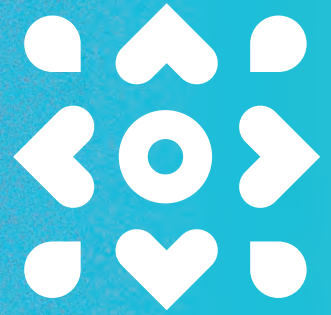


THE ORYX

CHRONICLE



SPRING 2023 ISSUE



- READ OUR LATEST LIFESTYLE NEWS
- MEET CHEF TODD
- SUCESS IN THE GYM
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ORYX



WELCOME

Hello Residents, Families, and Friends,

Spring has sprung at Oryx, and with the new season comes fresh beginnings! We are thrilled to greet all the new residents, families, and friends who have recently become a part of our blossoming community at both The Richardson and The Queenslea.

At Oryx's core, we are dedicated to promoting a life filled with vitality. We envision communities brimming with inspiration and purpose. We're not just here to provide a place to live, but to ensure it's a lively, fulfilling, and joyful journey for all - residents, families, and our remarkable staff alike.

This spring introduces fresh faces to our team. A hearty welcome to Hodo Shire, General Manager The Queenslea Aged Care, Karena Black Clinical Care Coordinator and Sam Akello, Clinical Nurse Manager at The Queenslea Aged care. Nicki Robinson, our new Quality Manager for Oryx, Amol Landhe , Physiotherapist and Allied Health Team Leader and Physiotherapist Shashika Cooray . These new members, each skilled and experienced, strengthen our Oryx tribe. We are excited to see the transition to our in-house lead allied health service, the Vitality+ Wellness Program, which will incorporate a team of dedicated professionals, including physiotherapists, occupational therapists, podiatrists and dietitians. This move will enable the Vitality+ allied health team to build ongoing and continuous clinical relationships with our residents and their families.

We are proud to see our signature, 'Young at Heart' Intergenerational program successfully expand into all Oryx residences. This wonderful program serves as a bridge between generations and provides enriching experiences to our residents. Setting an example that reflects our ongoing commitment to providing holistic care and fostering meaningful connections and enhancing our residents overall wellbeing

The Queenslea Retirement Apartments continues to expands it's community with only a few apartments remaining. The community of residents is wonderful, welcoming and supportive.

As the flowers bloom and days grow longer, our promise remains dedicated to creating environments that encourage growth and joy. We're grateful you've chosen Oryx, and we're excited about the journey ahead.

Thank you for becoming a part of this vibrant community. Here's to living your best life with the Oryx family this spring and beyond!

Warm Regards,

From The Oryx Team



FROM PAMMY'S DESK

Dear Residents and Families,

I hope this message finds you all in good health and high spirits. As we step into the beautiful spring season, I wanted to take a moment to share some updates and reflections from the heart of our beautiful home, The Richardson.

First and foremost, I want to extend my heartfelt gratitude to all of our residents and their families for entrusting us with your care. Your trust and support are the foundation of our commitment to providing the best possible care and environment for your loved ones.

I'm incredibly proud of our dedicated staff members who work tirelessly to ensure our residents receive the care and attention they deserve. Their compassion, dedication, and hard work are truly commendable.

The health and safety of our residents continue to be our top priority. We remain vigilant in adhering to all COVID-19 safety measures to protect our community. Our nursing and support teams are here to address any concerns or questions you may have regarding health and safety. We understand the importance of family visits and are committed to facilitating these moments of connection while maintaining safety protocols. Families are encouraged to visit between 8.30am to 5.30pm. Should you need to visit outside of these hours, please coordinate with our staff to schedule your visits.

We value your input and encourage you to share any feedback, suggestions, or

ideas you may have to enhance the quality of life for our residents. Your insights are invaluable to us.

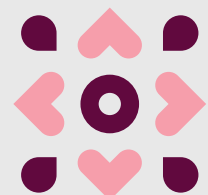
Our lifestyle calendar is bustling with a variety of activities, ensuring that there's something enjoyable for everyone. We're making the most of the pleasant weather by utilising our outdoor gardens more, providing the perfect setting to relax and socialise. Stay tuned for our upcoming events, including our annual women's high tea arranged in line with Breast Cancer Awareness month.

One of the joys we look forward to every week is the infectious smiles and laughter of the kindy children who visit us every Tuesday from Sparrow Early Learning Centre. It's a heart-warming sight to see the beaming faces of our residents and a gentle reminder of the priceless moments we share and create here at The Richardson.

