

# Southern Star



2022 Summer Edition



The benefits of  
music therapy

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A new era of aged care  
Australian aged care  
reforms explained

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Embracing retirement living  
Read our resident stories

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**Southern  
CrossCare<sup>+</sup>** (WA) Inc.

Southern Plus<sup>+</sup>

 Southern Cross Housing Ltd.



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Cover image: Margaret Hubery House resident Mary watching West Australian Symphony Orchestra perform.

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## A note from the CEO



### Welcome to our new look Summer 2022 edition of the Southern Star.

There is no doubt it has been another challenging year, but I am proud of the work our teams have achieved and our collective commitment to improving the lives of those who are in greatest need.

This edition of the Southern Star features inspiring stories about our residents and clients, and the many activities that have taken place throughout the second half of the year. As always, you can read stories relevant to our industry including changes to Covid-19 infection prevention measures and reforms to aged care in response to the Royal Commission into Aged Care Quality and Safety. We also celebrate client recovery journeys and staff awards and achievements.

In September we joined R U OK? Day, a National Day of Action dedicated to reminding everyone that any day is a good day to ask a friend, colleague, neighbour or stranger “R U OK?”. In November we celebrated the significant contributions of our long serving staff, and in December we said a huge thank you to our 120 volunteers who generously offer their time to enrich the lives of our residents and clients. As we move towards the festive season our residents and staff have been getting into the Christmas spirit creating Christmas decorations out of recycled and reusable materials as part of our annual Christmas competition. I have been amazed by the effort and creativity that has gone into this competition, and I congratulate everyone involved for their efforts.

On behalf of everyone at Southern Cross Care (WA), I would like to wish everyone a Merry Christmas and a happy and safe New Year.

Clare Grieveson  
Chief Executive Officer  
Southern Cross Care (WA) Inc.

## Keeping our community safe

After more than two-and-a-half years, Western Australia’s State of Emergency came to an end on Friday, 4 November. This means that all Government directions and restrictions associated with the State of Emergency have also ended. Following the change, our Clinical and Risk Management teams completed a review of our infection prevention control measures to ensure the continued safety of our residents, clients, and staff.

With the increase in cases in the Eastern States and health authorities advising of a fifth wave, we know Covid-19 is still in our community and we must remain vigilant.

As we have learnt over the past two years Covid-19 is constantly evolving and changing. Southern Cross Care (WA) will continue to monitor the impact of Covid-19 to ensure we have infection prevention measures in place to protect the health and safety of our teams and the vulnerable people in our care.

We recommend all visitors wear a disposal surgical-grade or N95 face mask when inside the home and that all visitors to SCC (WA) Residential Aged Care and Community Options facilities have up to date Covid-19 and Influenza vaccinations. There are no restrictions on visitor numbers when there is no infectious disease outbreak, however visitor restrictions may be implemented if an outbreak occurs.

Visitors must have their body temperature taken on arrival to ensure it is below 37.5 degrees and we ask that visitors do not visit any of our sites if they are feeling unwell. Telephone, video, or window visits can be arranged. Visitors will not be able to



Jeremiah Donovan House staff member shows visitor Meledy Correia how to don her PPE.

enter our residential facilities if you have had Covid-19 or been in contact with a confirmed case of Covid-19 in the past seven days or, are experiencing symptoms including cough, sore throat, fever, loss of taste or smell, headache, or shortness of breath.

With these safety measures in place, and to support our residents, clients and their loved ones to stay connected, we have been able to extend the visiting hours at our facilities.

Visiting Hours for Residential Aged Care  
9am to 7pm daily

Visiting Hours for Community Options  
8am to 8pm daily

The Australian Technical Advisory Group on Immunisation (ATAGI) are also recommending people aged 50+ receive their 4th Covid-19 vaccination and reminding those aged 30+ that they are eligible for a 4th dose. SCC (WA) encourages everyone to be up-to-date with vaccinations to protect each other, our loved ones, and vulnerable people in our care.

Thank you for your ongoing patience and understanding, and please be assured that the health and safety of our staff and the people in our care remains our number one priority.

# Beat the heat: tips to stay cool this summer



**Jinseok Kim**  
Exercise Physiologist



Heat waves represent a public health risk and with the threat of climate change driving more frequent, stronger, and longer heat waves, it is important you know how to stay cool during the warmer months and what to do if you start to feel unwell.

In Australian summer, hot weather and heat waves can sometimes cause illness, hospital admissions and even loss of life. Older individuals are more vulnerable to heat-related problems because of reduction with thermoregulations. Older adults demonstrate a delayed reaction with core temperature changes, producing less sweat and a decline in evaporative heat loss. Fortunately, heat related illness is preventable. Here are some of our top tips to help you stay well this summer:



## Drink more water or other cool, non-alcoholic fluids than usual

Don't wait until you feel thirsty to drink. Make sure you check with your doctor if you are on limited fluid intake or if you are on water pills to ask them how much you are allowed to drink during hot weather.



## Avoid drinking caffeinated and alcoholic drinks

Both drinks are diuretics which cause dehydration in the body. You should also limit tea, coffee and alcohol in hot weather.



## Review medications with your doctor

Some medications can contribute to heat intolerance. Ask your doctor if you are at risk of heat stress in hot weather. The doctor may advise that you avoid certain medication or adjust the dosage during the summer period.



## Pay attention to the weather forecast

Regularly check the weather forecast to monitor heat. Avoid any outdoor activity in hot weather. Try to schedule outdoor activity for the cooler part of the day whenever possible.



## Stay cool

Wear lightweight, loose, light-coloured clothing. Keep yourself cool by using wet towels, putting your feet in cold water and taking cool showers. Stay in air-conditioned house as much as possible.

### Heat Stroke



If you have any symptoms of heat-related illness including muscle cramps, headaches, nausea, or vomiting please seek medical help immediately.

Symptoms to look out for	Treatment
<ul style="list-style-type: none"><li>• High body temperature (38°C or higher)</li><li>• Hot, red, dry, or damp skin</li><li>• Fast, strong pulse</li><li>• Headache</li><li>• Dizziness</li><li>• Nausea</li><li>• Confusion</li><li>• Losing consciousness (passing out)</li></ul>	<ul style="list-style-type: none"><li>• Call 000 straight away</li><li>• Move the person to a cooler place</li><li>• Help lower the person's temperature with cool cloths or a cool bath</li><li>• Do not give the person anything to drink</li></ul>
<ul style="list-style-type: none"><li>• Heavy sweating</li><li>• Cold, pale, and clammy skin</li><li>• Fast, weak pulse</li><li>• Nausea or vomiting</li><li>• Muscle cramps</li><li>• Tiredness or weakness</li><li>• Dizziness</li><li>• Headache</li><li>• Fainting (passing out)</li></ul>	<ul style="list-style-type: none"><li>• Move to a cool place</li><li>• Loosen your clothes</li><li>• Put cool, wet cloths on your body or take a cool bath</li><li>• Sip water</li><li>• Get medical help right away if you are throwing up, your symptoms get worse or your symptoms last longer than 1 hour</li></ul>
<ul style="list-style-type: none"><li>• Painful, red, and warm skin</li><li>• Blisters on the skin</li></ul>	<ul style="list-style-type: none"><li>• Stay out of the sun until your sunburn heals</li><li>• Put cool cloths on sunburned areas or take a cool bath</li><li>• Put moisturising lotion on sunburned areas</li><li>• Do not break blisters</li></ul>
<ul style="list-style-type: none"><li>• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)</li></ul>	<ul style="list-style-type: none"><li>• Stay in a cool, dry place</li><li>• Keep the rash dry</li><li>• Use powder to soothe the rash</li></ul>

### Heat Exhaustion

### Sunburn

### Heat Rash



# Exercises to improve walking



**Damian Szczepanski**  
Exercise Physiologist



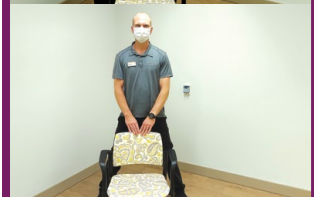
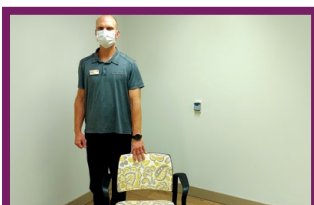
## 1 Squat

- Keep your feet shoulder width apart and your toes slightly pointing outwards.
  - Keep your chest up looking forward.
  - Put your hands down by your side.
  - Keep your hips back while bending knees down, simultaneously raise your arms straight out in front.
  - Then, go back to starting position.
  - Repeat this 10 times, ideally for 3 sets.
- \* Please use a chair if you need support.



