

Opal moments

SUMMER 2022



Ageing is living

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Opal HealthCare acknowledges the traditional owners of the land on which we live and work. We pay our respects to Elders past, present and emerging.

COVER IMAGE

Residents Daphne and John Partridge, pictured, celebrated their 80th wedding anniversary with their family and friends at Rutherford Park Care Community. Read more about their story on page 34.





Residents Lois, Jean and Amy from Bankstown Terrace Care Community ready to enjoy a night on the town at Vivid Sydney.

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*Killarney Vale Care Community resident
Barbara with her new furry friend Daisy!*

Message from our CEO



Opal Moments Summer 2022

Animals make a house feel like home

The importance of companionship in resident wellbeing is something we often talk about with our Care Community leaders. It comes in many forms – through friends and family, our team, fellow residents and through animals. We are firm believers that pets make a house feel like home. That's why we welcome pets and animal visitors of all varieties. Whether they live in or visit regularly, animals offer residents a special kind of comfort that humans just cannot match. Zeus the Labrador, who moved into Cameron Park Care Community recently will melt your heart! Enjoy his story on page 32.

Sector-leading skills development for our team

The quality of our care is a testament to the skills and capability of our team. We're acutely aware of the need to attract more people with the right attributes and skills into Opal as our population ages and more people require residential care.

We're proud that Opal HealthCare has for many years had registered nurses on duty 24/7 in every Care Community. Our career pathways for nurses are among the best in the profession, supported by a range of training and development programs we offer through the Opal HealthCare Academy.

Our Academy, which launched a year ago, is a sector leading initiative instrumental to ensuring we continue to provide the highest quality care we can, with capable, skilled and qualified people dedicated to caring for our residents.

To date, 885 team members have enrolled in Academy courses and thousands more have accessed internal online learning modules across a range of disciplines. There's something for everyone.

We offer bespoke training and development courses, as well as programs delivered in partnership with universities and colleges around Australia. We support career pathways across the spectrum of residential care – including clinical, hospitality, wellbeing and lifestyle, business streams and leadership.

In 2023 we'll introduce Mental Health First Aid training, a Graduate Enrolled Nurse Program and a Tertiary Preparation Program for team looking to take on tertiary studies. You can find out more about the Opal HealthCare Academy on our website.

Warm regards

Rachel

Stories from our Care Communities



CALAMVALE PARKLANDS

Exploring beautiful places in our local community does wonders for wellbeing. Our residents at Calamvale Parklands have loved getting back to the park post-Covid. Some even like to join the local children on the swings! With the weather warming up we're now doing a weekly walk through the park.



BERRINBA GREENS

The divine Ms D raised the roof at our drag queen bingo night at Berrinba Greens. Enchanting our residents with her glittering costumes, Ms D sang and shimmered as she called bingo, evoking raucous laughter and squeals of delight. Everyone's cheeks hurt from laughing and we all clamoured for an encore performance.



MEADOWBANK GROVE

Our garden at Meadowbank Grove is a source of pride for residents like Cindy, who spend time nurturing and growing a variety of plants, flowers and fresh produce. Growing our own produce plays an important role in reducing waste and protecting our environment.



BERKELEY VALE

The best exercise happens when you're having fun! We invited a drummer to play some drum sets and everyone loved moving and grooving to the beats.



KILLARA GLADES

Croquet is a fun way to stay active for residents with hip or knee conditions. Age doesn't matter when it's a sunny day and you're getting stuck into some friendly competition!

Stories from our Care Communities



LAKES ENTRANCE

Lakes Entrance resident Amy celebrates her 103rd birthday with lunch and cake with family and friends.



BANKSTOWN TERRACE

Sieni and Sina love spending quality time together. Having bonded through our Meaningful Mates program, they enjoy reminiscing about their shared homeland, Samoa. It's lovely to hear them speaking Samoan together and keeping their cultural connections strong.



BOSSLEY PARKSIDE

In honour of Queen Elizabeth's passing, residents Rita and Lilia wrote a sympathy card to express their feelings. Justo gave a short speech before everyone came together and placed flowers in front of the gate to pay their respects. Everyone agreed that she will be missed.



TREEBY PARKLANDS

Joan hadn't spoken with her brother in months, so when she mentioned that he'd moved into nearby Murdoch Gardens Care Community, we offered to set up a Zoom call. Joan was delighted to see him. *"It feels just like chatting to him in person, except through a 'picture box'".*



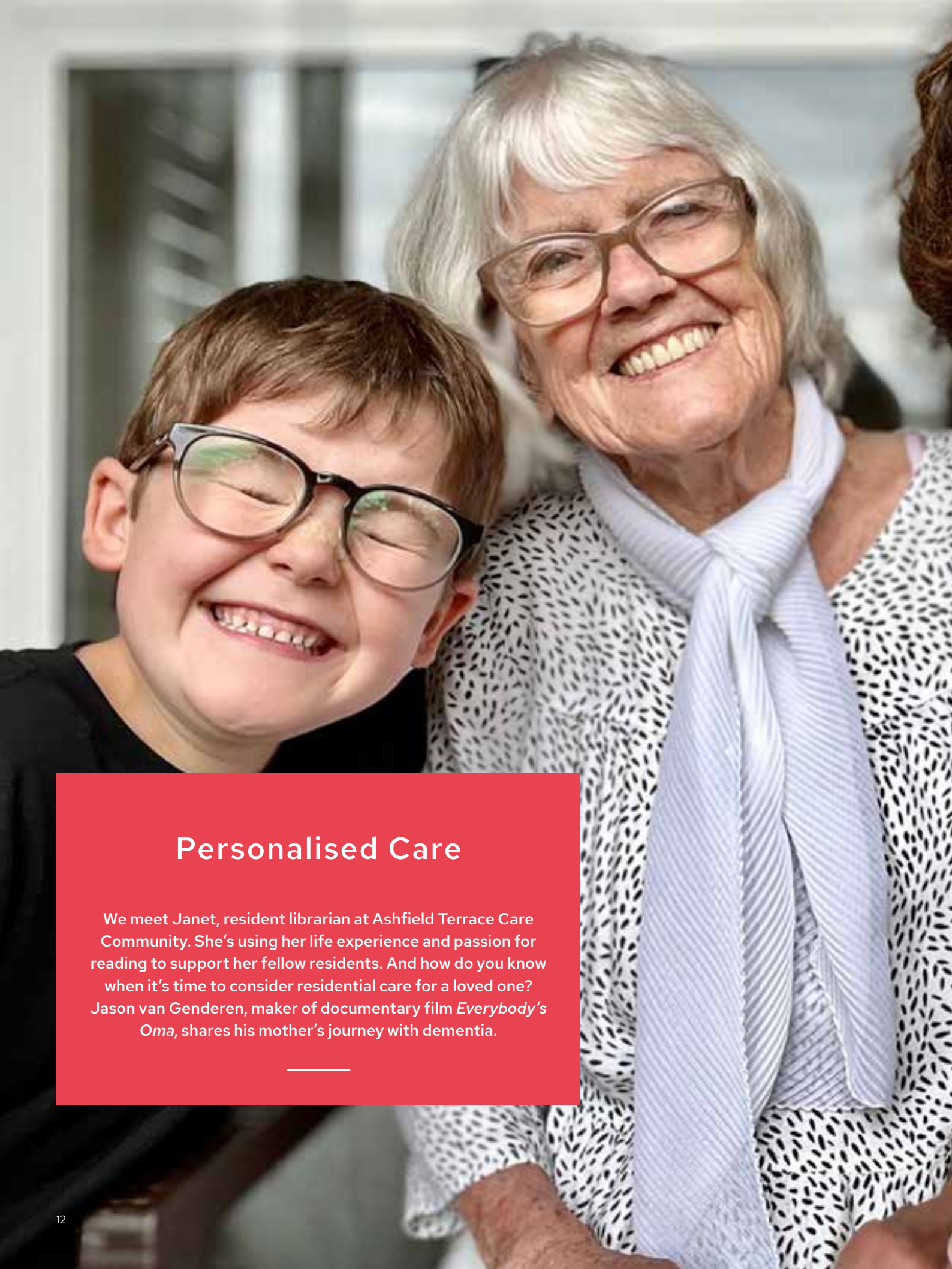
ORANGE GROVE

Our residents have been hard at work organising a beautiful afternoon tea to raise funds for childhood cancer. Our team dressed up in costumes and our residents helped paint a pirate ship for the day. Rossie, the red parrot, brought in by one of our family members, was everyone's favourite guest.