I want to emphasise that our doors are always open; if you have any concerns or simply wish to chat, please feel free to reach out to me or our dedicated team. Thank you for being a part of The Richardson community. Together, we make this facility a warm and loving home for all our residents.

Warm regards,

Pammy Singh
General Manager
The Richardson



LIFESTYLE NEWS



Garden Walks

Garden Walks

Now that Spring has Sprung, afternoon walking groups are becoming more colourful. Every afternoon the residents make their way to the reception where they embark on an afternoon stroll. Beautiful flowers are starting to blossom across the streets of West Perth and beyond and the residents love to stop and admire.

Ladies' Luncheon

Our ladies of The Richardson came together for a Ladies Luncheon in September where they were serenaded by our incredible performer Daniel who switched between the Violin, Guitar and his voice. The ladies were singing along and enjoying a delicious feast, paired with the perfect drink.

Men's Bbq

On the first hot day of spring the gentlemen of The Richardson gathered in the Garden to indulge in a BBQ. The centrepiece of the menu was a delicious batch of succulent lamb shanks, marinated to perfection. Freezing cold beer, shandy's and wine were the drinks of choice, amidst the chatter and laughter of the men who enjoyed the simple pleasures of life. Tunes from Elvis Presley, Buddy Holly and Chuck Berry filled the air, transporting the gents back in time.



Active Mornings

Active Mornings

Each morning an energetic ritual unfolds in our Level 1 Lifestyle Room. Our seated exercise class takes place every morning at 10:30AM and is a time when the residents get into the zone. Of course, who could complete a work out without indulging in a freshly baked morning tea and brewed coffee in the café.

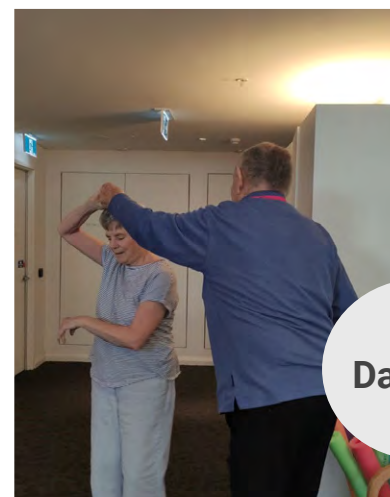
Intergenerational Program With Sparrow's

We are so excited to have our Intergenerational Program with West Leederville's Sparrow Early Learning Centre. The children visit The Richardson every Tuesday morning and are building beautiful bonds with our residents. Whether it's decorating mugs, reading books, singing music or even just having a good old chat, there is never a dull moment. Dancing

When the music starts playing, our residents cannot help but get up and dance the afternoon away. During a sporadic afternoon activity, our residents listened to some golden oldies and spun each other around the room.



Ladies Luncheon



Dancing



FROM HODO'S DESK

Dear Residents, family and friends,

Our residence continues to thrive as a sanctuary where the pursuit of happiness, wellness, and enrichment is tailored to every individual's unique journey.

My name is Hodo Shire, and I have devoted the last 15 years to serving the wonderful community of aged care, transitioning from a Registered Nurse to a Clinical Nurse Manager, and now, with great honour, as General Manager of The Queenslea Aged Care. My diverse experiences across varied settings have instilled me with a profound understanding and compassion for personalised care, allowing me to foster a loving and empathetic environment for our valued residents.

It's been a pleasure meeting most of you during my daily rounds, and I am looking forward to extending my connections to the families and loved ones who form the backbone of our residents' support system. Your thoughts, feedback, and experiences are invaluable to me, and I maintain an open-door policy to ensure your voices are heard and respected.

Our Queenslea family has recently welcomed Sam Akello, our Clinical Nurse Manager, and Karena Black, our Clinical Care Coordinator, bringing their passion and expertise to support and elevate the wellbeing and satisfaction of our residents.

Spring is upon us, bringing warmth and renewal. This season promises a range of outdoor activities, crafted by our Lifestyle team, to enrich the lives of our residents. We have had the privilege of hosting AdvoCare this week, empowering our residents with knowledge and support regarding their

consumer rights, reinforcing our commitment to fostering autonomy and empowerment within our community.