## 2 Calf raises (with support)

- Stand up straight holding onto a chair for support.
- Lift both heels up as high as you can then slowly lower back to ground.
- Repeat this 15 times, ideally for 3 sets.



## 3 Sidestep

- Stand up straight with your feet together.
  - Lift your left leg and step out wide.
  - Slowly transfer your weight to the left leg, then follow through with the right leg and bring your feet together.
  - Repeat side steps on other side.
  - Complete 10 times, ideally 3 sets.
- \* Please use a chair if you need support.



## Intergenerational partnership brings happiness to residents

For the past 18 years, children from Goldfields Child Care Centre have celebrated International Day of the Older Person with Southern Cross Care (WA) by presenting a sing-along concert to residents at Victoria Park Nursing Home in Kalgoorlie.

While the children were unable to visit the home for a second year in a row due to Covid-19 restrictions, the children and staff were determined to celebrate the day and share their love and thoughts from afar.

Instead, they created posters and cards with words of inspiration, comfort and kindness to give to the facility to help bring some comfort and joy to residents.

The children also donated care packs for each resident, which were accompanied by cards made by the children to let residents know they are “thought about, valued, cared about and remembered.”

Facility Manager Cheryl Hahn said the child care centre was a great supporter of VPNH and the intergenerational activity, whether in person or at a distance, helped bring happiness to residents.

Goldfields Child Care Centre educator Maureen Nicholls said the partnership with VPNH also helped to teach children about the importance of “respect, caring for others, thoughtfulness, kindness and valuing our senior citizens”.





# Sharing the joy of music



**Chloe Fraser**  
Content and Marketing  
Coordinator



Music therapy can have both emotional and physical benefits for residents in aged care. It contributes to good health and is known to improve resident's mental, social and emotional wellbeing.

As part of our calendar of therapeutic activities, the West Australian Symphony Orchestra has been bringing live classical music to residents at our residential care facilities across the metro area.

WASO's Wind Quintet recently entertained residents at Margaret Hubery House with an hour-long performance, which included iconic songs from residents' younger years invoking memories and a sense of nostalgia.

MHH Occupational Therapy Assistant Coordinator Jacqui O'Meara said activities like the WASO performance also helped to optimise residents' quality of life.

"I was watching the residents around the room during the performance, and I could see it evoking a lot of memories and emotions in them," she said.

"One of the residents said it transported her to another place and another time from when she was younger.

"Personally, it was very deeply rewarding and satisfying to see their animated faces during the musical experience."

Frances Maguire, whose sister Mary is a resident at MHH, said her sister loved the performance.

"She can no longer remember the names of the instruments, but she used to go to orchestral performances a lot. So, she just loved it," Frances said.

"Music does such wonderful things for the soul, especially orchestral music."

WASO Community Engagement Coordinator Christina Claire said WASO musicians often visited nursing homes as well as retirement villages to bring the joy of music to those in care.

"We like to take music out to people in our community who wouldn't normally have the accessibility to come to see us at the Perth Concert Hall," she said.

"So far everyone has got so much out of it. It's been the highlight of their week and it's so beautiful to see their eyes light up when they hear something familiar, or it triggers a memory."

Jacqui said the WASO performance was just one of the many activities organised for residents each day.

*"Activities are not just for leisure and fun, they can also help alleviate symptoms of depression, isolation, and loneliness. So, when we get our residents together through these activities there's always lots of laughter and fun."*

**Jacqui O'Meara**

Margaret Hubery House Occupational Therapy  
Assistant Coordinator



To watch a video about WASO's performance at Margaret Hubery House scan the QR code or visit

<https://youtu.be/82dDxb9ZmCo>





# Committed to growing the future workforce



**Chloe Fraser**  
Content and Marketing  
Coordinator

Helping to shape the future health workforce, Germanus Kent House Occupational Therapist Cecily Broomhall has been recognised for her outstanding contributions in supporting, mentoring, and educating students undertaking work placement in Broome.

Hosted by the Majarlin Kimberley Centre for Remote Health, which is part of the University of Notre Dame Broome, the Kimberley Supervisor Recognition Awards acknowledge individuals and organisations across the Kimberley who have gone above and beyond in their commitment to student placement experiences.

Cecily received the Innovative Supervisor award for “embracing innovation by providing clinical learning experiences” and was recognised as a supervisor who is “prepared to do things differently, ‘innovatively’, in order to meet the learning needs of the student.”

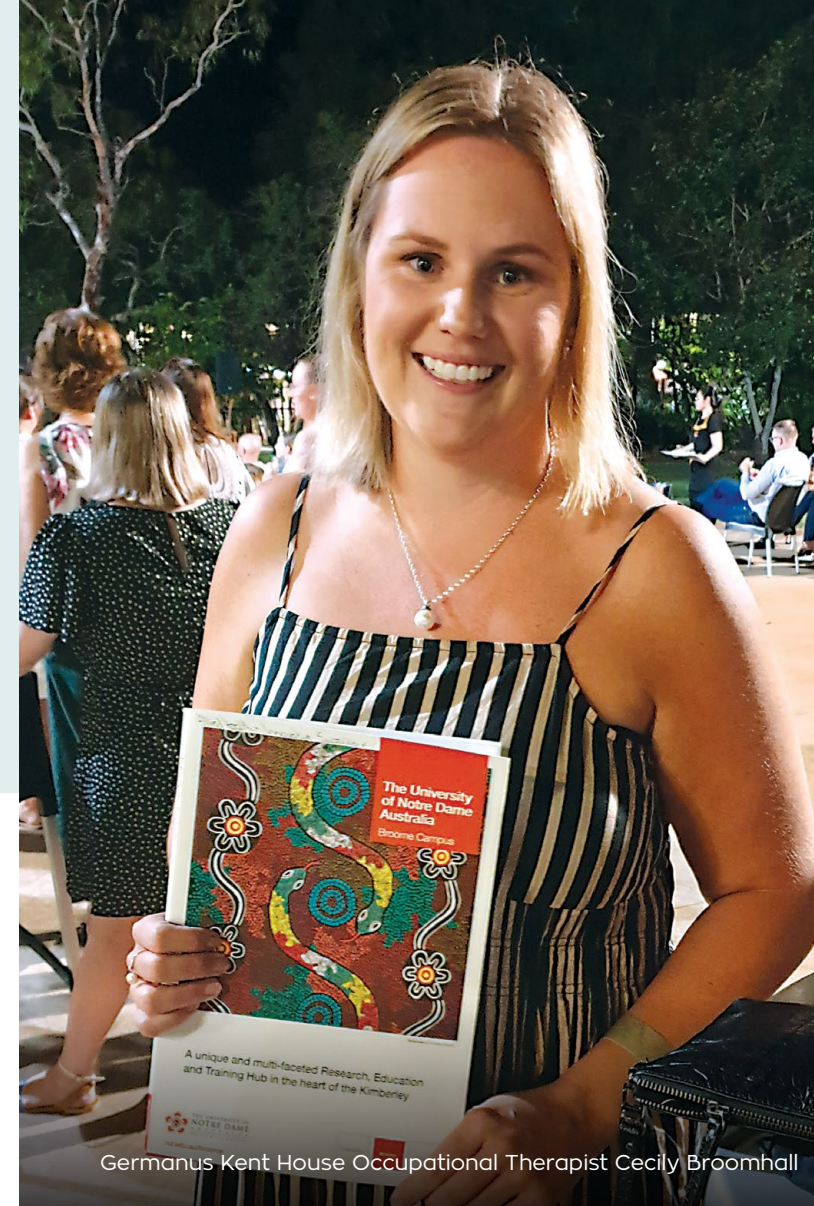
Cecily, who has worked as an OT across Bran Nue Dae and Germanus Kent for about 18 months, said she loves having the opportunity to support students.

