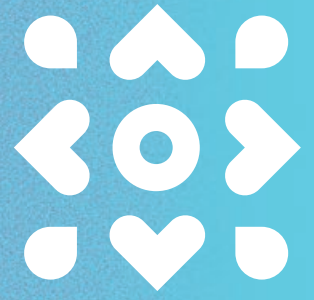


THE ORYX CHRONICLE



SPRING 2022 ISSUE



- READ OUR LATEST LIFESTYLE NEWS
- MEET THE QUEENSLA'S LIFESTYLE COORDINATOR
- ENJOY OUR SEASONAL SPRING RECIPE
- RESTORATIVE CARE SUCCESS



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.

2022 to date has continued to challenge the Aged Care environment and although outbreaks have become a part of our pandemic response, we at Oryx, have continued to minimise outbreak times and remain 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 continue service improvements we are happy to introduce Mandy Green – Operations Manager – Projects and Bronwyn Jackson – Training and Development Coordinator. Combined, these three ladies have over 50 years experience in Aged Care, Retirement Living and Continuous Improvement. Aimee Gullotto has moved to the role of Sales and Marketing Manager on return from Maternity leave and provides over 20 years experience in business development and commercial strategy with 6 years in the Aged Care sector.

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. We have commenced our intergenerational care program and this will continue to grow over the coming months. We are very proud to be working with Ngala to deliver this initiative.

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 VANDA'S DESK

At The Richardson we are delighted to welcome Spring and some warmer days in sight. With the colder weather (mostly) behind us, we can now reflect on the Winter we overcame, with not only COVID outbreaks but Influenza hitting us too. The combination of illness kept our staff extremely busy however, all things considered, we fared well and I am proud of my team for their hard work and dedication during this unprecedented time.

We thank all our residents, staff and families for your patience during this challenging time as we juggled staff away with COVID or influenza. Thankfully we managed to keep everyone safe and out of the overcrowded hospital Emergency Departments wherever possible.

Moving forward we continue to remain vigilant as COVID is not yet eradicated from the community and Influenza season may extend well into Spring, which alone brings a new season of complaints including hay fever, congestion and wheezing.

Now that we are well and truly into the second half of the year, I always find the remaining months pass even faster as we gallop towards the end of the year. Soon enough we will be preparing for Christmas (which we love celebrating at The Richardson) however we do have a busy few months ahead with our new Dementia support group and our ongoing making friends at the Richardson, which are both proving very popular amongst residents and families. If you have not yet come to one of these sessions, I invite you and your loved ones to attend and connect with other family members.

As always, I have an open-door policy and invite any feedback you may have.

Keep safe and bring on the warmer weather and outdoor activities!

Vanda Liga
General Manager
The Richardson





AFTERNOON
TEA



MEN'S BBQ
LUNCH

What interesting times we live in as we navigate a new normal with Covid and are challenged to find new ways to remain active and engaged. Like most of the community, we, at The Richardson, have not been immune to the impact of Covid and have had to adapt to both living and working in an ever-changing environment.

Nevertheless, our amazing residents are a great example of resilience as they move in and out of lockdowns, understanding its importance in keeping our residents and community safe. These times have amplified our desire for community, how much we love being together, sharing conversations and time with each other.

Ladies Lunch

Our resident ladies enjoyed their very own BBQ, cooked to perfection by our chef. Entertainer, Roger Camm transported us back in time to when Rock and Roll ruled, and the world was young. Fun and laughter bounced around the room as our ladies and staff took to the floor, dancing and filling the room with powerful, female energy.

WASO

We enjoyed having a String Ensemble from WASO entertaining us at The Richardson. It was a superb afternoon of music, which delighted our residents immensely.

WASO
STRING
ENSEMBLE



Gentlemen Only BBQ

Our gentlemen were not forgotten as they enjoyed their very own barbeque lunch in the garden, under perfect skies. It was a great afternoon; a time of mateship and meaningful conversation.

Pub Trivia Quiz

Duelling intellects were on show at our Pub Trivia Quiz afternoon. Our restaurant area was filled with tables of four, each with a name that defined who they saw themselves to be; The Glass Flowers, The Dubliners, The Gorgeous Girls, The Scott and The Bananas to name a few. The scores were very close with The Dubliners taking out first prize in the last round of questions.

