## Juniper Retirement Living

Newsletter | February 2025

# Creativity sparks Victor's amazing life

Working on big name Australian TV shows, helping set up ashrams around the world and writing a highly regarded autobiography are just a few life highlights for Victor Marsh.

A resident at St David's Retirement Living Village in Mount Lawley, the 79-year-old grew up in Perth and went on to live a hippie lifestyle in Sydney and Melbourne for a while in the late 1960s.

Today, his base near the hustle and bustle of Beaufort Street proves a great fit for someone who continues to live a vibrant and creative life.

Victor said he delighted in living at St David's as it gave him the option to enjoy the company of others or just to do his own thing.

"I can make my own meals, and there's lots of services and good programs – it's a safe place," he said.

In the mid-1970s, Victor's life took a spiritual turn when he met a young guru and went on to help set up spiritual ashrams across Australia and later, the world.

After training to become an instructor in meditation and dedicating 10 years to being a monk, with half that time spent traveling the globe, Victor moved into the world of Australian television.

He was in front of the camera for educational shows produced by the ABC and subsequently picked up a job as associate producer on the 1970s and 1980s Australian TV staple, Young Talent Time.



"I was in my 30s and it was very busy work as an associate producer, finding new team members and guest acts for the show – we did 52 episodes a year!" Victor said.

What's inside

Seven decades as a pen pal Rummikub a big drawcard Stepping up with Transition Care Program





#### Victor's story continued

During his years on the show, Victor even had a front row seat to an "amazing" duet performance by YTT cast member Danii Minogue and her yet to be superstar, older sister Kylie.

Victor also worked on the hugely popular Beyond 2000 TV series, which showcased technological innovations of the (then) future, and moved to Los Angeles for five years researching stories and setting up film shoots for an American version of the show.

"It was funny being at Paramount studios in the commissary and there would be Star Trek alien characters in full make up eating their lunch," Victor said.

On returning to Australia in the late 1990s, he went back to university and collected a PhD in writing at age 60, and went on to craft multiple books including his autobiographical work The Boy in the Yellow Dress.

The book traces his life growing up in Perth in the 1950s when he first challenged gender behaviour at the age of three by wearing his mother's yellow dress, as well as his spiritual awakening and varied career in arts and television.

"It's been such a zig zag life – people's identities shift with their experiences," Victor said.

Looking ahead, Victor continues to write and edit more stories about his life for his next book and hopes to ink a publishing deal soon.



## Hello from Russell

Happy New Year to all of our residents across Juniper's retirement living locations. I hope everyone has had a great start to 2025.

Throughout the year, Juniper's retirement living coordinators do an amazing job keeping everything running smoothly and fostering a sense of community and I would to thank them for their ongoing dedication.

In recent independent research commissioned by Juniper, older Western Australians told us a sense of community was valued in fending off loneliness.

The Voice of older Western Australians research identified that connections with family and friends, a sense of community, and a sense of purpose that comes from helping others, were critical to wellbeing and happiness.

This issue of our newsletter is filled with uplifting stories about retirement living residents and groups out there enriching the lives of others by creating a sense of community. I hope you enjoy reading about their inspirational efforts.

Russell Bricknell
Juniper Chief Executive Officer









### Classic pop powers Rosemount exercise

Upbeat Juniper Therapy Assistant Jenny Garcia Pineda and a catchy 1960s playlist are the secrets to keeping members of a Juniper Rosemount exercise class active.

Before the weekly class gets started at the retirement village in Dianella, Rosemount resident Edward Hall has already popped into an open-door supervised exercise session for time on the exercise bike and weights.

"When you get older, you tend to sit down a lot and this keeps your mind busy and your body moving – it all helps," Edward said.

Jenny's weekly group session offers a fun mix of physio-prescribed exercise routines using resistance bands, leg weights, bouncing balls and hand weights.

"The key in uniting the group to exercise is motivation, having a friendly environment and everyone working at their own pace," Jenny said. With so much positive feedback from participants, these residents look set to keep on moving to the beat and having lots of fun doing it.

- Juniper Rosemount customers access the classes via a Juniper Home Care Package (HCP) or the Commonwealth Home Support Programme (CHSP)
- Prior to starting classes, customers take part in assessments delivered by My Aged Care and Juniper physiotherapists

Juniper Community Allied Health Manager Shaun Lee highlights some benefits of the Juniper Rosemount exercise classes.

