



More lifestyle
choices

HomeCare

Retirement Living

Residential Care

WINTER 2011 Choices

The latest
news from
RSL Care

2011 Chairman's Appeal – Thank you for keeping dreams alive

Many older Australians are challenged with dementia, a physical disability or loneliness. Still with a passion, they hold onto their dreams. At RSL Care these dreams are encouraged and lived through a range of initiatives such as our Lifestyle Approach Program.

In May this year we launched the RSL Care 2011 Chairman's Appeal, to raise essential funds for this very important program that encourages clients to live their dreams through a range of social activities and outings.

"Thanks to the generosity of our donors, to date we have raised more than \$25,000" Fundraising and Bequest Manager, Lorraine Nothling said.

"Because of this kindness, each RSL Care retirement community and HomeCare Office will receive \$1,500 to help RSL Care staff deliver initiatives to ensure our clients remain fully engaged with each other and their community."

These activities include the construction of 'Men's' sheds and

greenhouses, cinema rooms and the introduction of 'High Tea' clubs, as well as outings to enjoy fish 'n' chips at the beach, picnics in nearby parks and lunches at local clubs.

These are all activities our green thumbs, movie buffs and social butterflies have enjoyed. And, they have all been made possible by people like you!

"As wonderful as your donations have been, we still have a fair way to go to reach our \$60,000 target. To help us continue providing these and many more activities and outings, we again need help," Lorraine said.

By making a tax deductible donation to the **RSL Care 2011 Chairman's Appeal** today, you can help RSL Care put a smile on more faces and laughter in more hearts. Please, give today and help RSL Care make dreams come true tomorrow.

For more information about the RSL Care Donations and Bequests Program, please call Lorraine Nothling on 07 3251 6878 or visit www.rslcare.com.au.

Bonds of mateship at Sunset Ridge

Sunset Ridge resident and US Second World War Veteran, Jack Fleming, and Commanding US Army General, Scott Johnson, are separated by a distance of more than sixty thousand miles and a service record of more than sixty years. Yet, when the two strangers met last month, the bonds of mateship were instant.

General Johnson, in Rockhampton for a joint Australian and American training exercise, took time-out to visit Sunset Ridge's newest resident at Emu Park.

Jack served in the US 41st Infantry Division during WWII from 1941 until the end of the war in August 1945. After the war Jack's division trained in Australia before serving in New Guinea and the Philippines.

It was in Rockhampton that Jack met and married Australian born Joyce Woodward. Towards the end of the war Jack was sent back to America. He was discharged from the Army in September 1945. He returned home to Joyce in Rockhampton where the reunited couple began and raised their family.

"Dad had only been at Sunset Ridge for a couple of weeks when the General visited. The wonderful staff helped dad to look his best and very kindly provided morning tea," Jack's son, John Fleming said.

Jack shared his stories of service and was delighted to receive the General's personal unit insignia.

"It was a proud event for the family, a tribute to the honour the US and Australian Military give to their Veterans and a credit to RSL Care," John said.

And, when asked his thoughts about the very special visit, Jack replied, "Well, I don't know about anyone else but I had a great time."

Simply put but a sentiment shared by John, staff and all Sunset Ridge residents who took part in Jack's very special day.



Commanding US Army General, Scott Johnson, shares a special moment with Sunset Ridge resident and US WWII Veteran, Jack Fleming

Sunset Ridge Retirement Community at Zilzie, Emu Park, is situated 48 kms east of Rockhampton and 23kms south of Yeppoon. It offers 120 units and caters for the changing needs of residents with low, high and dementia care as well as extra service high care. For more information about Sunset Ridge Retirement Community please call 07 4925 4011.



Christmas comes early for residents at Sapphire

Potential residents of the prestigious Sapphire Luxury Retirement Apartments at Pialba, Hervey Bay, experienced a taste of the luxurious Sapphire lifestyle when they met and mingled with residents at Sapphire's first Christmas in July.

The function was held in the Bay Club, Sapphire's all inclusive residents club. Canapés were passed and the champagne flowed as more than fifty revellers mixed and 'made merry' to carols by music students of Fraser Coast Anglican College. Old fashioned Christmas pudding, Christmas gifts and lucky door prizes further added to the festivities.

The celebration ran alongside the opening of Sapphire's new luxury display apartments, giving potential residents an opportunity to see first-hand the 'little luxuries' that make Sapphire shine. Such as a rooftop barbeque area, a solar panelled pool and an indoor cinema. As well as beautiful units with pure wool carpets, designer kitchens with stone bench tops and European appliances, and frameless shower screens and designer tiles.

At Sapphire, it is these little extras combined with an active yet independent community that makes Sapphire Luxury Retirement Apartments a prestigious and sought after lifestyle. With so many potential residents showing such a keen interest in and enthusiasm for Sapphire – it is likely that this year's guests will become next year's hosts!

