

## Operation Christmas Child 2011

For the second consecutive year Braemar has participated in Operation Christmas Child by encouraging staff, residents and community members to donate Christmas presents to under privileged children around the world.

Brightly coloured shoe boxes were filled with gifts before being returned to Braemar Lodge and sent to poverty-stricken countries throughout Africa and Asia, where they will be distributed on Christmas Day.

Braemar Presbyterian Care CEO Glenn Muskett said Operation Christmas Child was a worthwhile and thoughtful initiative which sent a message of hope to less fortunate children.

“Residents at Braemar were keen to get behind this initiative and collect even more shoe boxes than last year,



June Hansen, Ivy Walker, Olive Tasker

so we thought we would once again collect them on behalf of the local community as well,” he said.

“It’s a very simple but meaningful way for West Australians to bring some joy into the lives of underprivileged children overseas.”

## Christmas dates for the diary

### Braemar Carol Services

Monday 19th December	6:30 pm	Braemar House
Thursday 15th December	6:30 pm	Braemar Lodge
Sunday 18th December	6:30 pm	Braemar Village

Residents’ families are welcome to attend.

### Residents’ Christmas Parties

Lee House	Friday 16th December
Braemar House	Wednesday 21st December
Braemar Lodge	Friday 16 December
Braemar Village	Thursday 15th December





## Cuppa for the kids

Residents from Braemar Village hosted a special afternoon tea in honour of Cuppa for HeartKids, an initiative aimed at reducing the incidence of childhood heart disease.



KIDS WITH HEART: Joan Hesketh holds Oscar Males' hand, while Conor Lim Joon looks on.

Kids were the special guests of honour at September's fundraiser, with kids from Birra-Li Child Care Centre and children and grandchildren of the Village's staff and residents invited to come along and enjoy a cuppa and cupcake for a gold coin donation.

Braemar Presbyterian Care CEO Glenn Muskett said the afternoon tea was a good opportunity for residents to

catch up with family and friends, all in the name of a good cause.

"It's always fantastic for our residents to enjoy the company of kids and I can't think of a better excuse for them to do that than Cuppa for HeartKids, it's a fantastic cause and we were really excited to get involved for the first time," he said.

## Message from the CEO

As I reflect on the year that is almost over, 2011, the usual questions come to mind: "where has the year gone?" and "what will 2012 bring?"

On the first weekend in November, Braemar provided its annual report to the General Assembly of the Presbyterian Church in WA. It was a good report with a number of pleasing achievements to communicate. One of the important achievements for the year was the launch of Braemar's revised Values, **care + friendship**.

Significantly, CARE is an acronym for Commitment, Accountability, Respect and Empathy. And importantly, these are the values that our staff identified and felt reflected their approach to caring for our residents.

Another highlight, after several years of searching, was the purchase of land, for future development and expansion of services.

But of course the greatest achievement of the year was the continued commitment to delivering excellent care to our residents.

It was also a year of awards – Braemar received a state media award for our efforts in media relations activity, in particular, for promoting positive images of ageing to the wider community. We were delighted with this win because it reinforces that Braemar is all about people and the care that we share. We were also delighted that the excellent care given by staff members Vic Leonard and Marilyn Williams was acknowledged by external bodies. Of course, in our view, all staff deserve acknowledgement for

the wonderful work they do in caring for our residents.

In other good news, Braemar will celebrate 60 years of faithfully serving older Australians in our care network during 2012, and so in many ways it will be a year of celebrations.

In addition, we hope to progress planning for additional services including the development of our new Willagee site, and the process of re-accreditation as a Commonwealth government funded aged care provider.

In the meantime, as we draw near to the end of 2011, I extend to all residents, families, staff, volunteers and supporters of Braemar, on behalf of the Board and management, God's richest blessing for Christmas and may He grant us all peace, hope and joy for 2012.



Glenn Muskett  
Chief Executive Officer

## Recognising the boys of Christ Church Grammar

Christ Church Grammar School boys have undertaken another year-long program of Environment and Community service at both Braemar Lodge and Village.

The then Braemar Lodge Care Manager Margaret Cornell said the boys were lovely and residents have loved the fact that the same teenagers have been visiting all year.

"We have all noticed and appreciated the changes in the boys from their first visit to their last, it's been fantastic

to have them around as part of their Environment and Community Service program," she says.

The boys were presented with Certificates of Appreciation at an afternoon tea on October 21.



CERTIFICATE OF APPRECIATION: Braemar's Nicole Beckingham and Margaret Cornell presenting Cooper Young with his certificate.

## Braemar residents take steps to stay on their feet

**Braemar Village residents took a stand to stay on their feet in September as part of 2011's national Stay on Your Feet Week.**

An afternoon dedicated to keeping residents mobile, upright and fighting fit was Braemar's way of helping to combat the growing number of older people who arrive in hospital emergency departments every year with fall-related injuries.

The Stay on Your Feet Week activities included a group dance class, physiotherapist talks which educated residents on fall prevention, and a demonstration of different arm and upper body exercises.

