

**RSL  
LifeCare****enjoy life!**

April/May 2019

**Dear Residents and Family Members,**

April is a very special time at RSL LifeCare with ANZAC Day Marches and Ceremonies occurring across all of our Care Homes and Villages. This year is particularly significant for our organisation in that it is the 80th Anniversary of the opening of Legacy Park, Narrabeen, today known as RSL ANZAC Village. Legacy Park was opened on ANZAC Day 1939 as a haven for veterans of the First World War. The successful growth of the organisation across NSW and the ACT since that time is the result of the vision, hard work and commitment of many. As the current CEO, I acknowledge the fine history of this organisation and seek to honour it by leading RSL LifeCare into the future, always keeping in mind that our primary role is to provide excellent care and services for all residents and clients.

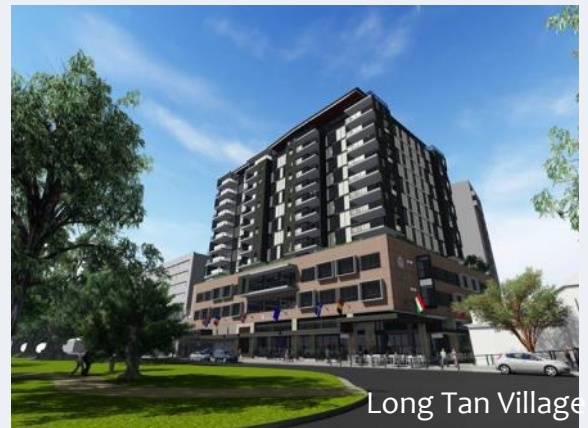
Previously I mentioned that we are currently building new Villages and Care Homes. One of these, Long Tan, is our first “vertical village” as well as our first foray into the bustling Newcastle region. Long Tan Village (pictured right), located close to the Newcastle CBD, will feature 76 two-bedroom independent living units plus a 60-bed Residential Aged Care Facility on the lower two levels. With a coffee shop at street level, stunning views from the top community living level, village bus and activities program, we believe the lifestyle for our lucky residents living at Long Tan will be exceptional.

I am also pleased to announce that our 80-bed Residential Aged Care Home currently under construction in Kaleen, ACT will be named Mona Tait Gardens. Sister Mona Margaret Anderson Tait (pictured) was the sister-in-charge of the X-Ray Department at Canberra Hospital for three years prior to joining the Army in 1941. She was sent to Malaya and Singapore to serve with the 2/13th Australian General Hospital and was one of the last 65 Australian nurses to be evacuated from Singapore on the SS Vyner Brooke after the Japanese invasion. The ship was attacked by Japanese aircraft and eventually sunk off Banka Island. 22 Australian nurses successfully made it to shore, including Mona, only to be taken prison of war and cruelly killed. Mona Tait was 27 when she died.

There are countless stories of nurses around the globe who have selflessly and bravely placed themselves in harms way to nurse and care for others. In naming our care homes after them, we are in some small way continuing to ensure that their sacrifices and their love for humankind is never forgotten.

On 12 May we celebrate one of the most famous nurses of all in our annual recognition of International Nurses Day. Florence Nightingale, who famously nursed in the Crimean War, once said “how very little can be done under the spirit of fear.” I’m sure many nurses around the world agree. I hope that on this International Nurses Day we can all remember to thank the nurses around us for the work they do. This year’s theme “Health for All” means not just the availability of health services, but a complete state of physical and mental health that enables a person to lead a socially and economically productive life. That is our aim at RSL LifeCare too - to provide every opportunity for our residents and clients to live life to the fullest.

Laurie Leigh  
CEO



Long Tan Village



Mona

## Hello from Stacy

It certainly wasn't a slow progression into cooler autumn weather and I am sure many ugg boots have already come out of the closet (I know mine have). Stay warm everyone.

As we approach our ANZAC services for 2019 we take time to appreciate the sacrifices that our soldiers have made and remember them. We welcome as many residents, family and friends to attend these services with us. Our Grange service will be held at The Community Centre on Tuesday the 23rd April. Feedback continues to be important to us and I really encourage you all to provide constructive feedback so we can continue to improve upon the service that we provide to you all. As Professional Boxer Oscar De La Hoya once said "There is always space for improvement, no matter how long you've been in the business."



**Stacy Moses**  
**General Manager, Riverina**

**Hello from Lyn** A recent highlight at The Grange was The International Women's Day attended by over 90 guests. So many inspirational women have helped shape our nation and contributed endlessly to ensure that the world is a better place for each generation that follows.

Many years ago I had the absolute pleasure of meeting three awe inspiring and delightful women who need little introduction to anyone. Nancy Bird Walton a pioneering aviator, June Dally Watkins better known as Australia's queen of etiquette and Magistrate Barbara Holborrow nicknamed "the children's champion".

Closer to home, my mother was obviously one of the most inspirational women in my life and I will always be in awe of the fact that she raised 8 children and my grandmother raising 10 children under much harsher conditions. At The Grange we are surrounded by inspirational women and men alike that have helped shape the community spirit and lifestyle now enjoyed by 250 people.

It is now almost 10 years since 3 very inspirational women and their husbands made that very brave and pioneering move to be the first residents to live at The Grange which at that stage was 55 acres of mud.

Judy and Keith Sharrock, Norma and Ron Knoble and Ann and Owen Quinn moved into a very bare paddock a stark contrast to the landscape of The Grange today.

In the first year at The Grange it did nothing but rain, a far cry from the climate of this past year, where the raindrops have been a very scarce commodity and the scorching hot days in abundance.

