



JUNE/JULY 2017

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

G'day

I may not be the first person to say it, but “*where have all the years gone?*” I am very blessed with three children, aged 23, 21 and 17, plus a wonderful wife. My 17 year old “baby” is doing his HSC this year. And in a couple of weeks my lovely 23 year old daughter is leaving to work in Africa

for a year doing volunteer work on a hospital ship – “*Mercy Ships*”. There is currently a TV program on this hospital service which has been running for more than thirty years. People from around the world come and staff a ship/hospital which berths at an African port and over ten months they complete thousands of free operations on people who otherwise have no or limited access to healthcare. I am tremendously proud of the commitment my daughter is making – and yet I yearn for those days when she was two years old and I used to feed her Weet-Bix for breakfast, sitting on my lap, early in the morning together, just us two while everyone else was in bed. Where have all the years gone?

In other news, most of but perhaps not all of you would be aware that there is a new President of RSL NSW, James Brown. We wish him well as he and his team get together to rebuild the RSL.

Within RSL LifeCare, we have continued to focus on care and service. Our Quality of Life program for all people in nursing homes is now rolled out to nearly all our homes. We spend a lot of time measuring “care” quality for accreditation, resident safety and clinical health. We are now also looking at “life” quality to see if people are showing signs of actually being content and happy. Over the last few years our results show that there has been a statistically significant improvement in life quality of nursing home residents because of this new program. The results are provided to our staff and they are able to consider ways to look at changes or improvements for those people who may have a lower quality of life score. This sort of research and improvements I find really exciting – it means we can really make a difference.

Our June Festival provides many opportunities to enjoy life and to welcome our local community to join in the fun. It's just one of the many ways we add to the quality of life for all our residents. Enjoy.

RON THOMPSON, CEO



Our June Festival brings smiles to the faces of our residents, and the opportunity for a very unique photo shoot with family

The Grange - For the 'Not So Retiring' Resident

Don't forget if you would like some extra help at home, we have carers who can support you with housekeeping, meals, transport and more. We can even help you look after your pet. Please call 1300 853 146 for more information and find out how we can help you.



Hello from Stacy

We have had a very busy period, with many residents attending numerous meetings in recent months. I thank all who attended and asked questions during the Annual Budget Meeting and we are preparing responses to questions which were raised. Please do continue to communicate with Lyn and I during the year on any matters that require clarification.

Our ANZAC Service was again a very moving ceremony and we thank Chief Petty Officer Donna Edge for her valued service and insight into her career in her speech.

*Stacy and CPO
Donna Edge*

Stay warm everyone and I look forward to seeing you all over the coming months.

**Stacy Moses
General Manager, Riverina**

Hello from Lyn



Almost half way through the year already, where does the time go. My little granddaughter Evie just had her third birthday and considers herself boss of the family. On her third birthday she announced she was not 3 but in fact 16. She really does keep her parents busy and I so enjoy spending time with her and handing her back to her parents at the end of the day. Our favourite outing is feeding the ducks and wandering through what Evie calls "The Secret Garden" at the Victory Memorial Gardens in Wagga. We visit the Eternal Flame, which Evie now associates with Poppy Hal who served in the 2/17th Battalion and a "Rat of Tobruk".



A highlight for me this year will be our son's wedding in September and that really is only just around the corner. I have already bought my dress but my husband, Jock, is wondering how many more prototypes I will purchase before deciding which one I will actually wear.

The Grange has reached another milestone with 150 occupied villas. It is now becoming a real challenge for residents to get to know each other and remember names with 247 residents. Of course the activities available at The Grange enable everyone to mingle and get to know each other and name badges help.

We still have a few sites left available for deposit. We also have display villas under construction that will be available for sale once complete. A new plan, "The Mornington" a 2 bedroom, double garage Villa is now on offer and we expect to have a 'Display Only Villa' available for inspection in August. If you would like more information on this Villa please give me a call. We will have a "Yarra Island" available for inspection towards the end of June and a "Hunter" towards the end of the year.

We are noticing the usual migration north of quite a few of our residents, particularly those with caravans heading off on their next adventure with so many places to visit and people to meet. Some of these residents travelling for quite a few months of the year knowing they have the peace of mind that when they return their front gardens will be neatly manicured in their absence.

**Lyn Pearce
Manager, The Grange**



The Grange - There and Back again

There are many benefits for those who choose to live in a Retirement Village. One of the major draw cards for The Grange is the ability to be able to pick up and go travelling at the drop of a hat. Our residents do a lot of different trips, ranging from local fishing and camping trips to European cruises. A number of our residents own motor homes or caravans and go away for weekends or for months at a time to avoid the cold winters.



The Grange 'Villager People' setting up their camping gear

Recently a trip was organised by Cliff Clancy, one of our Caravan owners, for a campout at Paddy River Flats near Tumburumba. Cliff didn't want anyone to miss out, so there was accommodation nearby for those who didn't want to camp or didn't have a van, but still wanted to come along for the fun of "The Village People Campout". They spent their time relaxing around the camp site, visiting the local areas and were treated to a show of Australian mountain horseman skills at the Boggy Creek Show.

After the show there was a wine tasting and lunch at the Tumburumba Winery. In the evenings there were happy hours, BBQs, sing alongs around the campfire and a game of Trivia. Everyone agree it was a great trip and are already planning their next one.



Relaxing around the Camp site.



Graeme Haron with his Murray Cod

Whilst The Grange does boast several dams, they are not quite big enough for our regular fishermen.

A group of 6 anglers and 3 boats ventured out recently to fish on the Murrumbidgee River at Gogelderie Weir. These keen fishers had to dodge several thunder storms to partake of that centuries old pastime.

John Goodwin showing off his catch

Over their 2 day trip they caught 18 fish with the largest fish award won by Graeme Haron with a Murray Cod 60 cm. Graeme, with some expert coaching, managed to land this fish on very light gear. He also tied for the most fish with John Goodwin at 7 each.



Everyone had a good time and are all looking forward to the next trip.

Lest We Forget



CPO Edge giving her ANZAC speech



John McMeekin talking with Australian Army Band Bugler

For centuries, women have been involved in every kind of war and conflict especially as nurses. Australian nurses have dealt face-to-face with war – the sick, the wounded and the dead. They have served in Australia, in war zones across the world and on hospital ships and transports.

We were privileged to have Chief Petty Officer Donna Edge join us this year as our guest speaker as we commemorated ANZAC Day.

LOOKING FOR SOMETHING TO DO?

- Happy Wanderer's Walking Group
- Pilates
- Residents cards, games
- Social Bowls on the Bowling Green
- 500 / Euchre cards
- Drop in Morning Tea— Every Tuesday morning
- Movie afternoon at Forum 6 Cinema
- Colouring Group,
- Gentle exercises
- Tai Chi
- Arts & Crafts at The Grange
- Line Dancing
- Snooker & Darts
- Resident trip to shops.
- Mah jong
- Bridge
- Croquet
- Cards - Solo
- Water Exercises
- Men's Morning
- Ukulele lesson
- Friday Drinks and nibbles.
- Beginners Bridge
- Brunch at the Boat Club
- Footy Tipping Competition

Netty Aylward raising the flag



Lyn and Bob Kemmis

