

Juniper Rowethorpe Retirement Living



Newsletter | June 2024

Juniper Retirement Living resident Sue ‘young at heart’ at 75

Keeping busy and embodying “young at heart” is the key to a good life for Juniper volunteer, retirement living resident, and grandmother-of-four Sue Scott, who just like Juniper, is turning 75 years young this year.

“I’m still going – so I guess that’s a good thing!” she laughed.

An active and social resident at Juniper Elimatta Retirement Living Village, where she has lived with her husband Dave since 2015, Sue credits her fervour for life to “keeping busy”.

Sue said volunteering not only gives her a sense of fulfillment but also means she can give back to others.

Visiting Juniper Chrystal Halliday Residential Aged Care Home in Karrinyup most Thursday afternoons, Sue splits her time between the home’s three levels, often supporting lifestyle activities like bingo, as well as spending some one-on-one time with residents she has developed connections with.

“I really enjoy it – I love spending time with residents.”



While Sue doesn’t plan to make a big fuss over turning 75, she is honoured to share the milestone with Juniper, which will celebrate 75 years of serving older people in the Western Australian community in November.

“We are so thankful to have found Juniper Elimatta,” she said. “I love living in such a close-knit community – we get along with everybody.”

“There is a real sense of togetherness, and we’ve made many good friends.”

The Juniper value of ‘respect’ resonates most with Sue, who has always stood by the saying ‘treat others how you wish to be treated’.

We are so thankful to have found Juniper Elimatta... I love living in such a close-knit community – we get along with everybody.



Message from the CEO



Hello to all our Retirement Living residents at Juniper Rowethorpe!

Can you believe we're midway through 2024?

And what an exciting year it has been for Juniper so far!

Firstly, I'm sure most of you would have heard the news of the Medical Centre reopening at Rowethorpe on May 16.

This has been welcome news for many of our Rowethorpe residents, and I'm sure Dr Siva Krishan and his team will provide great medical care for all new patients.

At Juniper, we are excited to continue providing quality services to all our Juniper customers, and this will be one of our biggest focus areas this year.

Whether it's through your social catch-ups or planned events, I have faith that the closeknit community at Rowethorpe will create many wonderful moments together which will be filled moments of laughter, learning, and shared experiences.

Your safety and wellbeing remain our top priority, so please reach out to your friendly Retirement Living Coordinator, Jade, if you need any support.

In this newsletter, you can read the latest news and updates in your community and about your fellow residents.

Happy reading!

Russell Bricknell
Chief Executive Officer



Hello from Jade

It's has now clocked past the eight-month mark since both Kaycee and I have joined the Retirement Living team here at Juniper Rowethorpe.

Thank you to our team lead Tracey Izard for her ongoing support and to all Rowethorpe residents who have made us feel so welcome.

It is lovely to have the regular visits as well as surprise visits at administration from our beautiful residents.

It is exciting news we have been recently updated with the Retirement Living strategy and the reopening of our very own Medical Centre on premises.

As a team, we endeavour to treat everyone with respect and fairness in hopes for a harmonious village and we appreciate for this to be reciprocated.

We look forward to creating more memories together and to work towards achieving continual growth and enhancements to our village.

Let's go Rowethorpe!

Jade Chin
Retirement Living
Coordinator



Little Rowethorpe Gem

"Another beautiful Rowethorpe sanctuary to sit on the brightly coloured seats, under a beautiful old tree, watching the Rowethorpe world pass by. Chat with some lovely folks from our village while you are here."



– Submitted by Paul Knight



Rowethorpe Storytime: The Hendry Sisters

Once upon a time, Thelma Harvey and Jack Hendry fell in love and started living life together as one.

Together, they had four lovely girls, Rhonda, Judy, Lynne and Jan.

As a family, they have lived all over WA, from the Wheatbelt and Fremantle to Bunbury, Bruce Rock and Bridgetown.

The sisters grew up and went on with their individual journeys as adults. They managed to stay connected with one another over the years through writing hundreds of letters.

Jan was a popular author, writing several children books in England but is now in rest.

Decades passed, and all three sisters eventually reunited in one place – Juniper Rowethorpe. Rhonda at Hilltop, Judy at Tranby and Lynne at Ron Wilson House.



▲ From left to right: Rhonda, Lynne and Judy in 1948.

All sisters were quite different but became highly valuable members of our Juniper community.

Rhonda has made dozens of patchwork quilts, Judy visited residential aged care homes as a volunteer for several years and Lynne is still an active member of the social committee.

In recent years, through the social club committee, Lynne has helped to arrange for meals to be delivered to residents in need during peak COVID times.

Juniper is honoured to have the Hendry sisters call Rowethorpe their home.