Braemar Presbyterian Care CEO Glenn Muskett said falls were a serious issue for people aged 65 years and over.

"It's really important for older people to stay active and we want to provide our residents with steps which they can take to stay fit and healthy, without putting themselves at risk of an injury," he said.

"It is important we educate our residents about falls and make it known that they are not an inevitable part of getting older, they can be prevented."

## Dedicated volunteers are 'unsung heroes'

**South Fremantle resident Margaret Sowden is just one of the many dedicated volunteers around the globe who will be recognised on December 5 as part of International Volunteer Day.**

South Fremantle resident Margaret Sowden is just one of the many dedicated volunteers around the globe who will be recognised on December 5 as part of International Volunteer Day.

75-year-old retiree Margaret has volunteered every Friday at local aged care centre Braemar Lodge for the past six years.

Mrs Sowden said her focus was always on making others smile.

"I have a good life and have been very lucky, so volunteering makes me feel like I have given something back to the community and gives me a real sense of achievement," she says.

"I look on the people at Braemar as part of my family and I really enjoy their company, I have got to know them all quite well and I like to go around and talk to each of them individually.

"I would love to see more volunteers at Braemar Lodge; even local people who have just a few hours a week to offer can make an incredible difference to the lives of others."

Margaret first began volunteering as a way to spend more time with her sister Edith, who was a resident at the Lodge for four years before, sadly, she passed away.

Braemar Presbyterian Care CEO Glenn Muskett said that in many ways the organisation's volunteers were the unsung heroes of

the local community.

"We are very fortunate to have many committed and dedicated volunteers that are willing to go the extra mile for our residents," he says.

"Volunteers make an invaluable contribution to Braemar and International Volunteer Day just gives us a great excuse to publicly recognise both their generosity of time and their big hearts."

Margaret assists staff and residents with activities including flower arranging, card making, bowls, quizzes, concerts as well as trips to the shops and the Fremantle Arts Centre.

"I would strongly urge others who are thinking of volunteering to get involved, because it's one of the most rewarding things you can do," Margaret says.

International Volunteer Day was established by the United Nations General Assembly in 1985 as a day to recognise the contribution of volunteers in their communities.



Pictured is Braemar volunteer Margaret Sowden, together with Braemar resident Margaret Rowe.

## Another Braemar Carer acknowledged

**Well known and respected Carer, Marilyn Williams, received a Mentor Award from the University of Notre Dame at its School of Nursing and Midwifery 2011 Academic Awards Ceremony during November.**

Voted as the best Mentor for first years, by student registered nurses from Notre Dame who have undertaken their aged care clinical placement at Braemar House, Marilyn received her award from Emeritus Professor Doreen McCarthy.

The importance of student nurses having well-skilled and committed mentors during their placements was highlighted during the event, and we at Braemar are very proud of Marilyn and certainly value her dedication and commitment to providing the best possible care for our residents and for passing on her knowledge in such a positive manner.



Marilyn Williams & Doreen McCarthy

## Goodbye to another Margaret

**Regretfully for Braemar Lodge, Margaret Cornell retired on November 17 after almost four years of service and more than 33 years in the aged care sector.**

Already, Margaret is very much missed by all staff and residents.

Before leaving, she said: "I've loved my time with Braemar because of the wonderful staff, wonderful residents and the support I've received from the executive team."

Margaret is currently on an eight week European tour. We wish her well in retirement.

## Welcome to Diane

**Diane Hare has taken over as Manager – a welcome appointment for the residents and staff alike.**

Diane has been 'second in charge' on several occasions over the last four years and has also been Acting Manager at the Lodge on a number of occasions. She is well regarded and known by everyone.



NEW MANAGER: Diane Hare is doing a fantastic job in her new role.

## Welcome Julie Munro Executive Manager, Care

An experienced Registered Nurse and Manager who has worked in both the Acute and Aged Care sectors for many years,

Julie Munro began at Braemar in September 2011 with a history of quality care and service delivery. She brings a wealth of knowledge from all sectors of health care, has recently worked as a clinician and has a passion to improve the quality of life for older people in aged care.

Julie said she was very pleased to be part of the Executive team and was looking forward to a long and fulfilling career at Braemar.

Originally from Tasmania, Julie has lived in WA for 12 years. She has a Bachelor of Nursing from the University of Tasmania and has just started her Master of Research at Edith Cowan University.

With two daughters and two gorgeous grandsons, Jack, 9, and William, 6, Julie's leisure time includes walking, gardening and cooking Thai food for family and friends.



WELCOME TO BRAEMAR.  
Executive Manager Julie Munro.

## NO ROOM!

And she brought her first born Son and wrapped him in swaddling clothes and laid Him in a manger because there was no room for them in the inn. Luke 2:7

The recent CHOGM meeting in Perth demonstrated the ongoing popularity of the Queen. After 58 years on the throne she still attracts large flag-waving cheering crowds wherever she goes. We hear the excited cries from all age groups "We've seen the Queen!" She arrives with a retinue of faithful servants, stays in the most luxurious of accommodation and clearly no expense is spared for Her Majesty.

