

Congratulations team!

Congratulations go to 17 of our employees who celebrated the successful completion of nationally accredited courses in 2010.

These included Certificate II in Health Support Services, Certificate III & IV in Aged Care and Diploma in Community Services Coordination.

Their success was celebrated at our annual graduation and Christmas function in December with 90 of their colleagues. We are particularly delighted that Health Super stepped forward and offered to sponsor the attendance of all staff members at this important function, which recognises the achievement of these staff.

And to Tony Cuda and Damian Hutchesson from Health Super we say thank you for your generosity.



Pictured (left to right) Alan Perrie, Vic Leonard, Ann Blytheman & Glenn Muskett

Residents pledge loyalty to country on Australia Day

Dozens of residents at Braemar Lodge in Bicton affirmed their loyalty to the country they have called home for, in some cases, more than nine decades, by taking part in an affirmation ceremony and BBQ as part of the organisation's celebrations of Australia Day.



Mrs Ivy Walker and Mrs Gladys Canning, both residents at Braemar Lodge

Activities on the day included a special morning tea at which lamingtons were served, followed by a quiz on all things Australian and a BBQ. And following that, dozens of Braemar's residents read an affirmation to affirm their allegiance to Australia and its people, which is based on a part of the Australian Citizenship Pledge.

Care Manager Margaret Cornell said the celebrations gave residents a chance to express how proud they are to be Australian, in addition to promoting a sense of belonging within the community and within the nation.

"For residents who have been a citizen or part of this country for 90 or more years, and even those who have immigrated to Australia more recently, the celebrations were a great opportunity for all of our residents to formally celebrate living in Australia," says Ms Cornell.

"We thought organising an affirmation ceremony would be a great way to help our residents commemorate what it means to be Australian, especially as everyone can participate, even those who are not yet Australian citizens.

"And we're pleased to report that it was a fantastic day!"

As part of the day, residents also took a trip down memory lane, with a number of activities organised to enable participants to reminisce about Australia in the early 19th and 20th centuries, in addition to a number of planned talks from residents who were born overseas and journeyed to Australia in their younger years.

We need your feedback

Thank you to those residents and visitors who have provided us with feedback via our Suggestions, Complements and Complaints form over the last few months. Your feedback is an important tool that allows us to drive our continuous improvement system to provide better care and services for all.

As a result of feedback from residents and visitors in the last few months we now have air-conditioning in the dining rooms at Braemar Village, and Braemar Lodge has security gates at the side of the building as well as a new notice board for daily activities in the front foyer. These new additions are a very small sample of what we can achieve together if we are aware of what residents feel about our care and services. We also gather feedback via

our staff as well as regular audits and surveys.

Last year we introduced a simpler form which is easier to use. Copies of the feedback forms; Suggestions Complements and Complaints are available in public areas of each facility as well as in the folder in each resident's room. The receptionist at your facility or any staff member will happily provide additional copies for you to use.

Autumn and Influenza

Now that autumn is upon us, we need to ensure we all have our flu injections.

Even if you are healthy, you are still at risk of getting influenza and being laid low for up to two weeks. The flu is highly contagious and can cause fever, sneezing, severe headache, sore throat, aches and pains and general feelings of weakness. In the frail aged it can have serious consequences.

To assist in protecting everyone at Braemar, but especially residents, we would encourage all visitors to ensure they are vaccinated to reduce the risk of spreading this potentially fatal disease.

If you have symptoms of a cold or influenza please do not visit. Show your care by staying away until you are well.

We can use cordless phones to allow communication for residents who do not have a phone in their room.

Introducing Craig Wallace

Craig Wallace, a Senior Associate of Lavan Legal, joined our Board in January 2011.

Born in South Africa, Craig became a solicitor in his homeland before moving to the UK for seven years, where he specialised in planning, compulsory purchase and environmental law.

Since migrating to Perth in 2007, Craig has been involved in a wide range of matters for developer and resource clients, including general advice on development, building licence and environmental approvals and conduct of statutory appeals.

Craig is married with two young children and attends Scots Presbyterian Church in Fremantle. In December 2010 he had the pleasure of attaining Australian Citizenship.



Warning: **You will most likely go for a walk after reading this article!**

Having worked as a physiotherapist in aged care for over 10 years, I have found there are three types of residents when it comes to exercise.

There are those who wear out carpets, those that wear out chairs and those who just need someone to give them a push and then they will be a greater threat to the carpets than their chair!

