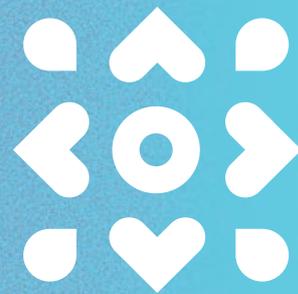


THE ORYX CHRONICLE



SUMMER 2021/2022 ISSUE



- MEET CONCIERGE KELLY EDMONDSON
- ENJOY OUR SEASONAL SUMMER RECIPE
- RESTORATIVE CARE SUCCESS AT THE QUEENSLEA
- READ OUR LATEST LIFESTYLE NEWS



WELCOME

Dear Family and Friends

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

With two residential aged care homes and serviced retirement apartments, it is an honour to see the Oryx philosophy come to life and continue to grow at these locations. We believe everyone deserves to live a life filled with vitality, and it is our mission to enhance the quality of life and vitality for our residents, their families and with all of those with whom we connect.

As we move into 2022 and embark upon a new year with the continued global pandemic we, at Oryx, are committed to providing a safe environment for our residents, staff and the wider community. This space is ever changing and we continue to maintain up to date processes in line with The Department of Health and provide clinical care to navigate the pandemic along with increased communication to keep you informed of the latest information.

To further Oryx's vision of vitality, we are pleased to announce the appointment of Angela Wright as Chief Operating Officer of Oryx. With over 22 years' multi-industry and healthcare experience, Angela is committed to building on a collaborative, improvement based culture with clinical and care excellence for residents. Angela is currently settling into her new role and is very keen to meet all residents and staff over the coming months.

Oryx is proud to combine its prestige locations with a comfortable small household design which provides a homely environment for residents and their families. This coupled with Oryx's contemporary care model encourages residents to flourish with the assistance of the Vitality + Wellness & Rehabilitation centres. In 2022 the exciting intergenerational care initiatives will facilitate great connection and community within The Queenslea and The Richardson.

In conjunction with our dedicated clinical care team, the combination of multidisciplinary care, technology, and state of the art facilities ensures a holistic approach to providing residents the best care possible. We look forward to supporting you and your families as you flourish in your new home.

From The Oryx Team



FROM JACQUI'S DESK

Summer is well and truly in our midst and I am so honoured to have been given the opportunity to work in such a tremendous environment at The Queenslea.

I am enjoying getting to know each resident and families. Being a local Mosman Park girl myself, it has been very special to me to not only meet new faces but see familiar families that I have known for a long time.

I wanted to tell you all a little about myself. I have two beautiful children, aged 13 and 14 and they are both very clever (I know I am biased!) and they are my best achievement.

I have a wonderful partner who has his own business and we are both very active within the community. I enjoy exercising and have recently taken up sailing, which is a newfound passion of mine. I have a passion for real estate and have renovated over 5 houses in the last 10 or so years, all whilst working fulltime; I have been a registered nurse for nearly 20 years.

I believe living in such a beautiful home at The Queenslea should be complemented with the best care, quality food, exceptional service and fun. I strongly believe every resident deserves the very best to enjoy their life.

The pandemic has posed some challenges however, we always follow the direction of the Government and legislation in regards to your safety, so even though these may be frustrating at times, they are primarily put in place to reduce the risk of transmission and ensure the safety of all of us living and working at the Queenslea.

I can assure you that, here at Oryx we have an Outbreak Management Team to monitor the pandemic, which involves ensuring residents and staff are protected.

We have also been working on securing a cohesive clinical team and welcome our new Clinical Manager, Sheena, who is very experienced and a fabulous leader. Joining The Queenslea team from within the Aged Care industry, Sheena has brilliant communication skills and the ability to create strong relationships with all of those around her.

2022 will be a very exciting year for us all and we look forward to creating some unforgettable events with the lifestyle team.

The Resident Christmas party was a very successful event and I applaud all of the staff who worked tirelessly to create such a festive, sophisticated and memorable party. Especially for those who have been separated from their families, it really shows the true meaning of Christmas when we all support and give our time to each other.

