

THE RICHARDSON Review

WINTER ISSUE

- MINDFULNESS
COLOURING
- READ OUR
RESIDENT
STORY
- GET TO
KNOW LOREN
HENDRICKS





FROM Michelle's Desk

To Our Richardson Community,

Usually we say goodbye to sunny autumn with a sense of trepidation for the cold days ahead, instead, many of us will welcome winter with a happy sigh of relief. With restrictions easing and businesses starting to reopen, life in Perth will slowly return to 'normal'. Nonetheless, there are some new habits we have picked up along the COVID-19 route that I am keen to retain.

Firstly, staying connected with loved ones. We were touched by the sheer number of video calls and care packages flooding into The Richardson over the past few months. Government restrictions have prompted all of us to check in with loved ones more regularly through more creative means and I hope we continue to do this long after the impacts of COVID-19 fade.

Secondly, we've had to slow down and literally smell the roses. Taking walks around the neighbourhood or relaxing with a good piece of music or poetry have been popular pastimes for our residents. Whilst we haven't had our usual flurry of external experts and entertainers, we've increased the size of our lifestyle team to support more internal activities and one-on-one sessions. Of course we'll be welcoming our guests back as soon as possible, but also keeping some of our new activities on the calendar including Let's Worship and Armchair Travel.

Thirdly, as a registered nurse, I am extremely happy to see everyone adopting the standard hygiene practices that we use every day in a clinical and care environment. Washing your hands (with soap for 40 seconds), covering your mouth and nose when you cough and sneeze and staying away from others when unwell are steps we should all take in our everyday life to minimise infection transmission. No doubt, we'll continue to embrace these practices in the community going forward.

Don't forget to get your flu vaccination before visiting. Here's to a wonderful winter!

Michelle De Ronchi
CEO, Oryx Communities

Coming Activities

Memory Café (Circle of Friends)

Tuesday 2nd June 11am

Master of Music: Debussy

Tuesday 2nd June 3pm

Connect Group

Thursday 4th June 3pm

Bingo

Monday 8th June 3pm

Master of Art: Turner

Tuesday 9th June 3pm

Opera

Thursday 11th June 3pm

Reading Group

Tuesday 16th June 11:30am

Musos: Paul McCartney

Tuesday 16th June 3pm

Let's Worship

Thursday 18th June 11:30am

Resident's Meeting

Thursday 18th June 2:30pm

Poetry Corner

Tuesday 23rd June 3pm

Bloke's Lunch

Thursday 25th June 12:30pm

Armchair Travel: Italy

Tuesday 30th June 3pm

NAIDOC Week

July 5th – 12th

Friendship Day

Thursday July 30th



Rosemary Moore



Rosemary Moore was born in the Clare Valley in South Australia on 23rd July 1942. Her father, Berthram Blight, was a gentle farmer and her mother, Lucy Blight, a diligent worker with a green thumb and knack for cooking. Rosemary remembers with a smile her mum's luscious vegetable garden and her dad taking her and her siblings off to school in a jinker. Rosemary enjoyed school and was good at it. Being the middle child, born soon after her brother John and before her sister Christine, she grew up very capable and independent. Rosemary talked highly of her parents, explaining, 'they really didn't have much money and I just admire them.'

After high school Rosemary travelled to Arnhem Land to volunteer with the church. For a year of her life she cooked and cleaned to help support the vulnerable in the local indigenous community. It was here she met her husband, John Moore. John was an engineer, and like her father, a gentle man. Rosemary and John returned to Clare to marry and then moved to Victoria where they created a very happy life with their two girls, Katrina and Sharon. Rosemary's family expanded over the years to include 4 precious grandchildren.

