THE RICHARDSON REVIEWS

AUTUMN ISSUE

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- READ OUR AUTUMN RESIDENT STORY
- GET TO KNOW SARAH BAHN





FROM Michelle's Desk

To Our Richardson Community,

Welcome to autumn.

I cannot say it will be an autumn like any we have experienced before. But, I can say that we are sincerely committed to delivering the best possible care for our residents and your loved ones.

On that note, I wish to thank you for your on-going understanding and commitment to the health and safety of our residents and staff in the face of COVID-19.

At The Richardson we understand the impact of not having physical contact with family and friends, and whilst we cannot replace visits from loved ones we have implemented a number of measures to stay connected.

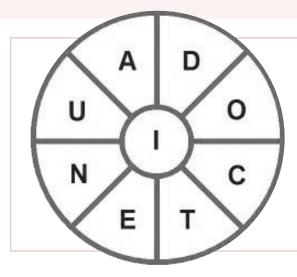
Our Lifestyle Coordinator, Aureen, has been trained by Physiotherapists, Occupational and Speech Therapists and is putting her skills to good use developing new and more regular exercise routines for our residents including cardio through to resistance, weight training and seated yoga/stretch. Aureen has also increased the frequency of a number of popular activities such as poetry corner and music appreciation and is introducing art appreciation and hymn & prayer sessions.

What's more you may have noticed additional cleaning resources and the installation of hand sanitisers at the entry of every resident room. Please remember to wash hands regularly and use the hand sanitiser when moving through our home.

We encourage all loved ones to continue regular contact via phone calls, video calls and the My Family app. Communication with family and friends has never been more important and we thank everyone for their ever-present support during this challenging time.

Wishing you all good health,

Michelle De Ronchi CEO, Oryx Communities



Word Wheel

Your challenge is to find as many words as possible within the wheel - each answer must be at least five letters long and must contain the central letter.

There is also at least one 9 letter word using every letter in the wheel - can you find it? Answers are below.

caution, conduit, noctuid, noticed.

SOLUTION: 9-letter word - EDUCATION. Some other words of five letters or more containing the hub letter I: actin, adieu, antic, audio, audit, canid, cited, coati, cutie, dicot, dicta, edict, indue, nicad, tenia, tonic, tunic, unite, untie, action, action, atomic, audit, coined, detain, induce, induct, notice, united, untied, aconite, auction,

Radio Shows & Podcasts

During these extraordinary times a radio series or podcast is an enjoyable way to relax and learn something new.

A podcast is essentially a radio series that you can download on your smart device and listen to at your leisure. The following ABC podcasts are also radio shows and some of our favourites. You can download them or listen to them in real time through the ABC digital radio channels on your television.

CALL IN THE MIND	All in the Mind is an exploration of the mental: the mind, brain and behaviour – everything from addiction to artificial intelligence. Download the podcast or listen to ABC Radio National Sunday 12.30pm. Repeated Tuesday 1.30pm and Friday 2am.
AWAYE	Awaye! focuses on Aboriginal culture, including art, music, theatre and film. Download the podcast or listen to ABC Radio National Saturday 6pm. Repeated Tuesday 9pm and Thursday 1am.
CONVERSATIONS	Conversations draws you deeper into the life story of someone you may, or may not, have heard about – someone who has seen and done amazing things. Download the podcast or listen to ABC Radio Perth at 3pm weekdays.
OFF TRACK	Off Track combines the relaxing sounds of nature with awesome stories of wildlife and environmental science, all recorded in the outdoors. Download the podcast or listen to ABC Radio National at Saturday 5.30am. Repeated Sunday 1pm, Thursday 11.30am.
THE HISTORY LISTEN	 The History Listen features new and compelling stories told by some of our most popular and trusted historians. Step inside a time machine for an immersive journey through history. Download the podcast or listen to Radio National on Tuesday at 11am. Repeated Saturday 5.30pm and Monday 12am.
RADIO NATIONAL FICTIONS	Fictions works with Australia's best writers and emerging creators to bring you thought-provoking writing; dealing with the hilarious, the gritty and sometimes the dystopian. Download the podcast of listen to Radio National on Saturday at 1pm. Repeated Sunday at 2am and Wednesday at 12:30am.
LIFE MATTERS	Life Matters , your guide to contemporary Australian life. Be part of rich conversations on relationships, family, education, work and health, as well as consumer and social issues. Download the Podcast or listen to Radio National Monday to Friday at 9am. Repeated Tuesday to Saturday 4am and at Saturday 3pm.

Lifestyle News

Well, we can definitely say we started the year off with a bang! February was filled with great food and entertainment including our Chinese New Year Banquet with the Baby Dragon dancers, Valentine's Day lunch with all our favourite love songs performed by Roger Camm, Pancake Tuesday in the café, and another charming summer BBQ.





BABY DRAGON DANCERS 7 FEBRUARY

In March we celebrated International Women's Day with a delightful High Tea. The ladies thoroughly enjoyed a discussion around working mothers and finding the balance led by special guest, Bernardine Brierty. Of course, for the foreseeable future we have had to farewell our external guests and larger gatherings. However, you will notice that we have bolstered our internal lifestyle program and lifestyle team to include many new activities and one-on-one sessions.

We're doing all that we can to ensure you stay connected during these unprecedented times, if you have any ideas regarding this please share them with one of the team.