“I get speech, physio, OT, and just recently social work students and they’re a huge help. We just love having students here and the carers really love it as well,” she said.

“The students get to sit and spend that one-on-one time with residents. They also get the opportunity to see how our practices are different in the Kimberley and the importance of our resident and clients’ different Aboriginal cultures.”

Cecily said the most recent round of placement students provided some challenges, taking on social work students for the first time and having to navigate the impact of Covid-19.

“I had social work students being supervised by an OT, so I really had to stop and think what would a social worker do here? It was also in the middle of Covid-19. Two of the girls were living in student housing and were close contacts a couple of times and one got Covid-19, but instead of cancelling their practice I gave them things to do from home given they were still fit to work.”



Germanus Kent House Occupational Therapist Cecily Broomhall

Cecily said while most students didn’t usually choose aged care as their placement, a lot finished their placement saying they would consider a career in aged care based upon their experiences at Germanus Kent House and Bran Nue Dae.

“I’ve had a few students say they’d consider applying for a job in aged care when they never thought they would. It’s nice to see them leave with a different perspective and positive outlook on aged care.”

Cecily was nominated for the award by two anonymous students who said:

“Cecily was an excellent supervisor during a challenging time for fieldwork students in Broome due to the widespread transmission of Covid-19. Cecily was flexible and incredibly supportive. She spent a significant amount of time with another social work student and myself coming up with ways that our placement objectives could be met, whether that was through in-person activities or project work. I cannot speak highly enough of her and her contribution to my learning.”

“It has been refreshing to meet someone who underpins all her actions with respect and dignity and strives to teach this to students. She has made a huge impact on my learning experience. I believe Cecily deserves this award in recognition of going above and beyond to work alongside her students, often adding more work to her already large load. I have been extremely lucky to have Cecily as my supervisor.”



# Thank you to our volunteers!

On International Volunteer Day we celebrated our 120 volunteers who generously offer their time to enrich the lives of our residents and clients.

Ranging from 16 to 92 years old, our volunteers make a significant difference to the lives of those in our care, undertaking a wide variety of support roles including social visits, assistance with activities, setting up the chapel for in-house church services, clergy volunteers, pet volunteers and musicians.

Each year our volunteers provide more than 27,000 hours of service bringing brightness to residents and assistance to staff.

We are so thankful for our volunteers and their commitment, dedication, and service. Through their gifts of kindness, respect, and time they each leave a lasting impact on our residents, clients, and their families.

*"Our volunteers work selflessly to enrich the lives of our residents and clients. Without them we would not be able to provide the kind of coverage that makes a difference. We are grateful to every one of them, whether they offer one hour a week or several hours a week. They are such an asset to us all."*

**Ian Simms**  
Head of Pastoral Care & Volunteer Services

*"I am well past working age and I like to occupy myself usefully in the community. I have volunteered in various roles through most of my adult life but now, in helping with activities for older people, I find it brings me joy and purpose as they are so very appreciative of what we do. There is also the aspect that who knows when I may be the recipient of such kindness myself. Being widowed and living alone I enjoy the company of the residents, fellow volunteers, and staff. The staff are all such terrific people."*

- Christine Webber

*"I conduct the Men's Group at Frank Prendergast House every second Wednesday. The main themes have been to visit and talk about what technological changes we have seen and been through as well as open discussions on anything they wish to talk about. The biggest thing that I have observed has been the intent interest, sharing of their experiences and the expressions of interest with many funny comments."*

- John Foreman

If you are interested in volunteering, please contact [volunteerenquiries@scrosswa.org.au](mailto:volunteerenquiries@scrosswa.org.au).

# Federal Government commits \$3.9 billion to improving aged care

Southern Cross Care (WA) welcomes the announcement of an additional \$3.9 billion investment in aged care by the Federal Government to help implement reforms that meet the needs of aged care recipients.

The 2022-23 Federal Budget, which was announced in October, funds the Australian Government's commitment to improving safety, dignity, quality and humanity in the aged care sector.

The \$3.9 billion investment will help implement aged care reforms in response to the Royal Commission into Aged Care Quality and Safety.

The package includes \$2.5 billion to support the transition to new 24/7 registered nurse and care minute requirements; \$48.6 million towards establishing an Aged Care Complaints

Commissioner and an Inspector-General of Aged Care; and \$312.6m for improving aged care ICT and better information for consumers.

Southern Cross Care (WA) CEO, Clare Grieveson said the industry and Government must now work hand in hand to deliver the reforms.

"This down payment on future aged care reform is a welcome step to improve transparency and systemic issues within the aged care industry," she said.

"It is now critical that the industry and Government work together to implement these changes effectively, as well as address workforce shortages in the sector, to ensure we deliver real improvements for aged care residents and our aging population."

## A creative Christmas

Our aged care facilities across the State have been hard at work in the lead up to Christmas, transforming recycled and reusable materials into decorations as part of our annual Christmas decoration competition.

The competition has been fierce as staff, residents, their families and the wider community joined forces to create some amazing pieces.

Not only has it given the reception areas of our facilities a bright and festive facelift, but the activities have helped our residents to improve their fine motor skills and keep their minds engaged and stimulated.

We have been blown away by the creativity shown so far and look forward to showcasing all the incredible decorations and of course our worthy winners, in the next edition of the Southern Star. For now, here's a little sneak peek...





# A new era of aged care: Australian aged care reforms explained



**Cathie Martin**  
Communications Manager



You may have heard a lot recently about the reforms to aged care in Australia. Over the next few years, we're going to see a lot of positive changes in the way aged care is delivered in response to the Royal Commission into Aged Care Quality and Safety.

Southern Cross Care (WA) supports the reforms to aged care that ensure older people have the respect, care, choice and dignity they deserve.

The Royal Commission identified the need for aged care reforms that placed older Australians receiving support and services at the centre of their care, and to ensure that the system remains relevant and responsive to their changing needs over time.

The reforms are aimed at creating a system that:

- is responsive to the needs of older Australians
- is simpler to navigate, with face-to-face services
- empowers older Australians to make informed choices
- is well regulated
- is more transparent
- makes sure providers are accountable
- values and grows the aged care workforce.

There are also recommendations to update and introduce additional quality indicators for both residential aged care and home care, including quality of life assessments

to facilitate continuous improvement, transparency and accountability of Australia's aged care system.

The new reforms can be grouped into five main categories.



## Quality and Safety

A Star Rating system has been developed to provide transparency to consumers around the quality of care and services of residential aged care facilities. Star Ratings provide information about quality of care in residential aged care services through an overall Quality Rating and four data sub-categories.

The sub-categories contribute to the overall Quality Rating based on preferences of older Australians, residential aged care providers and expert opinion of:

- Residents' Experience
- Compliance
- Staffing
- Quality Measures

Providers are rated on a one to five dot rating scale for their service performance, with one dot as the lowest rating for inadequate services to five dots for a provider that is meeting all aged care requirements. The Star Rating system will allow comparison of staffing levels between facilities and help consumers make an informed choice about

their care. Individual providers Star Ratings can be viewed on the My Aged Care website.

New Quality Standards are also being introduced for residential care and home care providers. The National Aged Care Quality Indicators will help residential and home care providers to measure and monitor their performance against the Quality Standards, ensuring providers focus on achieving quality care outcomes for aged care recipients. They describe what people can expect from their provider, and the actions their provider will take to support them to live a quality life they deserve. The Aged Care Commission also regularly assess provider performance against the Quality Standards.



## Funding

Changes to residential care funding will see each resident in care receive Government funding based on their assessed care needs. This can range from anywhere between \$200 a day up to \$350 per day depending on the care needs of the individual.

A new funding model called the Australian National Aged Care Classification, or ANACC, has been introduced and replaces the Aged Care Funding Instrument (ACFI). The AN-ACC price includes additional funding to increase average care minutes to 200 minutes, including 40 minutes with a registered nurse.

ANACC assessments are completed by an independent assessor and funding is designed to better match residents' needs and the costs of delivering care.

This year an additional 40,000 Home Care Packages have been released by the Commonwealth meaning that more older Australians will qualify to receive support and services to live at home for longer.



