

**OCTOBER/NOVEMBER 2017***If you would like a personal copy of this newsletter please call Lyn on 6926 4400*

G'day

On 19 September, RSL LifeCare hosted a farewell event for the Australian Invictus Games Team at the Montgomery Centre at RSL ANZAC Village at Narrabeen. On the eve before they flew to Toronto where this year's games are being held, the night was focused on families and carers of Invictus athletes. Over 150 people attended the event at Narrabeen and we were honoured to have Daniel Keighran VC there to offer words of support and encouragement. Major-General Jeffrey Sengelman also encouraged the athletes and recognised the effort and love of the families and friends, along with RSL NSW President James Brown and RSL NSW Counsellor, Brad Copelin.

Forty-three serving and former Australian Defence Force (ADF) personnel who have been wounded, injured or become ill in service will compete in the international adaptive multi-sports competition that brings together more than 550 serving and former serving military personnel from 17 nations. The Games use the power of sport to motivate recovery, support rehabilitation and generate a wider understanding of the sacrifices made by men and women who serve their country.

RSL LifeCare staff member Adrian Talbot represented Australia at the inaugural Invictus Games in London in 2014. *"The Invictus Games was a life changing experience for me. It made me realise when you think you are going through your recovery alone, in fact you are not. Many other veterans and their families are living similar experiences and overcoming obstacles. When we all arrived in London it was staggering to see the support from the public."*

During the Invictus Games, which begins on 23 September 2017, athletes will participate in individual and team sports, including swimming, archery, cycling, track and field, wheelchair basketball, wheelchair rugby, wheelchair tennis, powerlifting, indoor rowing and golf. Australia will host the fourth Invictus Games in Sydney from 20-27 October 2018. **RON THOMPSON, CEO**





Hello from Stacy



As warmer months approach we bid farewell to early Sunday football starts. Although I won't miss the frosty mornings in my snow boots, I am already counting down until next football season. I am sure it will be here before we know it and I will be enjoying the warmer weather and longer days until then.

Please continue to provide feedback to us throughout the year on any concerns or questions any of you have. I am a firm believer in receiving feedback throughout the year so we can continue to ensure we improve in the service we deliver and understand any issues at the Grange. Our meetings are a great forum, however it is important that any issues are brought to the teams attention as they arise. Our maintenance forms are also working well and we continue to

encourage all to continue to complete when required.

Stacy Moses
General Manager, Riverina

Hello from Lyn

How nice it is to finally say farewell to the frosty mornings that played havoc on our beautiful gardens and I welcome the warm days of spring that will bring colour back to our trees and plants.

I am hoping that you will all have your fingers crossed and wishing for a warm sunny day for my son and his lovely fiancé's outdoor wedding on the 30th September. Some rain a few days prior would be nice to freshen up my father's farm but we definitely don't want rain on the day.

Chris and Wayne are systematically completing comprehensive maintenance checks in all Villas. This program is aimed at reducing day to day maintenance issues and inconvenience to residents. We are continually receiving positive feedback on our preventative maintenance program. Spider spraying is being scheduled to be done in October.

We have a single garage, 2 bedroom Villa overlooking the open space area towards the front of the village available for sale and this Villa is in close proximity of the Community Centre. If any one would like more information on this Villa please contact The Grange Office.

Members of our craft group have started making lap rugs for those less fortunate than us. They were advised that the young men from Ronald McDonald house were not so keen on the bright coloured, crocheted rugs so our innovative ladies are making rugs from denim jeans, plaids, and more 'manly' swatches of fabric. Lorraine Oakman showing some of her completed rugs and 'in progress' handiwork.



We have numerous activities available to all residents and we welcome feedback from residents on any new activities or groups they would like introduced.

My favourite comment at the end of our recent dance spectacular performed by Tanya's Dance Troupe came from the lovely Marion Henderson saying "*what a fantastic night, why would anyone want to live anywhere but The Grange*".

Lyn Pearce
Manager, The Grange



Friday 1st of September saw the Wagga City Rugby Male Choir offer a performance to the Grange residents for their support in attending a recent performance with The Australian Rugby Choir.

