



The V Centre Veteran Empowerment Program: Doors Open to Change Lives

After a long journey from inception to delivery, The V Centre Veteran Empowerment Program celebrated its official opening on 21 February. Local Federal Member for Jagajaga, Kate Thwaites MP, a champion of the project, was our guest of honour at the event.

The V Centre Veteran Empowerment Program is a ground-breaking initiative dedicated to supporting veterans who struggle to make the transition to civilian life. Through the provision of safe housing and comprehensive support services, the Program will empower veterans to lead fulfilling lives beyond their military service.

The Albanese Federal Government has played a significant role in the realisation of The V Centre Veteran Empowerment Program by contributing \$1.2 million towards the project.

Vasey RSL Care remains committed to advocating for additional funding and has submitted a budget proposal for a \$10.75 million co-contribution for the 2024-25 Federal budget.

This will enable completion of the facility's fit-out and sustain operational costs for the initial pilot period of three years of operation.

"Today is an important day. The V Centre Veteran Empowerment Program is a major part of our strategy to address the changing needs of the veteran community. It will allow veterans to overcome their challenges to lead a life they value," stated Mike O'Meara OAM, Chair of Vasey RSL Care Board.

"We are calling on the Federal Government to partner with us on this vital initiative, which needs a collaborative approach," Mr O'Meara added.



Federal Member for Jagajaga, Kate Thwaites MP (l) with Vasey RSL Care Chair, Mike O'Meara OAM, State Minister for Veterans, The Hon Natalie Suleyman MP and Vasey RSL Care CEO, Janna Voloshin (r), plant rosemary in memory of all who have served.

From Our CEO

Our 20th Birthday Year

In July, Vasey RSL Care reaches 20 years since it was formed, when Vasey Housing Victoria and RSL Care Victoria merged.

It is important to bear in mind that our founders were not afraid to make changes as the needs of their communities changed, and in these past two decades, we have experienced major shifts in the needs of the veteran community. Changing our services to respond to need is essential and much is happening.

The V Centre is Open

Our first two V Centre Veteran Empowerment Program participants arrived at the beginning of February and since then, we have welcomed four more, with others joining us this month.

Our Official Opening took place on 21 February and we were very pleased that The Hon Matt Keogh MP, Minister for Veterans' Affairs and Defence Personnel agreed to be here. Sadly, he was called away at the last minute. Even so, we were honoured to have Federal Member for Jagajaga Kate Thwaites MP who represented Minister Keogh on the day, as well as State Minister for Veterans, Natalie Suleyman, and State Shadow Minister for Veterans, Tim Bull.

We had many honoured guests and supporters – too many to mention – helping us celebrate this important milestone. It has been a long time in development and we are all so pleased to finally be welcoming veterans to experience this innovative Program.

Our V Centre Program Manager, Debra Fraser has reported that the ex-service community has been wonderfully responsive to requests for support in these early days, and I will mention Open Arms who are basing themselves at The V Centre every week in the new office suite: if your organisation would like to do the same, just get in touch with Debra.

The 'Veteran Community Partnership Interactive Resource Centre', or VCPIRC is now up and running and if you have veteran-specific services that you'd like to make available to V Centre participants, again, just get in touch.

Our New Look

As this newsletter demonstrates, we are undergoing a brand evolution. Our new website is launched and if you haven't visited in a while, please take a look, and feel free to provide your feedback:

www.vaseyrslcare.org.au



It is a considerable project to update our stationery, brochures, signage, uniforms and so on, and to avoid being wasteful, items will be updated as old versions run out, so you notice a gradual changeover.

Serving History with Love...

In our 20th year, we are putting together a recipe book that focuses on recipes that have special meaning in the lives of our community members together with the stories behind them.

To be called 'Serving History with Love: a Vasey RSL Culinary Journey', our goal is to raise funds through its sales for The V Centre. See page 5 for details.

Progress Towards Our Goals

Within the organisation, there is a great deal going on. Our digital transformation is progressing, our advocacy for government funding continues, and our residential homes are preparing for the next round of flu and COVID-19 vaccinations as well as Advance Care Planning week (18-24 March) – and that's just a small selection of the many activities.

Whilst very busy, these are exciting times and there is a great sense of energy and progress towards our goals to support veterans and their families.

Passing of Dr James Breheny OAM

In January, we received the sad news that past Board Member, and founding Chair of Vasey RSL Care, Jim Breheny passed away, aged 90.

