

THE RICHARDSON Review

SPRING ISSUE

- INTRODUCING
CONCENTRIC HEALTH
- ANTIMICROBIAL
STEWARDSHIP AT
THE RICHARDSON
- GET TO KNOW OUR
EXCEPTIONAL CARER,
DECHEN PELDEN





FROM Michelle's Desk

To Our Richardson Community,

We are all truly grateful to reside in beautiful Western Australia during these uncertain times. Unlike many regions throughout the world, we are free to socialise, shop, travel and take in everything that our beautiful state has to offer. While we must remain vigilant; maintaining physical distancing, cough and sneeze etiquette and good hand hygiene, it is just as important to continue sharing experiences with our loved ones.

With this in mind, there are so many events on the Spring calendar to add to your diary. From our Welcome to Spring Soiree, World Gratitude Day celebrations and Rock and Roll with Fidi and Friends you're sure to find something that you and your loved one can enjoy together.

Other updates to our lifestyle calendar include the launch of Tech Hour - an opportunity for our residents to learn how to optimise their personal tech devices (mobile phones, tablets and computers), led by John from our Lifestyle team. This weekly session will help our residents connect with their family, friends and the outside world when face-to-face visits and excursions are not possible.

What's more, following resident consultation and feedback we have introduced Speaking French. Giving our residents the chance to brush up on their French, this class will be led by our new French teacher, Gaga. S'amuser!

I look forward to seeing you at The Richardson this spring.

Michelle De Ronchi
CEO, Oryx Communities

Coming Activities and Events

Tech Hour

Tuesday Weekly 11:45am

Talking French

Wednesday Weekly 11:30am

R U OK? DAY

Thursday, 10th September

Bloke's Lunch at The Celtic Club

Friday 11th September 12:30pm

Armchair Travel: Bhutan & Bhutanese Dance

Tuesday 15th September 3:00pm

Ladies' Lunch

Thursday 17th September 12:30pm

Welcome Spring Soiree

Friday 18th September 3:00pm

Let's Connect

Sunday 20th September 11.30am

Celebrating World Gratitude Day

Monday 21st September 3:00pm

Master of Art: Rembrandt

Wednesday 23rd September 3:00pm

Church

Thursday 24th September 11:30am

Resident's and Representative's Meeting

Thursday 24th September 2:30pm

Rock n Roll with Fidi & Friends

Friday 25th September 3:00pm

Master of Music: Franz Liszt

Tuesday 29th September 3:00pm

Lifestyle News



Coronavirus restrictions made it a winter like no other, but that didn't stop us bringing the outside world in at The Richardson.

In June, we celebrated WA Day with a Morning Tea in our lovely courtyard garden on Level 1. During the winter months this was a much loved area for activities as well as a place for our residents to just sit and absorb the warm sunrays. We adopted this zone for our Café on the Terrace alfresco sessions;



our simulated Coffee Shop/Wine Bar where residents could unwind and socialise with their Richardson friends most Fridays. We had the best coffee and tea in town (a bit of poetic license here) and of course, our locally sourced Richardson wines. Chef provided cheese platters, dips and a variety of tasty morsels and we added soft jazz and other easy listening tunes to complete the chill-out ambience.

Our often-sunny courtyard also became the perfect place to hold our Bloke's B-B-Q and Beer Lunches. These lunches provide an ideal environment for our male residents to get together, share a meal, chat over a drink and build a sense of comradery with the other gentlemen living at The Richardson.



Lifestyle News



THE LADIES'
WEDDING DAY
HIGH TEA
31 JULY

We also hosted a number of special events for our female residents including a 'Wedding Day' High Tea in July. Wedding photos and our Marketing Manager's wedding dress took pride of place at this little soiree. The catering was amazing, with Chef going retro at our ladies' request, providing us with a selection of finger foods from the 50's, 60's and 70's - we even had a token Wedding cake! Whilst on the topic of delicious food, in August, a bunch of our ladies went out for lunch at Miss Maud's and reported back that it was a very pleasant excursion but, the food at The Richardson is better!

