

CARING FRIENDS

S U M M E R 2 0 1 8 / 2 0 1 9 N E W S L E T T E R

**Ryder-Cheshire Victorian
Homes Foundation Inc.**
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GREETINGS FROM OUR PRESIDENT

The end of another year is once more rapidly approaching! Operationally, 2018 has been a busy year at the Homes. Room occupancy rates have been at a high level throughout the year keeping our office staff, Angie and Nicky well occupied! Seeking to make the stay of our residents as comfortable as possible, we are progressing further with our planned upgrades, but these I will describe later.

Firstly, some sad news. We recently learned Rica Hendriks, one of our earlier House Parents (now Resident Carer) passed away on 4 October. Rica was aged 94. Rica was a House Parent between 1984 and 1990 and much happened during her time with us, including the opening of our second building. On joining the Committee in 1985, I knew Rica up until the time I moved to Sydney in 1989 for my employer. Our founders Group Captain Leonard Cheshire, VC, OM, DSO and DFC, and Lady Sue Ryder, Baroness of Warsaw, CMG, OBE visited the Homes several times from the UK. On these occasions Rica would meet with them on their visits. Sadly, both founders passed away some years ago and Rica's passing is yet another link from our past which has gone.

Rica possessed a gentleness in manner and a caring attitude. I was saddened to hear of her passing. The Homes Committee and those who knew her send their condolences to her family.

▼ Rica and Leonard



Volunteers

I would like to take this opportunity to acknowledge the hard work and dedication of all past and present volunteers. Over the years your many and varied contributions to the Homes have been invaluable. I also wish to thank members of the Homes' Committee for their commitment and ongoing support during the year and to welcome Ian Bushby to the Committee. Ian recently retired and is looking forward to becoming part of the 'Ryder-Cheshire family'.

Every volunteer brings something new to the Homes by way of skills, experience or knowledge. From the skills of our current handymen Michael and Les, who look after general maintenance issues to the "Card Ladies" who create cards for the Trading Table, there's always room for more volunteers. *If you, or, anyone you know is willing to provide us with some help, over weekends or during the week, please contact our office on 9254 2400.*

Congratulations

Our Day Manager, Angie Brewer recently clocked up 10 years of dedicated service to the Homes. On behalf of the Committee I wish to recognise and acknowledge Angie for her wonderful work over that period, particularly during the challenging lift installation project a couple of years ago. Her dedication to the Homes and what we stand for is unmatched. We thank Angie for her commitment and wish her the very best for the future. In recognition of this service, Angie was presented with a Certificate of Appreciation. Well done Angie!

Afternoon Tea Program

On the last Wednesday of each month, our hardworking volunteer, Rosemary Tait organises the tea and a guest speaker. Everyone is invited to attend. Rosemary always manages to come up with a varied and interesting selection of speakers. So, to our country and interstate subscribers, please mark the date in your diary if you're in town. Of course, our

Melbourne subscribers don't need to do this as they're already in town! A schedule of dates is included in this edition.

Music Nights

As with our afternoon teas, the Homes run a music night each month. Usually held on a Thursday evening, these evenings are a lot of fun. Please feel free to come and participate. Drinks and nibbles are provided. We have a trio of skilled musicians comprising Deb on vocals and any percussion instrument she can lay her hands on; Geoff on guitar and vocals and John on electric bass. Also known as The Green Arrows, they have been providing their services free of charge for some eight years. During September each band member received a certificate in recognition of their service.

Upgrades and Maintenance

In the last newsletter, I reported on the need to refurbish the shower recesses in the en-suites. Planning has now progressed and by the time you receive this newsletter decisions will have been taken about the floor and wall tiling. Work is expected to commence early in 2019. Naturally, there will be some short-term disruption in our ability to provide rooms for residents during this time. However, we are assured this will be kept to a minimum as work progresses. The results of this work will be a welcome addition to the comfort of residents.

Work on refurbishing the car park located on the north side of Building 14 is also underway. Plans and specifications have been submitted to the Committee. Unfortunately, due to planning requirements the number of car spaces need to be reduced. Access will therefore be much easier than at present. Work is also planned to commence early in 2019.

PRESIDENT'S REPORT CONTINUED

Other internal work includes electrical work in Buildings 12 and 14. Again, this work is expected to start early in 2019, so it looks like being a busy time for all! Our staff and volunteers will endeavour to minimise any inconvenience to residents.

Donations

As I have mentioned in previous reports, our primary income source is accommodation revenue. We do not receive any assistance from State or Federal Governments. Donations, no matter how large or small are very welcome. Through donations, it has been possible to replace the cooking utensils in every room. The Committee recently made the decision to purchase brand new pots, pans and saucepans, replacing the old ones, some of which 'had seen better days.' These are already proving to be a hit with residents! On a larger scale, donations go toward meeting our current refurbishment costs.

