



Ladies Auxiliary

60th Anniversary

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Mr Ian Buckingham was recently appointed Chairman of the Board of Directors



Outgoing Chairman Bruce Stockdale with new Chairman Ian Buckingham

New Chairman for Royal Freemasons

Mr Ian Buckingham was recently appointed Chairman of the Board of Royal Freemasons Ltd. Ian has served on the Board for several years having been appointed a Director in December 2007. He is the Executive Chairman of CNG-TM Pty Ltd, Managing Director of Global Resources & Infrastructure, Director & Chairman of VicSport and former Managing Director and CEO of Panaegis Gold Mines Limited.

Outgoing Chairman Mr Bruce Stockdale has shown great leadership in his position and we are pleased to advise his new appointment as Masonic Liaison on the Board, ensuring a sustainable link between Royal Freemasons and Masonic lodges continues to develop from strength to strength.

Another change on the Board was the departure of Mr Roy Alderton who ably served as a Director for the past six years and as Chairman of the Finance, Investment and Audit Committee. Royal Freemasons is grateful for his selfless dedication and significant contribution over the years.

Ladies Auxiliary 60th Anniversary

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On 22 October a celebratory morning tea was held to mark the 60th Jubilee of the Royal Freemasons Ladies Auxiliary and to acknowledge its contribution over many years.

Since 1952, more than one thousand volunteers have selflessly given their time and efforts to provide a much valued and dedicated service to our residents, their families, relatives and their friends. Royal Freemasons, with its rich heritage in Freemasonry, is an organisation that promotes the ideals of charity and service to the community and these ideals are exemplified by our volunteers in the Ladies Auxiliary.

The Ladies Auxiliary volunteers bring an impressive vibrancy to Royal Freemasons and their highly valued and warmly appreciated contribution is as much personal as professional. Through their diligence, enterprise and tireless efforts, the Ladies Auxiliary has raised and donated over \$1.1 million, an impressive performance by anyone's standards!

Royal Freemasons encourages a team spirit among its staff and volunteers so that we can offer older Victorians the best services possible. It takes a very special person to volunteer and the Ladies Auxiliary as a group share their unique talents and skills, whilst educating the public about our organisation and its cause. They use their knowledge of our community to provide personalised attention to our residents and clients enabling our staff to concentrate on the work for which they were prepared.

Royal Freemasons congratulates the members of our Ladies Auxiliary on this special 60th Anniversary and wishes them the very best as they continue their important work.

Front Cover: Members of the Ladies Auxiliary



Winner of the Pressure Prevention Week quiz, Adrienne Lunson, Personal Care Assistant, with (L) Anne Failla, Nurse Educator and (R) Lucy Gray, Manager Clinical Practice Coppin Centre

Pressure Injury Prevention Week "It's Not Just a Task..... It's Making a Difference"

Pressure Injury Prevention Week was held between 8th and 14th October with the aim of raising awareness and increasing education for all staff on pressure area prevention. Education was provided during handovers and through the use of posters and flyers placed around the facility. The message, "It's Not Just a Task..... It's Making a Difference", emphasised what we can do to prevent pressure areas and what to look for when checking a resident's skin condition. To assist learning, staff completed a quiz and at the end of the week a winner was drawn. Congratulations to Adrienne Lunson, the winner of two movie tickets!



Chairman Ian Buckingham, Jane Guthrie, Physiotherapist and Hon Mieu, Wellness Services Manager

Research and Innovation Forum

To coincide with the launch of the first Report on Research and Innovation at Royal Freemasons, an inaugural Research and Innovation Forum was held on 22 November 2012 to promote open discussion and to showcase the effective application of research and innovation into our policy and practice.

The innovative work carried out at the Homes has only been possible with the outstanding collaboration of our research partners, a number of whom were represented at the Forum. We were also delighted that our distinguished guests shared a selection of this important work with the Forum participants through a number of short presentations.

The presenters included:

- Chris Arnold, the Executive Director of the Skin and Cancer Foundation Inc. and Marie Vaughan, Chief Nurse and Nurse Practitioner Candidate presented on Innovation in Telehealth
- Associate Professor Sam Scherer, Senior Geriatrician, Royal Freemasons presented research findings in osteoporosis, in particular the impact of bone density assessment in enabling diagnoses, treatment and adherence to best practice in bone health
- Professor Stephen Gibson, Deputy Director, National Ageing Research Institute presented research in

pain management focussing on a randomised control trial of analgesic medication to control Behavioural and Psychological Symptoms in Dementia

- Dr Lee Liang Tee, Visiting Fellow in Geriatric medicine from Singapore spoke of his experiences with International Collaboration.

