverina



*Stacy with Jan Howard at
the weekly Craft afternoon*

Hello from Lyn

Wishing you all a happy and healthy 2018.

In the lead up to Christmas the residents at The Grange reached out a helping hand to those less fortunate than themselves.

The Leader, a local community newspaper, ran a food drive for Christmas and The Grange were one of the top contributors to that cause.

Residents wrapped gifts for children and placed them under our tree, to be collected by a local charity. The gifts were then given to children in need so they had something to open on Christmas day.

We bid a very fond farewell to Alison Whitnall who is moving interstate and will be sadly missed. Ali has been like the magic fairy wafting around the community centre keeping it sparkling clean.

Lyn Pearce
Manager, The Grange



*Lyn and Resident Divina Heine
at our Safety Awareness*



Staying Active within the Community

Our residents fill their well-earned days of retirement with an assortment of activities and sports as well as tending their Villas.

Gene Vanzella and his wife Olga moved to The Grange in 2016, taking time to move from their property to their new home. Gene spends many hours in his garden, growing both decorative and useful plants. Along his back fence, Gene has a wonderful crop of sunflowers brightening up the space behind his Villa.

Gene Vanzella tending his vegetables



Many of our residents work as volunteers in areas such as helping feed the homeless, charitable shops and riding for the disabled. Our residents also have a great opportunity to help our neighbouring children at Mater Dei Primary and Mater Dei College. Recently three students from the college came and interviewed some of our residents for their 'Connected Learning' subject asking what Christmas means to them.

Mater Dei College students interviewing Helen Bell, Veronica Carrick and Dorothy Harris.

Every year the 'Minnie Vinnie' group from Mater Dei Primary come and sing Christmas Carols for our residents. The ladies in our craft group made Christmas stockings as thank you presents for the children. The craft group informed us that the stockings were made from Christmas patchwork fabric. The stockings were then decorated using beads, bells, buttons and braid. They then filled the stockings with lollies and candy canes and so the stockings were then able to be hung on their Christmas trees.



The Minnie Vinnies performing their Christmas Carols.



Senior Constable Peter Narouz came to The Grange to update residents on safety at The Grange and in the community. He discussed the best way to keep safe in today's society and covered topics such as home safety, telephone scams and safety on the internet.

Senior Constable Peter Narouz, Crime Prevention Officer, Barry Briggs and Robert Hamilton catching up after the Crime Prevention presentation at the Community Centre.



Christmas in A Summer Wonderland

Christmas time sees a lot of activity at The Grange with the members of the Mens' Group setting up Rudolph and Santa, 'street parties' held in the Community Centre, our residents Christmas Dinner, Christmas morning teas for the residents of Remembrance Village and our own carols on Christmas Eve.



*The Merry Minstrels
signing Christmas Carols*



Residents from Remembrance Village visiting The Grange for a Christmas Morning Tea hosted by The Grange Resident, Maureen Dietmann.



Residents using their creativity to decorate the Christmas Tree in the Community Centre



Tom and Heather Treloar enjoying themselves at the Resident's Christmas Dinner



The Social Committee did a wonderful job decorating the tables for Christmas Dinner