Jim was committed to the Mission of the organisation, and after stepping down from the Board, he stayed on as a company member until just 18 months ago. Even since then, he has maintained his interest in what we are doing and I've personally received messages of support from him in response to our news updates and my CEO reports. Rest in peace Jim.

Janna Voloshin,
Chief Executive Officer



Big Thanks to Box Hill RSL Sub-branch

The Box Hill RSL Sub-branch Committee presented Vasey RSL Care's CEO and Executive Management Team (EMT) with a cheque for \$24,000 for The V Centre Veteran Empowerment Program in February.

Below are Box Hill RSL Sub-branch President John Haward (far left) with Committee member Judy Coates (in white), Vice President Brian Tateson (checked shirt), Secretary Andrew Guest (dark red), Treasurer Lindsay Burke (black jacket) and General Manager Ben Myers (behind Lindsay).

Box Hill RSL Sub-branch Chair expressed the feelings of the committee and the wider sub-branch members, noting the importance of providing support options to cater for the needs of all veterans.

The funding will go towards two areas: to sponsor the Family Apartment so that V Centre participants' partners and/or children can visit for a few days, and to provide participant kits of bedding, towels, toiletries and pantry items that stay with the participant when they move on after the Program.



On behalf of Vasey RSL Care and The V Centre, CEO Janna Voloshin thanked the committee and all at Box Hill RSL Sub-branch for their support:

“We are very grateful for this significant sum of money from Box Hill RSL. Their support and their commitment to this initiative shows just how much this type of program is needed and appreciated by those who are closely connected to the veteran community.”

(EMT members: Annette Greenwood, Chris Gray, Corinne Lyon, Milka Underhill, Rich Davies and Tamara Paton with CEO Janna Voloshin, front right.)

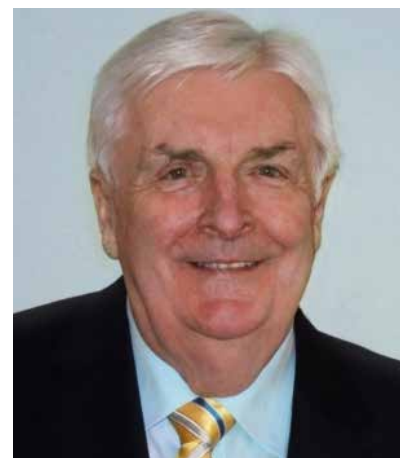
Passing of Dr James Breheny OAM

We were saddened to hear of the passing of former Board Member and Company Member, Jim Breheny on 11 January.

Jim studied medicine at the University of Melbourne, graduating in 1960 before undertaking training in paediatrics. He held multiple roles in various specialties at the Royal Childrens Hospital throughout the 1960s and 1970s and was elected as President of The Paediatric Society of Victoria in 1974.

Jim went on to work in medical administration and management including as Deputy and Acting Medical Director at the Royal Childrens Hospital, Medical Director at Mercy Maternity Hospital, where he was appointed as Foundation Medical Director from 1970, and later at Epworth Freemasons. He also held Executive positions at St John of God (CEO), Western Health, and Swan Hill and District Health.

We were fortunate to have Jim become the founding Chair of Vasey RSL Care in 2004, and after stepping down from the Board, he remained a Company Member until October 2022. We are very grateful for his contribution to Vasey RSL Care and his ongoing messages of support.



We send our sincere sympathies to his wife of 63 years, Maureen Walsh, their children Kate, Nick and Camilla and eight grandchildren.

Consumer Advisory Bodies

Ensuring our community can provide input into their services is a government requirement: it also leads to a much better experience for the older person and to improvements that benefit everyone.

In December last year, we established a Consumer Advisory Body at each of our four aged care homes.

The intention of the Consumer Advisory Body is to ensure and strengthen positive consumer experiences and to provide valuable feedback about care and the provision of services to our governing body, our Board of Directors, giving residents and their representatives a greater voice.

This adds a further dimension to the consumer engagement activities already in place, such as the regular Consumer Engagement Forums, resident meetings and surveys to all residents.

Consumer Advisory Bodies can help identify problems and improve care.

Membership of the Consumer Advisory Body is open to all aged care residents and their representatives.

Your Voice Matters!

We are calling for members. If you are interested in joining our Consumer Advisory Bodies, please contact the Residential Manager at the relevant home.