The exercise group at Juniper Rosemount is a great way to get active whilst maintaining flexibility and social interaction.

Keeping active and engaging in physical activity helps improve or maintain strength and balance. This is crucial in ensuring you can continue to do things around your home, maintain a social life, but also prevent incidents like falls for as long as possible.

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### Friendships, music and art give Michelle the joie de vivre

Artistic pursuits, teaching and the timeless appeal of the French language have remained constants in the life of Rowethorpe Retirement Village resident Michelle Denise.

Amongst Michelle's creative outlets are portrait painting, heading up the Rowethorpe Writers Group and taking part in the Out of the Blue singing group, which performs around the villages.

"It's become my little world here (at Rowethorpe) – there's a real community feel," Michelle said.

"Being an introvert, it has changed my life as it gets you more social and outgoing."

With a Swiss French background, Michelle originally came to Australia from Neuchâtel, Switzerland with her parents as a youngster in 1958.

After finishing her school years in Sydney, she later ventured into the world of primary teaching, collecting a national teaching competition prize along the way.

"Being in a village, you form strong friendships. My petrol bill has gone down dramatically, but my interests have gone up dramatically."

> Michelle moved back to Perth in 1995 to be closer to her mum who was living with dementia at Juniper Trinity at the time.

Before long, Michelle met Geoff Bebb and the duo had a creative 13-year partnership researching, tripping overseas and jointly writing four self-published books including the historical fiction novel Deceitful Moon.

Sadly, Michelle has since lost her much-loved writing partner, but his inspiration remains an ongoing part of her life, and she continues to keep her artistic interests at the forefront.

In recent years, Michelle has started painting again, capturing fellow village residents in portraits and compiling books of her artworks titled 100 Hands and 100 Dogs.

With a variety of artistic and social outlets in and around Rowethorpe filling her schedule, Michelle has an enviable number of friends and community connections.

"Being in a village, you form strong friendships," Michelle said. "My petrol bill has gone down dramatically, but my interests have gone up dramatically."



### Seven decades as a pen pal

You might have had a pen pal or two growing up, but did you write to several hundred pen friends at once like Dorris Harvey at Juniper Rosemount?

Encouraged by her mother, who was also an active pen pal, Dorris started writing to people across the globe from age eight in 1947, including Christine, another eight-year-old girl living in New Zealand.

Now 78 years later, Dorris still corresponds regularly with Christine and was bridesmaid at her wedding during a one-off, six-week visit to the land of the long white cloud in 1959.

"I just kept writing and still do," Dorris said.
"I'd never seen her in person before attending the wedding, but we got on really well and her family was lovely."

Enjoying the retirement village lifestyle at Juniper Rosemount for the past five years, Dorris said there was always a lot on offer to keep her active and entertained along with writing to her pen pals.

"I like it because it's very homely – once I saw the courtyard, I thought this is it," Dorris said. "The group here get on really well."

When Dorris started writing to pen friends back in the late 1940s it was a hugely popular past time, and she would connect with fellow youngsters through the children's page in the daily newspaper or pen friend clubs at school.

Growing up in a remote part of WA, it wasn't uncommon for her family to collect several bags of mail during a visit to the post office.

While the active 86-year-old has corresponded with an incredible number of pen friends over the years, Dorris reached her pen pal peak in her 30s when she had several hundred pen pals on the go.

When asked to name a favourite pen friend, Dorris said a 30-year letter exchange with a Russian university professor named Raissa was a standout as every letter was so detailed, it was like receiving a geographical history lesson.

As well as written letters, Dorris has exchanged coins, stamps, clothing patterns and calendars over the years – she currently has quite the collection of 2025 calendars on a wall at her cottage.

Today, Dorris keeps in regular contact with about 30 fellow pen pals and plans to keep writing letters.

"I've liked learning about other people and other countries – my daughter has pen pals too," Dorris said.

With the Guinness World Record for longest pen pals currently sitting at 83 years, set in 2023 by two friends corresponding between Canada and the UK, Dorris could write her way into the record books.



# Marina brings more fun to Juniper Carramar

When it comes to creating a sense of community and adding vibrancy to Carramar Retirement Village in Morley, the energetic Marina Tisseverasinghe is a virtual powerhouse.

