

Residential Aged Care Home Juniper Waratah Lodge

Connecting our Community Newsletter | December 2023

Juniper welcomes Waratah Lodge to the family!

Juniper is continuing to enrich the lives of older people in regional communities after officially taking ownership of Waratah Lodge, previously operated by Wagin Frail Aged Inc, from October 1, 2023.

The decision to transition ownership of Waratah Lodge to Juniper is driven by a shared commitment to ensuring the continued delivery of high-quality aged care services in Wagin, in the Wheatbelt region of Western Australia.

Juniper CEO, **Russell Bricknell**, said investing in regional aged care is more than just a commitment.

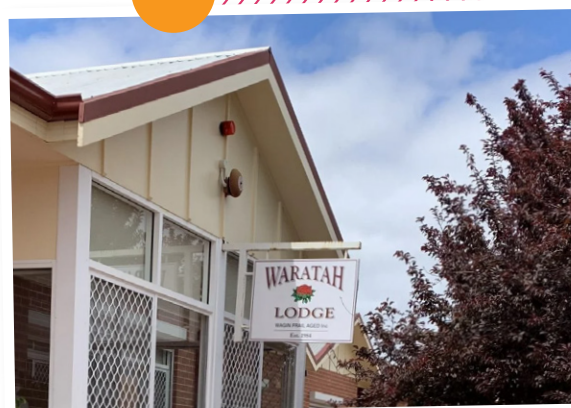
“We understand the importance of providing older people with the opportunity to continue living in their communities, close to family, friends, and familiar surroundings. Our acquisition of Waratah Lodge in Wagin is a testament to this commitment,” he said.

“We believe that every older person deserves compassionate and high-quality care, regardless of where they call home,” said Mr Bricknell.

Juniper has a proven track record of delivering exceptional care in regional Western Australia, notably in the Great Southern and Wheatbelt regions.

Its Residential Aged Care homes in Katanning (Juniper Bethshan), Albany (Juniper Korumup),

and Northam (Juniper Bethavon and The Residency) are a testament to its dedication to providing quality care.



Russel with the Waratah team



What's inside:

- Hello from Maree
- Welcome from CEO
- Lifestyle Program Update
- Making fresh pasta



Message from the CEO

Firstly, I'd like to warmly welcome all our Waratah Lodge staff, residents and their families to Juniper!

It is such an honour to welcome you all into our community and I look forward to making more trips to Wagin to catch up with you all again.

Juniper strives to make a difference to the lives of older people in regional communities and acquiring Waratah Lodge is a testament to that as we aim to contribute to and connect older people to the communities in which they call home.

I hope you enjoy reading Waratah Lodge's first newsletter, where you can catch up on the latest news and stories of our staff and your fellow residents.

With Christmas and the New Year approaching, I want to take a moment to wish you all a happy and safe festive season filled with joy, laughter and plenty of Yuletide cheer!

Happy reading!

Russell Bricknell
Chief Executive Officer

Hello from Maree

Hello everyone,

A big thank you to Juniper for taking Waratah Lodge into their fold.

Wagin Frail Aged Inc believed that Juniper's values align with theirs and that the future of aged care for the Wagin community will now be in good hands.

The transition is still in progress, and everyone is trying hard to adapt to new systems and processes. Moving forward we will all learn the new way and thrive under the new umbrella of Juniper.

We continue to provide excellent care and services to our residents. Our Wellness Officer Joanne keeps everyone busy with her vibrant program of activities and outings. It would be a fair call to say that the resident's social calendar is far busier than many staff or others living in the community.

I hope that you enjoy our first newsletter.

Warm regards,

Maree Russell
Residential Manager

Allied Health Update



Bree our physio will be on maternity leave, and we will have a new physiotherapist, Mel, relieve her while she is away.

Our Podiatrist Kane will be attending to residents needs on 28 November 2023, to 23 January 2024.

Resident's birthdays

October 1: Janet Robinson recently celebrated her 89th birthday alongside her family, friends and staff at Waratah.

She had a wonderful day and said that she felt immensely spoilt!



Janet celebrating her 89th birthday.



Melbourne Cup Celebration

With the sun shining brightly, Tuesday, November 7, had us off and running to adorn our favorite hats and fascinators in preparation for the Melbourne Cup!

A special morning tea, high tea, was planned to start the day's events, and all residents were looking forward to it as it marked the beginning of the activities to follow.

And with a free sweepstake at the door, everyone gathered, chatting, and laughing in the dining room; where they were waited upon, hand and foot by our amazing kitchen and care staff!

With sausage rolls, party pies, cheesecakes, lamingtons, and cupcakes galore everyone was soon ready to get down to the business of what they had come for!

We started with the best hat parade with our residents going first, and our lovely Pamela Gillett was all smiles when she took home the prize for best hat from the residents.

Then it was the staffs turn, but who could hold a candle to our lovely Noy who sported a hat and threw a dress on top of her uniform just for the event? She was our resident's favorite!

