

CARING FRIENDS

W I N T E R 2 0 1 8 N E W S L E T T E R

**Ryder-Cheshire Victorian
Homes Foundation Inc**
ABN 94 074 894 677

10-14 Donaldson Street Ivanhoe Vic 3079
Tel: (03) 9254 2400, Fax: (03) 9254 2499
www.rydercheshirehomes.org.au

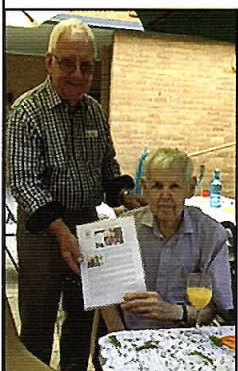
GREETINGS FROM OUR PRESIDENT

How fast time flies! It hardly seems just a few weeks when I was writing our December Report and here it is, June already. As usual we have been kept busy over the last six months with many, varied activities. During this time, we have also had some changes in our Resident Carer and staffing arrangements.

Firstly, Sister Jane Gorey is gradually withdrawing from her role as Resident Carer. Jane has provided years of invaluable service. This was not only in her role as a Resident Carer but as a mentor to our staff and other carers; a contributor to the effective and efficient running of the Homes; an event co-ordinator and participant in the Homes' activities which include, but are not limited to, the annual Volunteers' luncheon, our Christmas party and of course her art classes. The good news is Jane will be staying at the Homes for as long as she wishes. Jane and Suzy have long been a duo, with Suzy featuring in every Caring Friends issue for most of her 16 years.

Sr Jane, 'you're a legend!' Your contribution to the running of the Homes is immeasurable, we are so glad you will continue to stay with us.

Secondly, we are delighted to welcome Nicky Robinson to the Homes as our Administrative Officer. Nicky joined us in March and is working with Angie in the office in Building 14. She brings with her a wealth of office administrative experience, but just as importantly she brings a warm and welcoming personality. Nicky works with us on Tuesday mornings and all-day Wednesday and Thursday.



Volunteers' Lunch

Held in March, the lunch is now a regular event in our calendar and is a positive way we can express our gratitude to all our volunteers.

◀ *Don Hamilton
with Don Sinclair*

We were delighted to have our past president Don Sinclair OAM, his wife Dawn, daughter Sarah and two grandchildren join us for the lunch, on the occasion of the presentation to Don of his honorary Life Membership of the Homes. It was wonderful to have the family present on the day.



Ryder-Cheshire Australia Biennial Conference

Every two years the Ryder-Cheshire 'family' get together for a conference. This year the conference was held at Hillsley House, Ivanhoe Girls Grammar School. Many thanks are due to our Vice President Kathy Oswin for arranging the venue. We welcomed overseas guests, CEO Brigadier Anil Sinha(Retd) and his wife Gouri from Raphael, India; CEO Joaquim Soares and General Manager Fabiola dos Santos from Klibur Domin, Timor-Leste, and Carolyn Tapley and her mother from New Zealand. More on the conference later.



▲ *Volunteers' Lunch*

Refurbishments

We are pleased to report the ground floor visitors' bathroom remodelling in Building 14 is complete. As reported in the last Caring Friends edition, the significant undertaking of progressively replacing all carpets in Buildings 12 and 14 is now finalised. Thank you to all staff and volunteers for your hard work, minimising disruption and lending a hand to bring this project to a successful completion.

Upgrading and Maintenance

Buildings 12 and 14 were erected around 1955. As with most buildings constructed in this period, normal wear and tear are taking their toll. Current planning includes refurbishing shower recesses and carrying out essential work on the car park. We also plan to replace all 93 beds in the Homes. The improvements will take time and will be a drain on our

resources. However, the work is necessary in continuing to provide increased comfort and convenience for our residents.

Building 10, while much newer has not been immune from maintenance requirements. A new drain was needed under the decking. While the drainage, plumbing and decking replacement was done professionally, the painting of the decking was carried out by a volunteer. Our thanks to Tony Raco for his excellent work.

Contributors

We are immensely grateful for contributions from Rotary and Lions Clubs, and U3A. Generous contributions are also received from Caring Friends. If you wish to make a donation, there is a form as part of this Newsletter you may use. Your generosity is always much appreciated.