Enjoying living at the village since 2021, Marina and her husband Michael recently joined the Friends of Carramar as committee members to boost interest in existing activities and create new get-togethers.

"I would say that we made a good decision coming to Carramar, being an immigrant myself and living with people from different nationalities – we count ourselves fortunate," Marina said.

"It's not only the environment here, not only the people, but it's also what Juniper offers us – it's a good lifestyle."

Originally from Colombo in Sri Lanka, Marina graduated in economics and became an English teacher preparing Sri Lankan students to sit their Year 12 equivalent exams in the UK.

When the couple migrated to Perth in 2010, the proud educator wanted to continue her "dream job" and completed the required course to resume her teaching career in Australia.

As part of the village social club, Marina has gone on to set up a weekly Senior Movers light exercise class, boosted

### Juniper value - Hope

We support people to get the best out of each day, individually and as a community.



Marina Tisseverasinghe with Retirement Living Coordinator Maxene Brereton.

"Older people have a lot to offer, and I've thought of new activities to get more people involved. It gives me great joy, I feel I still have goals – I have more plans, like introducing a mahjong club."

numbers in twice-weekly games sessions where Rummikub is king, hosted barbecues and more.

"Older people have a lot to offer, and I've thought of new activities to get more people involved," Marina said. "It gives me great joy, I feel I still have goals – I have more plans, like introducing a mahjong club."

Always supportive of Marina's new ideas for get-togethers and boosting that sense of community is Retirement Living Coordinator Maxene Brereton who Marina has described as wonderful in her role.

Marina's husband Michael serves as resident DJ at the village hall, providing lots of support on the tech side of things by looking after audio and video needs at get-togethers.

If Marina didn't already have a busy schedule, she also has family catch-ups, sings solos at the local church and will continue to work as a pre-primary teacher on a casual basis this year.

"I'm a fun-loving person, and I like people,"
Marina said. "The bottom line is to get people
involved, be happy and enjoy whatever they
are doing."

### Peter steps up with Juniper TCP

Stepping into Juniper's Transition Care Program (TCP) at Juniper Annesley has provided a pathway for Peter Dunlop to get back to his normal life.

A retired clinical psychologist, the 81-yearold sustained a broken right ankle after being struck by a car on a walk home late last year.

After a three-week stay at Royal Perth Hospital to realign his ankle, which involved surgery, pinning, and a plaster cast, Peter was discharged with a non-weight-bearing restriction and required to wear a moon boot.

With the bedroom and bathroom of his Shenton Park home upstairs, Peter transferred from hospital to Juniper's TCP at Juniper Annesley in Bentley with the goal of being able to get home and successfully navigate the stairs to access his bedroom and bathroom.

TCP provides short term care for up to 12 weeks for those who need additional support after staying in hospital. Juniper's TCP takes a reablement approach, supporting people like Peter to be as independent as possible and get back to, or as close as possible, to where they were before their hospital stay. Juniper's TCP is delivered by a multidisciplinary team of nurses, allied health professionals, and support staff.

"My main concern was walking up and down stairs," Peter said. "The physio said if I didn't focus on my recovery properly, I'd never get my full walking back and that convinced me."

Peter received 24/7 care along with physiotherapy sessions to build up his strength, and prescribed equipment to support his return to full mobility.

"The thing for me was the quality of the people – they were all wonderful and made you feel very cared about, I was impressed," Peter said.

"The range of different cultures working with Juniper made it doubly good – I enjoyed the interactions, that made it quite special."

After extensive practice on the gym steps, Peter successfully demonstrated his ability to navigate the spiral staircase at home. Having passed this final test, he has returned to being able to fully weight bear on his right leg and living independently in his own home.

He is also back to dancing with his wife at live jazz music sessions in North Fremantle.

"I'm getting back to living my life normally and my goal is to get back to my previous level of fitness where I was walking every day to keep everything working properly – I'm certainly on my way.

"If my wife now expects me to do too much, I'll break my other ankle and come back."



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## Retirement village reforms pass State Parliament

Fairer retirement village laws are coming after changes to the Retirement Villages Act 1992 passed State Parliament.

