

*A Great Place to Live*



## 'EVENTIDINGS'

Issue No 018

WINTER 2018

### *Welcome to the Winter issue of 'Eventidings'*

Over the past couple of months I have been swept up in the Royal atmosphere, and finally last weekend I watched the Royal Wedding and thoroughly enjoyed it. I know how much organisation it takes to run an activity here at Eventide, I was blown away by this amazing event.

A couple of months ago we wrote and invited Harry and Meghan to come and visit Eventide, while they are here in Australia for the Invictus Games later in the year. We have received a response from Kensington Palace. How awesome would it be if they took us up on the invitation! Fingers crossed.

Building works are continuing here at Eventide. We are currently building 2 houses at the Plantation, one has been sold and No. 7 will be advertised "For Sale" in the near future. The installation of the Solar Panels at a cost of \$250,000 is nearing completion. Hopefully this project will reduce our energy bills by 50% over the coming years and be repaid within 5 years.

The Board of Governance have committed to spend \$3.6 million on the upgrade of the Hostel, Urquhart House, Entrance and Administration / Clinical offices and \$400,000 to develop the Infrastructure for Stage Two of The Plantation. We hope to build 20 to 24 new homes at the Plantation over the next few years.

We have removed The Playhouse cottage and Unit No. 12. Landscaping works will be undertaken to beautify these areas shortly.

Rob is busy plastering over the brick walls in the hostel and in McGregor House we have installed a new kitchen station. Wow, what a difference this makes.

We also have a talking cockatoo to look after for the next twelve months, while owners are travelling around Australia. A competition will be held with residents to come up with a good name for "Cocky".

Last year we visited some Aged Care Facilities in Tasmania and early in May we had a reciprocated visit from representatives of Respect Aged Care. It was a good catch up and we learnt a lot from them, we are hoping they picked up a few tips from Eventide also.

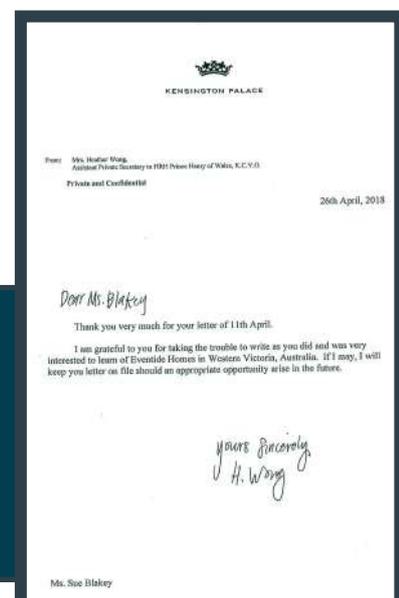
We also had a visit from Sarah De Santis, ALP Candidate for Ripon, we thank Sarah for her interest in Eventide. I attended the Grand Opening of "Salt Wood Build", Ken & Dawn Clark & Team have done an amazing job in transforming the "Old Butter Factory" into a showroom for their business.

Last week we celebrated "Volunteers" Week with all of our amazing volunteers. A luncheon was held at Magdala in appreciation of the precious hours volunteers dedicate to Eventide, week in-week out. Along with staff, what would we do without them?

Well I think Winter has arrived, the forecast for next Monday is one sunny day and I think it is all downhill from there. Keep warm and snug.

**Sue Blakey**  
**Chief Executive Officer**

*Right:*  
*Response from*  
*Kensington Palace*



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## DIARY DATES

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### **Monday 4th June**

Cappuccino Time  
Glyn Cashin Hall

### **Thursday 7th June**

Happy Hour  
Glyn Cashin Hall

### **Friday 22nd June**

Pub Luncheon  
Glyn Cashin Hall

### **Friday 29th June**

Movie Experience  
Glyn Cashin Hall

### **Tuesday 10th July**

Kim & Jamie's Zoo  
Glyn Cashin Hall

### **Tuesday 21st August**

Newcombe Secondary College Band  
Glyn Cashin Hall

## *What's happening around the traps'*

Eventide Homes presented its very own 'Eventide Classic' walk as part of Mother's Day celebrations. It was fantastic to see so many smiling faces and for so many residents, families, staff, volunteers and members of the community in attendance. The inspiration for holding the event was to launch a new walking program established by Southwest TAFE aged-care students who are studying on site at Eventide Homes. The program has been designed for residents to enjoy outdoor activities by either walking, wheelchair or walking aids. We are now actively looking for volunteers to facilitate this group each week. A great activity for all involved.

