



December 2018 – January 2019

If you would like a personal copy of this newsletter please call Lyn on 6926 4400

Dear Residents and Family Members,

It feels like five minutes since I joined RSL LifeCare, but in the three months that I've been with the organisation I've been warmly welcomed, I've travelled the length and breadth of NSW and the ACT to meet as many residents and staff as possible, and I've been inspired, challenged and energized by the depth and breadth of the organisation. So much of what I've seen has given rise to my conviction that RSL LifeCare is home to, and workplace for, extraordinary individuals who have compassion for each other, whether they be neighbours, co-workers, or clients. I have had the privilege of joining in the long-service celebrations of many of our staff, of chatting with them about their work and hearing first hand the wealth of experience they bring to work every day.

In October we celebrated the volunteers within our communities who bring valuable skills, talents and commitment to the lives of residents living in care.

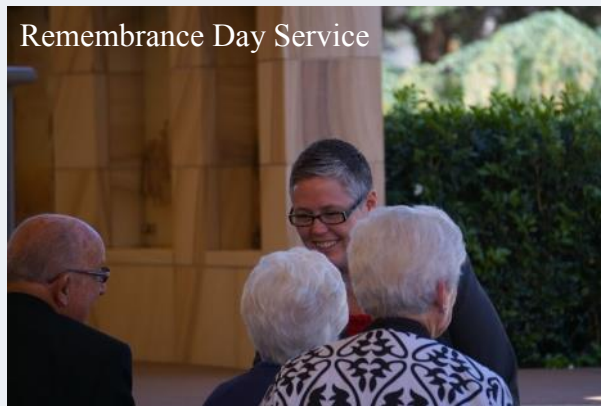
In particular we acknowledged Kevin Anderson, Irene Axton, Flo Gibbons, Glenn Nichols and

Graziano Usatti for their outstanding dedication to residents as well as the culture of our organisation. Each were awarded the Milne-Wood Medals for 2018.

In November we commemorated a very special Remembrance Day – the Centenary of Armistice – across all of our Villages and Care Homes and I was able to see, first-hand, how important such days are to RSL LifeCare. From its humble beginnings on Bare Island in 1911, we have been home to veterans of every conflict in which Australia has been involved, from the Boer War (1899) to present day. To deliver the very best commemoration service possible on such days is an important part of our care for our veterans and their families. The involvement of our local primary and high schools in these services was also fantastic to see.

Christmas is upon us – a time for family and friends to celebrate time together and to wish each other the best for the year ahead. For many in our care homes and retirement living villages (and the community in general) it can also be a challenging, perhaps lonely time. We endeavour to banish the blues with plenty of activities, special Christmas meals, events and outings, so may I encourage you to step forward and get involved in one or more of these. After all, 'tis the season...

Remembrance Day Service



Long Service Celebrations at Florence Price Gardens,



ACTIVITIES INCLUDE

Walking Group
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
Line Dancing
Snooker & Darts

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

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

Bingo

Hello from Stacy



This year certainly has moved quickly and I know we will all have an equally busy time next year. One of the most enjoyable parts of my day is when I am able to catch up with people who live at our villages or homes. Not only do I learn a little about them, but what they may have comments or suggestions on. It is generally these comments and suggestions that assist us to continually improve in the care and services that we provide. Lyn, her team and I look forward to the year ahead with you all.

I hope you enjoy reading this edition of our newsletter as much as I have. Look forward to seeing you all in 2019. Safe travels.

RSL
LifeCare
At home

Do you need any
extra help at home?
The LifeCare at
Home service is
available in Wagga,



Narrandera and surrounds. If you would like to find out more about our services or how we can help in exploring government-

Kerry-Anne recently took leave to help her daughter out with her new arrival. Kerry-Anne timed it perfectly with Penelope-Rose arriving on her first day of holidays.

Pictured below are Kerry-Anne and her daughter Louisa, Sophia-Rose and her new sister Penelope-Rose.



Hello from Lyn

What a year it has been, so many memorable moments and special occasions and finally some welcome rain making everything grow at a rate of knots and keeping the gardening crew at The Grange on their toes trying to keep up and they do have everything looking lovely particularly with the agapanthus about to burst into bloom. This month has gone so quickly and has been an activity filled month.

