



WINTER 2019



June 2019

Newsletter

gcrh.org.au

From the General Manager's Desk

Who got the quiz question right from the autumn newsletter? The picture was from Canberra on the shore of Lake Burley Griffin.

I'm pleased to say that Lyn is back from her galivanting around Europe!

I would like to be a little self-indulgent this edition; at the recent RAA morning I spoke to those there about my grandson Blake Feclie. He suffers from a genetic disorder known as Alternating Hemiplegia of Childhood (AHC); it affects one child in a million and causes bouts of paralysis to one side of the body, which can change sides. It sometimes leads to full body episodes and amongst other issues also causes "developmental delay". For 18 months it was diagnosed as epilepsy, but in January it was found to be AHC. Over the last few weeks there have been articles in both the Bunyip & Advertiser (front page photo!), plus Today Tonight on Channel 7 did a feature on him.

My daughter Ali and husband Iain have been raising funds to take him to Duke University in the US, which has an AHC clinic. If you are interested to find about more Ali has set-up a Facebook page "Blake's AHC Journey". A special thankyou to the James Martin Social Club and other residents for their support.

Queen's Birthday Honours to GCRH Residents

Everyone at GCRH would like to congratulate two of our residents for receiving Queen's Birthday Honours.

Peter Nettelbeck from James Martin & Jeff Turner from Dawes Villages are now both members of the Order of Australia.

Peter received his honour for his services to various community projects in Gawler.

Jeff was honoured for his service to community history. Well done to both gents.

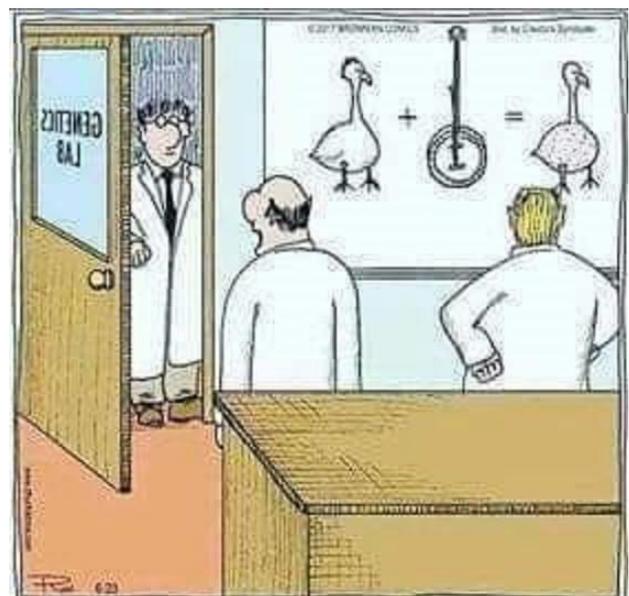
GCRH 50th Anniversary

As advised in the previous newsletter Gawler Community Retirement Homes will celebrate our 50th Anniversary, this year. Gawler & District Aged Cottage Homes began officially in November 1969.

We have planned a number of promotions to recognise the achievement. These include:

- Our August Board meeting is to be held in the Civic Centre. To mirror the 1969 formation meeting held in the Gawler Council chambers.
- Recognition of the achievement as part of the Gawler Show stand.
- A function on the 27th November to celebrate the first meeting. This was held on 28th November 1969. See the social events for more detail.
- We are also putting together a history book of our first 50 years. Thanks to Stan Roulston who is heading this effort.

We will also have a number of supporters for the events, which we will be promoting over the coming months.



"Hey, Dave, get in here! You have GOT to see this! Wilkins crossed a chicken with a banjo and now we have a chicken that plucks itself."

Gawler Show Stand

Gawler Community Retirement Homes will again have a stand at the Gawler Show on August 24th & 25th. The Gawler Show is South Australia's largest country show

Not only will we be promoting what Gawler Community Retirement Homes has to offer; but we will also be marking the 50th Anniversary.

If you know of anyone that might be interested, this is a good opportunity to encourage them to speak to our staff in a more informal setting. We will have plenty of information on hand and a follow-up to view our vacancies can be arranged or simply put their names on our list to receive future information.

Lot 2 James Martin Village & Roadway Update

Confirmation again that we have now completed the purchase of Lot 2 at James Martin Village, which includes the aged care facility. We took ownership as of the end of May.

As I mentioned in the letter I sent recently, we won't be using the building for aged care, as we are not set-up for that. Our focus will be on our current business of providing retirement living and how we can best support that.



Also, the new section of roadway is nearly complete; it is open and being used for access. The final component is the installation of the electrical boards and to the blocks. There was a delay, due to updating of the specifications; this is now completed and the work should be undertaken in the next month or so.

