

THE ORYX CHRONICLE



EDITION 1 • 2025



- DISCOVER WELLNESS AND LIFESTYLE ACTIVITIES
- CELEBRATE OUR INCREDIBLE TEAM IN THE GEM AWARDS
- MOUTHWATERING CHEF'S RECIPE TO TRY
- LATEST INFORMATION HIGHLIGHTING OUR FACILITIES' PERFORMANCE



WELCOME

Hello and welcome to the much-anticipated first edition of *The Oryx Chronicle* for 2025.

We know it's been a little while since our last update, but rest assured, we've been hard at work behind the scenes, and we're beyond excited to share the fruits of our efforts with you. We think you'll agree—it's been well worth the wait.

This edition is packed to the brim with all the latest happenings within our vibrant community. Whether you're looking for fun activities to get involved in, heartwarming stories that will put a smile on your face, or updates on the incredible individuals who make up the Oryx family, we've got you covered. There's so much to celebrate and share, and we couldn't be more thrilled to keep you in the loop.

We've been busy, and we can't wait for you to dive into everything we've been up to! From exciting events to inspiring personal stories, there's something in this issue for everyone. We're incredibly proud of what we've accomplished, and even more excited about the path ahead. We truly hope this edition brings a little joy and inspiration to your day.

As always, we want to take a moment to thank you for being such an important part of the Oryx Communities. Your support and participation mean the world to us, and we're so grateful to have you along for this journey. Together, we're creating something truly special.

So why not make yourself a cuppa, put your feet up, and enjoy the read? We can't wait to hear what you think—and we're excited to continue this adventure with you!

With gratitude,
From The Oryx Team



FROM PAMMY'S DESK

From the Manager's Desk at The Richardson

As we welcome the crisp air and golden hues of autumn, The Richardson continues to be a warm and vibrant home for our residents. With the changing seasons, we are reminded of the beauty in both nature and the connections we share with one another. This autumn, we're pleased to offer a wonderful range of activities that not only embrace the cooler weather but also foster community connections and encourage residents to stay engaged and active.

One of our long-standing and popular events is the monthly Men's BBQ, which continues to be a highlight on our calendar. It's a wonderful opportunity for the gentlemen in our community to come together, enjoy delicious food, and form lasting friendships. Due to the tremendous success of this gathering, the ladies at The Richardson have requested their own version, and we are thrilled to announce the launch of our Ladies' BBQ. This new addition has been an absolute hit, and we are delighted to see how these gatherings have brought so much joy, laughter, and camaraderie to everyone involved. It's heartwarming to witness the bond our residents share and how these social events have become a staple in their monthly routines.

In addition to our BBQs, we are also making the most of the lovely autumn weather by organizing scenic bus trips. These outings offer residents the chance to explore the local surroundings, enjoy the changing foliage, and spend time in nature, all while socializing and connecting with their peers. We believe that these trips provide a refreshing break from daily routines and offer wonderful opportunities to create new memories in an enjoyable and relaxed setting.

Looking ahead to April, we are particularly excited to launch The Richardson Coffee Club, a new initiative designed to create a relaxed and friendly space for our residents to come together. This informal gathering will be an opportunity for residents to share ideas, discuss topics of interest, or simply enjoy great company over

a warm cup of coffee. We hope that this new venture will encourage more social interactions, promote lively conversations, and provide a cozy atmosphere for everyone to unwind and enjoy each other's company. We are confident that the Coffee Club will become another beloved part of life at The Richardson.

As we embrace the season of change, we are also thinking ahead to spring. We are thrilled to announce an exciting partnership with Bunnings, who will be helping us revamp our Level 1 Garden. This project will be resident-driven, ensuring that everyone has a say in creating a beautiful and inviting outdoor space that reflects the collective vision of our community. The garden will provide a serene environment where residents can enjoy nature, spend time with family and friends, or simply relax in a peaceful outdoor setting. We are incredibly excited about this project and look forward to seeing it come to life in the near future.