I would like to acknowledge recent contributions from Morgans of Camberwell; CWA Alphington branch; the Australian Philanthropic Services Foundation and our country support groups. Donations over \$2.00 are tax deductible. Should you wish to donate, a tear-off slip on the back page of this edition is available for use.

Christmas Party

Our annual Christmas Party was held Thursday 13 December. Residents, volunteers and supporters were warmly invited to attend. Committee members and staff attended, and all shared some Christmas cheer including singing a selection of Christmas Carols. We thank Dorothy Nowell our pianist for providing the music.

In Closing

To our staff, volunteers and supporters, thank you for your care and selfless dedication. Our Mission Statement is a simple one, "For the Relief of Suffering". We all feel privileged to be able to assist those in need and look forward to doing so for many years to come.

Finally, I wish all our supporters and friends a happy Christmas and a safe and peaceful 2019.

Don Hamilton
President



DAY MANAGER'S REPORT

Santa's reindeers are gearing up and two of our lovely elves at Ryder-Cheshire are getting ready too! Anne is preparing to host Christmas lunch and Prashant will be running the office. They will be here for residents who find themselves in the 'big smoke' and away from home and loved ones.

During the past few months we've enjoyed a couple of mini celebrations at the Homes. The first, a Cleaner Appreciation Morning Tea, for our dedicated group of cleaners who go above and beyond their roles to assist in many aspects of the running of the Homes. We celebrated Iwan's 10 years of service; Leila's birthday and her work in the office in Nicky's absence; Joy's quiet efficiency and Judy's weekly early morning volunteer work in the office prior to popping on her cleaner hat. I'm sure many of you have received assistance from these amazing people during your various stays at the Home.

Secondly, Certificates of Appreciation were presented to our monthly visiting volunteer musicians, Deb, Geoff and Johnno. Their fun music nights, including banter and impromptu songs, are always brilliant.

Lastly, Santa was a bit ahead of himself and recently brought a wonderful early gift to every resident's room. This came in the form of a shiny new 5-piece Scanpan set...it was quite a loaded sleigh with 45 big boxes! So next time you need to stay, we hope you will enjoy being able to cook



▲ Our dedicated group with Angie
◀ Iwan & Leila
▼ Deb, Geoff, Johnno & Angie



up a festive storm! Along with Anne's weekly floral arrangements throughout the Homes we are looking colourful and fresh for the New Year.

Wishing you and your family, good health and well-being this Christmas and into 2019.

Angie & Nicky



MELBOURNE CUP SWEEP & DEVONSHIRE TEA

Spring flowers and roses are always reminiscent of the Cup. I had much pleasure in organising our annual Cup Sweep. This year punters had a choice between a 50 cent Flutter or a \$5 Spring Fling. It was at this point I got to chat 'stats' with punters, have a giggle and to even introduce Australia's best-known horse race to those new to the event. All of which was followed by a scrumptious Devonshire Tea attended by a small intimate gathering. We cheered with gusto for our horses to come in. I am pleased to say Joy and Sr Jane were our 1st prize winners, with residents taking out the other minor places. (Absolutely, this was not rigged!)



▲ Prize winner Joy with Anne
◀ Table set for Devonshire Tea

Nonetheless there was much fun, fanfare and festivities, everyone celebrating whether winning or losing! Thanks to all those present for participating in such an iconic event.

Anne - Resident Carer

ANNUAL STAFF & VOLUNTEER TRAINING

Premium Health again delivered First Aid Training to Homes' staff and volunteers. A half-day of training covered CPR and use of a defibrillator. The full day session provided basics in other areas including bandaging, wound care, treatment for bites/stings and use of an asthma inhaler. All participants enjoyed the sessions, which provided a valuable refresher as well as an opportunity to learn new knowledge and skills.

Also, during the year, a half-day session on the theory and use of fire safety equipment was delivered by Essential Fire Safety Services. This was followed up by a further 90-minute session on the theory and practice of a fire drill and evacuation procedures. These sessions again provided some valuable insights and learning into fire safety management.



◀▲ Volunteers and staff in action!

Residents should please note:

Buildings 10,12 and 14 have a defibrillator in an easily accessible location on the ground floor of each building. Reference to the Fire Evacuation Safety Plan in each room provides details of the exact location of the defibrillator and what to do in the case of a fire.