We will soon move on with the building of new units.

From the Board Table

For your information, following are some of the topics discussed at recent Board Meetings:

- The upgrades to directional signage and unit numbers have now been completed in Elimatta Village and James Martin Village. Remaining villages to be completed in 2019-20.

- Risk Analysis Reviews; the annual risk assessment update was presented and approved at the June meeting.
- Finance Committee Report; Draft budget reviewed in April; final budget to be presented in August, to include un-audited end of year results. Audited results & statements ready for October Board meeting.
- With the purchase of James Martin Village Lot 2 completed, the Property Committee to review the James Martin Master Plan.
- Marketing Committee Report: Board approved flexible options for sale of Unit 41, 18 Tod Street.
- 50th Anniversary sub-committee report.
- GCRH Strategic Plan to be reviewed & updated later this year.
- General Manager presented 2019-20 Operational Plan at June Board Meeting.

ACH Information Session

We have arranged an information session from the ACH Group. This is part of our ongoing efforts to supply you with information to assist your lifestyle.

The ACH presentation will be held on Friday 16th August, commencing at 10.30am at the James Martin Community Hall.

The ACH Group offers a broad range of services aimed at providing "Good Lives for Older People".

Having been established for over 66 years, they are an Aged care provider who (with over 1700 staff) offers services to those living in their own residences.

ACH provide support centred around

- Home Care Packages and help through the My Aged Care process
- Help at home by way of cleaning, cooking and other individual needs
- Health and Wellbeing through access to a range of services including exercise groups
- Social activities such as day tours, fishing groups, choir, internet technology classes, movie trips and many more

They also provide specialist services including dementia support and help with Advanced Care Directives.



2019 Social & Information Events - Update

We have updated the calendar of events for the remainder of 2019. We now have confirmed the dates and venues for all functions/meetings. Changes to venues from previous years have been brought about by the unavailability of the Elderly Centre.

Friday August 16th: ACH Presentation

As Above, to be conducted at the James Martin Community Hall, at 10.30am; includes morning tea.

Wednesday October 30th: Annual Residents Meeting

Annual Residents Meeting is listed for 30th October. It will commence at 10.30am and is to be held in the James Martin Community Hall.

Wednesday November 27th: 50th Anniversary Celebration

Put this one in your diary, all residents will be invited. It is to be held in Nixon's Function Centre (Gawler Oval) and will be a cocktail type event, commencing around 6.00pm. More details in Spring edition.

Wednesday December 11th: Christmas Party

Annual Residents Christmas Party date is now finalised. We are holding it a little later due to the anniversary function; Wednesday 11th December, starting at 10.30am. The Hewett Centre will be the new venue and again all residents will be invited.

Annual Residents Meeting

We are now finalising our end of financial year figures in preparation for production of finance reports and auditing. This includes the all villages statement & budget and capital maintenance fund statement.

The audited resident's statements will be sent out in October prior to the Annual Residents Meeting. This will take place on Wednesday 30th October, commencing at 10.30am.

This year we will hold the meeting at James Martin Community Hall, due to the unavailability of the Elderly Centre.

Current Villages Vacancies

James Martin Village (19 Dawkins Ave):

Unit 22: Is a one-bedroom unit with large lounge/dining, separate kitchen (with walk in pantry), laundry & bathroom (\$179,950)

Governor Gawler Village (11 Hutchinson Rd):

Unit 15: Three Bedroom home features large living area with a well-appointed kitchen. (\$304,950)

Elimatta Village:

Unit 5 (1 Fotheringham Tce): Only recently vacant. One-bedroom unit with a sunroom. Large living area; bedroom has sliding door robe. Subsidised Entry Agreement – (\$65,000)

Unit 41 (18 Tod St): One-bedroom unit with sunroom, large living/kitchen area. (\$100,000 'Subsidised Entry' (with special conditions) to \$169,950 fully resident funded) * ask us about other finance options.

James Martin Village Social Club

I would again like to remind residents about the James Martin Village Social Club that meets regularly. They use the Community Hall in the village and have get togethers, every second Friday afternoon; plus some other functions during the year.

They have been continuing exercise classes "Move It or Lose It" at the James Martin Village Community Hall on Wednesday mornings at 10.00am. It provides gentle exercise "in a chair" plus you'll come away with a smile! The cost is just a \$2 donation.



The social club would like to invite all GCRH residents to come along to the classes; or you may like to join the club and enjoy their other get togethers. It is a chance to enjoy some additional social interaction. (there not a bad bunch out here!)

If you would like to know more about the social club, please contact Peter or Lyn at the admin office on 8523 4255 and we will put you in touch with them.

