



Rae Rides in Style to ANZAC Day Lunch

Rae Hutchinson, resident at Vasey House Bundoora, was honoured to be invited to the Herald Sun ANZAC Day Lunch on Friday 21 April.

Thanks to the Greensborough RSL and the Herald Sun, Rae was chauffeur-driven to the lunch and was well looked after for the day. "They made me feel very special," she reports. Rae is pictured here with her chauffeur.

Rae served in World War II and can be seen wearing her own War Medal and Australia Service Medal, and those of her husband, John, who served in World War II in Japan and in Korea.

ANZAC Day was marked at all our residential homes - more information on the services can be found on page 4 & 5.



Senior MasterChef Annual Challenge - 20 July

Residents and staff from our five residential homes are preparing for this year's Senior MasterChef Annual Challenge. The theme for 2017 is 'Christmas in July' and we are looking forward to some wonderful culinary treats from our creative and competitive residents.

The Challenge will be taking place on Wednesday 20 July at Frankston RSL, where teams will be staking their claim to the title Senior MasterChef 2017 winners.

The news on the street is that preparations are already under way and under wraps. There is apparently no truth to the rumour that reindeer have been seen in the grounds of one of our homes, or that they are on the menu.

Residents at any of our homes who are interested in getting involved this year are encouraged to speak to their lifestyle staff member as soon as possible.

As you know....

There's more at stake than cake!



From the CEO

Home Care

Home Care in Australia has undergone significant change in recent times, with government policy encouraging Australians to live at home longer. Changes came into place at the end of February and our Home Care Team has been working to ensure that clients get a prompt response and the assistance they need as everyone gets used to the new processes.

Vasey RSL Care has been providing Home Care (formerly known as Community Care) for many years, so the area is not new for us, but the administration side of the program both for clients and for us has undergone a major transformation.

We are very keen to grow our program, and if you have the opportunity to pass on information about Home Care, please do so – and contact our team if you have any questions – 1300 602 108.

ANZAC Day 2017

Our tradition of commemorating ANZAC Day at each of our homes is a very important event on our annual calendar. The members of our Executive Management Team each attend one of the services, and I was privileged to be with the residents, visitors and staff at Vasey Brighton East this year.

This service is a very solemn and moving occasion and we have been fortunate to have members of the Australian Defence Forces attend and participate for a number of years now.

We are very grateful to personnel from HMAS Cerberus at Crib Point and Simpson Barracks in Watsonia for their support of our commemorations. Around 75 to 85% of our residents are veterans or war widows, so this means a great deal to our community.

I would like to acknowledge the staff members who organise these events, particularly the Residential Managers and Lifestyle staff who put time, consideration and effort into the preparations.

I would also like to commend Keith Walsh, a resident at our Cheltenham ILU Village, who for the last two years, has organised a commemoration, held this year on the Saturday prior to ANZAC Day. Keith has put a significant amount of time and effort into this and it was very well received and supported by the community at Cheltenham, with around 80 residents,



family members and guests present, including the Mayor of Kingston, Cr David Eden. (See pages 4-5.)

CEOs Sleeping Out

For the first time this year, I have registered to take part in Vinnies CEO Sleepout – a chance for hundreds of CEOs to get a small taste of what it is like not to have a roof over our heads. I hate the cold – but this is just one night for me. For over 100,000 Australians, this is their everyday reality. Not all are sleeping on the street of course – some are ‘couch-surfing’ – moving from one friend to another, or living in their car, or a caravan – living without a secure place to call home.

Each person has a story – job loss, rent increases, relationship breakdown, family violence, physical and mental health issues – and many Australians are only one pay packet away from getting into difficulties.

For Vasey RSL Care, this is a topic close to our hearts, since our organisation was founded to offer support and accommodation to those in need – veterans from World War I and war widows from World War II – something we continue to do, with nearly 400 Independent Living Units (ILUs) for veterans and war widows who find themselves in financial difficulties. We are proud to help these individuals – people who have served our nation, or have been widowed by their spouse’s service.

So I will be experiencing just a little taste of what it is like not to have the safety and warmth of a home, just for one night.

I am looking for your support for the work that Vinnies do to help the homeless – your donation will go to the programs they run that give hope to Australians struggling to access safe and secure housing. Please visit our website for details.

Thank you and my very best wishes to you.

Janna Voloshin, CEO



Health & Wellbeing for Seniors at the ANZAC Day Therapy Centre

Bring a Buddy in June!

During the month of June, clients who attend Health & Wellbeing for Seniors sessions at the ANZAC Day Therapy Centre are invited to 'bring a buddy'.

For June only, newcomers can take advantage of free trial sessions: this includes friends of current clients, residents at our ILU Villages, home care clients, WWG members and others who are interested in coming along to see what is offered.*

Sandra Butler is the Centre Coordinator and puts together a varied program for clients:

"A wellness and reablement approach is important in maintaining mental and physical health, which is essential for those wishing to continue living in their own homes.



"However, the thought of exercise can be intimidating to some. The best exercise is the one you do without realising you are doing it," Sandra comments.