Shaping Our
Future Together

Your Voice
Matters!



Find out more: <https://www.agedcarequality.gov.au/older-australians/consumer-advisory-bodies>

DVA Benefit for Aged Care Residents

We are aware that when veterans and war widows with DVA (Department of Veterans' Affairs) cards move into aged care, their connection to the DVA can drop somewhat.

We would therefore like to remind our card-holding residents of one of the benefits of their card.

'Just Walking' is a business registered both with DVA and the NDIS to provide medical, active and everyday footwear for holders of a Veteran Gold Card.

Gold Card Holders may be eligible for up to two pairs of DVA-approved supportive shoes each year, if they have foot conditions as assessed and prescribed for by

a relevant health provider – usually a podiatrist. Some Veteran White Card holders may also be eligible on a case-by-case basis.

The staff from Just Walking will go to the aged care home to visit the client for a professional fitting. They will process the claim through DVA and when paid, the shoes will be available for a final fitting.

For Veteran Gold Card Holders experiencing problems with their feet, you can find out more at www.justwalking.com.au or speak to your Residential Manager to get in touch with Just Waking.



It's More than a Recipe Book!

Serving History with Love:
A Vasey RSL Culinary Journey

Coming
Soon!

To recognise our 20th Anniversary, Vasey RSL Care is delighted to bring you a very special recipe book, 'Serving History with Love: A Vasey RSL Culinary Journey'.

Members of our community have generously provided a recipe that is special to them.

But more than that: they have given us the story behind their recipe and allowed us to share this with you.

So this is more than just a recipe book: each recipe is a window into the life of a Vasey RSL Care resident or client. The collection showcases a diverse range of recipes and through its pages, you can read about the remarkable journeys that have shaped the lives of these members of the Vasey RSL Care community.

'Serving History with Love' celebrates our community through recipes that have stood the test of time and are now recorded for future generations. The stories are touching, funny, warm and inspiring and give us an insight into the diverse community we have, their talents, achievements and values.

We sincerely thank all those who have so generously shared their recipes and stories with us.

We must also mention Florence Honybun who interviewed our contributors. She was so enthusiastic, willing and open to be a part of this special project and shared with us how much she thoroughly enjoyed interviewing the contributors. Her warm and engaging interview style and impeccable writing skills have brought these stories to life.

Finally, thank you to Hewitt Colebatch (staff), Gordon Traill and Kelly Michelakis (staff) for testing all the recipes. Gordon and Kelly took all the photos and Kelly has coordinated the entire project.

The electronic version will be available soon and the hard copy will be available later in the year.

A Weekend of Camaraderie at Warrnambool

The inaugural Warrnambool Veteran and Family Camp took place from 23-25 February.

More than twenty veteran families from across the state began the weekend with a Welcome to Gunditjmarra Country by respected local elder, Uncle Robbie Lowe, at Stingray Bay.

CEO Janna Voloshin took part and General Manager Veteran Services Chris Gray organised a group of veterans from the Vasey RSL Care community to attend.

It was an action-packed weekend with plenty for all ages, from sandcastle building to ice baths.

Congratulations to Adam Kent for organising the camp and thanks to all who supported it.

Visit our website for more details and photos:
www.vaseyrslcare.org.au

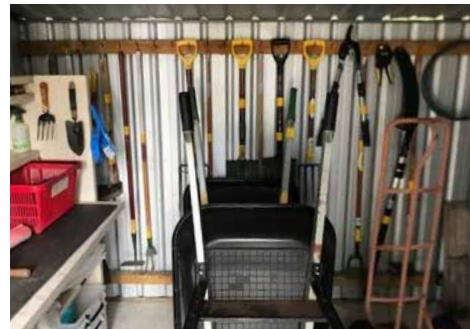


Community Spirit at Frankston South ESA

At the Vasey RSL Care Frankston South Ex-Service Accommodation (ESA), a number of dedicated volunteers have come together as 'Caretakers' of the newly developed Community Garden. The fruit of their labours is already evident!

One of the gardening team said, "This is just a great project for everyone to enjoy – and to provide free produce for all the residents."

The garden caretakers will pick the produce when it's ready and will leave it in the Community Hall for everyone to share.



The community garden has eight raised garden beds and a fruit orchard has recently been planted with residents looking forward to seeing their first fruits in spring this year.

In the fruit tree orchard, there are lemon, lime, orange, fig, Pink Lady, Granny Smith and Gala apples, mandarin and avocado trees.

