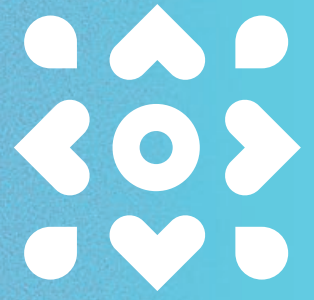


# THE ORYX CHRONICLE



WINTER 2021 ISSUE

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# WELCOME

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Dear Family and Friends

We would like to extend a warm welcome to our new residents, their families and friends.

Oryx has now opened the doors at The Queenslea in Claremont and we are excited to embrace new residents joining the Oryx family, along with those already residing in The Richardson in West Perth.

The way we view aged care in this country has changed and Oryx is at the forefront of providing the next generation of care to our elderly citizens. Our residents at both The Richardson and The Queenslea are able to enjoy unique homely environments in enriching and supportive communities where couples can stay together and where family and friends are welcome.

All Oryx homes adopt the “Small Household” architectural design model where a small number of large bedroom suites are centred around socialised kitchen, dining, and indoor and outdoor living areas. Our residents also benefit from our physical reablement programme that is achieving outstanding rehabilitation results for our residents.

Oryx homes are truly innovative. Residents love our indoor heated pool at The Richardson. The Queenslea hosts an Early Learning Centre, where a unique intergenerational programme will be conducted between our elderly residents and children, ranging from passive activities such as listening to the delight of children laughing and playing, to structured engagement in supervised settings.

We are delighted with how our thoughtful designs have come to life to enable Oryx to offer vitality to our residents at The Richardson and The Queenslea. However, ultimately for Oryx, it is all about the care and support we provide to you, and so it is our growing and dedicated clinical and care team that we are most proud of.

We look forward to getting to know you better as you flourish in your new home.

**From The Oryx Team**





## FROM CHRISTINA'S DESK

I would like to welcome our residents, families, friends and staff to The Queenslea!

Firstly, a bit about me... In 2001, and originally hailing from Zimbabwe, I was fortunate to meet Nita Peploe, Oryx Owner and Director, and her family whom, at the time, were running an aged care home in Mandurah. I was offered a position as a Registered Nurse and the Peploe's agreed to sponsor me. With sponsorship, my family, Husband Christopher and our 3 children Nicholas, Natasha and Donald, moved from Zimbabwe to Mandurah in 2003.

I remained at the aged care residence in Mandurah for 17 years, where I carried out a number of different roles; Night duty, Clinical Nurse Manager, Director of Nursing and Service Manager. I had a brief 18-month break from 2006 - 2008 where I worked as a Travel Agent and clinical lecturer at TAFE for Enrolled Nurses. However, my passion for aged care steered me right back.

After 17 years working in aged care, I decided I wanted to get back to my nursing roots and work, where I could spend time being more hands-on with the person I am caring for. As I had found over the past 4-5 years, with all the new regulations, I had become desk bound.

I applied to become a Covid-19 vaccinator, as I believe this programme is vitally important in keeping our community safe from this awful virus. I thoroughly enjoyed this role and had a wonderful time seeing all the different aged care homes, having 1:1 time with residents and team members. It was during my tenure in this role that Nita reached out to me and asked if I wanted to consider the role of General Manager of this innovative intergenerational aged care residence.

Nita and I had a meeting, I was blown away with this wonderful multigenerational concept, and as I love a challenge, I was ready to sink my teeth into this fantastic new project. It felt like I was coming home.

I started with Oryx on the 3rd of May and have been busy interviewing staff, ordering equipment and arranging everything needed for a commissioning home.

The support from the Directors, Nita, Toby and James, quality managers Deb, Alison, Aimee, Colin, Michael, Alison Rogers, Vanda and her team at The Richardson has been amazing and very much appreciated.

We opened our doors at The Queenslea on the 21st of June with our first 2 residents moving into Geordie, one of 7 small household hubs to house a community of 12 residents. Each of our 7 hubs are aptly named after WA beaches. With an overwhelming response to The Queenslea we will see our community grow with a fast but manageable ramp-up.

I would like to thank all my staff in particular Eddie (Clinical Nurse Manager), Kevin (Maintenance Officer), Melissa (Admin), our Chef Manager Savvas, cleaner/ laundry Tashi, Deborah and Gemma, Minnie in Lifestyle who have worked tirelessly to get the The Queenslea ready for our first residents.

The Home is beautiful and a testament to the Directors vision.

We welcome you all and hope you are very happy in your new home.

My door is always open so please stop in for a chat.