How different it all was in Bethlehem when the Son of God arrived. Mary and Joseph wrapped the Babe in strips of cloth and laid Him in a feeding trough because there was no room for them at the inn. The King had come and although earth was unresponsive heaven was not as the sky reverberated with the heavenly host singing:

Glory to God in the highest, and on earth peace goodwill toward men.

The shepherds responded with full and overflowing hearts of love joy and adoration. As the Saviour had come. Let us have room in our hearts also for the Saviour who went from the poverty of the cradle to the passion of the cross, died for sinners as you and me, bearing our punishment that we might not perish but have everlasting life.

A well-known Gospel chorus puts it this way:

Room for Jesus, king of glory!  
Hasten now, his word obey!  
Swing the heart's door widely open!  
Bid him enter while you may.

## Any Suggestions?

Every Braemar Presbyterian Care facility has a 'Comment, Suggestion and Complaint' feedback form located in the Reception and we would appreciate any feedback whether positive, negative, compliment or concern. We value your feedback and will respond to any comments either in person or in writing.

Your comments will help us to continually improve as we strive to provide quality care and service delivery for all residents at Braemar.

## Care of The Aged (COTA) speaks out

Older Australians want quality services available when and where they need them, with a clear preference for support to be provided at home.

By: Pat Sparrow, Director Aged Care Reform, COTA.

This is the key message from the "Conversations on Ageing" currently being held around Australia by the Federal Minister for Mental Health and Ageing, Mark Butler.

COTA Australia is supporting the conversations as part of its commitment to make sure the voices of older people are heard as the Government considers its response to the Productivity Commission report Caring for Older Australians.

At the beginning of each conversation Minister Butler presents an overview of the reports key areas including:

- shifting from a rationed system of 113 places (community and residential) per 1000 people aged 70+ to an entitlement system not unlike the education system where when you turn five a school place is guaranteed;
- establishing regional Gateways to make finding information, having an assessment and gaining access to services much easier and fairer for everyone; and
- giving older people much greater choice and control over what happens to them while continuing to require that service providers provide a safe and respectful environment.

In making his presentation, the Minister emphasises the contribution and value older people provide to the Australian community. Ageing, and longer life expectancy, are a societal triumph but will place increased pressure on aged care services. This is why reform of aged care is so important.

His presentation also highlights the problems in attracting and keeping workers to provide aged care services.



SPEAKING OUT: COTA's Pat Sparrow at a press conference.

The difficulty in working out how Australia pays for these services and the need to consider both Government and consumers paying more is also discussed.

At each of the conversations a wide range of questions are put to the Minister touching on how the Gateway would operate, making residential care focus more on positive ageing, aspects of the proposed user pay system, financial products to support people pay for the services they receive, supporting informal carers, looking after special needs groups like people with younger onset dementia, GLBTI people and indigenous Australians as well as paying aged care workers' wages which recognises the value of what they do.

Older people have also raised their desire to have greater control over their death at every conversation. Palliative care is discussed but people also want to talk about voluntary euthanasia or advance care directives.

Conversations are planned for Perth and WA in mid-December. The first is at the Perron Centre, 61 Kitchener Avenue, Victoria Park on Wednesday 14th December from 10:00 am til 12:00 noon. Dates have not yet been confirmed for others, but will be advertised closer to the time. You can find out about them on the Ministers blog at <http://agedcareconversations.govspace.gov.au/>

COTAs website [www.cota.org.au](http://www.cota.org.au) has information about the conversations but also a summary of the Productivity Commission report (click on Aged Care Reform under "Latest") and lots of other information for older Australians.

Hope we see you at a Conversation near you!

## Important dates

### Australia Day - 26 January

Australia Day is celebrated across the country on 26 January, the anniversary of the arrival of the First Fleet of 11 ships from Great Britain, and the raising of the Union Jack at Sydney Cove by its commander Captain Arthur Phillip, in 1788. It is also a time to recognise the unique status of the Aboriginal and Torres Strait Islander peoples.

### Shrove Tuesday - 21 February

Shrove Tuesday is the Tuesday before Ash Wednesday which is the first day of Lent. It's a day of penitence, to clean the soul, and a day of celebration as the last chance to feast before Lent begins. (Shrove Tuesday is sometimes called Pancake Day after the fried batter recipe traditionally eaten on this day).

### The Apology: Anniversary - 13 February

On 13 February 2008 the then Prime Minister, the Hon Kevin Rudd MP, moved a motion of Apology to Australia's Indigenous Peoples with specific reference to the Stolen Generations. The Prime Minister described it as an occasion for "the nation to turn a new page in Australia's history by righting the wrongs of the past and so moving forward with confidence in the future".

### Ash Wednesday - 22 February

Ash Wednesday is the beginning of Lent for Western Christian churches. It's a day of penitence to clean the soul before the Lent fast. Roman Catholic, Anglican, and some other churches hold special services at which worshippers are marked with ashes as a symbol of death, and sorrow for sin.

## 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

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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.