

# Residential Aged Care Home Juniper St David's

Connecting our Community Newsletter | December 2023

## A day in the life of St David's nurse Pamela

Juniper St David's Registered Nurse and 2023 Excellence in Residential Care award recipient Pamela Nyironga has been told 'that's crazy' and 'I don't know how you do it' when she explains that she works in aged care.

"It goes deeper than just nursing. In aged care you need to be real, you need to be kind and take the time to truly understand someone," Pamela said.

"At university they talk about empathy, but it is just a word. What they don't teach you is true compassion and kindness and how to express that."

Pamela's focus on care stems from her career trajectory. She joined Juniper as a multiskilled carer in 2015 working at Juniper St David's Residential Aged Care Home in Mt Lawley, before studying to be an Enrolled Nurse. She recently graduated as a Registered Nurse.

There are two favourite times during Pamela's day – mealtimes and bedtime.

"Growing up in Zambia our family would gather around the table and talk about everything. Mealtimes at Juniper St David's takes me right back," she said.

"You see all the residents together, sometimes we have some residents singing or dancing. I just love that part.

"I also love bedtime. Often they'll give my hand a squeeze and say 'you look after yourself when you go home'. It makes me feel so fulfilled."

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*Pamela with her 2023 excellence in residential care award*



*Pamela assisting one of our resident*

### What's inside:

- Welcome from Tanya
- Making poppies for Remembrance Day
- Intergenerational bond



## Message from the CEO

**It's hard to believe we're already in December, with just four weeks to go until we welcome in the New Year!**

We have had some exciting developments in the past few months – firstly, welcoming Waratah Lodge residential aged care home in Wagin to the Juniper family, and secondly, officially acquiring all City of Bayswater-run retirement living villages and residential aged care homes.

It is nice to finish off the year with these great developments and I am hopeful that we have many more exciting projects to come in 2024.

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

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, as well as some exciting news from across Juniper.

I hope you enjoy reading this newsletter and that you have a safe and happy Christmas!

**Russell Bricknell**  
Chief Executive Officer

## Hello from Tanya

**What a wonderful welcome I have had from the residents, team and families at St David's.**

It's hard to believe I have been at St David's for three months already, I am so very blessed to have been given the opportunity to lead such a caring community.

Every day I see acts of kindness from both residents and team, St David's is now my home as well and I thank you all for embracing me into the community.

We are leading into a busy time of year and preparations are well underway to celebrate all festivities of the season ahead.

Residents have been busy making poppies to decorate our reception area in honour of all those who serve or have served our country for Remembrance Day.

We have the Melbourne Cup coming up as well, I must say some of the headwear that is being made is amazing and we will be celebrating the day with lots of festivities including a special luncheon.

With Christmas around the corner, I am sure St David's will be a hive of activity, we are hosting a resident Christmas party this year with a BBQ, refreshments and entertainment planned, it's going to be a great day.

I am taking some leave in mid-November to spend some time with my family traveling to Lapland to meet the real Santa, I will be back mid-December to continue to celebrate the festive season with all at St David's.

Take care and happy reading!

Warm Regards,

**Tanya Cooper**  
Residential Manager



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



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

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## Curtin students build intergenerational bonds

**For Curtin University Occupational Therapy students Allison and Stella, undertaking their student placement at Juniper St David's marked their first aged care experience and has opened up a world of career opportunities to explore once they graduate.**

As third-year students, both Allison and Stella were involved in an intergenerational service-learning program, which is focused on providing a two-way learning experience for both students and the older volunteers.

As part of their placement, the students visit a residential aged care home each week.

"It's been really enjoyable getting to know the residents," Allison said. "I'm really impressed by the activities run by the therapy team here, and it's been a great learning experience for me, as I've picked up a lot of things along the way.

"I just love that we get to create relationships with the residents, and you get that satisfaction as well that you're helping them improve each time you see them."

While Allison has a long-held connection to Juniper through her father, who worked as a carer at Juniper Riverslea Residential Aged Care Home, she said the placement at St David's has opened her eyes to considering a career in aged care.

Stella said her first experience in aged care was "much different" to what she had first thought it would be.

