

A firm believer in ‘Use it or lose it’ is Jean Ross, aged 95½

Jean was born in Bunbury to parents who were hotel owners. In her teens she trained to be a secretary, but the onset of the Depression meant that her parents had to let their staff go, so at the age of 15 Jean became an employee at the hotel.

After marrying Alec when she was 22, war soon broke out and her husband was transferred to Fremantle as ‘Wharfinger’ to the Melbourne Steamship Company, which later became Howard Smith Limited, where he was responsible for arranging and loading supplies for the troops. Shortly afterwards, Jean gave birth to a son, Kelvin.

The couple decided to remain in Fremantle after the war, and so Jean and Alec sold their Bunbury house and moved to Attadale where they built a home, subdivided the block and built another. There Jean remained until she decided to enter a care facility – Braemar Village – three years ago.

Having been gifted at sewing, as was her mother, Jean made all her own clothes, including wedding dresses, trousseaus and other garments for her family. In fact Jean says that she ‘didn’t buy anything until the age of 85’! This is also the age where she gave up playing golf at Royal Fremantle Golf Club.

With time on her hands after golf, Jean went to a hobby class and began to make stuffed animals, (about 200 of them at last count) which she has passed on to family and friends.

Since she moved into the Village, Jean needed something to do and so she took up crocheting, and made so many footy blankets, scarves and chair-backs for sale at the Fete that she eventually became fed up with them.

So, wanting to be active again, Jean decided to take up drawing. She says: “I had a big pile of paper and an old pencil so I sketched the trees and the fence outside my room”. Pleased with her attempt, she progressed to using charcoal for sketching and then into coloured pencils, water-colour pencils, water-colour paints and also acrylics.

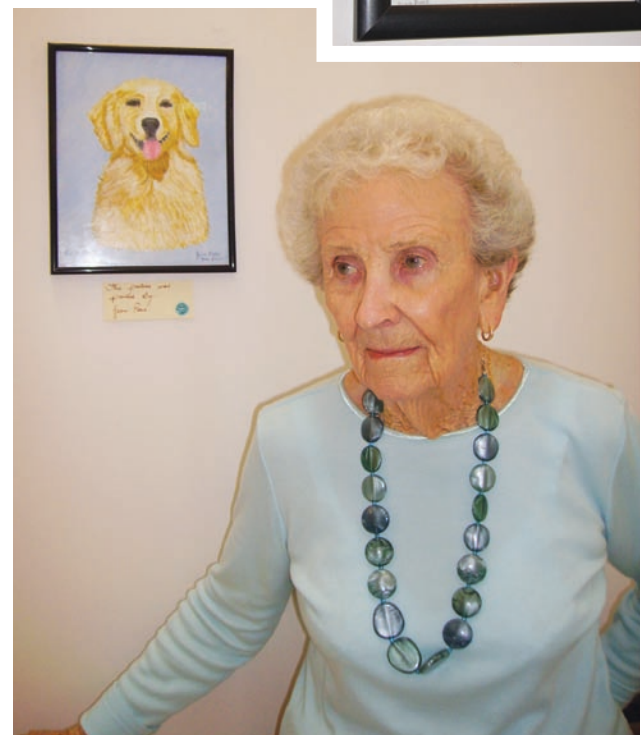
Around nine months ago a school student and volunteer, Jake Leicester, came to Braemar with his mother to see if his artistic talents would encourage residents to take up art. He was prepared to teach them for three months while studying for his Duke of Edinburgh Scholarship.

Jean said, “I was the only one interested, so I have him all to myself, and now Jake comes once a week for 1½ hours and has shown me techniques, how to use water colours and says I have a natural talent, in which he is encouraging me”.

“I only took up painting about nine months ago, and had only been sketching for about eight months before that, but I copy from books and mostly paint scenery and animals – especially dogs”, Jean adds.

She is now planning to learn how to draw portraits and she paints every day – if she has the time! An amazing lady, is Jean.