Key updates include a 12-month limit for exit payments (lease-for-life and compulsory buybacks of strata properties) to departing residents.

Former residents can also request financial help from village operators for aged care costs while waiting for their exit payments.

Prospective residents will get clearer information upfront, plus access to a new public register for comparing villages.

The reforms clarify operator responsibilities for facility maintenance and residents' duties when preparing units for resale.

A new process will guide changes to village facilities and services.

These changes are expected to take effect by year's end.

## Proposed conduct rules for residents

A resident of a retirement village must:

- respect the peace, comfort and privacy of other residents and persons in the retirement village;
- not harass or intimidate other residents and persons in the retirement village (including the operator and any person employed in the retirement village scheme);
- not act in a manner that may place the safety of other residents and persons in the retirement village at risk of harm; and
- comply with the residence rules.

Find out more >



## Fresh is best for Bobbi

While growing up in the small rural community of Elleker, about 16 kms west of Albany, fresh fish was always a dinner time staple for Roberta "Bobbi" North

and nothing has changed some 70 years later.

Now living at Juniper Boronia Court Retirement Living community in Albany, Bobbi has fond memories of her childhood in Elleker. Bobbi's father would send his catch of mullet, brim, pilchards and cobbler to Perth by train to be sold at market.

After leaving high school aged 14, Bobbi went onto a mix of roles including a fish and vegetable packer for Hunts Canning Factory, also known as Kings Sound Salmon.

"We used to pack the tins, there was a team of us putting the fish in the tins," Bobbi said.

True to her upbringing when fresh fish was the norm, you still won't find Bobbi eating the tinned variety anytime soon.

"I eat fresh salmon, not tinned," spoken by the daughter of a fisherman.



Bobbi pictured in Carnarvon in the 1950s.





### Rummikub a big drawcard at Juniper Carramar

The number of players at Juniper Carramar Retirement Village game sessions has tripled thanks to the appeal of the popular tile-based game Rummikub.

While player numbers have lifted, so too has the number of sessions at the village hall with a Sunday get-together added to the long-standing Wednesday session.

Helping boost interest in the game are Friends of Carramar committee members Marina and Michael Tisseverasinghe who have been fans of the pastime for years.

"It's not about winning, it's about playing together and exercising our brains," Marina said. "It can be a tricky game, so it keeps the brain alert."

Numbers at Wednesday sessions have increased from three or four up to 16 after just a short time.

On Wednesdays, you can also hear the crack of pool balls for about an hour in the hall before players take up their positions at tables for Rummikub.

With many of the residents new to the game, they help each other get a handle on the finer points. It's due to that sense of community that the number of players has continued to grow.

"People really enjoy Rummikub, they even come half an hour before time because they're so eager to get started," Marian said.

## Juniper value - Welcome



We are gracious to one another, fostering connection among all who are involved in Juniper.

Keep being you.



### Rowethorpe group on the write track

Each fortnight, an industrious group of established and budding scribes gather to compare stories at the Rowethorpe Writers Group.

Members come up with a new topic at the end of each meeting, then head off to their respective writing settings to craft an entertaining tale they can share with the group two weeks later.

Long time Rowethorpe Retirement Living Community resident Michelle Denise has become a fixture of the group for the past 13 years and keeps everything ticking over.

"It's so interesting, the diversity of what stories come out of the subjects – it's amazing," Michelle said.

"The person that writes the story, always reads it best."

Meetings prove a great communal gettogether for village residents with the resulting stories ranging from the hilarious to tearjerkers.

The self-described "baby of the group"
Fran Roberts who joined about a year ago,
appreciates all the laughs and camaraderie
that the group provided and said it had
helped her become more creative.

Along with sharing her short stories with the group, published author Kisane Slaney took parts of her latest novel The Heiress to meetings while it was taking shape to gather valuable feedback.

Group member Bryan Hughes said he enjoyed how writing about such a diverse mix of topics stimulate the grey matter, and he always looks forward to sharing his latest yarn.

A bigger audience for the group's stories might not be too far away with plans to develop a half-hour show for community radio.

"We're always looking for new members, even if they just want to come along to listen, it's a lot of fun," Michelle said.

# Juniper value - Courage

We are bold in our creative thinking



### Bingo keeps rolling at Juniper St David's

It's eyes down each and every Tuesday at Juniper St David's Retirement Village in Mount Lawley for a dedicated group of bingo fans.