BAIRNSDALE PARKLANDS

Betty, a lifelong Geelong Football Club fan, was thrilled to receive a Cats jumper from the Club for her 101st birthday. Winning the Grand Final was a dream come true!



Personalised Care

We meet Janet, resident librarian at Ashfield Terrace Care Community. She's using her life experience and passion for reading to support her fellow residents. And how do you know when it's time to consider residential care for a loved one? Jason van Genderen, maker of documentary film *Everybody's Oma*, shares his mother's journey with dementia.



TAKING A LEAF OUT OF JANET'S BOOK

Janet pulls a beloved book to her chest and looks out the window to the leafy trees outside. It's a grey, rainy day prompting Janet to recite a few lines from Shakespeare's *'Under the Greenwood Tree'* from his play *'As You Like it'*.

*"Under the greenwood tree
Who loves to lie with me,
And turn his merry note
Unto the sweet bird's throat,
Come hither, come hither, come hither:
Here shall he see
No enemy
But winter and rough weather."*

Safe and dry inside at Ashfield Terrace Care Community, Janet tells stories of her career as a trained librarian. She talks about her love of literature and music, and how she's using her experience to create libraries for her fellow residents.

A voracious reader from the start

Janet discovered her love of books when she was sent away to a country school in England during the war.

"This is where my love of books began," she says.

"I lived and went to school at Caldecott community – it was a very nice and supportive environment, and they encouraged female independence."

Later, Janet worked as an office junior where she was awarded the Leeds University Library School Medal. She worked diligently in a public library before immigrating to Queensland, when she was 32 years old.

"I've always enjoyed my work," says Janet.

"I worked at TAFE, in the state public sector trade union, and as the senior librarian at Sydney Technological Library."



Our Helping Hands program

Janet's skills and experience haven't gone unnoticed.

After getting to know Janet, Lewelyn, Lifestyle Coordinator at Ashfield Terrace Care Community, was quick to seek out her support to set up a library on each floor.

"At Opal HealthCare, we respect our residents' preferences and really try to learn more about their life and their experiences," says Lewelyn.

"We then personalise each resident's care based on what they've told us."

As part of our Helping Hands program Janet has organised Ashfield Terraces's large collection of books and magazines by date and genre. She's also started surveying residents every three weeks to learn more about their preferences.

"You have to know who lives on which level and what they like to read," she says.

"The books need to go in order so you can easily find a copy and what you want to read next."

A precious library of her own

In her own bedroom, Janet treasures her personal collection of over 300 books. She prefers fiction but will read non-fiction if there's something she wants to know about. The author Nora Roberts is a favourite, especially the '*...in Death*' crime series set in New York City. She shares books from her collection, but only when she's finished reading them!

"I love books – they don't get up and punch you in the eye," Janet says with a grin.

"I enjoy having them around me. There are worse vices to have!"



MOVING INTO CARE

A personal perspective

How do you know when it's time to consider residential care for a loved one?

Jason van Genderen, maker of the documentary film *Everybody's Oma*, about his mother's journey with dementia, has lived this experience. Together with his wife Megan, they chose Opal HealthCare's Killarney Vale Care Community on the Central Coast of NSW for his beloved mum when it became clear that despite all their best efforts, caring for her at home was no longer viable. Quality residential care was a blessing for them all.

Everybody's Oma has played to great acclaim in cinemas and online to audiences around the world. We asked Jason to share some of the questions he's most commonly asked about moving a loved one into care.







1. When did you first notice Oma's dementia?

"Oma's dementia was quite gradual. About eight years ago we noticed her ability to live independently coming under threat.

"Our family GP referred us to Oma's first geriatrician, where a series of ongoing tests revealed the beginnings of both Alzheimer's disease and vascular dementia. She needed written lists to explain what was planned for her each week. Then we started seeing more slips, stumbles and falls, initially excused as being 'a little more clumsy' and gradually becoming a concern.

"Oma was also growing more lonely and isolated. She came and lived with us in her own connected granny flat for almost five years before that was no longer serving her safely anymore."

2. When did you realise living at home wasn't right for Oma anymore?

"I often hear care clinicians referring to a gentle, consistent curve of decline followed by a more dramatic, condensed series of health concerns. For most of Oma's time with us her behaviours, needs and challenges were manageable. We adapted our knowledge to suit her changing needs, which meant learning how to triage first aid to avoid calling an ambulance every time Oma had a fall. We learned how to attend to bumps and bruises, and eventually, repair skin tears and broken pride.

"But the standout event was when Oma was admitted to hospital with constant vomiting. Stomach surgery was followed with a diagnosis of dysphasia.

"Changing her diet to soft particle foods was a confusing transition for Oma. Her confidence waned as Megan now needed to manage meal preparation on her behalf. Megan worked incredibly hard to keep Oma as involved as possible in preparing her food and warming it up each evening. Then Oma contracted her first UTI which sent her into a health spiral of delirium and daily falls.

"We coped as best we could but it became clear the care she needed was impossible for Megan and I to deliver. As we spiralled towards carer burnout, we started looking for overnight in-home support and then eventually full respite care away from home, which is how we found Killarney Vale Care Community."

3. How did you manage Oma's transition into Killarney Vale Care Community?

"Like most families, we fretted about how to best transition Oma into care. In collaboration with our geriatrician Kate, aged care consultant Danielle, and Michelle and Deanna from Killarney Vale Care Community, we created a plan to bring Oma in during lunchtime so we could treat it as an outing away from home, with Megan and I joining her for lunch.



"The Opal team were wonderful in supporting 'our way' of building a story and journey for helping Oma transition into her new room. Earlier in the day we moved Oma's favourite armchair, photos, dresser, pot plants, keepsakes and clothes into her garden view room, while a carer took Oma out for a long drive and morning tea.

"When we met for lunch at Killarney Vale we made it a celebratory event. We introduced to Oma that the team had offered her a room there to help better manage her current health needs. We even toasted the opportunity with a glass of wine before going to her room for a look.

"As soon as we walked in Oma felt immediately at home. Her room (pictured above left) was spacious, light filled and full of the things most familiar to her. It looked like a miniature version of her granny flat. The team gave us time and space to settle in, to orientate Oma in her new surrounds.

"The nursing team then joined us in-room for their evaluation and assessment. Oma glowed with all the attention and fuss showered on her. I left laminated photos of us on her bedside table reassuring her that everyone was here to help her too. Her favourite fresh flowers (freesias) sat on her bedside table, a familiar blanket across the end of her bed. The room felt warm, loved and ready to be lived in."