**Christina Venables**  
**General Manager,**  
**The Queenslea**





Even though we have only just opened our doors at The Queenslea, our resident community is growing fast. Our wonderful lifestyle team are doing a fabulous job at getting to know our residents and discovering all that each resident enjoys.

We will be developing the lifestyle calendar around our residents, with activities they wish to partake in, in order to create a life full of activity, engagement and socialisation.

Residents here at The Queenslea are enjoying getting to know one another over tea and scrabble games. We have already celebrated one residents birthday with a delicious cake made by Chef Savvas and his team. With two communities already open and filling up fast, The Queenslea is proving to be a space buzzing with conversation, laughter and fun.



## NGALA AT THE QUEENSLEA

**We know that many older Australians sometimes feel lonely and bored. Oryx seeks to address these challenges by creating not just extraordinary places to live, but homes that generate and emanate vitality.**

In a West Australian first, Oryx is proud to announce that it has selected Ngala as its on-site child care provider at The Queenslea. For 50 years, Ngala's Early Learning and Development Service has led the way in childcare delivery with a child initiated approach, where play-based learning is the focus. The inclusion of a child care centre into The Queenslea provides a unique opportunity for connection between young and old. The intergenerational activities at The Queenslea will form a keystone of meaningful activities and responsibilities to assist residents as well as the children to remain engaged and rewarded, promoting enhanced learning opportunities for the multi generations involved.

This initiative is another example of Oryx's determined focus to deliver a new type of care that is relevant for today's ageing population.

Once the intergenerational platform has been established at The Queenslea, there will be opportunities for residents of both The Richardson and The Queenslea to participate in various programmes. Oryx's residents will increase their self-esteem and emotional wellbeing by sharing their stories and experiences with, and caring for, younger generations.

Over time, Oryx intends to partner with Ngala and a tertiary institution to identify the tangible benefits that these programmes can deliver to the young and old, as have been demonstrated in numerous locations globally, and more recently in Australia in ABC TV's programme Old People's Home For 4 Year Olds.

In the meantime, we know that the simple concept of visiting or living in close proximity to the sounds of children laughing and playing will bring vitality and delight to our residents on a regular basis.



## FROM VANDA'S DESK

I would like to extend a warm welcome to all of our new residents and their families. We understand that a move into residential aged care is a huge decision and an emotional time for you all. We can never underestimate the impact moving has on not only residents, but their family and friends as well. At The Richardson, we have an open door policy, which is available to you if you need extra help or support. My team and I are here to support you along the way and I am confident that you will settle in well and begin to see The Richardson as your new home.

The COVID-19 pandemic continues to be an extremely difficult time for all of us. It is crucial that we maintain vigilance to prevent the introduction of COVID-19 into our homes. Our top priority is to maintain a safe environment for the wellbeing of our residents and staff and thus adhere to Government advice and regulation regarding visiting protocols. I thank everyone for your understanding during these unprecedented times.

Our wonderful team at The Richardson have been keeping residents busy and active during this time with plenty of new activities introduced to keep our residents stimulated and engaged.

Being social is a regular part of life for many of our residents here at The Richardson. Whether they gather for impromptu coffee groups in the Café around the coffee machine or Devonshire or High Teas provided by our very versatile Chef, Gerry or just enjoying each others company while partaking in a little Wine and Cheese at Ricardo's Wine Bar. The Richardson buzzes with conversation, laughter and fun. Staff have ensured that residents can keep in touch with loved ones throughout the lockdown and restricted visitor time through facetime calls and our "Window of Love".

As we are now in the throes of winter, I encourage everyone to look after their health. Drink plenty of fluids, eat well, look after your mental health and please maintain good hand hygiene. If you are feeling any cold or flu-like symptoms, please think of our residents and refrain from visiting our home. On top of this, it is Government mandated that any visitor into an aged care residence must show evidence of a current Influenza vaccination. Please bring proof along when you come and we will keep a copy on file for you.

As always, please do not hesitate to be in contact with me if you have any queries or concerns.

**Vanda Liga**  
**General Manager,**  
**The Richardson**







WINE  
TASTING



LADIES  
BBQ

A word of warning, beyond the elegant lobby of The Richardson you are likely to meet many of our residents whose spirits remains forever young. They continue to embrace life with an open heart, exercising regularly, daily walks, learning about all kinds of subjects and places, socializing, laughing and attending activities and events that bring culture and art to them. The amazing residents of The Richardson, continue to teach us how to live life every day.

During the past three months, we have Armchair Travelled 1st Class on Air Richardson to Singapore, Iceland & Norway and with each country, there were tasty morsels of food to sample. What a fun way to travel and still be back in time for dinner.