Teresa Overton



VALE RICA HENDRIKS

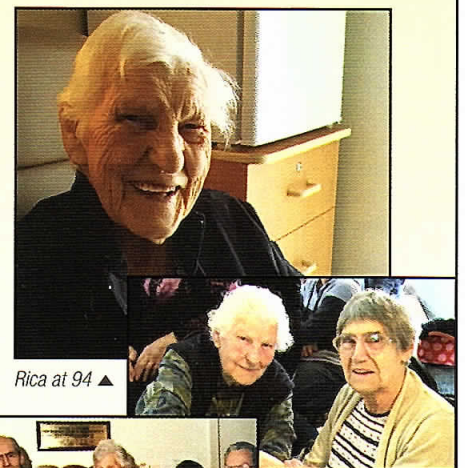
Hendrica (Rica) Hendriks was born in Holland in 1924. She came to Australia in 1949 with her husband Harry and baby son. They started out working on a farm in Fish Creek but settled in Newborough where Harry built their family home and had the last of their 4 children.

Harry sadly passed away from Hodgkin's disease in 1970. Harry spent a few months at the Alfred hospital in Melbourne which proved to be a very difficult time for Rica. She still had young children at home, didn't drive, short of funds and was at the mercy of a few friends that could take her to Melbourne to visit him for the very short visiting hours and it was a long trip at that time. Neither of them had the support they needed. There was no such thing as the Ryder-Cheshire Home at that time. She told me that a social worker at the hospital directed her to the "Peoples' Palace" to stay a night and she had no idea what it was.

Perhaps that was the catalyst that peeked her interest when she heard about Ryder-Cheshire Homes needing volunteers in the early 1980s. Rica spoke to another friend Maria Dortmans who also was widowed, if they should try it and well yes, they did for 6 years! They joined two other House Parents and were there for the opening of the second building. Rica always talked about the Homes and the people she met so fondly. It was probably the happiest and most fulfilling time of her life.

Rica retired and lived in Newborough and lived independently till she was 91. Slowing down somewhat, she went into aged care and passed away after a short illness aged 94.

Maria Mactaggart (daughter)



Rica at 94 ▲

▲ Former House Parents Rica and Maria on Maria's 90th birthday

◀ L-R Leonard, Rica, Maria & Anton

MUSICIAN APPRECIATION EVENING

Deb, Geoff and John are the Green Arrows; musicians who visit the Homes each month and provide musical entertainment and some frivolity. On 27 September Certificates of Appreciation were presented to each band member by President Don Hamilton. As well as Don, Sr Jane, Angie and Rosemary attended, making a total attendance of eighteen. It was a lovely night in celebration and recognition of the trio's commitment to Ryder and residents.

Both Angie and Don gave warm heartfelt thanks and gratitude for the trio's eight years' service. Don shared that he was a drummer and emphasised how wonderfully therapeutic music is for the soul. How true.

Deb, Geoff and John were completely taken by surprise, overwhelmed and so appreciative. Deb even shed a little tear and Geoff who always has a way with words, mentioned how humbled they felt by being here. It really was a special night.

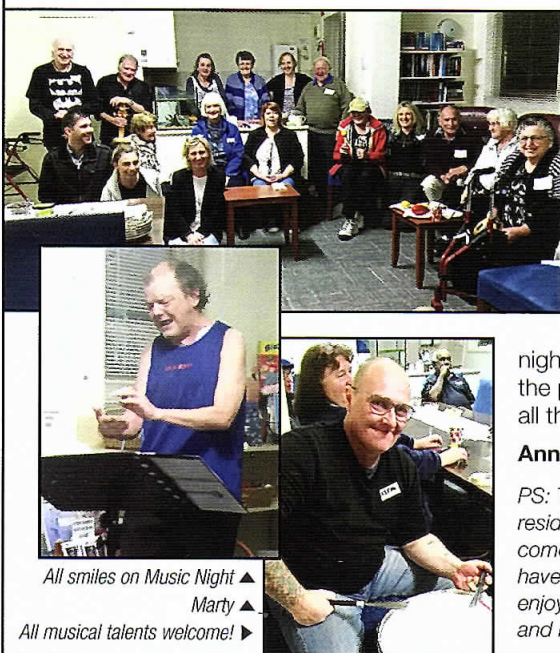
So as usual, lots of toe-tapping, sing-a-longs and laughs, the banter within the trio is always comical.

Marty our resident, sang two of his 'off the top of his head songs'. Always poignant, he never remembers them once sung! Another resident Peter also stood up and offered us some comic relief which had us bursting out with laughter.

So, it was another memorable music night, a good way to 'lighten up', 'change the pace' and 'take time out'. Thank you to all those who attended.

Anne - Resident Carer

PS: To all volunteers and residents, please feel free to come along to our music night, have fun, meet and greet, and enjoy some excellent music and laughs. Deb has a fabulous voice.



All smiles on Music Night ▲

Marty ▲

All musical talents welcome! ▶

AROUND & ABOUT HOLBROOK, NSW

Around and About features places that have a connection to the Ivanhoe Homes. Many connections are to residents and the places where they live. In this edition, we visit Holbrook.

