

SEPTEMBER 2020

ECA Community Link

Cunningham Downs Village, Ibis Apartments, Brolga Apartments, Illoura Village & Home Care

CEO REPORT

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Hello from the CEO

Under the restriction in place in regional Victoria, attending an annual meeting of retirement village residents is not a permitted reason to leave your home combined with the limit on numbers to gather in meetings.

There is no set time frame under the Retirement Villages Act to convene an annual meeting of residents. Therefore, we will be deferring the meeting until current restrictions are eased.

For your information, I have outlined the annual meeting requirements.

Annual meeting of retirement village resident requirements

Echuca Benevolent Society Inc. must hold an annual meeting of residents.

We must provide the following information:

1. A statement signed by the owner of the retirement village land, which must detail:
 - refundable ingoing contributions – whether contributions that should have been paid out over the past 12 months were paid in full and according to requirements. The statement must give reasons for any failure to do so
 - debt management – whether the owner is aware of any reasons why the village will not be able to meet its debts during the next 12 months, and why.

2. A financial statement that details:

- the previous 12 months' income and expenditure
- any provision for future extraordinary or major works
- expected expenditure on goods and services for the next 12 months
- any proposed increases in maintenance charges to be paid by residents
- any special levies residents may be asked to pay.

The financial statement must be audited, unless residents have agreed by special resolution at the previous annual meeting to waive this requirement. A special resolution requires the support of at least 75 per cent of residents attending and voting at the meeting.

3. A report on internal complaints and disputes during the past year, including:

- the number and types
- action taken to resolve them
- their outcomes, and
- any changes made or proposed to address issues requiring a broader response.

Resident Survey

Please find enclosed a Resident Survey 2020, which we would like you to please complete and return to Reception at Wharparilla Lodge by **Friday 25 September.**

If you require any assistance to complete the survey, please contact Lynn Hopson on 5480 5000.

John Dean
CEO

Farewell to Beverley Griffiths after 24 years of service to Echuca Community for the Aged



Bev moved to Echuca in 1995 (where she grew up). At the time, she was working at Warramunda Village, Kyabram and travelled back for work every day.

In 1996, a secretary position became available with Echuca Benevolent Society which Bev applied for and was successful, so commenced work at Engelbert Lodge in August.

In 2004, The Board of Management commenced plans to build a retirement village on a greenfield site on Mt Terrick Road. Once the Wharparilla Lodge administration building was complete, Bev moved to the new building and

continued as Office Manager, which involved completing tasks such as payroll, accounts, residential fees, workcover and secretary to the Board of Management. One of the highlights was meeting the families for prospective residents.

This role carried an enormous workload as at this stage EBS consisted of 90 permanent residents, the Illoura units were being demolished and rebuilt and Brolga apartments consisted of 14 residents, plus the Independent Living Houses. Despite this being a busy time, Bev found it enjoyable being part of the growth of EBS.

In 2014, Bev commenced part time work due to family commitments, as an Administrative Assistant and stayed in that role until retirement. Bev has enjoyed working in her role and being part of a wonderful organisation. For 24 years, she has brought a caring, positive attitude to the office and we will miss her wisdom and influence. She also has made many lifelong friends amongst workmates, families and the elderly residents.

Bev will now enjoy a well earned rest spending time with her family, gardening and maybe some travel when the borders permit.

We will miss you Bev, but wish you a happy, healthy retirement.



Congratulations!

Congratulations to Elaine and Joe Murphy who celebrated 65 years of marriage on August 27. The couple met as schoolchildren in Mathoura, Elaine was the daughter of the town's grocer and Joe the son of a generational timber cutting family. They both attended Mathoura Public School and Echuca Technical School.

They were married in 1955 at Moama Anglican Church. Elaine was 21 and Joe 19. They travelled by bus to Albury for their honeymoon. 'It hasn't been all plain sailing; life was much different 65 years ago'.

The couple have a son Brendon who lives in Echuca and a daughter Belinda who lives in Melbourne, who are both retired. They have two grandchildren and one great grandchild.

The couple moved to Cunningham Downs six years ago after previously living all their lives in Mathoura.

Due to Covid-19 restrictions, the celebration milestone was a very quiet occasion.

To Elaine and Joe, Congratulations and Best Wishes to you both.



