

The Village “Sings for Joy”

To commemorate Seniors Week an inspirational concert entitled Sing for Joy was held at the Village on the afternoon of 6 November. The concert was well attended by residents and families, as well as visiting artistes.

The 16 member choir of the Korean Presbyterian Church performed three beautiful songs. They received thunderous applause.

Village friends pianist Simon Steenloff and brother Rich sang stirring Keith Green gospel numbers.

Gail Throssell, our resident Occupational Therapist, sang two heartfelt messages in song and also accompanied Braemar House registered nurse Gertrude Phiri in the great hymn of committal: “How Great Thou Art”



Village resident Connie Scott, whose mother was Italian and father French took a wonderful trip down ‘memory lane’ and reminisced about her childhood in Egypt and of her move to England to follow her beloved husband, an army captain. She told also of her sorrow in losing her son in World War II but also of her trust in the Lord to bring her to a place of rest and peace. She has been a resident of the Village for some months now and feels very much at home.

The memorable concert concluded with a lovely afternoon tea with scrumptious cake made by OTA Margaret Hoare.

A colourful character retires after fifteen years of service

One of Braemar Presbyterian Care’s favourite carers Isah Horton has retired at the age of 70 – after working at Braemar Village for 15 years.

Ardross resident Isah said she has worked as a carer for 30 years in total and thought that, at age 70, now was an appropriate time to retire.

“I really love the friendship that you gain from working with the residents, they share their stories, histories and lives and they are all individuals, different in their own ways,” she said.

“What I loved most was seeing smiles on faces, I’ve always said this was worth more than money and more than all the tea in China.”

Isah and her husband settled in Australia in 1968 from their home country of Malaysia and have four children and eight grandchildren.



“I enjoyed my work at Braemar which is why, once I’d started there, I never left, I think it was a real benefit to the residents to have that continuous care,” she said.

Anna Nolan, manager at Braemar Village in Willagee, said that it was obvious that Isah truly loved her work and enjoyed the team environment at Braemar.

“Isah loved looking after and meeting new residents at Braemar Village and she was a very popular member of staff. When she left all the residents wanted to put in for her collection, it was very touching, they all came to her farewell party,” she said.



CEO's message

Braemar is all about people: we exist to care and support our residents and we do that through people, our dedicated and valued staff. Each year we serve over 200 senior

Australians, and to do this our staff work over 200,000 hours. That's a lot of hours!

Of course it's not just the number of hours, but the quality of the time given that results in quality care. At Braemar we're very proud of our dedicated staff and the quality care that they provide.

Recently we have been asking our staff about their connection with our residents. The one strong, consistent and heartfelt theme to emerge from these discussions is the "love" that our staff have for our residents; a love that permeates the highs and lows in everyday caring. What a privilege it is to work with people who bring such an attitude to their everyday work.

Braemar is a ministry of the Presbyterian Church and exists as a practical expression of the love of Jesus: "Walk in love, just as Christ also loved you and gave Himself up for us..." (Eph 5:2).

As we approach this season of Advent, on behalf of the Board and all staff I extend to you and your family best wishes for Christmas and the New Year.

Glenn Muskett
Chief Executive Officer

Local carers embark on journey to become enrolled nurses

Several carers at Braemar Presbyterian Care are on track to fulfil their dreams of becoming enrolled nurses.

The Federal Government's 'Enterprise Based Productivity Places Program' has provided Braemar Presbyterian Care with a cash injection to fund a number of carers to undertake their two year nursing diploma, after which they will qualify as an enrolled nurse.

The government funding will enable twelve staff members who currently work as carers to undergo the comprehensive training program.

Glenn Muskett CEO of Braemar Presbyterian Care, says the funding will allow the Braemar staff members to gain invaluable training to further their careers, while continuing to work and earn an income as a carer.

"We are genuinely thrilled that we are able to help our staff take the next step in their chosen profession," he said.

"A combination of the federal government's funding, our own flexible working conditions and our carers' commitment to continuous learning is a win-win combination and it means that staff members who wouldn't otherwise be in the position to study and work are now able to do so.

"This funding also means that we will benefit in the future from having more qualified nursing staff, so it's a great initiative all round."



Resident Glad Canning pictured with carer Angelia, known as Angel, and Doreen Mayes. Angel is currently studying hard to become a nurse, and all the residents at Braemar think she is wonderful!



Partnership with Christ Church Grammar School goes from strength to strength

Residents at Braemar Presbyterian Care have been forming strong relationships with Christ Church Grammar School students, proving that age knows no boundaries.

The partnership sees a group of Year 11 boys visit Braemar Lodge once a week for an entire school year and participate in activities with the residents which include golf, working with technology and playing musical instruments.

Manager at Braemar Lodge Margaret Cornell said the initiative was hugely successful and was rewarding for both the residents and the students.

