

# Juniper Carramar Residential Aged Care

Newsletter | February 2024



## Juniper grants wish for Ken and Carol's vow renewal

As Carol Belien ascended down the aisle, beaming from ear to ear and glowing in her beautiful white dress, her husband of 53 years Ken Belein couldn't hold back his tears.

"Juniper organised everything, they have been fantastic and have gone above and beyond."



Like a scene plucked straight out of a Hallmark movie, emotions ran high as the couple read out their vows to one another, surrounded by their nearest and dearest.

The couple's fairytale moment had been a long-held wish of Ken's since he was diagnosed with Lewy Body Dementia.

In a bid to reaffirm his love for Carol, Ken staged another proposal to his wife where he asked her to renew their vows.

The couple met through friends more than 53 years ago and wed in an intimate

ceremony at the city registry office, followed by celebrations to Kings Park.

Ken, 75, has been a resident at Juniper Carramar Residential Aged Care Home in Morley since October 2021. Carol, 70, joined him at the home several months later in March 2022.

For the vow renewal ceremony, Juniper staff banded together to turn the couple's dream into a reality.

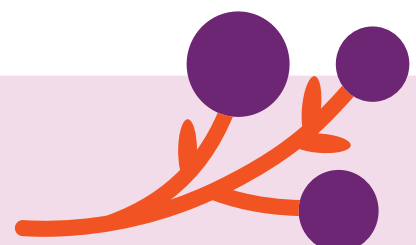
From planning and setting up the event to sourcing the decorations, the result

was more than the couple could have asked for.

Ken and Carol's daughter Trish was immensely grateful to the Juniper Carramar staff to create a magical event.

"It was our dad's wish to renew his wedding vows to our mum and we put a lot of effort into this to help make it happen," Trish said.

"He suffers from schizophrenia and dementia, so it was something he really wanted to do while he is still (cognitively) able to.





## Message from the CEO

Happy New Year to all our staff, residents and their families at Juniper Carramar Residential Aged Care Home!

Looking ahead, there is much to anticipate in 2024 across Juniper.

Our team is excited to continue enhancing the quality of life for our residents through continuing the great work that they do to bring joy to all our residents through the wonderful lifestyle and therapy programs they plan at Juniper Carramar.

I have faith that they have some wonderful activities and events in the pipeline which will be filled moments of laughter, learning, and shared experiences.

Your wellbeing remains our top priority, and we are committed to ensuring that Juniper Carramar continues to be a place where everyone feels valued and cared for.

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

As we enter the New Year, I hope it is a year filled with moments of joy and cherished memories.

Wishing you all a wonderful start to 2024.

Happy reading!

**Russell Bricknell**  
**Chief Executive Officer**

## Hello from Kim

Welcome to our first official Juniper Carramar newsletter!

We have had a busy start to the year and there are many more exciting things to come!

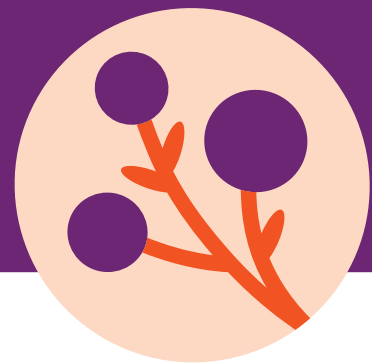
Firstly, I want to thank our wonderful staff for continuing to show their passion and commitment to our residents at Juniper Carramar.

In this newsletter, you can read all about the latest updates across our home, including some special milestones and upcoming events.

Enjoy!

Warm regards,

**Kim MacDonald**  
**Residential Manager**



## Love a heart-warming tale?

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## Continued from front page

Juniper Pastoral Care Coordinator Benny John was honoured to host the vow renewal ceremony, having built a good rapport with the couple during his time at Juniper Carramar.

“When Ken asked me if I could renew their vows, I was so surprised and happy,” he said.

“It’s my first vow renewal and I feel very privileged to be asked to do this for such a beautiful couple.”

Asked what their favourite quality was about one another, neither Ken nor Carol hesitated in their reply. “My favourite thing about Carol is her eyes,” Ken gleamed.

“My favourite thing about Len is his smile, and the way he would always stick up for me, no matter what,” Carol said, to which Ken added: “It’s my way of expressing how I feel about Carol – in the past, future and present.”

After a tearful but beautiful ceremony, the couple celebrated with guests during

a sit down two-course lunch designed and prepared by Juniper’s in-house chefs.