PRESIDENT'S REPORT CONTINUED

Caring Friends Newsletter

One way you can assist us reduce postage costs is by providing your email address to our office staff. The details remain confidential on our database. We can then send you an electronic edition of Caring Friends twice a year. Your help in this regard will be greatly appreciated.

In Closing

I wish to sincerely thank the Committee, staff and volunteers for the dedicated, caring and selfless way in which you continue to work for the Homes. I can assure you all, your tremendous efforts are very much valued and contribute to the Ivanhoe Homes being the 'Home Away from Home' it is for so many of our residents.

Don Hamilton - President

Volunteers' Lunch ▼



▲ *Yasir, Prashant, Romish, Sneha, Terry*

VOLUNTEERS' LUNCH

The Volunteers' Lunch was held on Sunday 18 March. This is the opportunity for the Committee of Management to provide a shared meal to say thank you to all those who give their time and skills to support the Homes.

The weather forecast for the day was for strong wind and rain, and so it was with some trepidation the tables were set up in their usual position in the courtyard behind Building 14. However, Sr Jane said, "Not to worry" as she had had a word 'up stairs'. Sure enough, the rain held off and the wind only provided a generous dusting of leaves from the canopy of trees overhead! A great afternoon!

Kathy Oswin

DAY MANAGER'S REPORT

After a short lull in accommodation bookings over the Christmas period, the Homes very quickly cranked up again. By mid-January we were constantly full, or close to it, most nights. February saw us moving furniture to carpet the two offices and Community rooms. I would personally like to thank our wonderful volunteers and cleaners who helped move, heavy desks, cupboards and even a piano. Many hands certainly did make lighter work!

It was with big hugs we welcomed Nicky to the team in March. Nicky filled our new permanent part-time office staff position and is a great multi-tasking and 'bubbly' asset to the Homes. With this extra assistance I am now starting to retain a few more marbles and in turn hope to be able to offer our residents greater care and support.

April brought the Ryder-Cheshire Australia Biennial Conference. This was a busy period with visiting delegates and supporters from Australia and overseas. It is truly inspiring to be a small part of such a wonderful worldwide family and be involved in the Conference organisation.

A very big thank you to Rosa Poon, a volunteer for 15 years who has had to retire. Rosa had a fall early

in the year and suffered a serious ankle injury. Rosa worked in admin every Monday. One of her important tasks was producing the monthly statistics for the Homes. Rosa, you will be certainly missed!

Many thanks to Rosemary, our volunteer who organized an Easter raffle at the Homes.

The proceeds contributed to the final stage of our now completed linen upgrade, with new throws on the beds in Building 10, ready for a chilly winter.

Finally, warmest regards to all our many regular residents, particularly those of you from Mildura; I'm hoping to see less of you (you know why).

Angie



▲ *Volunteers Margaret and Rosa*

PRASHANT - STUDENT RESIDENT CARER

Prashant has been a volunteer Resident Carer at the Homes for a year. You may have already seen him working in the front office. He is presently studying accountancy. In 2015, initially curious to visit Australia for the Cricket World Cup, Prashant was convinced by some friends to stay here. In 2016 Prashant applied to study a Bachelor of Business in Accounting. Hoping to finish the degree in 2019, he has set his sights on completing his CPA and/or specialising in taxation law.

Prashant has a keen interest in sport, watching as well as playing. He currently plays cricket for Richmond Union Cricket Club as well as indoor cricket. Other interests include learning about the sharemarket and real estate investing.

Prashant's name means "silence of ocean" which Prashant seems to think is well suited as he is quiet and reserved. Born in Punjab, India, Prashant has two older two sisters. When his father died, Prashant was six years old, the family moved to the New Delhi region where he completed high school. Prashant speaks and writes Punjabi, Hindi and of course English. He is looking forward to finishing his studies!



INTRODUCING NICKY ROBINSON

Hi everyone, my name is Nicky and I am really delighted to be part of this extraordinary team at Ryder-Cheshire Homes in Ivanhoe as a part-time administration officer.

My career has been in administration and project management with my last role working at the Austin Hospital in Patient Liaison.

I am a breast cancer survivor and my daughter has a rare form of leukaemia. My husband and I work part time to care for and support both her and our teenage son.

What I love about working here is the sense of community and harmony.

Many thanks to everyone who has made me feel so welcome, with particular thanks going to Angie for her guidance and patience as I learn the ropes.