4. How did Oma's cat Hailey come to live with her at Killarney Vale?

"Hailey was a much-loved member of the family. During Covid lockdowns she became a frequent visitor and the team allowed her to go inside and see Oma. Seeing how much Oma enjoyed her visits, they asked how I'd feel about them adopting Hailey and we jumped at her suggestion! So Oma was very fortunate to have Hailey live with her there. Hailey continues to thrive and keep residents company."

5. How did Oma's move into care benefit your family?

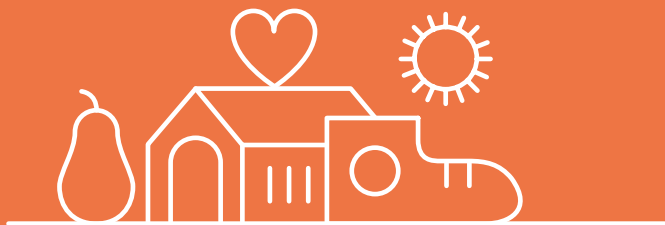
"As soon as we'd found Oma's room at Killarney Vale Care Community, we felt an overwhelming sense of relief that she was in great hands. For Oma, having the right assistance on-hand 24/7 meant a safer home environment for her higher-level care needs. For our young family, it meant we didn't need to sacrifice our own needs to ensure Oma was not only loved but nurtured and safe as well."

Planning your loved one's move into care can make a significant difference to the transition for everyone involved. For more advice on how to make the move as smooth as possible, see **5 Steps for moving in** on page 38.

Visit the Everybody's Oma website here:
www.everybodysoma.com

Health & Wellbeing

We travel to Queensland to meet Keith, a keen guitarist, to learn about how he's rediscovered the joy of music, and how music can support our physical, mental and spiritual health. We also explore the importance of sleep, factors that can impact sleep, and share tips for a better night's slumber.





GOOD NIGHT, FEEL RIGHT

Think of being soothed off to sleep and many people will recall a lullaby. A gentle, calming way to ease a little one off to the land of nod. As we age, we all develop our own night time routines – helpful or unhelpful – that can determine how well we'll sleep.

Difficulties in sleeping are common in older people and can negatively impact other health conditions. On the flip side, a quality night's sleep has a significant impact on wellbeing.

Research has shown that older people can take steps to improve their sleep. These steps often involve focusing on improving sleep hygiene and developing habits that encourage quality sleep¹.

The importance of sleep

Dr. Simon Pedzisi, Opal HealthCare's Head of Dementia Care, stresses the importance of sleep – especially as it amounts to a third of our life or an average 23,000hrs.

"Deep sleep helps the body to heal itself, replacing, building muscle tissue, and healing wounds," he says.

"Rapid Eye Movement (REM) sleep restores your brain and supports your memory and learning abilities."

"Without good sleep, we can be more susceptible to pain, experience headaches, low appetite and be oversensitive to noise."

To help us to prepare for sleep, our bodies secrete the chemical melatonin upon darkness, setting in about two hours before bedtime. This peaks around midnight and tapers off around 4am.

If we're not getting enough sunlight in the morning, residual melatonin can cause a state of continuous lethargy which can mean residents might sleep through breakfast, lose weight, or potentially be at risk of falls.

¹ Aging and Sleep, the Sleep Foundation website, the Sleep Foundation, accessed on 14 September 2022, <https://www.sleepfoundation.org/aging-and-sleep>



Factors that can impact sleep

Moving into residential aged care can be an anxious time with changes to accommodation and routine, but our team at Opal HealthCare are here to support our residents to get a good night's sleep.

"Sometimes, without a familiar routine, residents may become disoriented to the time and space," says Simon.

"Visual stimulation and light pollution – like screen-time or TV before bed – can also make settling down for the night difficult for some residents."

And what we eat and drink can play a part, with drinks like coffee and other stimulants counteracting the natural endocrine system.

Setting realistic expectations about the quality and duration of sleep is an important part of setting up for success.

If you're concerned about your loved one's sleep, talk with your our team or your doctor about changes that will support a good night's slumber.

Tips for a better night's sleep

- Encourage activity during the day
- Reduce daytime 'napping'
- Have a set, personalised bedtime routine
- Keep night time light and noise to a minimum
- Avoid unnecessary night time interruptions
- Avoid caffeine after 4pm

Making a difference for Mary

For someone living with dementia, sleep disturbances, including reduced nocturnal sleep time, sleep fragmentation, nocturnal wandering, and daytime sleepiness can be common clinical problems. They may experience increased wakefulness and fragmented sleep at night, as well as taking longer to go to sleep².

Mary's sleepless nights

Mary* lives at Mudgee Grove Care Community. Before moving in she was diagnosed with Alzheimer's disease and short term memory loss. Every evening Mary would struggle to settle for the night. She would often walk with purpose during the night until she became tired and would fall asleep in her chair. In the morning, her legs would be painful and she would be distressed.

Researching her bedtime routine

Our team at Mudgee Grove Care Community worked with Mary and her family to learn more about her past – to build a clearer picture of Mary's life experience and bedtime routine prior to moving in with us.

We learnt that Mary had been a stay-at-home parent raising four children. Each night she prepared dinner for her family, ironed their clothes, washed the dishes, had a shower, and then went to bed with a decaffeinated coffee or tea.

Through these discussions, our team realised that Mary didn't like her 'new' pyjamas. They were a more modern style than what she was accustomed to and she thought they looked more like 'clothes' than pyjamas. So, our team showed Mary different styles of pyjamas on an iPad and discovered she preferred flannelette pyjamas because, as Mary said, "*they keep me warm*". Mary's family bought her new flannelette pyjamas.

A new night time routine

With this important insight, our team began a new night time routine with Mary.

At 6pm, after her dinner, Mary would be asked if she'd like to have a shower. The way she did earlier in her life. After her shower, Mary was encouraged to wear her new flannelette pyjamas.

After the first night in her new routine, Mary slept from 9pm through to 9am, waking only once at 1.30am. She woke in the morning with slight discomfort in her leg, but it was able to be managed throughout the day. Mary appeared more relaxed and settled.

Since then, our team has continued with the new night time routine. Sometimes Mary wants a shower and sometimes she doesn't, but overall her sleep has continued to improve.

The benefits of a good night's sleep

Our team at Mudgee Grove Care Community are big believers in the phrase, "I'm with you."

Putting themselves in our residents' 'shoes', has helped them gain a better understanding of Mary's personal bedtime routine – supporting Mary to have a better night's sleep.

*This case study shares the lived experience of a resident so the name has been changed to protect privacy.

² McCleery J, Sharpley AL. Pharmacotherapies for sleep disturbances in dementia. Cochrane Database of Systematic Reviews 2020, Issue 11. Art. No.: CD009178. DOI: 10.1002/14651858.CD009178.pub4.





keith gets his groove back

There's nothing like a few catchy tunes to lift the spirits! For Keith, picking up a guitar and strumming a few bars was just the beginning. Now he's sharing his love for music with fellow residents at Calamvale Parklands Care Community.

Words Jonathon Edmond

Health & Wellbeing

Music can be a source of joy and deliver positive health benefits for listeners of all ages. Research¹ shows that one of the primary reasons music can improve wellbeing is because the brain likes stimulation, and music provides this better than just about anything else.

Music sparks creativity in the brain

Listening to and playing something new can challenge the brain as it works to understand a new sound.

Keith started learning the guitar when he was a teenager and joined a band when he was 18. Over the years, juggling the competing priorities of life, he put it aside.

