

ECA Community Link

Brolga Apartments, Illoura Village & Wharparilla Home Care

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Lodge Residents

February 17...Residents & Relatives Meeting

February 17....Birthday & New Resident Afternoon Tea

February 21...Yoga Exercise Session

February 21.... Argentinian Tango Happy Hour

February 24Laughter Therapy Session

February 25.... Shrove Tuesday Pancake Morning Tea

Outings – Bookings Essential

February 3.. Cohuna Waffles Afternoon Tea

February 10...The Nook Café Afternoon Tea

February 11...Echuca Workers & Services Club Lunch Outing

February 18...Echuca Workers & Services Club Lunch Outing

February 25...Star Hotel Afternoon Tea

CEO REPORT

Hello from the CEO

Notice of Special Meeting

A special meeting of the residents of Cunningham Downs Village will be held in the Community Hall, 20 Hartshorn Drive Echuca at 10.00am on Tuesday 11 February 2020 at 10.00am

Business:

- 1) To approve the Statement of Purposes and Rules for the Cunningham Downs Residents Committee.
- 2) Meeting Close.

The regular residents' meeting will commence at the conclusion of the Special Meeting.

The formal notice and copy of the proposed rules will be sent out with this newsletter.

Building Insurance

I have received a number of queries with regard to what type of insurance relates to the independent living units. The Echuca Benevolent Society has two policies that directly relate to your unit. Firstly we have building insurance to cover the cost of rebuilding or repairing your unit if it is damaged by fire, flood and/or any other accident. Secondly we have a business interruption policy that would enable us to pay for the costs of re-housing you whilst your unit was being repaired or rebuilt.

Evacuation Plans

Attached to the newsletter is a copy of evacuation guidelines that have been developed in consultation with Retirement Village experts in this field.

Jason Gould will be in attendance at the next Residents Meeting to answer any questions and to also discuss the option of a supporting messaging service to the guidelines.

Best wishes

John Dean
CEO

DIRECTOR OF CARE SERVICES

Happy New Year to everyone. We have recently had a little bit of respite from the hot weather but there are more hot days coming up so please continue to drink plenty of water (those on fluid restrictions follow your Doctor's advice), keep cool and stay out of the sun during the hottest part of the day.

Welcome back Morgan to her shared role of Team Leader in Enterprise following the birth of her daughter Evie. Morgan shares the role of Team Leader in Enterprise with Janae during the week. Evie has visited several times and has charmed residents and staff with her smile.



Thank you to some little helpers that came and painted some of the outdoor furniture in the Canberra courtyard recently. Two of Celeste's (RN) children visited yesterday and painted the chairs and tables pictured below.



Residents are enjoying the improved look in several of the courtyards and a big thank you go to the volunteers, residents and staff who have been working on maintaining the gardens.

Over the coming months more of the courtyards are being updated and residents and their visitors are encouraged to make full use of the areas.

The next resident and relatives meeting will be held on February 17 at 1.30pm in the Engelbert Hall. All representatives are welcome to attend and participate.

As a friendly reminder, the yellow forms at reception can be used to provide feedback, compliments and complaints. These forms are confidential and go through a formal process so we encourage you to place your name on them for direct feedback.

CARERS SUPPORT GROUP

New members welcome and join in the peer support of others caring for someone in the varying stages of dementia. Each month we share companionship and the challenges of the care needed.
Next Meeting is on 13 February at 1.30pm in the Community Hall.

Jennifer Putna

Director of Care Service

PODIATRIST VISITS 2020

| Date | List |
|---------------|------|
| 7th February | D |
| 21st February | A |
| 6th March | B |
| 20th March | C |
| 13th April | D |

| List | Rooms |
|------|---------|
| A | 25 – 47 |
| B | 2 – 24 |
| C | 48 – 63 |
| D | 64 – 93 |

January played host to Australia Day activities including a special happy hour, baking and art & craft. Celebrations included a big bacon & egg breakfast and traditional lunch and Pavlova's. The Australian Open captivated most people throughout the duration with many late nights had watching thrilling matches.