The Program offers a range of activities and therapies to help promote:

- Social interaction
- Strength
- Mobility
- Falls prevention
- Balance
- Emotional wellbeing

"We have qualified physiotherapists to ensure that each person receives individual support for their specific needs," Sandra says.

"Some people need pain management therapy while others enjoy the social aspects, such as chatting over lunch. There are many benefits from the program which all contribute to maintaining independence."

Find out more

Phone 9596 4258 (9am to 3pm Monday to Friday) to talk about what activities are on each day, to book a free trial session or ask questions.

"Our staff and clients are welcoming and friendly and we would love to have you come and join our program," says Sandra.

* Please note that these sessions are not available to residential care clients as they have access to comprehensive residential lifestyle programs.

The Health & Wellbeing for Seniors Sessions take place at the ANZAC Day Therapy Centre (below right), adjacent to ANZAC Hostel in Brighton. The program incorporates a wide variety of activities including special occasions (eg Cup Day races shown above) painting (shown below) and much more.



We Will Remember Them

ANZAC Day is an important reminder to us all of the sacrifice of our Defence Forces past and present. For the Vasey RSL Care community, its relevance is all the greater, thanks to our long-standing tradition of supporting the ex-service community and so many of our residents, clients and consumers being war widows and veterans.

ANZAC Hostel Brighton marked ANZAC Day, together with students and teachers from Star of the Sea School, which shares the lovely Kamesburgh Gardens with our home and the ANZAC Day Therapy Centre.

Residents, guests and staff mingled with students and teaching staff, with special guest, Chief Petty Officer Narelle Neve from HMAS Cerberus present to provide an address (pictured below).



an address about the importance of remembering all involved in war without glorifying war itself.

CEO, Janna Voloshin laid a wreath for nurses, and Colonel Lewis Coyle (also pictured) laid a wreath for the armed forces. It was very moving to see residents proudly wearing the medals that they and their loved ones have been awarded in defence of our country.

General Manager - Human Resources, Susan Marsenic, residents and students laid wreaths in remembrance of those who have given their lives for our freedom.

Vasey Brighton East held their service of commemoration indoors due to the poor weather forecast for ANZAC Day.

Representing the Australian Defence Forces from HMAS Cerberus, Captain Effy Georgiou (pictured below) gave

Sir William Hall Hostel Ivanhoe residents, guests and staff marked ANZAC Day with a service indoors, followed by laying of wreaths and raising the flag in the front courtyard.

Chief Petty Officer Al Winning from HMAS Cerberus addressed those present, before moving outdoors to raise the flag (pictured below), while residents laid wreaths in memory of loved ones.





RSL Park Frankston South had a full hall of residents and guests, and welcomed Able Seaman Rebecca Little (Navy), who gave an address, and Corporal Gibson (Air Force), from HMAS Cerberus at Crib Point (pictured).

It was a solemn occasion and a time to remember those who lost their lives fighting for the freedom we enjoy today, as well as those who fought and survived, and those who still protect our country.



The rain came down as the wreaths were laid and the flag raised outside, matching the mood of the occasion.

Vasey House Bundoora commemorated the day with residents, guests and staff, as well as students and teaching staff from Parade College, Chief Petty Officer Andrea Marsh from HMAS Cerberus (below left) and Sgt Penhall from Simpson Barracks (below right).

Sgt Penhall lead a donkey, to represent all the donkeys that helped rescue the wounded from the battlefields during WWI, saving many lives (above right). He also gave an address, before the Last Post was sounded by a student from Parade College.

Thank you to all members of the forces for their involvement in the commemorative services and mixing with ex-service members and war widows living at Vasey RSL Care's homes.

Note:

More photos of the services can be found on our website: www.vaseyrslcare.org.au - news section.



ANZAC Day March

A group of residents from ANZAC Hostel took part in the ANZAC Day March, with War Widows being driven in the bus and veterans chauffeured by RACV volunteers in VIP cars along Swanston Street to the Shrine.



On their return to ANZAC Hostel, they took part in their community service and shared personal stories, before making wreaths in memory of loved ones, to lay beside the flag pole.



Preserving Dignity & Maintaining Privacy

Providing a comfortable and secure home for people needing a higher level of care is one of the main aims of our organisation.

Some of the residents in our care are quite frail and vulnerable and every resident deserves dignity and privacy in their own room.

You may have read in the news that an aged care home in South Australia had a situation where the daughter of a resident installed a camera in her father's room, to monitor his care.

Please be aware that this is illegal: all residents must be able to conduct intimate and private acts, such as showering, bathing, dressing etc, in their room, free from surveillance of any sort, including cameras, voice recorders, open phone channels, Skype, FaceTime and



any similar mechanisms. Please note that our Privacy Policy Statement has been updated accordingly.

If you ever have any concerns about your care or the care of a loved one, please speak to the Residential Manager so that your concerns can be addressed.

End Of Life Care. How would you like to die?

Whether we like it or not, we are all going to have to face death: if we are lucky enough, it will be when we have lived a long and satisfying life and we will die a good death.