Growing strongly in the raised beds are potatoes, tomatoes, beans, zucchini, onions, carrots, lettuce, pumpkin, celery and asparagus.

There is also a vine plantation and a herb garden.

The vine plantation is providing raspberries and strawberries (both to be used for making good old-fashioned jam), blueberries, kiwi fruit and passion fruit, while the herb garden has parsley, coriander and mint with other herbs to be added during the year.

Not only is the garden providing wonderful produce, it is also a great way for residents to socialise and work outdoors together, both of which have great health benefits. Some residents just enjoy sitting in this very relaxing environment.

The Frankston South ESA residents get together on the first Friday of each month for a barbecue lunch and most of the potatoes and onions grown will be stored for these.

The Tool Shed has also been updated on the site, with a wide choice of tools available for all residents to use. It has all the standard equipment plus some 'specialist tools' as well, and has been made more accessible with a wide concrete path for easy access by all residents.

Overall, the Community Garden at Vasey RSL Care Frankston South ESA has increased social engagement and physical exercise for the Caretakers, offers a place of quiet contemplation and a beautiful environment for all to enjoy – and the big bonus is the seasonal supply of veggies, fruit and berries.

We'd like to give a big shout out to all the wonderful Community Garden Caretakers at Frankston South ESA who have put so much effort and care into bringing the Community Garden up to such a productive and valuable asset to the whole community.



What is Advance Care Planning?

The organisation, 'Advance Care Planning Australia' says, "Advance care planning involves shared planning for your future health care needs. It is a voluntary and ongoing process. It enables you to make some decisions now about the health care you would or would not like to receive if you were unable to communicate your preferences or make treatment decisions."

What are the Benefits?

There are many benefits to thinking about our future care needs, for people of all ages, regardless of our health. The two main ones are:

- It helps ensure that our wishes and preferences are known and respected if we are too unwell to speak for ourselves.
- It removes some of the anxiety and stress for our loved ones when we have already made our wishes known and they are not burdened with this responsibility.

Share What Matters Most to You

Advance Care Planning allows you to talk to your family, friends and doctors about what matters to you. How would you like to be cared for? What are the important aspects of your care and treatment that your carers should know about? Your preferences for care and medical treatments can then be recorded.

Secondly, you can choose who you want to make any medical and treatment decisions for you if the need arises.

This gives you peace of mind that your wishes are known and understood. There is no ambiguity for your loved ones or difficult decisions to be made by them. It ensures that your preferences are clear and respected by your loved ones and carers.

Advance Care Planning Australia notes the following steps to follow:

- Be open: think about your wishes and preferences for your current and future health care.
- Think about who you would like to speak for you if you aren't able to speak for yourself. Ask them if they will be your substitute decision-maker. It must be someone over 18, available and willing to do this.
- Talk about your wishes to this person and others



involved in your care including family, friends, carers and doctors.

- Write down your wishes and preferences and who your substitute decision-maker is.
- Make sure relevant people have a copy of your wishes.

Writing Your Wishes down

Advance Care Planning Australia has online resources which include forms for each state and territory to assist you to write down your wishes:

www.advancecareplanning.org.au/create-your-plan

National Advance Care Planning Week is the perfect time to share your thoughts with loved ones and the care staff about what matters to you.

Completing Advance Care Planning will assist our staff to understand what is important to you and what treatments you want and do not want in the future.

Nominate a substitute decision maker or speak to our staff about documenting your wishes in an Advance Care Plan.

During the week there will be information stands at each residential facility and staff will be available to answer any questions.

We encourage you to arrange a time to discuss your wishes or the wishes of your loved one with the staff at Vasey RSL Care. Sharing what matters most to you will help everyone – including those you love.

Working to Maintain Equality

For many years, Vasey RSL Care has participated in the Australian Government’s Workplace Gender Equality Agency (WGEA) reporting program and supports the public release of gender pay gap data for transparency around equality amongst all genders. To provide context relating to Vasey RSL Care’s gender pay gap results, we are pleased to share our Gender Pay Gap Employer Statement which can be found on our website.

“We are proud to have a gender balance in senior and management roles that is significantly better than industry average,” says Senior Executive Officer, Tamara Paton, who leads the Human Resources team. “As is typical for organisations in the health sector, Vasey RSL Care has a high proportion of female staff in our care workforce, but once again, our staffing reflects a more gender-equal balance than average.”