In acknowledging the collaborative work these key organisations and researchers have undertaken with the Homes we must also recognise that we could not do this without our committed staff and the important role they play in supporting our Mission – “To assist our elderly clients to live a secure, dignified and rewarding life”.

In addition to the work celebrated in the Research and Innovation Report the staff presented their on-going ‘innovations in practice’ through a series of Poster Presentations. The Winning Poster was from the Wellness Centre and the Runner Up prize from Darvall Lodge. Both prizes were presented by the Chairman of the Board.

We are proud of the role that the Homes plays in innovation and research to increase the knowledge necessary for best practice and high quality care of older people, and we invite you to share in that pride.

As Professor Gibson commented in his closing remarks, “in my opinion Royal Freemasons is a centre of excellence in pain management of the older person”.



Resident Norma Sim, in action creating yet another edition of The Tattler newsletter

Norma Sim – Celebrating 60 Editions of the Tattler

Mrs Norma Sim has reached a milestone in keeping up with the news. She has just completed her 60th edition of the Tattler. Norma has been a resident at Coppin Centre for 13 years after moving in with her husband Gordon in November 1999. At that time a former resident was producing a newsletter, delivering three editions

a year but in 2000 had to give it up. Norma was approached by the resident and asked if she would like to take over as Editor. A competition was held to name the new newsletter and a grand prize was awarded to the winner. That’s when the Tattler began. Norma issued her first edition in April 2001. Congratulations Norma!



Barista Brooke Lieshout serving customers at CC's Café, Coppin Centre

CC's Café Opening

Visiting Coppin Centre? Try our newest Café – CC's. Good coffee, good food and service with a great smile!

And the best of it is, that while you enjoy the good food, coffee and company you are assisting Royal Freemasons provide additional services to our residents.



Advance Care Planning

One of the key initiatives identified in the inaugural Report on Research and Innovation at Royal Freemasons was Advance Care Planning.

Advance care planning is one way Royal Freemasons can support its community members to make decisions about their health care and maintain control over how they are treated in the place of their choice when they are unable to do so.

Making a plan in advance assists individuals with preferences and choices for care and also tells families, loved ones and others of their wishes and helps them make decisions based on predetermined preferences.

Royal Freemasons is developing a program to ensure all residents and clients are encouraged to consider and have access to advance care planning. This program will also assist them in preparing an advance care plan.

The focus of our annual appeal at this time of the year is to raise funds to develop and establish this new service and to educate others in advance care planning, ensuring we can meet the future requirements of our extended community.



Associate Professor Sam Scherer consults with Dr Lee Liang Tee, Singaporean Visiting Fellow in geriatric medicine.

Visiting Geriatrician from Singapore – Dr Lee Liang Tee

Over the last decade Royal Freemasons has provided Observer Status Visiting Fellowships to several Singaporean clinicians including: geriatrician Dr Tan Boon Yeow in 2003; physiotherapist Ms Junisha Jumala in 2005, geriatrician Dr Colin Ngeow in 2007 and Occupational Therapist Tan Xuan Hong last year.

This year, the Homes granted Dr Lee Liang Tee approval as an Observer Status (non practising) Visiting Fellow in Geriatric Medicine. Dr Lee is from the National Healthcare Group Singapore, a subsidiary of the Ministry of Health, and he has been observing the Australian system of aged care under the supervision of Senior Geriatrician Associate Professor Sam Scherer since July 2012. He was also accredited as an observer at Alfred Health, Caulfield Hospital.

Dr Lee has advanced specialty training in Geriatric Medicine and currently heads up the medical services in Ren Ci Hospital, conducting a community hospital, a nursing home, and a chronic illness unit, besides being a consultant at Tan Tock Seng Hospital.

Dr Lee is very committed to improving health care back in Singapore and believes that the Singaporean health system could be restructured to reflect key elements of the Australian system, developing regions and integration of services – not unlike the Alfred model where there is a large acute/tertiary hospital, community hospitals (like Caulfield and Sandringham) and rehabilitation and nursing home beds (like Caulfield General Medical Centre). In Singapore they have another category of care called 'Chronic Sick' including people with complex medical problems, who are mainly confined to bed, and may require special care such as tube feeding or close medical monitoring.

As a result of his observations while in Melbourne, Dr Lee believes the key to quality care is good communication between health care professionals and within health professional groups involved in care. He has been impressed with the team meetings where each of the health professionals is passionate and competent; and also with the flexibility about who is responsible for certain aspects of care.

Royal Freemasons is privileged to provide Dr Lee with the opportunity to learn more about the systems in Australia that provide care for our older community. He is a most welcome Fellow and we will wish him well when he returns to Singapore at the end of the year.