Lets hope the change of season brings us some gentle rain as the autumn leaves begin to fall.



Photo of The Grange site in 2009



Photo of The Grange in 2015

**Lyn Pearce Manager, The Grange**





# MEN'S SHED



The Men's Shed at The Grange gets used frequently by our Residents. We have a wide variety of skill levels as well as varied interests, such as woodworking, mosaic, winemaking and a suggested new endeavour —Honey production and associated products from our very own off-site hives.

Jenny Taylor is one of the ladies who uses the shed for hobby projects. Jenny has given new life to an old set of wash tubs through the art of mosaic and is just adding the finishing touches to the legs, making a beautiful statement tucked away in the corner of her yard.



*Ray Pluis learning a new set of skills vastly different from his many years a School Principal*



*Bruce Carrick showing off the new low table built for our regular village card players;*



*Ray Beer showing off his skills on the recently donated Table Tennis table.*

Although there is much work done at the Men's Shed, its not always all about the work! The Residents also get to kick back and have some fun. The shed recently held a Sausage Sizzle and open day to encourage new members.

## Resident Fun

We have given you glimpses into our wine making production at The Grange but we also have grapes for eating as well. Recently our Wine Group got out their shears and denuded the vines of their bounty and bought buckets of grapes up for our Residents to enjoy.

*Pictured here are Cecelia Gyles, Maureen Painter, June Clements and Anne Muscat as they gather up their grapes.*



*Chris Morrow and Ron Crouch are doing fantastic jobs with their leprechaun imitations as they tend the bar, at the St Patrick's Day dinner organised by the Social Committee.*

### Is there a Dr in the House??

When we were younger, most of us were asked "What do you want to do when you grow up?" and many of us had no answer. This was not the case with one of our new residents. Since he was 5 years old, Richard knew he wanted to be a Doctor. Richard grew up in Freemantle and was the first in his family to attend University. He worked in anaesthetics, as a GP and in Obstetrics and has delivered over 2000 babies throughout his career.

Richard met his late wife on a blind date on New Years Eve 1973/1974 and were married six months later in June of 1974. They had five children, sadly their first son passed away at the age of 14. After this sad event, the family decided to move. Richard had travelled through Wagga the previous year and when he saw a position available for a doctor in Wagga, he remembered how much he liked the town and moved his family to the place they would call home. Richard worked with Dr Sharrock, who with his wife Judith, were the very first residents at The Grange. Richard then took the position with the Junee Correctional Centre and looked after the inmates for the next 22 year until his retirement last year.

After losing his wife, Richard moved to The Grange. When asked what made him choose The Grange, he said that we had the best social program. Richard has been trying out all the different activities over the last few months and has sung the praise of the newly formed group for single residents where they can find comradeship and support from others in a similar situations.





# INTERNATIONAL WOMEN'S DAY

**International Women's Day** is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity.

The first International Women's Day gathering was held in 1911 and was supported by over a million people in Austria, Denmark, Germany and Switzerland. Now it is a world-wide event, celebrated on 8th of March each year.

Jannette Cameron and Maureen Dietmann have been helping the residents of The Grange celebrate this day for the last 5 years. Below, they are shown with the one of the raffle prizes, which is a painting by our resident June Clements.

Denise and Lesley from Wagga Foot Clinic, pictured below, kindly donated one of the raffle prizes and came along on the day to enjoy the fun.



Don't worry, It is not just all about the Women on this special day. The men of The Grange are very much part of this celebration and rally around to help the ladies. These gentlemen donate their time, put on their aprons and help out in the kitchen serving the coffee and tea, and doing the washing up, of course!



# Celebrating International Women's Day

At RSL LifeCare we have the privilege of caring for women from many walks of life, each with their own unique story. To celebrate International Women's Day on Friday 8th March we shared six stories on our website of residents who have seized opportunities, used their talents and harnessed their passion to make this world a better place for us all. We warmly invite you to grab a cuppa, make yourself comfortable and call up the link here to read their stories: <https://rsllifecare.org.au/category/our-stories/international-womens-day/>  
Here is a small snapshot of the six women we profiled:



**Mavis Wheeler** was one of the first women allowed in to the Royal Australian Air Force (RAAF) in WWII as part of the Women's Australia Auxiliary Air Force (WAAAF). "They thought women were temperamentally weak. It was our job to show them they were wrong."



**Narelle Townsend** was the first female architect to the United Nations, where she worked for decades on the global housing problem - and solution. Now in her nineties Narelle is still involved in her work which, after a lifetime of dedication, is still a great passion of hers.



**Emily McNamara** has recently celebrated her 100th birthday. She is the longest serving volunteer at St Vincent de Paul, Legacy and the War Widows Association in her home-town in Northern NSW - a woman truly dedicated to her community and her family.



**June Smith** served in Lae, New Guinea in WWII, one of a small number of Australian women to serve overseas outside the Nursing Corp. Her determination to "do her bit" was matched with a complete confidence that we would win the war.



Archdeacon (EM) **Anne Ranse** OAM has enjoyed a life of service to the community using her nursing skills and her passion for the remote, isolated and marginalised in society. Anne continues to work to connect and enrich the lives of the elderly in her region.



**Una Keast** (nee Mills), pictured here larking around in Gaza, 1940. Una nursed with the 2/5th AGH in WWII in Europe, the Middle East and the Pacific. She lived at RSL ANZAC Village Narrabeen from 1994 until her passing in 2016. Lest We Forget nurses like Una.