"We're like the follies (theatrical revue) - we never close," says the group's bingo caller and treasurer Brenda Stubbs with a laugh.

With perfect diction, Brenda has called 11 bingo games each week for the past three years with support from the always dynamic Joyce Ashworth who organises the games, checks winning cards and prepares afternoon tea.

Not one for calling out those bingo nicknames like "Legs 11" or "All the fives", Brenda prefers to keep it simple with the numbers so she can keep the games flowing.

"It's not just to play full house games; but having different combinations to keep it fun and to keep the mind going," Brenda said.

Those different game combinations include picture frame rounds where players mark the spaces around the edge of the bingo card to win or have the right selection of numbers to create patterns such as a letter Z or a diamond.

A steady group of 14 players keep things fun at the two-hour weekly sessions as they vie for \$5 winnings on full house games and \$10 for the jackpot rounds. There's always lots of applause and congratulatory support from players when a lucky winner declares the all-important "Bingo" during rounds.

Now in her 80s, Brenda said "the company" the bingo sessions provided to residents at St David's Retirement Living Village, as well as a few players from the nearby Juniper residential home, were a big reason why she enjoyed the pastime so much.

"Everyone likes a bit of competition, and it's nice to have a win, even if it's \$5," Brenda said.









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# How older Western Australians view ageing, ageism, and the state of the world

Have you ever felt dismissed or overlooked because of your age. Or, when you think about it, have you been ageist yourself, without even realising it?

We all know how hurtful it can be to be judged for something we can't control, but sometimes, we don't notice when we might be doing it to others.

To mark Juniper's 75th anniversary in November 2024, Juniper commissioned CoreData WA to explore how older Western Australians view ageing, ageism, and the state of the world.

The Voice of Older Western Australians found a generally optimistic cohort of older Western Australians who want to travel, exercise, give back to the community and learn new skills.

However, it also revealed a few concerning statistics:



2 in 3

older Western Australians have experienced some form of age-based discrimination.



18%

of older Western Australians say they were not taken seriously by a health care professional.



11%

were treated poorly or made to feel foolish by a customer service worker. The World Health Organisation (WHO) defines ageism as stereotypes, prejudice, and discrimination based on age, affecting individuals interpersonally, self-directed, or institutionally.

Despite being an overlooked issue, ageism is pervasive, often devaluing older people more than any other group.

With life expectancy rising, it is also likely to become more widespread unless we all take action to challenge it.

The research shows older Western Australians feel their generation is knowledgeable and resilient, but they often believe younger people don't value their experience.

Sadly, many of us unknowingly perpetuate these biases, whether through dismissive attitudes, ageist jokes, or ignoring the needs and ideas of older individuals.

It's essential to reflect on and confront our own ageism.

Fostering an environment that recognises the value of people at all stages of life begins with calling out ageism when we see it or experience it and avoiding using terms like "old person," or "elderly", rather using respectful terms such as "older adults".

Engaging in intergenerational activities can also help reduce prejudice and break down stereotypes, promoting mutual respect. By addressing ageism, we not only uplift older generations but build a society that values all stages of life.

Find out more >





### Group stitches its way to the heart

The Hugs and Stitches craft group at Juniper Chrystal Halliday Retirement Living is helping lighten the financial load for grandparent carers across the state.

For the past 15 years, members of the group have supported a variety of charities by making everything from jackets for premature babies to knee rugs, library bags and scarfs.

Former Juniper employee Robyn Edwards started Hugs and Stitches in 2010, and since then the group of Juniper Chrystal Halliday residents and friends has offered a social outlet to knit, chat and enjoy a cuppa each Thursday.

A couple of years ago, the group got word of the compassionate efforts of Grand Carers WA, which supports grandparents who take on the role of primary carers for their grandchildren.

For the past two Christmases, Hugs and Stitches has donated \$2000 to Grand Carers WA from proceeds raised from a shopping centre stall selling knitted wares and raffles.

"It's lovely for the members to feel that they are contributing to the community and to have that sense of achievement and personal satisfaction with what they create," Robyn said.

Grand Carers WA Vice President
Diane Franklyn said the cost for many
grandparents in WA who were solely raising
grandchildren on a pension was challenging
and the group was enormously grateful to
Hugs and Stitches.