All too soon, it was time for the Waratah cup! It had been an entire year since we had last run and raced it! And the stakes were high!



Staff and residents celebrate the Melbourne Cup.

Would it be the staff or residents who took out the cup this year?

With the tables vying off against each others, the dices in hand and the wooden horses placed upon the track on the floor, the races were on, until finally amidst a lot of banter and cheering, one of our residents brought home the Waratah cup on a spectacular wooden horse called Blue!

It was the perfect prelude to watching the Melbourne Cup! And as all our residents' eyes fixated to the TV where the Melbourne Cup was run and won, there was only one thing left to do... hand out the sweet treats and prizes to our sweepstake winners as they sat down to enjoy a lovely lunch!

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

Juniper



Resident Ray shows off his handyman skills

One of our lovely residents, **Raymond 'Ray' Rowe** has taken it upon himself to do some much-needed renovating of the garden benches at Waratah.

Not only did Ray work tirelessly, making sure he took each bench apart, to get the best results, but he spent hours sanding them back too.

And after a new coat of paint, stain and varnish he carefully put the benches back together again!

Ray is always looking for things to do outside, and alongside fellow resident **Ian Harper**, they planted an amazing vegetable garden around Waratah, that consists of Zucchini's, tomatoes, Pumpkins, snow peas, silver beet, cucumbers, corn, cabbages, cauliflowers, many different herbs, radishes and strawberries, which they happily share with not just the Waratah Kitchen, but staff and other residents too!

Well done, Ray, and Ian, we are proud to call you part of our family at Waratah!



Ray painting his piece



Ray proudly displaying his bench work

In loving memory

We recently said goodbye to our beloved resident **Eva Smith**.

Eva grew up in Wagin and also got married locally. She worked hard throughout her life for the Wagin community, and even worked at Waratah back in the 1980s when the home first opened. Eva will be sorely missed by all. Condolences to Eva's loved ones.



Lifestyle and activities program update



1 DECEMBER

- Bus trip 1st December, (Picnic in the park, relax have morning tea out and enjoy a nice group walk around the park)

15 DECEMBER

- Waratah residents' Christmas Party in December .
- The Hub social group will be running every Thursday through December.
- Our Intergenerational Program will continue every Monday afternoon, until the end of School term 4. It will start up again in 2024 when school returns.



Residents learn the art of creating fresh pasta

One of our lovely kitchen staff, Cveta Mangalavite, came in on her day off to teach our residents how to make fresh pasta, and what an amazing activity it was!

Not only did our residents love the demonstration, but they were very keen when the time came to make their own!

Cveta not only showed them how to make the dough, and explained the diverse ways it could be made, depending on the country of origin, but she happily guided them through each step of the process.

From the rolling of the dough, to obtain the thinness required to the cutting of the strips which she demonstrated both by hand and machine for everyone.

She even showed the residents how to make ravioli, tortellini and agnolotti! And how to dry the pasta naturally so it could be stored and ready for cooking later on.

Thank you so much for such a wonderful activity, Cveta!

You have really demonstrated Juniper's values of Welcome, Compassion and Respect to our residents!



Freshly made pasta

Volunteer Updates

The Uniting Church will continue to do Sunday services at Waratah, on the second and fourth Sunday of each month for any residents who wish to attend.

Sing-along on Tuesdays will be taking a break for the next two weeks in the lead up to Christmas.



A life well lived.

For Jenny, it's enjoying long walks with Howard.



Clinical Support:
from our Nursing and Allied Health teams

Home Support:
from personal care to meal planning

Social Support:
from companionship to transport

Marking Remembrance Day

With help from Wagin RSL, we were very humbled to be able to host our own Remembrance Day services at Waratah Lodge on November 11 for all our residents, their families and members of our community to attend.

We are immensely proud of our current and past residents who have served our country within the armed forces and thus, in our preparation to acknowledge the service, all our residents come together, in a bid to show their support.

From making poppy sheaths to pin upon our labels to decorating the common rooms with photos and pictures in commemoration of those who have served; even joining together to make our own reefs, our residents take immense pride in showing their respect and this year was no different.

We also want to share the story of one of our beloved residents, Herbert 'Bert' Sharp, who was 18 years old when he joined the army as a machine gunner.

The Machine Gunner is responsible for the tactical employment of the 7.62 mm Medium Machine-Gun, the 50 cal., and 40mm Heavy Machine-Gun, and their support vehicle.

Machine Gunners provide direct fire in support of the Infantry's squads/platoons and companies.

Herbert also served in the Third Battalion of the Australian Army alongside the British and had the horrific job of aiding in the clean-up of Hiroshima after the bomb had been dropped.

They had to clear the rubble from the streets and restore the infrastructure necessary to rebuild the city, water and sewage lines, electrical lines, food distribution, etc.

By August of 1947, two years after the bombing, the majority of those living in Hiroshima were still in temporary shelters, but there were stores and homes that had begun to be rebuilt.