"Playing guitar made me feel so special and I was always looking forward to playing gigs and for my friends after school," Keith says.

"When the team at Calamvale Parklands offered me the opportunity to get a new guitar and start practising again, I just felt so good immediately."

Supporting memory recall

Music played from a certain time or place in a person's life can trigger memories – often in a powerful and positive way.

As he regains his confidence, Keith's taken to sharing his talents with fellow residents at the Care Community church service. Initially experiencing a bit of 'stage fright', concerned about how he would sound to others, Keith knows that practice makes perfect.

"I'm not as confident as I used to be, but I practice every afternoon," he says.

"Playing privately in my room gives me a lot of relief because I keep recalling happy memories from my old days."

Positive influence on mood

Music can influence mood – and over time we learn the type of music that makes us feel best.

Having found a point of connection with others through music, Keith is now an active participant in daily life at Calamvale Parklands and takes part in the Helping Hands program. He stocks the linen cupboard every day and helps to clean up after Happy Hour.

Making these 'everyday' contributions has helped Keith find a sense of purpose and belonging. But he's the first to admit, he wasn't so positive when he first moved in.

"I've got to say when I first arrived here, I wasn't quite happy but after starting to have some tasks to do, it kind of felt like home and it's the best thing that has ever happened to me," Keith says.

"It's very important for everyone to have a purpose, especially people like me who struggle with overthinking. When you get busy, you feel useful, and time just runs by."

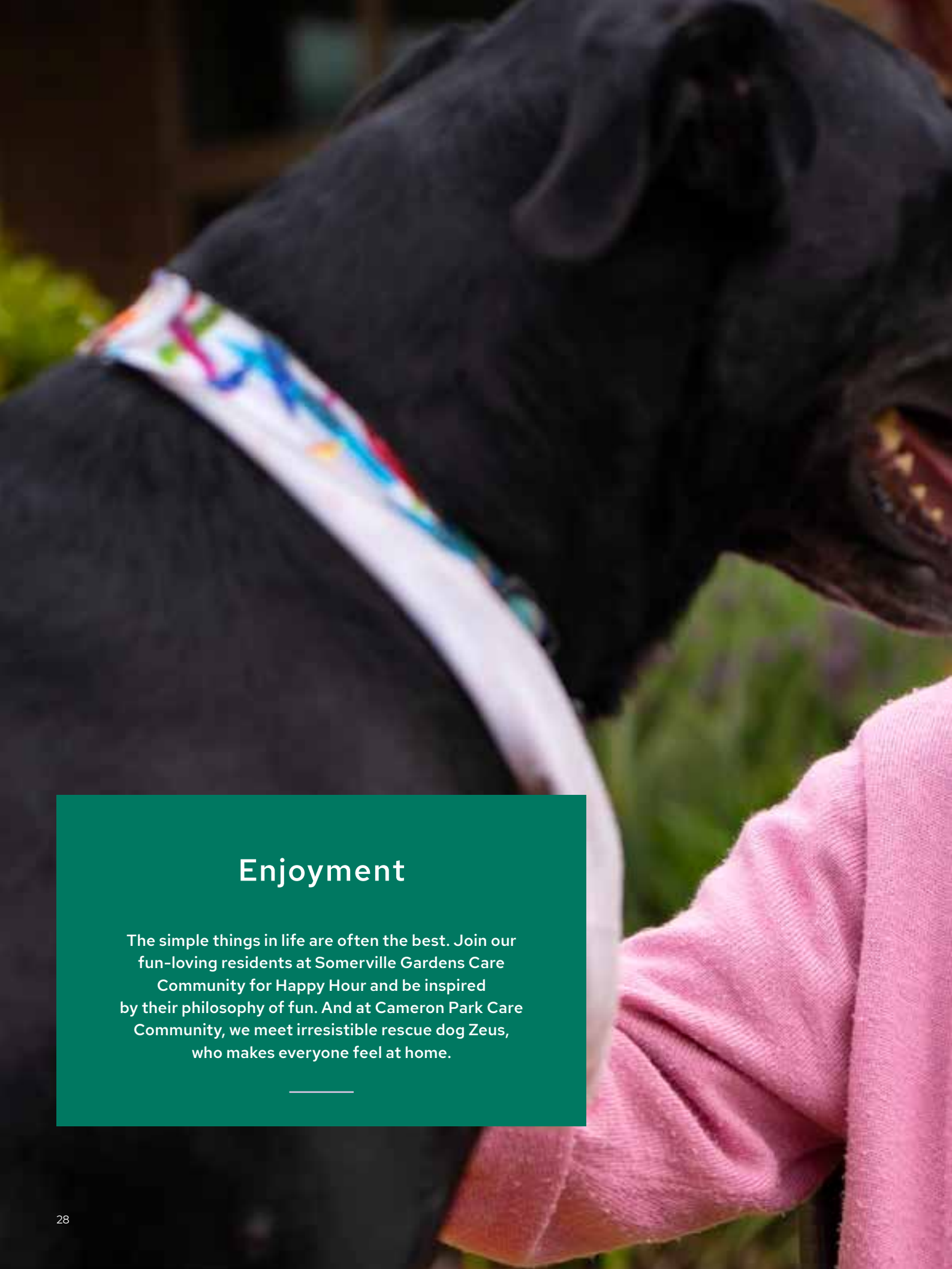
Supporting each other

Keith can't speak highly enough of the 'good people' at Calamvale Parklands who made it their goal to help him find his purpose.

"Despite being busy they somehow find the time to chat with me and get to know more about me," Keith says. "I feel like they genuinely care."

"I'm relieved that someone's listening and acknowledging what I've been through in my life, and I can only say how very grateful I am to the team for not giving up on me."

¹ Keep Your Brain Young with Music, John Hopkins Medicine, accessed 9 September 2022, <https://www.betteraging.com/beauty-and-wellness/the-benefits-of-listening-to-music-as-we-age/>



Enjoyment

The simple things in life are often the best. Join our fun-loving residents at Somerville Gardens Care Community for Happy Hour and be inspired by their philosophy of fun. And at Cameron Park Care Community, we meet irresistible rescue dog Zeus, who makes everyone feel at home.



THE HAPPIEST OF HOURS

Glass of wine in one hand, cheese and cracker in the other, Kay's in her element. It could be any Friday night in any cosy pub in Australia. Welcome to Happy Hour at Somerville Gardens Care Community.

Young or old – the simplest pleasures in life are often the most enjoyable. Like having a beverage and a laugh with friends. Socialising with others over shared interests is an instant mood-booster, and it can positively impact your wellbeing in the longer term.

Our residents at Somerville Gardens Care Community are living that philosophy. Their 'Happy Hour' get-togethers are the definition of enjoyment and good, old-fashioned fun. And one particular group of residents has made it a tradition to extend their happy hour ritual into the evening, long after others have gone to bed.

General Manager, Belle, says it started with a resident named Peter.

"We've always had a regular happy hour before dinner, but one resident really helped us to understand how important it is to residents when he moved in. Peter was living with motor neurone disease. He asked his son to bring in wine and cheese for his group of friends so that after happy hour and dinner, they could have a digestif or two together – he just wanted to enjoy his remaining days," says Belle.

"We all love music at Somerville Gardens and Peter would kick things off by sharing his music with everyone, playing it in our lounge like it was a concert."

Sadly, Peter passed away last year but his legacy lives on through his friends and in Somerville Gardens' culture of enjoying the good times that he inspired.



A community filled with joy

Companionship and a good laugh never go out of style.

