



Ken Takes to the Air for his Hero's Wish



Hero's Wish is literally off to a flying start, with Ken's wish to fly in a biplane being fulfilled!

Ken is a resident at Vasey RSL Care Bundoora, and on his 100th birthday in February, Lifestyle Coordinator, Linda D'Sylva, presented him with a boarding pass for a very special flight - it was something he had been wishing to do for some time.

The venue was Tiger Moth World at Torquay, and Pilot, Grant, told us that it is not often that the passenger is older than the plane.

Ken has five children, 10 grandchildren and 11 great grandchildren, and many of them were there to

experience the excitement with him.

"Ken drew the line at doing a loop-the-loop," said Linda. "Although afterwards, I think he almost wished he had."

"It is a real pleasure to be in a position to grant Hero's Wishes to those who have done so much for our country," said CEO, Janna Voloshin.

There are a number of other Hero's Wishes planned for the next two months - see page 4 for details - and if you can spare a few dollars, we would be grateful for all donations to help make sure no wish goes unfulfilled.

From the CEO

As we approach autumn and ANZAC Day in this 100th year since the end of World War I, Our Purpose - Serving Those Who Served - continues to act as a reminder of why we are here.

Consistent Signage

I am pleased to report that our signage renewal project is approaching completion - I am optimistic that by the time you read this, updated signage will be in place at all our independent living villages, and our new Central Office sign will be installed!

I have received many positive comments about the updated signs at our residential homes, and it gives me a good feeling to see them when I am out and about: the bright red poppies reflect our heritage and help make our uniqueness stand out to those living nearby or passing regularly.

Care for those with Dementia

Around 50% of those in residential aged care in Australia live with some level of memory loss, and this is true for the men and women in our care.

We have Memory Support Units at four of our five homes and we strive to offer the best possible care and support so that residents with dementia experience a safe, secure and happy environment.

It is essential to deliver evidence-based practice and we have engaged Dementia Australia (formerly Alzheimer's Australia) to work with us on their 'Birch Project' at our Frankston South site.

This is important to me on three levels - as CEO of this organisation, as a person with 25 years' experience of nursing practice, and for the last three years, personally, as someone whose mum has dementia and lives at one of our homes.

The Birch Project explores and introduces a holistic approach to caring for individuals with this horrible disease. Dementia requires understanding and support from every person who interacts with that individual - family members and friends, carers, volunteers, staff members, clinical staff, kitchen staff, cleaners, doctors and other health practitioners. It is not the role of one person but of the entire community. We have already run information sessions for staff, family members and volunteers, to get the project underway.



I am very excited by this, as it helps us all to think more positively about ageing with dementia.

Immunisation Helps Us All

One aspect of Our Promise about security, is offering safety to our community, and one way that we can all assist with this is to have our annual flu immunisation as soon as it is available, as the flu season is now approaching.

'Herd immunity' relies on having as many people as possible immunised so that the chances of the current flu virus strains spreading are reduced.

You may feel that you are a healthy person and you don't need the immunisation, but I really encourage you, if you have any contact with members of our community, to have it not just for yourself, but for those you have contact with: we have a community of vulnerable people, many of whom have reduced resistance to illness, and there is strong evidence that regular immunisation, to each year's new strains of flu, helps reduce incidences and outbreaks.

Many pharmacies offer the flu jabs, so you may not even need to see your GP.

Also, if you feel at all unwell, please stay away from our residential homes so there is no chance of spreading anything to our residents.

Remember:

- Get your flu jab as soon as possible
- Wash your hands regularly
- Stay away if you feel unwell

Thank you for helping us protect our community this winter.

Janna Voloshin, CEO



“Pearls Strung Together”

At the Saluting Excellence Conference in November, we welcomed Wendy Shiels (pictured below right), Program Director & Coordinator of Volunteers, and Carol Walker (below left), Operations Manager, to talk to us about their organisation, Beyond Words.

Beyond Words is a not-for-profit organisation that provides professional assistance to senior Australians to write their biography, at no cost to them.

Biographers are volunteers who come from a variety of walks of life. The main expense incurred by the program is to train the volunteers: this is covered thanks to one-off and ongoing donations from generous supporters.