Sapphire is a boutique retirement village development of only 60 apartments on the Esplanade offering unsurpassed panorama of the pristine waters of Hervey Bay. Fully furnished display apartments are now open for inspection seven days, Monday to



Bev Bevis enjoys Christmas cheer with friend and Sapphire Resident Roy Williams at Sapphire's first Christmas in July function

Friday from 9am to 4pm and Saturday and Sunday from 10am to 2pm. For enquiries please call 07 4194 1789 or visit www.sapphireherveybay.com.au RSL Home Care is also available to all residents at Sapphire.

A difficult decision made easier thanks to RSL Care

Placement of a loved one into aged care can be one of the most difficult decisions for a family to make. At RSL Care, we strive to make the transition as smooth as possible. Through understanding, compassion and personalised attention, we work hard to make a difficult time a little easier.

Sometimes, the decision to move into aged care isn't made by choice. As was the case for Brisbane based couple, Don and Muriel, who had lived in their family home for 60 years. Don and Muriel had considered moving into aged care, however, because of Don's specialised needs and the possibility they may be separated, they were reluctant.

That was until Muriel visited RSL Care Fairview Retirement Community at Pinjarra Hills. With low care, high care, special care dementia units and a day therapy centre, the Retirement Community on Brisbane's west-side seemed ideal. It meant that Don and Muriel could remain together as they each progress through their different journeys.

"RSL Care Fairview Retirement Community was top of the list from the very beginning as mum and dad had considered independent living units there a few years ago. Whilst liking it then, they decided to stay in their own home," Don and Muriel's son, Doug said.

"Dad also served in the air force during WWII so an RSL Care community felt right for him."

Within one week of contacting the friendly staff at Fairview, Muriel and her family were given a two-hour tour of the community during which general operations, finances and administration were all explained.

"A number of residents kindly offered access to their rooms and happily shared their experiences at Fairview," Doug said.

The interaction between staff and residents left a strong and positive impression on Muriel who was very taken by 'the lovely feel and great atmosphere' of Fairview. This, together with the reassurance that she and her husband would receive the care they need and deserve, made the prospect of moving a little less daunting and something to look forward to.

Muriel's experience is not unique to the Fairview community. The understanding and compassion shown by the staff at Fairview is inherent and shared by the entire RSL Care team. It is also one of the reasons that make RSL Care a leading provider in aged care.

RSL Care Fairview Retirement Community is in the semi-rural suburb of Pinjarra Hills in Brisbane's west-side. It offers 76 one and two bedroom units from low care to high care as well as special dementia units and a day therapy centre. For more information about Fairview Retirement Community please call 07 3334 6222.



A warm welcome to staff and residents at Breezes

RSL Care is pleased to announce the successful acquisition of Breezes Mackay Retirement Village, located on Beaconsfield Road, Mackay.

This exciting addition to the RSL Care portfolio takes the number of retirement communities to 29 and retirement living villas to 1,860. It also provides another retirement living option for residents between Rockhampton and Bundaberg.

Breezes Mackay has a total capacity of 234 independent retirement living units of which 88 are constructed, together with community and recreational facilities. Breezes not only offers the comforts of resort-style living, but a real community spirit in one of Queensland's most picturesque destinations.

RSL Care has proudly served the Ex-service community in Mackay for

over 23 years, offering retirement lifestyle options at our Bicentennial Community as well as RSL HomeCare services. The addition of Breezes provides options to the whole community, and together with RSL Home Care, provides aging in place. This compliments existing retirement communities located in Rockhampton, Bowen and Townsville.

RSL Care would like to take this opportunity to welcome staff and residents of the Breezes Mackay Retirement Village to the RSL Care team, and to invite interested parties to visit the village.

There are currently a number of garden villas available for immediate occupancy at Breezes Mackay priced from \$286,000. For more information about the lifestyle offerings available at Breezes, please call 07 4968 0222 or visit 1A Beaconsfield Road, Mackay.

Defence Community Forum – Stories to shape the future

In the last edition of RSL Choices, we shared news of the inaugural Defence Community Forum held on the Gold Coast in April. This independent national Forum brought together representatives from

government, policy, research, academia and service providers to discuss expected changes in the aged care sector.

At RSL Care, staff continually listens to residents and clients to better understand their

needs and improve our service. This customer-focused approach became the most valuable and exciting aspect for many participants of the two day forum.

Understanding the importance of hearing from and learning from the Defence Community, RSL Care staff worked hard to liaise with as many Members, Ex-Service Members, families and carers as possible.

Candid conversations with community members, who shared the highs and lows of their life, increased our understanding about experiences they face during the different stages of defence life.

Stories were shared with participants in a number of different ways. Conversations during early planning helped shape the agenda and guest speaker presentations. Live case studies provided real life views and written case studies provided focal points for discussion. Each one of these approaches brought a different perspective to the discussion, and made a huge contribution to the depth of the conversations.

The forum was a huge success of which much is owed to participating members. We would like to offer our sincere thanks to everyone who shared their story with us.

For those who were not involved in 2011, keep an eye out for future requests – your stories and experiences are invaluable in helping to shape our future.

For more information about the Defence Community Forum and RSL Care's involvement please visit www.defenceforum.com.au



Member of Sunnybank RSL, Des Broom, with RSL Care's Marie-Claire Grady, presents at the inaugural Defence Community Forum