## Wine Tasting afternoon

On April 12th we had a guest speaker, Ashleigh. Oryx purchases their wines through her family's business. Ashleigh had a great deal of knowledge about wines. We learnt so much about the blending of wines, what areas the grapes came from and much more and of course what is a talk about wines without sampling the produce. This was a very pleasant way to spend an afternoon.



BLOKE'S  
BBQ

## BBQ

For some time now our men have been enjoying their "Bloke's barbeques" and April, May and June were no exceptions. Our men seem to enjoy these moments of male bonding where there is good company, sunshine (most of the time), some snags, and enough wine, beer or a cool drink to keep the conversation rolling; a perfectly good way to spend an afternoon.

Some of our ladies requested their own BBQ, as they didn't think the men should have all the fun. So April saw the first month of our ladies barbeque and this too was a great success.

## Wayne Pride

We had Country singer, Wayne Pride who had some of our residents and staff singing and dancing along to his songs. We also had The Joys of Women Italian Choir, they provided us with a lovely afternoon of lively Italian Folk Songs and even though many of us could not understand Italian, the music took our spirits to a happy place and spoke a language that our hearts understood.

WAYNE  
PRIDE







COLOMBIAN  
DANCERS

## Colombian Dancers

We are fortunate to have staff at The Richardson who enjoy sharing their culture through dance and music. In April we had one of our carers and her family entertain us with some Colombian Dancing. Beautiful women in twirling white skirts enhanced by the rhythmic music of their culture.

## Indian Dancers

In June we again experienced dance from another culture, this time Indian dancing. Some of our residents were invited to join the dancers in their energetic movements on the floor and this brought smiles to the faces of the participants.

## Anzac Day

Our Anzac Day was a time of reflection and remembering all those who served in conflicts or gave their lives in the hope that we who came after them would have a better world to live in. Our residents were the heroes of this event; they were the stars, all of them playing their parts to perfection. Our bugler, Clive Hodson, the son-in-law of one of our residents did a wonderful job with the Last Post and Revelry. A service filled with reverence as we honoured those who gave so much. The service was followed by morning tea, which included the compulsory Anzac biscuits that came from our own kitchen.



ANZAC  
DAY



MOTHERS  
DAY

## Mothers Day

Even though we were in lockdown for Mother's Day it did not stop us from enjoying a lovely afternoon tea in the garden. Each of our ladies received a beautifully hand-crafted tulip that held in its centre a little chocolate. This was the work of our talented Lifestyle Assistant, Natalia.

## Art Workshops

Our Art Workshops with Artist, Mel continue to be well attended by our residents who enjoy being a little creative.



## Opera Singer

We were honoured to have Fiona Mariah, an amazing opera singer, spoil us with a performance at The Richardson. Fiona filled the lobby of The Richardson almost to the rafters and lifted the expectations of entertainment to new heights. We hung on her every note and were mesmerised by the clarity and power of her voice. Fiona enchanted us all with her charm and humour. We look forward with great eagerness to her next performance in August.



OPERA  
SINGER



## CONGRATULATIONS TO OUR RECENT GEM AWARD RECIPIENTS

### *Alyssa Wingfield, Lifestyle*

Alyssa is a very hard working team member who is always so very respectful. Alyssa shows integrity and commitment in all her dealings with our residents.

### *Dechlen Pelden, Carer*

Dechen always gives 100% of herself to the residents and is a wonderful member of the team.



## MEET THE TEAM DEBORAH WORTH

### GENERAL MANAGER OF QUALITY & OPERATIONS



**Deborah (Deb) Worth spent most of her life growing up in Mount Lawley. She has four very adult children and seven grandchildren who light up her life every day.**

Deb commenced with Oryx in late April as the General Manager of Quality and Operations. She is a registered nurse who graduated from St John of God Subiaco in 1977, so this will give you an indication of how long she has been in the 'world of nursing'.

Twenty one years ago she made it her philosophy and mission to 'change the land of aged care'. She also has a passion for mentoring younger nurses working in aged care, passing down her knowledge and hoping they catch the flame!

Deb's life was shaped by an event that happened when she was fifteen. Growing up with no grandparents, she was so excited when she was offered a job in a local nursing home over the school holidays - she turned up expecting to be giving out cups of tea and making beds. The nurse in charge took her along to the person she had to work with for the day, "follow me" she said! Imagine Deb's surprise when she took her to a very large shared bathroom and told her to shower one of the ladies. She remembers being in total shock at the time, BUT she did go back the next day - and many years later ended up being the Operations Manager for that very facility.