“We are very thankful to Juniper for helping to make our mum and dad’s wish come true,” Trish said.



The happy couple with Juniper Carramar staff

## Residents’ birthdays

A few of our beautiful residents at Juniper Carramar celebrated their birthdays in January, so we hosted a joint party on the 25th to help them celebrate their special day together!

We’d like to wish a happy birthday to the following residents:

### January

- 1 January: Henry
- 15 January: Graham
- 24 January: Ann
- 26 January: Domenica

We also look forward to celebrating upcoming residents’ birthdays in February, March and April!

### February

- 26 February: Gwen

### March / April

- 9 March: Pat
- 27 March: Geoff
- 3 April: Sam





## Residents' milestones

Our beloved resident Roy recently celebrated his 100th birthday on December 30! To mark this special milestone, we threw him a birthday party on Friday December 29.

To top off his special day, Roy was overjoyed when he received 120 birthday cards that were made especially for Roy by students from the local Beechboro Primary School and children from Jellybeans Childcare Centre in Morley.

Roy and fellow residents had a good chuckle at the funny jokes written into many of the cards, and also admired the wonderful drawings that were created just for him!

The cards were then hung up on the communal whiteboard for everyone to see.

A big thank you to our Juniper City of Bayswater chef Roseanne for baking Roy's beautiful birthday cake – a cream sponge filled with custard, cream and strawberry filling, topped with Roy's favourite – fresh fruit!

We hope you enjoyed your birthday celebrations, Roy!

## Pastoral Care

Our wonderful Pastoral Care Coordinator Benny John shares some beautiful words to inspire hope in everyone at Juniper Carramar.

Life is Beautiful with Jesus. No matter where you've been or what you've done, His arms are always open to you.

Our life can be full of challenges, heartaches, and tough decisions. And when things turn out the way we expected, we say life is not beautiful.

But Jesus knows us and our sorrows perfectly. His love is so awesome that no one can truly explain its greatness.

His willingness to accept me and His love make me speechless. I know that there is no way that I can make my life beautiful without him.

He is the alpha and omega, the beginning and the end and I am blessed to have Him as my best friend.

So, remember, regardless of what season your life is currently in, life will always be beautiful with Jesus.

"I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life." John 8:12

## Welcome to our new residents!



We would like to extend a warm welcome to our newest residents, **Michael, Cynthia, Domenica, Janet and Frank**, who have recently joined us at Juniper Carramar!

We hope you love being part of our Carramar family as much as we do!





## Lifestyle Update

We've been busy at Carramar over the past few months!

Check out the following events and activities that have been enjoyed by some of our residents over the past few months.

### Country performance

On January 2, we had country singer Peter Beanham come by Juniper Carramar to perform for our residents! The residents enjoyed the performance.

### Chicken visitors

On January 8, mother hen visited Carramar again with her 14 babies.

They have visited before in December and residents enjoy feeding them, holding them and watching them. The chickens belong to a staff's family member.

### WA Police Pipe Band performance

On January 10, the WA Police Pipe Band came to visit. They played the drums and bagpipe, and also answered questions about their uniform, instruments and history. Residents enjoyed the performance and look forward to having them back again.



Country singer Peter Beanham



The WA Police Pipe Band performs for residents



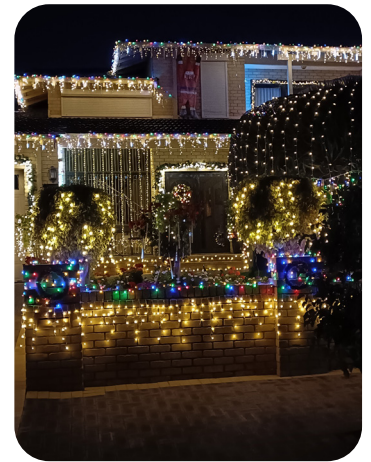
Edna holding a baby chicken

## Volunteer update

We want to give a BIG thank you to our wonderful volunteer bus driver, David, for giving his time to take residents out and about!

### Christmas Lights Night Bus Trip

On December 14, 18 and 21, David took 16 of our residents were taken on a scenic drive to see the twinkling Christmas lights around the local suburbs and the Perth CBD.



### Sightseeing Hillarys

On January 5, David took residents for a drive to Hillarys, where residents made a pitstop to enjoy morning tea. Thankfully, the weather was beautiful and residents loved admiring the blue waters of the coast!



