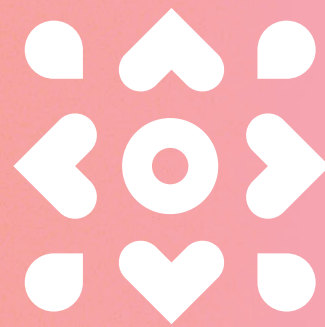


THE RICHARDSON REVIEW



AUTUMN ISSUE



- **AUTUMN HEALTH - DAY 1 AT THE COVID-19 VACCINATION CLINIC**
- **MEET OUR NEW CLINICAL NURSE MANAGER, NABILA NUSRAT**
- **READ OUR LATEST LIFESTYLE NEWS**

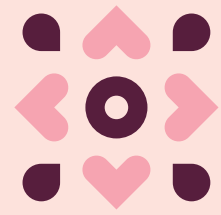


THE RICHARDSON

BY ORYX



FROM VANDA'S DESK



To Our Richardson Community,

We have had an interesting start to Autumn with the rollout of the COVID-19 Vaccine. Although the vaccine is not mandatory, it is in the best interests of all as we move into this new COVID-normal world. I for one will be lining up for my COVID-19 vaccination when my turn comes. It will give me great comfort to know that I will be doing everything I can to keep our residents, staff and the wider community safe not to mention my own family.

Whilst reflecting on my first six months at The Richardson, people often ask me what motivated me to work as a General Manager in aged care at a time like this. With a Royal Commission into Aged Care Quality and Safety under way, years of chronic underfunding of the sector and major reform on the horizon, plus throw a global pandemic into the mix for good measure and it certainly looks to be a challenging job. Despite all of this, I am passionate about aged care and firmly believe that older people deserve to be supported to live their best possible life. As such, my beliefs align perfectly to Oryx's care philosophy. I aspire to help lead Oryx into its next chapter, where we continue to deliver on the expectations of not only current but future generations. I want to be part of that change.

It has been a pleasure to meet with residents and families, volunteers and staff. What a privilege it is to have a chat, share a laugh and spend time with our community. After all, it is the people who make this home special.

I am looking forward to getting to know family members even more with our first "Making Friends at The Richardson" evening kicking off in April.

Walking around the home, visiting residents and family or friends, it did not take me long to realise the strength of our home community. The support from the Oryx community as we navigate through exceptional times is phenomenal and enables my team to focus on what we do best – support our residents.

I appreciate and continue to welcome all of your comments, compliments, and suggestions for improvement – we cannot make a change or implement improvements if we are unaware of a concern or need, so please keep them coming.

The timing of my commencement may not have been ideal, but I look forward to seeing the confusion on the faces of my grandchildren in years to come when I tell them that when I was appointed as GM, not one person shook my hand.

I feel fortunate to work for a remarkable organisation that provides outstanding care to our residents and support for older people.

Take care until next time,

Vanda Liga
General Manager, The Richardson

LIFESTYLE NEWS



Chinese New Year

In February we celebrated Chinese New Year, the year of the Ox, by having the return of the Baby Lion from the Chung Wah Association. It was a lively event; the Baby Lion danced sprightly around our residents to the loud sound of drums. Some of our residents fed the Lion envelopes containing money and for this the Lion repaid them with lettuce leaves and plump sweet mandarins, which are symbols of fresh starts; good luck (lettuce) and gold (mandarins) for happiness and prosperity, giving them wealth and a fruitful life.

Ladies High Tea

The Ladies High Tea saw our female residents enjoy a little wine, champagne or soft drink while savouring some of Chef Gerry's tasty, savoury treats and delicious, sweet offerings of tarts and other small delicate patisseries. Our musically talented resident, Maureen Steffanoni, played a few musical numbers on her keyboard and lead us in a couple of songs. It was a fun afternoon enjoyed by all.