## Access

In order to improve access to aged care support that remains responsive to the changing needs of older Australians, a new

'Support at Home Program' has been introduced. Using a single assessment tool, the new program will provide independently assessed support plans to older Australians based on their aged care needs and personal circumstances. This means that people are more likely to remain living safely and independently in the comfort of their own homes for longer.



## Workforce

A workforce that is continually upskilled is critical to ensure the very best of care. Through the Home Care Workforce Plan the reforms are supporting and growing an improved and skilled workforce. At SCC (WA) we are focussed on the attraction, recruitment, retention and ongoing development of a highly skilled workforce that provides the very best of care.



## Governance

Governance of all providers is being strengthened through new legislation and standards that keeps all providers accountable to the same high standards that older people should expect.

It can be a little confusing to know when all the reforms are happening and what impact they will have on people receiving or considering aged care.

At SCC (WA), we are committed to providing the very best of care. We will keep you updated as we implement the reforms to support older Australians in our care to live their most enriched and happy lives.



For more information  
scan the QR code or visit  
[scrosswa.org.au/reform](https://scrosswa.org.au/reform)



# Painting it blue for mental health awareness

The Blue Tree Project aims to help spark conversations and encourage people to speak up when battling mental health concerns by spreading blue paint and the message that “it’s Ok to not be Ok”.

In line with R U OK? DAY on September 9, we invited residents and staff to join our own ‘Paint it Blue’ project to help raise awareness and break down the stigma that is still largely attached to mental health.

We encouraged our residents and staff across our residential facilities to paint a dead tree, if possible, or to come up with their own ideas of items to paint. Everyone embraced the activity with enthusiasm and creativity, some painting trees, others painting benches and chairs.



Frank Prendergast House



Joseph Cooke House



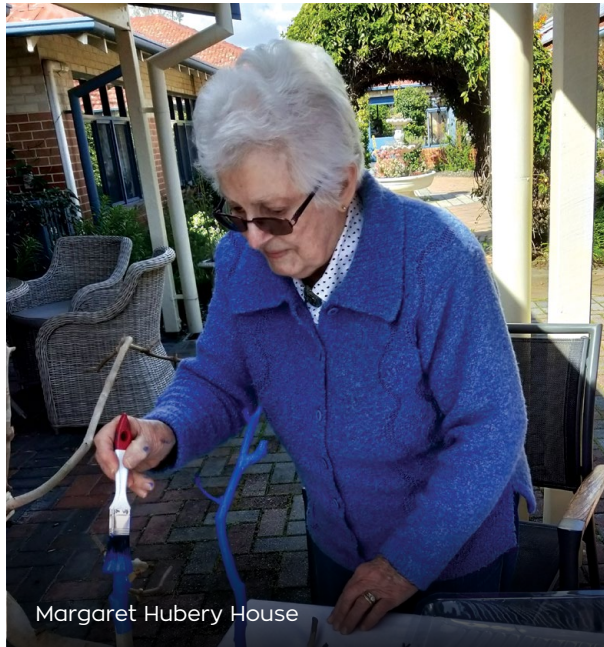
Southern Plus East Fremantle



Southern Plus East Fremantle



Margaret Hubery House



Margaret Hubery House



Margaret Hubery House



Victoria Park Nursing Home & Hostel



Villa Pelletier



Villa Pelletier



## Donovan Village's local hero



**Chloe Fraser**  
Content and Marketing  
Coordinator

**Donovan Village resident and President of the Residents Committee Fran West has been awarded a monthly 'local hero' award from the City of Kalamunda.**

Fran received the award in recognition of her services as the President of Donovan Village Residents Committee and her support of Jeremiah Donovan House.

The awards celebrate people who give "so much to help others" and are passionate about making a difference in their community. Winners are selected based on their volunteer contribution to the community, either as a volunteer or essential worker,



Fran West

or by undertaking a project that provides a social benefit to their community.

Fran was nominated in the Senior Community Member category, by fellow Donovan Village resident Coral Cuning, who said Fran was a deserving recipient who always went out of her way to help others.

Coral said Fran dedicated much of her time to supporting and organising many events at both the village and neighbouring residential aged care facility, Jeremiah Donovan House.

She also highlighted Fran's fundraising efforts through the 'Containers for Change' program and her commitment to growing vegetables in the village garden to share with people in need.

City of Kalamunda Mayor Margaret Thomas presented Fran with the award and congratulated her for her tireless support of the village and Donovan House.

She said the community was "richer" thanks to people like Fran.

"We need giving, thoughtful people in our community at every stage of life, and Fran is the perfect candidate for a Senior Community Member Local Hero Award", she said.

"Fran is one of those gems in our community who is always willing to give her time and efforts to improve the lives of those around her. We thank Fran for her dedication to her community."

Donovan Village Manager Ian Brockett said "At Southern Cross Care (WA), we are driven to make a difference to people's lives, and Fran is a wonderful example of that ethos. Through her role as Chair of the Donovan Village Residents Committee, she helps to bring our community together and enriches the lives of our residents through organising many social functions. Fran is also very active as a volunteer to the residents of our residential care home at Jeremiah Donovan House. This award is so deserved, and we thank the City of Kalamunda for the recognition."

## Friends and musicians reunite at joint village event



**Chloe Fraser**  
Content and Marketing  
Coordinator

**Success Village resident Veronica Moylan has a passion for music; something she loves to share with her friends, family, and the wider village community.**

Having played the piano since she was five and cello since she was 11, Ms Moylan was a musician in the West Australian Symphony Orchestra and has shared the stage with the likes of Shirley Bassey and Liberace. She has also been recognised with an Order of Australia medal for her contribution to music in Australia.

"Apart from my family, music has been my whole life," she said. "I love it. I love the fact that I can play for people and give pleasure to people by sharing my music."

As part of the calendar of activities and events offered to residents at our retirement villages, Veronica was recently invited to attend Donovan Village as a guest speaker and performer.

Veronica was also accompanied on piano by her friend Pat Duxbury, who has lived at

Southern Cross Care (WA)'s Donovan Village for about 15 years.

Veronica and Pat first met in 1972 when they both lived in Lesmurdie. They attended the same Church, before forming the Kalamunda Music Society and going on to play in a small music group together.

"The little group that we both played in, we called it sedie musicali, which means musical chairs," Veronica said.

"Because we all played different instruments, we would always change chairs and instruments. That was the best fun."

Reuniting on stage for the first time in 35 years, Veronica and Pat entertained the audience with a couple of short performances before mingling with residents over morning tea.

"It was a bit daunting given we haven't played together for many years, but I enjoyed it. It was good fun," Pat said.



Veronica and Pat performing together at Donovan Village



## Staff recognised at DCM Institute Village Summit

At Southern Cross Care (WA) our values of respect, integrity, compassion, excellence is the driving force behind everything we do. We seek to do the best we can, to not become complacent, and work to enhance the quality of life for our residents through the provision of excellent services. Our staff are highly qualified and trained, but it is their desire to continue learning and to know more, that sets our employees apart from others.

In November, three of our employees were awarded and recognised at the DCM Institute Village Summit conference for their contributed service hours to the retirement village industry.

Southern Plus Realty Licensee & Sales Manager Adam Green, Sales Support Administrator Amanda House and Faulkner Park Village Manager Mandy Williams all received the award for achieving 1000 development points in the DCM Institute training program.

The program was designed to enhance the skills of industry personnel in all aspects of retirement living, including legislation, industry frameworks, leadership, care, sales, technology and managing the expectations of current and future residents.

Of the four recipients of this award, three were Southern Cross Care (WA) staff. Congratulations!



## Former dancer and producer enjoys retirement living at BF Prindiville Village



**Chloe Fraser**  
Content and Marketing  
Coordinator

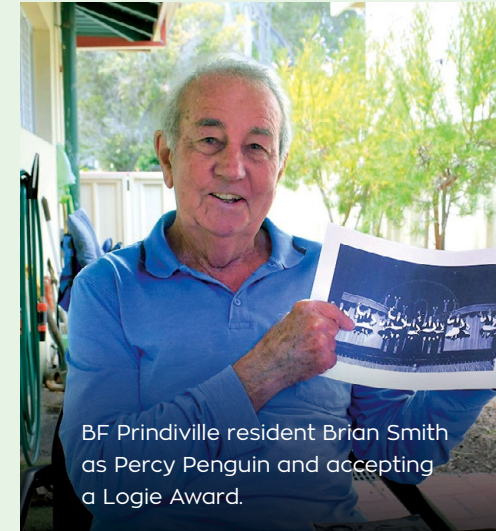
**From being the talent inside popular children's television character Percy Penguin to performing on Broadway in London and working as a Senior Producer at Channel 7, BF Prindiville Village resident Brian Smith has lived a life many people can only dream about.**

The 84-year-old, who has lived at Prindiville Village for about six years, looks back on his years working in the television and entertainment industry with fond memories.