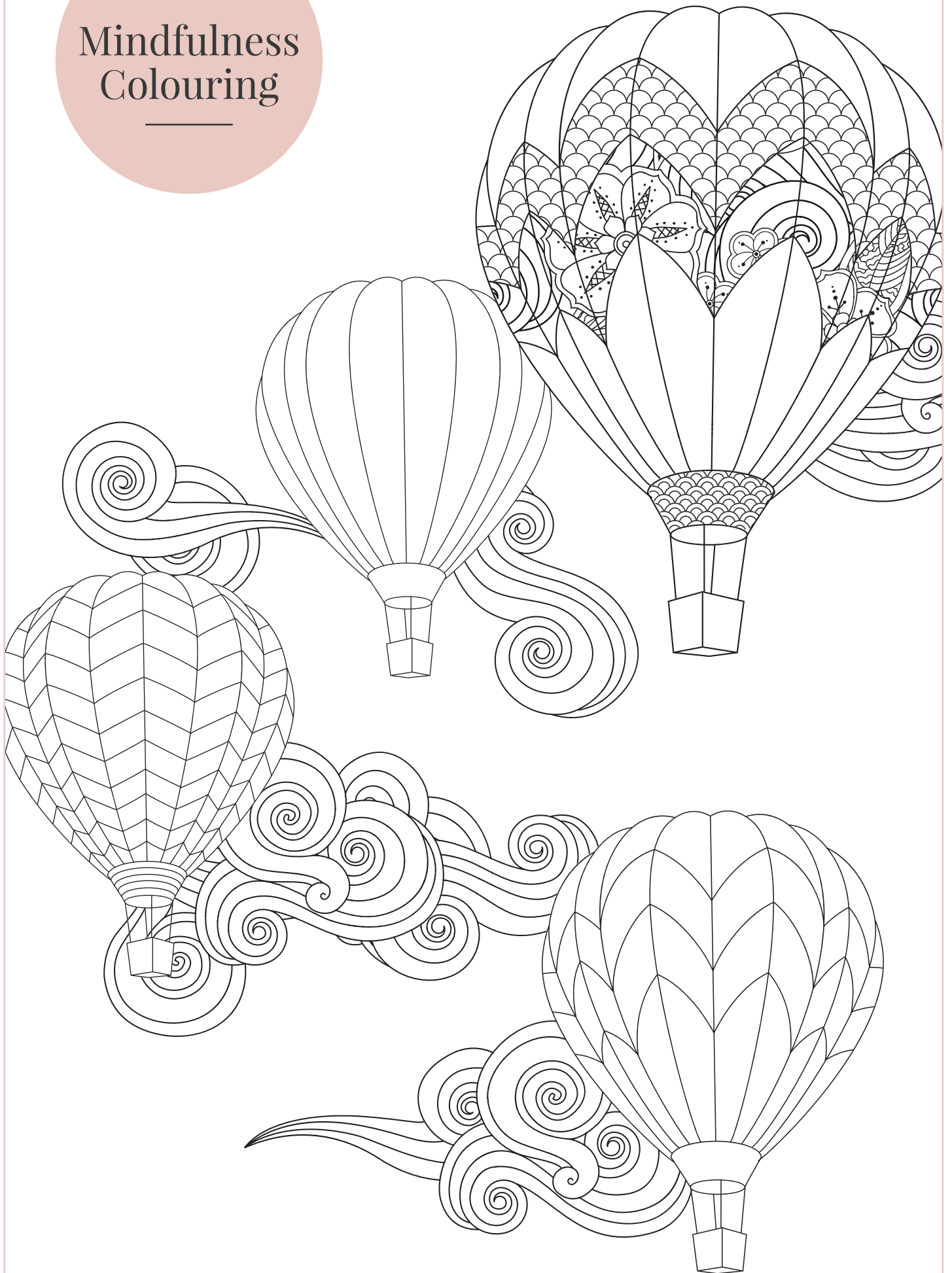
Rosemary has a strong sense of community spirit. She was heavily involved in voluntary work including working with the physically and

intellectually impaired, Treasurer for the local World Vision club and various church groups. She also held leadership positions in Guiding, coached Katrina's netball team and was President of the girls' primary school Parent's Society. Rosemary said she absolutely loved being a homemaker.

Being fit and strong is important to Rosemary and she enjoyed sport throughout her life. She was a state level netball umpire and loved to waterski and ride her horse as a teenager. In adulthood she played pennant level tennis, competition squash and golf. Rosemary and John frequently combined their love for fitness and travel. They walked the Coast to Coast route across England, trekked Machu Picchu and the Himalayas. In Austria they cycled along the Rhine and in India added several days of camel riding to their trek and cycle itinerary.

In later years Rosemary's love for music grew. She enjoyed a subscription to the Victorian Opera and for a number of years her love for listening to classical music was combined with a position on the Shepparton Piano award committee. When referring to her dementia Rosemary stoically commented, 'The way I look at it is, I cannot help it and I'm not going to worry about it. I have a great life with lots of friends.'