"The staff have been so helpful, what I enjoyed most was getting to know people from all walks of life and I love hearing the residents' stories from when they were growing up," Stella said.

"I also don't get to see my grandparents much, so coming here has kind of given me that connection to older people and I've really enjoyed it. I'd definitely consider working in aged care as an OT once I graduate."

Juniper resident Ann, 77, enjoyed spending time with the students each week during their student placement.

"I've really enjoyed having them here. It's nice to see young faces in the home, I love talking to them," she said.



Allison and Stella



Allison with our resident



### Love a heart-warming tale?

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## 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.



Russell with the Waratah team



## 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



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**Juniper**  
Home Care

**Continued from front page:**

Pamela's mother was her inspiration to pursue nursing. A midwife in Zambia, she would often solo deliver six babies on nightshift. She proudly saw Pamela studying for her diploma before she passed.

Pamela's mother wasn't far from her side when accepting her award at the WA Nursing and Midwifery Excellence Awards this year, where in a serendipitous moment Pamela discovered her mum's Zambian nursing registration card alongside the perfect earrings for the night.

"The award has allowed me to believe in myself more. So many people have congratulated me, and some have said it's inspired them to study nursing. I'm honoured and humbled and I really hope it does inspire people to take up nursing in aged care, just like my mother inspired me."

"I tucked it in my purse and then when I accepted the award, a little part of her was with me." Pamela said.

**In loving memory**

We recently said goodbye to three of our beloved residents, Michael Barnfield, Joyce Wintergreene and Daniel Watkins. They will be sorely missed. Our hearts go out to their loved ones.

Michael Barnfield



Joyce Wintergreene



Daniel Watkins



**Melbourne Cup celebrations**

For Melbourne Cup, some of our residents created beautiful headwear to adorn on race day! We put on a special luncheon for our residents, with a lot of fun and laughter unfolding across the day.

Resident Erika wearing a floral headpiece she created for Melbourne Cup



**Upcoming Events**



Thursday, December 7  
Christmas lights bus drive

Wednesday, December 13  
St David's residents' Christmas Party!

## Marking 74 Years: Allan's journey with Juniper

**On November 18, 2023, Juniper celebrated 74 years of supporting its customers to have a life well lived.**

However, it is residents like Allan Baird who serve as a reminder of the values that have defined Juniper's journey as being one of Western Australia's biggest local aged care providers.

Born in Fremantle, Allan moved schools 21 times in 21 years with his father, teaching him to adapt and embrace new beginnings from a very early age. Allan worked as a school caretaker all over Western Australia and England, making sure schools were safe and welcoming for children.

This year Allan turned 74, and he feels privileged to have been born in the same year as his "second family".

"I moved into Juniper City of Bayswater Residential Aged Care Home three years ago, and I love where I live. The food is great, the staff takes amazing care of me, and my favourite part is that I am living with a group of friends," said Allan.

"My family always come to visit me, but now I feel like I have two families, my family and everyone at Juniper. Everyone is so lovely here, and I especially love Monday bingo days! That is something that hasn't changed over the last 74 years - bingo!" added Allan.

As Juniper celebrates 74 years, we wish Allan Baird a very happy 74 years and to many more to come!



Allan with all thumbs up!

## Poppy making for Remembrance Day

In November, residents were busy making poppies to decorate our reception area in honour of all those that serve or have served our country for Remembrance Day.

The result was absolutely beautiful and we are so grateful to all those residents who were involved in creating this colourful display.



Painting egg shell cartons

## Resident's birthdays



Happy birthday to our residents who recently celebrated another lap around the sun and we look forward to celebrating with residents whose birthdays are yet to come!