The New Year started with a 2020 planning session, residents shared some great suggestions for new activities and places to visit as well as feedback on the previous year's activities and events. One of the new most loved outings has become a trip to Cohuna to enjoy waffles, as requested we will be going back to Cohuna on February 3. Other outings will include lunch at the Echuca Workers & Services Club, an outing to the Nook Café and Star Hotel.

A new activity of yoga classes led by Pauline has become a monthly occurrence as residents experienced and new to yoga have developed a new found appreciation for the alternative exercises. Pauline's next session will be on Friday 21 February at 1.30pm in the Engelbert Hall.

As trying something new continues to be an enjoyable experience for our residents, on Friday 21 February our happy hour entertainment will showcase guest performers for a special demonstration of the Argentinian Tango.

Another new activity, invites Nerida from the Echuca Library to practice the old saying 'laughter is the best medicine', in this activity residents are encouraged to bring along a joke to share with others for some laughter therapy!

February will spread the love as we embrace Valentine's Day with special art & craft and a Love Happy Hour! Shrove Tuesday will be observed with our bona fide pancake making morning tea.

Cassie Powell
Lifestyle Team Leader

June Campbell's late husband Jim could teach a thing or two to all those fashionable young couples renovating houses on today's reality TV shows.

Rather than spend money on holidays, Jim would spend most of his time off extending and improving their home in Warren Street, Echuca, making life more comfortable for June and their children.

June was born on September 11th, 1932 in Tongala, the youngest of four children. Dad, Cecil Grimison, worked for the Water Commission and Mum, Nancy, was a homemaker and a wonderful piano player.

"Mum played so beautifully at our many Christmas celebrations at home and also out in the community," remembers June. "I did start to learn to play but never kept it up."

June attended Tongala State School where one of her joys was to tap dance – she took to the stage in a number of concerts.

"I loved ballroom dancing too – we used to go to dances at the Kyvalley Hall."

Her first job was as a waitress and kitchen hand at the Tongala Hotel. June did have a drink when she was young but now weak black tea is her beverage of choice - "and I have four or five a day!"

There were no jobs to speak of at Tongala in those times for a young woman and June moved to live with her eldest sister Iris in South Melbourne. She got a job fitting shoes at Ezywalkin Shoes nearby and was there for some years.

Then Jim Campbell caught her eye. Jim had been in the army and was a carpenter at Tongala butter factory. He was a real scallywag, says June. The family says Jim liked his whisky and made up for June's non-drinking!

Jim's family came from Echuca: his father was a blacksmith and wheelwright whose name is still on the building currently occupied by St Anne's wine outlet in the Port of Echuca.

June was 19 when they married in 1951 at the Tongala Presbyterian Church. Later their eldest, Lynette, was born, followed twelve years later by Julie, then Helen and William.





Lynette was only two when the family moved to their Echuca home. Jim had been appointed as maintenance officer at Echuca Hospital - he was to stay in the job for twenty five years.

Jim loved his shed and working on the house but there were trips to New Zealand and Canberra and the children enjoyed visits to relatives and being taken on little trips by big sister Lyn.

June contributed to the school parents' committee but never got around to getting her driver's licence so that restricted her activities a bit. She knitted a lot before arthritis began to give her grief. There were garments for the bubs, and everyone could count on a scarf from June. She also enjoyed her garden.

After Jim passed away, June stayed on in Warren Street; then daughter Julie came home and bought the house, and June moved into a unit in Goulburn Road.

As a war widow she joined Echuca Laurel Club, met many other ladies who were on their own, and went on several highly enjoyable trips.

At the start of 2019 June moved to Wharparilla Lodge, where she joins in lots of activities and is particularly keen on baking and craft.