Over the last few years, seven residents from Vasey RSL Care Bundoora have written their biographies with Beyond Words' assistance and it has meant a great deal to them: lifestyle Coordinator, Linda D'Sylva says:

“One of our residents keeps her book in her walker. She often tells me how much joy it brings her.”

Wendy explained that there are a number of reasons that people want to get things down on paper: some want to unload memories, for example of their war experiences or document difficult childhoods; some want to put things in writing that they cannot easily tell to family members; others want to do it for their families, as a legacy for their children and grandchildren.

“What I have learnt is there is no such thing as an ‘ordinary life’,” said Wendy.

One lady wanted to document her escape from the Nazis, her trek through the Alps, and capture by the Russians. She didn't want to have to respond to questions about this time, so she requested that her biography only be given to her relatives after her death. But this is unusual - most people can't wait to share them.

The biographers often hear things that have never



been shared before - family secrets and gems of all types! New biographers undergo a 6-day training program, 6 hours per day, covering one module each day in order to have the knowledge and skills to do a good job: there are 42 active biographers and in total 146 biographies have been written.

Writing their biography is the decision of the individual - it's their story to be told and no-one knows it better than they do. So the biographer's job is to use their skills to guide and help the individual tell them what it is they wish to record.

It takes 10-12 weeks to meet with the resident and talk about their life. The biographer then puts the content together, using photos, letters and other mementoes to illustrate it or check dates, and this takes around 6-8 weeks.

Once ready, there is an official presentation, again chosen by the individual: it might be a private afternoon tea with close family, or a large event with many friends - whatever they prefer.

“The process of creation itself makes a difference,” says Wendy. “This enables the resident to feel that their personal story has been told and they have been able to leave a legacy for their family.”

“They give you the pearls, you string them together, and you hand them back to them.”

More Information: beyondwords.org.au



Bundoora residents Laurence (far left) and Sheila have both found great joy in having their biographies written.



Hero's Wish - Making Dreams Come True

Personalised Number Plates: a Vietnam Veteran from our Independent Living Units (ILUs), a career soldier who served two terms in Vietnam, wished for number plates with his army division number on them.



Wish in progress thanks to a generous donor

A Trip to England: a resident at Vasey RSL Care Brighton planned to travel to England with her husband, but he passed away before they could go. She would like see



England and we are working on creative ways to fulfill this wish without the discomfort of a 24 hour flight each way.

Target: \$TBA

Brothers in arms: two brothers in their 90's, who served in WWII and whose father served in WWI, would like to take part in a service of remembrance, and lay wreaths on their parents' graves.



Target: \$200

Tigers at the MCG: a resident from Vasey RSL Care Brighton has been a loyal Richmond supporter all her life but she has never seen them play at the MCG - we hope to fulfill this wish in style.



Wish in progress thanks to your kind offers!

Visit to the Shrine of Remembrance: a resident at Vasey RSL Care Brighton East, whose father served in WWI, and whose husband and two brothers served in WWII wishes to visit the Shrine of



Remembrance.

Target: \$150

Simpsons Fan: a Vasey RSL Care Frankston South resident is a keen Simpsons fan and asked for Simpsons DVDs.

Wish in progress thanks to a generous donor

Lunch for Others: a home care consumer told us of the 'Smiling Voices' at 13CABS, who make a great start to his day when he calls to book a cab. He would like to take them to lunch to thank them for the



difference they make to his life. We are helping him to do this.

Target: \$350

Garden Visit: a keen gardener who lives at Vasey RSL Care Brighton would like to walk in a garden again or go for a drive.



Target: \$150

Seafood Lunch for All: the residents at Vasey RSL Care Ivanhoe got together for a wish - they wished for a seafood lunch. Thanks to the generous support of Medirest, we are in the process of organising their special lunch.



Target: \$1,500

Movie Buff: a resident from Vasey RSL Care Frankston South has a simple wish - to go to the movies.

Wish in progress thanks to your donations

Fishing from a Boat: with support from 'Relax Go Fishing', this wish will be fulfilled soon - depending on the weather of course. But we are still looking for donations to reach the target.



Target: \$850

Oysters, roast chicken, red wine: sounds like a lovely lunch - wished for by a resident at Vasey RSL Care Brighton East.

Target: \$350

WAAAF Reunion: a resident at Vasey RSL Care Brighton East is an ex-Women's Australian Auxiliary Air Force member and she tells us that there are only three others of the original 26 still alive. She would like them



to have a reunion and share memories of the past.