Memorial Service

We held a Memorial Service; a Celebration of Life to remember our friends at The Richardson who have passed. Our residents always play a vital role in this service by leading us in prayer and reading poignant pieces of poetry and passages from the Bible.

MEMORIAL
SERVICE





FROM NIKITA'S DESK

Firstly I would like to welcome all of our new residents and their loved ones who have recently joined our wonderful family here at The Queenslea. I hope that you will settle in well and find comfort in your new home. My team and I are here to help and support with anything you need.

Looking back at my first quarter as General Manager of The Queenslea, I can't help but be somewhat overwhelmed by the love and warmth received from all residents and staff. As you might be aware Aged Care homes around Australia have been facing staff shortages due to the COVID-19 pandemic. Our priority has been to find the right staff who are dedicated, hardworking and knowledgeable and with a focus on a recruitment drive we have seen interviews taking place almost each week. A commissioning site can always have its initial teething issues but with the right people and commitment we endeavour to keep meeting your expectations and our high standards.

I have commenced my journey with Oryx with passion, dedication, structure and a clear understanding of the importance and relevance of my role as General Manager. I also understand what is required of me to provide my staff and our community. The vision and the change that is required to ensure our long-term sustainability is first and foremost on my mind.

I have enjoyed meeting residents and families over our Happy Hour afternoons and BBQ lunches. It's exciting to see that our bus trips have finally commenced and I look forward to our Intergenerational program with Ngala and it's wonderful children.

As we continue to navigate the challenges of COVID-19 within our homes, we would like to ask everyone to stop and take a moment to check in on your own health and wellbeing, and that of your family, colleagues and friends. When facing uncertain times such as these, it is only natural to feel overwhelmed and it is therefore important to check in on each other.

I would like to take this opportunity to thank all our staff and families at The Queenslea for their commitment and dedication during these challenging times.

I look forward to what the future holds for The Queenslea Aged Care and encourage you all to continue to support this wonderful organisation, its people and the older West Australians we serve.

Nikita Divekar
General Manager
The Queenslea Aged Care





MONTHLY
CHURCH
SERVICES



LORNA'S
TAI CHI

Monthly Church Services

Our church services have been very successful with Father Peter Boyland and Rev. Pat Deeny. We are very lucky to have our very own resident Ken Barton play the piano at these services, Ken used to play the Organ previously at Christ Church for many years, so to have him play during our services is an honour. Fr Peter also explained to us that we are his largest crowd every month in aged care and the only aged care church service that provides live music by a resident... pretty impressive.

Old McDonald's Farm Animals

Our usual Queenslea BBQ wasn't just any normal BBQ! We had a visit from a few friends from Old McDonald's Farm. It was a beautiful sunny day and the residents loved petting all of the animals. Lamb, ducks, rabbits, goats and chickens were just a few of the animals who enjoyed a scratch, a drink of milk and of course The Queenslea's grass! There was a very cheeky chicken who decided to make himself right at home during the event, sitting up on chairs next to residents and taking a trip on some of the walking frames.

Baking Club

On Mondays we have been holding baking classes for the residents to show their skills in the kitchen. We have baked choc chip cookies, muffins, pizza and blondies... but you've got to be quick to get a taste of the baked goods as they all get eaten very quickly.

Walking Group and IGA Shopping Trips

The weekly walking groups around the streets of Claremont and to the local Foodies IGA has been a fun time for residents to either get a nice stroll in or their shopping done. Resident's even took a visit down to the local Claremont Football Club and walked across the luscious green grass.

Exercise Class & Lorna's Tai Chi

Every morning at 10AM our exercise class is packed with residents! It's a time where everyone is able to sit down, focus on their breathing and use different parts of their body to work on strengthening as well as dancing to the music! Lorna has introduced Tai Chi into the mix every Monday. Our residents love the energy that Tai Chi brings and the relaxation that is felt.

Wine and Cheese Tasting Happy Hour

Our Happy Hours have been an exciting end to each week, not only do the residents unwind with a drink and a cheeseboard but there is also scrabble, Jenga and even table tennis. Happy hour is also a great way for families and residents to make new and old connections with one another. We also had a very special wine and cheese tasting happy hour, where residents tasted a wide variety of wines, paired with delicious Margaret River cheese.



