



Spring 2011 – Issue 14

## Braemar Employee Commended for Excellence

**Vic Leonard's outstanding work in aged care was rewarded last month at the State's Excellence in Care Awards.**

Mr Leonard's tireless work for Braemar Presbyterian Care over the last decade was recognised with a special commendation in the Employee category.

The awards were presented by the state's peak aged care industry body Aged and Community Services of WA (ACSWA) at a gala dinner in Burswood.

Vic, who hasn't taken a sick day in the ten years he's been at Braemar, was up against three other outstanding carers for the award.

Mr Leonard said he loved working in aged care and doing the 'little things' that help to brighten someone's day.

"I wouldn't swap this work for anything; I'm here until I retire. I love being with people, caring for people and trying to bring happiness into their lives each day," he said.

Braemar Presbyterian Care CEO Glenn Muskett said Vic was an exceptional employee who was loved by staff and residents alike.

"Vic performs his job at a level above and beyond normal requirements, he is a mentor for other members of the staff and the residents love his genuine caring attitude; he is a fantastic team member at Braemar," he said.



Everyone at Braemar is as delighted as Vic after his award win. Well done and congratulations again!



Vic Leonard's wonderful work at Braemar was recognised with a special commendation at an aged care award ceremony recently

**STOP PRESS!**

The great news is that Braemar also won the ACSWA state award for media excellence at the June award ceremony. The National Awards will be held in Sydney on September 12, 2011 when the overall winner will be announced – so stay tuned for more details which we'll bring to you in the next edition.

## **Students get a taste of life at the Lodge**

**Residents may have seen some fresh young faces around Braemar Lodge as local high school students undertake work experience as part of their school-based traineeship program.**

Three students have been assisting in caring for Braemar residents one day a week under the guidance of staff and have been placed at Braemar for up to 18 months to learn about both the aged care and hospitality industries.

Braemar Presbyterian Care CEO Glenn Muskett said the school-based traineeships were a first for the aged care industry and have been great for residents.

“Introducing young people to life here at Braemar Lodge and the residents we care for every day is an important step in helping to ensure we demonstrate to the next generation how rewarding working in aged care can be,” he said.

“It’s also great for our residents to have regular interaction with young people,” he added.

Students from Como Secondary College and Ursula Frayne Catholic College have been offered the traineeship at Braemar Lodge.



A trio of high school students have begun work experience at Braemar Lodge as part of their school-based traineeship program. They will be working one day a week under the guidance of Braemar staff for the next 18 months.

## **Smallest visitor says goodbye**

**One of our most regular (and smallest!) visitors to the Lodge will be saying goodbye when she moves interstate with her parents.**

Two and half year old Maddison Apathy has been visiting her great uncle Allan Ebbs at the Lodge for the past two years with her grandparents, Ruth and Peter Ebbs.

Lodge Manager Margaret Cornell said that Maddison’s big smile always made her a joy to have around.

“Maddison really enjoys the company of older people; the residents adore her and enjoy her weekly visits,” she said.

“We have all watched her grow, she has shared birthdays, Christmas and Easter with us and enjoys helping hand out Easter eggs wearing her bunny ears,” Margaret said.

Her grandparents say that she looks forward to her visits to Braemar and that she especially enjoys the biscuits and treats given to her by both residents and staff.

Good luck from everyone at Braemar with your move Maddison (and of course your mum and dad!), we hope to see you around the Lodge again on the holidays!



Bon voyage: Two year old Maddison Apathy will be missed by everyone at the Lodge now that she has moved interstate with her parents.

## Glenn's message

As you read this latest edition of Infoline no doubt you will have noticed that spring has well and truly sprung. I've noticed that our days are a little lighter and the spring flowers are blooming. Indeed, I'm sure you will agree that this is a beautiful time of the year in Perth.

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

Our latest news is that we have purchased a high profile site for future development on the corner of Leach Hwy and North Lake Rd in Willagee. We are genuinely delighted to have secured this 5,000m<sup>2</sup> of land which will strengthen our strategic objective of focusing on the needs of our local community into the future.