At The Richardson, we are committed to providing an enriching environment where our residents can thrive, and this autumn is no exception. With a focus on social engagement, outdoor activities, and resident-driven projects, we are confident that this season will be filled with warmth, laughter, and meaningful connections. We are so grateful to have such a wonderful and supportive community, and we look forward to continuing to create a place that feels like home for everyone.

Thank you for being a part of our vibrant community, and we look forward to what promises to be a season full of exciting opportunities and lasting memories.

Warm regards,

Pammy Singh
General Manager
The Richardson



THE RICHARDSON

LIFESTYLE NEWS



VALENTINE'S
DAY

MARITIME
MUSEUM

At The Richardson, our residents are proving that every day is an opportunity for adventure, laughter, and new experiences. It's not just about filling the calendar with activities—it's about creating moments that are truly unforgettable. And let's just say, the past few weeks have been packed with excitement and smiles all around!

Here's a glimpse into some of the recent highlights that had our residents living their best lives:

Maritime Museum Visit

anchors away! Our residents set sail (well, not really, but we did take a fantastic trip) to the Maritime Museum. From the awe-inspiring displays of shipwrecks to the impressive collection of maritime history, it was a day filled with fascinating stories and more than a few tales of "back in my day." And "don't worry, no one tried to steal the captain's hat—this time."

International Women's Day Celebration

We rolled out the red carpet to celebrate the incredible women who've shaped the world—and The Richardson. The event was filled with heartfelt speeches, uplifting stories, and plenty of laughter. Our residents shared their own experiences, inspiring everyone with their strength and wisdom. The tea was hot, the biscuits were plentiful, and the empowerment was truly palpable. To the ladies of The Richardson, we salute you!

Men's BBQ

When the men of The Richardson get together for a BBQ, you know it's going to be a good time. The grill was fired up for a feast that would make any Aussie proud. The air was thick with the smell of sizzling sausages, and the conversation was even thicker with friendly banter.

Violin & Happy Hour

What do you get when you mix the soulful sounds of a talented violinist with a chilled-out happy hour? Pure magic. Our residents enjoyed a beautiful afternoon of music, sipping on their favourite drinks, and letting the melodies take them to another place. The combination of elegance and relaxation was the perfect way to unwind and enjoy a little luxury, making it an evening to remember.

From exploring maritime history to honoring the women who inspire us, and from BBQing like pros to unwinding with a happy hour violin performance, The Richardson residents have been making the most of every opportunity. It's clear—life here is anything but ordinary. Every day is an adventure, and we're thrilled to see our residents living life with so much joy, creativity, and camaraderie.

We can't wait to see what's next, but we're sure it's going to be just as fun—and maybe even a little more musical!



HAPPY
HOUR

WOMEN'S
DAY

MEN'S
BBQ



FROM DAVIS' DESK

From the Manager's Desk at The Queenslea

Hello residents, families, and staff,

I would like to take a moment to re-introduce myself as the General Manager at The Queenslea. My name is Davis, and I am truly delighted to be part of this wonderful community here at The Queenslea. It is an honour to work alongside our dedicated and talented team as we strive to provide exceptional care and support to all of our residents. Every day, we work hard to create an environment where our residents feel comfortable, engaged, and truly at home. Our commitment to ensuring that every resident is able to live their best life remains at the heart of everything we do.

At The Queenslea, we deeply value the input of our residents and their families. Your feedback is incredibly important to us as it helps guide our continuous improvement. Whether it's a suggestion for enhancing our services or a compliment to acknowledge something that went well, we welcome all of your thoughts. We believe that by listening to your perspectives, we can continue to build an even better place for everyone to call home.

To our new residents, we offer a warm and heartfelt welcome! We are excited to have you with us, and we look forward to getting to know each of you personally. It is always a privilege to expand our community and make new connections.