We hosted our annual series of BBQ Lunches, the sun was shining bright on each of these days and everybody enjoyed a beautiful lunch with fellow residents.

Pub Luncheons have been introduced. Glyn Cashin Hall is replicated to look and feel like a traditional county pub and residents can enjoy a beverage or two with lunch.

Grampians House Lounge has had a make-over with beautiful new furnishings. Afternoons by the log fire have proven to be very popular.

We welcome new staff members Seematti Perumal, Erin Olerhead, Naomi Schreuder, Dominic Cresp, Rebecca Farrell, Tayla Watts and Natalie Marshall to the team at Eventide Homes and farewell employees Jill Baker & Tanya McKenzie.



Grounds & Maintenance Supervisor Stephen Fenwick snagged himself a big surprise whilst recently on holidays with friends at Woodward (near Tooleybuc). Stephen caught a massive Murray Cod weighing in at 50 pounds and measuring 86cm. The total envy of his friends as this giant was the only fish caught over the weekend getaway

# 'Physio News'

A large contingent of residents assisted by staff, volunteers and students from South West Tafe completed the Eventide Classic Mothers' Day walk, which raised a significant amount of money, and was a great day out for all. Some residents walked all the way, some residents rode their wheelchair, and they all had a fantastic time outside in the sun and fresh air.

Twice a week Eventide residents gather for health enhancing exercises drawn from Kung Fu. Residents learn deep breathing and stretching to get their chi flowing, as well as balance awareness and falls prevention training. The fun part is the latter half, where residents use their noodles (swimming noodles) to hit balloons around the room. The laughter is contagious, and the hardest part for the physiotherapist is preventing the residents getting carried away.

One of our volunteers has been busy at the sewing machine, and kindly donated a large number of wheat bags, some mixed with Lavender. There are all sizes and shapes, including some lovely purple wrap around shoulder bags, that feel like getting a warm cuddle. The residents are very grateful – and many aching knees and backs are moving better, thanks to a bit of warmth at the start of the day.



*Pictured from left to right: Eventide residents Edna and David Osborne walk alongside physiotherapist Phil and South West Tafe teachers, students and family during the Eventide Classic.*

# 'Care & Lifestyle News'

Winter is upon us and I am pleased to report that most residents and a large number of staff have already had the Flu shot so hopefully this will protect us all this winter from the Flu.

As you are all aware I have been on leave recently and Dianna Edchamag relieved me. Dianna did an amazing job in my absence and all the reports I have received regarding Dianna's performance while I was away from staff, residents and relatives have been extremely positive. Eventide is certainly blessed to have Dianna on staff. Upon my return from holidays Eventide had an unannounced visit from the Department of Health and I am extremely proud to report that this visit was exceptionally positive. The Department reported that all staff, residents and relatives interviewed were extremely happy with the care provided at Eventide Homes.

I was so pleased to hear that the Eventide Classic was such a success. The photos from this day are outside my office and show a great day was experienced by all involved.

Well done to all of those involved in the day.

**Cathy Potter - Care & Lifestyle Manager**

# Volunteer Profile

## Carmel Phelan

Each newsletter edition we introduce you to one of the many brilliant staff members we have working at Eventide Homes

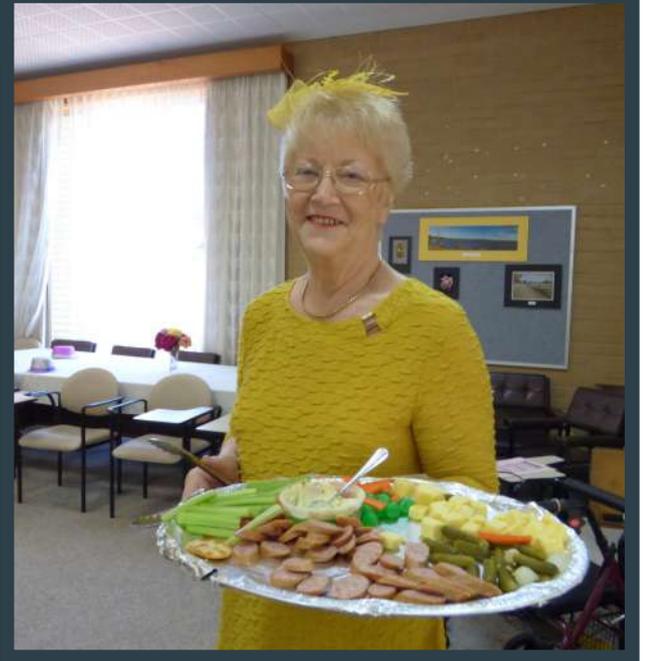
As we have recently celebrated 'National Volunteers Week' we would like to highlight our volunteers. This edition we meet volunteer Carmel Phelan.

