

Steadfast and Stable

The vows promised by a bride and groom at their wedding ceremony are a good reminder of the importance of permanence in our society.

Without this stability, family and society break down and it takes many generations to repair. We are therefore glad to draw attention to George and Gladys Wright who celebrate 72 years of marriage on the 2nd April this year.

We assume they would have said the following to each other before God and the church congregation on their wedding day in 1938:

I, George, take thee, Gladys be my wedded wife to have and to hold from this day forward for better or worse for richer, for poorer in sickness and in health 'till death do us part and thereto I plight my troth. (or pledge my faithfulness)

I, Gladys, take thee, George to be my wedded husband to have and to hold from this day forward for better or worse for richer, for poorer in sickness and in health 'till death do us part and thereto I plight my troth (or pledge my faithfulness)

Gladys has been a resident at Braemar House since January 2003 and of course faithful husband George has been a frequent visitor along with the other members of the family.

George was born in South Street Fremantle on the 21st May 1911 and Gladys arrived in this world near Bibra Lake on the 12th May 1917.

They first met at the Continental Café in High Street Fremantle where Gladys worked.

On the 2nd April 1938 they married at St John's Church in Fremantle. Afterwards they returned home where Gladys's mother had prepared roast beef and vegetables for their wedding lunch.

Their honeymoon was spent in the Majestic Hotel in Applecross and they travelled to Mundaring Weir on the B.S.A. motorcycle that George owned.

A humble affair we all might agree but they are still together after 72 years. Surely George and Gladys have a lesson to teach us about love, faithfulness and tenacity. We would not be naive in thinking that their relationship was without trouble and tension for it is at these times that love is tested. And, in their case, obviously it won through. Today huge amounts of money are spent on the wedding ceremony and sadly two out of three marriages end up in divorce.

George and Gladys had six children - five daughters and a son. George's occupation involved driving trains and working on the wharf.



George, Gladys and daughter Lee

For sixty years George and Gladys lived together in the same house in Stock Road Bicton. George is still there today. Their daughter Lee is also a frequent visitor to the Braemar village as well as the House, as she attends to the resident's hairdressing needs.

We say congratulations to George and Gladys. Thank you for honoring your vows and being a good example of stability in an unstable society.

Rev. Paul Bloomfield
Chaplain

Farewell – and thanks – to Jacki



Jacki King, Manager of Braemar Village, is leaving us in the coming weeks because of family reasons – and I am sure we all agree

that she will be greatly missed.

Jacki, who is soon to become a grandmother for the first time, has been with Braemar for 14 months and during that time she has developed strong relationships with the residents, their families and fellow staff members.

In August 2009 she led her team through a full Accreditation visit, which resulted in an excellent

outcome for Braemar. I am sure you will join with us all in wishing Jacki all the best for the future and her move to the northern suburbs.

While we undergo a recruitment process, which can take up to four months, Margaret Cornell, Manager of Braemar Lodge, will be seconded to the Village. While Margaret is at the Village, Diane Hare will be acting Manager at Braemar Lodge.

The staff of both facilities and the entire team will be supporting Margaret and Diane to ensure the high standards that Braemar is known for are continuously maintained.

Braemar's new-look Website www.braemar.org.au

As noted in our last edition of Infoline, our new website is now fully operational and you will see a vast improvement – with more information, interaction and links than our previous version.

Prospective clients can register their interest on-line for residential information such as respite care, as well as being able to send enquiries for other information.

Prospective employees can also view adverts for positions as well as apply on-line.

For those who are interested in volunteering and perhaps have some time on their hands, there is also information about becoming a volunteers, as well as an on-line application form.



The new site also has links to Government websites, Presbyterian Church locations and other resource material that we believe may be of interest to the wider community.

Finally, if you know of someone who is looking for residential accommodation, you can click on the 'Refer Us' tab and forward our website details to them.



Kaye takes to the skies!

Living life ‘on the edge’ is not a new concept for Kaye Schulz, who is one of our wonderful carers at Braemar’s Lee House.

Originally from South Australia, Kaye has lived in six Australian states due to her husband’s work, and in each State has been involved in many activities, including volunteering as a scout leader for several years.



Kaye’s latest plane outside the hangar.

During her action-packed life, Kaye has also undertaken many challenges, including camping, bushwalking, kayaking, caving and hiking. Included in her list of claims to fame are the fact that she has boarded an American aircraft carrier, a nuclear submarine and an icebreaker.

However, while living in Tasmania, Kaye’s husband Phil obtained his private pilot’s license and bought a CT4 Australian Airforce Trainer aircraft, built in 1975, which still bears its Australian markings. The plane is registered in Kaye’s name.

Kaye says that she has flown across Bass Trait 50 times in the small aircraft, as well as around Tasmania during a weekend! But she said, when her husband Phil did a 60 foot landing, it was time to find another plane!

Another CT4 was found in Queensland and, flying back to South Australia as a reluctant passenger, Kaye had just begun to enjoy herself when she saw dolphins swimming close to Sydney. She pointed them out to Phil, who asked “Where”, and promptly rolled the plane for a better look. At this point, Kaye fainted, and woke up as they landed in Narooma, NSW.