— — — — —
65 YEARS OF MARRIAGE
780 MONTHS OF HUGS
3390 WEEKS OF LAUGHTER
23,725 DAYS OF PATIENCE
569,400 Hours of Love
TRUE LOVE IS BEAUTIFUL
AND LASTS FOREVER
— — — — —

Spring



In Spring, the earth's axis is tilted toward the sun, increasing the number of daylight hours and bringing warmer weather that causes plants to bring forth new growth. Spring begins around March 21 in the Northern Hemisphere, and ends with the beginning of summer. Frequently, it is instead counted as the whole months of March, April, and May in the Northern Hemisphere and September, October, and November in the Southern Hemisphere.

The sun rises in the earlier hours of the morning and sets later on in the afternoon. The days get slightly warmer. Spring flowers start to appear, birds start building their nests and the farmers deliver newborn lambs. Weather in spring is varied. Some days it may be cold enough to snow, and some days it is warm enough to spend the day outside. Spring months can also be very windy.



The annual Spring Racing Carnival of thoroughbred horse racing events is held in Melbourne in October and November, with large crowds attending. The Melbourne Cup, held on the first Tuesday of November, is Australia's premier horse race and is recognised as a public holiday in the state of Victoria.

Spring is seen as a time of growth, renewal, of new life (both plant and animal) being born. The term is also used more generally as a metaphor for the start of better times. Spring in the Southern Hemisphere is different in several significant ways to that of the Northern Hemisphere. This is because there is no land bridge between Southern Hemisphere countries, which means the Antarctic zone is capable of bringing in cold air much easier than to countries in the Northern Hemisphere.



September Birth Flower - Asters

September's birth flowers are the aster and morning glory. Also known as starworts or frost flowers, asters are a symbol of all-powerful love, affection and wisdom. Asters are available in many colours, but are most commonly found with pink, white, red, mauve or lilac blooms.



*I thought this was gorgeous for all the Fathers, Grandfathers
and Great Grandfathers*
Happy Father's Day



A little girl ran to her grandfather jumped into his arms and gave him a great big hug.

Then she ran her fingers along his balding head and the side of his wrinkled face.

"Did God make you Granddad?" she asked.

'Yes honey, he made me.'

She felt her own cheek and then asked

"Did God make me too?" "Yes honey, he made you too."

"Well" she shrugged "Don't you think he's doing a better job than he used to?"

Wellness Program

Here at Wharparilla Lodge we have a wellness wall for our staff that is updated weekly with helpful tips, quotes and ideas. We are sharing just a few of these with you, as now more than ever, we need to be looking after ourselves and each other.



Healthy Breakfast Ideas



Welcome

TO ALL OUR NEW RESIDENTS

FACTS

September Dates:

1st Australian Wattle Day associated with the beginning of Spring

6th Father's Day



Birthday Greetings to those who are celebrating a birthday in September

SMOKING POLICY

All Cunningham Downs is a 100% SMOKE FREE environment

INDEPENDENT RESIDENTS REPORT

If 2020 has taught us anything it is never take anyone, any day, or anything for granted.

The past weeks have been very quiet with little or no social occasions. Due to Stage 3 restrictions, the Community Hall is closed until further notice; there has been no social activities, meals or sport. The library is currently closed and will be relocated in the room next to the kitchen. No Sausage Sizzles diarised at this point in time, with no indication as to when they will resume.

Bill Musgrove has the garden under control but as it is winter, there is little produce on offer. We welcome Spring and look forward to some warmer weather. The grapefruit tree is laden with fruit so if you enjoy one for breakfast, now is the time.

If you wish to begin to utilise the Men's Shed contact Laurie Honey at 7 MacMahon Way and he will organise an introductory tour.

We welcome our newest residents, Harry and Margaret Castles who have moved into 16 Carlisle Way. Harry was born in Bendigo. He met Margaret from Wyuna East in 1956 and they were married in 1958. They have three children all living in Echuca. Harry's family have been involved in the roof tiling industry for generations.

Birthday Greetings to Anne Arnold (19th) and Shirley O'Bree (20th). If you are celebrating a special event in September, we hope the day proves extra special.

Our deepest sympathy to June Milgate on the passing of her husband, Ian.

If you have not been well lately, we hope better days are ahead.

For those who like to plan events around Easter, in 2021 Good Friday will be 2 April and in 2022, 15 April.

If you still have a landline, the number to call for faults is 1800 834273. I suggest you keep this number in your phone book.

HAPPY FATHERS' DAY TO ALL OUR DADS

A TRIBUTE

A Dad is a person who is loving and kind
and often knows
what you have on your mind.
He's someone who listens
suggests and defends
A Dad can be one of your very best friends.

He's proud of your triumphs
But when things go wrong
A Dad can be patient, helpful and strong.