## Allied Health Update



Exciting news! Plena Health will now be sending a Physiotherapy Assistant to do exercise classes with residents once a week!

## Residents treated to ballet show

A group of young, talented dancers from The Perth School of Ballet put on a breathtaking performance for our Juniper Carramar residents.

It was particularly special for our Macedonian residents, who were blown away when dancers performed a traditional Macedonian dance, complete with traditional costumes.

“The residents absolutely loved it and raved about it for days,” Juniper Carramar’s therapy assistant Lucy said.

“The students told us that they practice and train for 30 hours a week, in addition to going to school and doing homework.

“They performed for free as they are practicing for their upcoming performance in December and needed a practice crowd. They wish to return for another performance in the New Year.”

This incredible performance is a testament to the impact of bringing a sense of community, culture and belonging to our residents.

At Juniper, we’re all about connecting our residents to their local community, their cultural roots and the people, passions and places they have always loved.

A big thank you to the beautiful dancers from The Perth School of Ballet for putting on this performance and also to our wonderful Juniper Carramar staff who helped make this happen.



Young ballet dancers wowed residents



## Upcoming Events

### February

February 14: Gary Lynn Concert

February 16: Sightseeing Bus Trip

February 26: Dana Kazhumova Concert (free trial concert)

February 29: Monthly Birthday Party (Gwen)

### March

March 1: Men’s Pub Lunch

March 15: Fishing Trip at Hillarys

March 22: Bus Trip Sightseeing

March 22: Monthly Birthday Party (Pat, Geoff & Anita)

March 26: Easter Church Service

March 29: Good Friday Public Holiday

### April

April 1: Easter Monday Public Holiday

April 2: Akanna Entertainment Concert

April 5: Bus Trip Sightseeing

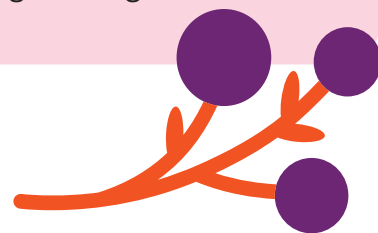
April 12: Ladies Morning Tea Bus Trip

April 19: Ladies Morning Tea Bus Trip

April 23: ANZAC Church Service

April 25: ANZAC Day Public Holiday

April 26: Bus Trip Sightseeing







## A BIG thank you to all our residents and staff who took part in Juniper Carramar's photoshoot!

In mid-2023, the Juniper Marketing team came to Carramar for a photo and videography shoot, which will be used for our brand new website, which will be launched soon!

We want to give a BIG thanks to all the wonderful staff who helped us with the shoot and a special shoutout to our lovely residents who posed and smiled for our photos!

Without you, we couldn't have had such a brilliant result!

Check out some of the photos below!



# \$100 gift voucher

## when you refer a friend

Simply get a friend to mention who referred them when they sign up their Home Care Package with Juniper and we'll reward you.

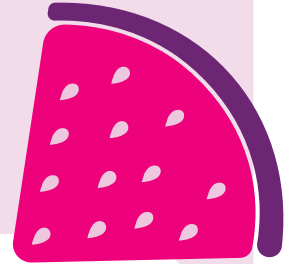
\*Terms and conditions apply. Offer ends 30 June 2024.



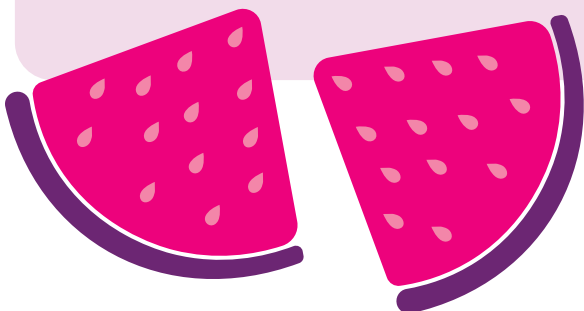


# Hello Summer

## Word search



V E P D T S U N F C U H C H  
 T C A L O H A N T Y H A P X  
 C A M P D C G M R Q D M G H  
 R B Y K F U N B I L O N P D  
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| ALOHA  | HOT      | SUMMER  | FUN        |
| BIKE   | SUNHAT   | SWIM    | LEMONADE   |
| CAMP   | VACATION | FISHING | WATERMELON |
| PICNIC | POOL     | SUN     | BEACH      |