HAPPY
HOUR





PAINTING
CLASSES



ARMCHAIR
TRAVEL

Painting Classes

Residents made their way out into the garden to enjoy an afternoon of painting, some painted flowers, while others painted canvases for their grandchildren to be shipped overseas! Our art classes are a nice time for our residents to express their inner Picasso!

Bingo

Bingo has become a nice time for residents to come together after exercise class and get competitive. Everyone wants the prize and we have had such a great turn out we have expanded to filling 3 tables now. But with more residents attending, comes more competition! With lollies and chocolates up for grabs, it's anyone's game.

The Queenslea's 1st Birthday

Our 1st Birthday was celebrated in July and we can't believe it's been a year since opening the doors at The Queenslea. To celebrate, of course we had to bring in the resident's favourite, Ashley Arbuckle. Ashley performed for the residents with his violin and the residents enjoyed a delicious Winter feast.



QUEENSLEA'S
1ST
BIRTHDAY

Armchair Travel to Hawaii

Our residents took a trip with Air Queenslea to Hawaii! Pineapple punch and Hawaiian pizza was enjoyed by all and a few of our gentlemen even showed their hula dance skills! Residents were also able to reminisce on their holidays to Hawaii and share their own experiences.

Intergenerational Program

The Queenslea Residents and our little neighbours at Ngala have been meeting up for some interactive fun! There were dinosaur collages, playdoh making and painting, and of course playing in the garden. The children gave our residents flowers at the beginning of the program, which was a lovely way to 'break the ice' for our intergenerational program.

Cancer Council Morning Tea

Our Cancer Council Morning Tea was a beautiful morning tea. Family and friends came together with our residents in the Café & Lounge of The Queenslea and enjoyed delicious yellow and blue themed food and raised money for The Cancer Council. The residents, families and staff raised over \$1200, making us official Gold Cancer Council Members! We cannot thank everybody enough who donated to raise funds that go towards vital cancer research, support services, prevention programs and advocacy.



SEASONAL SPRING SNACK

Chili-Mango Crab Cakes

A delicious gluten and dairy free snack that is simple to make.

Ingredients (Serves 8)

- 8 Large corn cobs, husked
- 12 regular eggs
- 500gms crab meat, fresh or tinned
- 40gms fresh chili (seeded & finely chopped)
- 1 x medium ripe mango (peeled & diced)
- 200gms rocket salad
- 100gms spring onion (thinly sliced)
- 40gms fresh coriander
- Sea salt and white pepper

Method

- Cook the corn in a saucepan of boiling water until tender
- Remove the kernels from the corn and pulse in a blender until crushed
- In a large bowl, whisk eggs until creamy, add crab, chili, corn and mango
- Season with sea salt and pepper to taste
- Heat a large non-stick frying pan over medium high heat
- Spoon mixture into the hot pan in 16 rounds (4 lots of 4), turning once until golden
- Garnish cooked cakes with rocket, spring onion and coriander
- Serve the cakes stacked with mashed Avocado and drizzle with sweet chili sauce and scatter with micro herbs.



CONGRATULATIONS TO OUR RECENT GEM AWARD RECIPIENTS

Susma Thapa, Registered Nurse

Susma is always positive and leads by example. Nothing is ever too much and she always gives 110% percent of herself to the residents and the team.

Yola Rawis, AIN

Demonstrates an ongoing commitment to going over and above to provide great care to our residents.

Michelle Padayhay, AIN

Outstanding commitment to improving residents care.

Brian De Vera Palma, AIN

Brian's caring nature and attention to detail to the resident's needs are commendable. Positive feedback received from families on his consistency and willingness to help residents and his team members.

Dadoma Sherpa, Registered Nurse

Dadoma is always very kind, considerate to all residents and team members. Always willing to learn, flexible with her duties and always willing to help out by taking extra shifts and taking on extra responsibilities.

MEET THE TEAM: MELISSA TAYLOR

LIFESTYLE COORDINATOR AT THE QUEENSLEA

Melissa started in the Retirement Industry, where she worked in administration whilst studying at University. As she formed special relationships with the residents at the retirement village she was working at, she knew she wanted to pursue her career further into the Aged Care sector.