Her favourite pastimes are cooking different cuisines, reading books, swimming at the beach at sunset, hanging out with her daughters and grandchildren and catching up with old friends. She also loves visiting Greece where her older sister lives on an island, where they relax and watch the sea together while they enjoy each other's company in the stillness of time.

## WINTER WARMER RECIPE

*Roasted baby beetroot soup sprinkled with crumbed feta*  
*By Executive Chef Gerry Grogan*

### Ingredients

2kg baby beets (canned can be used, but fresh is best)  
2kg carrots, roughly chopped  
4 whole brown onions, roughly chopped (skin on)  
1 bunch celery, roughly chopped  
6 - 7 garlic cloves, peeled  
3kg ripe tomatoes  
4 litres chicken stock  
1 litre cream

### Method

Peel and boil the baby beets in a mix of water, 2 tablespoons of sugar, and good splash of white vinegar. Cook until soft, then roast for 15 - 20 mins. Roast the carrots, onions, celery and garlic together with a little oil for about 30 mins at 175c. Place the tomatoes in boiling water for 5 mins then peel and roast them in a separate dish. Place all in a large pot with the chicken stock, bring to the boil and let it simmer for 15 mins. Blend all together add 1 litre of cream. Check for seasoning and serve with a swirl of cream and a little crumbed feta.





# CLINICAL INITIATIVES

**Experiencing a fall can lead to detrimental outcomes for older people, and so we believe falls prevention is crucial in providing holistic support for our residents.**

Oryx's partner, Concentric Rehabilitation services, runs our on-site wellness centres to provide residents access to physiotherapy and occupational therapies for re-enablement pursuits. One-on-one and small group therapy delivers an opportunity for our residents to not only maintain but gain mobility, strength and confidence in their day-to-day life. Water therapy in our heated pool at The Richardson is particularly popular in assisting recovery from pain, physical disorders and conditions.

In conjunction with the re-enablement programme to prevent resident falls, Oryx staff receive training on the 'Falling Star' program. The aim of the program is to assist staff to easily identify residents who are at a higher risk of sustaining a fall and to encourage a culture of safety and injury prevention for our residents. Utilising the programme, we aim to promote personal freedom and safety for residents with reduced mobility. All Oryx team members will be knowledgeable and respond appropriately to residents who have been identified as a falls risk. This innovative prevention program has been employed successfully by hospitals and Aged Care residences to effectively reduce resident falls.



Please meet Chris. Prior to moving in to The Richardson Chris suffered a fall at home, requiring surgery on a hip fracture. After a lengthy stay in hospital, Chris moved in to The Richardson and was keen to get working on rehabilitation. Chris and her supportive Husband David have been attending physiotherapy for three weeks now and Chris has shown great improvement.

When Chris first started with the Concentric team, she had difficulty walking and two people were required to assist Chris to stand. Focused on improving her strength, Chris has attended physiotherapy and occupational therapy sessions in the wellness centre almost every day since she moved to The Richardson only a few weeks ago.

Along with physiotherapist Daniel and husband David's encouragement, Chris set a goal to get back to walking, successfully achieving this goal in the short time of being at The Richardson. Since attending therapy, Chris has gained leg strength and can now stand with the assistance of just one therapist.

Chris has improved her strength & mobility tremendously, is determined to progress even further and reach new goals. Chris is an inspiration to us all and shows that with determination and hard work we can indeed reach our targets. Chris's next aim is to be able to stand on her own and to walk with the assistance of just one person.

Chris and David will continue to work with our Concentric rehabilitation team to continue to reach Chris' potential.



# THE RICHARDSON RESIDENT STORY COLIN MARTYN

**In this issue we get to know Colin Martyn, who was born and bred in Carnamah, country WA and moved to Perth when he was twenty-one years old.**



Colin has fond memories of school when he was growing up and recalls when he was a little older going out to dances on Saturday nights; driving two and a half hours to Geraldton to see a movie or meet some of the local girls. Colin spent a lot of his time with his cousin and they played games such as 'A Penny a Card'. Colin recounts that sometimes, if you were lucky, you would win a pound.

Colin was very close to both his parents, his mother Cora and his father Cyril. He was particularly close to his father who he admired. Cyril was a farmer from South Australia and was a self-made man; he leased farms until he could afford to buy his own farm.

Colin had two brothers but he was not close to either of them. His eldest brother, Barry is deceased and he is not in contact with his other brother, Cliff.

