

Residential Aged Care Home Juniper Korumup

Connecting our Community Newsletter | October 2023

Mara makes golden oldies a hit!

Self-proclaimed “chatterbox” and golden oldie music aficionado Mara is using a lifetime of talents to bring the community radio experience to her fellow residents at Juniper Korumup Residential Aged Care Home.

Mara has launched her own community radio for residents, scheduling a weekly slot beside the fireplace at the visitor’s lounge to play her selection of golden oldies from a box of 45 records.

“I’m music mad,” she said, regularly peppering the conversation with the who’s who of songs from the 50s, 60s, and 70s.

“I play the music but next week I might introduce a bit of gossip, interview one of the residents about their life, and talk about the stories behind the music – tidbits about the music as you go along.”

Mara isn’t short on stories and she’s got the experience to back up her newest venture. She spent several years on Albany Community Radio presenting a breakfast show then “mouldy oldies” on Saturday afternoons.

“That’s more or less where I started. It was great, it was fun. When I used to walk down the street listeners would say ‘Mara, it’s wonder you are still there, you sail close to the wind.’”

And Mara certainly hasn’t lost that naughty streak, which she brings with zeal to Korumup.

Continue reading on page 3.



Mara with her vinyl collection.



Mara with her stash of different music recordings.

What's inside:

- Hello from Merinda
- Pen Pal program builds connections
- Jeff's homegrown goodness



Message from the CEO

It's hard to believe we're already in October!

I wanted to take a moment to reflect on my time at Juniper as CEO since joining late last year.

I have had a warm welcome and am thrilled to be a part of such a wonderful organisation that supports individuals and communities to live a life well lived.

I have already had the privilege of meeting some of the staff and residents at Juniper Korumup and it was truly inspiring to see how kind and caring everyone was.

The positive environment is a testament to Merinda Rigoll's leadership and dedication to creating a welcoming environment for all.

It's also been encouraging to see all the great activities and events run by staff that involve our Juniper families.

In this newsletter, you can read the latest updates and stories of our staff and your fellow residents.

I hope this newsletter inspires you to keep living life your way - happy reading!

Russell Bricknell
Chief Executive Officer

Hello from Merinda

Hello everyone,

Welcome to our first official Korumup newsletter! I hope you have survived the Winter and are looking forward to some warmer weather and a beautiful Albany Summer.

I'd like to thank everyone who has made my first nine months as manager such an enjoyable experience. I believe we are building an exceptional team that will continue to respond to any challenges that present themselves and provide the best care we can for our residents. We recently underwent accreditation by the ACQSC and I am confident we passed with flying colours.

We have a number of new nurses who will be joining us from overseas in the coming months, mainly from the UK and Ireland.

They think they are coming to better weather so let's hope we don't disappoint. We also continue to employ new care staff and hopefully our reliance on agency staff will lessen over time.

We have however been blessed to have some amazing agency staff over time, so we are grateful for that. We also welcome a new pastoral care coordinator, Judy Argyle who some of you will recognise as her mother lived here for some time.

We have a new cook, Leigh, who some will remember from a previous stint at Korumup while Vi is on maternity leave.

We wish her and Warren all the best. Thank you to everyone who took part in the recent Infection Control survey. We always value your feedback, so please let me know if you have anything to pass on that we can improve. (Pats on the back also welcome).

Warm regards,

Merinda Rigoll
Residential Manager



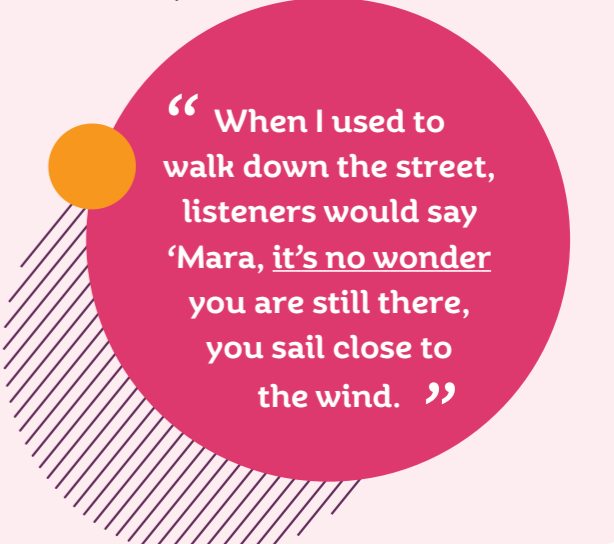
Continued from front page:

Mara started life in Bavaria, Germany, coming to Australia as a six-year-old. She now calls herself an Albanite, having lived in the Great Southern city for 55 years. She spent 28 of those years working behind the counter at Albany Hydraulics.

One of her favourite stories was when a young Ross Ryan, then an Albany local before he went on to become a music legend - including his hit single "I am Pegasus" - came to sit with her and a group of friends at the pub.

As well as Ross Ryan, Mara plays for other residents the likes of Wanda Jackson "Let's Have A Party", and Christie Allen "He's My Number One".

We can't wait to see what Mara plays next as she brings her passion and stories to Korumup!



Residents' milestone birthdays



Eddy turned 90 in September.

He is pictured here celebrating with his wife Eva (who is also a Korumup resident) and his daughters Gina and Norma.



Ken turned 95 years young in September, and had a lovely celebration with his family.



Maureen turned 80 in late July, and her family traveled from all over to join her for a special morning tea.

Do you have a nice story you would like to share?



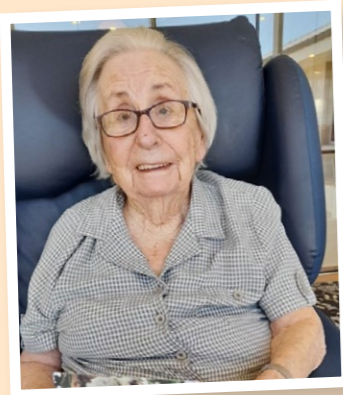
Contact the Juniper Communications team to feature in the next newsletter!

M. 0439 363 923

E. communications@juniper.org.au

In loving memory

It is with profound sadness that we bid farewell to our dear friends at Korumup. With deep sympathy, our staff and residents join to honour the memory of:



Jude Martin: was one of our original residents at Korumup. A proud cattle farmer, Jude and a group of residents all took a lovely trip out to her farm on the bus one afternoon to visit her cows.



Susan Smith: One of nine siblings, Susan was born and raised in Nyabing and Gnowanerup.



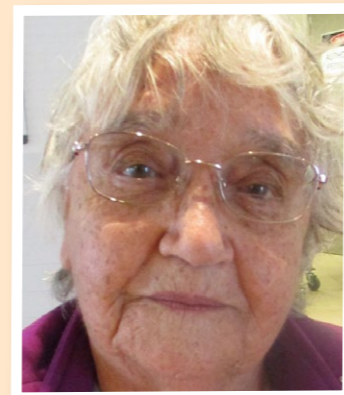
Vylma Friend: Another of our first residents, Vylma had a wicked sense of humour. While she didn't like having her photo taken, she loved getting a kiss on the cheek from Santa, which we captured in this lovely photo!



Joan Bartlett: Passing away at the age of 98, Joan was still playing scrabble with her daughter every afternoon until the end - and winning.



Merle Sandells: Merle left us unexpectedly and is sorely missed. Her room was a riot of colour as she had dozens of pictures she had coloured in all over her walls.



Daphne Shanhun: Daphne was one of our longer-term residents. She was friends with everyone and knitted some excellent jumpers.

Pen Pal program builds connections

Juniper is delighted that our little friends at Gowrie Early Learning in Kewdale have come on board as pen pals for residents at our Juniper Korumup Residential Aged Care Home in Albany!

Children have already delivered their first letters to residents, which included some lovingly handmade artworks.

Our residents were over the moon when they received the letters and artworks from their newfound friends, and were eager to send back a reply.

In return, residents put together some collage art, photos of beautiful Albany, and a special handwritten family recipe for Sultana Cake by lovely resident Loris.