Melissa grew up in Floreat in her family home and still lives locally now with her adored, beautiful & fluffy dog, Benson. Melissa enjoys walks along the coast with friends and a more dangerous pastime – shopping.

Having attended Presbyterian Ladies College, Melissa has made many connections with resident's and their families at The Queenslea. "It's so nice to reconnect with lots of resident's and their families. Whether it's a resident's grandchild who I've known since primary school or residents who have been my neighbour growing up".

"I have been very lucky at The Queenslea as I was offered the opportunity to become the Lifestyle Coordinator a year ago." Melissa said "This past year has been so rewarding for me, as the feedback I receive from residents and families makes me go home every day with so much fulfilment".



FROM OUR WELLNESS & REHABILITATION CENTRE

Malcolm has been working with our on-site specialist rehabilitation team at The Queenslea since he first arrived, however it is in the past three months where Malcolm has made some truly exceptional and inspirational progress.

Prior to arriving at The Queenslea, Malcolm found sitting upright or out of bed a challenge due to blood pressure issues and was not able to stand or weight bear at all however he was determined to work hard with the team from Concentric Rehabilitation to improve his function and has been diligent in both attending and completing his exercise program – even when he is not feeling up to it.

Soon after beginning the program, the team managed to support Malcolm to use the 'tilt table' in our on-site gym – a specialist piece of equipment which enabled Malcolm to experience placing weight through his legs again and therefore activating the muscles required to stand. The tilt table also allowed the physio team to gradually elevate the head of the table so Malcolm could engage in exercise in a more upright position.

Initially Malcolm could only tolerate a few degrees of incline before feeling unwell, however with his continued sessions in the gym and his sheer determination, Malcolm was able to complete a session almost completely upright.

Malcolm has continued to be motivated and attends our on-site Concentric gym twice a week, whilst also doing his own exercises outside of his sessions. And just a couple of weeks ago, Malcolm achieved his first goal - to be able to stand!

This is a true testament to Malcolms' hard work alongside his allied health team.

Great work Malcolm!
On to the next goal... walking!



VITALITY 

If you would like more information on the Concentric offerings and how we could work towards your goals, including the wellness package or private sessions, feel free to come down to the gym any time during Monday to Friday, or contact Kelsey: kelsey.gibson@concentricrehab.com.au

RESIDENT STORY

JOHN BLYTH

In this issue we get to know John Blyth, known to us as at The Richardson as Vic.

Vic was born to parents Molly and Jack Blyth, on the 2nd of September 1934 in the town of Manjimup WA. Vic has many happy memories of growing up on a farm and of farming life in general.

During the War, when Vic was only 7 years old, his father was sent to the Middle East. Not returning for 5 years, Vic would be 12 before he met his dad again. By this stage Vic was as tall as his father was. He remembers his father's first words to him... "You've grown" and then "What do you want for Christmas?" and Vic was quick to answer "A bike", which Vic was happy to report, he got. After the war his father trained to be an accountant and worked for the State Electricity Commission until he retired.

While his father was away Vic was his mother's main support. Taking on the responsibility of the 'man of the house' meant chopping wood, mowing lawns (with a hand mower which took all day), killing chooks and then going out to the farm to help his uncle Len and aunty Hilda milk cows and any other farm jobs that needed doing.

Vic was responsible for his brother; Norm, who was eighteen months younger and even though they were the best of friends, some days Vic felt Norm was on the lazy side as he did not like helping with chores.

At the age of thirteen, when he should have been at school, Vic became a milkman servicing half the town. Vic started each morning at 2am and delivered milk to his customers on his horse and cart. The residents of Manjimup left their money under pots and jugs which Vic filled with either milk or cream in return.

Vic moved with his family to Perth and only two days after turning fourteen decided to go bush; 370 miles to work in a store at Harrismith. Being a country boy, he got on well with all the farmers because he knew how to handle drums of fuel, diesel motors and batteries. He knew how to keep the big fridge running manually, switching off diesel fuel at 9pm and switching it over to battery power. This kept the fridge cold and stopped its contents from spoiling. After twelve months Vic got another job working on a wheat farm which was very hard manual work. According to Vic it was slave labour, but he learned a lot in the two years he was there. Vic then moved back to Perth and worked for



Warwick Howard, a grocery supplier, and a cordial manufacturer. There he worked as a storeman, manufacturer, and delivery driver for seven and a half years. During this time, he did his National Service Training which lasted fourteen weeks. Vic said it was one of the best holidays he had ever had, as he really enjoyed being there.

