

THE RICHARDSON Review

JANUARY ISSUE

- UPCOMING EVENTS
- MEET THE 1ST RECIPIENT OF OUR GEM AWARD
- THE RICHARDSON'S CHRISTMAS CELEBRATIONS



THE RICHARDSON
EXCEPTIONAL AGED CARE

FROM THE General Manager

Welcome to 2020!

January has seen some of the worst bushfires across the country and our thoughts and prayers go out to all those affected.

In February Aureen and her team will run some great events and remember to let her know, either in person or via a feedback form, of any activity or event you would like to see.

We listen and respond to your feedback. You will have seen some changes made to either the way we do things here at your home or items introduced – who would have thought it was so hard to find a condiment caddy?

Please let the team know how they are doing via feedback to myself, to Rama or via feedback forms. The feedback forms come directly to me. Good things and “not so good things” are important to know. If there is a staff member who is going above and beyond please nominate them for a GEM Award (Going the Extra Mile), this is a great incentive that came about from your feedback.

Your carers, registered nurses (RN's), kitchen team, housekeeping team and administration team are all working together to provide you with the care and lifestyle you're wanting – if you know someone that might be looking for somewhere like The Richardson to call home then please let Aimee or myself know and we can make an appointment to show them around.

The weather keeps fluctuating and this means we all have to be aware of keeping our fluid intake up (drinking) and staying protected from the Sun. Sunblock is available throughout your home, but don't forget that a hat and long sleeves is even better protection.

I look forward to seeing you within your home.

Joseph Bender
General Manager
The Richardson

Coming Events

Music Appreciation: Beethoven
Monday 3rd February

Keeping your Brain Healthy
Wednesday 5th February

Chinese New Year Banquet & Little Dragon Dance
Friday 7th February

Men's Lunch
Monday 10th February

Fish & Chip Lunch
Friday 14th February

Valentine's Day Live Entertainment
Friday 14th February

Buggles Tots Visit
Monday 17th February

Poetry Corner
Monday 17th February

Memory Café
Tuesday 18th February

Resident & Relative Meeting
3pm Thursday 20th February

B-B-Q Lunch
Friday 21st February

Pancake Tuesday in the Café
Tuesday 25th February

International Women's Day High Tea
Friday 6th March

St Patrick's Day Soirée
Tuesday 17th March

Harmony Day Degustation
Friday 20th March

Lifestyle News



Since the implementation of Aureen's new Lifestyle Calendar the Café and Level 1 have been a hive of activity. Following very positive feedback and strong attendance of the Art Workshops, Childcare Visits, Men's Lunch and Fish & Chips Lunch these events have become staples in our calendar. We have also extended group exercise sessions to 5 days per week and numbers are building.

Let us not forget the importance of the arts in fostering good health. Your requests for a Choir and regular Poetry Readings have been heard. We now have a monthly Poetry Corner and The Richardson Revellers are meeting weekly; every Tuesday at 3pm. Come join the fun as we prepare for an in-house concert in the coming months.

CHRISTMAS CAKE MAKING 17 DECEMBER



OUR KITCHEN GARDEN

Furthermore, December saw the launch of our Brain Training classes, Ladies High Tea and reinstatement of our kitchen garden. On the 31st December we said goodbye to 2019 with our version of a 'pub choir' in the café. Everyone got into the spirit and enjoyed sending off the year together. It's exciting to see the growing list of activities available at The Richardson and we encourage you to give something new a try – you never know, it just might be the boost you're looking for.

Lifestyle News



PAINTING
WORKSHOP
6 JANUARY



BUGGLES
TOTS VISIT
9 DECEMBER





THE RICHARDSON
EXCEPTIONAL AGED CARE



With live music and a visit from Santa everyone had a good laugh and enjoyed some delicious food from the kitchen at The Richardson Resident Christmas Party. The staff also celebrated the end of a huge year for The Richardson with a few bubbles and some entertaining Secret Santa antics.





The Queenslea

Our latest Claremont project, The Queenslea, has been designed to support an intergenerational community.

The slab for the 1st floor has been completed and we're on track to open our doors in early 2021. We are so thrilled to see the blueprint of our home come to life.

120 bed residential care home (including a dedicated memory support wing)

39 two and three bedroom assisted living apartments

100 place early learning child care centre



2020: Year of the Rat

There are 12 Chinese zodiac animals that represent years: rat, ox, tiger, rabbit, dragon, snake, horse, goat, monkey, rooster, dog, and pig.

Zodiac signs play an integral part in Chinese culture and, like horoscopes, may be used to predict success in love, health, finance and career (apparently it can even determine the best times to have a baby!).

In Chinese culture, rats were seen as a sign of wealth and surplus. Because of their reproduction rate, married couples also prayed to them for children.

Career: Their independence and imagination, coupled with attention to detail makes them ideal candidates for creative jobs with technical requirements such as artists, graphic design, editors, engineering and architecture.



