



# Newsletter.

March 2024

## Valentine's Day

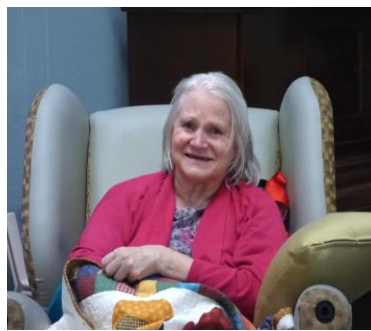
February found us sharing the Valentine's Day love with our friends, families, residents, customers, and staff.

At the heart of our mission lies a commitment to fostering a culture of compassion and excellence. We understand that in the realm of aged care, every interaction, every gesture, holds profound significance. It is with this understanding that we approach our work, recognizing the inherent dignity and worth of each individual entrusted to our care.

Our dedicated staff have exhibited unwavering dedication going above and beyond to ensure the comfort, safety and well-being of our residents. Their tireless efforts, coupled with the unwavering support of our families and volunteers, form the bedrock of our success.

As we look to the future, we remain steadfast in our commitment to innovation and continuous improvement. We recognize that the landscape of aged care is ever evolving, and we are determined to adapt and thrive in the dynamic environment. From implementing cutting -edge technologies to enhancing our holistic care programs, we are dedicated to providing the highest standard of support and assistance to those we serve. Together we will continue to uphold the values of wellbeing, hospitality, respect, stewardship and compassion that serve as the cornerstone of our mission.

Evan Robertson, CEO





## Mary Potter Nursing Home

Introducing Joyce Coffey who is a resident at Mary Potter Nursing Home. We look forward to celebrating with Joyce in March when she turns 102!

How long have you lived at Mary Potter?

Just over three years.

Where are you from originally?

I am from England and am an Australian Citizen.

Tell us a little about your family?

I have four children. One daughter- Jill, and three sons- Rodney, Paul and Conrad. Sadly, Rodney and Paul have passed away. I have three grandchildren and four great grandchildren.

What is your happiest memory?

I was the 5th child out of 13. I was the first girl, so I was named Joyce Gladys as I brought joy and gladness being the first girl.

What is your favourite part about living here?

I am very happy living here. I enjoy spending time in the gardens. I attend Tai Chi and exercises daily. I have also made many friends here.

What's the best part about getting older?

I like challenging myself, keeping my mind active. I play scrabble three days a week with friends. I enjoy reading and I enjoy learning new things.

What is one piece of advice you would give young people?

To respect your elders. Show respect to your parents and teachers.

What kind of music do you like?

Classical music on the ABC.





# Loreto Home of Compassion

Have you met Yashara Gunawardana who is an Assistant in Nursing at Loreto Home of Compassion?

What is it like working in aged care?

It is good to take care of our beautiful residents.

What do you like most about your job? What makes you smile at work?

Seeing the residents beautiful smiles.



What words would you use to describe working at The Forrest Centre?

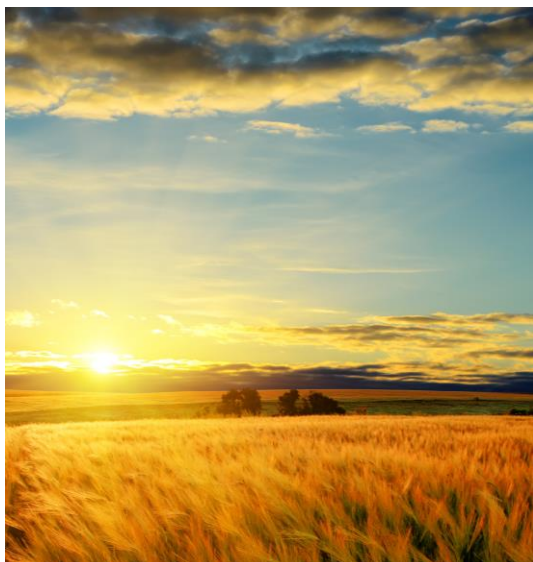
It is a good place to work.

What is one thing you want people to understand about ageing and/or older people?

Sometimes older people need help with what they are doing, and we have to care for them nicely.

How can we generally (as a society) think differently about aged care?

We should realise that aged care is a good place to work.



Outside of work, what do you like to do for fun?

Trying something new and smiling.

What's one thing that people don't know about you?

Everyone knows everything!

What is your favourite song?

You are my sunshine.

# Forrest Community Services



Introducing Michael Lipscombe who is a consumer at Forrest Community Services.

How long have you been with Forrest Community Services?

Just over 12 months.

What services does FCS provide for you?

House cleaning, social outings and gardening.

Tell us about your family?