As General Manager at The Queenslea aged care, it is very important to me to have open and transparent communication with all staff, residents and families. I welcome feedback of any kind and I am open to suggestions and embrace constructive criticism. As you will hopefully already be aware, my door is always open and I try to resolve any concerns as promptly as I can.

We are a diverse, capable team and we are all here to make your experience at The Queenslea a memorable one.

Here's to a very prosperous, giving, exciting 2022!

Jacqui Becroft
General Manager
Residential Aged Care
The Queenslea





LUNCH IN
CAPRI



GARDENING
CLUB



ASHLEY
ARBUCKLE

And just like that 2021 is finished. Time has flown here at The Queenslea and with the weather heating up, the festive season in full swing and many more additions to the calendar, it's been an amazing Summer. From our weekly happy hour to walking group where the residents head to IGA for a grocery shop and a coffee, it's been a busy yet exciting past few months.

Lunch in Capri

Our lunch in Capri was a beautiful event with all of the residents. The café was covered in olive branches and lemons and residents were entertained by singer Chris Ellers who had a great sense of humour. Our chefs put on an amazing lunch including prawn linguine and tiramisu which were just two of the many delicious dishes that were enjoyed on the day.

A Special Happy Hour with Ashley Arbuckle

In December we were lucky enough to have the incredible Ashley Arbuckle join us for a Happy Hour to remember. Ashley was once a student of resident Professor David Tunley, who was delighted to see Ashley after all of these years. He performed many songs and even played his version of 'Happy Birthday' to resident Bobbie who turned 95 that weekend! It was a beautiful evening and so lovely to see Ashley perform for all of the residents who know him well.

Men's Club

Every Wednesday the gentlemen of The Queenslea have been gathering together to enjoy a 'Pint & A Putt'. Thanks to our new putting greens, our male residents enjoy a beer and play golf together. Now that the cricket and tennis have been on, the gentlemen have been very busy enjoying both the sports and the putting green.

Ladies Club

We can't forget the ladies! Every Tuesday afternoon the Queens of The Queenslea have been coming together to enjoy a pamper session. With relaxing music and lots of nail polish colours to choose from, this is the perfect time for our ladies to unwind, relax and have a laugh together.

Gardening Club

Our very own resident, Woody has been very busy in the mornings watering the vegetable garden. With new herbs and vegetables planted, thanks to Woody himself, the garden has already harvested many herbs and tomatoes for our chefs to use in their dishes. In the next few months we will see corn, cucumbers and zucchini come to life! We have also installed a brand new hose for our residents to use, this has been a great addition for these hot days we have been having.

Christmas Festivities

As soon as December hit, The Queenslea transformed into a Christmas Wonderland! An antique nativity scene was placed in the café for all to view and Christmas trees were placed in every resident wing, which residents enjoyed decorating themselves. A Christmas feast in the week leading up to Christmas Day brought all the residents together to pull crackers, read jokes and sing carols. We even had a surprise visit from Santa, who had gifts for all the residents!

Fortnightly BBQ's

BBQ's have become a fortnightly event here in our Café. The hot weather hasn't stopped residents from enjoying a delicious hot dog, burger and salad together - they love to get together, socialise and enjoy a drink.

High Tea

What better way to welcome our new manager Jacqui than to host a high tea on her first day. Chef Gregor put together beautiful three tier stands filled with a delicious array of sandwiches, rolls, cakes, fruits and quiches. This was a great opportunity for residents to meet Jacqui and welcome her.



HIGH
TEA



FROM VANDA'S DESK

As we farewell 2021 and welcome in the New Year, I reflect on how fortunate we have been in WA during these trying times. With the borders opening soon and somewhat of the unknown ahead of us, I am confident, with the support from my team and Oryx management, that we can overcome any challenges that may be presented to us through 2022.

Over the last year we have grown from strength to strength and I am very proud of the environment we have created at The Richardson. I am proud of each member of my team and feel honoured to be the General Manager of such a beautiful home. Team members and residents alike are my utmost priority and remain my focus through 2022.

I feel privileged to be a part of the lives of every one of our residents and their loved ones and I have enjoyed introducing our "Friends at The Richardson" evenings which have become a staple on the calendar and will continue through 2022. I enjoy getting to know you all even more and love seeing friendships develop amongst family members, together we have created a real sense of community.