Brian began his career as a teenager, taking up ballroom dancing at the age of 16 before going on to win several WA State titles.

In 1964 Brian moved from Perth to Sydney and appeared in the theatre performance of Carousel before later making his debut with the Australian Ballet Company. In the same year he also played the male lead in the ABC's TV production of Ruth Galene's ballet Express 64 and then performed alongside Jill Perryman in the stage performance of Hello Dolly.

"Once that had finished a couple of the older dancers said they were going to London, so I decided to go with them. I got to London and heard there was an audition for a show called



BF Prindiville resident Brian Smith as Percy Penguin and accepting a Logie Award.



Charley Girl. A friend and I went to the audition last minute and begged for an audition, and then that afternoon I signed a contract. That show was a huge success."

After two years on Charley Girl, he went on to perform in the musical version of Canterbury Tales, which ran throughout England and Scotland before returning home to Perth in 1969.

Then I got a call from Channel 7 saying they were looking for someone to be an animal character for a children's program."

Brian said his time on-screen as Percy Penguin also contributed to his successful career as a television producer.

"The hostess and I also had to produce the daily show for Percy Penguin so that's how I learnt how to be a producer," he said.

Once his two-year stint as Percy Penguin came to an end, Brian went on to be a producer and choreographer at TVW7, now known as Channel 7. Career highlights included production of the Miss Universe world final from Perth, a world-breaking tap-dance production outside the Perth Concert Hall,

producing and arranging talent for Telethon, and producing the talent show Stars of the Future, which won four Logie awards for best WA program during its five-year run.

Looking back Brian said he would have never thought this is how his career would pan out after returning from London.

"My father had started a business, so I thought I was going to come home and be the boss' son. So, it was great when Channel 7 rang," he said.

While he no longer works in the industry, Brian has kept his love for dance and entertaining alive by running daily Shibashi classes for residents at BF Prindiville Village.

"It's like a form of Tai Chi, a bit like a dance routine I suppose. But it's based on Tai Chi movements and about five people from the village do it with me each morning. It's a great way to start the day."



## In-home therapy helps Ann improve her walk



**Chloe Fraser**  
Content and Marketing  
Coordinator

**After suffering a spinal injury due to an accident many years ago, Home Care client Ann's rehabilitation journey has been far from easy. The accident left her with a C3 Spinal cord injury, damaging the ability for information to be transmitted to the brain.**

"I couldn't use my arms and my legs," Ann said. "Because I'd lost the ability to figure out what was left what was right, I couldn't coordinate. I was all over the place. I had to start at the beginning to learn how to walk again."

Ann has been with Southern Plus since 2013 and receives domestic assistance and social support as part of her Home Care Package. She also receives in-home physical therapy sessions with Exercise Physiologist Jinseok (Jin) Kim to improve her walking.

"Jin has been ultra-supportive. He is very, very good at what he does and is very patient. So that has helped me a lot. I think he's done an amazing job with me."

After a year of in-home therapy, Jin encouraged Ann to participate in hydrotherapy sessions at the Health and Wellness Centre at Southern Plus East Fremantle. Her sessions focused on improving her walking coordination and after a few months, she was able to complete her sessions using gym equipment to help further strengthen her lower limb.

"I have now got to the stage where I can use the gym, I do floor exercises there, and I can walk in a fashion. I still must walk with my frame if I go for long walks. But I am now practicing walking indoors by myself. I didn't think I would ever do that."



Home Care client Ann with Exercise physiologist Jinseok Kim.

Ann is now attending regular group exercise sessions at the Health and Wellness Centre without needing the high level of supervision she previously required.

Ann said she had seen incredible improvements particularly in the last two years since working with Jin. She said her Wellness Partner Wayne Enright also played a major role in her recovery journey, helping to minimise barriers, manage her home care package and organise transportation as required.

"All in all, Southern Plus have helped me a huge amount, not only with the services that they give me, but also with the care and encouragement."

If you want to remain independent and living in your home but need some assistance with everyday tasks and activities, Southern Plus in-home health and wellness services can help you achieve your goal. Our broad range of services includes allied health (physiotherapy, podiatry), clinical care and traditional home care services such as personal care, domestic care, transport, medication support and respite.



For more information about services and funding options scan the QR code or visit [scrosswa.org.au/home-care-services](https://scrosswa.org.au/home-care-services)

## Embracing life at home

**Long-term Home Care client George Green is embracing life at 100, still living independently at home thanks to help from Southern Plus.**

Each week our support workers visit George at his home in Thornlie to help change his pressure stockings and assist with cleaning services. He also uses his Home Care Package to have his podiatrist appointments in the comfort of his own home, has his gutters cleaned yearly, and can get some subsidised meals delivered when he needs them.

George speaks highly of SCC (WA)'s Home Care services and the support workers who attend to his needs.

"Someone comes in the morning to put my stockings on and then another visits at around 5pm to take them off. It's assuring to have people check on me," he said.

"When they come, they always ask how I'm feeling and if I need anything done. I'm lucky to be surrounded by family and have Home Care services."

Born in Hackney in 1922, George often reminisced his early years and leaving his north London school at 14 to start his first job

in a pharmacy. He was 17 when World War II commenced during which, he worked in a factory making Spitfire and Hurricane parts for fighter aircrafts.

"From there I went into making Halifax bombers, that's where I met my wife June. We were married for 72 years," he said.

George was then picked out of a ballot to work in the coal mines in Nottingham.

He was then called to join the AirForce, stationed on 90's Squadron Heavy Bombers in Lincoln Field.

Post-war, George returned to factory work before making paraffin pressure lamps. He then spent a large portion of his career as a postman and window cleaner for 20 years until his retirement. George and June then immigrated to Perth in 1982 to be closer to their three children.

In his spare time George enjoys reading, shopping, and cooking.

**"I've been lucky because my mind has stayed good with sound health," he said. "I think because I keep myself relatively active and busy, it keeps me younger. I still drive my car to the shops or to my medical appointments. I don't really feel 100; it's amazing."**



George Green, an SCC (WA) Home Care client, celebrated his 100th birthday on 1 May 2022.



# Supporting residents with Dementia



**Chloe Fraser**  
Content and Marketing  
Coordinator



Occupational Therapy Assistant Bernadette painting with Frank Prendergast House resident Betty.



Occupational Therapy Assistant Carol Caple and Frank Prendergast House resident Iris celebrating Melbourne Cup.



Occupational Therapy Assistant Kerry Manley and Frank Prendergast House resident Joyce enjoying Franks Royal Show event.

People living with dementia face the challenge of continuously adjusting, whether it be to behavioural changes, emotional frustrations, memory loss or skill loss. These changes can often cause people living with dementia to isolate themselves and withdraw.

At Southern Cross Care (WA) we understand everyone experiences dementia differently and progression of symptoms are typically accompanied with feelings of frustration towards the loss of control. So, it is important that people living with dementia continue to stay active and participate in activities they enjoy.

Our specifically designed dementia care wings at Frank Prendergast House and Margaret Hubery House cater to high level dementia care, offering a warm and homely environment, socialisation opportunities, and planned activities.

When residents first arrive, we encourage their families to complete a personal profile to help us understand more about the activities they enjoyed outside of residential care, so that our occupational therapy assistants can continue these activities in care if possible.

Carol Caple, who is an Occupational Therapy Assistant at Frank Prendergast House said the main challenge or symptom of dementia was memory loss, often causing residents to isolate themselves and making it harder to enjoy everyday life.

“We try and allow them to do what they may have done at home, things like folding, gardening, sweeping, to minimise their lifestyle change,” she said.

“Our OT staff also support residents to stay connected with their loved ones by assisting them with Skype calls or emailing photos of their loved ones participating in activities if they are unable to visit.”

