



## Riders Complete the Tour de V Centre

**Riding across Victoria to connect with mainstream and veteran organisations, our nine Tour de V Centre riders and our support crew achieved their goals and arrived safely at their destination.**

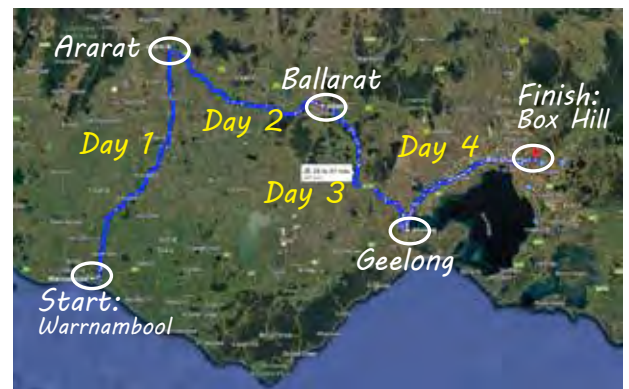
The V Centre Veteran Empowerment Program has been open for 22 months and in that time, over 40 veterans have participated in this unique initiative, combining a safe place to live with an individually-tailored support program.

The objective of the Tour de V Centre was to ensure that those outside of metropolitan Melbourne were equally aware of this new service.

The Tour was only possible, thanks to the financial and in-kind support of sponsors (see page 7 for details).

The Tour de V Centre set out from Warrnambool, visiting Ararat, Ballarat and Geelong on its way to Box Hill.

The riders were incredibly lucky with the weather, especially given the spring we've had, with perfect weather right up until an hour



out of Box Hill and a head wind on the last day making it particularly tough.

Congratulations to all the riders for making it through to the end and to everyone who came along to the dinners and got to know more about the services available to veterans, especially the V Centre Veteran Empowerment Program. (Read more on page 6.)



THE NINE RIDERS KEPT TOGETHER AS A GROUP, HELPING SPUR EACH ON WHEN THINGS GOT TOUGH AND MAKING SURE NOBODY WAS LEFT BEHIND.

# From Our CEO

## A Vision for the Future at Frankston South

As you may have read in the Spring issue, plans for our Integrated Living Development at Frankston South are moving ahead.

We lodged the application with the Department of Transport and Planning in October and have been liaising with the Department to respond to their request for more information about various aspects of the project.

A development of this scale goes through a rigorous process of assessment during which it is advertised in the local community, and this will take some months.

We are at a very exciting time in the organisation's life: it feels appropriate that in celebrating our 20<sup>th</sup> birthday last year, Vasey RSL Care has reached 'adulthood' and we have very clear goals to fulfil our Mission and deliver on our commitments to our community. Our Frankston South development will respond to many of the needs expressed by veterans and their families and the wider community.

We recently held meetings with our Frankston South aged care staff, with residents and their representatives, and with residents in our ex-service accommodation. For the people living at Vasey RSL Care Frankston South, there will inevitably be some disruption and we will do everything possible to manage the project in such a way that this is minimised.

We will be holding a public Information Session on Monday 15 December, inviting adjoining neighbours to attend, and we welcome anyone who would like to find out more to come along.

Details about this meeting and other aspects of the Development are available on a specific page on our website: please see the article opposite for details/links.

## Our Inaugural Tour de V Centre

Congratulations to the riders of our Tour de V Centre for making it from Warrnambool to Melbourne!

The ride aimed to shine a light on the unacceptably high numbers of homeless veterans, and to raise awareness across the state, not just about the issue itself, but about the support services available to veterans, in particular, the V Centre Veteran Empowerment Program.

We are sincerely grateful to the event sponsors who made the Tour de V Centre possible, the event support crew who volunteered their time, and the dinner speakers who shared personal experiences and stories of courage and hope.

The article on page 6 gives more of a picture of the event, and do take a couple of minutes to view the short video online.



## Annual General Meeting

The organisation's AGM was held in November and I am very pleased to report that the three Directors whose three-year terms had come up for renewal were all re-elected to the Board and Mike O'Meara OAM will continue as the Chair of the Board of Directors for the year ahead.