In all you do, your Dad's love plays a part,
There's always a place for him
Deep in your heart,
And with each year that passes
You're even more glad
So grateful and proud to call him your Dad.

Contributed by Shirley O'Bree

ILU residents please notify Administration if you are unwell when reporting maintenance issues or if you become unwell after you have reported a maintenance issue.

Wharparilla Administration Hours:

Monday-Friday 8.30am to 4.30pm. Closed public holidays

Echuca Police - 54 822255

Echuca Regional Hospital - 54 855000

Taxi - 131008

FIRE, POLICE & AMBULANCE - 000

PREVENTING FALLS WHILE WEARING A MASK!



Anything that interferes with vision may increase your risk of falls, particularly walking outdoors.

Your lower peripheral vision (the things you can see without moving your head to look down) is restricted when you wear a mask. This means you may not be able to see the ground and your feet without looking down when you have a face covering on. In addition, if you wear glasses, they may fog up when you are wearing a face covering such as a mask.

HOW TO STAY SAFE:

- **Tilt your head to look down** at the ground regularly when walking, and always look down when you are walking on an uneven surface or approaching a curb or step;
- When going up or down a curb or step, **tilt your head to look down** and use a support such as a handrail to assist with balance if available;
- If wearing **glasses**, try the following to help prevent them fogging up: ensure firm fit over your nose, with glasses over the top of the fabric (if your mask has a wire, mould it over your nose; or use tape that is designed to be used on skin to hold down the top of your mask); place a small piece of folded paper towel or tissue on the bridge of your nose between the mask and your face to help absorb moisture;
- **Use single lens glasses** (in preference to bifocal or multifocal glasses) for walking outside if you have them.
- It will feel different **breathing** with a mask on. You should **stop and rest when needed**, or **pace/ slow your walking** to adjust to this.



Remember: “Mask Up and Look Down!”

Stay Safe Everyone.

Victoria's roadmap for reopening – How we live in regional Victoria

COVIDSafe
principles

Wear a face mask

Physical distancing
(1.5 metres)

Good hand hygiene



Don't go to work unwell

Cough and sneeze into
tissue or elbow

Outdoor activities

		First Step	Second Step	Third Step	Last Step	COVID Normal
Trigger points for easing restrictions – the decision for easing restrictions will be considered with Public Health advice, and preconditions being in place.						
First Step applies to Metropolitan Melbourne						
Social	Curfew: eased to 9pm – 5am Leave home: for 4 reasons and stay local (5km) Public gatherings: increased to 2 people or a household that can meet outdoors for two hours maximum Visitors to the home: increased to 1 nominated visitor if living alone/single parent (all children under 18) ('single social bubble'), professional respite care for people with complex needs allowed	Curfew: not in place. Leave home: only for 4 reasons, no limit on distance, special arrangements for border communities. Public gatherings: up to 5 people from a maximum of two households can meet outdoors for social interaction (infants under 12 months of age are not included in the cap). Visitors to the home: 1 nominated visitor if living alone/single parent (all children under 18) ('single social bubble'). Professional respite care for people with complex needs allowed.	11.59pm on 13 September 2020 Second Step commences at 11.59pm on 13 September	When threshold met Move from Second Step to Third Step when regional Victoria reaches <5 new cases (regional average over last 14 days) and 0 cases with unknown source (regional total last 14 days)	Later of threshold being met and 23 November 2020 Move from Third Step to Last Step if we reach no new cases for 14 days (state-wide)	When threshold met Move from Last Step to COVID Normal if we reach no new cases for 28 days (state-wide), no active cases (state-wide) and no outbreaks of concern in others states or territories
	Childcare and early educators: closed except for permitted workers Schools: remote learning unless an exemption applies Adult education: only onsite for those on permitted list	Childcare and early educators: open. Schools: staged return to onsite learning for all students in Term 4 with safety measures in place. Adult education: learn from home if you can, onsite learning for hands-on, skills-based learning	Childcare and early educators: open. Schools: return to onsite learning for all students in Term 4 with safety measures in place. Adult education: learn from home if you can, onsite learning for hands-on, skills-based learning	Childcare and early educators: open. Schools: onsite learning for all with safety measures in place. Adult education: learn from home if you can, onsite learning for hands-on, skills-based learning	Childcare and early educators: open. Schools: onsite learning. Adult education: return to onsite learning	
Work	Only go to work if you are in a permitted industry	Work from home if you can.	Work from home if you can.	Work from home if you can.	Work from home if you can.	Phased return to onsite work for workers who have been working from home.
Shopping, eating and drinking out	Hospitality: take-away and delivery only Retail: essential only with others only for click and collect	Hospitality: take-away and delivery only. Retail: open, with density and other restrictions, hairdressing open.	Hospitality: predominantly outdoor seated service, group limit of 10 and density limits.	Hospitality: indoor (group limit of 20 and seated service, cap 50 patrons), outdoor dining subject to density quotient Retail: all open.	Hospitality: no restrictions but record-keeping of patrons to continue. Retail: all open.	