Kay, a regular at Happy Hour, loves socialising with others, the jokes they share, and most importantly, the fun.

"I like meeting people all the time, so I love the social side of it," says Kay.

"Happy Hour is something to look forward to and it's the best hour of the day for me – it lets you know you're still alive!"

A philosophy of fun

Enabling our residents to continue to enjoy doing the things they love is important to Belle and our team at Somerville Gardens. *"Continuing to participate in social norms or rituals is vital to maintaining quality of life", says Belle. "I really want our residents to thrive here and have fun."*

"Sometimes, they can think being in care, it's the end, but there's so much you can still do."

Staying safe, while having fun, is always top of mind. All residents consult with their doctor and families before signing a Dignity of Risk form. Dignity of risk is another way of acknowledging you have the right to live the life you choose, even if your choices involve some risk. This means our residents have the right to make decisions about their care and services.

"It's so lovely to hear our residents talking and laughing together," says Belle.

"In many ways we're just like any other household, and having fun is a normal part of our community at Somerville Gardens."

ZEUS FINDS HIS FUR-EVER HOME

Zeus, with his dark eyes and handsome looks, accepts a treat from Anne from her left hand, while receiving a comforting pat from her right. If he could speak, he'd tell you life is pretty good these days.

The joy of companionship

Nothing compares to the feeling of coming home to a loyal companion. The unconditional love of a pet can be just the tonic for improving mood and simply relaxing. And having a pet can support social interaction too.

Lauren, Lifestyle Coordinator at Cameron Park Care Community, understands the joy a pet can bring. She knew many of our residents had pets throughout their lives and that they were missing Cameron Park's recently departed resident poodle. Lauren began to research finding a pet.

"I had so many suggestions from our residents – could it be a dog, a cat, a rabbit, chickens or even a pony?", Lauren says.

"I conducted a survey of our residents and consulted through their residents' meeting. The most popular choice? Another dog!"

Eventually, after a lot of phone calls and website searches, Lauren found Zeus – a senior labrador being cared for by local community organisation, Dog Rescue Newcastle. Zeus was looking for his forever home, a place where he could be with people 24 hours a day. It was a perfect match.

"Zeus has made such a positive impact on our residents," Lauren says.

"The number of smiles and the joy he brings to them – it's incredible to see."

Feeling at home

Anne moved into Cameron Park with her husband, who was quite unwell and sadly passed away a short time later. Grieving for her other half, Anne didn't want to come out of her room.

"Even with her loving family around and our team caring for and comforting her, nobody could convince Anne to come out and socialise or go for a walk in the garden," says Lauren.

Nobody that is, except Zeus.

"When Zeus moved in, I took him in to meet Anne. He went up to her with his tail wagging and she gave him the biggest smile and kept him with her for a while.

"Eventually she came out of her room and took Zeus for a walk around the garden for over an hour."

This was the breakthrough Anne needed to get back on her feet. A loving pet to comfort her and make her smile, without having to talk about how she was feeling.

"Having Zeus around makes you feel at home, a homely feeling," says Anne, explaining that it was he who helped her settle into life at Cameron Park.

"It's a gentle environment, kind and people are around – it's just wonderful.

"I think Zeus is the best thing that's ever happened here.

"He just makes you feel relaxed."

The value of pets as people age cannot be underestimated. We welcome pets in our Care Communities – they truly make you feel at home. And it's more than just cuddles that contribute to wellbeing.

Watch Zeus and Anne's heartwarming story at vimeo.com/751029732. To learn more about the wellbeing effects of animals in residential aged care, talk with our team or read about pet therapy at Opal HealthCare at opalhealthcare.com.au/news/pet-therapy





A LIFETIME OF LOVE

Could this be Australia's longest romance?
Daphne and John Partridge's 80 years' of marriage
is a rare and special feat of love, dance and longevity.

The year is 1942: The world is at war. Singapore surrenders to Japanese forces. Duct tape is invented. Instant coffee is introduced. Classic films *Casablanca* and *Bambi* premiere. Bing Crosby releases *White Christmas*. And Daphne and John Partridge of Maitland NSW, both 18 years old, get married.

Fast forward to 2022: Still very much in love, Daphne and John Partridge, now of Rutherford Park Care Community, celebrate their 80th wedding anniversary.

A romance that has truly lasted a lifetime.

In wedding anniversary gift lore, the 80th is oak. That staunch trunk of hardwood represents the strength and longevity of the union, as it does for our two love birds.

For Daphne, it was love at first sight. *"I just liked him, from head to toe,"* she smiles.

John was equally convinced when he saw her. *"I said she won't get away from me, I'll catch her. And I've been with her ever since,"* says John.

They would only spend time apart when John was sent to New Guinea as a soldier during the Second World War. *"I just waited and waited every day for him to come home,"* says Daphne.

And when John did come home, they enjoyed a happy life at their Telarah home near Maitland. So happy they lived there for 74 years, only moving into Rutherford Park Care Community six months ago.

"Daphne and John are the most gorgeous couple", says Lifestyle Coordinator, Wendy. *"They're always together. They were champion ballroom dancers in their younger years and they've still got the moves. Daphne will dance at any opportunity! They still love each other's company and they finish one another's sentences."*

Family and friends gathered on the big day for cake and a cuppa to celebrate the couple and hear some good old fashioned relationship advice.

"We never had a strong word," says Daphne. *"Just tell your husband you love him every day."*

John adds, *"look after one another, think about one another, and live for one another. It's wonderful."*

Safety & Security

The journey into care can often be a rollercoaster of emotions for residents and their families. These five tips can help ease the transition of moving into a Care Community, helping to reduce anxieties and focus on the positives.





5 STEPS FOR MOVING IN

Helping your loved one feel at home

Moving house is known to be one of life's biggest stressors – no matter what age or stage we're at. Moving into care is no different. Fortunately, there are ways to help make the transition as smooth as possible for your loved one.

Carryn, General Manager at Geraldton Shore Care Community, has worked in residential aged care for over 30 years.

"We all deserve to live in a place where we feel safe and secure," says Carryn.

"For many family members and friends, the journey into care can be a rollercoaster of emotions, alternating between loss and guilt on some days and relief and gratitude on others.

"A little bit of planning can make a world of difference."

5 steps for a smooth transition into care:

1. Visit the Care Community before you move in

Get a good sense of the Care Community and room layout by visiting ahead of time with your loved one (if their health allows).

"Talk with our team or even share a meal with other residents", says Carryn.

"As you look around, try visualising how you could make the space feel like home to your loved one, so you can help decide what to bring."

2. Get any paperwork out of the way

If possible, try to get paperwork signed before moving in, so that move-in day can be all about helping your loved one settle in.

"It's especially important to consider whether a trusted family member or friend has been identified to help them manage their affairs and make health, medical and lifestyle decisions, in case they're no longer able to do this for themselves", says Carryn.

"Our team can also provide information about power of attorney or enduring guardian matters."



3. Personalise your space

We all feel better when we're surrounded by things that are familiar and special – things that bring us joy.

"Your bedroom is your most intimate place of comfort and belonging. Help your loved one select things from home to bring with them that will help make their new room feel like home," says Carryn.

Small furniture items, photographs in frames, posters, pictures, certificates and awards that remind you of special places, times, images and achievements are a great way to personalise your space, feel a sense of ownership, and share some of your life, personality and passions.

4. Focus on the positive

Help your loved one to focus on what they'll gain in care rather than on any perceived loss.

"Aged care can be a very positive move. A time to enjoy companionship and have valuable support with daily living," Carryn says.