Lucky things for people born in the year of the rat

Numbers: 2, 3

Colours: blue, gold, green

Flowers: lily, African violet, valley lily



Denis Pickett

How do Denis' lucky things compare to the year of the rat?

Favourite Number: 11

Favourite Colour:
Navy Blue

Favourite Flower:
Rose (Marie's favourite and featured in her bridal bouquet)

Denis was born on 27th July 1936 (a year of the rat), in Hartlepool, a town of approximately 10,000, in County Durham. He lived just down the road from Marie, the future love of his life, but they didn't meet until a serendipitous street party when he was 11. From that point their lives took different paths as Denis was awarded a Grammar School scholarship and went on to study naval architecture and marine engineering. However, as fate would have it, they met again at Marie's sister's wedding where she was bridesmaid and Denis, a dashing usher. Marie worked at GEC Laboratories where she specialised in photomicroscopy, a process of photographing the elements to detect flaws. So, it was straight to Bond Street to pick out the engagement ring after she accepted his marriage proposal!

Alas, their union was further delayed as Denis was called up for National Service and transferred to Kenya for two years during the Mau Mau uprising. Upon his return they were finally married in 1961 and went on to have six wonderful children; Andrew, Louise, Elizabeth, Bernard, Thomas and Matthew - the last two of which were born in Australia. The kids have made their parents proud with successful careers and beautiful families of their own, subsequently providing Denis and Marie with 13 grandchildren.

During his time in England, Denis was employed as a Naval Architect, specialising in the noise and vibration of ships. He has fond memories working on the QEII Passenger Liner, troubleshooting for three years before its maiden voyage in 1969.

As it happens, that was the year Denis accepted a position to help design destroyers for the Australian Navy. He and Marie enjoyed their 8 years in Canberra hosting and attending many entertaining house parties. Denis also completed a degree in Project Management at ANU which led to their move to Warrnambool, where he lectured in the same field at Deakin University. Denis had many external postgrad students whom he visited via a 2 seater single prop plane (he was not the pilot!). He still remembers the plane icing up and getting heavier and heavier as they flew to Canberra, only just making it over the Snowy Mountains.

In 1987 Denis was head hunted by the WA State Government as team leader for the \$200M development of the Marine Industry Facility in Cockburn Sound. One of his roles was to facilitate the home porting of Australian naval vessels to the RAN Garden Island Base in WA. Providing mainland homes for the relocating families was critical to this process. Initially there was 1 frigate and 300 Base personnel. Today there are over 12 warships, including 3 submarines, and 3000 Base personnel, a testament to the project's success. Denis retired from full-time work at 75, but still does occasional design work for family and friends.

Denis and Marie lived at their family home in Ardross for over 20 years until Marie's Alzheimer diagnosis. Denis made the decision to move to The Richardson in March 2019 with Marie so as not to be separated. He is very pleased with their life here and says it works well for them; always happiest together.

Introducing...

Meet the dedicated team
at The Richardson



Lorna Ashbee

Carer and 1st recipient of The Richardson GEM Award

I am passionate about the quality of care and attention I provide our residents at The Richardson. Each resident has different requirements, and as we get to know each other I enjoy learning about them and their personality, responding to their individual needs, finding ways to please them and make them comfortable in their new home; bringing a smile to their face.

I enjoy being involved in the lifestyle sessions as I build new friendships and help the residents engage with each other. Our residents respond positively to music and sing-song so I like to play the guitar and lead them in songs from bygone days. Many residents also respond well to creative activities such as knitting and creating flowers from paper. For mental stimulation we have fun playing board games and when it's time to relax a good old-fashioned movie is always enjoyed.

At home during the late afternoons you may find me sitting on the balcony with a canvas and water-colours. On other days a play in the park opposite home with our dog is always enjoyable and a good way to relax with my family.

GEM Award information

In our last newsletter we announced the launch of the GEM award (Going the Extra Mile). A new initiative that recognises the outstanding achievements of our staff.

The GEM award looks to acknowledge staff that go over and above to make a significant difference to the lives of people they work alongside – both residents, their representatives and their team of co-workers. This aids recognition of their achievements, which embody the organisations values and philosophy.

There are specific categories that someone can be nominated for, including: customer service, teamwork, innovation and safety. Alternatively, you can nominate a category that reflect the achievements of the person. Nomination forms are available around the home for anyone to access and submit at any time. There is a GEM award presented each month to a nominated staff member. Person's nominated, but not in receipt of the award are considered for future nominations and a person can only receive one award per calendar year. The award recipient receives a certificate of achievement and a \$100 voucher.

We are pleased to announce our exceptional carer, Marilyn Win, as recipient of the January GEM award.



THE RICHARDSON
EXCEPTIONAL AGED CARE

Ph: 9381 2800 | info@therichardson.com.au
32 Richardson Street, West Perth

THERICHARDSON.COM.AU

ORYX
COMMUNITIES