LADIES HIGH TEA



ARMCHAIR TRAVEL



Armchair Travel

Our residents travelled all the way to Mexico, in business class of course, sitting in comfy armchairs via Richardson Air. Residents enjoyed the famous sights and got to try some culinary delights Mexico is famous for. Residents sampled mini tacos while sipping a little Sangria. Thanks again to Chef, Gerry for assembling the delicious tacos; some of our residents even came back for seconds.

LIFESTYLE NEWS

HIGH BENCH CAFÉ MORNING TEA



BLOKES BBQ LUNCH

Blokes BBQ Lunch

The men who attended enjoyed our Blokes BBQ Lunch, which is a permanent event on the monthly calendar. There was plenty to eat and drink while the gentlemen were able to catch up with each other for a leisurely chat over beers and lunch, which was cooked on the BBQ by Chef Gerry.

Art Workshop

The Art Workshop, facilitated by artist Melissa Bassett and our very own Alyssa, was a resounding success. Our residents produced some lovely, colourful paintings of tulips, each one unique. If you would like to see them they displayed in the Lifestyle area.

High Bench Café Morning Tea

On the 10th of March, a group of our residents took a leisurely stroll down to High Bench Café, located on Outram Street. It is a cosy cafe that was perfect to stop for some morning tea. The coffee and muffins were delicious and enjoyed by all who attended.

Ballroom Dancing

Ballroom dancing is proving to be a very popular activity on the lifestyle calendar with Megan and Kellyanne from The Rewind Ballroom Dancers, coming back to run another seated ballroom dance class. Many of our residents love learning the moves and we are all looking forward to having the dancers back to perform for us soon.



ART WORKSHOP



BALLROOM DANCING

ST PATRICK'S DAY



St Patrick's Day

St Patrick's Day was celebrated with great enthusiasm on Wednesday 17th of March. Residents enjoyed a good old-fashioned lunch in The Richardson's very own restaurant. As our Executive Chef Gerry is Irish himself, residents had two Irish main meals to choose from; Irish Stew or Guinness Pie with vegetables, both were equally popular. Soda Bread and Irish Flag Trifle for sweets were on offer, both typical Irish treats. And of course plenty of Guinness flowed during lunch as well. Our entertainer for the afternoon was Neil Simpson who sang some Irish songs, which had us all singing along. The tables were decorated with Irish memorabilia, which some of our residents chose to wear and two of our residents, Denis Pickett and Dolores Donovan took to the stage to give us an impromptu performance of 'Galway Bay' and 'I'll Take You Home Kathleen'. It was a joyful afternoon enjoyed by all.



CONGRATULATIONS TO OUR RECENT GEM AWARD RECIPIENTS

February 2021 GEM Award

Jocelyn Gacuto

For an outstanding commitment to improving the laundry processes, improving turnaround times and increasing resident satisfaction in caring for their personal clothes.

March 2021 GEM Award

Courtney Best-Read

For sound leadership in ensuring the COVID vaccination clinic ran smoothly and efficiently.

and;

Aurelia Alvarez

For going over and above in her service to the home and providing consistent clinical support and leadership to the care team.

MEET THE TEAM NABILLA NUSRAT

CLINICAL NURSE MANAGER

We recently welcomed a new Clinical Nurse Manager to The Richardson, Nabila Nusrat.

Nab (as she prefers to be called) was born in Bangladesh, where her parents still live and immigrated to Australia after completing her year 12 studies. Nab worked in aged care whilst studying a Bachelor of Nursing at Murdoch University to qualify as a Registered Nurse. Growing up close to a large family and spending lots of time with her grandparents Nab says "I am very attached and connected with the elderly. I love my work". Finding her passion in aged care, Nab knew there was no other field she wanted to work in and has worked across a variety of different aged care homes since graduating in 2015. Nab is very much resident-focused and has already formed some wonderful connections with residents and family members.

Outside of work, Nab enjoys relaxing, visiting different places and says "I love shopping!". But most importantly Nab loves spending time with her husband and 3.5 year old boy, who has just started kindy.

Nab says "I really am an open book, no mystery here" and encourages residents and families to contact her if they need to.



