

Margaret gains aged care accolade for over 40 years of care

Braemar employee Margaret Hoare has been recognised for more than 40 years of dedication in the aged care sector after winning the 2010 Aged and Community services of WA (ACSWA) excellence award in the employee category.

Margaret has worked as a carer and activities coordinator at Braemar Village for more than 10 years where, according to staff, she is adored by residents and is an inspirational role model.

Glenn Muskett CEO of Braemar Presbyterian Care says Margaret is a hugely valued member of staff who has gained a reputation for excellence in caring for the residents of Braemar Village.

“This ACSWA Excellence award is a wonderful way to acknowledge the contribution Margaret makes to the lives of residents, and we are thrilled that she has been given this award amidst such strong competition in the aged care sector,” he says.

“Margaret is an extremely committed and dedicated employee who always puts the care of residents first, she is much-loved by the residents and is wholly deserving of this award.”



Members of the Braemar team at the recent ACSWA Awards evening.

According to her colleagues, Margaret’s success in her role is demonstrated daily by a long stream of contented

residents speaking very highly of her, with one resident in particular who waits each day at the front door to warmly greet her as she arrives at work.

But according to Margaret, knowing the residents are well looked after, content and happy is reward enough.

“Knowing that I can help residents to feel joy by simply taking them for a walk in the local park on a beautiful day, also makes me happy,” she says.

“I was quite overwhelmed to receive the award when all I am really doing is a job that I love, but I must say it is wonderful to be acknowledged in this way.”

During the awards evening, which was held on 11 July 2010, Braemar Presbyterian Care was also awarded the organisation award for its work in staff recruitment and retention.

The ACSWA excellence awards are presented by the State’s aged care peak body, Aged and Community services of WA (ACSWA).



Margaret Hoare is loved by residents and has been called an inspirational role model.



Paul Bloomfield pictured with residents who are participating in Operation Christmas Child.

Braemar Presbyterian Care urges community to help children in need

Residents at Braemar are urging members of the community to participate in Operation Christmas Child 2010 by donating a Christmas gift to children living in poverty around the world.

Brightly coloured shoe boxes are now available from the Lodge, which members of the community can use to fill with gifts, before dropping them back to Paul Bloomfield who will oversee them being sent to a number of African and Asian countries.

Glenn Muskett CEO of Braemar Presbyterian Care says Operation Christmas Child is a way to send a message of hope to children who are less fortunate.

“Residents at Braemar were keen to get behind this initiative and collect even more shoe boxes than in years gone by, so we thought we would collect them on behalf of the local community over the next three months,” he said.

“Filling a shoe box with pencils, notepaper or crayons is a very simple but meaningful way for locals to bring some happiness into the lives of underprivileged children in overseas countries.”

Boxes need to be identified as being for either a boy or a

girl in age categories ranging from two to four, five to nine or 10-14 years.

They can then be filled with gifts from the following six categories: something to love; something special; something for school; something to play with; something to wear and something for personal hygiene.

In addition a \$9 one-off fee, which is tax deductible, also needs to be included to cover transport costs.

To collect a shoe box, or to gain further information about Operation Christmas Child, please contact Chaplain Paul Bloomfield on 0408 823 209. All shoe boxes need to be delivered to Braemar by no later than 25 October 2010.

Operation Christmas Child is an initiative of international charity group Samaritan’s Purse and has been running since 1990. It is the world’s largest children’s Christmas project, having brought joy to more than 60 million boys and girls around the world.

The Village has Talent

On the evening of 16 July, 18 contestants competed with great zeal and enthusiasm to a packed activity centre at Braemar Village – and during the evening it was clearly demonstrated that Braemar has indeed “Got Talent”.

Contestants were Village residents, family members, Braemar staff, grandchildren, volunteers and friends. Phil Beeck, resident physiotherapist, was compère for the evening in addition to dressing as Persian Prince Armin.