I would like to thank all that help make our Remembrance Day Service a dignified and fitting tribute to all service personnel, past and present. I would like to make special mention to show our appreciation to a young man that has been contributing to our Commemorative Services for several years now bringing the haunting sound of the bugle to our midst, thank you to Lachlan Wardsworth, your contribution is greatly appreciated and the level of respect you bring to our service is admired by all.

To add to this we have been awarded a Grant from Saluting Their Services to erect a Plaque on our commemorative rock beneath our Australian flag, we were honoured to have Michael McCormack, visit The Grange and congratulate us on this wonderful news.

We had the pleasure of meeting RSL Lifecare's new CEO, Laurie Lee, a whirlwind day for Laurie with The Grange really turning it on, dressed in all their finery, the resident sharing canapés and drinks on the terrace, showing how we celebrate the tradition of a race that stops the nation, the Melbourne Cup.

Sadly, this year we farewelled some of our residents that we had come to know so well and will sorely be missed by all. We have also welcomed new residents to our community to enjoy the wonderful lifestyle, meeting new friends and old acquaintances re-ignited at The Grange. So many of our residents paths have crossed in days gone by, sometimes on the football field as a teenager or perhaps those many weekends spent transporting children or grandchildren across the country side to that next sporting event, ballet or music lesson, some went to school together and some recognise the familiar face of a school teacher or an ex-neighbour. For some, of course, it is not a chance meeting as many plan to move to The Grange to be near family and friends that have moved here before them.

Today we welcomed Margaret and Stuart Cartwright, and very much to my surprise a delivery of these beautiful flowers from the Cartwright family certainly brightened our day. Yellow flowers representative of trust, compassion, and respect shown. Margaret is a very keen gardener and has brought with her some amazing stag horns that have adorned their gardens for 50 years. Margaret and Stuart bring our resident numbers to 250 and we look forward to welcoming another 3 new residents moving to The Grange in coming weeks.

I send a warm welcome to anyone that would like to visit The Grange to inspect our Display Villa or Villas available for sale, you are always welcome to drop in for a chat. Our Display Villa is open from Monday to Friday 9am to 4pm.

With 2019 almost upon us the Christmas rush has begun and if you are wanting to fit in some shopping without having the worry of battling the traffic back in for our weekly bus trip to town.

I wish you all a very Merry Christmas and a Happy New Year.

Lyn Pearce,
Manager



Lyn Pearce welcoming new resident Margaret Cartwright to The Grange

Let Us Forget



David Gardiner, a Vietnam Veteran and Resident, gave the address at our Remembrance Day Service. Maria & John Egan, Chris Gillett, Neale Obst, David Gardiner and John McMeekin—Veteran made their way to the Flag Pole to lay the wreaths of remembrance. Joe Koekemkoer was Flag Attendant for the service.



We Will Remember Them

Robyn and Neale Obst proudly hold up the Commemorative wall hanging that was made to remember her family's service to our country. Robyn's father and his three brothers all went off to war and miraculously, all of them returned. Whilst travelling in Queensland, Robyn came across the ANZAC panel which she decided she had to have. Robyn was delighted to find the poppy material here in Wagga and immediately decided it would be a perfect accompaniment to the Anzac panel. With the help of Netty Alyward, another Grange Resident, Robyn put the hanging together and has kindly allowed The Grange to use it for our commemorative services.

After our Remembrance Day Commemorative service, Robyn and Neale took the hanging to Tumbarumba where they had the 100 year anniversary of the safe return of Robyn's father and his brothers. Family descended from all four brothers gathered together over a weekend long celebration commemorating their service and safe return home.



Pat Green certainly lives up to her name with a wonderfully green thumb as can be seen by her thriving array of Bonsai. In 1982 Pat attended an exhibition in the library and put her name down to start a Bonsai group. Pat is now the last original member of the Bonsai group left.

Pat and Garth met in London in 1960. Pat had already visited Australia on a working holiday and returned to England where she met Garth who was there on a teacher exchange program. They came back to Australia and were married and settled in Wagga.