Vasey RSL Care senior management positions are filled by 64% female and 36% male staff compared to the average of 72% female and 28% male in the aged care sector.

The median gender pay gap at Vasey RSL Care – which is calculated on the remuneration of the mid-range male and female employees – showed a result of 3.7% in favour of men.

“While we would of course like to see a zero median gender pay gap, there’s a reason why the WGEA reports our gap as 3.7%,” says Tamara. “The qualification level for the median male employee in our organisation is a Certificate IV, while for the median female employee it is a Certificate III. Those with a Certificate IV of any gender are on a higher pay level than those with a



Certificate III.

Vasey RSL Care’s mean (average) gender pay gap was 12.1% as at 31 March 2023. “For the mean gender pay gap of 12.1%, again, this is not due to any difference in the salaries of staff (of any gender) performing the same role: rather, it is due to the distribution of male and female employees across the organisation.”

At the time of the reporting period (31 March 2023) Vasey RSL Care employed a total of 466 full-time equivalents, with 383 being female and 83 male.

“Caring professions are over-represented by female employees as is typical in the industry, and we have policies in place to monitor gender balance in all areas of the business,” says Tamara.

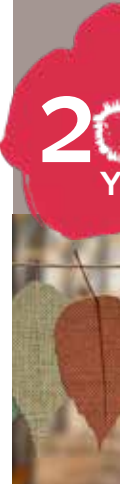
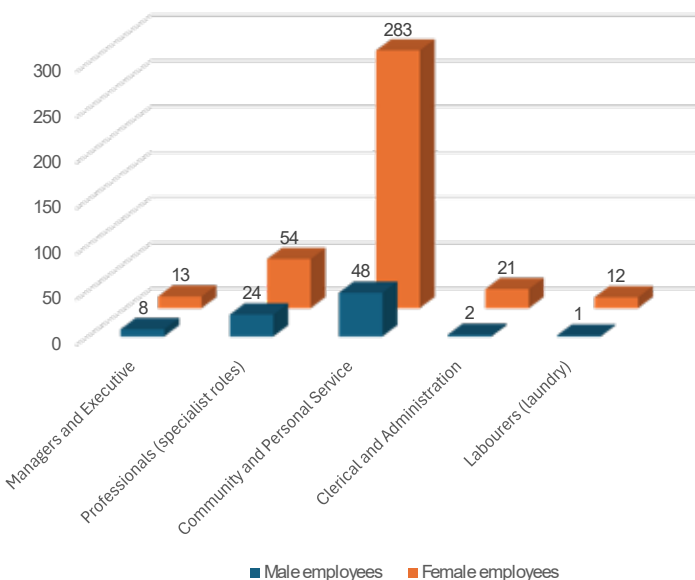
The organisation ensures that during the recruitment process, skills and values assessments are the drivers for selecting the right candidates, with a minimum of two representatives present for all selection panels. Remuneration is gender-neutral and determined by Enterprise Agreements, relevant Awards and market rates for the roles.

Vasey RSL Care also works to ensure that flexible work arrangements, parental leave, benefits, career development and the workplace culture are equitable across all staff, irrespective of gender.

“We are proud to have low staff turnover rates of 17%, which is 12% below the average of 29%,” says Tamara. “The average length of service during 2023 was 7.2 years, which is exceptionally good.”

Vasey RSL Care’s Gender Pay Gap Employer Statement can be found here:

<https://www.vaseyrslcare.org.au/wp-content/uploads/2024/02/Vasey-RSL-Care-Gender-Pay-Gap-Employer-Statement.pdf>



Introduction of 'BESTmed' Medication System

As part of our continuous quality improvement program, we are introducing a new medication management system.

After careful consideration, we chose 'BESTmed' which is a complete Medication Management System for Residential Care Homes.

BESTmed offers many benefits for residents, doctors and staff, such as:

- Automated Sachet Packaging ('BESTsachet')
- Electronic Charting ('BESTdoctor')
- Electronic Administration & Ordering ('BESTdose')
- Simplicity and flexibility
- Minimal manual handling of medication
- Saves time for our nursing staff and our residents' doctors
- It is best practice and safe

The BESTmed System was developed following extensive consultation with key stakeholders including Aged Care Consultants, Registered Nurses, Care Staff and Pharmacy Staff: the designers reviewed many other medication systems and took into account feedback and suggestions for improvement.