As we progress through 2025, it's hard to believe how quickly time flies! We are already well into the year, and we are excited for the opportunities it brings. We have many exciting plans and initiatives in the works, all focused on enhancing the comfort and wellbeing of our residents. One of the significant updates we've introduced is the addition of a new activity calendar specifically designed for our Memory Support Unit. We believe that these activities will offer new, meaningful ways for our residents to stay engaged and enrich their daily experiences.

In addition to this, we are thrilled to be reintroducing our beloved Inter-generational

Program, which has always been a highlight of The Queenslea experience. This initiative, with involvement from the incredible Ngala Child Care staff, provides a wonderful opportunity for our residents to interact with children, fostering meaningful connections across generations. It's always heartwarming to witness the joy these interactions bring to both our residents and the children involved.

We are also pleased to announce that The Queenslea successfully achieved re-accreditation from the Aged Care Quality and Safety Commission. The accreditation visit and assessment took place from the 27th to the 29th of February 2025, and we are proud to have met the rigorous standards set forth by the Commission. Additionally, a comprehensive Menu and Mealtime Quality Assessment was conducted by PLENA Health Care from the 12th to the 13th of February 2025. This assessment focused on evaluating the food, nutrition, and dining services we provide, and it helped us identify both our strengths as well as areas where we can continue to improve.

We are committed to continually enhancing our care services to meet the diverse needs of all of our residents. Our team works tirelessly to ensure that every resident receives the highest standard of care, and your feedback plays an essential role in this process. We greatly appreciate your ongoing support and encourage you to reach out with any suggestions or ideas for improvement.

Looking ahead, we are excited to continue this journey with all of you. Together, we will ensure that 2025 is a year full of growth, fulfillment, and well-being. Thank you again for being such an important part of The Queenslea community. We look forward to the year ahead and the many wonderful moments it will bring.

Warm regards,

Davis Rath
General Manager
The Queenslea



LIFESTYLE NEWS



At The Queenslea, life is anything but dull! Our vibrant residents are proving every day that age is just a number—and they're certainly not slowing down when it comes to living life to the fullest. The lifestyle program here is all about having fun, staying active, and creating unforgettable memories, and let's just say, they've been doing just that!

Let's take a look at some of the highlights from recent events that have had our residents buzzing with excitement:

Australia Day Luncheon

The celebrations were truly "down under"! We had everyone in their best Aussie gear, enjoying a feast fit for a true Aussie BBQ connoisseur (minus the kangaroo steaks, of course). There were plenty of laughs, good food, and a little bit of "Waltzing Matilda" on the playlist to make everyone feel like they were at a backyard BBQ on Bondi Beach. It was fair dinkum fun!

Sip n' Paint

The art world better watch out, because some of our residents are ready to give Picasso a run for his money. Armed with brushes and a glass of wine (or two), they dove into creating masterpieces—some more "abstract" than others, but still full of heart. And don't worry, there was more paint on the canvas than on anyone's clothes, a true testament to their artistic talents.

Valentine's Day Celebrations

Who says romance is just for the young? Our residents embraced the spirit of love with open arms, exchanging cards, sharing sweet treats, and even dancing to some love songs. Cupid would have been jealous of how much fun we had—nothing says love like a dance-off to '80s ballads.

Gardening Galore

There's something about getting your hands in the dirt that's just therapeutic, and our green-thumbed residents have been planting everything from flowers to veggies. And no, we don't have any plans to enter the Great Australian Bake Off, but there's talk of a Queenslea Veggie Patch Cookbook in the works. Stay tuned!

Lantern Making & Arts 'n Crafts

Whether it's creating beautiful lanterns for the upcoming festival or crafting unique keepsakes for loved ones, our residents' creativity knows no bounds. They've turned the craft room into a place of artistic genius—just don't ask anyone about the glitter incident. (It was a sparkly disaster.) From crafting to dancing to getting their hands dirty in the garden, the residents at The Queenslea aren't just sitting back and relaxing—they're making the most of every moment. Life here isn't just about sitting in a chair and watching the world go by; it's about living it up, laughing a lot, and making memories that will last a lifetime.