The Village Choir, made up of residents, staff and volunteers, opened with “O What a Beautiful Morning” and closed the evening with “Bless This House”. During the evening, five individual guitarists played both classical and contemporary music.

There was no shortage of soloists, duets and trios with skits and comedy sketches delighting residents and visitors alike. And village resident Katerina Zuideveld was particularly proud to see her family involved in the evening.

Following the judging, several residents were helped to the floor by Lee the hairdresser, her friends and staff and both performers and audience enjoyed a dance together to finish the evening.

All agreed that the evening was a great success with untapped talent at last exposed to a delighted audience.



Prizes were awarded to:

1st Prize

Went to Gail Throssell (staff - OT) for her beautiful acoustic and vocal number.

2nd Prize

Went to Resident Jean Ross for her ‘95 Year Old Fairy’ story, and

3rd Prize

Went to Adelaide, granddaughter of staff member, who performed a show dance.

Getting high tech at Braemar

Residents at Braemar are getting in touch with Generation Y with help from students at Scotch College, who are teaching them the ins-and-outs of computers and the internet.

The new partnership between Braemar Village and the students at Scotch College sees Year 10 boys working with residents from the aged care provider as part of their

community service curriculum.

Groups of residents in their 80s have been visiting the Scotch College computer labs and learning how to do tasks and simple as turning the computer on to more difficult processes such as sending an email.

Michelle Barrow Executive Manager of Care at Braemar says the initiative was hugely successful and was rewarding for everyone involved. >



“The Braemar residents are responding really well to the computer training, not only is it a fantastic way for them to keep up with the times but it will help them to better stay in touch with their families,” she said.

“They have got to the point where they have learnt so much that they are asking for more and want computer and internet facilities to be available to them at Braemar Village.”

Bill Cordner, Community Care Program coordinator at Scotch College, said that he was proud of the initiative that his students were taking, passing on the skills that they have learnt to others.

“Having the regular interaction with the Braemar residents is not only of huge benefit to them, but our Scotch College students are getting so much out of this so it is something we are encouraging,” Mr Cordner said.

Braemar Presbyterian Care was established by the Presbyterian Church in 1952 and is dedicated to providing exceptional aged care services in fully accredited high care and low care facilities at several sites in Western Australia.

Alan kicks another goal – reaching his centenary

Braemar resident and the oldest surviving league player to have represented South Fremantle Football Club kicked another goal at the start of August when he reached his centenary.

Alan De San Miguel celebrated the day with friends and family – along with three current footballers from the club who joined him on his birthday to make his day even more special.

Alan first played for the club in 1932, but in the mid 1930's was transferred with his job to Dwellingup where he became a highly regarded Captain and Coach in the Murray Districts competition.



Braemar resident Alan De San Miguel pictured with South Fremantle Football Club players Daniel Vidovich, Ryan Mauricio and Adam McIntosh.

During his career he won many awards, the most significant being a Doig medal while at Fremantle, in addition to several fairest and best trophies.

Over the years Alan and his family have remained strong followers of South Fremantle Football Club.

Congratulations on your birthday Alan – from all your friends at Braemar.

Braemar Presbyterian Care residents receive sports coaching from Scotch students

Residents at Braemar are becoming involved in sports like darts and bowling with help from Scotch College students and their Nintendo Wii skills.

The new partnership sees Year 10 and 11 boys visiting Braemar Village once a week as part of their community services curriculum to coach residents on how to use the interactive, video game technology.

Michelle Barrow, Executive Manager of Care at Braemar, says the positive response from both students and seniors had been overwhelming.

“Our residents at Braemar Village have taken to using the Wii technology better than anyone could have expected

and it's a great way for them to get involved in sporting activities again, even if it is from their armchair,” she said.

“Research suggests that Wii technology is beneficial for physical rehabilitation and cognitive improvement for older people and, what's more, both the residents and the boys are very much enjoying spending time with each other.”

Bill Corder, Community Care Program coordinator at Scotch College, said the Year 11 boys are undertaking service at Braemar Village in their own time as part of their International Baccalaureate Diploma course.