Music Therapist Imogen Rees and residents at the Intergenerational Music Group, Centennial Lodge, Wantirna South

Award for Intergenerational Music Group

The Intergenerational Music Group, commonly known as “Mums & Bubs”, is a Better Practice Award-winning program at Centennial Lodge Nursing Home. The group enhances quality of life for residents by promoting positive interactions with children as well as serving as a conduit for the facility to interact with the local community.



Chief Executive Felix Pintado accepts the award from Ross Bushrod, General Manager Aged Care Standards and Accreditation

The program was introduced following observations by the music therapist where joy and lucidity was elicited from residents when they interacted with babies and children visiting the facility. This was further supported by research into the therapeutic effects of intergenerational relationships and music on older adults and people who have dementia. Since its beginning it has been conducted on a weekly basis involving residents, pre-school aged children and their caregivers from the community, children, grandchildren and great grand children of residents and staff.

Key benefits of the program to our residents are increased quality of life and a sense of community. It also helps residents with dementia to remember and reminisce about the past, especially where their capacity to do this is diminished due to short term memory loss.

The Intergenerational Music Group has now been sustained for more than a year at Centennial Lodge. The program will be rolled out to other Royal Freemasons residential facilities in the future.



Susan Kalff, Optometrist with Ann Tarrant

Retinal Cameras

We are now able to use innovative technology for Optometry and Ophthalmology services with the purchase of both fixed and mobile retinal camera technology. The purchase of the cameras was made possible by the provision of a grant from the Phyllis Connor Memorial Trust as administered by Equity Trustees Ltd. Utilising this technology will provide the potential for early intervention in detecting deteriorating vision and preventing loss of visual function. This service is currently available to all residents of Royal Freemasons.



Charity Golf Day Success

This year's Masonic Charity Golf Day at Kingswood Golf Course in Dingley Village proved to be a huge success. With 57 players taking to the field and the weather on our side, it was a great day for all involved.

The golfers were treated to a sausage sizzle on arrival and a putting competition before playing 18 Holes followed by a sumptuous dinner.

The event in its 33rd year raised \$5,500 which is a great result, with all proceeds going directly to purchase equipment for the allied health programs at Royal Freemasons aged care facilities located in Flemington, Noble Park, Prahran and Wantirna.

Thank you to our sponsors and everyone who donated prizes, and supporters who attended. Also a special thank you to our volunteers and the tournament managers, Graeme Wallace and Ken Wilson.

If you would like to be part of the next Charity Golf Day on Monday, 6 May 2013 at Portarlington Golf Course please email mlaverty@royalfreemasons.org.au



From left to right our knitters are: Mrs Marion Cross, Mrs Anne Bennetts, Mrs Pat Skillern, Mrs Alma Patterson, Mrs Lorraine Pole, Mrs Jean Nicholson (volunteer), Mrs June Gilbert and Mrs Emily Warren.

Welcome to our new Volunteer Coordinator – Renee Thiedeman!

Over the years the Royal Freemasons community has benefited greatly from a diverse range of volunteers who have given their time, skills and talents freely and without asking for anything in return.



Renee Thiedeman

To enable us to deliver the best possible service to our clients and residents we aim to increase our volunteer numbers exponentially over the coming years. A key element in our strategy is the appointment of Renee Thiedeman as Volunteer Coordinator.

Renee's priority is increase our community partnerships and optimise volunteer resources across all our sites to ensure improved support and assistance to our residents, clients and staff.

We welcome Renee to her new role.

Trauma Teddies

The Freemasons Victoria Task Force is seeking volunteers to knit Trauma Teddy Bears. The teddy bears will be donated to the Country Fire Authority and St John's Ambulance to provide comfort to young children and an immediate break from the distress of a disaster or emergency. The teddies are also great in the arms of older people, or anyone who needs a little extra comfort and some hugs during an emergency.

The Coppin Centre Knitting Group has taken on the challenge to knit

trauma teddies with gusto and has already completed a number of bears as the photo attests. The ladies say, "it is a great feeling to know that you can help bring some cheer to a child – we all get a buzz out of it". The Knitting Group gathers each Wednesday to knit and chat and share afternoon tea.

The Freemasons Victoria Task Force is aiming to beat its previous record and collect over 500 teddy bears this year! The Knitting Group will help swell these numbers!

Support Our Work

Only through the generous donations and bequests of our friends and supporters can we continue our work.

Donations

Donations to Royal Freemasons enable us to provide residents with essential equipment and services throughout the year. Donations to The Taylor Foundation are retained and invested by our Trustees, so that the Foundation continues to grow, while at the same time channelling investment income to provide continuing financial support to meet our ongoing needs. Please contact Linda Franssen for further details on (03) 9452 2250, or by email at lfranssen@royalfreemasons.org.au.

Bequests

A bequest is a gift that supports our work caring for people now and into the future. Please contact Linda Franssen for a confidential discussion regarding the many options available on (03) 9452 2250.

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