MEET THE TEAM: KARIN

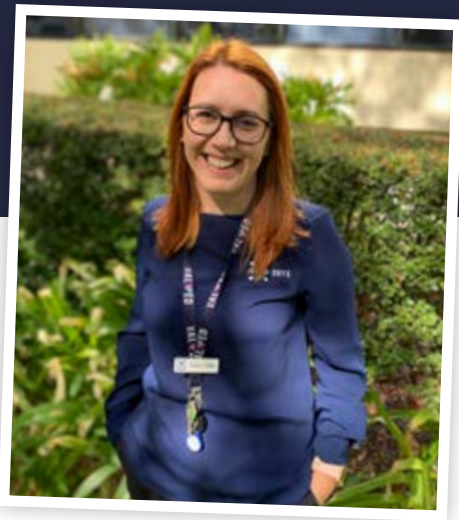
CLINICAL NURSE MANAGER AT THE RICHARDSON

Karin's journey to aged care began thousands of kilometres away, in Brazil. She arrived in Tasmania in June 2009, without speaking a word of English, determined to graduate from English school within two years. That was the first step in what would become an incredible path that led her to become a passionate nurse and valued leader in aged care.

Over the past ten years, Karin has worked across a wide range of roles from care staff to medication-competent care worker, care worker supervisor, enrolled nurse, case manager, registered nurse, clinical care coordinator, and now, Clinical Nurse Manager at The Richardson.

"It is a challenging role," Karin says, "but it is one I truly love. Having worked my way through so many different positions, I really understand the concerns and pressures staff face. That helps me support them in a way that is compassionate, thoughtful, and fair."

Karin's passion lies in palliative care and providing comfort and dignity to residents and their families during some of life's most tender moments. "It is an honour to be part of our resident's lives, especially during difficult times. I couldn't see myself working in any other sector."



Before moving to Australia, Karin worked as both a teacher and a human resources manager in Brazil, roles that gave her a deep understanding of how to build positive, respectful workplaces. She brings that same mindset to her current role, believing that strong, supportive leadership helps reduce staff turnover and leads to better outcomes for residents.

"I truly believe in creating a culture where staff feel heard, respected, and valued," she shares. "When our team feels supported, it reflects in the quality of care we provide every single day."

Karin's story is one of resilience, dedication, and heart. From learning English from scratch to proudly leading a team of healthcare professionals, she brings energy, empathy, and excellence to everything she does.

CONGRATULATIONS TO OUR RECENT GEM AWARD RECIPIENTS



Sony Tamang,
Registered Nurse at The Queenslea

Sony is a very passionate and dedicated Registered Nurse. Sony displays very positive interaction with the residents, representatives and her colleagues alike. Sony follows up very well on her work and is always doing her very best to ensure that she is providing the best care possible. Generally, Sony is an excellent team player always willing to go that extra mile ensuring shifts are always covered and will stand for sick colleague. It is a pleasure to have Sony as part of The Queenslea team.

Tendal Zangmo
Care Staff at The Richardson

We are incredibly proud to recognize Tendal for consistently going above and beyond in providing exceptional care and support to our residents. Tendal's dedication to enhancing the lives of others is truly inspiring.

Mae White,
Physiotherapist at The Queenslea

Mae is extremely competent in her role, very professionals and performs to a very high level. She develops good rapport with residents and is keen to advocate and communicate with families as to how their loved one is going. Mae is always cheerful, warm, friendly, positive and very attentive.

Shweta Gupta,
Lifestyle Assistant at The Richardson

We are thrilled to recognize Shweta for her exceptional contributions and unwavering dedication. Shweta is not only a fantastic team player, always going above and beyond to support her colleagues, but she is also deeply adored by our residents.

RESIDENT STORY DENIS



Denis is one of our residents at The Richardson. He's been here for 5 and a half years.