"Try to emphasise the positives. Having time to pursue personal interests. Gardening or growing vegies. Socialising with others. Not having to cook every day! Living in care can help people focus on reablement and revive passions and pastimes."

5. Take your time

Moving into care can be an emotional time for everyone involved.

"Try not to judge or rush", Carryn says. *"Just make yourself available to listen and be a compassionate ear for any concerns or anxieties."*

Spend time helping your loved one identify enjoyable activities or coming up with a satisfying new routine.

"Remind them that they're loved and that you'll continue to call or visit."

Our team can help you get a sense of what the first few days will be like and what decisions to consider. For example: would your loved one prefer to have their first meal in the dining room with you, with residents who may share their interests, or have in-room dining while they settle in?

You're welcome to talk with one of our team or download your copy of First Days, Your Way at: **opalhealthcare.com.au/welcome**.



Loving Community

Kindness gives hope to others. In this heart-warming story from Carseldine Greens Care Community, residents are knitting blankets for Ukrainian refugees. And we visit Orange Grove Care Community where our residents celebrated the Queen's Platinum Jubilee in royal style, and received a surprise in the mail.





CELEBRATIONS FIT FOR A QUEEN

Smiling and waving her Union Jack flag, Irene is a picture of grace and dignity. It's like being true royalty for a moment, as our residents enjoy a ride in Orange Grove Care Community's 'Royal Golden Carriage' to celebrate Queen Elizabeth II's Platinum Jubilee.

Sharing happy memories of the past brings joy through reminiscence. And this was one occasion our residents were not going to miss! Many remembered the Queen and Prince Philip's visit to Orange in 1970, having flocked to see Her Majesty and her handsome Prince meet and greet the people of Central West New South Wales.

Celebrating the Platinum Jubilee over many weeks, Lifestyle Co-ordinator, Ramanpreet, had the idea to create our very own Royal Golden Carriage and Royal Guards. An ingenious replica carriage made from cardboard, painted and decorated and set upon a wheelchair for mobility. Polished Royal Guards were fashioned out of buckets and suited and booted with craft items.

Over the four days of celebrations in the UK and around the world, the golden carriage rolled through Orange Grove bearing waving residents, flanked by our Royal Guards.

"Working together with our residents and team over many weeks, we made the carriage by hand and painted the Royal Guards," says Ramanpreet.

"Our residents 'rode' in the Royal Carriage with great delight, followed by a British morning tea and a musical performance. It was a truly special day!"

For Irene it was even more special. Having recently celebrated her 100th birthday and received a personal letter of congratulations from Her Majesty, Irene fondly remembers the royal couple's visit to Orange over 50 years' ago.

"I had great affection for the Queen," Irene says.

"I felt like a queen myself when I was in the carriage, waving to everyone – it was an amazing experience."

So much fun was had that our team sent a letter of congratulations to the Queen, marking 70 years since her Ascension to the throne and including photos of our residents in the carriage. The letter was posted in June.

Following the Queen's passing in early September, it was a truly unexpected delight some three weeks later to receive a letter from Queen Elizabeth!

Bearing a Buckingham Palace postmark dated 31 August 2022, the letter contained a photograph of the Queen and a message of thanks for our residents' kind thoughts and best wishes.

Residents were thrilled to have received what must be among the last letters to be sent from Queen Elizabeth.

"All of us here at Orange Grove wished her the very best and thanked her for bringing us joy through her 70 years of loyal service," says Irene.

"I think there will be no one like her."

A KNIT AND A NATTER FOR PEOPLE WHO MATTER

Somewhere in Australia, having escaped the harrowing war in the Ukraine, someone in need is wrapping themselves in the warm, cosy embrace of a handmade blanket, knitted with love by our Carseldine Greens resident knitting group.

Small acts of kindness can mean the world to others. And for our residents, contributing to others also nurtures their own wellbeing.

A recent study by the University of Western Australia explored how a series of activities called the 'ABC Campaign' – Act-Belong-Commit – can positively impact mental health.

Carseldine Greens Care Community in Brisbane lives this philosophy through their knitting club. Established over eight years ago, our knitters have supported causes like domestic violence, cancer research, and now Ukrainians seeking refuge from war, one knitted-square at a time. Partnering with charity, St Vincent de Paul, they donate the knitted items to local community organisation, Ukrainian Community of Queensland to support displaced Ukrainians fleeing their war-torn home country.

A is for Act

Staying physically, mentally, socially, and spiritually active enhances wellbeing. Keeping our mind and body active can prevent overthinking or worrying about things that may be outside of our control. And doing something we enjoy is a simple but effective way to feel better – be it reading, gardening, singing, dancing, or taking up a hobby like knitting.

Kaitlyn, Lifestyle Coordinator at Carseldine Greens, says the knitting group is a wonderful way for residents to learn a new skill or share an existing one.

"Knitting squares is an easy way for our residents to participate," she says.

"We make beanies, socks and blankets. We'll set the squares out on the table and the group decides how they should go together and then we hand sew them together."

B is for Belong

Maintaining friendships and close social connections is a natural mood-enhancer. Doing something with others, participating in community events through meals, activities or social groups can help us feel more connected and enhance our sense of belonging.

Kaitlyn says residents established the knitting group as a social activity first, then realised the contribution they could make to others with their creations.

"Some residents come and don't always knit, but they enjoy observing and reminiscing," she says.

"Our volunteers are amazing and they keep the conversations going."



Leanne has long been a part of the Carseldine Greens family – her mother was a resident until she passed away four years ago. Now she volunteers with us.

"I used to bring mum to the knitting group as a way to get her involved and out of her room," says Leanne.

"She would mend sewing and I would knit. After she passed away, I kept coming."

Leanne joins the group every Monday afternoon to catch up with our residents and team, providing wool when needed, sewing together squares and contributing to the all-important 'chit chat' while they knit.

C is for Commit

Setting goals – no matter how big or small. Engaging in activities that provide meaning and purpose. Taking up causes or volunteering to help others. All these things contribute to a person's sense of identity and self-worth.

Whether it's donating their wares to the Cancer Council, women in need, Ukrainian refugees, making blankets for team members' newborns, or to welcome a new resident to Carseldine Greens – our knitters are committed to their cause.

Ann, a much-loved member of the group, loves that knitting together helps her build friendships with others.

"I love the opportunity to talk about things outside of our Care Community and to work towards something bigger," says Ann.

"I've always thought it's important to help others, and our knitting group enables us to continue to do this while living in care."

¹ University of Western Australia website, the University of Western Australia, accessed 25 August 2022, <https://www.uwa.edu.au/news/Article/2022/May/Study-finds-believing-you-can-do-something-to-improve-is-linked-to-higher-wellbeing>



A PRACTICAL PATHWAY TO A CARING CAREER

Love to work in aged care but don't have the right qualifications? Let's talk! Our custom-designed Care Support Officer (CSO) program is a practical pathway into a career with us. It offers job seekers with an interest in aged care the opportunity to learn key skills through a four-week structured in-place learning program. Successful graduates can then enrol in a traineeship with us to achieve a Certificate III accreditation in Individual Support.

The best care we can give our residents is delivered by a competent and qualified team. That's why we're taking practical steps to attract, support and retain people with the right attributes and motivation to deliver high quality and person-centred care.

Care Support Officer program

Our CSO program is an ideal entry level pathway into aged care for people with no qualifications, or whose relevant qualifications are not recognised in Australia. Participants learn how they can support our residents with basic self-care tasks such as getting dressed, showering, or providing supporting at mealtimes.