The WCRMC was supported by Murrumbidgee Magic to give a variety of choral performances. The residents were entertained with 12 songs during the evening. Both Choirs took this opportunity to present their songs for the Wagga Wagga 2017 Eisteddfod.

Feedback from the residents was very positive for both choirs.

Hugh Gladman

Men's Group Fishing Trip - The weather was cold, windy and showery but this did not daunt the 7 keen anglers who ventured to Dartmouth for the Men's Group fishing trip. Over the 2 days at Dartmouth 10 brown trout were landed with the best lure being pink tassie devils. The winning angler was new resident Ray Puis who won a Rod and Reel combo sponsored by Rod Cockburn of Compleat Angler Wagga. Thursday saw us decide to fish Lake Hume on the way home where 6 brown trout were caught, the highlight being Keith Lugton catching his first ever trout. Ray also learnt how to play a trout and how good it is to use the landing net. As a result of this trip there will be plenty of smoked trout to be enjoyed. Our next trip is being planned and will be to Burrinjuck in November more details to follow.

John Goodwin

The Happy Wanderers Walking Group

When Jannette and I moved to the Grange in May 2012 there were 29 occupied villas with 49 residents. I observed some residents out walking and encouraged a more formal get together. We walked around the Grange each Monday morning. In August 2012 we were venturing further afield and a decision was made that we should have a name to identify the group.

We decided to include the Mater Dei College coffee shop in our walks to reward ourselves and this has become a highlight of our outing.



The aim for the group has always been to encourage walkers of moderate ability to be out in the fresh air for some exercise and social interaction with a great opportunity to get to know fellow residents better. We now walk Monday and Thursday mornings from the Community Centre and encourage those who don't walk to meet us at the Cafe after to enjoy a cuppa and a chat.

We have built up a great relationship with the ladies and students at the coffee shop where we are well cared for by Mandy and Kayleen. Prior to Christmas each year they provide a special morning tea. On Thursday 17 August we celebrated our 5th birthday when they supplied (free of charge) hot finger food and a beautiful iced chocolate cake for the 16 walkers on that morning.

All residents are of course very welcome to join the group as we move into the second half of our first decade.

Kevin Cameron

The Grange - For the 'Not So Retiring' Resident



Do you need any extra help at home?

The LifeCare at Home service is available in Wagga, Narrandera and surrounds

If you have any questions, please drop into the office or ring and speak with Dorothea or Kim at our Regional Office on 0269 255 717

Here for You

RSL LifeCare 2017 Board Educational Scholarships



The RSL LifeCare Board Awards Committee is delighted to offer a scholarship/s which may be awarded to more than one person annually. Applications are open to any employee of RSL LifeCare undertaking further education; the education must be relevant to their current employment and/or the provision of aged care services; and must be an approved course. Past applicants and recipients are welcome to re-apply. Amounts of between \$500 and \$2,500 are available to success applicants.

Applicants must be an employee of RSL LifeCare with at least 12 months of service. The Award must be used for further education of value to the business and services of RSL LifeCare. The award will be presented to an employee/s who can best demonstrate that the award will enhance their career opportunities and that their further education will result in better outcomes for RSL LifeCare including residents and clients. The education must occur during the year of the Scholarship being awarded.

Applications open 1 September 2017

Applications close 5.00pm – 31 October 2017

Application forms can be found on Cooee or from caroline.coulson@rsllifecare.org.au

Oh what a night it was with Tanya's Dance Troupe - Tap, Jazz, Zumba a few jokes from Tanya and finishing off with an old favourite and audience participation for a sing-a-long and a Barn Dance





The Topic: *Dance*



An air of excitement and laughter filled the Community Centre with the residents clapping, cheering and calling for more from the fabulous dance troupe.



Tanya's Dance Troupe of graceful, fit and talented ladies left us all feeling inspired to add yet another activity to our busy schedule with interest in starting a Zumba group and perhaps even dance lessons.