Our culture does not like to talk about death or dying – we shy away from it, often until it's too late. But that is not the best approach – neither for the individual coming to the end of their life, nor for their loved ones.

National Palliative Care Week (21 to 28 May) focused on palliative care in residential aged care this year, with the theme, 'You matter. Your care matters. Palliative care can make a difference.'

A discussion pack provided by Palliative Care Australia, was a useful starting point and helped direct discussions about the choices we all need to make. (And the earlier we do this, the better!)

The pack included a number of activities and opened the way for residents, family members and staff to discuss what is important to each of them for the end of their life. Until you do this, you don't realise the number of choices that are available and the number of questions that would be left unanswered if you didn't make your preferences known.

We also shared some 'Dying to Talk' short videos on our social media platforms: the point they all made was that talking about dying might be hard, but it won't kill you! "You might even find that your family is 'dying to talk' too."

At Vasey RSL Care, our '**Respecting Residents' Request Model of Care**' guides our approach to palliative care and involves:

1. Understanding and monitoring each person's stage of care,
2. Encouraging and supporting discussions about Advance Care Planning,
3. Offering a Preferred Care Choices Conference, and
4. Where the individual is likely to be within a week of death, consulting with the individual and their family, doctor and others to commence an End-of-Life Care Pathway.

"There is no doubt that these are difficult topics, but it is clear that broaching them at an early stage is beneficial for the individual and their loved ones," says Annette Greenwood, General Manager - Quality & Risk.

For more, visit: www.vaseyrslcare.org.au - news section.



Volunteers Making a Difference

National Volunteers' Week, 8-14 May, is a time to recognise and thank those generous and caring people who give their time and talents so willingly.

At Vasey RSL Care, we are incredibly lucky to have committed volunteers at each of our five residential homes, many of whom have been volunteering for a long time.

In total, we have around 90 people in our volunteer team: joining the team is a formal process to ensure the safety and security of our residents and community members. It requires similar checks to permanent staff,

including a police check, as it is critical that we protect our community from potential harm.

Our volunteers bring their expertise, talents and skills to support our Lifestyle Program: they build relationships with residents, drive our buses for outings, run or assist with activities, and extend our ability to offer a full and varied program.

Our volunteers make a huge difference in the lives of residents and we are very grateful to them for their generosity to our whole community.

Here are just a few of our wonderful volunteers:



Maria Walsh and her husband Dal Crocker are two of the team of volunteers at Vasey House Bundoora.

Maria helps with happy hour, the nail salon and footy tipping, while Dal drives the bus for regular outings.

Twice a year they open their home to residents with an annual ladies afternoon tea and a mens barbecue.



Dianne Benson is one of our wonderful regular volunteers at RSL Park, Frankston South.

Dianne was the instigator of the new Coffee Shop, open every weekday from 9am to 1pm, run by volunteers and the lifestyle staff. It serves excellent coffee and is a popular spot for residents to catch up with family members.

Brenda Geddes and Susan Brady are two marvellous members of the volunteer team at Vasey Brighton East. They bring their wit and charm to run 'Brainteasers' (shown below) and help with the Creative Club and special events.

Both Brenda and Sue have had relatives living at Vasey Brighton East in the past: even though they no longer have their loved ones living there, they continue to support residents.

Mithun Dutta is one of our volunteer team members at ANZAC Hostel Brighton. He loves to support residents to get out for adventures in nature, such as bushwalking in the Macedon Ranges as shown below.

Thank you to these and all our other generous and caring volunteers for the pleasure you bring to our community. You bring us joy and happiness.

Thank you



Artists in our Midst

Three residents at our Independent Living Units in Hawthorn are talented artists - three that we know of, that is!

Pictured below are (from left to right) Nan Jones, Norma Copeland and Pat Coe.

Nan has painted for 25 years: cataracts caused her to put it aside for a while, but she has had these removed

and is enjoying painting again. It was Nan who inspired Norma to start painting and Norma has since become an advocate for the Hawthorn Art Centre's Town Hall Gallery, where she and Pat held a joint exhibition late last year.

Read more about these amazing people and see some of their work on our website:

www.vaseyrslcare.org.au/news-and-events



Please Support Our Bus Fundraising

Each of our residential homes has a bus, which is an essential part of the Lifestyle Programme, enabling residents to experience a full range of activities outside of the home, including those residents who have mobility issues.

The buses are specially adapted to include a lift so that individuals in wheelchairs or using walking frames can easily get in and out.

The Department of Transport Safety Victoria has recently advised us that two of our five buses no longer comply with safety requirements and the cost to have safety issues resolved makes them non-viable.

We are therefore seeking funding for two new buses, at a total of just over \$67,000 per bus.

Donations - large and small - would be very gratefully received.



The bus at Vasey House Bundoora was generously donated by the Greensborough RSL in October 2013.

To make a donation, please call 1300 602 108 or visit www.vaseyrslcare.org.au/donation-form/.

Thank you!

Vasey RSL Care Ltd ABN 88 109 464 360

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03 9519 3400

Sir William Hall Hostel
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03 9457 5933

Vasey House
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