



St Vincent's Care Services **Bardon**

A message from Elizabeth Coco – Facility Manager

Spring is in the air and the winter months are behind us. We have been so fortunate with the weather and the small amount of westerly winds in August. We made it through flu season with little impact and it is now time to relish in Spring.

I'm afraid we are still waiting for the tiles to arrive from Italy to commence the refurbishment of the fountain area. I am sure they are worth waiting for and we will cherish the area once completed.

The Donnybrook bathroom flooring refurbishment will commence this month and we will liaise with residents and family until the project is complete. We will begin with Level 2 and then move to Level 1. Residents will not be able to use the bathrooms during the 3 days it takes to complete each bathroom so we will make other arrangements to accommodate hygiene routines. I apologise for any disturbance but the end product will be a far more suitable bathroom flooring.

Please remember to have family drop off new Summer clothing to reception to have it labelled by Natalie to ensure that we receive the items back from the laundry.

Enjoy the spring time and always remember to drink plenty of water and wear a hat when sitting out in the sun.

Elizabeth Coco
Facility Manager
St Vincent's Care Services
Bardon



Leisure and Lifestyle news

Now the beautiful Spring weather is upon us, gone are our Winter chills. It has been very heart-warming to see our residents enjoying the sunshine by the fountain.

Activity attendance has been very rewarding with Ekka Show Day, RSPCA Cupcake Day and the new artwork the residents have been working on. St Vincent's Care Services Bardon raised approximately \$71 in gold coin donations for Cupcake Day that has already been put to good use by the RSPCA.

A big thank you to Di White for coming back to Bardon to help the ladies with a knitting activity. The women are enjoying knitting immensely and I can't wait to see the final results.

September brings on our regular fortnightly shopping and entertainment each Friday Happy Hour. On Thursday 6 September we will have our trade table at the back of the Activity Centre, and on Thursday 13 September Michelle K will be back with her summer fashions. On Thursday 20 September the Queensland Youth Orchestra will be playing at the Old Museum. Cost is \$8 per head.

Enjoy the sunny days ahead!

Judy Johns
Lifestyle Co-ordinator

Notes from Magdalene Court

Welcome home to Elizabeth Sillano who has returned from her Summer holiday in Canada. Many of us have now shared her joys and travels by looking at some of her photos while we were lapping up the sun in the BBQ area.

Where has the year gone? Ekka has come and gone and we're looking forward to Christmas, not leaving out Father's Day and of course, Melbourne Cup. With these gatherings still to come we will have good use of our newly refurbished Lounge Room.

Several of us gather each Wednesday and Friday for the cooked lunch which is served so perfectly by members of St Vincent's Care Services Community Living. Both Lydia and Lisa arrive punctually at midday to set the tables with white cloths, serviettes and decorations. They make the room feel so homely. All are very grateful for this service and are appreciative of the refurbishment that took place earlier this year.

Last Friday our Happy Hour was enlivened with a little music. Bernadette, a friend of Frank, came to play the piano for us ending with a short sing-along.

Anne Breen
Magdalene Court



“Instead of worrying about what you cannot control, shift your energy to what you can create.”

Roy T. Bennet

Cover photo: Some residents have happily picked up the knitting needles under the guidance of Di White every Tuesday afternoon.

Para-commando bowler

Armand Leten proved he hasn't lost his form nor his touch when he played a few rounds at Bardon Bowls Club. Amazingly, he still often manages to have the bowls touch the jack (the small white ball) or come inches from it. As a para-commando with the Belgian Army, Armand knows that landing on target and away from enemy territory is a matter of life and death. Compared to this, lawn balls is literally just a "walk in the park" for Armand!



Timeless Ekka

While we couldn't make it the Ekka showgrounds, it didn't stop us from getting into the spirit of this quintessential Queensland tradition. With endless fairy floss, strawberry trifles, a show bag to go, sitting ducks and other games – a mini version of the Ekka had come to us. If we only we had more room for a few cows and a roller coaster, it would have rivalled the real thing!



Fitness Buddies

Our dynamic physiotherapist, Ben had residents discuss their fitness goals and organised them into pairs and groups to keep each other engaged and motivated in their fitness programs.

Pawesome!

We raised \$71 for the RSPCA at our Cupcake Day. Thank you to all who donated!

Many happy returns to our September birthday celebrants!

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| Sunday 2nd | Carolyn Hopkins |
| Friday 7th | Fay Wilson |
| Wednesday 12th | Dorothy Flemming |
| Saturday 22nd | Judith Coleman |
| Saturday 29th | Andrew Fisher |

A warm welcome our new resident, **Beryl Mulherin!**



Paying it forward

Frederick Moffett had a difficult childhood growing up in New Zealand in the 1920s. Home for him and his brothers was the Salvation Army's Boys' Home at Eltham in Taranaki. It was a tough, disciplined and regimented life away from family – waking up at dawn, doing chores and manual work, sitting in classes, supervised study periods and rationed meals.



Frederick Moffett looking very dapper in his Royal NZ Air Force uniform.

It could very well be a perfect setting for an Oliver Twist kind of story but this was where Fred discovered the noble path he was to take for the rest of life. He had an excellent mentor and teacher in Major Watkins who saw great potential in him. He encouraged Fred to continue on to high school and later on to enrol in the Teachers Training College in Christchurch.

That was what Fred did but the Second World War got in the way and he was called to serve with the Royal New Zealand Air Force. He was shipped to England to train as a flight navigator for bombers. Just before he was deployed, providence intervened, the war ended and he was happily on a long sea voyage back to New Zealand.

Fred knew what he had to do back home. He finished his teaching training and dedicated his life to moulding young minds and training other teachers in New Zealand, Fiji.

It was in Fiji where he met and married Vera, a kindred spirit who like him was a passionate educator. Vera, who did post-graduate studies at the University of Queensland in Brisbane, became head teacher in some of Fiji's prominent schools. Though they did not have children of their own, Vera and Fred count the thousands of students they have taught and mentored in their 26 years of teaching in Fiji as their own.

When they retired in Enoggera, Fred and Vera hardly slowed down. They became volunteer leaders at Save our Waterways Now (SOWN) and lead teams of other volunteers in rehabilitating and conserving the Enoggera Creek for twelve years.

When Fred looks back at his long and beautiful life, his eyes sparkle with gratitude. He feels fortunate and grateful for everyone who has come into his life at just the right time. With a smile he says, "I've been very blessed and am just paying it forward." And so are we truly blessed Fred for having you in our lives.

Jack Orendain
Pastoral Care



Vera and Fred being honoured by SOWN for their twelve year rehabilitation conservation work of the Enoggera Creek.

At St Vincent's Care Services, we make you the priority — and we welcome your feedback. If you have compliments or suggestions about our services, or wish to raise a concern, please fill out a feedback form at reception, or email the facility manager:

elizabeth.coco@svha.org.au

The Australian Government's Aged Care Complaints Commissioner provides a free service for anyone wishing to raise their concerns about the quality of care or services being delivered to people receiving aged care services at a government-funded facility.

www.agedcarecomplaints.gov.au | 1800 550 552



**ST VINCENT'S
CARE SERVICES**

A SERVICE OF ST VINCENT'S HEALTH AUSTRALIA

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