Carmel has been volunteering at Eventide Homes for over eleven years and only last year was awarded with a Certificate of Appreciation in recognition of the volunteering services and entertainment she provides to our residents.

Carmel was Born and educated in Ararat, and soon after Stawell became home.

Most of you may have seen Carmel entertaining the crowds at Eventide events.

A talented organist, who can put her hand to almost any tune requested.



Carmel also happily helps out with Bus outings and other major events.

*'I love playing old tunes that residents know and can remember'*

The most rewarding aspect of volunteering at Eventide Homes is seeing the residents smiling faces whilst entertaining.

Residents quite often sing, dance or tap their feet along to the music in their seats.

We are very grateful to Carmel and all of our valued volunteers for all that they bring to Eventide Homes.



*Pictured left:  
Carmel entertaining residents at the  
Valentine's Day Ball.*

# 'National Volunteers Week'

National Volunteers Week was celebrated throughout the week at Eventide Homes. This year we worked with staff from Stawell Regional Health, Grampians Community Health, Stawell Neighbourhood House, Northern Grampians Shire and The Centre for Participation.

The combined event 'Give a little...Change a lot' was a celebration of the enormous contribution that volunteers make to our community. Attendees were entertained by our very own musician Carmel Phelan, 'Active for Life' participants and guest speaker Elva Raggatt. It was fantastic to see so many volunteers from Eventide come along and enjoy the evening.

We concluded the weeks celebration with a delicious meal at Magdala Restaurant for all of our valued volunteers. We are grateful for all that you give to Eventide Home residents.

Spending time with Eventide residents can be a beautifully rewarding experience and play a vital role in enhancing their lives. If you have a skill you would like to share with Eventide residents or would like to enquire about volunteering at Eventide Homes please contact Rebecca Farrell on (03) 5358 2027.

Eventide volunteers celebrated National Volunteers Week at the combined event 'Give a little...Change a lot' with fellow community volunteers and Eventide CEO Sue Blakey.



# 'Hostel Upgrades'

Staff have been very busy, making a lot of changes to the appearance of the Hostel. New furnishings for Grampians House Lounge, a new kitchen station for McGregor House, and Rob has been plastering over interior brick walls. It looks amazing.



# 'Retirement Living News'

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We are excited to announce that we are commencing planned Bus excursions for our Retirement Village residents.

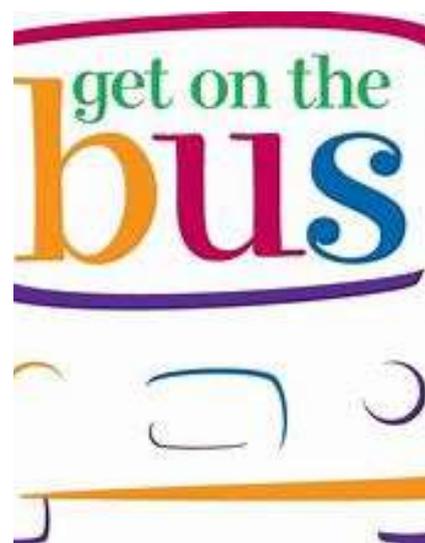
The first outing will be on Friday 15th June, this excursion will travel to the little town of Rupanyup to view the amazing Silo Art and perhaps enjoy a coffee & lunch at the Main street park.

Bus Excursions will be offered on the third Friday of each month.

There are nine seats available for each trip. (if demand exceeds availability, a repeat trip will be planned).