As COVID approaches our borders we will be forced to tackle this virus, but we are as prepared as we can be with appropriate procedures in place, staff planning and PPE on hand should we require these. We will be closely following the ever-changing guidelines as laid out by the Government

and we will evolve as we need to in order to keep our residents and community safe. I implore everyone to follow the guidelines and when visiting us at The Richardson, show proof of vaccinations, wear masks and use our hand sanitisers at the entry and around the home. Whilst we love to see each of your lovely faces everyday, we ask that any visitor refrain from visiting The Richardson if you feel unwell or have been to an exposure site. Please remain vigilant in efforts to keep yourself and our community safe.

I am looking forward to a much needed break through January, where I will be focusing my energy on relaxing and spending quality time with my family. In my absence our very capable and dedicated Clinical Nurse Manager, Nabila will be taking the reins and will be your contact should you need someone.

I look forward to returning refreshed and ready to take on all that lies ahead of us for 2022!

Vanda Liga
General Manager
The Richardson





LADIES
BBQ



MELBOURNE
CUP

The effects of Covid-19 may have cast a shadow over 2021, however, at The Richardson we remained stoic and upbeat and like an unspoken pledge, we did our best to make the most of life by keeping things interesting, active and as fun as possible.

BBQ's

In October our (now retired) Chef, Gerry Grogan accepted our invitation to come back to The Richardson and join our Men's BBQ. It was a catch-up that included throwing a few prawns on the barbie, good food, drink and great conversations.

Don't fear... the ladies of The Richardson did not miss out either! Our Ladies turned out in full force for their very own barbeque, it was delightful to hear peals of laughter and conversation floating around our beautiful, flourishing garden area. The weather was perfect and the ladies made the most of their long, leisurely lunch. The warm days of summer welcomes opportunities for many more barbeques over the coming months.

Friends at The Richardson

A now regular event on the calendar, our Friend's at The Richardson evening allowed family and friends to eat, drink and get to know each other; sharing their stories and finding so many commonalities between them. We love watching new friendships form within our beautiful Richardson community.

Riccardo's

In October we had the very talented Ashley Arbuckle playing his violin. Ashley's music took us to a happy place where our spirits longed to dally further. Ashley has a connection to one of our Oryx residents and we look forward to welcoming him back soon.

Melbourne Cup

Before we knew it November was upon us and again there was much to do. On the 2nd we watched the Melbourne Cup race on a large screen, it was almost like having a front row seat at the race and there was the obligatory sweepstake for those who enjoy a little flutter to add a bit of excitement to the day.

Remembrance Day

Our Remembrance Day Service on the 11th of November was very well attended with ninety percent of our residents present; a confirmation that it remains important for us to "remember our service men & women". It was a soulful service filled with poignant pieces of music, prayers and meaningful poems that allowed us to reflect on those who gave their lives for their country. Our Remembrance Day Service was followed by a lovely morning tea provided by our chef, Daniel.

Jeff and Friend, Don Rock

On the 18th of November, we were treated to a delightful hour of entertainment by our very talented resident, Jeff Carroll and his friend Don Rock. Don brought along his collection of harmonicas and played several melodies for us, interspersing them with information on the history of each harmonica and how they individually worked. Jeff who is usually unassuming and quiet, surprised us all as he masterly ran his fingers over the keys of the piano, performing a few classical pieces that filled us with delight. Geoff also played some familiar songs that we could sing to.



JEFF AND
FRIEND,
DON ROCK



RESIDENT CHRISTMAS PARTY

Resident & Family Christmas Party

We finished the year with much flurry and activity as December was packed with events. On the 7th we enjoyed our Resident & Family Christmas Party. What a night this was, with Chef Gerry Grogan coming out of retirement for the evening to cook plate after plate of wonderful canapés. Food and wine flowed with our team members acting as wait-staff, weaving their way around and tempting guests with their offerings, whilst entertainer Chris Ellers got the crowd singing and dancing to his repertoire of songs. The evening was filled with much gaiety, heralding the start of the festive season.

Waratah Community Singers

The Waratah Community Singers returned to The Richardson with their Christmas Concert on December 10th and along with their music they brought their Christmas spirit. It was wonderful to hear those old familiar Christmas songs that seem forever new at the beginning of every Christmas period. Our residents enjoyed the afternoon where singing and dancing brought smiles to many faces.