“What are we doing here?”, she asked Phil, to which he replied “it’s too windy and when rubbish bins fly, I’m out of the sky”.

Kaye laughed, as at that moment, a rubbish bin actually did fly past them across the tarmac.

Kaye and Phil are currently building a 60 x 60 ft hangar in Truro Flats, Barossa Valley to house ‘her’ CT4-056 (in pieces) and the CT4-032, but has no ambition to become a pilot herself.

Girls and their toys!!!!

Sue Smith
PA to CEO

Resident Meeting Dates

The next resident meetings for the House, Lodge and Village are expected to take place around 25th May 2010. Confirmation and/or changes will be notified one week prior. Please check the notice boards.

Be Still

“Be Still and know that I am God” Psalm 46:10

During the last year, my wife and I have come to live in Palmyra. We live just a stone’s throw away from Leach Highway which I have come to re-name “Screech” Highway because of the thousands of trucks slamming on their air brakes on a regular basis. Coupled with the sirens of many ambulances, fire trucks and police cars, it is often difficult to get some much-needed peace and quiet.

Today’s reality however is that we live in a noisy generation - and it is my impression that many members of our society seem unable to live without noise. iPods’ dangle from our necks, television commercials tell us repeatedly the chocolate we should eat and sadly some lonely souls cannot live without talk-back radio giving them company. And then of course there is the familiar pulsating car at the traffic lights, belting out loud music.

Yes we live in a noisy generation - externally and internally. Anxious, stressed souls pursue anesthesia with drugs or alcohol, and short lived therapies that promise heaven and cost the earth. The Creator of Heaven and Earth, of you and me, says, “Be still and know that I am God.” Here He tells us that we are not alone, there is purpose in life and there is nothing to fear when we know His love and forgiveness.

This of course was accomplished at the Cross when Christ died for His people’s sins so they would not be condemned, but declared not guilty by the Perfect Judge. Through repentance and faith comes a peace with God and a stillness as the Holy Spirit floods the soul.

It is a noisy generation within and without and apart from a transport strike, those of us who live near “Screech” Highway and similar roads may have to continue to put up with it. However these external interruptions are a small thing indeed when you have the assurance of God’s Love and Protection and a voice from the All knowing, All powerful, All seeing One, whispering into our souls:

Be Still and know that I am God.

Rev. Paul Bloomfield

Chaplain

Influenza Protection



Continuing our annual commitment to health and safety, Braemar will again be providing free ‘flu vaccinations for all staff. This year the Influenza vaccination will include the H1N1 strain, and we are very pleased to report that

many of our staff do take advantage of the immunization.

Even if you are healthy, you are still at risk of getting influenza and an outbreak can impact on many others. Influenza is not the same as a ‘common cold’ and can last up to two weeks. It is highly infectious and can cause fever, sneezing, severe headaches, sore throat, aches and pains and general feelings of weakness.

To assist in protecting our residents, we would encourage all visitors to our facilities to remain at home if they are showing any signs of this highly infectious illness.

From our CEO...

On 1st February I had the privilege of sharing in the celebrations for my father-in-law's 90th birthday. It was a nice occasion and good to be with family and friends for such a big birthday.

George has been a resident of an aged care facility in Kingston, Tasmania for just over one year. For as long as I can remember George had been very adamant that he was never going to go into a nursing home, but as often is the case, his circumstances changed quickly and a nursing home was the best option. George has settled well into his new home and is being well cared for.



Congratulations and a very happy belated birthday to George

I was interested in seeing the nursing home and, with my CEO's hat on, made a few observations. But my main interest was that of a family member. Of course it was important that the buildings were safe and well presented, that the food was good, that the general atmosphere created by other residents, staff, volunteers and visitors was warm, and so on. I could have checked out how the home rated against 44 Accreditation Standards, but I didn't need to. George is being well cared for by staff who demonstrate much compassion, skill, humour and kindness as they take care of him.

Taking care of our elders is such an important role. Aged care has been mentioned a lot recently in the newspapers. The Commonwealth Government has released the latest Intergenerational Report which highlights Australia's rapidly ageing population and all the issues that follow. These issues are by no means new, but at least it's good that governments are taking note of future needs.



Unfortunately most of the talk will come down to finances, buildings, regulations and political debate. A similar debate is taking place in the USA. One observer there asked the question "Where is the 'soul' in our efforts to ensure elders are cared for in a manner they so rightly deserve?"

Braemar's commitment to residents is encapsulated in our "philosophy" statement:

We believe in the high value of the elderly and that as much as possible they should live full, meaningful, healthy lives in a comforting and supportive environment.

As Christians we render our service with

honesty and integrity in recognizing the value and uniqueness of each Resident and in delivering compassionate care that ensures security, enhances respect and protects dignity.

Just like it is in my father-in-law George's situation, how well an organisation serves it's residents comes down to the quality and commitment of it's staff. I'm proud to say that Braemar's staff are first class and successfully put the "soul" into our care.

Glenn Muskett
CEO

Having a Ball at the Village!