After leaving Warwick Howard, Vic worked many different jobs including for the State Electrical Commission, as a Greengrocer selling off the back of a truck, a Deli owner, Buyer / Manager for Ah-Sam at the Metro-markets in Wellington Street in Perth and then, finally, he landed his dream job at Qantas' Kitchen. Vic looked after eight cooks, one apprentice, two pastry cooks and twenty female staff who packed 45,000 meals per week for various airlines that flew in and out of Perth. Vic would always know how many people were flying in and out of Perth each and every day. He is grateful for a gentleman by the name of Jerry Pangnon who was his partner at Qantas, he was a Frenchman and taught Vic all that he knew there.

Even though Vic worked extremely hard throughout his life, he still managed to meet the girl of his dreams on a blind date. It was pretty much love at first sight and after six weeks of dating he told her that they would marry and eighteen months later Vic and Betty were happily walking down the aisle together. They honeymooned in Geraldton. Betty and Vic produced a beautiful daughter and two wonderful sons.

Vic and Betty (Bunny as he called her) had a very successful marriage, he loved her immensely and enjoyed spoiling her with endless holidays and cars. Vic said this was easy to do because she always supported him in everything he did and she too was a hard worker, raising their three children while helping him in his many ventures. Sadly, Bunny passed away unexpectedly which left Vic devastated. Years later Vic befriended Shirley who had been a family friend and a holiday carer to his handicapped son, Kevin who had been injured by a car.

As Vic looks back on his life he sees a life well-lived, packed with plenty of hard-work, adventures, sport, family and of course the very best of all LOVE!

NEWS FROM

THE QUEENSLEA RETIREMENT LIVING

Welcome to Spring! After what felt like forever with the wind, rain and cold weather over Winter, it's always nice to have the sun come out and warm us up!

Over Winter, The Queenslea Retirement Living residents have been planning and mapping out our garden upgrade. We are very fortunate to have one of our residents, Wendy, who is a qualified horticulturalist and has done an enormous amount of research, procuring and hard work to bring our new gardens to fruition! We all thank you so much Wendy, you have turned our courtyard into an amazing rainbow of colours.

I have been snapping photos along the way to share the journey with everyone, and we look forward to inviting you all to our come and view our beautiful garden.

As our resident community grows as too do our happy hours and regular community events. Residents are thoroughly enjoying getting to know each other over a glass of wine and cheese board or a meal of fish and chips.

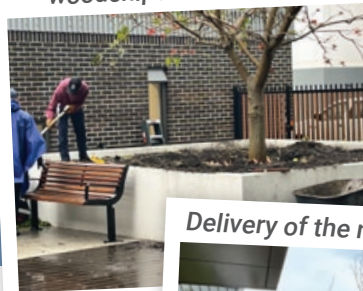
We welcome Alessia to the team who is our in-house multi-skilled carer and is available for support and services, Please contact me if you require further information on our services on offer.

We are starting to fill up, with only a handful of apartments remaining, if you or someone you know wishes to explore the option of moving in to our wonderful community, please do not hesitate to reach out and have a coffee with me. My door is always open and I am happy to help guide you through the process of this next stage of your life.

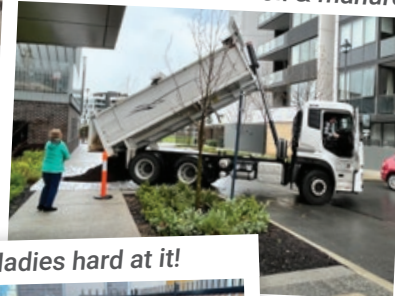
**Alison Rogers, General Manager
The Queenslea Retirement Apartments**



*Removal of 150mm soil/
woodchips and all plants*



Delivery of the new soil & manure



The ladies hard at it!



Gardener getting tips!



Precision pegging out



Plants arrived!



THE RICHARDSON

BY ORYX



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