Thanks to our wonderful lifestyle team, our calendar is packed with vibrant and enriching activities and events, each designed to provide joyful experiences to our residents, so do keep an eye out for the multitude of activities we have in store.

I, along with the entire team at The Queenslea, am committed to maintaining a culture of continuous improvement, innovation and excellence, ensuring our approach and procedures align with the evolving needs of our wonderful community. Together, we aspire to create a vibrant, nurturing, and fulfilling environment, prioritising the wellbeing and satisfaction of each resident and staff member. Thank you for allowing me to be a part of your lives.

Hodo Shire
General Manager
The Queenslea Aged Care





Italian Luncheon

Italian Luncheon

The Queenslea's monthly cultural luncheon took the resident's to Italy in August. Delicious pasta, garlic bread and Tiramisu were prepared by Chef Sunny, whilst Dean Martin and other great hits were played. Resident's love the fortnightly themed lunches and particularly the cultural lunches as their taste buds get to travel the world.

Music Appreciation With Afternoon Tea

Each fortnight the residents meet up on a Monday afternoon and learn about famous composers, singers, musicals and even instruments from history. The residents learn facts that they may have never known and appreciate the music together. A group of the residents came together after the session and had a well-deserved afternoon tea in the café.

Scotch College Pipeband

We were fortunate enough to host the Scotch College Year 10 Pipe Band for their very final performance of the year in September! Our residents absolutely love having the students perform in the garden and it takes our Scotch Old Collegians and old Swanbourne Residents back to when they would hear the pipe band performing decades ago. We are very excited for next year when we will have the new group of year 10 students through to perform for us throughout the year.



Pipeband



Spring Crafts

Men's Club

A delightful haven where our male residents indulge in friendly games of chess and mini golf. It has become a space filled with laughter, camaraderie, and unforgettable moments resulting in new friendships.

Gardening

The residents residing on Level 5 of The Queenslea have passionately cultivated a stunning garden on their terrace. The garden continues to flourish and blossom with the ideal conditions provided at the elevated location.

Paint & Sip with Lorna

Residents gathered for a paint & sip session led by artist Lorna. The event provided an opportunity for residents to unleash their creativity while fostering a sense of community and lasting memories with friends.



Golf Putting

Afternoon Tea



MEET THE TEAM: TODD BOOTH

HEAD CHEF

In the lively kitchen of The Richardson, you'll often find Head Chef Todd, a talented chef whose story is as rich as the food he makes. Even though he's been with us only since January, his touch on our dining is easy to see, and taste!

"It's more than just food for me," Todd explains. "I've worked a lot with people who need help and care. I love making a difference in their lives."

His journey in cooking has taken him to many places. From learning to be a chef in Perth's Ambassador and Kings Group hotels, to working in busy roles at the Casino and St John's Hospital, every experience has shaped Todd and the food he cooks. But it's his time as the Head Chef at Abbotsford Mental Health and Drug Rehab that stands out. There, he worked for nearly seven years, helping people through the food he cooked. Today, at the Richardson, he continues this special work.

"I joined Oryx because I wanted to feel part of a close team," says Todd. "Even though I haven't been here long, I've had a great time. I work with awesome people in every department. I'm excited to create new menus and work with my kitchen team. We do well because we support each other."

Outside of cooking, Todd has many hobbies. He loves art, painting, fixing up old furniture, and watching sports, especially AFL.



He's a big fan of the Collingwood team and jokes, "Hope you won't judge me for that!" He's a dad to two kids, a granddad to two grandchildren, and he's also getting married soon, Congratulations Todd! And if you ever hear someone singing loudly in the kitchen? That's probably Todd enjoying some karaoke!

Here's to Chef Todd, who brings delicious food and a lot of heart to the residents at The Richardson. He says, "I'm looking forward to many good times here." We are too Todd.

CONGRATULATIONS TO OUR RECENT GEM AWARD RECIPIENTS



Well Done and thank you for all your hard work and commitment to:

Panashe Mutasa at The Queenslea

Jo Jo (Jocelyn) Gacutno at The Richardson

Both employees have shown true commitment to their roles, both of their positive attitudes are a testament to their professionalism and their daily smiles bring joy to our residents.

We love to recognise and reward our staff, please nominate any staff member who has "Gone the extra mile". Nomination forms are located at the reception.

RESIDENT STORY

WENDY ATHERDEN



In the heart of our Queenslea community, we find our valued resident Wendy Atherden, whose life story paints a vibrant portrait of resilience, passion, and continuous learning.