I am here to help, so pop in and say hello.



RYDER-CHESHIRE AUSTRALIA BIENNIAL CONFERENCE 2018

Ryder-Cheshire Australia (RCA) is the umbrella organisation that links the various committees, volunteers and friends of Ryder-Cheshire in Australia. Hosted by one of the Australian Committees, it was the opportunity this year for the Victorian Committee and the Ivanhoe Homes Committee to act as joint hosts.

Over the weekend of April 14 & 15, the conference was held at Hillsley, Ivanhoe Girls' Grammar School in the lovely old converted church and adjacent atrium area. It was a great pleasure to welcome about 90 attendees from various parts of Australia, and representatives from Ryder-Cheshire Homes in India, Timor-Leste and New Zealand.

The conference had an interesting and varied program, with the theme of 'Refresh and Renew'. The opening address was given by Dr Heather Schnagl immediate past principal, Ivanhoe Girls' Grammar School, who spoke about involving young people in charitable organisations and volunteering.

Sessions included, a fascinating short film from the Ryder-Cheshire archives, of the early days at Raphael in India. We also had a live cross to the UK via Skype to hear from Tessa West, who has just released a new biography of Sue Ryder. Updates from Ryder-Cheshire Homes in India,

Timor-Leste, New Zealand and Australia and reports from the various fund-raising committees in Australia provided interesting listening. Importantly, there was time for in-depth discussion and planning for the future.

The after-dinner address was given by The Hon. Tim Fischer AC who spoke about his experiences as an Australian Government observer at the 1999 Timor-Leste referendum for independence, and about his interest in General Monash's role in World War I.

The Ivanhoe Homes played an important role in anchoring the success of the conference. Friday afternoon, it was the venue for an informal lunch and RCA Board Meeting. On Sunday the Homes hosted the final conference lunch which was literally 'standing room only', but a great finale! As with all RCA Biennial Conferences, it was a great opportunity to re-connect with old friends and welcome new ones. It was also a time for reflecting on the history of the Ryder-Cheshire Homes in Australia, India, New Zealand and Timor-Leste and on the work of the committees who support them. By sharing our experiences and ideas, we could plan and look forward to the challenges that each Home and committee will face as we negotiate the future.

Kathy Oswin



Conference Dinner ▲

Sunday Lunch ▶



Brig Anil Sinha with Carolyn Tapley and her mother



▲ Anthea, Peter, Joaquim, Rory



▲ Join Geoff, Deb and Johnno the fourth Thursday of each month in the Community Room 6.30-8.00pm

A MUSICAL EXPERIENCE

Back in 2011 Geoff and Deb were invited to provide some entertainment and music at Ryder and over 7 years and many gigs later the music continues. We have recently added our bass player John. The three of us formed our band "The Green Arrows" ten years ago and we still play and enjoy our music to this day. Playing at Ryder every month is the most satisfying and humbling experience for us as musicians, for two main reasons. Firstly, we love being part of the volunteer family at Ryder, which is such a wonderful worldwide organisation. Secondly, it is the ability to make a difference no matter how large or small to the lives of the residents, partners and carers, who are going through some difficult times.

We have had some lovely feedback over the years (which has reduced us to tears many times). For us it is about providing a bit of fun and music with some comedy thrown in for good measure. It is impossible to describe here all the magic moments that have occurred down in the "music room". Trust me there have been so many that we have lost count. It is really rewarding for us to contribute in our own small way to the Ryder-Cheshire family of volunteers.

Geoff Wright

FIDDLE CUSHIONS

Residents of a Prahran Nursing Home benefitted from four Fiddle Cushions and three aprons made by our Homes volunteer Sue Kelly. The Lifestyle Co-ordinator at Prahran wished to have sensory, tactile knee cushions suitable for residents who have Alzheimer's and dementia. The cushions can be a comfort to residents when they become agitated. Adept at sewing, Sue creatively put together various materials that would be

tactile and familiar to most people, such as buttons, zips, braid, lace and fur, placing these on the cushions. The three aprons are used by residents when they take part in cooking, gardening and craft. Again, the aprons are tactile, being made of bright fabrics, ribbons and laces.

A donation of \$250 was made to the Ivanhoe Homes for the creative, generous efforts of Sue. A big thanks to Sue!