Some residents may have visits from friends or family daily, while others can go for months at a time without seeing their loved ones.

Occupational Therapy Assistants Kerry Manley and Bernadette said frequency of visits varied but staff always ensured there are plenty of opportunities for socialisation, especially for residents who might feel lonely.

“Not only do we have a team of wonderful carers that are committed to the wellbeing of the residents, but we also have a wonderful team of OT and OTA staff that do group and one-on-one activities with the residents. We have bus outings, which the residents love and offer services like assisting residents with online shopping,” Kerry said.

“We have a Pastoral Carer on every site and in our villages. Often residents just need someone to make time and sit down to listen to their life story. And our pastoral carers do that with compassion, warmth and companionship.”

## Dementia Services

Southern Cross Care (WA) provides a range of dementia services, from respite care, in-home dementia support and residential aged care facilities.

### Residential Care –

We have specifically designed residential facilities (Frank Prendergast House/Margaret Hubery House) that cater to high level dementia care, offering a warm and homely environment, socialisation, planned activities and spacious rooms.

### Centre Based Respite Care –

When first attending a respite centre (Tony Quinlan or Donovan Respite Centre), the person living with dementia will be provided the opportunity for a personalised plan. A qualified support person who can see things from their view, will help them to express emotions through words and actions, as well as identifying new skills and responsibilities that make the individual feel accomplished. All clients who attend our respite centres will have a personalised plan developed and shared with their carer or family so that they can better manage strategies to recreate the quality relationships that we all seek. This is available through a private fee-paying service or a Government funded Home Care Package.

### In-home Respite Care –

Families/carers may wish to explore carer support in their home.

In-home respite usually involves a support worker coming to your home so that you can go out for a few hours. They may also take the client for an outing for a few hours while your carer has a break.

### Carer Support Sessions –

For carers, a support figure can be invaluable in listening to your concerns, offering coping strategies for the loss you are experiencing and practising effective responses to reduce levels of distress. We offer carer support sessions to help people in similar situations connect and learn about practical tools and resources to help carers enjoy a quality and balanced life. This will be tied into the personalised plan when attending the respite centre. This is available through a private fee-paying service or a Government funded Home Care Package.



# Curious



**Ian Simms**  
Head of Pastoral Care &  
Volunteer Services



Pastoral carer Suzanne Maxwell



**Don't you just wonder about some of the sayings we have inherited in the English language? There have been some odd ones over the years. I mean, what's the deal with "the crowd went bananas"? Supposedly the crowd went wild and got crazy with excitement or some other emotion. Now, I don't know about you, but the bananas on my kitchen counter definitely don't get excited about much at all. They just lie there, slowly rotting, unless the family eats them quickly. No rush of emotion happening today!**

Or what about the other familiar idiom we hear all the time: Curiosity kills the cat. This one is a little easier to figure out. We are advised not to poke our noses into matters that don't concern us. Good advice, I reckon, at whatever age we might be. The idiom apparently got going in 1598 in a play written by Ben Johnson and then it found its way into William Shakespeare's play, *Much Ado About Nothing*. The original wording was: "Care killed the cat", but I'm not sure how that works. I guess even idioms get better the second time around.

It got me thinking about curiosity. When we were young, we confronted a world that contained so much to learn. We put our face really close to spiders to see what they were up to, or we watched Uncle Arnie nod off in the rocker and we were curious as to what would happen if we helped to tilt the rocker a little further in its swing.

When we are old, we often give up trying to find out anything about our world and we slowly close off to the wonders that are out there. Perhaps we are simply tired after such a long innings in life and so it becomes too much effort to bother with more stuff to learn.

If it's true that curiosity wanes as we age, how do we keep it alive? Here are a few thoughts.

First, I guess we can ask ourselves whether we believe that the story of our lives is truly finished for us, or whether we consider there to be much more life in us yet. If there is more life left, there is more space for curiosity because there is no end to the things that we don't yet know. Curiosity is thirsty for understanding, whether it is figuring out what happened to us in an earlier incident, or how something works that we are observing in front of us.

Second, what if we took one thing that interests us, and we did a little research this month to take it a step further than we've ever gone? We don't have to be an expert at it. We just take it a stage further this month. Have we ever thought about studying again, not for any career purposes, but simply for the joy of learning? I recall the groundswell of admiration we all felt at a graduation ceremony when an 80-year-old graduated with us. It was inspirational!

If that is too ambitious, then perhaps it's a medical condition that's always puzzled us, or a wonder of nature that we know next to nothing about, or it's how to build the scenery for an electric train diorama. Once we've worked out what's going on, it's neat to try to explain it to our grandkids, and perhaps enjoy a surprisingly bonding moment in the process.

The final thought is to ask the 'why' questions that used to irritate our parents when we were little. 'Why?' probes the reasons, penetrates the status quo and doggedly chases the answers that elude us.

The conversations that we in Pastoral Care have with our elderly clients encourages curiosity by asking the questions out loud. We are interested in what captures the attention

of our older folk. Together, we enquire and wonder about what has been and what could be. "If I had grown up in Latvia, how would my life have turned out?" There might not be ready answers to some of the explorations, but there is much to discover along the way about another culture. "I wonder what it would be like to fly in a helicopter" can sometimes lead to plans to make that happen. "I've never learned to fish" can find a person having a go at the side of the river. "I want to write a story for my grandkids" can become a whole new dimension of engagement and fun, all because we were curious to take the first step.

Curiosity might have killed the cat, but it is gold for us.



# This gift for you



**Ian Simms**  
Head of Pastoral Care  
& Volunteer Services



Germanus Kent House residents Biddy and Pauline with staff member Cecily Broomhall.

Christmas is such fun, most of the time. There are the gatherings, the lights, the reminders of the birth of Christ and the gifts that evoke cherished memories of marvellous moments together in our journey. Some gifts worked well and, yes, there were those socks from Aunty Ethelbert again this year! But gift-giving is really a rather lovely thing, isn't it?

It's part of a great tradition that I'm told goes back to the beginnings of humanity. People gave each other gifts of all sorts of things that were found, made, or purchased. Sadly, the gifts might have tried to advertise the status of the giver, rather than the recipient, especially when they were given to demonstrate how rich or important the giver was. But for the most part we understand that a gift is meant to enrich the recipient and we do our best to figure out what would do just that.

Can you remember the first gift that you ever gave someone? Try to remember. Who was it for? Where were you? Did it achieve the goal? I remember one of the gifts I gave my girlfriend (now my wife) while I was still at university. I had wanted to give her something that could not be purchased and that would reveal that I had thought about her carefully. I set to work to carve this figure out of wood which I then glued to a base plate and varnished. It took hours to complete, much longer than I had expected, and in the

end the proportions of the figure had to be generously contemplated if one was going to say it in any way resembled human likeness. I remember giving it to my girlfriend, who unwrapped it with her family watching on. While she was indeed gracious, her father's reaction left me in no doubt what he thought of the effort. After that, a toaster suddenly seemed a much safer option as a gift! She laughs with me today about that incident, but I know that she cherished something in that clumsy gift that has long outlasted the actual figure.

And isn't that the beauty of giving a gift? Gifts challenge our self-preoccupation and self-comfort and draw us into relationship. Gifts contain risk that the intention will be misconstrued or rejected, but they are invitations to relate around care, thoughtfulness and grace.

When I think of the Gift of Christmas (Jesus), I am convinced that gifts are really meant to mask a much more significant offering of oneself to another in some way. There can be huge gifts, representing deep commitments to another, and there can be smaller gifts (not in size or cost) that reach out in more modest ways. But in the end, the best gift-giving is about giving something of oneself for the purpose of enriching the life of another.

**In this Christmas season, may you have much joy in gift-giving!**

# Supporting our clients through the festive season



**Craig Muir**  
Team Leader Mental Health

**The festive period can be a difficult time for many people, while it brings a lot of joy to some, it can also bring a lot of changes to routines and added anxiety to others.**

It is a time where our TVs are filled with adverts showing families gathering around exchanging expensive gifts and eating lavish meals. But unfortunately, for some of our clients that is often not the case. Many of the individuals we support as part of our Community Mental Health program live independently and may not have a strong social network to spend time with over the festive season which can make this time of year especially challenging.