We are very fortunate to have Directors who are involved and passionate about our work and our Mission, and who have put their trust in our Executive Leadership Team and staff to work to achieve the goals set out in our Strategic Plan 2025-2030. (Read more on page 11.)

## New Aged Care Act – now in effect

The new Aged Care Act and strengthened Standards came into effect on 1 November and while we support the goal of ensuring aged care is well regulated, I'd also like to note the significant additional load this has put onto our Residential Services and Community Services teams over the past year.

To ensure our community is aware of the Act's impacts, we have provided a series of short bulletins covering the major changes affecting clients, residents and their families, and we will continue to provide information and updates as we all get used to the many new aspects of the Act. (More info on page 10.)

## The Power of Stories – Saluting Excellence

We have just held our annual staff Saluting Excellence Conference and presented this year's Awards. Congratulations to all our highly deserving nominees and award recipients. It was a wonderful day and we have our conference sponsors to thank for enabling this event. (Read more on page 4.)

There is always a lot happening at this time of year and I hope that you and your loved ones manage to take some time to relax and recuperate over the holiday season. For those celebrating Christmas, I wish you a very happy time, and to everyone, I wish you a healthy and happy year ahead.

**Janna Voloshin**  
Chief Executive Officer



# Frankston South Development Plans Update

**‘Inclusive Living’ and ‘Growing Our Impact’ are two of the four priorities set out for the organisation in the 2025-30 Strategic Plan. The planned development of our Frankston South site responds directly to both of these, and indirectly to the remaining priorities, ‘Veteran Transitions’ and ‘Support at Home’.**

The Integrated Living Development will provide retirement living, residential aged care, affordable rental housing and assisted living options, combined with a piazza area with shops and services, a community hub, open space, rooftop gardens and ample parking space (some underground).

Vasey RSL Care Board Chair, Mike O’Meara OAM stated, “This is the most ambitious and complex initiative the organisation has undertaken and speaking on behalf of the Board of Directors, we are proud and excited to be bringing a project of this nature to Victorian veterans, their families, and the general public.”

The project will be staged over a number of years to minimise the impact on current aged care and ex-service accommodation residents: as one stage is completed, residents will move in, enabling the next stage to begin.

A Public Information Session is scheduled for Monday 15 December: details of this and future meetings are provided on our website: **follow this QR code >>>**







# Saluting Excellence Staff Conference 2025... 'The Power of Stories'

Held at the Manningham Civic Centre again this year, Saluting Excellence 2025 brought together 200 staff, volunteers, Board members, special guests and of course, our sponsors who made the whole event possible.

Congratulations to all our Award Winners – pictured opposite (full details online) and to all those staff and volunteers nominated this year.

Big thanks to (pictured below, from left):

- MC, Anthony Donnellan, Residential Services Business and Commercial Manager,
- Board Chair, Mike O'Meara OAM who opened and closed the conference,
- Paul Thomas from UBS Wealth Management – Platinum Sponsor
- Keynote Speaker Heather Morris, best-selling author of the Tattooist of Auschwitz and many other books,
- Presenter Vera Considine from Beyond Words, whose volunteers help older people in aged care write their biographies, and
- Brad Blaze, speed painter and entertainer, with his Taylor Swift painting.



Bottom: CEO Janna Voloshin gives her presentation.







## Thank You

The Saluting Excellence Conference is sponsored by organisations that share our goals and ethos and with whom we have a valued working relationship.

Our sincere thanks go to all those who sponsored this year's event.

## Platinum Sponsor:



## Gold Sponsors:



## Silver Sponsors:



## Bronze Sponsors:



## Door Prize Sponsors:





# Inaugural Tour de V Centre

12 to 16 October 2025

Thank you to everyone involved in this exciting new event.



**Nine riders set off from Warrnambool on Day 1 and nine riders arrived at Box Hill on Day 4.**

The riders were:

- From Ballarat: Toby McIntosh, Steve Linane and Alan Hamilton
- Deputy Commissioner of the Department of Veterans' Affairs, Michael Harper
- Rochelle Maile, one of the riders behind the Nancy Wake Memorial Ride, honouring the courageous WWII resistance fighter and Special Operations Executive
- From SW Tafe at Warrnambool, John Flett
- From VetRide, Peter Radford
- From Asset Connecting Communities, Adam Kent
- and from Vasey RSL Care, Executive General Manager, Chris Gray.