Target: \$2,000 - and we are part way there thanks to two generous donations

Tiger Moth Flight: not everyone would be game for this, but Ken from Vasey RSL Care Bundoora, who turned 100 recently, wished for a flight in a bi-plane. *Wish Granted - thanks to your donations (see front page)*

Your support of the Hero's Wish Program is very gratefully received. Please see back page for donation details.



Australia Day Enjoyed at Frankston South

For many years, the Vietnam Veterans have organised and run the Australia Day barbecue at Vasey RSL Care Frankston South.

Members of the Mornington Peninsula Vietnam Veterans Association, who are active members of the RSL sub-branches at Seaford, Chelsea, Frankston, Rosebud, Rye, Hastings and Crib Point, all come together to cook for 200 people, thanks to the persuasive powers of John Biles, Vice President & Welfare Officer at Seaford RSL.

Originally intended as a way for younger veterans to celebrate Australia Day with the veterans and war widows at Vasey RSL Care Frankston South, the Vietnam Veterans have been providing the annual barbecue for around 10 years now.

“Our residents - especially those who have been in the armed forces - really appreciate the chance to mix with the Vietnam Veterans,” says Jane Jones, Residential Manager at Vasey RSL Care Frankston South.

“Across our organisation, we ensure that all staff have a good understanding of the people we are here to



Residents at Vasey RSL Care Frankston South enjoy the lovely weather and lunch with family and friends outdoors.

support. It is important for staff to understand the sacrifices and hardships experienced by our residents, and this is a chance for them to meet with a younger group of veterans with similar experiences.”

We are indebted to John and his wonderful team for this annual support, which not only ensures that residents, families and staff have a terrific celebration of Australia Day, but also raises funds for us.

This year, over \$2000 was raised and this will be put toward the ‘Memories Through Music’ project, which is about to get going at Frankston South.

The Vietnam Veterans prepare to start barbecuing enough food for over 200 people, from their unique trailer barbie.



John Biles (in white) with volunteers from the Mornington Peninsula Vietnam Veterans Association, with Facility Care Coordinator Rachel (far left) & Lifestyle Coordinator, Ruwan (next to Rachel).



Story Writing & Art Competition Opening Soon

This year's Story Writing & Art Competition (SWAC) opens on Monday 2 April with all entries due by Tuesday 31 July.



SWAC was first run in 1962 and is a joint initiative of the Department of Veterans' Affairs (DVA), the Heidelberg Repatriation Hospital and numerous ex-service organisations as sponsors, including Vasey RSL Care.

Initially devised as therapy for returned soldiers, in more recent years, SWAC has gone on to provide a creative outlet for the veteran community and their close family members, enhancing their health and wellbeing.

Sadly, this will be the last time that the competition is run, so if you write, paint, sew or knit, check it out.

More information: 9496 2290, swac@austin.org.au

Sponsoring Duke of Edinburgh Bowls Shield

Vasey RSL Care has become the proud sponsor of the Duke of Edinburgh Shield, an annual lawn bowls tournament held at 15 venues across Victoria each April.

Around 90 teams will be participating in the 2018 event, and a total of around 1,600 bowlers ranging from 60 to 85 years plus. Players are all service or affiliate members of the RSL.

The tournament will be played at venues across Victoria including Bendigo, Cobram, Corowa, Echuca, Lakes

Entrance and Yarrowonga.

Good luck to all taking part.

More Information:
03 8361 6663



Senior MasterChef: Date & Theme Announced

We are excited to announce that this year's Senior MasterChef Challenge will be taking place on Thursday 26 July at the Frankston RSL, and this year's theme will be 'The Wizard of Oz'.

The much-anticipated Senior MasterChef Challenge is a wonderful opportunity for those living in our residential care homes to show off their skills and creativity.



With this year's theme being the wonderful 1939 movie, 'The Wizard of Oz', we are expecting many of our own Wizards of Oz to conjure up some culinary magic, with the support of the Lifestyle team members and volunteers.

Judging criteria include the presentation of the entry, a taste test, and a presentation on the day which shows the background to the entry and demonstrates involvement of the whole community. All present get to taste the entries as well.