The children couldn't wait to get baking, and loved every mouthful of Loris' cake!

We love Gowrie's Kind Hearted Pen Pal initiative, which aims to foster intergenerational connections between children and older people.

We look forward to sharing more updates with you as the program continues!



Kids with Sultana Cake



Children's letter to Juniper Residents

Love your morning cuppa?
So does Betty.

Become a Companion Volunteer at Juniper and you'll join a community that enriches the lives of older people.
juniper.org.au/volunteer



Love a heart-warming tale?

Get your daily dose of feel-good stories, news and handy tips.

Follow us on Facebook @JuniperAgedCare

Jeff's homegrown goodness nourishes Korumup

Staff and residents got to enjoy a bountiful crop of cauliflower, broccoli and beetroot at Korumup Residential Aged Care Home thanks to resident Jeff Cronin, who brandished his green thumb skills.

Jeff, along with fellow resident Eddie, have taken charge and rejuvenated the vegetable garden at Korumup. They've since harvested two successful crops over the past two seasons.

"I had a huge vegetable garden at home in Albany. It was something I missed from home, so looking after the vegetable garden here is maintaining an interest I always had," Jeff said.

"I saw there were these great raised beds that weren't really being tended to so I asked Residential Manager Merinda if I could get stuck into them. Merinda said knock yourself out, so I did!" Jeff said.

Jeff gifts his fresh produce to the Juniper chefs at the on-site kitchen so all the residents can benefit, as well as giving bundles of whatever the staff want from his crop.



Jeff tending his plants at the Korumup Residential Aged Care Home.

A physical education and science teacher, Jeff also ran a café in West Perth so he well knows the importance of fresh herbs and vegetables.

Jeff started calling Korumup home more than 18 months ago. "I like it here and the staff are just fabulous," he said.

"I had a huge vegetable garden at home in Albany. It was something I missed..."

Lifestyle and activities program update

The corner shop continues to be popular every Friday morning! On the first Friday of every month, we will also be holding our very own op shop, giving residents a chance to give a new lease on life to some previously loved outfits.

The twice weekly bus outings are now back to normal after our wonderful bus drivers had some well-deserved time off.



Chef Vi welcomes a baby boy!

As many of you know, our wonderful Chef Vi recently went on maternity leave. We're happy to share that on August 24, Vi and husband Warren became proud parents of a baby boy, who they named Kiaan.

Congratulations to Vi, we wish her and her family all the best (and not too many sleepless nights!).



Baby Kiaan

Support group expands

We have now had two gatherings of families and caregivers to allow people to support each other in the aged care journey.

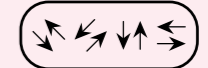
We had a small group at our first one, and another was held recently with more attendees.

These will likely be held on the last Tuesday of each month, although possibly in the afternoon from now on.

Please keep an eye out for emails letting you know when the next one is on.