Ride Director was Bernie Simmons - big shout out to Bernie for keeping everyone safe.

The support team were: drivers/preparation Alison Gray, Sue Brennan, Steve Gilmour and Lindsay Burke; media

was managed by Heidi Flower, and photography by James Mephram from Rakali.

The launch event was held at SW Tafe in Warrnambool, with dinners at Ararat RSL Sub-branch, Ballarat RSL Sub-branch, Geelong RSL Sub-branch and Box Hill RSL Sub-branch.

Each night over dinner, we had inspiring speakers: Liz Wheeler, Paul Watkins, Cath Rushbrook, Dean Mighell, Ken Tsirigotis, Matti Stokes, Corinne Eccles, Kahlil Fegan DSC AM, Sian Diddams and Kevin Sheedy!

Thank you Nestle, Uncle Toby's and Defence Health for their support, and to the sponsors who provided financial and in-kind support (see opposite). We could not have done this without you having faith in us – thank you!

**Check out our video >>>**





# SPONSORED & SUPPORTED BY:



**BALLARAT RSL**  
Sub-Branch Inc.



**NOBLE PARK RSL**  
WOMEN'S AUXILIARY

**THE CALLY**  
HOTEL



**NOBLE PARK RSL**  
Sub-Branch Inc.



**LARA RSL**  
Sub-Branch



CLOCKWISE FROM LEFT: CHRIS GRAY, MICHAEL HARPER, JOHN FLETT AND ADAM KENT ENJOY A TREAT THANKS TO UNCLE TOBY'S. CHRIS AND TOBY MCINTOSH FROM BALLARAT ARE INTERVIEWED ON ABC STATEWIDE DRIVE, AT BALLARAT BY PRUE BENTLEY. THE NINE RIDERS ARE EXTREMELY HAPPY TO REACH THEIR FINAL DESTINATION AT BOX HILL RSL SUB-BRANCH. WAY TO GO!



# Remembrance Day 2025: Lest We Forget

## Vasey RSL Care Brighton



The Remembrance Day Service was commemorated with special guest, Tony Carr (Board Director) assisting residents Joan and Marie in laying a wreath and raising the flag.

Resident David read the ANZAC Requiem, Judy, 'In Flanders Fields', Barbara, The Lord's Prayer and Betty, The Ode.

Thank you to Shane from our food services team, for serving a delicious morning tea of scones and jam after the service.

## Vasey RSL Care Brighton East



Residents, veterans, war widows, friends, family, staff and volunteers held a truly meaningful Remembrance Day service.

Residents Dawn, Ben, John, Harold, Marjorie and Geoff were joined by Rev Mike Phillips, and Garry Walker in a service where prayers were shared, stories told and wreaths laid, paying our deepest respect to those who have lost their lives in service.



Recognising the 80<sup>th</sup> anniversary of the end of World War II, Harold told us about the important part played by HMAS Sydney II, its tragic loss and the meaning behind the monument 'The Dome of Souls' in Geraldton, WA.

Following the service, morning tea with scones accompanied plenty of conversation and reminiscence.

## Shrine of Remembrance



Chair Mike O'Meara OAM (second from right) and CEO Janna Voloshin (right) were honoured to lay a wreath at Melbourne's Shrine of Remembrance service in





A beautiful and moving service included residents and guests laying wreaths to honour those who served and to remember our dear residents who have passed – a truly heartfelt occasion. Thank you to everyone who contributed and helped make the service so special.

## Vasey RSL Care Frankston South

### ance, Melbourne



A heartfelt Remembrance Day service honoured all who have served and sacrificed for our nation. Residents, staff and community members came together in reflection, with wreaths laid in remembrance and a minute's silence observed.

We were honoured to welcome guest speaker Jack Purtell from HMAS Cerberus, who shared thoughtful words on the significance of Remembrance and service.

Our sincere thanks go to Defence Health volunteers and our own Vasey RSL Care volunteers for their generous support in making the service so meaningful, and to the students at Derinya Primary School for their moving performance which beautifully complemented the ceremony.



memory of all those who have served, continue to serve, and those who have lost their lives in service.