To confirm your seat, please place your name on the list on the Kingston Community Centre's noticeboard.

We thank volunteers Ted & Carmel for facilitating this activity, and wish you all a fantastic day.



## *Home Safety Tips* from local Acting Sergeant Nathaniel Warren

**Burglaries are a violation of your privacy and security. The personal impact and loss of irreplaceable items may be even greater than the value of the items stolen. Most burglaries are opportunistic and occur during the day when residents are not at home. The most commonly stolen items include jewellery, cash, computers and other electrical equipment, however burglars will steal anything they find valuable.**

**Use these tips to help protect your home and your personal belongings.**

- Lock all windows and doors, even when you're at home.
- Unlocked side and rear doors and windows are the most common entry points for burglars.
- Report any suspicious activity to your local police.
- Appearance: Make it look like someone is home when you're out.
- Secure valuables in a safe or hidden place.
- Only leave spare keys with a trusted neighbour.
- Never hide keys on your property.
- Keep all spare keys or car keys in a secure place - car keys may be stolen in a burglary and used for car theft.
- Use an engraver or ultra-violet marker to identify your property. Marked property is harder to sell and easier to return if located.
- Mark with 'V' followed by your drivers licence number. i.e. V123456.
- Photograph valuables and record details on a property inventory form.

**Please always contact police by calling 000 and reporting either a crime that has occurred or any suspicious activity.**

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*There is always something happening  
at Eventide Homes*

# 'Commonwealth Games'



Dorothy



Tom & John



Joan & Dorothy



Giovanna



Opening Parade



Darcy



Betty, Darcy & Betty



Jennifer



Gymnasts

*There is always something happening  
at Eventide Homes*

# 'Eventide Classic'



Ready...Set...



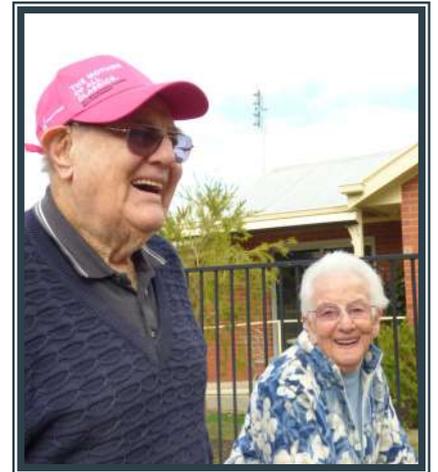
...GO...



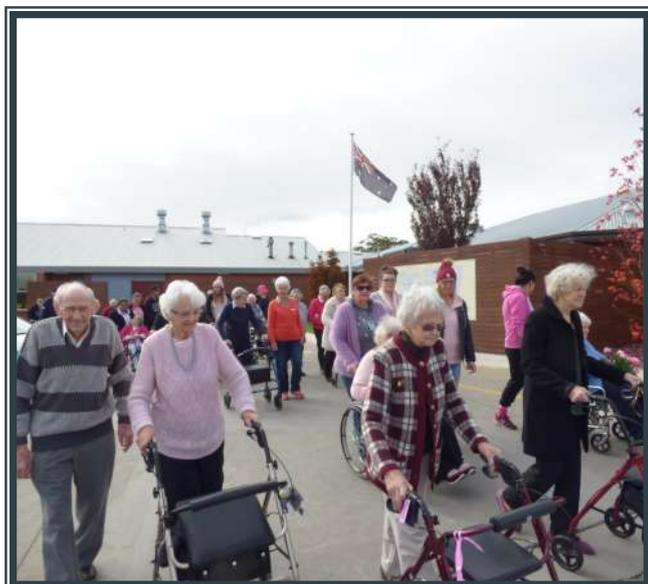
Love the hat!