Carol Wines



Fiddle Cushion ▲

Gwen wearing an apron ▶



AROUND & ABOUT - MYSTIC PARK

Two of our recent residents live in Mystic Park, Victoria. It sounds a curiously interesting place! So, investigating further, John and Joan agreed to reveal its secrets.

Where is Mystic Park? Well, it lies about half way between Swan Hill and Kerang on the Murray Valley Highway. Mystic Park boasts its own lake - Kangaroo Lake. The area is surrounded by farmland and some vineyards, including Brown Brothers. Only two orchards now remain. Gorton Drive follows the western side of the lake, named after Sir John Gorton who lived in the area. There is also a Gorton Point boat ramp.

Who lives here? Mainly retirees around the lake and with holiday homes. In 1891 the population was 60; in 1954 it was 146 and in 2016 it rose to 181 people. There is one pub, Mystic Park Hotel, near the railway but trains do not stop here! The pub is recommended for its great fish and chips and pizza! Opposite the railway, grain silos

dominate the skyline, now standing as memorials to past farming and cropping techniques and better days in the Mallee.

The lake is popular for fishing, water skiing and swimming. Fish to be caught are Redfin, Yellowbelly and Murray Cod. There is no camping on the lake but plenty of picnic spots. To get there, V/line buses pass through area and do stop, unlike the train! There are no local bus services. Places to stay are the lakeside caravan park near the corner of the Murray Valley Highway and the pub for a reported \$26 per night. Temperatures during the winter can be as cold as -3°C overnight and up to 18°C during the day. However, summertime is very hot!! Air-conditioning is a must!

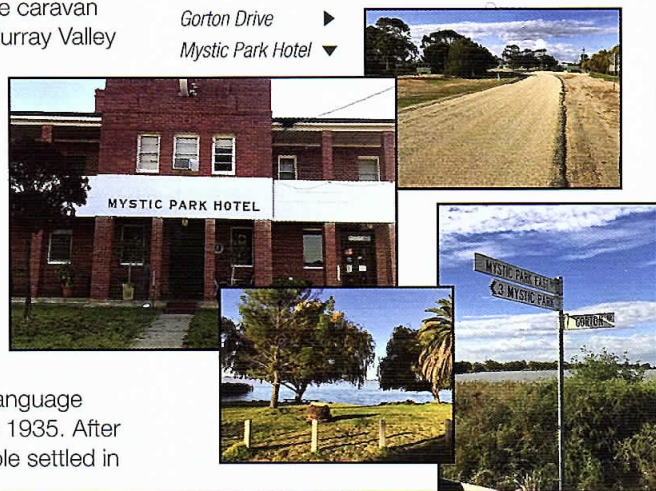
Most famous local was Sir John Gorton, who married Bettina Brown an American language student in Oxford, England in 1935. After finishing his studies, the couple settled in

Mystic Park taking over his father's orchard of the same name, living there for several years. He was well known for his larrikin style.

The name? Legend has it, the publican in 1879 had an interest in horse racing in the United States and took a special fancy to one of the horses called Mystic Park!

John & Joan Nicholls

Gorton Drive ▶
Mystic Park Hotel ▼



Boat Ramp ▶
Kangaroo Lake ▼



AFTERNOON TEA PROGRAM

Dates for your diary – last Wednesday of the month at 2pm.

Everyone welcome, including members of the public.

Cost: \$5 per person to cover food, raffle and door prize!



DATE	TOPIC	Speaker/Presenter
27 June	Blue Cross Ivanhoe	Catherine Gerhardt
25 July	Banyule Council's Wildlife Corridor	Jim Mead
29 August	Heidelberg Historical Society	Janine Rizetti
26 September	Banyule 100 Youth Program	TBA
31 October	Montreal Mosaics	Dianne Lacroix
28 November	Christmas Carols	Dorothy

Call for Volunteers

We continue to seek volunteers, especially weekend volunteers. If you, a friend or a relative can provide some time during the day or at weekends, we'd love to hear from you! Please contact Angie or Nicky in the office on 9254 2400. Thank you

"I love climbing up on my window box. Some people stop and say hello. Others are not even aware I am watching them".

Suzy



If you wish to receive future newsletters by email please go to www.rydercheshirehomes.org.au and follow the links.

DONATION

Ryder-Cheshire 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: _____

Address: _____