We teach important principles relating to resident choice, privacy and dignity, and person-centred care. The program also covers key aspects of palliative care and supporting residents who are living with dementia.

Johny, General Manager at Tweed River Care Community, has been running the program in-place at Tweed River and has attracted job seekers from a variety of backgrounds.

"I recently attended a jobs fair on the Gold Coast and I met Saminda, an overseas trained nurse, recently arrived in Australia", says Johny.

"He'd been working as a nurse in Sri Lanka in an emergency setting for 11 years but didn't have the necessary qualifications to work as a nurse here in Australia.

"Someone like Saminda is the perfect candidate for our Care Support Officer program."

Our Buddy system

During the program each participant is matched up with a workplace 'buddy'. Their buddy is an existing team member who partners with them to provide a structured transition process that helps new team members learn about our residents, how we operate and 'who's who in the zoo'.

Johny says the buddy system gives new team members valuable support to successfully complete the program.



"As I did my job, I fell in love with our residents so it's not a 'job' for me anymore – it's just taking care of the people I love."

Ritu

"I'd been working in retail but I wanted to get into nursing. I love being here doing nursing and caring for people."

Faith

"Starting a new job can be exciting but also a little bit overwhelming.

"Assigning a workplace buddy helps new team members transition into their new role, reducing stress or anxiety that comes with a new job.

"Our buddies help them become familiar with our work practices and, most importantly, our Opal HealthCare culture."

Our graduates

On completion of the first Care Support Officer program, 100 percent of participants graduated successfully. Many have now taken the next step to sign up for a Certificate III in Individual Support traineeship.

Saminda is one of those graduates.

"Tweed River Care Community has a very good team and they are so helpful," Saminda says.

"I love working in aged care and now I am so confident and excited to be doing my Certificate III in aged care so I can become an Assistant in Nursing (AIN)."

If this sounds like a program for you or someone you know, visit **academy.opalhealthcare.com.au** to find out more.

"I love it at Opal HealthCare. I heard about the CSO Program from a friend and I wanted to see how it worked. The team are great, and they helped us to improve in every aspect to become an AIN."

Rituraj

"I used to look after my grandmother and developed a passion for aged care. The Care Support Officer program is so good. You get everything you need to work here and it's a great place to work."

Arianij





Resident, Yvonne, thrives on gardening. She's growing mint, parsley and strawberries to pick for our chef, who cooks them up into delicious meals for our residents.



HOW WE CARE

SETTING SOCIAL IMPACT GOALS

Opal HealthCare is built on the belief that we can improve the lives of older Australians by providing high quality residential care – and in doing so, contribute to the wellbeing of the wider community.

We've been measuring our social impact since 2020 and early in the new year will announce our Social Impact goals from now to 2025.

Our goals are measured through four domains specific to our organisation: Caring for our people, Caring for our planet, Enriching communities, and Promoting understanding.

To understand what matters to our community we conducted a sustainability survey earlier this year which was open to residents, families, our team, suppliers and wider stakeholders.

The survey responses have informed our social impact goal setting so that the priorities of Opal HealthCare and those who live, work, partner or engage with us are aligned.

Respondents told us they're concerned about high quality and accessible clinical care and wellbeing services, attracting and training team, the health of our planet, the amount of waste going into landfill, and how important it is that we remain responsive to change and able to meet future demand for aged care.

We already have a solid track record of delivering value to society through the care we provide. For example, we care for over 8,000 elderly people and support their families every year. We employ and train people in the communities where we operate. Our Care Communities use solar panels and LED lighting to reduce impact on the grid. Our residents and team engage in diverse activities that enhance their local communities.

We're building on this foundation to set goals for 2025 that address the social, environmental and governance issues that are vital to a healthy and well society. This includes developing a strategy to achieve Net Zero in the future.

We will always keep our eyes firmly on our most important priority – caring for our residents – while working through our operations, policies and processes in collaboration with partners and suppliers, to continually improve our footprint.

We look forward to sharing our 2025 Social Impact goals and progress with you.

To learn more about our actions to date, read our Social Impact Reports on our website: **opalhealthcare.com.au/news/social-impact-report**

Words of thanks

Our Care Communities often receive thank you letters from families and friends expressing their gratitude for our team. Here are some letters.

STANMORE PLACE CARE COMMUNITY QUEENSLAND

I just wanted to write to thank you and all your team for being so kind and so patient with my brother. My sister has told me of the very high standard of kindness, thoughtfulness and care you and your colleagues give to my brother and indeed all the other residents, evidence of which is in your newsletters which I love to receive. The newsletters are of such a high standard I get a real sense of the community in which my brother lives which means a lot to me. My heartfelt thanks and appreciation to you all.

CALAMVALE PARKLANDS CARE COMMUNITY QUEENSLAND

On behalf of my siblings, I wish to express our sincere gratitude to you, Nick and all the team who have had a part in caring for our dear mother, Betty over the past four years. It was so good to have you there to discuss her treatment, to help me understand and to give me advice. Nothing was ever too much trouble.

CARINE PARKSIDE CARE COMMUNITY WESTERN AUSTRALIA

Thank you for all the hard work that is going into keeping our family members safe. I can only imagine the extra work these frequent and continued outbreaks have entailed. I also appreciate the regular updates and notices that they are always sent outside of regular working hours, demonstrating the many hours that you are on the job.

WARRNAMBOOL RIVERSIDE CARE COMMUNITY VICTORIA

Thank you for the wonderful care that Dad is receiving during his last days. We are so impressed with the things that you and the team have done to make Dad comfortable, and the family feel at ease.

**ASHFIELD TERRACE
CARE COMMUNITY**
NEW SOUTH WALES

I would like to thank the team at Ashfield Terrace and Concentric for the wonderful assistance they have provided our mother most recently in relation to supporting the trial of a Seating Matters Milano chair for her this week. The Milano chair has already made a difference to our mother's comfort and what really impressed me is the delight of the team involved in seeing this immediate improvement to her quality of life – it's heart-warming. I wish to pass on my sincere thanks for their incredible work under such difficult circumstances.

**ASHMORE GARDENS
CARE COMMUNITY**
QUEENSLAND

I want to thank the kitchen for all the lovely food they have been providing. I don't eat a lot of things, but I love how the kitchen caters to whatever I ask for – even when it's not on the menu. I really love the salads you have been making for me and I have really been enjoying the croissants at lunch. Thank you!

**LAKES ENTRANCE
CARE COMMUNITY**
VICTORIA

Thank you to all the nurses, carers, maintenance officers and the chef. They always stop and talk to you. This is better than a hotel. You get good service there but not like you get here. Lakes Entrance Care Community is 100/100. The team are always happy, and nothing is too much trouble for them.

**MEADOWBANK GROVE
CARE COMMUNITY**
NEW SOUTH WALES

I would love to say a big thank you to the wonderful girls in the lifestyle team in Meadowbank Grove for making me feel welcomed and for putting on all the amazing activities and shows. You brought so much joy to my life and made me feel at home here in Meadowbank Grove. Thank you from the bottom of my heart.

**MORAYFIELD GROVE
CARE COMMUNITY**
QUEENSLAND

All our family want to express our gratitude for our 100th birthday celebration. We were all so touched by how fabulous the lunch was, the decorations, the special cake and all the effort everyone went to make this a special day for us. We want to thank everyone that helped with the day and have sent you two dozen yellow roses as a 'thank you.'



THE GOOD COOK

A light and fluffy fruit tart – the perfect summer dessert with a tropical twist. Easy to make and delicious to taste. Save us a slice!