Medical centre reopens at Rowethorpe

The Medical Centre has reopened at Rowethorpe, with General Practitioner Dr Siva Krishnan to take on leadership, joined by a team of nurse practitioners.

The Medical Centre will reopen on 16 May 2024 under the leadership of Dr Siva Krishnan.

Dr Krishnan brings more than 40 years of medical practice, with a special interest in caring for older people and holistic health. He already provides GP services to residents at two Juniper Residential Aged Care homes, Juniper Hayloft and Juniper Sarah Hardey in Perth's south.

He will be joined by a team of nurse practitioners, adding to the services offered. Nurse Practitioners are Registered Nurses with the experience, expertise and authority

to diagnose and treat people, including prescribing medications and treatment plans.

A pathologist will also be located at The Medical Centre. We will share with you more details about this when they become available.

Initially, The Medical Centre will open every Monday, Wednesday, Thursday and Friday morning from 9am to 12pm. There is potential for further opening hours to be added if there is demand.

If you'd like to make an appointment, please call **1300 641 380**.

Research participants needed for good life study

Curtin University is on the lookout for people aged 65 and over to take part in a research project aimed at better understanding what older adults think they need to age well and live independently.

The 'Future Proof for a Good Life' study, supported by Juniper and iLA, is looking for people who are 65 years and older, living in Australia and want to live independently in their own home for as long as possible.

Researchers are particularly keen to hear from people receiving home care services, or those who have been assessed and are waiting to receive home care services, to take part in a 45-minute interview.

Associate Professor in the Curtin School of Allied Health at Curtin University, Dr Elissa Burton, said: "We are trying to see what older people perceive is necessary for them to live independently for the rest of their lives."

Reablement is a person-centred approach that helps individuals learn – or re-learn – the skills necessary to engage in activities that are important to them.

The aim is for people to regain their confidence, ability and necessary skills to live as independently as possible after an illness, injury or deterioration in health.

Juniper Director of Home Care and Retirement Living Angie Slater, an advocate for reablement, said many people do not



understand reablement and how it can help them live an independent life.

"Reablement means adapting the support network around someone so they can be empowered to continue to enjoy a meaningful quality of life. It's about putting choice and control back in their hands," she said.

If you fit the eligibility for the study and would like to take part please contact Dr Elissa Burton on **(08) 9266 4926** or e.burton@curtin.edu.au.

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





Residents' milestones

To the happy couple on their golden anniversary!

A big congratulations to Howard and Jenny Nock, who celebrated their 50th wedding anniversary on May 20.

The couple have been Juniper residents since 2007 and celebrated another spectacular milestone together as Rowethorpe retirees.

Congratulations on 50 years of love, laughter, and togetherness and we look forward to sharing many more memories with you!



▲ Howard and Jenny Nock in 1974.



▲ Howard and Jenny Nock recently posed for Juniper's Rowethorpe photo shoot.



▲ Proud great aunt Julie Atkinson with baby Emi.

Julie becomes a proud great aunt

On May 5, Tranby resident Julie Atkinson became a great aunt: "My niece had a beautiful baby girl called Emi. In Japanese it means beauty and peace. A shoutout to all Rowethorpe residents!"

Congratulations on the new addition to your family, Julie!

Farewells

Loretta Bartlett moves on

In mid-April, we said farewell (for now) to our lovely Tranby resident Loretta Bartlett. Loretta has been a Tranby resident since December 2019 and has moved over to Adelaide to be closer to her family.

Loretta is a kind, gentle soul with a smile that brightens the room. She has formed lovely connections with her fellow Tranby neighbours since joining the Rowethorpe family. We hope you have settled into your new home and hope Rowethorpe will have visits from you in the future! Take care Loretta.

Rest in Peace

Hugh Michael James West

30/6/34 – 10/4/24

Born in Modern, Surrey in England, Hugh was husband to Jan West and father to Rick, Rob and Jennie. A grandfather to many, Hugh was also a great grandfather to Thomas.

He was loved by many of his fellow residents at Rowethorpe, who fondly recalled his enthusiastic involvement in the art group, singing group, indoor bowls and particularly the Centenary Dawn Service on Anzac Day under the big tree. May you rest in peace, Hugh.





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

The strengthened Aged Care Quality Standards represent a significant step forward in improving the quality of aged care services in Australia.

- Strengthened clinical care and support
- Greater attention to the dining experience and nutritional requirements of residential customers

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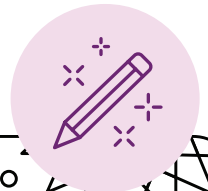
For customers, these standards offer assurance of receiving high-quality, person-centred care that respects their dignity, autonomy, and preferences.

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

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/



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
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| 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
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Solution



Enjoy some quiet time with this illustration to colour in