Guests or Away?

A reminder to all residents regarding when you have guests or are away. If someone is staying with you, please advise the office, even if it is just for one night. It is not because we want to check on you, it is in case of an emergency; it may be important for us to know. Also, if you are away, let us know, as staff are made aware of this. They do keep an eye out for anything unusual and this adds a little extra security for you.

New Residents

We would like to welcome the following new residents to Gawler Community Retirement Homes:

- Jill Edwards moved into Unit 31, Elimatta in March
- Deirdre Burman moved into Unit 1, 4 David Street Vin Rice Village in June.

The following units are vacant, but have prospective new residents that have paid a deposit:

- Unit 6, Vin Rice Village (1 David Street).
- Unit 20, Governor Gawler Village.
- Unit 3, Elimatta Village. (1 Fotheringham Tce)
- Unit 20, James Martin Village

Making Alterations To Your Unit?

A further reminder to all residents seeking to make alterations to your unit. It is required that you contact the office before doing so.

Most times we can give approval over the phone (or by email); when we do so we make a note on your file. On some occasions we may ask to see a quote, to ensure the work is up to standard or legal requirements.

I think most would agree that we are pretty accommodating with these requests. Occasionally we may be able to help you getting quotes or have knowledge of specific issues. This includes Solar Panels; if you wish to install them, we require a separate agreement be signed.

Also be careful if you plant your own trees/shrubs; should they not be suitable or grow too big, we may charge you should they need to be removed.

Dawes Village Inspections

We have now completed the Elimatta Village Inspections. The items that have been identified, will be added to the future budgets for the Capital Maintenance Fund.

This means we will now start a new rotation of villages; we have now planned to inspect each village every 4 to 5 years.

Our next village will be Dawes, which we are planning to complete during August. We will send residents a letter advising of the dates that Brenton & Peter will be doing these. Each inspection takes about 15 minutes.

Also again remember that should you have a capital maintenance issue that you would like to be inspected at any time, please send us a request in writing. We will then attend to discuss with you.

GCRH Administration Office Hours

Our normal office hours are:

Monday to Thursdays – 9.00am to 4.30pm

Fridays – office attended most Fridays, but please make an appointment prior if you need to see Peter.

For urgent action when the office is unattended, contact Brenton or Steve on mob no. 0411 795 585.

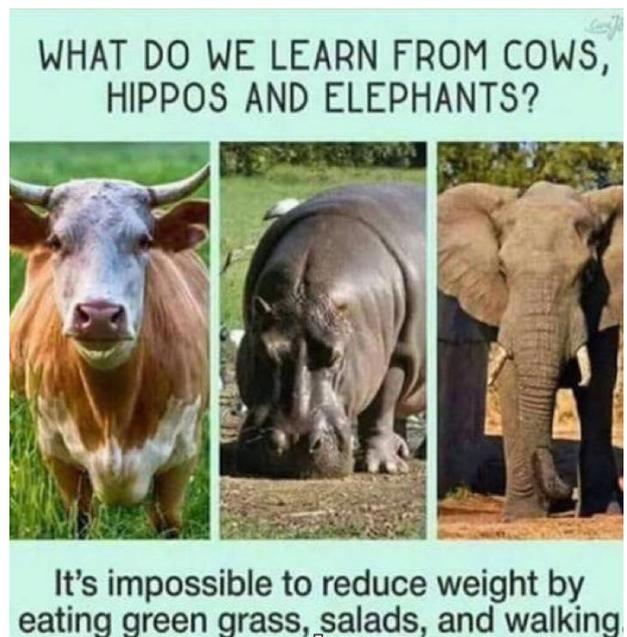
Jokes Time!

* Said the FBI agent to the bank teller after the bank was robbed for the third time by the same bandit: "Did you notice anything special about the man?"

"Yes, he seemed better dressed each time!"

* I was observing two men that were working for the public works department. One would dig a hole and the other would follow behind him and fill the hole in. After a while I had to ask, "Why do you dig a hole, only to have your partner follow behind and fill it up again?"

The hole digger wiped his brow and sighed, "Well, I suppose it probably looks odd because we're normally a three-person team. But today the lad who plants the trees called in sick."



* Two guys are standing in line to enter heaven. One turned around and asked the other how he died. "I froze to death. How about you?" "I had a heart attack." "How did that happen?" "Well, I suspected my wife was cheating on me. So, after work I went straight home. I ran upstairs to find my wife sleeping by herself. Then I ran back downstairs and looked in all the hiding spots. When I was running back up the stairs, I had a heart attack." "That's ironic." "Why?" "If you'd have looked in the fridge, we'd both be alive."