Colin started working on the farm with his father at the age of thirteen. His jobs included cropping, driving tractors and sheep herding. When Colin moved to Perth he worked for a television company, installing aerials in hotels and motels. Colin later joined Wesfarmers and was sent to a town called Tammin where he excelled in business. Colin was given the territory of Kellerberrin where he managed sales, orders, insurance and auctions. Colin worked in that role for fifteen years before deciding to give managing a farm a whirl and did that for a while before joining another stock company called Western Livestock in Midland. Colin recalls this as a very busy time and was working 80 plus hours each week, driving all over the state from Esperance to Port Hedland.

Colin met his wife, Marian in Geraldton, on the beach. Marian had walked into the ocean, stepped on a stonefish and injured herself. Colin heroically ran to her rescue, lifted her up into his arms and carried her to the doctors. Eighteen months later, Colin and Marian married and honeymooned in Albany. Colin and Marian had three children; two sons, Steven, Christopher, and a daughter, Jayne. Even though Colin was busy working hard, he always managed to have

holidays in Lancelin and Dunsborough with his family and friends. Colin also enjoyed coaching his son's junior football club, something he did for ten years.

Colin and Marian enjoyed travelling overseas to Singapore, Malaysia and Phuket. Colin recalls a sixty-day tour of Europe with his wife and some friends. The plan was to travel to England, Rome, Austria and Germany; they were excited as they embarked upon their dream journey. Unfortunately, on the sixth day, on a train to Austria, Marian had a heart attack. It was a time Colin will never forget. Fortunately, Marian recovered, however they did not continue with the trip, returning home instead.

Marian moved into The Richardson in March 2019 and Colin followed her, moving in a month later. Sadly, Marian passed away in August the same year. This was a very sad time for Colin, they had been married sixty years and Colin continues to miss her dearly.

The achievements Colin feels most proud of are having worked very hard from the age of thirteen. He recalls getting a special license to drive a truck; he hauled huge 180-pound bags of wheat, swinging them around and putting them on a G Well Loader. Colin was very proud of his wonderful life with Marian and raising three great kids together. Colin is also very proud of having been promoted from Tammin to Kellerberrin, working both territories and creating so much business that they had to employ an extra guy to help run the operation.

A man of many talents, Colin had also been a volunteer driver for the "Midland Shirt", a help group. He would pick up disabled and elderly people from their homes and drive them to the local shops so that they could do their weekly shopping.

Those of us who know Colin find him to be a caring man who loves visits from his family. He enjoys having a chat and a laugh with others and is always willing to be a friendly listening ear to those who are going through a rough patch. An unassuming man with a big heart.

INTRODUCING

# THE QUEENSLEA SERVICED APARTMENTS GENERAL MANAGER



Hello everyone,

My name is Alison Rogers and I am the General Manager of The Queenslea Serviced Apartments in Claremont. The Queenslea is a striking new, vibrant and multigenerational community that brings to life the Oryx vision for a new type of contemporary seniors living; a place where you'll never want for anything more. I am very excited to be a part of such a unique and outstanding state of the art building. This is exactly what people entering into their more senior years have been asking for.

Stage 1 is sold out already and Stage 2 only has a few remaining. It has been an exciting time showing people through the apartments and giving them the opportunity to choose an apartment to their preference.

## The Apartments

The apartments are simply amazing - one will not find anything like them in the current market. The space has been apportioned generously for each of the 39 apartments on offer.

The concept was not designed with the intention to fit as many apartments into one area as possible, but it was about prioritising the changing requirements as one ages rather, at the forefront for design. Wide doorways, wide passages, level ground out to balconies/verandas with flush thresholds and no steps to navigate. Such an intelligent design layout, with all the consideration about the person living there.

On top of all of this we ensure that the full spectrum of health and wellness services and facilities, combined with the specialist expertise required, are readily available and accessible at The Queenslea. It is all about creating an environment to assist you in your individual pursuit of optimal health and wellbeing, in the way that works for you.

Also provided are the services; The Lifestyle and Entertainment package, cleaning, laundry & meals are further services available (optional inclusions). If the day comes that you can no longer live independently, the transition to Residential Care within The Queenslea will be smooth and familiar. That day may never come, but you will have peace of mind that you will always be looked after. If you want to stay in your apartment, you can have carers from the residential care come to you.

If you are interested in an exclusive, private tour, please call me on 0428 056 458 or visit [thequeenslea.com.au](http://thequeenslea.com.au). I am here Monday to Friday 9am-4pm (or by appointment at your convenience). I am always happy to show you around and answer any questions you have.

**Alison Rogers**  
General Manager,  
The Queenslea  
Serviced Apartments



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