I could try to motivate you to do more exercise by telling you all the bad things that happen to your body with inactivity but rather than do that, please just see below. You'll find a list of some of the great reasons to join the group wearing out the carpets.

Some of the benefits of regular exercise are:

- You sleep better
- You feel better, improving your mood and making you happier
- Your memory works better
- You get stronger so you can move easier in and out of bed, off a chair or to the dining room
- Your general health improves - reducing illness, high blood pressure and cholesterol
- Your balance improves, as does your risk of preventing falls
- You'll help to maintain regular toileting habits
- You'll control your weight
- Your bones will become stronger

Now I'm sure you are convinced that these are all good things that you want for yourself, so the next question is: What exercise will help you most.

The physiotherapist and activities staff run a variety of exercise classes and activities that are aimed at improving your mobility, strength, flexibility and balance. These are a great place to start. But really it's hard to beat a walk once or twice a day as a great way to exercise. You can walk at your own speed, have rests if you need to and if you are just starting out start with short distances and build up a little each week.

You can even build exercise into your everyday activities: a walk down to get the mail, walk out to the entrance to see visitors off, walk the long way to the dining room, and walk down to find a carer rather than ringing the bell if it isn't urgent.

I'm currently training to run a marathon in the middle of the year, so I know exercise takes time and effort, but it always has benefits and even if it starts out being hard it always gets easier.

Become someone who wears out the carpets!

Phil Beeck
Braemar Village Physiotherapist



Phil Beeck, Braemar's physiotherapist

Workforce Planning Progresses

We are delighted to announce that, as part of our Workforce Plan, we are joining forces with a university in Fremantle to provide quality clinical placement opportunities for students undertaking their Bachelor of Nursing.

This program contains subjects for mandated nursing accreditation in Western Australia and includes 200 clinical practicum hours in aged care. And the good news is that Braemar is able to provide opportunities for this clinical practicum.

These placements are full time and shifts worked cover the morning, afternoon and night shifts across the seven day week. This provides students from Notre Dame University with a 'reality of practice' to work as registered nurses in the health care team.

The students involved will be supported throughout the clinical placement by the University clinical supervisor. However, to maximise the effectiveness of these placements, Braemar would like to provide focused support of designated registered/clinical nurses with appropriate assessment and mentoring skills.

Accordingly, we have applied for funding from the Department of Health & Ageing which will enable us to provide mentoring training to some of our existing registered nurses and also to provide additional hours during the clinical placements of these students.

It is widely recognised that the skill set that nurses require varies across the health care sector. The aged care sector requires a specific skill set for its nursing team, with the focus being on team work, leadership, palliative care, client assessment and lifestyle health.

The aged care sector does face difficulties attracting and retaining nurses - particularly attracting new graduates who have never worked or contemplated working in the sector. Providing a well structured, supported clinical practice program for the students from Notre Dame has the potential to attract a new cohort of nurses who would not traditionally have contemplated moving into the aged care sector.

Specifically our aims are to:

- Meet the clinical practice needs of nursing students with respect to residential aged care
- Facilitate high quality, coordinated and supervised clinical experiences
- Further progress Braemar's Workforce Development Plan in developing a positive and active training culture
- Improve nursing students attitudes towards older adults in aged care
- Encourage students to recognise aged care nursing as a valuable career path

The clinical placements will commence in May for a period of two- five week rotations and again in October.

Maureen Williams
Executive Manager, Organisational Development



Goodbye to Anne

It was heartily agreed by those attending the Memorial Service at Braemar Village on 17 February that Anne Cromwell had contributed much to the welfare of residents, family and staff over 23 years of service.

Anne, a much loved support worker of Braemar Presbyterian Care, was suddenly taken from us at the start of February and we are sad to say her daughters Joy and Liza are still very much in shock.

At the memorial service, public tributes were brought by Jackie Botica, Christine Lewis and Margaret Hoare. Written tributes and memories were also received from resident Lorna Wilkins and Yvonne Grant, a long time friend.

CEO Mr Glenn Muskett gave condolences to the family and was as saddened as all of us who attended at the loss of such a treasured staff member.

Rev Paul Bloomfield, Braemar's Chaplain, drew attention to the mortality of life and our own need to be prepared by trusting in Christ as our Saviour.

A rose has been planted in the village garden in memory of Anne.



In My Father's House

In My Father's House are many Mansions... John 14:1

We looked at the house or should we say the skeleton of it in a Kelmscott street.