"They are part of our family, we very much appreciate all the work they do," Diane said.

Each year, Grand Carers WA helps members from around the state with a \$300 food fund at Christmas and twice-yearly educational funding.

"The help we receive from groups like Hugs and Stitches makes all the difference," Diane said.

"It might go towards new shoes for the school year and a backpack, so they can feel like the other kids.

"The love that Hugs and Stitches shows us helps keep us going."



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### No end of fun for bowlers

Elimatta Retirement Living in Menora is home to a group of bowlers who combine the bond of friendship with a bit of healthy competition.

Players like Graham Collins have been part of the 12-member strong Elimatta Bowling Club "since day dot" while others have taken to the sport more recently.

Each week on the green, members generally play 16 ends of Scroungers Rules – individual scoring rather than team scoring - or about 11 ends if the weather is too hot. Two winners then play-off to decide the day's overall champion.

A pairs competition also held each week regularly wraps up with the champion striding off with around \$15 in winnings.

Group member Beverley Jones said the social aspect that the informal competition provided to members was really at the heart of the club.

"It keeps your mind active because you need to keep track of the game, but it's the people and the camaraderie," Beverley said.

"I enjoy the fellowship, it's good exercise and there's a little bit of competition."

Several of the members also compete in monthly metropolitan pennant contests for clubs such as the Master Builders and the North Beach Bowling Club.

Members range from several in their mid-70s through to the group's most senior player

As well as looking to continually improve their game play on the green, the group is again set to share the love of bowls with others.

"We had a competition with a retirement village down the road last year, and we're looking to do it again this year - it's such a nice social get-together," Beverley said.

With one group member working out that the average distance walked to play 11 ends is more than a 1km, this energetic bunch is set to keep things fit and friendly for a long time to come.



### What's happening around Juniper





#### Short film puts older **Western Australians in** the spotlight

The short film "Wise: The voice of older Western Australians" produced by tsp studio in collaboration with Juniper Aged Care world premiered at the WA Made Film Festival in February. In the film, six older Western Australians shared their stories before the unveiling of their portraits by renowned photographer Steve Wise.



#### Next level dining at chef's table luncheons

Juniper's hospitality team is keeping dining fresh, tasty and entertaining with its chef's table luncheons. Held monthly at all Juniper residential aged care homes, chef's table events give customers an opportunity to trial a range of dishes shortlisted for the 2025 winter menu later this year.



#### Juniper celebrates 75 years of caring

Celebrating 75 years of caring for older Western Australians is a big achievement, and Juniper reached this incredible milestone late last year. Extremely proud of the achievement, Juniper CEO Russell Bricknell said the organisation's incredible staff had shown great expertise, compassion and kindness across the years.



#### **Juniper Annesley TCP** opens its doors

The 16-bed Juniper Annesley Transition Care Program (TCP) in Bentley has welcomed its first customer. The home-like environment offers up to 12 weeks of around the clock care during recovery following a hospital stay, injury or illness.





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### Margaret's book review

Rowethorpe Retirement Village resident and Rowethorpe Writers **Group member Margaret McMath** shares her review on the timeless literary classic "Tarka the Otter" written by Henry Williamson...

This novel was originally written as an information diary. At first, I found it a difficult read but then became engrossed in the story.

Tarka the otter was born to his mother with two siblings, she taught them everything they needed to survive in their harsh environment as well as how to have fun.

Sometimes the details in the book made me want to stop reading, as otters may look cute but they can also be cruel predators.

This book describes in much detail an otter's life, how the local Otter Hunt Club terrifies and destroys not only the otter population, but also other woodland and river animals.

Who knew that otters have a playful time in the local rivers of England, swimming, chasing



food together and sleeping

curled up together in their holt home at night. When hunting food, they catch and kill fish, a lovely long eel and on the riverbank and even frogs are not safe.

Their lifestyle sounds ideal, but there is a dark side also told. Large hunting dogs will chase and kill otters, people in the local Otter Hunt Club will also hunt them.

This story describes in detail how otters live within the rivers and their interactions with other local animals. It is a fascinating read, an education and an eye-opener into the animal kingdom. It makes you want to spend a day on a local river to watch the life of an otter.