In late July, Braemar also launched our new organisational values which we have branded as 'care+friendship'. The values - commitment, accountability, respect, empathy + friendship - have been developed through extensive consultation with our team members and the consultation process revealed strong and genuine affection for residents and fellow staff

As you will see from the images included on this page, the photos and quotes which appear on the posters come directly from staff members working in each of our facilities. The feedback we have gained around this poster campaign has been extremely positive - we hope that you enjoy reading the quotes and taking the time to look at the photos included on each of the posters.

In other news, Braemar has been liaising closely with WA's aged care peak body in relation to the Productivity Commission's Report into aged care, which was released on 8 August.

The release of the report and the Prime Minister's positive response indicate that the Federal Government may now step up to the urgent challenge of fixing Australia's aged and community care system.

The great news is that after decades of reviews and recommendations we now have a clear direction for comprehensive aged care reform. This is crucially important because Australia needs an aged care system

that supports older people to be all they are able to be.

The bottom line is that aged care providers like Braemar are absolutely committed to quality. However, future quality care does rely on flexibility of funding which:

- Supports the growth of community care because currently about 1 million older people use community care services - by 2020 this figure will grow to over 1.4 million - an increase of about 30%;
- Encourages investment in aged care beds because according to the Government's own figures we need to build about 82,000 new beds by 2020, costing conservatively \$200,000 each; and
- Enables people who can afford to contribute to the cost of their care and accommodation to do so. A safety net must be in place for people who cannot afford to pay.

I can reassure all Braemar residents that there will be no changes or impacts for our current residents at any of our aged care facilities.

Finally, Braemar is committed to bringing you further details about the recommendations to be implemented by the Federal Government in future issues of Infoline.

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

**Glenn Muskett CEO**



Posters

## Life without Limits

### The process of ageing brings its limitations - but how would you manage at any age without arms and legs?

Nick Vujicic is such a man. He was born limbless. His condition is known as Tetra Amelia. He however has a small foot which has two toes and many uses, including the ability to type 53 words a minute on his computer. One is amazed and inspired to watch him (on YouTube) playing, golf, swimming and riding in a motor boat. As an inspirational speaker he has journeyed to over 39 countries to stimulate and encourage people of all ages.

In his autobiography (which bears the above name) he tells of his life as hopeless and suicidal and how he overcame his challenges one step at a time. Now in his late 20's he is glad that God chose not to heal him for he believes God is using him just as he is to reach many for the Lord Jesus Christ.

The Apostle Paul writes:

*And we know that all things work together for the good of those who are called according to his purpose.*

Romans 8:28

It's clear what God's purposes are for Nick Vujicic. Whether we are young or old handicapped in any way makes no difference to the Lord as Nick demonstrates. When we know His purpose for our Life then He will empower us to do His will. It all starts at the Cross as the following song tells us:

*At the cross at the cross*

*When I first saw the light*

*It was there by faith that I received my sight*

*And Now I am happy all the day.*

*Life is without limits when we know the Lord.*

## Local artist a picture of inspiration for seniors

**East Fremantle resident and artist Vittorio Ullinovich has taken a group of budding senior artists from Braemar under his wing - with a guided tour through his private studio.**

Proving it's never too late to learn, seniors from Braemar Village were treated to morning tea at Vittorio's studio before Mr Ullinovich showed off his work including sculptures, dot-based art and abstract artwork.

A regular volunteer at Braemar Village, Vittorio actively encourages residents to take up art, even taking the time to mentor an art group at the Village each week.

Braemar Presbyterian Care activities coordinator Margaret Hoare said one of the pieces the group really loved used layers of wax, a technique which was handed down to by an 82 year old artist to Mr Ullinovich.

"The group were totally enthralled by his stories and asked lots of questions, they certainly learned a lot from Vittorio and his different artistic techniques and styles," she said.