We smelt the ash of severe burning, noted the black sooty earth, a few bits of wood turned into charcoal and saw the denuded garden with nothing to be seen that was remotely green. Fire had destroyed and ravaged, and, in its hot power, had taken a loving place of protection and made it a brickie's graveyard.

My wife and I stared at the sooty remnants wondering what family lived there. I could see a door in that burnt frame. Here's Dad with the key in the lock, returning from work, glad to be with his young wife who had just given birth recently and is holding her bundle of joy. Here's a singed bit of carpet to show the dining room, where the growing family met around the table for their meal together. Precious memories that will linger but the evidences of them has gone up in smoke.

A sober reminder for us of how property and life can be gone in an instant. "What does it profit a man if he gains the whole world but loses his own soul?" said our Lord Jesus Christ. He Himself, born in a manger with no room at the inn, had nowhere to lay His head and at His death was laid in a borrowed tomb.

He told His disciples before He went to the cross, to die for sinners as us, "In My Father's House are many mansions." Distressed at His going from them, His disciples needed to be reminded of eternal real estate. We feel for those who have lost property and life. We mourn with them, but those who reject Christ's offer of salvation are sadly orphans in hell and have missed the heavenly mansions in His Father's House.

Rev Paul Bloomfield
Chaplain's Message



Message from Chief Executive Officer, Glenn Muskett

The first few months of 2011 have been a busy time for aged care in our state.

For starters, last month we saw the release of the Productivity Commission's draft report which recommends a complete overhauling of the aged care sector.

The 500 page report, entitled *Caring for Older Australians*, has been released for comment prior to the final report being presented to the Government in June 2011.

The draft report sets out a way forward for a sector that would offer streamlined access to quality care, with far greater flexibility and equity for older people.

For many years now, West Australians have felt the brunt of the inadequacies of the current system, especially given the state's size and the unique circumstances that WA faces in terms of our booming economy and skills shortage.

In reality, this means aged care service providers are struggling under substantial financial, bureaucratic and workforce constraints, with diminishing capacity to meet the anticipated very high growth in demand and greater choice in service delivery wanted by older Australians in the near future.

The good news however is that the report lays the foundations for an aged and community care sector that offers older Australians the quality services they deserve and this, coupled with Minister for Ageing Mark Butler's confirmation that the Government is committed to reform, is music to our ears... well, certainly to mine!

In my view, the report's recommendations are well-considered and we urge Braemar residents, their families and friends to familiarise themselves with the draft report and become involved in a productive debate.

Reform of aged care is a critical issue for the Government to address now, and it should be a topic of great interest for all Australians, young and old, to ensure that seniors receive the care they deserve in the future. More information is available at www.pc.gov.au

In other news, the Australian Government has announced increases in Residential Care and Community Care places nationally. Unfortunately no Community Aged Care

Packages or Residential Care places were allocated to the region in which Braemar operates. However, Braemar will again seek to obtain Community Care Packages to meet the needs of our community when the next opportunity arises.

The shortfall in Residential Care places continues to grow with only 314 bed places out of the 1,564 on offer in 2010 being taken up. This low take up has basically come put because aged care providers can't afford to build the residential facilities in which to house the bed places!

Unfortunately, this brings the shortfall in aged care beds in WA to over 2,500 and represents a great threat to older Australians obtaining the care they need. The Australian Government must act urgently to turn this around. Currently 60 per cent of aged care providers operate at a financial loss and providers are unwilling to expand unviable services.

And some good news to end on. The network of Presbyterian aged care providers has recently been accepted as members of a major influential body that represents a broad cross-section of parties interested in aged care, the National Aged Care Alliance (NACA).

NACA's membership includes consumers, providers, unions, medical practitioners, pharmacies and industry peak bodies. It is a highly regarded forum that puts forward balanced proposals for the development of quality aged care services.

The Presbyterian Church of Australia, through its state-based aged care organisations, provides almost 2,000 residential aged care beds, over 550 community care packages and related community care services and seniors housing.

Braemar is looking forward to contributing our opinions and ideas through NACA and we will bring you further news of our progress in forthcoming issues. So watch this space for more details.

Glenn Muskett
CEO

How Does Doris Howe do it?

Born in Beaconsfield in 1924, Doris Howe, like any normal baby, came into the world with a loud cry as she tasted the fresh air of Nurse Sheedy's Maternity Hospital...