By Sue Smith



Jean Ross has recently discovered a love for art and painting.

Lest we forget...

Many of the residents of the House attended the ANZAC Service on 22nd April, which was followed by afternoon tea.

During the commemorative event, Michelle Barrow read 'One Day in the Year', while Vic Leonard read 'At the Going Down of the Sun' and ex WRAAF, Laurel Rasmussen read, 'In Flanders Field'. Our bugler Trevor Worth also played 'The Last Post' and 'Reveille'

After a minute's silence, the ode was read, followed by the Australian and English national anthems, which were sung with enthusiasm. Following on from this, the Rev Paul Bloomfield recited the very moving Digger's poem by Eric Bogle.

To conclude the tribute, wreaths were laid by residents Norma Bullock and Ron Kent, assisted by Laurel Rasmussen and Rosemary Kent respectively.



Ron Kent, pictured with his daughter Rosemary

ACSWA excellence in care awards

Some of our readers may recall an article about a very special Braemar employee, Margaret Hoare, in our December edition of *infoline*.

Well, we are delighted to inform you that Braemar has nominated Margaret in the Employee category of the 2010 ACSWA Excellence in Care Awards. These awards, now in their second year, are a celebration and recognition of excellence across the not-for-profit aged care and community care sectors.

In considering our nomination for the employee category, we believe that Margaret, among many other attributes, has a significant positive impact on the lives of our residents. She is certainly someone who willingly goes that extra mile.

What's more residents at Braemar Village have sent a letter with their signatures endorsing Margaret's nomination. This letter was included in the submission that we have put forward.

The ACSWA awards are celebrated at a Gala presentation dinner on June 11th – watch this space for more details

STOP PRESS

In news just in, we are delighted to inform you that Margaret has reached the finalist stage of the ACSWA prestigious award. The winner of each award category will go on to represent Western Australia in the ACSA National Awards, to be announced at this year's ACSA National Conference in Tasmania in September.

Thank you for your support

Over the last two months each Braemar Facility has had an unannounced Accreditation Visit. We expect the visits twice a year in line with the Commonwealth Government commitment. At each unannounced visit the Accreditation Agency Auditor undertakes an audit against a Module of Standards. Part of this process is interviewing residents and their representatives; this is a confidential process.

At Braemar Village a new Module was used based solely on resident and their representatives' feedback. With 14 Residents and their representatives interviewed asking about care and services across all 44 Standards, the questions covered areas such as medication management, choice, medical care, laundry, meals, independence and general satisfaction. The Auditor's feedback was extremely positive, indicating she was very impressed with the level of satisfaction with management, staff, care and services across all 44 standards.

Braemar Lodge was next. The Auditor assessed Continuous

Improvement, Nutrition, Hydration, Oral and Dental Care. Staff were interviewed regarding the specific standards, seeking information regarding their knowledge and training in these areas. Again the feedback was extremely positive, with comments about how helpful and responsive the staff and management are to any issues raised by residents and/or their representatives.

The Braemar House visit focused on Resident Incidents which includes; falls, skin tears, aggressive episodes and incidents of absconding. In this Module they track our response to these types of incidents, as well as infection and staff incidents. Through a process of interviewing residents and their representatives, staff and review of documentation they ensure that all incidents are recorded and the processes in place are followed. This is to ensure we are doing all we can to prevent further incidents and that residents receive the correct care and treatment after an incident. Again the feedback from residents and their representatives was extremely positive regarding the staff and management of Braemar.

These are outstanding results and on behalf of the Braemar staff and management we would like to thank those residents and their representatives for participating in this process and your kind words.

By Michelle Barrow

Welcome - Diane Wasley

In April we welcomed Diane Wasley who joined the Lodge as Activities Coordinator. Diane has been actively involved in aged care, including dementia specific facilities, for several years and brings a wealth of experience to the role.

Welcome to the Braemar team Diane!



Diane Wasley is the new Activities Coordinator at the Lodge.