He has an awesome setup in his room and a passion for photography that has spanned many years. At the time I spoke with him, he was just about to head to Walpole to spend time with his family and check out the Yacht Regatta. He planned to take his camera along to capture some great shots.

Denis was born in 1936 and he grew up in Hartlepool (northeast England) with his parents and younger sister. His early school days were during WWII and he recalls having a half hour bus journey to school wearing a gas mask. He also had to do weekly drill practice and remembers there being an air raid siren and underground shelter.

At home, he had a backyard shelter, concrete roof and blast curtains. The next street over from his was badly damaged and there was an air raid warden at night. Despite the difficult circumstances, Denis attended college, played soccer and cricket, and went on to do further studies as a Cadet Naval Architect.

From 1959-1961, he completed national service. During this time, he was a bodyguard for a defence minister and visited many defence bases.

In 1961 he married the love of his life, Marie, and they spent their honeymoon on the Isle of Wight. After a time, Denis accepted a 12-month contract with the Navy Office in Canberra.

He joined a design team on a new destroyer program. Soon, his family began to grow, and he and Marie ended up having 6 kids together.

Denis speaks fondly of his family, which now includes 13 grandchildren and 1 great-grandchild of 6 months. He is very proud to have raised such an amazing family.

Some words of wisdom from Denis:

- Make the most of opportunities that come your way.
- Always appreciate that others have their own point of view, and they are entitled to it. Especially in relationships!
- When it comes to hard times, always think deeply and gather advice from trusted friends and family.

MOUTHWATERING CHEF'S RECIPE

Hummus

Ingredients

- 400g tin cooked chickpeas, drained and rinsed
- 100g sour cream or Greek yogurt
- 1/4 red onion, finely chopped
- Juice of 1/2 lemon
- 3 large sprigs fresh parsley, chopped
- Moroccan spice seasoning, to taste

Method

1. Coarsely chop the well-drained chickpeas, setting half of them aside for later use.
2. In a food processor, combine the remaining chickpeas with the other ingredients. Pulse until the parsley and onion are finely incorporated into the mixture.
3. Season the mixture with Moroccan spices to taste, then gently fold in the reserved coarsely chopped chickpeas using a spoon.
4. Taste the mixture and adjust the seasoning with additional lemon juice, if desired, to suit your preference.



WELLNESS JOURNEY



THE RICHARDSON



THE QUEENSLEA

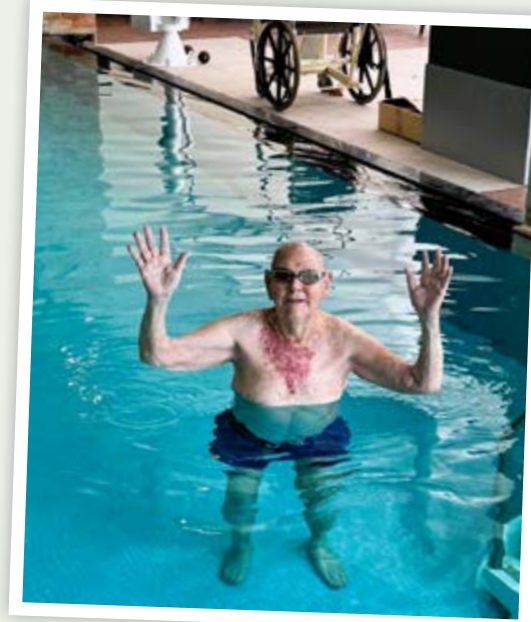
At 98 years old, Bob is a shining example of how dedication to physical wellness can positively impact quality of life.

A resident at The Richardson for the past year, Bob has been actively participating in the Vitality+ Wellness Program, which includes swimming three times a week.

His love for swimming stems from its full-body workout benefits, which he believes keeps him feeling strong and energised. Even when he's not in the pool, Bob occasionally enjoys using gym equipment, including the recumbent bike, pulleys, and leg press machine, further enhancing his mobility and fitness.