Soon she was talking and squabbling with her five brothers and seven sisters, just like any other normal little girl. A voice she remembers, but sadly no longer possesses for her voice is much deeper now, not just due to ageing, but because of a tracheotomy she had in 2003.

Doris lost her husband Fred in 2009 who also was a resident with Braemar Presbyterian Care. How has Doris managed to cope with these traumas? What is the secret of her tenacity? What made Doris: Doris.

Life was hard in a family of 15 and food, when it was available, was largely bread and butter and peas, belly pork and soup made with bones. Her Dad had suffered his own troubles during the war and was on a full pension. He was a strong disciplinarian. "Shockingly handsome" Doris remembered, but harsh with the belt, particularly when young Doris did not keep her back straight sweeping the floor.

Schooling at Bassendean, Richmond and Fremantle encouraged Doris's intellectual abilities. Her writing was displayed in the Royal Show one year. Of her many interests in sport, running appealed to her most. She would delight to feel her hair blowing in the wind. She remembers how she ran and took a pole up a tree to try and "hit" an aeroplane. Dad gave her a belting afterwards.

While working at a broom factory at the age of 18 she married Fred Howe. He had made his interest known to her by dropping peanut shells down her back in a Hoyts cinema and romance blossomed ever after.

During the war years, Fred was a soldier on active service in Balikpapan in Java and experienced extreme mental trauma working as a medic amongst war victims. Children Carol, Terence and Susan brought much joy to the happy

couple. Fred worked at Dalgety's Wool stores, the military laundry at Swanbourne and as a wharfie at Fremantle, retiring in 1981.

In 2004-5, cancer of the voice box was diagnosed and Doris's trachea was removed. She now had to talk with her finger over the tracheotomy to make a sound. This depressed Doris greatly. She loved hymns and now it was impossible to sing: "Nearer my God to Thee" and "How Great Thou Art." With the loss of her beloved Fred, after months of dementia and continued infection in her trachea, she sought the Lord in prayer. Her faith was strengthened.



In tears she remembered how the Lord had suffered and died on the cross for her. The memories of childhood gospel services at the Salvation Army came to her and now she experienced the wonderful presence of the Lord Jesus in her life. Though her voice is now gruff, she knows that one day it will be a sweet melodious sound as she sings the Lord's praises forever. How does Doris Howe do it? It is summed up in the following verse:

I can do all things through Christ who strengthens me.

(Philippians 4:13)

Important dates

World Health Day – 7 April

The World Health Organisation was created on this day in 1948. In the changing environment around us health is becoming an important issue. Each Year on 7 April, the world celebrates World Health Day. On this day around the globe, thousands of events mark the importance of health for productive and happy lives.

Good Friday – 22 April

The most important events in Christianity are the death and later resurrection of Jesus Christ, who Christians believe is the Son of God, and whose life and teachings are the foundation of Christianity. Good Friday is the Friday before Easter. It commemorates the execution of Jesus by crucifixion.

Easter Monday – 25 April

Easter commemorates the resurrection (return to life) of Jesus Christ following his death by crucifixion. It is the most significant event of the Christian calendar.

Anzac Day – (holiday) 21 April

On 25 April every year, Australians commemorate ANZAC Day. It commemorates the landing of Australian and New Zealand troops at Gallipoli in 1915. The date, 25 April, was officially named ANZAC Day in 1916.

Braemar's services will be:

Braemar Village: Thursday 21st April 10.30 am

Braemar Lodge: Thursday 21st April 2.00 pm

Australia's Biggest Morning Tea – 26 May

Australia's Biggest Morning Tea is a fundraising event organised by The Cancer Council Australia and its state and territory members. Australia's Biggest Morning Tea is one of the simplest, yet most effective campaigns in raising funds for cancer research. Hosts gather their friends, family or colleagues together to share a 'cuppa for cancer research'. Held annually in May, the event raises community donations to fund cancer support programs for patients and their families, The Cancer Helpline and education programs.

How you can help

Yes, I would like to donate and make a difference

- A specific donation to Braemar Presbyterian Care or facility (please specify)
- A general donation to Braemar Presbyterian Care
- A bequest to Braemar Presbyterian Care (we will contact you to discuss this arrangement)

\$100 \$250 \$500 \$1000 or \$ _____

Payment Method: Money Order Cheque

Name _____ Phone _____

Address _____

_____ Email _____

Please send to: **Braemar Presbyterian Care**, PO Box 40, Palmyra WA 6957

Thank You. A gift to Braemar Presbyterian Care of \$2 and over is tax deductible.