June feels most fortunate that all her children live locally. Today there are eight grandchildren and three great-grandchildren to enjoy, and two little angels to remember always. Tiny great-grand-daughters Charlotte and Maya were born sleeping, but are always remembered with love in every family gathering. Family always takes top priority.

"If the family is all right, then you are all right," says June. And Lyn adds: "The family is very happy that Mum is where she is."

As Told By Gwen Potter

February's birth flowers are the violet and primrose. While many relate red roses with February thanks to Valentine's Day on the 14th, the violet is actually the February birth flower. This purple-hued bloom is a symbol of modesty, faithfulness and virtue.



Amethyst, the birthstone of February, is a variety of Quartz that carries a spectacular purple colour that ranges from a blend of deep violet and red to a lighter lilac hue. Ancient Greeks believed that the stone protected the wearer from drunkenness and enabled them to keep a balanced mindset.



Opera For The People 2020

with Dame Edna

at Sidney Myer Music Bowl.

A FREE event with an irrepressible hostess.

1st February 2020.



Southern 80 Water Ski Race



The Southern 80 Water Ski Race provides the vehicle to showcase and celebrate the essence of the region. Staged annually over 80 kilometres on the Murray River, the Southern 80 attracts up to 400 boating enthusiasts from all around Australia, New Zealand, UK and USA as well as an estimated 100,000 people to appreciate and immerse themselves in the stunning natural surrounds of the Murray to witness the stunning spectacle that is the Southern 80 event.

Riverboats Music Festival



Staged in the twin-towns of Echuca-Moama on the third weekend in February each year, Riverboats takes place under towering river red gums in a natural amphitheatre next to the mighty Murray. Historic paddle steamers meander past all weekend, and occasionally the corellas get a bit raucous at sunset. We have one stage and plenty of room for dancing, brilliant artists and some of the best food trucks going round.

In 2020 the Riverboats Music Festival will celebrate its ninth anniversary from Friday, February 14 to Sunday, February 16.

FACTS AND BIRTHDAYS

February dates:

- February 7th to 9th - Southern 80 Ski Race
- February 14th - Valentine's Day
- February 14th to 16th - The Riverboats Music Festival

February Birthdays

- ❖ Carol Hughes
- ❖ Anne Murray
- ❖ Maureen Henry
- ❖ Lorna McFarlane
- ❖ Anne Simpson



Welcome

TO OUR NEW PERMANENT RESIDENTS
And to our visitors who are here for a short while

Our Mission

"To provide and maintain the highest possible standard of care for our residents and clients"

DIARY DATES

February 2020

1stSausage Sizzle

1st.....Craft in Craft
Centre

9thPizza Night at
Hall- just turn up
5.30pm
Order or Takeaway

11thSpecial
Residents Meeting
10am

11th Monthly Residents
Meeting to follow

26...Residents
Luncheon

WEEKLY EVENTS

Bowls.....Monday

Art.....Tuesday

Chairs.....Wednesday

Happy Hour.....2nd
Sunday

Bowls.....Wednesday
6.00 for 6.30pm

**Belated birthday
greetings to
Max Kerr on
celebrating his 90th**

INDEPENDENT RESIDENTS REPORT

Firstly, a big thankyou to Management for the delicious Christmas Lunch. It was greatly appreciated by all who attended.

Over the years February has been popular for weddings. On the 1st February Jack and Beryl celebrate 62 years, on the 15th February Ron & Joan Luke celebrate their 67th anniversary and Don and Vera Southwell celebrate their 67th anniversary on the 28th February. Makes John & Lori Meincke's 39th on the 15th January be of a short duration. Lori is celebrating her 80th Birthday on 19th February.

Euan & Dawn Brown – Celebrated their 50th Wedding Anniversary on the 3rd January 2020. They did try to keep it quiet.

If you celebrate a Special Occasion in February, we hope your day is special for you. I wish all our unwell residents a quick recovery.

'You know you are getting old when you accompany your daughter to the theatre and she uses her senior card'.

Contributed by Shirley O'Bree