Solve the word search puzzle

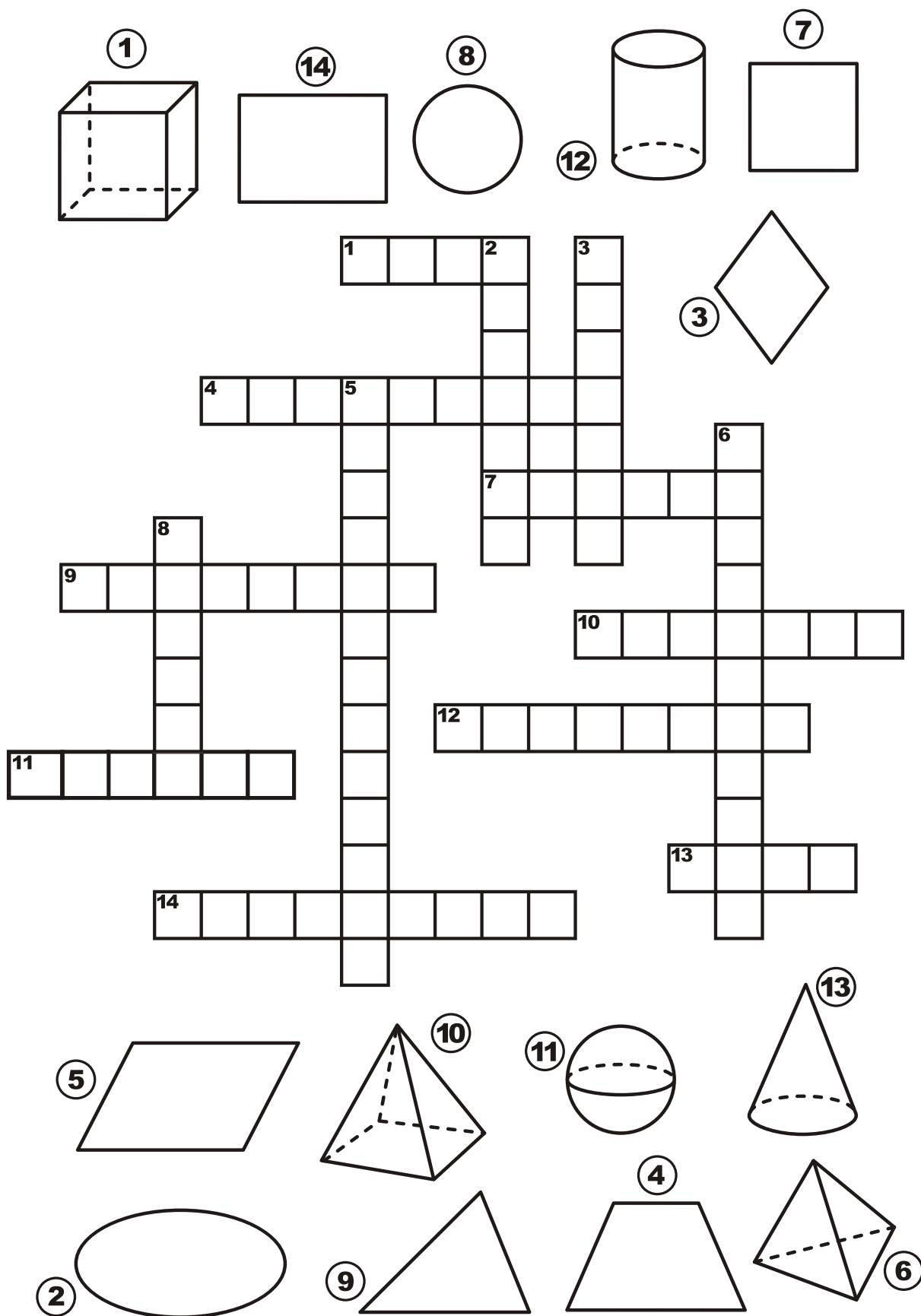
G	Z	Z	V	P	R	X	U	Z	L	R	M	S	D
G	E	M	I	N	I	D	E	I	J	L	P	E	I
A	A	G	C	A	S	S	I	O	P	E	I	A	W
I	H	E	R	C	U	L	E	S	T	S	U	G	U
K	M	M	P	U	N	D	B	Y	U	Z	U	L	R
L	N	M	F	R	C	R	H	T	K	M	N	L	S
J	P	O	D	S	P	A	E	S	U	O	M	C	A
C	K	E	R	A	E	C	P	F	I	A	Y	G	M
F	Y	S	G	M	K	O	M	R	M	Q	I	H	I
I	N	T	U	A	C	Q	O	F	X	U	Q	H	N
I	T	Y	K	J	S	P	D	Q	Z	I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



- ANDROMEDA
- LYRA
- ORION
- HERCULES
- CASSIOPEIA
- PEGASUS

- URSA MAJOR
- DRACO
- URSA MINOR
- AQUILA
- CETUS
- GEMINI

Crossword puzzle



Answers: 1. Cube 2. Ellipse 3. Rhombus 4. Trapezium 5. Parallelogram 6. Tetrahedron 7. Square 8. Circle 9. Triangle 10. Pyramid 11. Ball 12. Cylinder 13. Cone 14. Rectangle