Why the suffering?

“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, ⁴ who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God” 2 Corinthians 1:3-4

The above question is often put to me and I confess not too easily answered.

Those who experience a variety of physical, social and spiritual pain are not easily pacified with a few glib comments. After many years of working with the aged and the terminally ill, I have learned to use my two ears and moderate my one tongue.

There are those of course who challenge the existence of God and wonder how He can sit passively by, when there are earthquakes, cyclones, tsunamis, droughts and floods which cause the inevitable starvation disease and death.

The answer here is easy. He is not inactive or uncaring and through His people He is doing amazing things. Braemar Homes was commenced 58 years ago with concerned Christian ladies who were seeking to serve the Lord in caring for the elderly in the area of East Fremantle.

We could cite the Presbyterian Inland Mission teams who visit those in isolated areas of Australia. Then there is the wonderful work of individuals who seek support for poverty stricken orphans, and Samaritan's Purse who see that children all over the world get a shoe box of gifts at Christmas time.

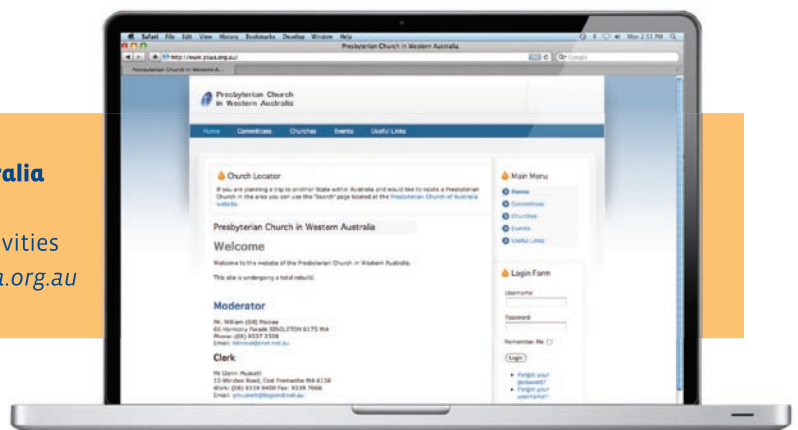
These are groups who serve God, who is described in scripture as *“The God of all comfort”*. We know this to be true for He sent His only Son Jesus Christ to die for sinners such as we. He was described as *“a man of sorrows acquainted with grief”* and of course works through His people to bring relief to the suffering. In a fallen world sadly we live with disasters, death and its associated suffering, but followers of Christ don't ignore the plight of such but reach out in love in word and deed.

Rev. Paul Bloomfield
Chaplain



The Presbyterian Church in Western Australia has launched its new website.

For information regarding the church's activities and contact details please go to www.pcwa.org.au



Board Profile - Rev. Alan Perrie. Chairman

I was born in Penzance, Cornwall just before the end of WW2. My father had been in the Army from 1938 to 1944 so we had no luxuries in our home but it was a loving home, which is the important issue.

My primary school was St. Paul and I remember the scripture stories that were read by my teacher, Mr. Miller, about David and Jonathon, the Biblical Warriors of the books of Samuel. Each school day started with a short Bible Story of some sort.

At the age of 8 my family migrated to Uganda where my father had been working for the previous 3 years on the Owen Falls Hydro Electric Project at the source of the Nile River. Uganda was a delightful place to grow up. The weather is always good. The temperature never exceeds 31°C or goes below 10°C. At that time the country was quite undeveloped and the wildlife was plentiful. As a boy we used to fish on the Nile River Banks and when we got bored would shoot at the hippo that swam close by with our catapults (gings.).

At 11 my family traveled south through Africa to Rhodesia from Uganda by car. It was a 10 day journey through Kenya, Tanganyika, Northern Rhodesia (Zambia) to Southern Rhodesia (Zimbabwe). Africa was still fairly primitive. In some sectors of the journey the wildlife was plentiful and visible from the road. At the brow of one hill we came close to hitting a giraffe that was browsing from a tree on the side of the road.