“The initiative with the residents at Braemar has been so successful that we are now looking to adding this activity to our regular service programme. The partnership is great for both the boys and the residents who are able to bridge the age gap through the use of this technology.”

In Mum's footsteps

At the age of 90 my mother phoned me and said, ‘I have found my purpose for living!’ I nearly laughed. After all, 90 seemed a very old age at which to discover your reason for living.

I asked mum, ‘What is your purpose?’, and she replied, ‘It is to help people’. Again, I could have laughed but instead I said, ‘Oh! That's good’, not wishing to discourage my aged mother.

On reflection I came to understand what she meant; that she had discovered she could make a useful contribution to other people's lives even at her great age and in spite of her frailty.

In the years which followed, I noticed how many family members and others enjoyed visiting my mother, who was a good listener and always showed an interest in anyone who came to see her. I recalled also that all through her life she always seemed to be doing things for people. A true servant of Christ, though she would not have put it that way. She would have said, ‘It's the right thing to do’. But I know she was a sincere Christian who, apart from helping people in practical ways, played organs and pianos in sundry churches for much of her life.

A week before she died mum attended a small gathering of residents at her retirement village in England. They said later, ‘she was the life and soul of the party’.

In my last conversation with her before she died at the age of 94, she told me she was not certain if she would be accepted by God in heaven. When I reminded her of the words of Jesus: “*I am the good shepherd, and I know my sheep...*”, she thought for a few moments and then said, “Yes, an old woolly one!” What could I say! It was a good act to follow.

As a temporary chaplain at Braemar, filling in for Rev. Paul Bloomfield, it strikes me that I have an opportunity to continue in my mother's footsteps. As a retired minister of the church, I don't have any particular position but I



The Rev. Michael Charles' mum Norah.

can still take the opportunities which present themselves to make a contribution. And I have enjoyed doing so. It's part of the on-going adventure of serving the Lord, which began in WA in 1989 when I accepted the call to move here from New South Wales.

It strikes me that my mother's example of someone who continued to help others until she died is a possibility for almost all of us. We can choose to have a positive attitude and to demonstrate the love of Christ to one another. I plan to follow mum's example!

“My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they shall never perish; no one can snatch them out of my hand.”

John Ch10 v27,28

By Rev. Michael Charles

Former minister at Bassendean Presbyterian Church from 1989 – 2000.



An available mum

How would you like to be remembered when you have passed from this life?

I hear many eulogies at funerals from devoted children and shed many a tear when they speak of their loved ones and their memories. I have come to believe that the greatest asset to our children is not fame and fortune but availability.

Hilda Philips was available to her family. Her loved ones spoke lovingly of her devotion at her funeral recently. Hilda was a resident at Braemar for ten years, departing this life a few months before her century.

In ninety nine years one could write much of her work as a cashier at Boans, her marriage to Wes for 64 years and living in the same house at Birdwood Circus Bicton. But her sons Ken and Don and granddaughter Sharon told how she touched their lives, and how, above all else, she was available to them.

Ken said: "Mum was a wonderful cook and having three ever hungry boys always seemed to be baking. On school tuck shop days she would bake a heart shaped double sponge cake."

Don has similar memories: The Sunday roasts that she prepared in the old wood stoves were something to die for. Throughout my army career mum was always there for me, in Vietnam, the letters of love and support always arrived as did the parcels of goodies she regularly sent to let me know she was thinking of me."

Sharon spoke of her grandmother with tears in her eyes: "We'll miss going to see you and always being welcomed with a smile, a kiss and a hug... The times when you bathed

Anthony and I in the laundry trough and used the soap to blow bubbles with your hands. I found myself doing the same to my children when they were little... it's the little things like that will keep you living on in us forever.

"We loved to see the way your face would light up every time that we brought your great grandchildren for a visit, the hugs and kisses that they would give you showed just how much they loved going to visit you and spending time with you. They love you just as much as we do."