I have travelled the world six times. I have a very loving family. I lost my wife in 2011 we were married for 49.5 years. I had a King Charles Cavalier named Max who was our family pet. Max passed away in 2022. I got my bird Ollie in July 2023 when he was 8 months old. He is an eclectus parrot, he is a very happy bird and loves to talk at 6:00am in the morning.

What makes you laugh?

Good comedy, my bird and Spike Milligan.

What is your happiest memory?

When I proposed to my wife, and she said yes.

What are the FCS staff like?

I'm very impressed with the staff. Everyone treats me well.

What is the highlight of your week? What do you look forward to most?

Getting out for the social outings.

What's the best part of getting older?

Understanding and accepting.

What kind of music do you like? What is your favourite song?

I like classic/pop. My favourite song is Unchained Melody.



# Pastoral Care

As Easter approaches, the air is filled with a sense of anticipation and renewal within our community. This sacred time serves as a poignant reminder of the power of hope, redemption, and new beginnings. As we prepare to celebrate this cherished holiday, let us take a moment to reflect on the significance of the Easter season. It is a time to gather with loved ones, to share in the warmth of companionship, and to embrace the spirit of gratitude and generosity.

At The Forrest Centre we are dedicated to ensuring that Easter is a time of joy, reflection and spiritual nourishment for all. Our team has curated a series of special events and activities designed to uplift the hearts and spirits of our residents and their families. From Easter eggs and festive gatherings to religious services and contemplative moments, there is something for everyone to enjoy as we come together to celebrate this meaningful occasion.

As we embark on this Easter journey together, let us be mindful of the blessings that surround us and the miracles that unfold in our midst. May the spirit of Easter infuse our hearts with hope, our minds with clarity, and our souls with peace. From our family to yours we extend warm wishes for a joyous and blessed Easter season.

Evan Robertson. Chief Executive Officer



As you may know already, Marg Mansell, has finished her time at Mary Potter Nursing Home and has moved into retirement. Marg has spent nearly 8 years in Pastoral Care at Mary Potter and will be sorely missed. Her work in spiritually caring for our residents and their families has been compassionate, empathetic and outstanding. Marg was also a wonderful helping hand to her colleagues whenever needed. We should not underestimate the need for support when working in aged care, particularly over the last few years. The presence of The Forrest Centre Hospice added a new layer to our pastoral care responsibilities and Marg revelled in those challenges. Thank you for your service, Marg, and we wish you all the best for a long, peaceful retirement.

## Resident Advisory Meeting

A Resident Advisory meeting will be held at Loreto and Mary Potter Nursing Homes every second month. The resident advisory body collects feedback from residents/relatives and shares it with management. Joining the Resident Advisory meeting is voluntary and lets you share your concerns and ideas with those who manage your care. The management must consider all the feedback from the meeting when making decisions and they will advise the body how this was considered.

The involvement of residents and relatives is to provide an avenue through which residents and their relatives, can be involved in the decision making processes at the nursing homes.

The next Resident Advisory Meetings will be held on Wednesday 24 April at Mary Potter Nursing Home and Tuesday 30 April at Loreto Home of Compassion.



The 98-year-old Mother Superior was dying. The nuns gathered around her bed trying to make her last journey comfortable. They gave her some warm milk to drink but she refused.



Then one of the nuns took the glass back to the kitchen. Remembering a bottle of Irish whiskey received as a gift the previous Christmas, she opened and poured a generous amount into the warm milk. Back at Mother Superior's bed, she held the glass to her lips. Mother drank a little, then a little more and before they knew it, she had drunk the whole glass down to the last drop.



"Mother", the nuns asked with earnest, "please give us some wisdom before you die". She raised herself up in bed and with a pious look in her face said, "Don't sell that cow".



**"Education is the most powerful weapon which you can use to change the world."**

## Nelson Mandela

Have a good news story? Something to share with The Forrest Centre community? Let us know at reception or by calling 02 6932 3085.

[forrestcentre.com.au](http://forrestcentre.com.au)

# TFC Hospice

During January The Forrest Centre Hospice was decorated in Australian flags and all things Australian. We celebrated the Day with a Happy Hour where the residents shared their stories on what Australia Day meant for them. The residents were served chocolate frogs, wallabies, bilby's, also the men were offered a beer and the ladies a champagne, the afternoon tea was enjoyed by all.

Jack the Music man also visited where he entertains the residents, he will be returned to us again in May.

February saw us celebrate all things we love, where The Hospice was decorated in hearts, cupid and roses. On Valentines Day the residents were presented with a small gift card with a heart chocolate. An afternoon concert with love songs on the big screen played. The residents also enjoyed a lovely Valentines Day Party where they ate special treats, drank champers and a beer.

The Probus Singers joined us on 28/02/2024 to entertain us and they have stated they will continue to visit us every 2<sup>nd</sup> month.

At The Forrest Centre Hospice we always encourage our Hospice residents to enjoy and have a good quality of life by going out with their family and friends.

