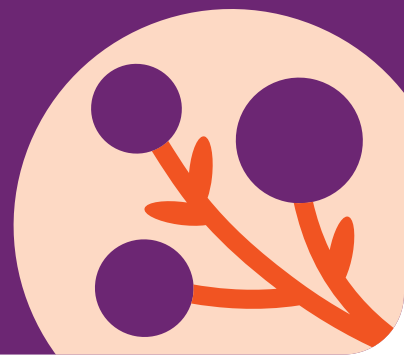


# Juniper Cygnet Residential Aged Care



Newsletter | June 2024

## Embracing Joy: Cygnet Residents Find Bliss in Buggy Rides

Every Wednesday afternoon, Juniper Cygnet residents eagerly await their turn for a 'Buggy Ride'.

These leisurely jaunts around the sprawling grounds of Rowethorpe offer more than just a change of scenery – they provide a sense of freedom, connection, and delight that enriches everyone who takes part.

When the ride comes to an end, staff and residents return back to their home at Cygnet to share memories of the ride over a cuppa.



We love seeing how experiences such as this put a big smile on our residents' faces!



## Message from the CEO



I hope you have all had a great start to the year so far!

We have much to look forward to this year.

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 Cygnet.

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 Cygnet continues to be a place where everyone feels valued and cared for, and connected to their local community.

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

Enjoy!

**Russell Bricknell**  
Chief Executive Officer

## Hello from Jiabao

Hello everyone! It is an absolute pleasure for me to be part of the Cygnet family.

We are dedicated and committed to deliver the high quality, person-centred care to all of our residents. We are well aware that everyone is unique and special.

In addition, we are implementing a partnering-in-care approach to visitors, families and representatives.

Moving into a home does not mean our residents will be isolated from their families or the local community.

At Cygnet, we endeavour to provide a home-like environment for every single resident, visitor and staff. We enable our residents to live as independent as possible, encourage and respect their decisions, choices and preferences. Our compassionate staff are here to provide support to all of our residents.

We appreciate your ongoing support for all of us here at Cygnet.

Happy reading!

**Jiabao Lin**  
Residential Manager



## Love a heart-warming tale?

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

Follow us on Facebook @JuniperAgedCare





## Val celebrates 80<sup>th</sup> in style



In February, Val celebrated her 80<sup>th</sup> birthday with a delightful afternoon tea and a delicious birthday cake!

Staff and fellow residents joined her to commemorate this significant milestone in her life.

We hope you enjoyed your celebrations, Val!

## Staff Milestones

We'd like to congratulate the following staff members who recently marked these incredible milestones at Juniper!

**25 years of service:** Annette Sampson

**10 years of service:** Sharon Watson

**5 years of service:** Jeremiah Baraiywo; Rupinder Kaur; Rafiun Nahar



## Residents' birthdays

We want to wish a happy birthday to the following residents who recently celebrated another lap around the sun!

**April 1:** Rose Mavor

**April 11:** Cecily William

**April 12:** James Kirkby

**April 26:** Keith Dunnet

**May 11:** John Brent and William Joss

**May 16:** Lorna Farley

**May 19:** Mrs Nina Reilly

We also look forward to celebrating the upcoming birthdays:

**June 12:** Ellen McCrystal

**June 19:** John Parlour

**June 29:** Marina Bremner

**July 7:** Maurice Shiosaki

**July 15:** Lynda Bush

**July 27:** Muriel Gallagher



## Farewells

Ginu joined Juniper Cygnet in 2014 as a Multiskilled Carer.

She delivered high quality care to all our residents according to their preferences and choices.

She shared her knowledge within the team and supported her colleagues to success. She respected everyone's uniqueness.

We wish her all the best in the future and appreciate her exceptional care and dedication.





## Lifestyle Program Update

### Group Walks at Cygnet

Group walks are a popular activity as part of our Lifestyle Therapy program.

These group outings offer a refreshing break from the normal routine while encouraging physical fitness.

Whether it's a crisp morning or a sunny afternoon, these group walks are cherished opportunities for community bonding.



Some new activities have been added to our program. All family and friends are welcome!

**Mondays and Wednesdays:** Social Hour  
**Thursdays:** Evening Bingo

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 We also have some exciting concerts coming up:

**Friday June 28:** Herald Skifflers Concert



### Feathers and fur bring joy and comfort

Cygnet had a special visit just before Easter from The Swan Valley Cuddly Animal Farm.

Instead of traditional farm animals, there were adorable, cuddly creatures like rabbits and guinea pigs.