“Because the Christ Church boys are visiting the residents for the whole year, they have a real opportunity to build up

a relationship and it’s great to see that progress,” she said.

“While they may have been a bit shy to start with, the boys quickly came out of their shells and now that the program is reaching its conclusion the residents are genuinely really sad to see them go.”

This initiative is part of an ongoing partnership between Braemar and Christ Church, with Year 11 students participating as part of their community service curriculum for three years.

One student then returns the following year in the role of coordinator to guide the new students.

“This is an initiative that we are keen to carry on into the future, the residents respond really well because they like being part of a group and working with new people,” Mrs Cornell said

Village Support for Katti

Meet Katti Yessenia Molina Beltran from El Salvador who was born on 3 December 1998.

Katti is supported by residents of Braemar Village who say they are happy to help her using the offerings that are gathered at the church services.

Katti lives with her father and mother and helps at home by running errands. Her father is employed as a labourer and her mother maintains the home. There are two children in the family. Rolling a hoop, playing house and playing with dolls are her favourite activities. She attends Sunday school and Bible classes regularly.

Katti is not presently attending school due to financial difficulties, but the great news is that the financial support from Village residents will enable her to enroll in her local school and receive an education.

Katti lives in Juayua El Salvador which is a mountainous coffee growing region. The typical diet is beans and rice and occasionally eggs. Homes lack basic services. Meagre diets and poor hygiene practices result in malnutrition, gastrointestinal and skin disease and parasites among children. Because of extreme poverty only thirty per cent of youngsters complete elementary school and only ten per cent go on to high school.

The Village is glad to be part of Katti’s life and welfare. Please pray regularly for Katti and her family.

Rev Paul Bloomfield
Chaplain



Local artist shares his talent and stories

Meet East Fremantle resident Vittorio Ulinovich, who volunteers his artistic talents to entertain residents at Braemar Presbyterian Care on a weekly basis.

And Vittorio says his voluntary work fulfils his community minded nature, and he's urging more local people to get involved with other community organisations.

Mr Ulinovich has been volunteering at Braemar House every Wednesday for the last 12 months, where he works on his paintings as residents watch and are entertained by his work.

"I try and incorporate a few stories about my childhood and youth, the residents respond well and they recognise me from week to week – I think my visits are a nice break to their routine and the paintings add a lot of bright colours to their environment," he said.

Mr Ulinovich has just completed a huge 2.5m x 1.5m painting of children playing on a beach in Aboriginal and African motifs, a style that he followed by using bright colours outlined in black.

"I encourage everyone to donate some of their time; volunteering is as rewarding to the volunteer as it is to those they are helping," Mr Ulinovich said.

Helen Falkiner, Manager at Braemar Presbyterian Care, says volunteers assist in providing high quality social support to Braemar's residents.

"The residents at Braemar Presbyterian Care respond really well to volunteers who have a genuine empathy and compassion for older 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 to help," she said.

"We urge anyone who has thought about donating their time before to take this opportunity and see for themselves just how great the benefits can be of being a volunteer at Braemar."

Anyone interested in becoming a volunteer can contact Sue Smith at Braemar Presbyterian Care on 9339 9449.





Art Show at the House

Vittorio Ulinovich, a local artist and volunteer at Braemar House, and Gail Throssell, Occupational Therapist, recently staged an art show for residents and families with over 35 pieces on show during Senior’s Week.

Vittorio displayed many of his own paintings and was well supported by several of our artistic residents from Braemar Village, Braemar House, Castledare in Wilson and Valleyview in Collie. Indeed, one Village resident had only been taught how to paint two years ago by a visiting school student, and despite being 96 years old she produced several masterpieces for the display.

Vittorio made the large wooden easels especially for the day, so that they could be easily transported. They needed to be large to cater for some of the very large paintings, including one that measured three metres in length by four metres in height. Thank you to Vittoria for all his hard work.

The Art Show was complemented by two flamboyant concert artists using guitar, accordion and voice, bringing alive the activities and outdoor ‘café’ areas set up to serve drinks and ‘nibbles.’ Several, very elderly residents could not contain themselves and initiated some very modern dancing.

Art in dementia care is an excellent avenue of expression for our seniors and as our 96 year old Village painter, Jean, demonstrates, it is never too late to learn something new. She demonstrates admirably the attitude of seizing the moment and having a go, and this is what Senior’s Week is all about.



Braemar CEO steps down from industry peak body

After eight years of involvement with the aged care peak body including three as Chairman of Aged and Community Services of WA (ACSWA) and four years as a director of the national Aged and Community Services Australia (ACSA), Glenn Muskett has stepped down. ACSA represents over 1,200 church and charitable age care providers nationally with an emphasis on advocating to government on behalf of the aged care sector.

Parents and Grandparents

I am told that there are two new mums amongst our staff, and that several others are about to or have already become Nannas. So huge congratulations to Gillian and Connie on the birth of their two babies and to Joanne on becoming a Nan to baby Seth.