Merilyn & Pam



Harold & Kath



A great crowd



Clem & Kerry

*There is always something happening  
at Eventide Homes*

## **BBQ Luncheons'**



Marie & Lorna



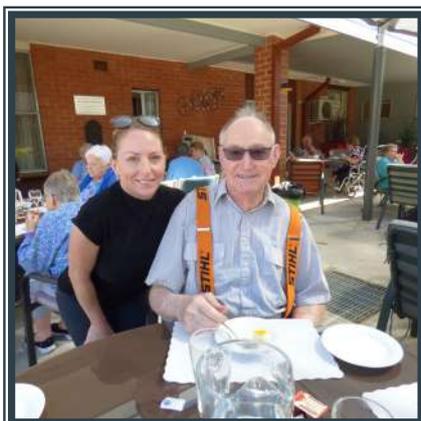
Dorothy, Bill & Dot



Cathy & Jennifer



Bev & Col



Kelly & Clem



Allan, Debbie & Marg



Tom & Lyle



Beth & Jean



David & Edna

*There is always something happening  
at Eventide Homes*

**'National  
Volunteer Week'**



Julie, Cherelle & Sue



Bob, Neill & Sheila



Dorothy, Ted & Carmel



Debbie & Jo



Beth & Jean



Joyce & Rosine



Rebecca & Julie

# 'ROYAL WEDDING WORD SEARCH

P P E G S A E S P E P E F V N E M L Q E  
I R N H D E I L N C T R O V F G A L U G  
L I G U D U S G K T A W S R D R R N E D  
L N A S O U L O O R S R O Y D O R N E I  
I C P L E A C L R D A G R E K E I Q N R  
H E M Q N L R H M E M M H I K G A W E B  
P W A D N A R H E O T T N C A P G A L M  
E I H D H X M A R S A I N A C G E M I A  
C L C C K E J E H C S P H U H C E N Z C  
N L G M K V H Z S C X O C W J G J K A F  
I I L E M O N E L D E R F L O W E R B O  
R A O C U A G Q F I K C G S O M S M E S  
P M V S X R O Y A L W I N N U Y M M T S  
U G E H O N E Y M O O N S I I S H X H E  
H T N E E T E N I N Y A M S R D S Z K H  
U T G T Y I N G T H E K N O T P D E W C  
Y T P R I N C E S S D I A N A Z C E X U  
S E L T S A C R O S D N I W B V J Y W D  
Y R R A H E C N I R P E C N A M O R V Y  
A H C K C A K K N P G H Z K R Q A Z D B

**CARRIAGE**

**DUCHESS OF CAMBRIDGE**

**FROGMORE HOUSE**

**KISS**

**LOVE**

**MEGHAN MARKLE**

**PRINCE PHILLIP**

**QUEEN ELIZABETH**

**ST GEORGES CATHEDRAL**

**WEDDING**

**CHAMPAGNE**

**DUCHESS OF SUSSEX**

**GEORGE**

**LEMON ELDERFLOWER**

**MARRIAGE**

**PRINCE CHARLES**

**PRINCESS DIANA**

**ROMANCE**

**TYING THE KNOT**

**WHITE ROSES**

**CHARLOTTE**

**ENGLAND**

**HONEYMOON**

**LOUIS**

**MAY NINETEENTH**

**PRINCE HARRY**

**PRINCE WILLIAM**

**ROYAL**

**VOWS**

**WINDSOR CASTLE**

# *“The Best Things In Life Are Free”* *Harold Blake*

Just sitting here thinking, of the beautiful things without cost,  
Like the falling of heavy rain, or the glittering white frost,  
The fantastic blue sky, with that wonderful warm sun,  
Sometimes with dark, dancing clouds, having such great fun,

How about the lovely yellow moon, at the end of a long day,  
The millions of bright stars, in the gorgeous milky way,  
There are many things to see up there, without any actual cost,  
Joy there for all the world to enjoy, like the mighty Southern Cross,

Down on the ground, there are a million more things to please,  
Like the wonderful green grass, and the magnificent autumn trees,  
Trees that in a storm, you think might bend and break real soon,  
But in a gentle breeze, they keep swaying and dancing to a tune,

Think about the birdlife, on the ground or up in the sky,  
And listen to the warble, of the black and white magpie,  
A kookaburra’s laughter, as he sits high up on a limb,  
I think he’s laughing at me, so I’ll laugh right back at him,

The greatest gift of all is love, and love is absolutely free,  
I am still in love with my “June May”, I am glad she married me,  
Sixty two wonderful years went by, in a happily married life,  
And it doesn’t cost a razoo, to be a husband or a wife.

These are just a few of the wonderful things in this place,  
And they are there all day and night, for the whole human race,  
So let us all be grateful, we were here from the very start,  
And we thank the Lord so very much, from the bottom of our hearts.