Mindfulness Colouring





Lifestyle News



There were many interesting activities in April and May starting with our in-house, self-conducted Easter Service. It was well attended, with some of our residents taking an active role in the service by reading passages from the Bible. There was lots of singing and fellowship, followed by coffee and cake.

Our Easter period included the movie "The Passion of Christ" on Good Friday for those who were interested in watching it. We are so fortunate to have our own theatre where we stream all kinds of wonderful and interesting themes. COVID-19 may have stopped us heading out and about, but our minds have been free to travel the world to the best opera's, countries, art centres, concerts and much more.

Easter Saturday and Sunday were fun days involving activities that called upon the inner child to come out and play. There was Egg Painting and even a crazy Egg Hunt that had our residents laughing as they hunted for

those not so elusive chocolate eggs. Morning tea followed these activities with plenty of tasty treats to enjoy.

We also ran another Art Workshop in April led by one of our art loving team members, Ameera. Our residents produced their own interpretations of Van Gogh's "Starry Night".

We commemorated ANZAC Day in our own backyard, with a special live performance of the Last Post. Our residents were front and centre in this service; leading us in prayer, reading ANZAC Day poems, laying wreaths, and raising the flag, while others joined in singing the hymns and responding to the Ode of Remembrance. They were all magnificent.



ANZAC DAY
SERVICE
24 APRIL

Window of Love in the News

We were amazed by the overwhelming response to our Window of Love. There was extensive positive feedback from residents and their families and it even caught the eye of Channel 9 News. Did you see our Window of Love in the media?

The Sunday
Times
newspaper -
5th April



Channel 9
6pm News -
3rd April



THE RICHARDSON
EXCEPTIONAL AGED CARE

BLOKES LUNCH 30 APRIL

We had our first 'Blokies, B-B-Q and Beer' lunch which allowed our men from the different floors to get together, share a casual meal and chat about all manner of things of interest to men.

Our ladies enjoyed an abundant afternoon tea provided by our head chef, Javier. Wine and champagne were not excluded from this little soiree and it was lovely to see so many of our ladies attending this event and sharing stories about motherhood and their relationships with their own mothers. This time of secret women's business was filled with both touching and humourist moments. For Mother's Day itself many of our residents came along to enjoy morning tea in the garden, it was a remarkably busy time that kept our staff on their toes!



MOTHER'S DAY SOIREE 8 MAY



Window to loved ones keeping elderly in touch



Western
Suburbs
Weekly -
9th April

Coronavirus crisis: Oryx Communities aged care home creates 'Window of Love' to help residents stay connected to families

Sarah Singer | The West Australian
Sunday, 5 April 2020 2:04AM



The West
Australian
online -
5th April



Aged Care Quality Bulletin

Aged Care
Quality
Bulletin -
April 2020

Introducing...

Meet the dedicated team
at The Richardson



Loren Hendricks

Carer and February recipient of The Richardson GEM Award

I've worked in aged care almost 8 years and previously mental health/disability for 6 years. I must say, I loved helping and caring for people right from the start. Initially, I began my career working in restaurants and hotels as a chef, however, I decided I wanted a change after becoming my mother's carer prior to her passing.

I have been employed at The Richardson Aged Care since we first opened and it has been a pleasure. I enjoy looking after the elderly and learning about their life experiences and what brings them happiness. I find working in aged care rewarding and love the fact that it enables me to learn something new every day.

When I'm not at work you can usually find me in my kitchen creating new dishes!

GEM Award

This is our opportunity to recognise the achievements of employees who make a significant difference to the lives of the people they work alongside and support. We invite you to nominate the person you believe embodies our Values of Integrity, Respect, Empathy and Empowerment.

Please note:

- An employee may be nominated by residents, family members and staff.
- Nomination forms are available on each floor and at Concierge.
- Nominations will be endorsed by the corresponding manager.

We'd like to acknowledge our most recent GEM recipients, please put your hands together for:

FEBRUARY

Loren Hendricks, Carer

MARCH

Aureen Miller,
Lifestyle Coordinator

APRIL

Harinet Gebrelassie,
Registered Nurse

Don't forget!
NOMINATIONS CLOSE on
the 23rd of each month.



THE RICHARDSON
EXCEPTIONAL AGED CARE

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