# Aged Care Act & Standards Now in Force

## Standard 1

I am valued and have choices over the life I lead

## Standard 2

I have confidence in my provider

## Standard 3

My care is based around who I am and what's important to me

## Standard 4

I feel safe and supported where I live

## Standard 5

I get the right clinical care for me

## Standard 6

I enjoy tasty nutritious foods every day

## Standard 7

I contribute to the community I live in

With the Aged Care Act and Strengthened Standards coming into force on 1 November, a number of important changes have been enacted as the Government works to respond to the many recommendations of the Royal Commission into Aged Care Quality and Safety.

There are some important changes resulting from the new Aged Care Act including:

### My Health Record

This is a summary of our personal health information, stored online. It is helpful for ensuring that practitioners have accurate and up-to-date information that informs the treatment they provide.

### Statement of Rights

The new Act is a rights-based Act and the Statement of Rights outlines the rights older people have when accessing aged care services, both in residential and home settings.

### Registered Supporter Role

This new role has been introduced with the new Act, allowing the older person to choose who can support them with decision-making *if* they wish to have someone in this role.

A Registered Supporter does not have decision-making authority: rather, they are there to support the older person to make and communicate their own decisions.

### Information Bulletins

We have developed a number of brief bulletins to cover these and other topics, which are available here >>>



## Be the Voice! Your Voice is Powerful

### Calling for members for our Consumer Advisory Bodies and Quality Consumer Advisory Body.

Being part of your Consumer Advisory Bodies helps your voice to be heard. The information you provide goes directly to our governing body, the Board, and helps shape the way your care service is run.

Consumer Advisory Bodies can help solve problems and improve care. They give you a way to talk about

care and service quality with others and share this with our organisation's leadership.

Membership is open to residents and to residents' representatives.

Please contact your Residential Manager to express your interest or to find out more.



## REMINDER: Food Services Feedback

Our food services provider, Morrison Living, offers a simple way for residents and family members to provide feedback on residential aged care food services. Feedback is collated and reports are sent to Residential Managers each month.

The system is available in dining rooms, where Morrison Living staff can assist, or you can simply scan the QR code shown here to access the system.



If a complaint is received via the system, the Morrison Living team is alerted and will look into the situation and respond.

We encourage you to use the system to provide any feedback about our residential food services.



# Successful Funding Submissions

The Victorian State Government grant program has recently notified us of successful grant submissions:

- The Victoria Remembers Fund 2025-26 has awarded Vasey RSL Care \$27,000 to develop a memorial to veterans at our Bundoora aged care home.
- The ANZAC Day Proceeds Fund 2025-26 has provided \$130,000 to support the V Centre in further developing the program and to provide participants with a range of specialists with expertise across nutrition, physical and mental health.

The federal Department of Veterans' Affairs has notified us of a successful submission:

- We have received \$7000 through the 'Veterans Health Week' grants to assist with events that focus on nutrition and wellbeing for veterans in our community, including our ex-service accommodation.

We would like to express our sincere gratitude to the state and federal governments for their support of our organisation and assisting us to achieve our Mission.

## 2025 AGM and Annual Report

The Board, Company Members, Auditors and Executive Leadership Team members met for the AGM at Box Hill RSL Sub-branch last month to present the finances for the 2024-25 financial year and carry out the business of the organisation.

Chair of the Board and meeting chair, Mike O'Meara OAM (pictured right), spoke of the changes in the organisation that see us where we are now, with "clarity and confidence of vision".

He noted that while the new strategic plan sets out significant commitments for the next five years, the organisation is not chasing growth at any cost, but growth that achieves our Mission through the goals set, with sustainability an essential criterion, and all this while maintaining focus on our core business activities.

CEO Janna Voloshin (pictured above, far right) spoke of the growing confidence that funding bodies, including both state and federal government, have in Vasey RSL Care, as demonstrated by successful funding submissions, including \$4.6 million for the new 'V Satellite' project in Geelong. She noted some of the highlights of the year including an unprecedented 21 centenarians living in our aged care homes, growth from zero to 200+ clients in Veterans Home Care, the approaching completion of 20 new affordable ex-service units at Bundoora and the organisation's strong financial position.