Two of these babies have been given biblical names: Jonah and Seth. I find the name Seth very interesting. It dates way back to the time of Adam and Eve and means "Granted." You all know the story of how Cain murdered his brother Abel because of the 'green eyed monster' - Jealousy. This left a big gap in the family so Eve prayed for another baby and God heard her prayers and answered them and baby Seth was born, hence the meaning "Granted".

Then there is another verse which one translation renders "...Adam the man who was created like God from the day of his creation..." Imagine what a fine looking man Adam must have looked. The Bible goes on to say "Seth was born, the very image of his father in every way..." Obviously another super looking man!

But looks can be deceptive, can't they? It is what lies deeper within us which makes us 'good looking' in God's sight. Mothers, fathers and grandparents have a wonderful opportunity to help mould children into one who knows and loves God sincerely and who wants to please God in everything he or she does. Grandparents seem to have a special affinity with their grandchildren. What a golden opportunity to teach them about this Saviour, the Lord Jesus.

The character of your children tomorrow depends on what you put in to their hearts today.

'Bee' Dalziel (Resident, Braemar House)

Personalizing Your Room

It is wonderful to see how residents, with the help of their families, have made so many of the facility rooms reflect their individuality. This has been achieved through the thoughtful and carefully managed placement of personal furniture and knickknacks.

While Braemar is supportive of this, we would remind residents that the guidelines in our handbook request that all furniture brought from your home must be approved by the Facility Manager.

This is to ensure that all items of furniture are suitable for residents and do not take up too much room, something which we are particularly mindful of because overcrowded rooms can lead to accidents or falls.

Unfortunately, many favorite comfortable chairs over time become unsuitable or unsafe. Should this happen you may be asked to remove an item that has been previously approved as it is no longer appropriate for you or your loved ones.

Thank you for your understanding and support with this request.



Angry, Apathetic or Adoring?

One of our best loved carols has the chorus, “O, come let us adore Him.” And that is totally appropriate for One who came from heaven’s Glory to be born in a manger and went home via a cruel cross to die for sinners that might not perish but have everlasting life.

At a later time the wise men gave their gifts of gold frankincense and myrrh, worshipped and adored Him. However from King Herod was a far different response: one of anger. ‘Who was this called the King of Jews being born on his territory?’ The initial jealousy turned into anger and he ordered the death of all the little boys of two years and under. On speaking to the teachers of the law they told Herod that the child was to be born in Bethlehem. Yet despite all the excitement about the event they were nowhere to be seen. Not wanting to rock the boat and get in trouble with the Roman authorities they responded with apathy and indifference.

What is your response to the birth of Christ this year? Perhaps anxiety about the amount of preparation you have to do? Are you angry like Herod because you want to be King of your own castle and won’t come under authority

of the King of Kings? Maybe like the religious teachers of the day you couldn’t care less and have no concern for your own salvation. Oh, I do hope and pray that is not the case.

The Kings adored the Lord and gave the gifts and went on their way rejoicing that they had met with the Messiah. May this season be joyful for you not because of all the gifts you have received that will rust and perish but because you have received the greatest of all gifts: the salvation of your eternal soul. May the singing of “O, come let us adore Him” come from a heart, not only caught up with the wonder of Christmas, but also of an Easter experience knowing the Babe born in a manger was a Savior that died for sinners like you and me, rose again and is alive today .

Rev Paul Bloomfield
Chaplain

Farewell to Capt Sandy Small

After 15 years of dedicated and tireless service as a Board Member at Braemar, Capt Sandy Small has taken the decision to retire.

Sandy has had a special relationship with Braemar for many years, his mother was a resident of Braemar House and he saw first-hand the care that was given to her throughout her time with us.

He will also be remembered for his great support of residents and staff over more than a decade and a half. Thank you Sandy for your dedication to Braemar; we all wish you all the very best in your retirement.

Important dates

International Volunteer Day - 5 December

In 1985, the United Nations designated 5 December as International Volunteer Day. This day celebrates the efforts of those who have made an important contribution to society by giving their time as volunteers.

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.

Random Acts of Kindness Week - 14 February

The Random Acts of Kindness Foundation is a resource for people committed to spreading kindness. As people from different cultures and from all walks of life are joining to spread kindness, they are creating a powerful, synergistic action throughout the world.

Last Day of Summer - 28 February

Facilities Residents Christmas Parties

Lee House

Friday 10th December

Braemar House

Wednesday 15th December

Braemar Lodge

Saturday 18th December

Braemar Village

Thursday 16th December

Braemar Carol Services

Braemar House

6:30pm, Thursday 9th December

Braemar Lodge

6:30pm, Thursday 16th December

Braemar Village

6:30pm, Sunday 19th December

Resident's families are welcome to attend.

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.