Residents, family members and staff found great delight in interacting with the animals but it was not just about the cuddles!

Family, residents and staff all enjoy sharing their memories of having pets, which not only allowed them to reminisce but evoked a sense of purpose and connection to the event, which brought more joy than anyone could have imagined.





## Setting the bar higher in aged care

In recent years, there have been significant changes in aged care to ensure better quality care and support for older Australians.

As part of the proposed new Aged Care Act and regulatory model, the Aged Care Quality Standards are being strengthened to set out the expectations for aged care providers in delivering high-quality care and services to their customers.

This means:

- Enhanced focus on consumer rights and choice
- Greater emphasis on dignity and respect
- Improved governance and accountability to ensure accountability for the quality and safety of care provided
- Strengthened clinical care and support
- Greater attention to the dining experience and nutritional requirements of residential customers

The strengthened Aged Care Quality Standards represent a significant step



forward in improving the quality of aged care services in Australia.

For customers, these standards offer assurance of receiving high-quality, person-centred care that respects their dignity, autonomy, and preferences.

For more information on the strengthened Aged Care Quality Standards and what it means for Juniper customers, visit the Australian Government's Aged Care Quality and Safety Commission website

[www.agedcarequality.gov.au](http://www.agedcarequality.gov.au) or scan the QR code.



If you'd like to get involved, we'd love to hear from you. You can provide feedback in person by calling **1300 313 300** or by filling out the form on our website [www.juniper.org.au/enquiries](http://www.juniper.org.au/enquiries)

## Volunteer Update

We are so lucky to have seven-year-old Zoyel visit Juniper Cygnet every week – and our residents simply adore her!

Zoyel's weekly ritual involves bringing a selection of books from her school library and reading them to the residents.

Residents are captivated by Zoyel's storytelling, which provides them with a healthy serve of companionship, happiness and intergenerational connection.





## Happy 40<sup>th</sup> Anniversary Glenn and Pat!



**Congratulations to Glenn and Pat Miller, who recently celebrated their 40<sup>th</sup> wedding anniversary.**

Pat is one of our lovely residents here at Cygnet, and her husband Glenn lives nearby at the Juniper Rowethorpe Retirement Living Village.

To help the happy couple celebrate, our wonderful hospitality team, led by head chef Jason Lowe, organised a lavish two-course lunch which offered the choice of grilled barramundi or scotch fillet, with Oreo cheesecake for dessert.

Glenn was left speechless by the presentation of the food and the table, which included a vase of flowers and candles, with their very own custom-designed menu.

A big thank you to our wonderful Juniper Cygnet team for creating such a special atmosphere for Glen and Pat!



## Welcome to Karma Wangmo



Originally from the picturesque landscapes of Bhutan, my academic background in Environmental Science and Economics laid the foundation for a career focused on sustainability and holistic well-being.

Back home, I served as an Occupational Safety, Health, and Environmental Officer.

In 2019, driven by a desire to expand my horizons, I came to Australia, which led me to take up a fulfilling role as a carer at Juniper in 2020.

The compassionate and rewarding nature of this role not only honed my skills but also deepened my passion for making a positive impact in peoples' lives.

Juniper's commitment to nurturing talent and providing growth opportunities enabled me to transition into an administrative role in September, 2023.

This offered me a chance to broaden my skillset and take on new challenges.

Every day at Juniper Cygnet is a new adventure, filled with opportunities for learning and personal growth.

I am grateful for the unwavering support of my team and the warm embrace of the Cygnet community.

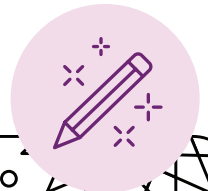
Their acceptance and encouragement have been instrumental in my journey of self-discovery and professional development.

Looking ahead, I am excited about the possibilities that the future holds.

My time at Juniper Cygnet has been nothing short of transformative, and I look forward to the adventures that lie ahead!



# Solve the word search puzzle



## FIND THE WORDS

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

- |           |         |                 |
|-----------|---------|-----------------|
| ASTRONOMY | MOON    | <del>STAR</del> |
| COMET     | MUON    | SUN             |
| COSMOS    | NEBULA  | TELESCOPE       |
| EARTH     | NEPTUNE | UNIVERSE        |
| EPOCH     | ORBIT   | VEGA            |
| EUROPA    | ORION   | WHITE DWARF     |
| GALAXY    | PARSEC  |                 |
| MARS      | PLANET  |                 |
| METEORITE | QUASAR  |                 |

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

Solution



Enjoy some quiet time with this illustration to colour in