Resident Christmas Party

On the 17th of December Santa turned up with his bag of goodies for our resident's own Christmas Party. He was there to find out who had been naughty, and who had been nice. It was a packed house!

Christmas Concert

For a bit of fun and merriment we put out a challenge to all residents and staff to participate in our Christmas Concert. Those with talent and courage graciously



took to the stage, whilst a couple of guest performers also added to the entertainment. Our audience, made up of residents and their guests, filled the restaurant in their show of support for those performing. Jeff Carroll kindly accompanied some of our performers and for this we thank him. With heartfelt gratitude we thank each and every one who performed.

Christmas Carol Service

On December 23rd we returned to the sacred to celebrate Christmas on a spiritual level at our Carol Service. Rev Johnsan David from our local Anglican Parish, together with Lifestyle Assistant Michael led the service which even included a magic trick from Johnsan during his sermon. Resident, Edna Fry, read a Christmas message from the Gospel of Luke and there was singing of our favourite Christmas Carols, all of which reminded us of the true meaning of Christmas.

New Year Eve Celebration

We farewelled 2021 with our final event of the year, our Resident New Year's Eve Celebration. Lifestyle Assistants Alyssa and Natalia worked hard to decorate the restaurant, transforming it into a sparkly, glittery venue. Music played in the background and there were plenty of delicious canapés, which were prepared by our chefs. It was a time to reminisce with friends, enjoy each other's company and to acknowledge that the folks at The Richardson triumphed over 2021. We look forward to many more fun times and celebrations together throughout 2022!

CHRISTMAS CONCERT



SEASONAL SUMMER RECIPE

Gazpacho Andaluz by Chef Manager Gregor Lux

Gazpacho Andaluz is a soup rich in minerals, antioxidants and fibre and served cold, is the perfect dish to cool down on a hot summers day.



Ingredients (Serves 8)

2 cucumber, peeled & chopped
2 red and 2 yellow capsicum, both deseeded & chopped
1.8kg ripe tomatoes (Roma, Beefsteak or Truss preferably)
2 garlic cloves, peeled & crushed
3 spring onions, trimmed & finely chopped
1 red onion, peeled & chopped
50g curly parsley, finely chopped
50g chives, finely chopped
120g white bread, chopped
20 - 30ml sherry vinegar
Juice of a half lime
15ml olive oil

Method

Place the cucumber, capsicum, tomatoes, garlic, spring onions, red onion in a bowl and season well with salt and pepper. Add the bread, vinegar and olive oil and mix all ingredients together with your hands, pressing down to squeeze the juice out. Cover and leave chilled in the fridge for at least 45mins.

Put the mixture into a blender along with the parsley, chives and lime juice, and whiz until smooth and creamy. If the consistency is too thick, add a bit of water. If the consistency is too thin, add a bit more olive oil and/or more bread. Adjust seasoning to taste (you may need a little bit more Vinegar and salt). Cover again and chill.

Serve chilled with toasted white bread and a refreshing white wine.

Hot Tip: If you or your guests don't like wine and prefer spirits, Gregor suggests serving with a shot of smoked Vodka.

CONGRATULATIONS TO OUR RECENT GEM AWARD RECIPIENTS

Mina Olomi, AIN

Mina always has a positive attitude and regularly goes above and beyond for residents and team members.

Deborah Milloy, Cleaner

Deborah has been a valued team member from the moment we opened The Queenslea and has assisted with training new staff as we have grown the team.

MEET THE TEAM: KELLY EDMONDSON

CONCIERGE AT THE RICHARDSON

Many of you may already be very familiar with Kelly's beautiful smile and warm welcoming manner. Kelly has been working with Oryx as Concierge at The Richardson since January 2021.

Kelly has a particularly keen interest in healthcare as she has worked in various health-related businesses including aged care, medical centres and at Alzheimer's WA throughout her working life.

Kelly grew up in a home full of girls with three sisters and is a self-professed animal lover! Kelly has two beautiful pet ducks – Lucie & Beebee, who she adores! Kelly says she loves listening to music and enjoys a diverse variety of music from many different eras. Kelly is in her element when outdoors in nature, either visiting new scenic spots or going for a beach walk.