With the festive period comes a lot of changes to routines, with shops and facilities following different trading hours, medical appointments often being rescheduled, and financial benefits being paid on different days than usual to cater for public holidays. This disruption adds additional levels of uncertainty and can heavily impact on some of our clients, who might not keep up to date with changes and only realise they are impacted when they attempt to go about their usual routines. There is also the added

pressure to spend money. During the festive period advertising and social media puts pressure on people to buy the latest and best gifts for others. Our client base doesn't always have disposable income for things like that.

At Southern Cross Care (WA), our Community Mental Health team try to keep the disruption to a minimum. Other than public holidays, we offer our clients their usual services. Our Recovery Partners will meet with the clients during this time, continuing to support them in achieving their goals. Where their usual routines might not be able to be fulfilled, our Recovery Partners will work with our clients to come up with creative alternatives as a means of achieving their goals. At a time where our clients may not see other support services, we can play a vital role in ensuring that they are not alone and continue to feel supported during this time.



# Mental Health Services FAQ

Do you want to know more about our Mental Health services? Here is a list of frequently asked questions to help guide you.

## What mental health services do you offer?

Southern Cross Care (WA) provides residential, and community based psychosocial recovery-oriented support.

**Community Options** is a non-clinical residential mental health program that provides 24/7 care and recovery support. Using the recovery approach, our team of Recovery Partners work alongside clients as they relearn or gain new skills to live independently in the community.

Our **Community Mental Health** provides support to individuals who are living in their own homes across the Perth metropolitan region. Our team of Recovery Partners work with clients to develop and achieve personal recovery goals through gaining, maintaining or relearning skills and building on community support networks that make a difference to their lives.

The **Family & Carer Support Program** aims to provide unpaid carers of individuals living with a mental health condition with support, information, education and skill development opportunities to fulfil their caring role, whilst maintaining their own health and wellbeing.



Community Options client Mary

Our mental health services are focused on enabling clients to live a life that is meaningful for them.

SCC(WA) is a registered NDIS provider, and our team specialises in supporting individuals who live with a psychosocial disability.

## What is the eligibility criteria?

### Community Options:

- Aged between 18 – 64
- Diagnosed with a severe and persistent mental health condition
- Have had extended inpatient stays in mental health facilities and/or repeated failures at maintaining a place in supported accommodation

### Community Mental Health:

- Aged between 18 – 64
- Diagnosed with a severe and persistent mental health condition

### Family & Carer Support Program:

- Be an unpaid carer of an individual who is living with a severe and persistent mental health condition

## Do I need to submit a referral form?

Yes, each respective program has a referral form. Please email [community@scrosswa.org.au](mailto:community@scrosswa.org.au) and a member of our team will provide you with either our Community Options, Community Mental Health/NDIS or Family and Carer Program referral form.

## Do I have to pay a fee to access any of these services?

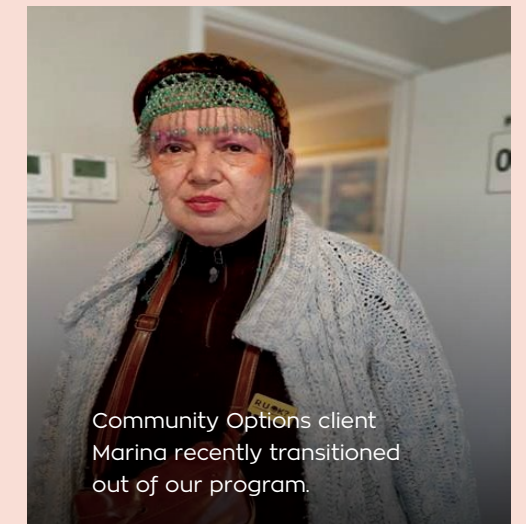
The Community Options program attracts a daily fee; however, our Community Mental Health and Family and Carer Support Program is a free service. If you require further information, please email our Mental Health Team on [community@scrosswa.org.au](mailto:community@scrosswa.org.au)



To watch a Community Options client story scan the QR code or visit [https://youtu.be/6\\_nv7T1m3iA](https://youtu.be/6_nv7T1m3iA)

## Community Options Bentley client Marina recently graduated out of our program.

Staff at Community Options have helped Marina achieve her ultimate recovery goal, which was to find accommodation that is more independent and to be surrounded by others who share the same interests as her. Marina has been a part of the Community Options program since April 2015, and during this time she has faced many challenges, but our team of Recover Partners are happy to have been a part of her incredible recovery journey.



Community Options client Marina recently transitioned out of our program.

*"Thank you everyone from Southern Cross Care for helping me to find my new accommodation. I have enjoyed my time at Bentley, but I also love my new accommodation. You have helped me a lot during my recovery journey these last few years. Thank you so much."*

- Marina



# Milestone birthdays



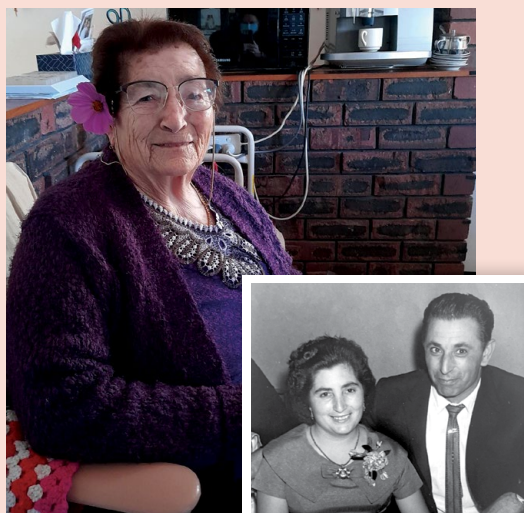
## Home Care client Enza celebrates her 90th Birthday

Enza migrated to Australia from Italy when she was in her late 20s. She married at 33 and built a happy life raising four children with her husband. Southern Plus staff have been assisting Enza for the last 20 years, helping her with daily activities so that she can continue to live independently at home. Enza's family said they are "grateful for the care and love shown by her support workers who have made a huge difference in her life".



## Home Care client Teresa celebrates her 90th Birthday

Teresa was born in Calabria in Italy and moved to Australia with her husband in 1958. The pair had three children and owned a deli in Mount Lawley, which later became a supermarket and bottle shop. They also farmed fruit and vegetables. Teresa has been utilising our home care services for seven years and said she "couldn't manage" without the assistance of her support staff, who help her to continue living in her own home.



100<sup>TH</sup>

## Joseph Cooke House resident Josephine celebrates her 100th Birthday

Josephine served in the air force and is one of the last remaining female veterans who served in WWII. She moved into full time care at Joseph Cooke House in early August 2021 and her family credit the staff and facilities for helping with the transition. Josephine loves her new room, which is in the recently built wing of the facility – and says Paula (who helped with the administration of the transition) and Sibi (who has primarily supported her clinical care) were "fantastic".



# Our residents are our biggest asset



**Adam Green**  
Licensee & Sales Manager

**With the 2021/2022 financial year now behind us, we have been able to reflect on the past 12-18 months and what we can learn from our experiences moving forward. Our biggest learning from this period is how much life can change from week to week, and how well we, as humans, adapt to this.**

Our biggest positives over the year remain the influx of new residents in our villages. Across the villages that the sales team promote we welcomed 67 new residents into 49 villas. This was a fantastic result for the village communities, welcoming new residents with new ideas, new life stories and more people to take part in the exciting activities in the villages. This is also the most villas sold in the last 13+ years, giving outgoing residents more confidence that their villa will be sold when the time comes for their villa to go onto the market.

The team we have built over several years has been the catalyst for the positive sales we are seeing. The team have learnt a lot, including in the challenging Covid-19 years, and this has allowed us to showcase the villages to the right audience in the right marketing avenues and with the messaging tailored to best suit our individual villages. The sales and marketing team have challenged the marketing strategy to ensure that what we are selling in the marketplace is not only appealing, but a true reflection of what we offer when you move into our communities.

The team are also bigger than just sales. We have village managers who greet all potential new residents and walk them through the day-to-day activities offering another viewpoint from someone who knows the village better than anyone. We have a strong administration team who ensure all the legal documents are in date and an assets team to ensure the villas come to market looking amazing and follow up with maintenance and cleaning to ensure the villas present to the highest level.