The BESTmed system will be going live at Brighton and Brighton East this month with Frankston South and Bundoora next month.

There will be no change to medication costs for residents and their families, and we will continue to use Gunn & McConville as our pharmaceutical supplier.

This is an important step for us as we continue to strive to provide the best possible care and services for our residents.

V Centre Gift Registry - Will you Donate?

'True strength is the courage to ask for help'. This quote from Simon Sinek sums up what The V Centre Veteran Empowerment Program is all about.

It's hard to ask for help. Taking this first step is the hardest thing V Centre participants will have to do. After that, they will be supported every step of the way.

Not just by us - but we hope, by you as well.

So, we are practicing what we preach and asking for your help! We are asking you (if you are in a position to do so) to make a donation and help us jump our first hurdle - having everything we need to support our participants as they begin this life-changing Program.

The V Centre Gift Registry allows you to directly contribute any amount you like towards the practical items needed for the veterans at the V Centre. No contribution is too small. Every dollar helps.

You can contribute towards an item or to the 'Wishing Well', or you can purchase an item outright. With this



last option, you can have this delivered for you, or you can pick it up and deliver it personally at our special Supporter Morning Tea (date TBA).

Please make a donation today:



Never too Late to Vaccinate

We've reached autumn and it's time to think about protecting ourselves against this year's flu and COVID-19.

Vaccines protect older people from vaccine-preventable diseases or infections as well as protecting babies and children.

As we get older, our immune system becomes less effective at fighting off some infections. This may mean that we may catch infections more easily than younger people, and it can take a lot longer for us to recover from these infections. Thus, our immune system may need a 'boost' from vaccines to help protect us against serious infections such as COVID-19 or flu (influenza), and they can sometimes even prevent death.

Choose to get vaccinated

Vaccines have been proven to be a safe way to protect various age groups, including babies, children, adults and seniors. Vaccines help stop the spread of infections by protecting others in our community as well.

Getting vaccinated does not just protect us from acquiring serious infections, it also protects our loved ones, family and community from getting ill because the spread of infection stops with us.

Vaccines for older people can also prevent many serious infections that can cause health complications such as chronic pain, difficulty in breathing or other discomforts later in life. With the added protection of regular vaccinations, this helps us live a longer, healthier and more comfortable life.

Choose to get vaccinated as soon as it is available

It is best to choose to get vaccinated as soon as it is available. Why? Because it usually takes about two weeks for vaccines to provide optimal protection.

Getting the shot as early as possible provides us with early protection that we need to protect ourselves, our family and community.

Some vaccines are free of charge

The good news is that we can protect ourselves against many infections for free! The Australian Government funds some immunisations for older people under the National Immunisation Program: free vaccines are available for Herpes Zoster (shingles), Influenza (flu) and Pneumococcal infections for non-indigenous adults aged who are 70 or above.

What about COVID-19 vaccines?

COVID-19 vaccines are free of charge too. COVID-19 vaccination is voluntary and it remains the most effective protection against severe illness, hospitalisation and death from COVID-19.

According to the Australian Technical Advisory Group on Immunisation (ATAGI), if it has been 6 months since you received a COVID-19 vaccine or had a COVID-19 infection, an additional vaccination:

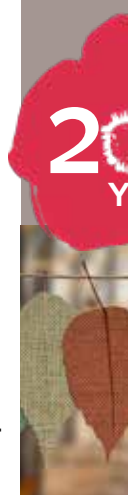
- is recommended for people aged 75 or above
- should be considered for people aged 65 to 74 years
- should be considered for people aged 18 to 64 years with severe immunocompromise following discussion with their healthcare provider.

If you are unsure of your last COVID-19 vaccine dose or when you last had a COVID-19 infection, it is safe to get another. Please talk to your doctor or nurse about the benefits and risks of vaccination.

It's never too late to vaccinate!

Reference:

Australian Government Department of Health and Aged Care. (2024). Residential aged care residents. Retrieved from <https://www.health.gov.au/our-work/covid-19-vaccines/information-for-aged-care-providers-workers-and-residents-about-covid-19-vaccines/residential-aged-care-residents?language=en>



Residential Care: Food Services Feedback

We now have a simple way for residents to provide feedback on our residential food services.

Our food services provider, Medirest, has implemented a 'Qualtrics customer feedback system' at all our residential aged care homes.