For those of you who have driven along the Hume Highway from Melbourne to Sydney, Holbrook is remembered as 'the place with the submarine'! It's quite extraordinary, arriving at an inland town 400km from any seaport to see a large submarine... something worth investigating!

Holbrook's links with submarines began in 1915 with the re-naming of the town from Germantown, in honour of a courageous submariner Lt Norman Holbrook VC, the first submariner to receive the Victoria Cross medal. Further links to submarines then developed. On Anzac Day 1986, a granting of 'Freedom of Entry' to the Australian Submarine Squadron created a 13-year association, which continued until the squadron moved from Sydney to Western Australia. In 1994 when HMAS Otway, an 'O' class Oberon boat was decommissioned, the Holbrook Submarine Committee purchased the vessel, transporting it in sections from Garden Island in Sydney. Upon rebuilding the submarine in Holbrook, the project

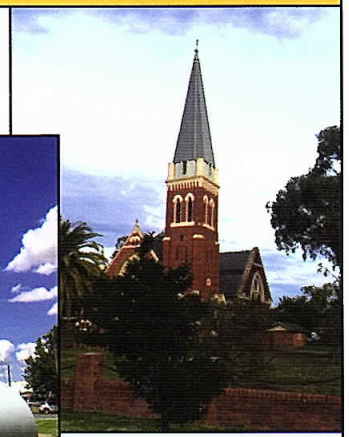
ran out of money. However, Gundula Holbrook, the widow of Commander Holbrook came to the rescue generously writing a personal cheque which took the project to completion.

Today, the town undeniably continues to boast its association with submarines. Holbrook Submarine Museum is also the only Australian museum dedicated to submarines. However, there is more to see and enjoy in Holbrook. Gone, is the never-ending march of large trucks and accompanying noise. In 2013, Holbrook became the last town to be bypassed on the Hume Highway. Now much more peaceful with no problems crossing the road (!) the visitor can enjoy, the extensive parkland; historic buildings and several museums, including the Woolpack Inn Museum and National Museum of Australian Pottery dedicated to 19th and early 20th century pottery. Holbrook is in short, a town well worth a visit!

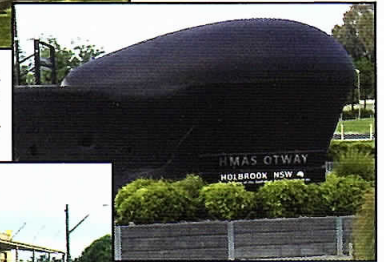
Teresa Overton



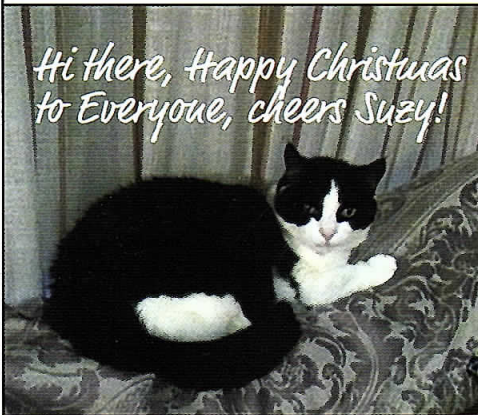
Submarine Park & HMAS Otway
Holbrook Hotel



▲ Knox Uniting Church



Woolpack Inn Museum



Hi there, Happy Christmas to Everyone, cheers Suzy!

AFTERNOON TEA PROGRAM 2019

Our monthly afternoon tea program is held **on the last Wednesday of each month at 2pm**. Everyone is welcome, including members of the public.

The cost of the afternoon tea is \$5.

DATES	TOPIC
27 February	Ivanhoe Traders Association
27 March	Fran Lee, Artist
24 April	Bellfield Community Gardens
29 May	Heidelberg Allstars Choir
26 June	Heidi Yuen, Acupuncturist
31 July	Ivanhoe Photographic Society

CARING FRIENDS NEWSLETTER

A reminder to all recipients of our newsletter – instead of receiving a hard copy, we can send it to you via email. By providing your email address you will be contributing a considerable and welcome saving on postage costs.

A phone call to our office on 9254 2400 is all it takes.

DONATION

Ryder-Cheshire Ivanhoe Homes (ABN 94 074 894 677) receives no government funding and is financed entirely through its own efforts and the generous support of Caring Friends.

Donations of \$2.00 and over are tax deductible

Visit www.rydercheshirehomes.org.au

If you would like to make a donation, please fill in the form and send it to the address below:

RCVHF Inc. 10-14 Donaldson Street
IVANHOE VIC 3079

Amount \$ _____

Name: _____

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