Herbert went on to join the Australian Airforce in 1956, where he served for 12 years as a Sergeant.

Thank you, Herbert, for sharing your story with us and for serving our country!



Commemorating speech



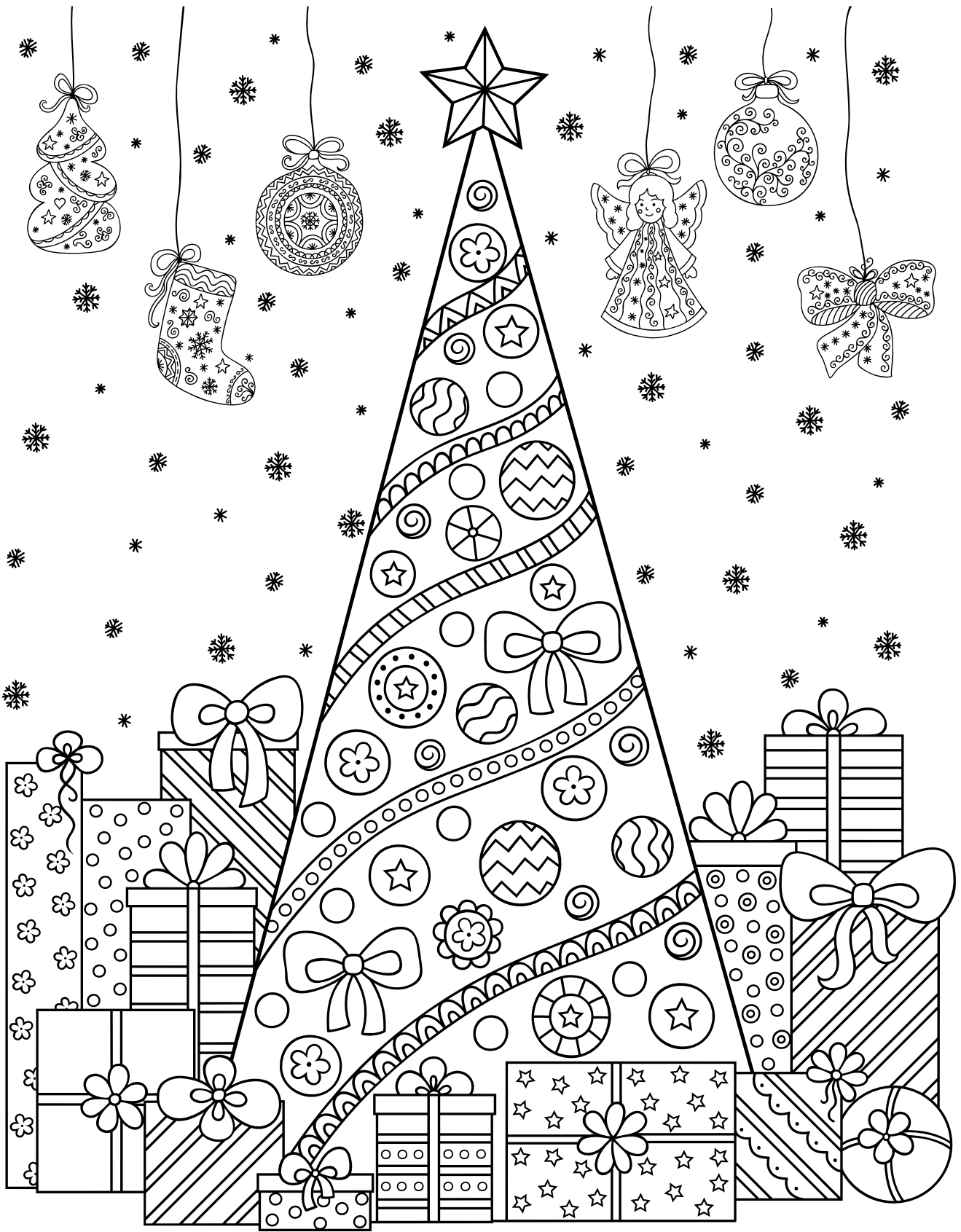
Herbert Sharp



Poppy sheath decorations



Color the Christmas decorations! -----



Solve the word search puzzle!



CHRISTMAS

WORD SEARCH PUZZLE

J V H G X L Y K M C W U G N X P X
 S S T O J L J K O Y V E O W E A S
 C Z Z B I E G B W R E A T H T T B
 L J Y M N Z V J Z O A T O N M R H
 K R A O Y U L E T I D E A L J E H
 P F B R C W N L I Y H S O W M E G
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|-----------|------------|------------|-------------|
| JOY | CHRISTMAS | PRESENTS | SANTA |
| GREETINGS | TREE | DECEMBER | GINGERBREAD |
| FAMILY | NUTCRACKER | CANDY CANE | SNOW |
| WREATH | CAROLS | YULETIDE | ORNAMENT |