"This is one of the most enjoyable days of the year," says Lee-Anne Suryn, General Manager, Aged Care Services. "And of course, one of the most competitive."

The Wizard of Oz (MGM Studios, 1939)



Home Care Solves Interesting Challenges

Home Care team members at Vasey RSL Care respond to the needs of those living in their own homes who require assistance to continue to live at home with confidence. Sometimes their needs are surprising and our staff become very creative...

It is a big step to move from an independent life at home to residential care, and over the last few years, government policy has encouraged more older Australians to continue living in their own home - with support - for as long as they can do so, before moving into residential care.

To receive a Home Care package, the individual must have a government assessment and the package they receive will reflect the level of their needs. There are four levels, from 1 - lowest needs, to 4 - highest needs.

We have many 'consumers' (the government term for those accessing the home care packages) who we support, to ensure that they are able to live in their own home with confidence.

The individual chooses how they will use the funding they receive: it can be spent on cleaning, household chores, gardening, transport to appointments and social engagements, help with shopping, or other assistance that the individual requires, to maintain their independence and quality of life.

Our staff offer valuable assistance in setting up the services required, and it's not always about boring chores! One consumer had difficulty walking her two dogs and they were becoming destructive from their lack of exercise.

Our team arranged a professional dog walker to assist her by taking one dog while she takes the other: the dogs are happy because they get to go out, and the consumer is happy because she too is able to get out with them with enough support to feel confident again.

Another consumer had lived for many years in France and with no opportunity to speak French, was losing



her language skills and feeling lonely.

Our team were able to locate a French-speaking carer to meet her for coffee and a chat at a local cafe once a fortnight. This has helped her feel more confident about getting out into her community, retain her French skills and reduced her isolation: she reports feeling a lot happier.



A third consumer really wanted to see last year's Van Gogh exhibition at the NGV, but felt 'too old to go'.

After a little persuasion, our staff arranged a carer to travel with them, take them around the expo in a wheelchair and ensure they had their medications, drinks and lunch. Not only was this person overwhelmed with the experience, they also gained the confidence to take on other big city adventures.

We have many examples of how home care can provide assistance in a way that does more than just look after the basic necessities. These are important of course, but they are not the things that provide meaning and purpose in life.

If you know someone who needs assistance at home, please call our home care team: 1300 602 108.



ANZAC Day Service Details

ANZAC Day will be commemorated at each residential home and at Cheltenham Independent Living Village. All are welcome to attend the commemorations.

Location	Date	Time	Address
Vasey RSL Care Brighton	Tuesday 24 April	10.30am	21 Downes Avenue, Brighton
Vasey RSL Care Brighton East	Wednesday 25 April	10.30am	709-723 Hawthorn Road, Brighton East
Vasey RSL Care Bundoora	Wednesday 25 April	10.45am	5 Tower Avenue, Bundoora
Vasey RSL Care Frankston South	Wednesday 25 April	10.30am	85 Overport Road, Frankston South
Vasey RSL Care Ivanhoe	Wednesday 25 April	10.45am	63 Edwin Street, Ivanhoe
Vasey RSL Care Independent Living Village Cheltenham	Saturday 21 April	11.00am	Community Hall, 58-72 Centre Dandenong Road, Cheltenham

Veterans are invited to wear their medals, and family members wishing to wear the medals of their loved ones are reminded to wear them on their right hand side.

Grant a Hero's Wish!

The Hero's Wish Program provides a way that war widows and those who have served in the Australian or allied armed forces, here or overseas, can wish for something that is important to them - something they may not otherwise be able to achieve.

Wishes from the first round are currently being granted, thanks to the generous donations already received.



Ken Tunley, pictured below with Lifestyle Coordinator, Linda D'Sylva is one of our Hero's Wish recipients - but not everyone is a 100-year old daredevil!

You will find a full list of wishes being granted on page 4 of this newsletter.

To donate, please visit:

<https://www.vaseyrslcare.org.au/heros-wish>

or send a cheque made payable to Vasey RSL Care. or pick up a brochure in any of our homes.

Your support of the Hero's Wish program will help us ensure that no wish goes unfulfilled.

Thank you



Vasey RSL Care Ltd ABN 88 109 464 360

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03 9466 9615

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Frankston South 3199
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Ivanhoe
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Ivanhoe 3079
03 9457 5933

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