Chair of the Board Finance Committee, Tracey Bannan (pictured, second from left) reported that a number of factors have supported a good financial result, including strong occupancy rates in residential aged care, changes to the aged care funding model and fundraising/donations/grants increases.

Three directors had reached the end of their three-year terms, Tony Carr, Dr Vanda Fortunato and Lucy Saaroni. Resolutions for their re-election were passed by the meeting.

The full financial Annual Report and the Impact Report are both available on the Vasey RSL Care website.

RIGHT: BOARD MEMBERS (FROM LEFT), LUCY SAARONI, TONY CARR, MICHELE LEWIS, MIKE O'MEARA OAM, DR VANDA FORTUNATO, TRACEY BANNAN.

BELOW (R): EXECUTIVE LEADERSHIP TEAM MEMBERS CORINNE LYON (RESIDENTIAL SERVICES), MILKA UNDERHILL (FINANCE), CEO JANNA VOLOSHIN, CHRIS GRAY (VETERAN SERVICES).





# Give a Little Christmas Cheer



## They answered Australia's call. This Christmas, will you answer theirs?

When Australia calls, our servicemen and women respond. Whether overseas or here at home, in wars, fires, floods, national emergencies, their response is the same: step in and protect those who need it. We've seen it so many times over the decades – harrowing images with our ADF right there. Black Summer bushfires. Catastrophic floods. Destructive cyclones. The challenges of the COVID-19 pandemic.

And while many of us gather with family and friends this Christmas, our ADF are at work and ready to respond at a moment's notice: when they leave the Service, that in-built response remains – to help others whenever needed.

### But not all can. Not every veteran has a smooth path to civilian life. Some need a helping hand themselves.

Organisations like ours, services like the V Centre Veteran Empowerment Program – this is how we can answer their call in their time of need.



Your donation this Christmas supports these veterans, the same people who protected and supported our nation and our communities. It ensures they can access a veteran-specific program that respects their service and experience.

If you are in a position to do so, please make a donation to support veterans at this giving time of year.

## They Answered Australia's Call. This Christmas, please answer theirs.

Vasey RSL Care is a not-for-profit with charitable status. Your donations help support our programs.

All donations of \$2 or more are tax deductible. To donate please complete the form below and send to: Ms Janna Voloshin, CEO, Vasey RSL Care, PO Box 203, Hawthorn VIC 3122



**One-off Donation:** ☐ \$50 ☐ \$150 ☐ \$300 ☐ Other  \$ \_\_\_\_\_

**Regular Donation:** I would like to make a monthly donation of \$ \_\_\_\_\_ per month<sup>#</sup>

First Name:<sup>\*</sup> \_\_\_\_\_ Family Name:<sup>\*</sup> \_\_\_\_\_

☐ My cheque, payable to Vasey RSL Care, is enclosed (One-off donations only)

☐ Please debit my credit card: number<sup>\*</sup>

☐ Mastercard ☐ VISA

Name on card:<sup>\*</sup> \_\_\_\_\_

Signature:<sup>\*</sup> \_\_\_\_\_ Expiry:<sup>\*</sup> \_\_\_\_/\_\_\_\_ CVV<sup>\*</sup> \_\_\_\_ (3 digits)

Phone:<sup>\*</sup> \_\_\_\_\_ Email:<sup>^</sup> \_\_\_\_\_

Address:<sup>^</sup> \_\_\_\_\_

<sup>\*</sup> PLEASE PROVIDE THESE DETAILS SO WE CAN PROCESS YOUR DONATION.

<sup>^</sup> PROVIDE ADDRESS &/OR EMAIL IF YOU WOULD LIKE A RECEIPT SENT.

<sup>#</sup> WE WILL BE IN TOUCH TO SET UP YOUR REGULAR DONATION. PLEASE ENSURE YOU PROVIDE YOUR PREFERRED CONTACT DETAILS.

Or, donate online:

[vaseyrslcare.org.au/donate/](https://vaseyrslcare.org.au/donate/)



SUMMER 2025-26

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](mailto:office@vaseyrslcare.org.au) | W [vaseyrslcare.org.au](https://vaseyrslcare.org.au)

**Home Care & Veterans Home Care, Ex-Service Housing & Veteran Support** 03 9810 5500 | **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