The residents at Braemar Village in Willagee dressed to impress when they enjoyed a New Year Ball on Friday Jan 8th.

More than 100 residents and guests enjoyed the evening which included finger food and music and entertainment from the 'Pure Country Band'.

Event Organiser, Margaret Hoare said it was the fourth year that the Village had held a Ball and it was again very successful. "It's a great way for the residents to get up and have a dance with the help of the staff and family members," she said.



Left: Staff Jessica McIlwraith and Julie Nelson with residents Marj Barker and Mavis Rowney



Right: From left to right - Yvonne Grant, Anne Cromwell, Jacki King are pictured with volunteers Kate and Wimmie, and the party's organiser Margaret Hoare. Margaret is thanking volunteers and staff for their invaluable contributions throughout the year.

"Everyone loves to celebrate the New Year with family and friends and have a dance and a chat."

Dates for the Diary

Ides of March – The term Ides comes from the earliest Roman calendar, which is said to have been devised by Romulus, the mythical founder of Rome. The Ides of March is just one of a dozen Ides that occur every month of the year.

Good Friday – 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 Sunday – Easter Sunday is the commemoration of the resurrection of Jesus Christ and is celebrated with great enjoyment by Christians. Churches are usually filled with flowers and the celebrations include the singing of special hymns.

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

May Day – 1 May 1890 is claimed as the birth of an international labour movement. It was the first internationally planned day of action by industrial workers seeking an eight-hour work day, equal rights and social justice. The history of May Day is one of great celebration for those committed to a vision of a fairer, just and more sustainable world.

Ode to Joy

Follow the sound of the organ or piano joyfully playing at the Braemar facilities and it is most probable that Joy Parnell will be the musician on the keyboard.

Music has indeed been the joy of Joy's life since she was eight years old when learning the piano and continuing the practice at Presbyterian Ladies College. It was there that she played regularly for choirs and at assemblies. She has an A.Mus.A. (piano) and her favourite composers are Chopin and Tchaikovsky.



Joy at her beloved keyboard.

Joy was born in Lytham in the United Kingdom and in 1947 came to Australia with her parents and two brothers. Her father, who gained his medical degree in Edinburgh, was one of the first Doctors in attendance at Braemar House and had a large practice based in Petra Street, spanning from East Fremantle to Rockingham. Joy, following her schooling, pursued a pharmacy apprenticeship at Rees

Pharmacy, Petra St. East Fremantle. In 1963 she married Ross Parnell of Parnell Signs in Fremantle and soon Joy was the proud mother of two children, Kim and Tracy. As a consequence of becoming a mother, her pharmacy career was quickly curtailed.

Joy and Braemar have a long history together. She played for the service at the opening of the Lodge in 1984 and has since played regularly since 1997. The Village has known no other organist and Joy can trace connections to the House from 1956. In 1987 as an active treasurer of the Braemar Amenities Committee, she was heavily involved in fundraising for necessities as wheel chairs and other important items.

Today, Joy plays regularly for the Fremantle and Bicton Presbyterian Churches, and has played for the choir at Bicton School and for the Melville Junior Youth Choir. Scarcely a month goes by without Joy playing the wedding March, which help to make a happy couple's day.

Says Joy, "Music has given me more than ever I have hoped I would be doing." Her favourite hymns are "All that thrills my soul is Jesus" and "Great is Thy faithfulness."

These titles summarise her faith since committing her life to Christ at the age of 14 and knowing His will in her life. "God is faithful", says Joy and one can discern that Joy's joy is not just in music alone, but in the Lord she serves around Braemar and wherever the Lord calls her to play.

Rev. Paul Bloomfield
Chaplain

Sharing of Food and Drinks

We recognise that sharing meals and drinks is an important part of many families' celebrations and is a way of life which Braemar will always encourage and support.

However, we are asking that before any food or drinks are offered to any resident, particularly someone who is not a family member, that individuals first check with the Facility Manager or a staff member.

This is because many residents have special diets for a range of health conditions, and providing food and drink that is not included in their diet can place their health at risk. The Facility Manager or staff will be able to guide you in what is appropriate to share so that you can have a meaningful visit.

Workforce Development Program to be expanded

Following the successful completion of year one of our Workforce Development Program, we are pleased to advise that the concept will be expanded in 2010.

Initially established to support new trainees undertake their Certificate III qualification, as well as helping existing employees undertake Certificate IV in Aged Care, we have now widened opportunities to include our hospitality and therapy employees.

Following circulation of an 'expression of interest' document, we have now received over 30 requests from staff to undertake an accredited training program in their field of specialty.

We are currently putting the final touches to a comprehensive three year training plan in conjunction with Central Institute of Technology. At the same time we are seeking funding via the Australian Government's recently announced Enterprise Based Productivity Places Program. This initiative forms part of the Productivity Places Program under the Government's Skilling Australia for the Future policy.

Whilst we are hopeful of gaining training places under this initiative, the success of our first year will ensure we continue to provide ongoing training and development opportunities for our staff and a stable workforce for our residents.

By Maureen Williams

Executive Manager Organisational Development.

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 _____

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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.