"The residents at Braemar respond so well to volunteers who have a genuine empathy and compassion for older

## **Braemar CEO Takes Out Aged Care Excellence Award**

**Braemar Presbyterian Care CEO Glenn Muskett has taken out top honours in the State's aged and community care sector after winning the 2011 Aged Care Excellence Award.**

The awards were presented by the state's peak aged care industry body, Aged and Community Services of WA (ACSWA), at a gala dinner last month.

The award acknowledges Glenn's exceptional contribution to aged care over the past decade and recognises his many years of dedicated service to both Braemar Presbyterian Care and ACSWA.

Mr Muskett said it was an honour to receive recognition for his contribution at Braemar and he was proud the organisation was being recognised for the great work it has been doing in the community for nearly 60 years.

"It's humbling because I am only one of many working towards the same outcomes, and it's only with the support of my colleagues I am able to make a contribution," he said.

people and it's important for them to have interaction with members of the community who are not involved with direct care and can give their time freely.

"Mr Ullinovich's background in stone masonry, sculpture and painting gave residents a taste of many different techniques and certainly got their creative juices flowing."

Mr Ullinovich has also taught seniors different artistic techniques using different textures and paints in their artwork.

Among Mr Ullinovich's more ambitious projects are his plans to build a seven metre high sculpture on a rotating base of fibreglass and marble, which is expected to take more than three years to construct.

Any family members interested in becoming a volunteer can contact Sue Smith at Braemar on 9339 9449.



Braemar CEO Glenn Muskett (right) accepts his award from the CEO of Aged and Community Services of WA (ACSWA), Stephen Kobelke, at a gala dinner recently. Congratulations on this wonderful achievement Glenn!

"The most satisfying part of my job is knowing that each day I can make a positive difference to the quality of people's lives, whether they be residents or staff.

"I can do this through doing my best to support staff in providing the extra care and friendship our residents deserve."

As well as excelling in his CEO duties at Braemar and serving on the board of ACSWA Glenn is also a Commissioner and Clerk of the General Assembly for the WA Presbyterian Church, a member of the Australian College of Health Service Executives, the Australian Institute of Management and the Australian Institute of Company Directors.



## *A Labour of Love*

**Kath Highman was born Kath Charlewood in 1920 in Zanzibar, a coral Island on the east coast of Africa. She was the eldest of three and at the age of four was sent to be educated at Swanage, not far from the Isle of Wight. She was good at reading and writing - in fact she excelled in everything.**



Kath's father was a Chief Port Officer who went to sea at the age of 16, and was in active service during World War One. Her mother was a teacher, fluent in Latin, Greek and Hebrew

***Kath became a State registered Nurse in 1942. However Dudley Highman a West Australian - an unusual breed to the English in those days - whisked her off her feet at the Hospital dance.***

Kath remembers at age 16 in the back garden of her family house there was a heather patch and recalls seeing some movement there out of the corner of her eye. To her amazement she saw a carrier pigeon with a broken wing. She quickly but gently picked up the trembling creature, held the two broken bones together, located a stick as a splint and with sticky tape secured the wing. She nursed the bird for a month or so feeding it until it flew away. The owner of the bird was immensely grateful for Kath's loving care. A care that was to be refined and

demonstrated on the hospital wards. A week later again in the back garden a shadow was cast over her. This was her pigeon pal returning to say thank you and good-bye.

It was assumed by academic staff and family that Kath was to be a teacher. However she wanted to go to London to be a nurse. Her ambition was realised, but in Bournemouth not London because of the bombing. Hospital training in 1938 was bed pan and locker cleaning and beds made properly before you were unleashed on the patients.

As a senior nurse working in the outpatients department, Kath was looking forward to hearing the Wessex

Philharmonic playing for the first time and anticipated her colleague Nurse Shipley returning on time to relieve her. Air raids were frequent in those days. There were many casualties from land mines. Kath remembers saying: "Don't be late back."

Ambulances carrying casualties were frequent and Nurse Charlewood was very busy. One casualty caught her attention - a lady with a large blood stained dressing over one eye. To her shock she realised it was Nurse Shipley. Sadly she was to lose her eye never to nurse again. The statement, "Don't be late back" has haunted Kath ever since.