This system enables residents and family members fill in a survey or lodge a complaint. Medirest staff will be available in our dining rooms with an iPad to assist residents to provide feedback. Alternatively, residents and their family members can access the system on their smart phone or iPad using the QR code displayed.

All responses received are collated into reports which are sent every month to the

Residential Manager and Quality team for their review.

If a complaint is received via the system, a 'ticket' is generated for action by Medirest. The team will then look into the complaint and provide a response to the person who complained and determine what actions are needed.

This is a very helpful step forward in improving our meal service to residents.

We welcome residents and family members to give feedback by scanning the QR code above – which you will also find in all residential dining rooms.



Reducing Waste in our Residential Services

As an organisation, we are conscious of our responsibility to manage our environmental impact and work towards a greater level of sustainability.

We have made progress towards our goals with installations of solar systems at our Bundoora and Frankston South homes as well as energy-reduction programs at all sites.

Waste management is an area we are now focusing on. Through our waste services provider, we installed organic waste bins at all four of our residential aged care homes late last year. Like the majority of local councils these days, they are emptied weekly.

The organic waste goes to several businesses in Victoria that use aerobic and anaerobic digestion methods to recycle the waste into new products, primarily compost and nutrient-rich fertiliser, although one partner is using the food waste to create electricity.

"We are all aware of the importance of 'reducing, reusing, recycling' and the more we can do, the better

it is for everyone," says General Manager – Residential Services, Corinne Lyon. "It's early days yet, but we are already seeing a reduction in waste going to landfill."

The added benefit of recycling food waste is a reduction in the amount, and therefore cost, of landfill waste.

"We are seeing a reduction both in the volume and weight of our general waste and we're looking forward to receiving some stats on the financial benefits," adds Corinne.



Artist Zina Sofer inspired by Mrs Vasey



20
YEARS

Melbourne artist, Zina Sofer came across Jessie Mary Vasey OBE CBE after looking into the background of the Elsternwick Estate – one of the properties Mrs Vasey set up to support war widows.

Reading about Mrs Vasey's advocacy for widows' rights and her practical encouragement to learn weaving skills to generate additional income, Ms Sofer was inspired to develop a series of hand-woven archival digital prints. These works explore the forgotten history of the War Widows Guild of Australia which supports and advocates for war widows from all conflicts.

The works address how Mrs Vasey's vision and advocacy for gender equality changed the lives of thousands of women and their children.

Out of the Shadows of the Forgotten History of the War Widows Guild of Australia is showing from 1 to 24 March at Glen Eira Council, Gallery 2.

gleneira.vic.gov.au/our-city/arts-and-culture/galleries-and-visual-art/exhibitions



Above: Vasey RSL Care CEO, Janna Voloshin (l) with Artist Zina Sofer and one of her woven artworks featuring Mrs Vasey, on the opening day of her exhibition.

Will You Support Our Heroes?

'Hero's Wish' honours veterans and war widows by fulfilling their dreams and adding to their treasured memories.

To make a donation to Hero's Wish, please complete the form below and send it to:
Ms Janna Voloshin, CEO, Vasey RSL Care, PO Box 203, Hawthorn VIC 3122

I would like to donate \$ _____ to support Hero's Wish.

My cheque, payable to Vasey RSL Care, is enclosed

Please debit my credit card: number* | | | | | ■ | | | | ■ | | | | ■ | | | | |

Mastercard VISA Name on card:* _____

Signature:* _____ Expiry:* ____/____ CVV* _____ (3 digits)

Address: ** _____

Phone: _____ Email: ** _____

* Please provide these details so we can process your donation.

** Provide address &/or email if you would like a receipt sent.

Or, donate online:

vaseyrslcare.org.au/donate/



Vasey RSL Care Ltd | ABN 88 109 464 360 **Registered Office:** 172 Burwood Rd (PO Box 203) Hawthorn VIC 3122

Patron: The Honourable Margaret Gardner AC, Governor of Victoria

T 03 9810 5500 | F 03 9810 5599 | E office@vaseyrslcare.org.au | W vaseyrslcare.org.au

Home Care & Veterans Home Care 03 9810 5570 | **Ex-Service Housing & Veteran Support** 03 9810 5500 (opt 2) | **The V Centre** 03 9810 5589

Residential Aged Care: Brighton 03 9596 7485 | Brighton East 03 9519 3400 | Bundoora 03 9466 9615 | Frankston South 03 9787 2844