"She never needed an excuse to show her love", said Don, "and never hesitated to help out whenever the need arose."

A few delightful snapshots of the thousands in the life of Hilda Philips. What's so unusual about all of this you might say? We hope it will never be unusual, but in these days of fragmented families, high divorce and suicide rates, sadly these family cementing influences are lessening. The lives of such ladies are set before us. Hilda has left a good heritage. She will never be forgotten and her influence will live on.

As a committed Christian Hilda loved to sing gospel songs. Her eyes would light up in great joy as she sang: *'How marvellous. How wonderful And my song shall ever be. How wonderful. How marvellous is my Saviour's Love for me'*. This was of course the source of her love which she showered upon her family abundantly. The gracious availability of the Lord Jesus worked in and through Hilda.

By Rev. Paul Bloomfield

Welcome to the latest edition of Infoline.

It gives me great pleasure to write this message at the start of spring which I always think is a beautiful time of year in Perth, with the wild flowers beginning to bloom and warm sunny days upon us.

And, as always, there is much activity taking place at Braemar – not only spring cleaning!

Over the past few months we have been busy contributing to The Grand Plan campaign, organised by the Campaign for the Care of Older Australians. This activity has been focused on highlighting problem areas within the aged care sector to the Federal Government and ensuring much more work is undertaken in this area to get the best outcomes for older Australians.

In the short term, the campaign is calling for short term action, including removing the distinction between high and low care, increasing daily accommodation charges for people who can afford to pay, and creating a single community care program.

In the long-term the campaign seeks demand-driven aged care services, consumer choice in services and flexibility in pricing and payment methods.

Interestingly, the campaign was launched several months ago in conjunction with poll results showing that 96 per cent of Australians support more government funding for aged care.

If you believe that aged care needs greater support from Government, you can add your support and find out more information regarding the campaign by going to www.thegrandplan.com.au and following the simple steps outlined.



And in other news, Aged and Community Services of Western Australia (ACSWA) organised a protest to demonstrate the State's critical shortfall of 2,500 aged care beds for elderly West Australians. This was prompted by the extremely disappointing increase in aged care funding of only 1.7% by the Commonwealth Government, when costs are increasing at over 5% pa.

The good news is that both campaigns have been successful in gaining awareness of the issues in aged care. We will now see what the new government is planning to do to help ease the many problems in this area.

Until the next edition of Infoline, enjoy this beautiful time of year and the wonderful spring weather that we have in store.

Glenn Muskett
CEO



Welcoming Melissa

On 12 July Federal Member for Fremantle Melissa Parke MP, paid a visit to staff, residents and volunteers at Braemar Village. >

Following a tour around the facility by Manager Anna Nolan in addition to Glenn Muskett, Melissa, who is a high achieving and passionate human rights lawyer who has previously worked for the United Nations, gave a short talk.

Glenn Muskett said he was very pleased to welcome Melissa to the Braemar community.

"Melissa has a very busy schedule especially leading up to the Federal election, and we were very pleased that she was able to come along to Braemar and chat with residents and staff," he said.

And as the photos show, it was an enjoyable visit for everyone involved.

Important dates

Australian Citizenship Day – 17th September

September 17 is an opportunity for all Australians to reflect on the meaning and importance of our Citizenship and think about the changes that have shaped our nation and the role both new and Australian born citizens have played in building Australia and shaping our future. Most importantly, Australian Citizenship Day provides a special day to reflect on the values which underpin our democracy, equality, and respect for each other's beliefs.

Spring Equinox – 23rd September

On the day of the Spring Equinox, the Earth's poles are the same distance from the Sun. On this day there are roughly 12 hours of day and 12 hours of night.

Queen's Birthday – 27th September

Remembrance Day – 11 November

Remembrance Day commemorates the signing of the Armistice at the end of World War I in 1918. This took place at the 11th hour of the 11th day of the 11th month. The central element of Remembrance Day ceremonies is the one minute silence.

Last Day of Spring – 30 November

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.