RESIDENT STORY

Every Thank You Brings a Memory.

by Lorraine Armstrong

I remember, I remember The house where I was born. The little window where the sun Came peeping in at morn.

I used to chant Thomas Hood's poem as a child - I haven't thought of it for years. Until now... now that I have returned to the place where I was born.

I look at the old streets. Barrow Street used to seem so wide... but it isn't. Sydney road... I knew it couldn't possibly go all the way to Sydney, but it does. Our front yard looked so big back then, but it isn't. And quaint old Moreland High School is now a multi-styled jigsaw of additions for T.A.F.E.

Four and Twenty pies – no longer special for Victoria. Toppa's Banana and Cream no longer at all. We played cricket in the street where we lived, with rolled up newspapers held together with rubber bands. We played footy and trained for school athletics in Coburg St, where I also learnt to ride my full size, maroon Malvern Star.

The cyclone wirefence that I silver frosted every year is still shiny. Memories abound, but most things appear different... but somehow, still the same.

I see again East Coburg State Primary School where my mum was dux in the early 1930's,

where I went to school with my siblings, and where my sister's children were educated. That school has not changed but next year it's to be demolished. So many changes with time passing, so many memories become clouded when their physical reminders go.

I remember how proud mum was when we walked hand in hand down the street.

I remember when mum made her arm my pillow as we dozed off to sleep.

I remember how she ironed everything – even sheets and how our shoes were cleaned mirror shiny before every wear. Mum tried desperately to keep our grandparents home looking like our grandparents home – no toys, kid's books or games allowed to be seen. I know now how difficult that must have been, to blend being a daughter with being a mum.

But my mum was a super mum.

I remember the triangular shaped tomato sandwiches for afternoon tea when old Aunty May visited us on Sundays. I remember the blue candlewick bedspreads mum bought for us and how grown up my sister and I felt – but we were not allowed to sleep under them.

I remember how, after grandma took us to the theatre in Russell St, Melbourne to see Elvis Presley in Blue Hawaii, mum trusted me to taper my brother's trousers to a daring



(almost indecent) 14-inch cuff. I felt sure she had gone quite mad.

I remember asking the tram conductor for "One and two halves to the city please" on Friday nights as we went to Legacy for gym and speech classes.

I was almost as proud as mum when she came to watch me at the interschool sports competition at Olympic Pool.

Everyone took it for granted that a boy-child be given every opportunity to succeed. My mum was different, she gave even us girls a chance at whatever we chose to try. Even when other relatives insisted the girls should be out working and helping with the house finances.

I remember so many things; Saturday movie matinees with their feature film, serials, newsreels and short comedy sketches all for 1/3 admittance. And my mum and sister going off in the middle of winter to watch Collingwood's Gabelich and Weideman (grandma and I watched a direct telecast of the last quarter in front of the gas fire at home).

My mum gave me so many wonderful memories, so much of herself. She protected us from any and every thing even the slightly unsavoury. She allowed me to dream my own dreams. She worked incredibly hard for so long in impossible conditions. Mum gave all her children more devotion and love than most experience in a whole lifetime. She never once said anything negative about my father, the one man she loved completely and unconditionally, even in his absence. If mum felt hurt when others didn't return the love she gave, she certainly never showed it.

When I left home in 1965 I never dreamed my mother had already suffered from cancer and Parkinsons. She told us no more than absolutely necessary. She never wanted to give any reason for anyone to worry over her.

I could never have guessed her last ten years would be spent taking medications for Epilepsy. I didn't know she would be almost blind and completely unable to care for herself, or that Dementia would prevent her recognising those she had loved most and rob her of speech.

I should have told mum how much I loved her far more often, when she was still able to understand.

Because today is Mother's Day and because I mean it, I give thanks to God for my very special mum and the multitude of memories she's left with me.

Written by our resident Lorraine Armstrong, for Mother's Day, May 1997



Introducing

Meet the dedicated team at The Richardson



Sarah Bahn

Initially, I worked in real estate for five years in both property management and sales. I learnt a great deal in regards to keeping happy clients and always trying to go above and beyond for them. Through my experience as a Property Manager I realised good cleaners are hard to find, so I left real estate to start my own cleaning business. I'm passionate about helping others, (and a bit of a clean freak!) so working as a cleaner seemed an appropriate choice.

I've always been interested in the health care industry, and when the opportunity arose to work at The Richardson Aged Care, I jumped at it - and I'm so glad I did. I began working here in 2018 when the residential aged care build and renovations were being completed. I'm very grateful to be part of The Richardson's continuing journey; getting to know you all along the way and helping to make each day here a happy one. I've met and learnt from some amazing people and continue to learn something new here every day.

When I'm not cleaning your rooms or greeting you downstairs at Concierge I'm usually enjoying the great outdoors, whether it be hiking, swimming, camping, dirt bike riding or just relaxing on our patio with a good book, my boyfriend and my cat Diego.

Sudoku Challenge

Challenge your mind with a game of Sudoku! The goal is to fill each nine-square row, each nine-square column and each nine-square box with the numbers 1 through 9, with each number used once and only once in each section.

Can you solve the puzzle?

Concierge has copies of the solution. Good luck!

6	5					2		
	1				3			5
8			4	7		1		
				4	2		3	7
		8	3			9		
			7				1	
3	7			1				
	4			9		3		
		9	2		7			



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