Recipe by **Chef Sagar,**
Wantirna Views Care Community, Victoria



TROPICAL FRUIT TART WITH COCONUT TOPPING

INGREDIENTS

½ cup unsalted butter (softened)

1/3 cup sugar

¼ teaspoon salt

1¼ cups all-purpose flour

1 egg yolk

You'll need a 10"x1" fluted tart pan for this recipe.

Preheat oven to 180°C.

In a stand mixer or food processor, cream the butter, sugar and salt on medium speed until pale and creamy for about two minutes. Add the flour and mix on low speed for about 30 seconds, until the flour is incorporated. The mixture will look like wet, clumpy sand. Add the egg yolk and mix on low speed until the yolk is evenly incorporated and the dough is clumpy, about 30 seconds. Using your hands, lightly knead the dough on a lightly floured surface. Press it into a 6-inch disk, wrap it tightly in plastic wrap, and let it rest in the refrigerator for about 30 minutes.

Place the chilled dough inside a lightly greased 10"x1" fluted tart pan. Pinch off pieces of dough and press them against the sides of the pan evenly into the bottom of the pan, making sure to press it squarely along the corners where the bottom meets the sides to avoid extra-thick edges. Use a paring knife to trim the top edge of the dough so it is even with the rim of the pan. Cover with plastic wrap and place in the freezer for at least 30 minutes to chill.

Remove from the freezer and bake at 180°C for 20 minutes, or until lightly golden.

If you have a favourite recipe you'd like to share, send it to us at recipes@opalhealthcare.com.au

TROPICAL FRUIT MIX

410 mL can Tropical Fruit Salad (includes diced peaches, pears and grapes)

100g glace cherries

100g strawberries (fresh or frozen)

2 kiwi fruit (diced in chunks)

50g blueberries (frozen)

50g raspberries (frozen)

1 tsp cinnamon

50g caster sugar

Drain the Tropical Fruit Salad mix removing any excess liquid. Add it to all remaining ingredients in a large bowl and mix gently.

TOPPING

300g desiccated coconut

2 whole eggs

100g sugar

Mix all ingredients together to form a crumbly texture.

ASSEMBLE THE TART

Fill the tart pastry with the fruit mix and top with the coconut, gently pressing it on top.

Just before serving, bake it again in the preheated oven at 180°C for 8-10 minutes or until topping turns golden brown.

Serve warm with vanilla whipped cream or your choice of ice cream.

Serves up to 20 people.

Our Care Communities

General enquiries 1300 048 519

NSW — Sydney Metro

Annandale Grove Care Community	02 8585 1900
Ashfield Terrace Care Community	02 8799 7000
Auburn Glen Care Community	02 9643 3200
Bankstown Terrace Care Community	02 9708 9400
Bayview Treetops Care Community	02 9979 9066
Belmore Place Care Community	02 9784 3100
Blacktown Terrace Care Community	02 9852 9600
Bossley Parkside Care Community	02 9426 1500
Canterbury Place Care Community	02 9784 2111
Chiswick Manor Care Community	02 9370 0600
Katoomba Views Care Community	02 4780 0600
Killara Glades Care Community	02 8467 3200
Manly Hillside Care Community	02 8925 6400
Meadowbank Grove Care Community	02 8878 5200
Mona Vale View Care Community	02 9910 7100
Narrabeen Glades Care Community	02 9910 7600
Narraweena Grove Care Community	02 8978 3100
Quakers Hillside Care Community	02 8818 6500
Stanmore Place Care Community	02 8594 6900
Toongabbie Terrace Care Community	02 8848 7200
Wahroonga Place Care Community	02 9372 3800
Winston Hillside Care Community	02 9865 1800

NSW — Central Coast, Hunter and North Coast

Berkeley Vale Care Community	02 4337 0000
Cameron Park Care Community	02 4944 1300
Coffs Harbour Grange Care Community	02 6659 4800
Kanwal Gardens Care Community	02 4393 1888
Killarney Vale Care Community	02 4345 2700
Maitland Grange Care Community	02 4015 3000
Murwillumbah Greens Care Community	02 6670 9700
Norah Head Care Community	02 4352 8900
Raymond Terrace Gardens Care Community	02 4980 0000
Rutherford Park Care Community	02 4015 3800
Tingira Hills Care Community	02 4904 0100
Tweed River Care Community	07 5590 2800
Tweed Valley Care Community	07 5599 6900
Wallarah Point Care Community	0408 265 643

NSW — Blue Mountains, Western Regional and South Coast

Bathurst Riverview Care Community	02 6334 7000
Denhams Beach Care Community	02 4412 3400
Dubbo Homestead Care Community	02 5852 1600
Glenmore Park Care Community	02 4737 5300
Mudgee Grove Care Community	02 6370 6200
Narrandera Homestead Care Community	02 6959 5300
Orange Grove Care Community	02 6363 4300
Shoalhaven Place Care Community	02 4429 1200
Springwood Greens Care Community	02 4754 6000



Queensland

Ashmore Gardens Care Community	07 5510 1800
Berrinba Greens Care Community	07 3809 1400
Broadwater Grove Care Community	07 5557 7700
Burpengary Gardens Care Community	07 3481 6100
Calamvale Parklands Care Community	07 3723 0400
Caloundra Place Care Community	07 5390 0200
Carseldine Greens Care Community	07 3500 9300
Kawana Waters Care Community	07 5390 5100
Kirra Beach Care Community	07 5587 5500
Morayfield Grove Care Community	07 5495 9000
Nambour Gardens Care Community	07 5444 9700
Newstead Grand Care Community	07 3024 3500
North Lakes Terrace Care Community	07 3384 2700
Oxley Grove Care Community	07 3716 9700
Springwood Terrace Care Community	07 3722 9400
Varsity Views Care Community	07 5554 8100

Victoria — Gippsland

Bairnsdale Parklands Care Community	03 5153 7200
Inverloch Coast Care Community	03 5671 6000
Lakes Entrance Care Community	03 5179 5500
Paynesville Gardens Care Community	03 5153 8400
Sale Gardens Care Community	03 5142 1600

Victoria — Melbourne Metro and Surrounding Regions

Altona Gardens Care Community	03 8325 7600
Croydon Grove Care Community	03 9723 8088
Diamond Creek Care Community	03 8432 5150
Epping Meadows Care Community	03 8405 5200
Highton Gardens Care Community	03 5223 0900
Kardinia Parkside Care Community	03 5221 5733
Meadow Heights Care Community	03 9303 6800
Mornington Bay Care Community	03 5958 6600
Somerville Gardens Care Community	03 5977 9922
Wantirna Views Care Community	03 9847 2500
Warrandyte Gardens Care Community	03 9844 8000
Warrnambool Place Care Community	03 5563 0600
Warrnambool Riverside Care Community	03 5559 0600
Waverley Valley Care Community	03 9887 9111
Western Port Bay Care Community	03 8432 5100

Western Australia

Alfred Cove Care Community	08 6330 0400
Applecross Shore Care Community	08 6159 9800
Armadale Place Care Community	08 9234 3300
Bunbury Gardens Care Community	08 9726 6300
Carine Parkside Care Community	08 9378 5500
Geraldton Shore Care Community	08 9921 5010
Melville Parkside Care Community	08 9424 0500
Murdoch Gardens Care Community	08 6332 6200
Mandurah Coast Care Community	08 9550 2500
Treeby Parklands Care Community	08 6172 2400

Ageing is living

When your local Care Community is supported by Opal HealthCare, you can feel confident that we're doing all we can to deliver high quality eldercare.