Kath became a State registered Nurse in 1942. However Dudley Highman a West Australian - an unusual breed to the English in those days - whisked her off her feet at the Hospital dance. He was an officer in the Air Force and was greatly impressed with Kath and very soon popped the question. Her nursing came to an abrupt end when her first son David was born followed by Jennifer and Hugh. Emigration to Applecross in W.A came next. However, a happy marriage of over 50 years ended sadly in 1999 when Dudley died.

In four generations of Kath's family there have been seven doctors, some with practices in Harley Street, and Kath is very proud of her granddaughter who practices as a surgeon and an anaesthetist.

Kath's faith in the Lord and His death on the cross for her gives her the assurance of eternal life. "Not blameless", she says, "but forgiven." Her attendance at church and gospel singing in Braemar village gives her hope and joy. As a nurse she was involved in the healing of the body. She's immensely glad that the Lord Jesus has given her healing of her soul. "His was a labour of love that I have sought to follow."



## Count your blessings

### Rosemary's 15 year milestone highlights commitment to caring

Rosemary Stannard will be honored this month for her 15 years of dedication and commitment to Braemar.

Rosemary first started working at the original Braemar House in 1996 as a Senior Payroll Officer, where she literally watched the new building being constructed from her office window.

Rosemary says her 15 years at Braemar has flown by and she enjoys her role as a Senior Payroll Officer tremendously. "I think I've made an estimated 58,000 payments into staff bank accounts during my time here," she laughs.

"I've seen many changes at Braemar in the past 15 years, and I've grown very attached to the organisation and our residents and staff – they're a huge part of what makes me look forward to going to work," she says.



According to Glenn, Rosemary's dedication to her job is exceptional. "We are incredibly fortunate to have such a wonderful team member like Rosemary, she is a real asset to Braemar even though it is easy to overlook how important the payroll function is," Glenn says.

"Her knowledge and skills are legendary among the Braemar staff and we want to honour and thank her for her dedication, diligence and commitment to Braemar over the last decade and a half."

## Age no barrier to committed volunteer

### Like every other volunteer at the Lodge, Dulcie Keen is dedicated to enriching the lives of the residents of Braemar. Surprisingly, what sets her apart is that she is actually older than some of the residents who she provides companionship and assistance to.

And, while most people of a similar age are enjoying retirement, Dulcie admits age is no barrier and she has no plans to retire from the voluntary work that adds so much to her life.

"Living is about giving to life as you get so much more than you give. I have been a keen volunteer throughout my life and I'd rather live on this planet knowing I'm making a contribution, no matter how small it is," she says.

"And I love visiting the residents at Braemar; they seem to enjoy my company and I enjoy theirs very much. They live their lives so courageously and that is very inspiring to me."

She currently visits Braemar on Mondays, where she spends her time socialising with residents and engaging in a variety of activities. "I enjoy spending time with every one of them, we have a laugh and, very often, a good trip down memory lane," she adds.

Dulcie has over seventy years of volunteering experience and has supported many charities over that time, including Gould Bird League and the Young Women's Christian Association. She was a home tutor in the Adult Migrant Education Scheme, teaching English to newly arrived migrants for many years. She has also volunteered at Braemar Lodge for over three years.



## Important dates

### Australian Citizenship Day – 17th September

Australian Citizenship Day, first celebrated in 2001, is an opportunity for all Australians to reflect on the meaning and importance of our Citizenship. Most importantly, Australian Citizenship Day provides a special day on which we 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. In Melbourne, the Sun rises due east, sets due west and gets to fifty-two degrees above the horizon at noon. On this day there are roughly 12 hours of day and 12 hours of night.

### Queen's Birthday Public Holiday - WA – 28th October

The Queen's Birthday holiday is proclaimed by the Governor of Western Australia based on the dates of the Term 3 school holidays and the Royal Show. This recognises the significance of the Royal Show, which has been associated with the Queen's Birthday public holiday since 1981. The other Australian States have the Queen's Birthday holiday in June. Queen Elizabeth's actual birthday is 21st April.

### Remembrance Day – 11th 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.

## 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.