After school I joined the Government Native Dept., but the pay was so bad that it forced me out and I went into insurance in the capital city, Salisbury. It was during this time that I started dating my wife Iem and also at this time I became interested in Christianity. Over a period of time I realized my need for a Saviour and in consequence committed my life to Christ. This act changed my life, I knew the challenge of following Jesus and was forced to lift my game.

When I returned to Rhodesia from studying theology in Cape Town, Rhodesia was in a struggle with Armed



Insurgents and I was required to serve in the Armed Forces. There were not many atheists in the war zone and quite a number of men told me how they had prayed when in danger. I witnessed a number of massacres perpetrated by the forces of Robert Mugabe upon the black population of the land.

In July 1981 my wife, my children and I migrated to WA. I joined the Presbyterian Church and started a congregation in the Northern Suburbs in Padbury in 1983. We met for worship on Sunday Mornings in a Shire Hall. Iem, my wife, taught Sunday School in the kitchen and led the Sunday School work for about 20 years. I retired from the Ministry in 2005. The Whitfords Church is now a viable church and the Lord has blessed it mightily.

I became the Chairman of Braemar 12 years ago when there was controversy within the Church about Braemar. With the energy of an excellent board and good management, those days are in the distant past. Braemar today is focused on giving the best quality care that we can to our residents and creating a strong Christian ethos within our organization.

People of all ages want to be loved and to love. The gospel is the love of God in action. What greater gift is there to give or to receive than the love of God in Christ? None!

The trials of Tess

When Tess (short for Teresa) saw her daughter Angela and Caslin become husband and wife on the 10th April there was, of course, a great sense of joy and pride in Tess's heart, but also of deep relief as her prayers were answered. She was there! She was part of the ceremony and the reception! She was playing an active part in it all; believe it or not until 1.00 in the morning.

What is so surprising about that you may ask – after all she is one of the youngest of the Braemar residents? Tess has what is termed cerebella syndrome which confines her to a wheel chair and causes her difficulty in speaking and swallowing. It also has affected her sight and her ability to eat.

Surely then we may award some medals to Tess for bravery courage and tenacity but let us first go back in years to see how she came to this point to be a resident of Braemar House East Fremantle.

Born in St Anne's Mount Lawley Tess was one of six. She had a happy childhood and schooling and made lots of friends. Memories of picnics, outings and the enjoyment of school holidays come readily to her mind.

Her Mother, a nurse and her father, a pharmacist had a strong influence on Tess. She commenced nurse training at St John's in Subiaco and worked at Sir Charles Gardiner and Osborne Park Hospitals. She loved the work and found an affinity and a tender heart towards sick people. However she found she had her limitations and experienced depression, which she now knows was an indication of things to come.

In 1980 she met Graham, an accountant. They married in 1982 and lovely twins Carolyn and Angela, came into their world in July of 1983. They were greatly enjoyed even when they lopped off each other's hair at the age of 4.

They were very active children and in particular enjoyed horse riding. Graham was very supportive of Tess's condition. Sadly though Graham suffered from severe



Tess Watson is a very determined and brave lady and everyone thinks she is a wonderful addition to the Braemar community.

diabetes and with continuing poor health and a heart attack, he passed away at the age of 49.

Tess, despite her widowhood, battled on caring for her daughters. Both went to university and Carolyn and Angela today have degrees in teaching and health promotion respectively. Tess continued to drive until 2005 and received care in her unit to keep her as independent as possible.

However in 2008 it was decided that Braemar Lodge in Bicton was the place for her to receive low care. She loved it there, made friends and felt she was treated as a human being. The staff was first class, but the time came for her to move to Braemar House in East Fremantle for higher care. With much prayerful support however she made the transition and again has settled in. She is a real blessing to the community.