	First Step	Second Step	Third Step	Last Step	COVID Normal
	<p>Real estate: certain permitted activities can be done in person but auctions online only</p> <p>Shopping: 1 person per household</p>	<p>Real estate: private inspections and auctions online only.</p> <p>Shopping: no person limits.</p>	<p>Retail: all open, hairdressing open with safety measures, other beauty/personal care closed.</p> <p>Real estate: private inspections by appointment only, auctions outdoors subject to gathering limits.</p> <p>Shopping: no person limits.</p>	<p>Real estate: operating with safety measures and record-keeping.</p>	<p>Real estate: operating with safety measures and record-keeping.</p>
Exercise and recreation	<p>Outdoor recreation: must be within 5km, all sport and recreation facilities closed, outdoor playgrounds open.</p> <p>Exercise: outdoors, up to two hours per day total, split into a maximum of two sessions</p>	<p>Type: outdoor exercise and recreation allowed.</p> <p>Duration: no time or frequency limit.</p> <p>Type: outdoor playgrounds and outdoor pools open.</p>	<p>Outdoor contact and non-contact sport for 18, outdoor non-contact sport only for adults, with gathering and density limits, outdoor skateparks open, outdoor fitness for 10 people.</p>	<p>No exercise restrictions: facilities open subject to safety measures. Organised contacts sports resume for all ages. Limitations for spectators.</p>	<p>No restrictions on community sports or spectators.</p>
Ceremonies and special occasions	<p>Weddings: only for compassionate reasons, with up to 5 people (including the couple, two witnesses and celebrant)</p> <p>Funerals: allowed with up to 10 people (not including infants under 12 months of age or people required to conduct the funeral)</p> <p>Religion: places of worship closed.</p>	<p>Weddings: allowed with up to 5 people (including the couple, two witnesses and celebrant).</p> <p>Funerals: allowed with up to 10 people (not including infants under 12 months of age or people required to conduct the funeral).</p> <p>Religion: places of worship closed, outdoor gatherings (not ceremonies) of up to 5 people, plus 1 faith leader, proximate to a place of worship, are allowed.</p>	<p>Weddings: allowed with up to 10 people (including the couple, two witnesses and celebrant).</p> <p>Funerals: allowed with up to 20 people (not including infants under 12 months of age or people required to conduct the funeral).</p> <p>Religion: outdoor religious gatherings for up to 10 people plus a faith leader are allowed, facilities open for private worship for households or social bubbles, plus a faith leader.</p>	<p>Weddings: allowed with 50 people (including the couple, two witnesses and celebrant), 20 in a private residence.</p> <p>Funerals: allowed with 50 people (not including infants under 12 months of age or people required to conduct the funeral), 20 in a private residence.</p> <p>Religion: public worship (not including private ceremonies e.g. baptism, bat mitzvah) can resume in outdoor and indoor settings subject to density quotient.</p>	<p>Weddings, funerals, religion: no limits but organisers required to keep records of attendees.</p>
Entertainment, leisure and travel	<p>Intrastate travel: not allowed, unless for a permitted purpose</p> <p>Entertainment: all venues closed</p> <p>Accommodation: closed, except emergency</p>	<p>Intrastate travel: not allowed, unless for a permitted purpose</p> <p>Entertainment: all venues closed.</p> <p>Accommodation and camping: closed, except for a permitted purpose.</p>	<p>Intrastate travel: allowed across Third Step area</p> <p>Entertainment: outdoor venues and events, subject to pre-approved plans.</p> <p>Accommodation: open, with caps per the social bubble.</p>	<p>Intrastate travel: allowed</p> <p>Entertainment: indoor and outdoor venues open with density quotient and patron caps. Staged return to events with seated spectators. Large events treated on an individual basis based on requirements and epidemiology at the time.</p> <p>Accommodation: open.</p>	<p>Intrastate travel: allowed</p> <p>Borders: continued international border controls, state border controls activated in case of outbreaks.</p> <p>Entertainment venues: open, safety measures and record-keeping.</p>