Bob's commitment to staying active is grounded in a long history of involvement in sports and outdoor activities. A life member of the City Beach Surf Club, Perth Flying Squadron Yacht Club, and a former player with the local lacrosse club, Bob has always embraced an active lifestyle.

Known for his warm and laid-back personality, Bob also holds deep appreciation for the team at The Richardson, often commenting on how marvellous the staff are. His ongoing participation in the wellness program is a testament to his resilience and passion for living life to the fullest. Bob's story highlights the importance of staying active at any age, and his positive attitude serves as an inspiration to fellow residents and staff alike.



VITALITY+

Roger Vines, 88, has made remarkable strides since joining the wellness program at The Queenslea over a year ago.

When Roger first began his wellness journey, he faced significant challenges due to time spent in the hospital, leaving him deconditioned and reliant on a four-wheel walker and physical assistance from staff to walk short distances.

However, through consistent participation in the wellness program, Roger's strength and mobility have greatly improved. Today, he is independent in his mobility and can frequently go out into the community unaided, a testament to his hard work and determination.

Roger and his wife Margaret, who passed away in 2023, shared over 60 years together, and Roger speaks fondly of the years they spent by each other's side. He moved to The Queenslea with Margaret in 2023 and has since found new ways to engage with life. One of Roger's favorite parts of the wellness program is the opportunity to break up his day and socialize with others in the gym.



He always brings a fun, slightly mischievous energy that uplifts those around him, making his sessions not just beneficial, but enjoyable.

A former sports enthusiast, Roger still enjoys watching his favorite sports on television. His love for physical activity has remained strong, and he finds joy in activities like building complex Lego models and reading books that his children bring to him. Roger's story is a powerful reminder of the impact physical wellness programs can have on individuals, improving both mobility and overall well-being, while also fostering social connections that enrich the lives of residents.

STAR RATINGS FOR AGED CARE PROVIDERS IN AUSTRALIA



In Australia, aged care services are given star ratings to help older Australians and their families make informed decisions when choosing care providers. The star ratings system, introduced by the Australian Government, is designed to reflect the quality of care and services provided by aged care facilities, including residential care homes.

What Are Star Ratings?

Aged care providers in Australia are assessed by the Aged Care Quality and Safety Commission based on various criteria. These include care and services provided, the safety and quality of the facility, and how well the staff supports residents' well-being. The star ratings are awarded on a scale from one to five, with five stars being the highest rating, indicating excellent care, and one star showing areas that require improvement.

Key Areas of Assessment

The star ratings are determined by assessing aged care services in several key areas:



Consumer Experience

Feedback from residents and families regarding the quality of care, responsiveness of staff, and overall satisfaction



Quality of Care and Services

This includes the level of personal care, health management, and the ability to meet the diverse needs of residents.



Compliance with Standards

The facility's adherence to the required care standards and regulations set by the Australian Government



Workforce Quality

The competence, qualifications, and training of staff members in delivering safe and effective care.

Why Are Star Ratings Important?

Star ratings provide transparency for families and individuals seeking aged care services. They offer an easy-to-understand snapshot of the quality of care that a provider offers, making it easier to compare different options. Higher ratings often indicate that a provider excels in areas such as resident satisfaction, staff quality, and overall facility standards.

Where Can You Find Star Ratings?

The Australian Government's My Aged Care website is the primary source for accessing star ratings of aged care providers. The website offers detailed information about each provider, including their ratings, services, and reviews. This transparency ensures that the aged care sector is held accountable and that older Australians receive the best possible care.

More information can be obtained from <https://www.health.gov.au/our-work/star-ratings-for-residential-aged-care>

Below are the current star ratings given to Oryx Communities homes:

The Richardson

★★★★★

Excellent

RATING CALCULATED
03 Feb 2025

The Queenslea

★★★★☆

Good

RATING CALCULATED
03 Feb 2025