Pat and Garth had a large garden which Garth looked after whilst Pat took care of her Bonsai. The time came when they realised the garden was getting too big, so they moved to The Grange. Pat sold her large Bonsai, as they are too heavy to lift and concentrated her efforts on her smaller plants. Garth took over their new garden at The Grange.



Another of our Residents, Don Gyles has an assortment of chutneys and pickles for sale, made from the produce home grown in his back garden.

At the Annual Craft Fair Cliff Clancy shows off his skill with wood, showcasing a number of different projects he has completed.





The Grange Social Committee, pictured below, once again pulled out all the stops and arranged a spectacular Melbourne Cup luncheon for The Grange Residents and their friends. The Community Centre abounded with roses cut from our residents gardens adding their heady fragrance to the excitement of the Big Race. Everyone pulled out their glad rags for the event and the ladies and gents had their hats and fascinators out to be in the prize for the best headdress.



At our recent Poetry, Pottage and Port night Anne Muscat donned her sou'wester and rain hat and regaled us with a rendition of Marriot Edgar's "Hole in the Ark".

Bernie Conway took to the podium to recite the poem "Not much for Shopping". This poem which tells the saga of the pitfalls faced by gentlemen, when shopping for intimate apparel for their ladies.



Milne-Wood Medal Recipients 2018

From ten nominees, five outstanding individuals were awarded the Milne-Wood Award for 2018 at RSL LifeCare's Annual Thank You Luncheon in October. The Milne-Wood Medal is an honorary citation presented annually by the Board of RSL LifeCare in recognition of an individual having a history of consistently delivering an exceptional standard of service to the residents of RSL LifeCare.

They are:

Kevin Anderson - volunteer, Florence Price Gardens, Ballina

Kevin has volunteered for over 20 years and is known as "Kevin from Heaven" at Florence Price Gardens at Ballina. He is kind, generous and

always happy to assist residents, even turning down a position in the laundry when the village was called "Ex-Services Village" opting rather to provide one-on-one support to residents. He takes the time to get to know residents and they look forward to his visits. He escorts residents to external appointments with dentists, GPs and also travels with them to Lismore when required. He is well known and well loved in the Ballina community and also gives his time to other organisations.

Irene Axton - resident, RSL ANZAC Village, Narrabeen

Irene is held in high esteem by residents and staff. Irene has worked tirelessly baking Christmas cakes to raise money for the Montgomery Committee, assist with morning teas and lunches at the Chapel, works with Legacy, looks after the Village Legacy widows, sings with the Veterans Voices performing in our nursing homes, provides emotional support to residents and is always the first to put her hand up to assist. Irene has been volunteering since her Dad was in the nursing home, long before she and Peter moved into the Village.

Flo Gibbons - volunteer, Remembrance Village, Wagga Wagga

Flo is a valued member of the volunteer community and has a huge impact on residents, staff and family members of Remembrance Village. Flo makes the different costumes and dresses up for the many special occasions. She knits scarves and coat hangers to be given as bingo prizes. She assists many activities as well as bus outings, and serves afternoon teas. She assists in the laundry in her spare time folding washing and sets the tables in the dining room. Flo has the capacity to genuinely radiate positivity to all around her. She is inspirational and a true volunteer, never expecting anything in return.

Glenn Nichols - photographer and volunteer, RSL ANZAC Village, Narrabeen

Glenn has been associated with RSL LifeCare for over 25 years, both in his professional capacity as a pest control contractor and snake catcher but more importantly as a volunteer, supporting residents and staff. Glenn is a professional photographer but volunteers his time and attends every event. He has been known to delay an overseas trip simply to "be here". Glenn is also heavily involved with Heart Kids and Cure our Kids Foundation as well as with Father Chris Riley. Glenn believes that a little love goes a long way.

Graziano Usatti - maintenance officer, Rowland Village, Galston

Graziano is well known by the residents for his "can-do" attitude and caring nature. If a resident is in hospital, they can expect a visit. He gives residents all of his attention which makes them feel acknowledged and special. He often helps residents by, for example, erecting a fence, repairing an oven, a paint job and helping someone move - all in his own time. He is very humble, volunteers graciously and without expectations.



L to R: Board Director Samantha Challenor, Flo Gibbons, Glenn Nichols, Kevin Anderson, Irene Axton, Graziano Usatti, Board Director Bruce Bailey