



Staff Members Rewarded & Robyn Moore Brings Fun!

The annual Saluting Excellence Staff Conference was a wonderful day of celebration and recognition of the care and support provided by staff to Vasey RSL Care's residents, consumers and clients.

The Fenix Restaurant by the Yarra River in Richmond was once again the venue, with 120 staff, Board Members, VIP guests and sponsors in attendance.

We received 113 nominations for the Saluting Excellence Awards this year - almost double the number last year.

"Choosing just 28 winners from so many deserving nominees was a difficult task for the awards committee," said Janna Voloshin, CEO. "We have worked hard to attract and retain staff who share the organisation's vision and values, and when we come together for this event, I feel so proud of what we are all doing to care for and serve those who have served our country."

Keynote speaker for the event was Robyn Moore, a voice-over actor who tells us that she has 'been inside all our homes'. If you have ever heard the Spray and Wipe commercial, Blinky Bill or How Green is my Cactus, you will have heard her voice.

Robyn told us that between 1950 and 2016, the average number of minutes per day that we laugh has gone down from 18 to just four. She increased

this for all those present to around 45 minutes, as she had us laughing for most of her talk.

Robyn is the National Patron for the Make-a-Wish foundation and told us how Blinky Bill helps change lives when he calls a sick child. She showed us how we all have the power of our words to make a difference in the lives of those we see each day.

Another highlight was hearing more about the War Widows Guild from Victorian Administration Officer Jill Wilmott, and Daryl Hoffmann, a child of one of the founders of the Guild.

Read more about the day on our website: www.vaseyrslcare.org.au



CEO Janna Voloshin with Keynote Presenter, Robyn Moore

2016 Saluting Excellence Award Winners

Congratulations to all the winners:

- Dave Angeles
- Mishelle Ansems
- Chris Boyd
- Teagan Browne
- Linda Brownfield
- Sandra Butler
- Rose Capp
- Selbin Chacko
- Laura Dean
- Linda D'Sylva
- Maria Ferenc
- Wesley France
- Craig Hall
- Neville Lin
- Lydia Loprevite
- Glennys McKay
- Santosh Poudel
- Jason Starr-Nolan
- Meri Timos
- Kim Tully
- Amanda Whitford
- Sharon Wigney
- Alex Wilinski
- Nadia Wilson



Staff had fun with the heritage costumes at the photo booth.



From the CEO

The last few months have been filled with events and activities, and while this keeps us all very busy, the bonus is that it has given me the chance to visit our locations and see many members of our community - residents, clients, family members and staff. You will be able to read about Veterans' Health Week, Senior MasterChef, the Saluting Excellence Conference and the AGM in this issue!

During this time, we have also run our annual resident survey, our staff Saluting Excellence Awards, and for the first time, a staff survey.

We would like to thank all those who completed the resident survey: the results showed that at all locations, over 90% of the respondents believe that we are delivering on our promises, with some results reaching 100%.

The Saluting Excellence Conference was a great day and showed how engaged and passionate our staff are. Congratulations to all the award winners, nominees and presenters.

We have just received the results from the staff survey and I will report further on them next time. However,



I can tell you that we had an outstanding response to the survey with 77% of our staff responding, and of these, 83% said that Vasey RSL Care is a "Truly great place to work".

At our AGM, we farewelled two of our Board Members, Maree Bowman and Pamela Blamey who have served our organisation diligently for nine and six years respectively. We welcomed Tony Carr as he joins the Board, bringing his expertise in the veteran sector within state government to our organisation.

As we head into summer, we know that Melbourne will turn on the heat sooner or later, so please look after yourselves, drink plenty of water and slip, slop, slap!

Finally, I would like to take this opportunity to wish you a very Merry Christmas and a Happy and Peaceful New Year.

Janna Voloshin, CEO

11 November - Remembrance Day

This year marked 98 years since the Armistice was signed at the end of World War I.

Since then, Remembrance Day has come to represent remembrance of all those who have lost their lives in armed conflicts and peace-keeping missions to protect the freedom that we enjoy today in Australia.