Our Theatre was another frequented space. It is where we hosted our 'Let's Worship' sessions and 'Let's Connect' Bible study/discussion group. It was a joy to see the residents take ownership of these new sessions through their willing involvement and participation.



Via the theatre big-screen, we had all manner of Operas & Concerts streamed into The Richardson, with each session often filled to the rafters. The Theatre was also our 'Centre of Learning' where we explored a range of topics from Masters of Art, Classical Music and Contemporary Musos to Brain Health and Relaxation. And of course we can't forget Saturday Afternoons At The Movies. Furthermore, the Theatre became our own private jet, "Air Richardson". Faster than any supersonic jet, it flew us to various exotic corners of the globe whilst still getting us home in time for dinner. All our residents travelled first class, allowing them to recline and relax whilst sampling tasty food from the various countries we visited.

Later in July COVID-19 restrictions eased, allowing entertainers to return to The Richardson. The first of our entertainers was resident Hilda Pocklington's son-in-law, Clive Hobson. Clive was magnificent, playing a number of instruments including saxophone, clarinet, and trumpet. It was a perfect afternoon with sunshine, food and wine to compliment the music.



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BAGPIPER
PERFORMANCE
23 AUGUST

The tunes continued in August with another wonderful entertainer, Wayne Pride, providing a bit of toe-tapping melody. Wayne encouraged us to sing-along with him, which of course we did.

In addition, at the end of the month we were thrilled to welcome, bagpiper Lachlan Teissier from Scotch College. Our residents were blown away by his talents and look forward to seeing (and hearing) him again soon.



Finally, in August our incredibly talented resident, Denis Pickett, gave a talk about his life and career. We were so fortunate to have Denis share his remarkable story and beautiful photos with us.

Introducing...

Meet the dedicated team
at The Richardson



Dechen Pelden

I come from a large family with many elders who I have always been close to. When I arrived in Australia for the first time and heard of a career in aged care, I immediately decided to join the industry. Though my friends told me of its challenges, I never had a doubt, as I know the day to day realities of working with older people. Coming from a Buddhist culture, we believe in doing good deeds and spreading peace and happiness. Here at the Richardson I get great personal satisfaction from working with the elderly as I know I'm performing a job that genuinely makes a difference. It is always fun and entertaining to go to work and meet the residents who are full of smiles and appreciate us for being part of their smiles.

Being new to this beautiful country, there is a lot to explore and experience. During my free mornings, I get together with friends and explore the beautiful beaches, parks and shopping in the city. As I'm away from my loved ones I appreciate connecting with them online in the evening.



Your good health is our priority.

As we leave the cold of winter, appreciative of the benefits a warm season can offer, we thought it an opportune time to revisit a number of initiatives we have introduced to keep you in good health all year round.

Concentric Health at The Richardson

Oryx and Concentric are proud to be offering residents an award-winning allied health and rehabilitation service, based onsite at The Richardson.

The Richardson is extending its current gym format and introducing specialist equipment for residents receiving one-on-one and group therapy. In addition to providing general allied health services, Concentric also offer a unique Rehab Package shown to preserve and improve the participant's level of physical activity and mobility by addressing their specific needs.

It will also facilitate unlimited access to the gym during supervised hours and is a great way to encourage social interaction and engagement.

If you are keen to find out more please speak to our General Manager, Joseph Bender, or chat with the Concentric team who can be found on the Level 1, Wellness Centre from September 14th.



The Concentric team at The Richardson

Antimicrobial stewardship at The Richardson

At the Richardson we are committed to minimising the unnecessary use of antibiotics, unless clinically indicated through the presence of infection. We have an active antimicrobial stewardship program and appreciate your support in helping us prevent antibiotic resistance.

• How does resistance develop?

Uncontrolled use of antibiotics may contribute to the development of resistant strains. Sensitive bacteria are killed off while mutated bacteria survive, thus rendering the antibiotic ineffective.

• What is antimicrobial stewardship?

Antimicrobial stewardship is the practice of appropriate prescribing of antibiotics through programs designed to reduce antibiotic resistance, toxicity and unnecessary costs.

• How do antimicrobial stewardship programs work?