### November

- Stan Babinski
- Ann McGough
- Carolyn Nichols
- Kaye Ring

### December

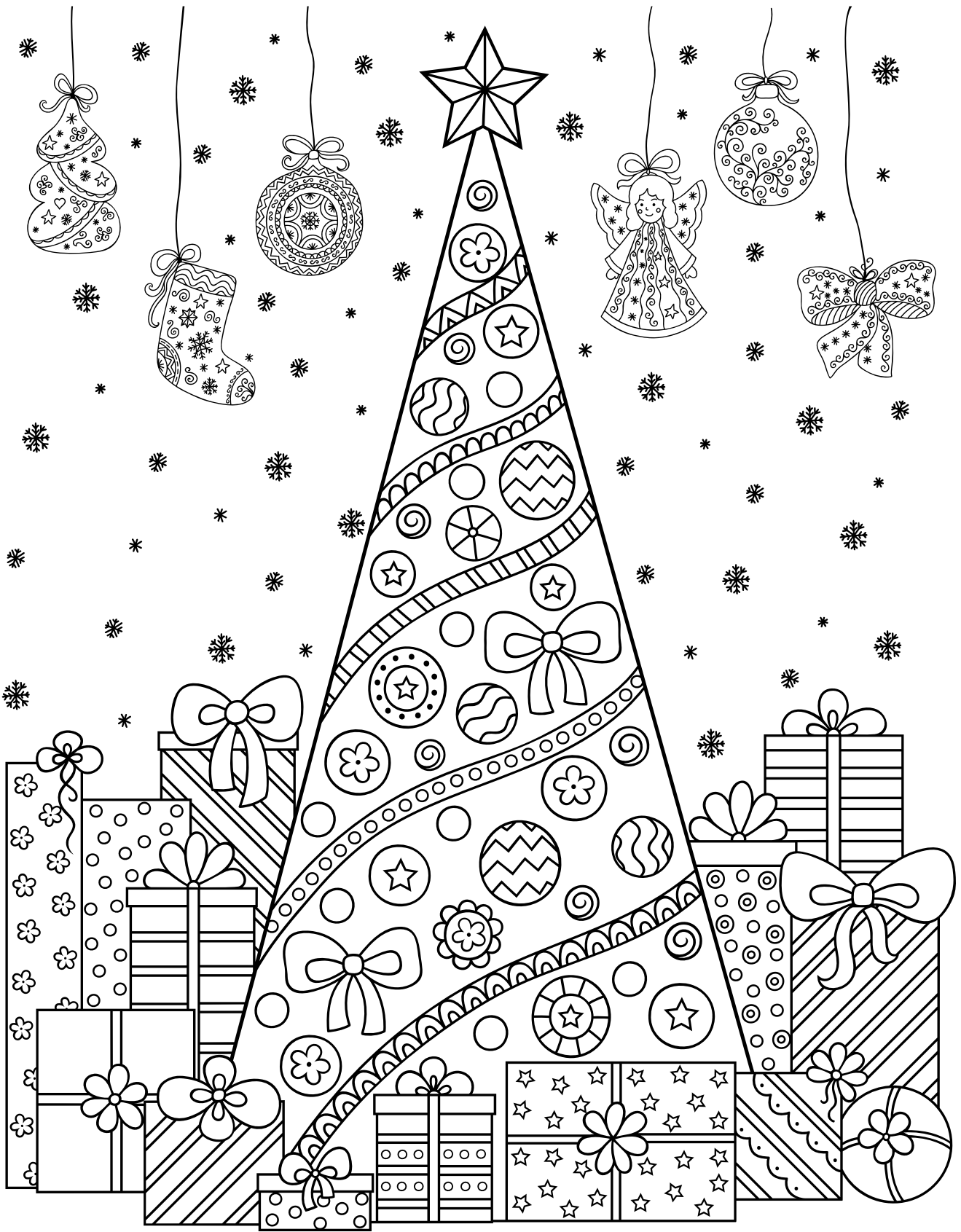
- Talivdis Zile
- Irene Mackey
- Frances Diepeveen
- Barbara Sheridan

### January

- Leslie Bolton
- Dennis Macklin
- Sydney McGhie



**Color the Christmas decorations!** -----



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

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|-----------|------------|------------|-------------|
| JOY       | CHRISTMAS  | PRESENTS   | SANTA       |
| GREETINGS | TREE       | DECEMBER   | GINGERBREAD |
| FAMILY    | NUTCRACKER | CANDY CANE | SNOW        |
| WREATH    | CAROLS     | YULETIDE   | ORNAMENT    |