Our biggest asset is our current residents. When potential new residents come into the village it's vital that they can meet the people who call the village home. This gives potential residents a true picture of what village life is like from the people who live there. The residents share wonderful tales of village life, while also giving realistic advice of what to expect and their own personal journey.

So how is 2022/2023 looking for Independent Living Sales and our village life? At the time of writing, we welcomed 35 new residents into 22 villas across our six villages since July 1, 2022. There were also 16 incoming residents in the process of going to settlement and at various stages of their incoming journey.

*On behalf of all the sales team, I would like to wish you all a Safe and Happy Christmas, and that 2023 brings you everything you could dream of, and lots of time with loved ones.*



# Success Village

27 Pearson Dr, Success

Living at a Southern Cross Care (WA) retirement village means being part of a warm and welcoming community.

Success Village resident Veronica Moylan made the move to retirement living about 19 years ago and hasn't looked back.

"I was about 70 when I was living in South Perth in a townhouse (along the foreshore), and I decided that it was time to move (into a retirement village)," she said.

"I've got a beautiful villa, it's three bedrooms with a very big lounge room, and I'm very happy there."

Conveniently located close to local shops and amenities, Success Village features 137 villas set among beautiful gardens close to the Gateways Shopping Centre and Glen Iris Golf Course. There are a range of modern villas with either two or three bedrooms to suit individual needs and a bus stop right outside the Village which connects residents to the local bus routes and to the Perth-to-Mandurah train line.

The onsite Community Centre offers a comfortable place to catch up with friends, with a large TV screen, a fully equipped kitchen, library and on-site gym.

With an active social calendar, residents are invited to participate in regular social activities, events, and gatherings or take advantage of outings and shopping trips on the village bus.

The sheltered outdoor entertaining area provides year-round comfort and the perfect setting for an afternoon BBQ or to sit and have a cuppa while enjoying the fresh air.

"You've got plenty to occupy yourself if you want to go to the dinners or there's the library," Veronica said.

"We've got lots of activities, cards, whatever you like really for entertainment.

"In the villages you've got company if you want it. And if you don't, you've got your lovely home to live in. I'm very blessed to live there."

For more information or to book a tour scan the QR code or visit [scrosswa.org.au](http://scrosswa.org.au)



3 1

\$335,000

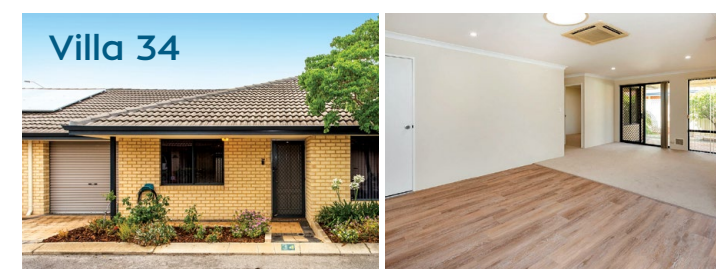
- Partial refurbishment; including the kitchen with high quality stone benchtops and glass splashbacks
- Good sized living area with split system air-con
- Enclosed, low maintenance back yard
- Security screens



3 1

\$340,000

- Good sized master bedroom at the front of the home with semi-ensuite attached
- New paint job, carpets, window treatments, LED downlighting and extra toilet
- Pet friendly
- Rear covered patio



3 1

\$320,000

- Large master bedroom with semi-ensuite and a built-in robe
- Recently painted/carpeted
- Kitchen with loads of bench space and plenty of storage
- Patio area and low maintenance courtyard



3 1

\$339,000

- Vinyl floor planking in living and kitchen
- New window treatments
- Privately, paved courtyard fully enclosed
- Plenty of storage space

# Thomas Perrott Village

10 Houtmans St, Shelley

Retirement should be about enjoying an easier lifestyle. One where you can continue to live the life you choose, knowing you have support, safety, and peace of mind right at your doorstep. Conveniently located just one kilometre from the banks of the Canning River, Thomas Perrott Village in Shelley offers an idyllic lifestyle in peaceful stetting. With an active social calendar and welcoming sense of community, you can enjoy as much or as little social life as you choose.

The onsite Community Centre offers a comfortable place to catch up with friends, with a library and reading room, pool table, a large TV screen and a fully equipped kitchen.

While the leafy gardens and outdoor entertaining areas provide the perfect setting for an afternoon BBQ or to sit and have a cuppa while enjoying the fresh air.

Featuring a total of 55 units with either one, two or three-bedroom options, the village offers a great atmosphere. With an active social calendar, residents are invited to participate in regular social activities, events, and gatherings or take advantage of outings and shopping trips on the village bus.

Long-term resident John Taylor has been living at the village for about 30 years.

"It was a case of looking to downsize," he said. "I had my wife who was quite ill, and I was looking for somewhere which was easier to look after. In the early days I was in the residents committee, I was the vice president of the council, and I was a scribe. I did the duties of a secretary as well as writing the village newsletter since the 90s. It's a group (living) situation and you get many interesting characters, and you learn things all the time."

## Villas available



1 1

\$220,000

- Brand new all-white kitchen
- Vinyl floor planking throughout kitchen, dining and lounge
- Double wardrobes in the master bedroom
- Reverse cycle air conditioning to the main living area
- Large outdoor living surrounded by greenery



2 1

\$275,000

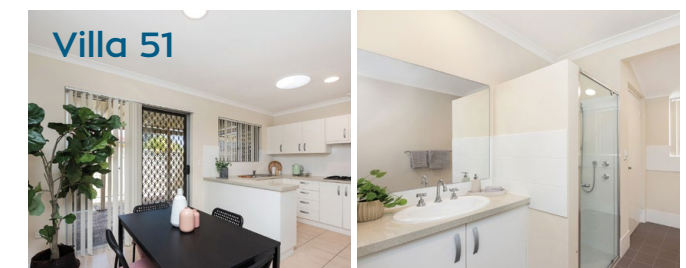
- Surprisingly spacious, light, and modern
- Large open plan living
- Private fully covered in courtyard
- Security screens
- Pet friendly



2 1

\$280,000

- Recently refurbished
- Open plan living
- Private fully covered in courtyard
- Fully ducted air conditioning
- Pet friendly



2 1

\$295,000

- Fresh paint, new floor coverings and new window treatments
- Plenty of storage space
- Air conditioning to master bedroom and main living area
- Pristine u-shaped kitchen with all Bosch appliances.

For more information or to book a tour scan the QR code or visit [scrosswa.org.au](http://scrosswa.org.au)





# Retirement living, your best move yet

Retirement is a new beginning to be enjoyed, one where you choose the way you want to live your life. In selecting one of our villages, you will be part of a community that embraces independent living. You will be able to live an active healthy life that offers an aspirational lifestyle, safety, security, and peace of mind, right at your doorstep.

Call retirement living specialist Adam Green on 0431 795 686 for more information.



## Success Village

27 Pearson Drive, Success

3 1

Success Village, known for its warm sense of community and social activities, contains 136 units of two and three-bedroom homes. The village is conveniently located to a broad range of local amenities. Take advantage of the on-site Health and Wellness Centre, offering GP and allied health services.

Villa 52 for sale: \$340,000



## Donovan Village

138 Lewis Road, Forrestfield

2 1

Donovan Village, nestled in the foothills of Perth, provides scenic retirement living. The onsite community, library, gym and barbecue area encourage a relaxed and inviting lifestyle. Close to transport, medical facilities and shopping, Donovan Village is an ideal retirement option.

Villa 3 for sale: \$345,000



## Faulkner Park Estate

39 Elizabeth St, Cloverdale

2 1

Enjoy the benefits and tranquillity of one of the best locations available. The Estate offers two- or three-bedroom units and is within walking distance to Belmont Forum Shopping Centre and Belmont Oasis Leisure Centre and offers a range of amenities as well as the beautiful lakes and gardens adjoining Faulkner Park.

Villa 24 for sale: \$310,000



## Thomas Perrott Village

10 Houtmans St, Shelley

2 1

Thomas Perrott Village is a picturesque village featuring a total of 55 units with either one, two or three bedrooms. This village is conveniently located near the local shopping centre, bowling club and tennis courts in Central Road and Canning River.

Villa 3 for sale: \$280,000