Wendy, the eldest of three sisters, was born in 1936 to teaching parents in the charming down south town of Margaret River. Her diverse experiences and accomplishments have not only enriched her life but also made her a cherished member of our retirement community.

Wendy's early years were shaped by the constant relocation of her family due to her parents' teaching commitments. These relocations, although challenging, laid the foundation for a resilient and enriching life, allowing Wendy to experience the beauty and diversity of different places.

Wendy received her primary education in Denmark, WA and secondary education at Albany High School before moving to Perth to train as a high school teacher. Wendy's dedication to her profession was evident in her decision to undertake an additional year of training to be able to teach at primary schools if needed.

Beginning her teaching career in Nannup, Wendy met and married another teacher. They had 3 beautiful daughters, Jenny, Debbie and Susan. Wendy taught at both Cannington Senior High School and Applecross Senior High School before deciding to travel to Canada where they spent 6 years in the Rocky Mountain areas of Canada.

Canada was a delightful experience for the family as they snowshoed and skied in the winter and hiked in the mountains after the snow melted. The pair even decided to build 2 homes while they were in Canada, which Wendy remembers to be a steep learning curve. En route back to Australia, the family took a 5 month hiatus and travelled through Europe on a shoe-string budget, Wendy's daughters fondly remembering the trip as the time they "starved their way through Europe" staying mainly in hostels; choosing to immerse themselves in the different cultures rather than spending money to stay in fancy hotels. After returning to Western Australia, Wendy acquired a teaching position at Busselton Senior High School where she taught for 18 years.

Merging her teaching pursuits with farming, Wendy purchased a 450-acre farm near Dunsborough where they raised sheep and cattle. They built a large stone home, using granite found on the property itself. Two of her daughters, Jenny and Debbie followed Wendy's footsteps into teaching while Susan chose to pursue a career supporting adults with intellectual disabilities.

After the demise of her marriage, Wendy met her "now-husband" Gerry and decided that as "women can do anything" to start a vineyard on their property. Wendy and Gerry married and planted 22 acres of grapes on their property. The vineyard would lay the foundation for Wendy's greatest achievement – establishing a very successful business which would include an award-winning winery, 72 seat restaurant and 5 serviced chalets. From bushland to managing the business, 3 acres of landscaped gardens and 12 staff, Wendy recalls the long 18hr days as yet another steep learning curve, but being the greatest achievement in her life.

Nowadays Wendy enjoys a much less stressful life. Her eclectic interests range from studying and learning new skills to gardening and cooking, and she revels in the moments she shares with her extensive family, including 15 grandchildren and 3 great-grandchildren.

With increasing health concerns, the need for a supportive environment led Wendy and Gerry to The Queenslea Retirement Apartments. With the adjacent aged care providing reassurance when full care might be needed. Wendy has found joy and support in the companionship of fellow residents and the array of services available. The friendships and the lively, supportive community at The Queenslea Retirement Apartments have added a delightful chapter to her colourful life story. Wendy says her favourite aspect of living at The Queenslea Retirement Apartments is the location, with so many services within walking distance and close proximity and of course their neighbours – their new friends who have been so supportive.

FROM OUR WELLNESS & REHABILITATION CENTRE

SUCCESS IN THE GYM

Upon joining The Queenslea community in November last year, Deb embraced our on-site Vitality+ Gym with unwavering commitment to her rehabilitation journey. Her dedication was palpable from the moment she stepped foot into the gym during her very first week at The Queenslea.

Demonstrating remarkable dedication and consistency, Deb actively participated in gym sessions on nearly a daily basis. Her main objective was to liberate herself from her walker, which served as her mobility support. Her tenacity and progress towards this objective has been astounding.

Deb's workout routines encompass an array of activities, including lower limb and upper limb strengthening exercises, as well as balance-enhancing drills that utilise the gym's diverse equipment.

Notably, Deb focused intently on regaining her independent walking abilities. With the steadfast support of our allied health team, she has achieved the remarkable feat of walking up to 70 metres unassisted during her sessions, leaving her walker behind. This progress has not only improved her gait and mobility but has also elevated her capacity to transfer, sit and stand from chairs, substantially enhancing her balance and reducing the risk of falls.

Deb's steadfast dedication to her rehab and Vitality+ Gym sessions fills us with immense pride. Her vibrant energy infuses the gym with positivity, as she warmly greets and engages with fellow participants.