Kelly loves working at The Richardson and has a special bond with all of the residents. "I love how residents faces light up when they see me each day and the simple joy it brings them to just have a chat" Kelly says of her favourite part of her job, "I am very spoilt and looked after by residents with regular offers to make me a coffee"

Kelly says she finds her role very fulfilling "the most rewarding part of my job is the gratitude and praise I receive from family members in regards to the high level of service, care and empathy I provide".

Kelly is a valued member of the Oryx team having received some wonderful feedback from families at The Richardson - "Kelly is kind and patient - a real treasure, her dedication goes above and beyond". Well done Kelly!



FROM OUR FROM OUR WELLNESS & REHABILITATION CENTRE

Georgina is an example of the brilliant restorative care program offered by the Concentric rehabilitation team and Oryx for both permanent and respite residents; something which is not typically offered in other aged care residences.



VITALITY+

Georgina arrived at The Queenslea following knee surgery in the hopes to work with the team to rehabilitate and strengthen her knee. She was in a full knee brace and was unable to manage at home. A motivated and eager Georgina attended the Queenslea's state of the art gym every day to rehabilitate her knee in order to reach her goal of conquering 8 steps independently so that she could manage living on her own again.

With the close guidance from the Concentric allied health team, Georgina followed a program that focused on lower limb strength and balance, but most importantly, stairs! Over her three week stay she achieved her goal and was able to safely return back to her home. A truly fantastic outcome for Georgina.

Oryx and Concentric rehabilitation are proud to be able to offer rehabilitation to both permanent and respite residents. Our restorative approach available to every resident is unique to residential aged care and improves the lives of our residents, enabling them to reach their goals.

CLINICAL INITIATIVES: COVID-19 IN 2022

With the border reopening looming, we will be taking directive from The Government regarding visitor restrictions and lockdowns.

It is very difficult for us to predict what is likely to happen when the borders open and we will endeavour to do everything we can to keep our residents and staff safe. As such, in January, all eligible residents and staff at The Richardson and The Queenslea were offered the opportunity for their COVID booster vaccinations.

Clinics have taken place in both homes and run by service provider, Sonic Health, who came on-site to administer the injections. Residents were closely monitored by our clinical teams following their vaccinations for any adverse reactions.

Whilst we are unable to predict if lockdowns or restrictions will come into play in 2022, keeping our residents and staff safe during these unprecedented times remains Oryx's focus. During previous lockdowns, we have done our very best to maintain contact between residents and their families and we will continue these should any lockdowns occur. Residents can continue contact with loved ones through assisted video calls and our famous "window of love". We will increase lifestyle activities to keep our residents engaged, social and happy.

At Oryx we have a specific Outbreak Management Team to ensure we are doing everything we can to keep our community and staff safe. In the event of an outbreak our Outbreak Management Team will be activated to work with State and Federal Government and other support agencies to respond and implement all planned measures to manage an outbreak within our homes until the all clear is given by Government.

New directives will come into place on the 31st of January whereby any visitor into residential aged care must show proof of COVID vaccination as well as a current influenza vaccination. We ask that any family or friend who wishes to visit their loved one at The Richardson or The Queenslea, wears a mask, provides proof of vaccination and familiarises themselves with all state directives and any Covid exposure sites. Please refrain from visiting if you may have been exposed or are feeling unwell.

We would like to reassure all residents and families that we have had 2 years to plan for these events and with the ever evolving situation, we are constantly monitoring and evolving our practices and procedures to reflect current directives.

THE QUEENSLEA RESIDENT STORY JEFF CARROLL



In this issue we get to know Jeff Carroll - whose creativity and musical talents inspire and entertain us all at The Richardson!

Jeff Carroll was born and bred in the hot dry wheatbelt town of Merredin, Western Australia, living there with his family until they moved to a cooler climate in Margaret River when he was 12 years old. Jeff eagerly began piano lessons at the age of nine and when he attended High School in Bunbury, he played the piano for their high school production, "HMS Pinafore".

Some of Jeff's favourite memories of growing up were visiting his grandparents and spending time with his favourite uncle, Ted who had a good sense of humour and preformed magic tricks for him and his siblings.