The day was marked at our residential homes, Central Office and Cheltenham ILU Village, with current serving officers from HMAS Cerberus and Simpson Barracks.

Right: veteran from Vasey Brighton East removes his hat in honour of fallen comrades.

Below from left: Remembrance Day display at Vasey House Bundoora; cenotaph at Cheltenham ILUs; outdoor service at RSL Park, Frankston South.





Veterans' Health Week 2016

The Department of Veterans' Affairs (DVA) works to promote the health and wellbeing of veterans, war widows and their families, and one way they do this is through Veterans' Health Week in October each year.

Vasey RSL Care put on a series of events at most of the ILU villages and residential homes, to the theme of 'Social Connection'.

Top right: residents and visitors at Cheltenham engrossed in painting

Right: Roman leads a class of yoga, tai chi and meditation

Far right: RSL Park ILU residents create terrariums

Below from left: clients and visitors at the ANZAC Day Therapy Centre find out more about nutrition; residents at RSL Park work on resistance exercises; David helps residents with their technology; 'Spooky Duo' entertain with hits throughout the generations.



Senior MasterChef Annual Challenge

The Senior MasterChef Annual Challenge took place this year at the Caulfield RSL Club. The theme, 'France', commemorates one hundred years since the World War I Battle of the Somme on the Western Front.

This was the sixth time that Vasey RSL Care has held the annual challenge and it was as fiercely fought as ever. Teams put a huge amount of effort into deciding on their entry, researching recipes, testing them and perfecting them for the Final, held during Veterans' Health Week. Contestants and staff members dressed in the spirit of the day and gave presentations on the story behind their dishes.

Entries were of the usual high standard, giving this year's judges, Warrant Officer Class Two Darren

Matthew (Army), Sergeant Brett Thomas (RAAF) and Petty Officer Michelle Collins (Navy) from the catering corps at HMAS Cerberus, a tricky task to perform.

When all the teams had presented and the judges' taste-tests were complete, the competition entries were cut up and handed around so that all present could sample each one and decide on their personal favourite.

CEO, Janna Voloshin, gave a summary of the judges' comments, complimenting the skill of all the teams, before announcing that this year's winner was Sir William Hall Hostel. Congratulations to the winners and to all teams who took part, and thank you to our expert judges from HMAS Cerberus.





Annual General Meeting

Vasey RSL Care's AGM took place at ANZAC House in the city on Wednesday 16 November.

Board Members, Maree Bowman and Pamela Blamey (pictured with Chair, David Paroissien, Pamela left), retired from the Board and received a gift and flowers in appreciation of their work.

Tony Carr was appointed to the Board and brings extensive experience in the veteran sector within state government. Welcoming him, Chair David



Paroissien remarked that his skills will be of great value in steering the organisation in the future.

DVA Story Writing & Art Competition

The annual DVA Story Writing and Art Competition (SWAC) was launched at the Austin Repatriation Hospital in September.

Entries from Vasey RSL Care residents included group entries from Vasey Brighton East (Flanders

Fields, below left) and Sir William Hall Hostel (Forget-me-not) which both received Honourable Mentions, and from the Cheltenham ILU Village, Keith Walsh's Rising Sun (above) which won the APPVA Encouragement Award. Congratulations!



This annual competition is open to current and ex-service personnel, their widows, spouses, children and grandchildren.

Please Make a Donation to Support Our Community

Vasey RSL Care is a not-for-profit organisation, with all income reinvested into the organisation to provide the best possible level of care and support to our residents, consumers and clients.

Your donations and bequests help us to do those things that are on our wish list, and help us achieve our Vision - excellence in care for the ex-service community.

Please make a donation this Christmas

Call: 1300 602 108

Web: www.vaseyrslcare.org.au/donation-form/

Cheque: please make payable to Vasey RSL Care and forward to Vasey RSL Care, PO Box 203, Hawthorn, Vic 3122

Thank you

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Vasey Brighton East
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Brighton East 3187
03 9519 3400

Sir William Hall Hostel
63 Edwin Street
Ivanhoe 3079
03 9457 5933

Vasey House
5 Tower Avenue
Bundoora 3083
03 9466 9615

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