Good antimicrobial stewardship programs in hospital settings can be adapted for aged care homes. The Aged Care National

Antimicrobial Prescribing Survey (acNAPS) monitors infections and assesses antibiotic prescribing practices for residents in aged care. Findings help identify areas of improvement to help guide appropriate use of antibiotics.

How can you help?

1. Discuss Antimicrobial Stewardship with your GP and request they limit the prescription of antibiotics unless proven necessary.
2. Use an antibiotic with a narrow spectrum that the likely bacterial infection is sensitive to.
3. Ensure the appropriate dose, frequency and duration of antibiotic treatment is used. Consider food-drug interactions and avoid prolonged courses.
4. Reduce the use of topical antimicrobials.
5. Treat symptomatically where applicable (e.g. analgesics, decongestants, topical treatments or corticosteroids).

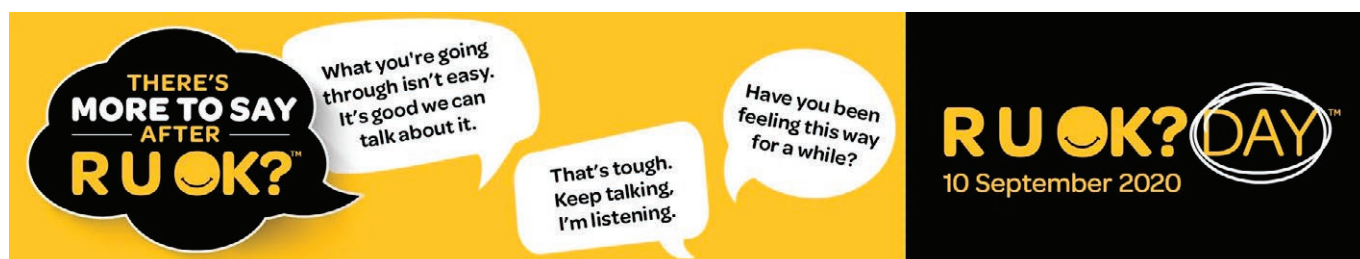
We have additional FAQs available at Concierge or speak to your RN to find out more.

The Richardson feedback

During spring we will be conducting a Feedback Survey to understand in which areas we are performing well and where we can improve. Please take the time to complete the survey as it is integral to our continuous feedback process, ensuring your home is an environment where you can thrive.

Speaking of feedback, based on resident commentary Chef has worked closely with a dietician to reinvent a number of recipes on the menu. We are very much looking forward to serving you fresh and exciting meals this spring.

Don't forget it's R U OK day on 10th September!





Peter Mallabone



Peter was born in Mount Lawley on 19th June 1945. His father, Fred Mallabone, served in the Navy during WWII, but returned to the family business, Mallabone Leather and Luggage after the war ended when Peter was just a baby. Peter remembers his father and mother fondly. His mother, Betty Mallabone, was one of 10 children, 8 of them girls. Peter was very close to his mother and was one of her family carers until she passed away. Peter had one older brother, Fred, to whom he is still close. The family owned a boat called the Pinafore and the boys spent a lot of time together out on the river and enjoyed many trips to Rottnest Island.

Peter's career in education was a very successful one. He quickly advanced to Principal of Wyndham District High & Exmouth District High. He then went on to become Headmaster at Denmark District School and South Ballajura Primary School. School served Peter well, as it was also through the education department in 1997 that Peter met the love of his life, Joan.

Peter had a son, Matthew and daughter, Anna and Joan had two sons, Tim and Dean. Peter and Joan are extremely proud of their four children and the eight beautiful grandchildren they have between them.

Peter and Joan travelled extensively throughout the world, including many visits to family in Norway. They also enjoyed camping particularly in the Australian deserts as well as cruising around the Mediterranean and Alaska. Music also played a significant role in their life. Peter played piano up until he moved into The Richardson and he and Joan held annual memberships to the WA Symphony Orchestra and Perth Opera.

These days you can find Peter visiting with family and friends, enjoying an exercise or group activity or in The Richardson garden. It's important to Peter to maintain his state of wellbeing and mobility so that he may continue to enjoy the healthy discussion, learning and socialising that defined his life.



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