CHEF GERRY'S IRISH COLCANNON RECIPE

The Richardson's Executive Chef Gerry shares his very own Mothers recipe for our World Famous Colcannon (Irish mashed potatoes).

Ingredients

- 1kg of potatoes (preferably Royal Blue)
- 1 quarter of a white cabbage, finely shredded
- 1 cup of milk
- 50g of real butter
- 4 shallots chopped
- 2 middle bacon rashers of bacon

Method

1. Cook and mash the potatoes
2. Boil the milk and shallots
3. Pan fry the cabbage, bacon and butter all together
4. Stir through the mashed potato and season.
5. Serve piping hot... yummy

AUTUMN HEALTH

COVID-19 VACCINATION CLINIC



It was with great anticipation that The Richardson residents were scheduled for receipt of the Pfizer COVID-19 vaccination as part of the 1a rollout on March 18th.

This marked a significant step in managing the pandemic in Australia and we were fortunate to be close to the top of the list for Residential Facilities to receive it in Western Australia.

As we are all aware, the COVID-19 pandemic impacted the lives of many residents across Australia. Family and friends were, in many cases, unable to visit their loved ones living in care with the risk to the health of the elderly deemed far too high; we had to settle for phone calls, FaceTime and visits through windows. We saw our very own “window of love”, enabling families to keep face-to-face contact with their loved ones, replicated and rolled out across the Country.

Fast-forward 12 months and thanks to highly skilled researchers and dedicated pharmaceutical companies, the promise of a return to normal life is on the horizon through the national vaccination program. Ongoing clinical trials have shown that people who received the Pfizer Vaccine to be 95% against developing symptomatic COVID-19*. More importantly for our Residents, it is just as effective for people over 65. The logistics, planning and clinical governance required to vaccinate 1000's of people across the state is not an easy task, particularly given the complexity of vaccine storage and skill required to administer properly. The Pfizer vaccine must be stored at -70°C and then transported to each facility in a gentle thaw of between 2-8°C. Skilled staff are then required to administer the vaccine, and registered nurses need special training to do so correctly. Enter Aspen Medical, the nursing team contracted by the Federal Government to visit each residential aged care home, assume care and ensure the correct management of all Residents on vaccination day.

Prior to the vaccine rollout the Oryx team, led by The Richardson's very own registered nurse Courtney, spent a good few weeks sharing information on the program with our residents and families, checking everyone's clinical history and suitability, discussing with all the GP's and finally meeting with you all to discuss and gain consent.

On vaccination day we started early, with six of our wonderful nurses together with 2 Regional Managers from Aspen. Anticipating the safe arrival of the vaccine, much unpacking of supplies was the first task, ensuring we had everything we needed to run the temporary clinic on level 4 at The Richardson smoothly. Once the vaccine shipment had arrived, we checked everything over with the Aspen team to ensure it had remained in temperature range (it had!) and that we had the 11 vials needed for the 67 doses. With thanks to the fabulous Aspen team we managed to vaccinate 88% of residents at the Richardson within 3 hours. With a few leftover doses (and consent), we were permitted to have a few of the leadership and clinical staff receive their vaccination too. All who were vaccinated were treated to beautiful cupcakes at the end of the observation time to celebrate – thanks to Gerry and the team for making the delicious treats.

Overall, it was a successful day – with the added bonus of meeting up with each other in the observation area and enjoying a chat. The second vaccination day is scheduled for April 8th, where all vaccinated residents and staff will receive their second and final dose. This marks an exciting step forward for the Residents at the Richardson and the wider community as we progress toward widespread vaccination in Australia and return to normal life.

*Pfizer and Biontech conclude phase 3 study of Covid-19 vaccine candidate, meeting all primary efficacy endpoints. Wednesday November 18th 2020 https://www.pfizer.com/news/press-release/press-release-detail/pfizer-and-biontech-conclude-phase-3-study-covid-19-vaccine?fbclid=IwAR1IR79j_Lh3hNsm_fsEAt94xB8AUcglE0o8fT0-fHWPdXTpflH26LDTU0o

RESIDENT STORY

MARIA D'ORSOGNA



In this issue we get to know Maria D'Orsogna, who maintains a full and active life in the community whilst living at The Richardson.