In her own words, Deb shared, "The Queenslea has been a fortunate chapter in my life. Forming deep friendships and embracing new connections has been a joy. Joining the Vitality+ program upon arrival was an encouraging step, and my gym experience has been incredibly rewarding. With good company, the journey feels much shorter."

Deb's journey exemplifies the spirit of resilience and community that defines The Queenslea and the Vitality+ model, inspiring us all.



CONNECTING WITH OUR COMMUNITY



OUR VOLUNTEERS

In the nurturing environment of our homes, we experience the joy of community every day. We are thrilled to host a diverse group of volunteers, each bringing a unique touch of warmth and camaraderie to our residents.

One of our core values is bringing vitality into the lives of our residents, their families, the wider community, and everyone we connect with, and our wonderful volunteers help us achieve this by fostering meaningful connections and enriching experiences.

We are lucky to have the youthful energy of Tessa and Rose, two students undertaking their Duke of Edinburgh's Award, a program designed to empower young people to make a difference in their own lives and the lives of others. Tessa, whose grandmother resides with us at The Queenslea, brings joy to our residents through visits with Ruby, her gentle therapy dog. Rose, on the other hand, generously contributes her mornings at The Queenslea's café, adding a spark of joy to our daily routines.

Our connection with the younger generation doesn't stop there. We have warmly welcomed students from Scotch College, who have selected aged care for their community service. Their lively spirit has a wonderful impact on our more socially isolated residents where the students entice them out of their rooms and into the world of engaging and intellectually stimulating activities like board games, chess, and card games. It's a heartening sight to see the bond forming between different generations, each learning and growing through shared experiences.

In addition we are also privileged to have Jonica Grayling, a local businesswoman who has discovered her true passion and calling in volunteering. She dedicates her time to assist our lifestyle team, enhancing the atmosphere of our homes with her energy and commitment. Jonica's passion resonates with our residents, bringing a sense of purpose and vibrancy to their everyday lives.

Our endeavour to bring vitality goes beyond the realms of our homes, these diverse interactions are more than just activities; they are a mix of emotions, experiences, and lessons that help to strengthen the bonds within our community. We hope to continue enriching lives and creating a harmonious community where everyone feels valued, connected, and filled with vitality.



NEWS FROM

THE QUEENSLEA RETIREMENT APARTMENTS



We are thrilled to announce the completion of our new Outdoor Shade Canopy, a significant enhancement to the beloved outdoor area of our retirement apartments. This timely installation comes as we welcome the warmer and more vibrant seasons of spring and summer.

The purpose of this canopy is to seamlessly blend indoor and outdoor spaces, providing a versatile area that can be enjoyed all year round, regardless of the weather. This space has been optimised for resident gatherings and special functions, allowing everyone to relish the beauty of the outdoors in comfort and style.

Previously, the courtyard was under-utilised and despite the presence of large outdoor umbrellas, we recognised the need for a permanent solution to encourage more usage and enjoyment of this wonderful communal space. We will be hosting an Open Day at the apartments on Saturday 28 October from 2-4pm.

The journey to bring this vision to life has been a meticulous one, spanning 18 months. The complexity of the installation demanded intricate engineering

considerations, including the incorporation of fire sprinklers, while securing approval from the Council involved extensive and careful negotiations. Additionally, finding building contractors willing and able to undertake this specialised work added another layer to the challenge.

We remain grateful for the patience and support of our residents throughout this process. This canopy is not just an addition to our infrastructure but a substantial improvement to our community life, creating more opportunities for social interaction and the enjoyment of our beautiful surroundings.

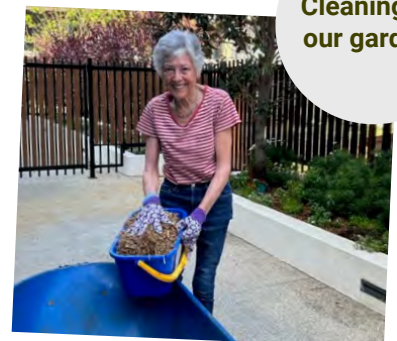


We invite all our residents to experience, explore, and enjoy this new space. May it be a place of joy, relaxation, and memorable gatherings for everyone in our community.

Beautiful garden coming along!



Adding some nutrition!



Cleaning up our garden!



THE RICHARDSON

BY ORYX



THE QUEENSLEA

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