Jeff was very close to his mother, Violet, who he describes as a very loving person who introduced him to the world of acting and singing. However, he was not close to his father, Mick who was a banker.

Nevertheless, Mick was a good artist and introduced watercolour painting and the art of photography to all of his children.

Jeff has three siblings, Jan, Robyn and John, who he remains a close relationship with. John is an officer in the Armed Forces, and Jeff's sisters, Jan and Robyn are also artists like Jeff.

Jeff attended Claremont Teacher's College, where he has the fond memory of playing a pirate in the operetta, "The Pirates of Penzance".

He graduated from Claremont Teachers' College, specialising as an Art and Music teacher. Jeff enjoyed his years teaching both High School and Primary School students. In The mid 60's, when the Queen Mother visited Pinjarra, Jeff was asked to conduct the children's choir, play the piano and hand-write the calligraphy for the front page of The Commemorative Book that the Queen Mother later signed.

After seven years of teaching, Jeff left the Education Department to become a freelance performer in the Arts. Jeff was a composer for CATS (Children's Activities Times Society). The focus was to stimulate children in the area of Arts; dance, drama, singing, painting, stamp collecting and film making (to name a few). During this time Jeff wrote three operas for children.



These were performed by opera companies all over Australia, including at The Sydney Opera House. At the same time Jeff also worked for the entrepreneur, Frank Baden-Powell's Music Halls and Diamond Lil's Wild West Saloons, starring the famous Joan Sidney as Diamond Lil. Jeff was also the Musical Director for the Musical, "Cabaret" at The Playhouse, Perth starring Nancy Hayes.

In 1972 Jeff travelled to Sydney to play piano for a season of one of his own operas. By coincidence he went into the nearest church to use their piano, which led him to write and produce a show called "Bread – a Soul Sound Jesus Review". This was later preformed on ABCTV for two years.

It is not surprising, having lived such a full and busy life, that Jeff forgot to marry, however, he has many, many good friends whose company he still enjoys immensely.

Jeff came to The Richardson to hang up his creative boots and enjoy retirement however, when we learnt of Jeff's many talents we put him to work, tapping into his creativity. Jeff led Christmas card making groups at The Richardson and entertained us by performing musical recitals with friends and some of our residents at our Christmas Concert.

Every Christmas Jeff hand makes his own Christmas cards and this year was no exception; the subject this time was, "Moving to The Richardson" and on the front of the card was a hand drawn picture of The Richardson.

We are grateful to have Jeff as a resident at The Richardson and for his generosity as he helps us with many of our creative activities.

NEWS FROM

THE QUEENSLEA SERVICED APARTMENTS



Hello everyone

Firstly – happy new year to you. I hope you and your friends and families enjoyed the festive season and beat the heat on Christmas day.

We had a lovely Christmas party for family and friends of the residents here at The Queenslea Retirement Apartments. Almost 60 people came along to celebrate on the 23rd December in our beautiful courtyard. The BBQ was in full force with a hot dog for everyone. We also served amazing tapas which were prepared by our chef. The champagne flowed and it was lovely to see everyone having such a nice time getting to know each other!

In October we held an informative seminar on Ageing Positively, which was very well attended by the wider community. The Dementia Educator – Theresa Bates was well received, explaining the various forms of Dementia and the challenges to not only the person suffering, but for loved ones around them as well.

This is a tragic disease and is becoming more and more common, so being educated on how to handle it is so important.

We have recently partnered with a lovely company called VAMP. This company specialise in helping people to “downsize”, removing unwanted items from the home and helping to pack up and unpack at the other end. We are contributing towards the cost of your move to The Queenslea Apartments. Please give me a call if you wish to know the details.

I look forward to 2022. I have confidence in knowing if COVID challenges us again – we will all be ok at The Queenslea. Residents can receive meals each day, medical attention, cleaning and laundry whilst knowing they are safe and secure.

If you are interested in a private tour, I am available Monday to Friday 9am-4pm. Please call me on 0428 056 458 to arrange a time.

Alison Rogers
General Manager
The Queenslea
Serviced Apartments



THE RICHARDSON

BY ORYX



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