Of course she wrestles with her condition and wonders why God has allowed such things to happen to her. She understands however that Jesus knows all about paralysis, pain and distress for He suffered and died on the cross for her sins. Her favorite hymn is "Blessed Assurance" and she loves the chorus:

***"This is my story this is my song
praising my Saviour all the day long."***

We hand you the medals now Tess, for bravery, courage and tenacity.

We at Braemar are with you Tess. You are in our prayers. May God reveal to you what He has in store for you.

Br Rev Paul Bloomfield

CEO Message

Welcome to the winter 2010 issue of *infoline*. As always this issue contains information and stories about the work and people of Braemar. Of course the most interesting articles are usually about people.

I recently attended the funeral of my friend's father who was well described as one of nature's true gentlemen. Although I knew a little about him, it was fascinating listening to the eulogy and hearing for the first time of the achievements, challenges and experiences of his life. It reminded me of how little we know of those with whom we come into contact, and the great lives that people have lived.

In this issue of *infoline* we gain a glimpse of the stories of residents Jean and Tess, and that of the Chairman of Braemar's Board Alan Perrie. Their stories are interesting, challenging and encouraging. I hope that, like me, you will be inspired by their stories.

Aged Care – the Future

It's possible that this will be the last issue of *infoline* before the next Federal election. Because aged care is governed and financially controlled by the Federal Government, this is an issue that all people connected with Braemar should be interested in.

In the words of a very senior Federal Government minister this week, the manner in which aged care has been treated by governments over a number of years is a "disgrace". He was responding to a question on the level of initiatives in the 2010 Federal Budget, and went on to say that the

extent of the problems can not be fixed in just one or two budgets.

Aged care is under-funded for operational needs and is currently being starved of adequate capital funding for the building of new facilities. Aged and Community Services WA (ACSWA), the industry peak body that represents not-for-profit aged care providers, estimates that in WA there is currently a shortfall of 2,500 residential places and that this number is likely to rise to almost 6,000 by 2012.

Aged Care will only receive the attention from Government that it needs when politicians hear that this is of concern to the broad community. So please take the opportunity to contact your Federal local member of parliament and speak up on behalf of older Australians.

If you would like more information please go to www.agedcare.org.au

Best wishes to all.

Glenn Muskett



Reaching out to learn at Braemar Village

Some residents at Braemar Village have expressed an interest in exploring the world of computers and e-mail. Scotch College in Swanbourne has developed a program aimed at teaching seniors about computers in a one-to-one environment.

Through links with Scotch College we have been able to bring these two groups together and we now have three residents participating in the Scotch College program. The residents are allocated their own year 10 student instructor, and the school provides a computer lab for the lessons. The

residents set the pace of the learning and decide what it is they want to learn. This wonderfully supportive environment is appreciated by the residents who are very vocal about how much they are enjoying the lessons. The program runs for six weeks and then starts again, on a rotating basis. The residents can re-enrol and new residents can sign up. We hope to see more residents from the Village or the Lodge attending for the next programme.

By Michelle Barrow

Important dates

Constitution Day – 9th July

On 9th July 1900, Queen Victoria signed the Commission of Assent. This enacted the Bill passed by the British Parliament entitled 'An Act to constitute the Commonwealth of Australia'. The Constitution is the document which defines the framework of our nation, including the way Federal and State Governments are structured, foreign trade is conducted and immigration measures implemented.

Lodge Fete

The Lodge will hold its annual Fundraising Fete on Saturday 10th July from 9:00 – 1:00pm. Diane Wasley will be encouraging and assisting residents to make and create, and then show off their handicrafts for sale. Families and friends of residents, staff and others are all welcome. Diane says that all donations will be gratefully received and she can be contacted on 9319 0707.

Vietnam Veterans' Day – 18th August

August 18th is Vietnam Veterans Day. Originally it was a day to commemorate the Battle of Long Tan in 1966 between the Australian Army and the Viet Cong troops, and is generally accepted as one of Australia's most defining battles, but now it has been adopted by all veterans.

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.