Maria was born and bred in Fremantle, Western Australia. Maria was the only daughter of Rosina and Joseph Carrello. Joseph was a successful market gardener while her mother, Rosina, ran a boarding house for migrant workers. Maria has two brothers, Phil, and Nino who she remains very close to.

Maria spent most of her days working alongside her mother, helping to run the boarding house, doing the book-keeping and banking for both her parent's businesses.

Maria comes from a proud Italian background; she speaks Italian as well as English and has a strong Catholic faith which is an essential part of her identity. Maria has many happy childhood memories and some of these include her years spent at St Jerome's Catholic School in Spearwood. Maria continued to high school at St Joseph's College in Fremantle where she loved helping the nuns by playing the piano at school dances. Maria played the organ as well at St Jerome's church in Spearwood on Sundays for six years.

Maria met her husband, Tommaso (Tom) D'Orsogna at Church. Tom was a butcher at the time and had migrated to Wiluna with his family from Italy. Maria and Tom met when they were quite young and later married on the same day as her parent's 25th wedding anniversary; the 11th of June 1949.

Maria is immensely proud of Tom, who in 1988 was awarded an Order of Australia at Government House by Governor Gordon Reid for the philanthropic work he did in the community.

Maria and Tom started up the family business, D'Orsogna. Tom's brothers joined the business later. Maria was the bookkeeper for the business and managed all the invoicing and accounts.

Some of the happiest memories Maria has of her marriage to Tom include the setting up a successful family business and having children together. Maria has happy memories of enjoying cruises in later years as they were able to reunite with family members who lived overseas. Sadly, Tom passed away on the 8th of January 2014.

Some of the happiest memories Maria has of her marriage to Tom include setting up a successful family business and having children together.

Maria and Tom had four children: Tina, Luigi, Loretta, and Eugene. Maria is blessed with six grandchildren: Amelia, Gabriella who is an artist, Tommaso, Matteo, Francesca, and Stephano who now lives in New York.

Maria is still involved in the family business and attending business meetings is important to her. Whilst Maria likes living at The Richardson she still maintains a full and active life in the community by nurturing her friendships and her extensive family life.

Maria feels she has had a wonderful life so far: a good marriage, a happy family, and an extraordinarily successful business. What more could one want in a lifetime?



BUILDING UPDATE

THE QUEENSLEA CLAREMONT

We're excited to share some news about the newest residence to join the Oryx portfolio, The Queenslea in Claremont.

Oryx believes that all people can thrive given the right support and care. We believe a transition to aged care should be celebrated as we encourage residents to pursue life and improve their wellbeing with our support.

The Queenslea provides a unique combination of accommodation and services in the heart of Claremont: fully accessible 2 bed 2 bath Serviced Apartments for seniors, a Residential Aged Care home and state of the art health and wellness services combine with an Early Learning Centre to create a vital and connected place to live.

Our superb wellness and rehabilitation facilities at The Richardson and The Queenslea are some of the many features that set us apart from more traditional aged care homes. Our packages have shown to preserve and improve our residents' levels of physical activity and mobility by addressing their specific impairments, in addition to encouraging social interaction and engagement. Each resident

on a wellness package receives a comprehensive assessment and then selects one of three packages: Falls and Balance (targeting balance, social interaction and cognitive function), Strength and Mobility (focusing on pain reduction and increased strength and range), and Functionality, which targets maximising function, Increasing strength and capacity building, particularly for those with Parkinson's Disease, MS or working on post-stroke recovery. We are incredibly proud of the tangible results our residents have achieved under these programmes.

We believe in fostering meaningful engagement and bonds between the young and old. At The Queenslea, our lucky residents will have the option of participating in daily passive and programmed supervised intergenerational activities at their choice, in conjunction with our on site Early Learning Centre. Our specialist intergenerational partner will be announced soon.

To book a consultation please contact us on (08) 6280 1900.



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BY ORYX