

## LOOKING FORWARD TO SPRING



Our most recent edition of *Village Voice* came out in March 2020 headed “*Looking forward to Easter*”. This one should be headed “*Looking back to Covid19*” but unfortunately I think Covid19 will be with us for some time though with fewer restrictions. However, we have

something to look forward to with our Activity Centre looking good for an October opening. There is quite a lot of work happening inside (*see page 4*). Also you will have noticed that the Board has approved a new logo for the Village. Thus our *Village Voice* heading is different.

### Introduction of a new Village logo.

The Retirement Village marketplace has grown significantly in recent years with many large local and overseas operators setting up. For our Village to be found by prospective residents we need to be heard and seen amongst all the advertising coming from the bigger players. To achieve greater exposure, we have a new Logo and adopted a set of fresh corporate colours to be used with the website, business cards, letterheads and advertising materials.

In parallel we have a requirement from the state government to introduce expanded unit and street signage to assist emergency services. We have developed the new signage based upon the new range of colours.

The Logo will start to be used widely from July and the street signage program, which includes new site maps, will be rolled out later in July.

We have always been a very conservative organisation. What we have come up with is about information, brighter colours and a smart logo that stands out amongst the crowd.

*Graeme Drummond CEO*

Part One of the Board's plan for Central Park in our Village has been completed with all the residents needing to be re-housed safely in their new homes. Speaking of new homes, we are now happily settled in ours and what is more, are able to FIND things again!

But under the circumstances the Village has been able to stay safe and comfortable as usual, although our Librarian, Fay Carrick, has a job managing the Library sanitising all the returned books. However at last the Library is back where it should be.

*(Continued on page 2)*

### WELCOME NEW RESIDENTS

Michael and Christine Swift to Unit 131

Eric and Beverley Bolitho to Unit 317

### Thought for the season

The other thing that will last a lifetime  
with proper use, is you.

## VILLAGE NEWS



(Continued from page 1)

Our kitchen staff has had their hands full with more folk than usual ordering in and have certainly needed their delivery helpers. The Art Group has re-started keeping social distancing as must all our groups. Other groups, such as Young and Restless and the Exercise Group have started. I had become an armchair exerciser...with my eyes closed. Let's hope I can move myself! Coffees are open in the Community Centre again so come and have a social distancing chat with friends. We have been helped by St John's Wellbeing Newsletter with its puzzles. Quite a challenge to the 'grey matter' at times.

We send a huge 'thank you' to all Management and Staff for their dedication to the welfare of all residents throughout this very trying period.

We are delighted to congratulate Fay and Stan Carrick on winning the Walking Tour Window Display. We have not seen so much colouring in and artistry for some time.



And thinking of artistry – I do hope you all took the opportunity to see the display of beautiful bed covers,

knitted and crocheted rugs, glorious new baby clothes and other things we had in the Village Centre. We have just so many talented residents in this Village.

*Keep well.*

## LOOKING AHEAD

*(Please check notice board)*

As you know, most of our groups had to close because of Covid19. Many are on the move again:

*(Check with reception re booking in)*

**Coffee Morning :** Fri. 10 -11.30 (Max 16)

**Exercise Group:** Mon. 9.45 (for 10 am start.)

**Art Group:** Tues. 9.30 -12 (in unit 23)

**Drama Group:** Thurs. 3 pm (Comm. Centre)

**Young & Restless:** Mon.1- 3 pm (Dining Rm.)

**Prayer Morning:** 2nd & 4th Tues. of the month (Comm. Centre)

**Commencing (hopefully) in July:**  
**Housie. Carpet Bowls. Movies.**

## ON THE MOVE WITH THE PETTIGROVES

John and I recently drove the silo trail to try out our caravan and our diesel heater which kept us nice and toasty on the minus 1 degree mornings. We had a wonderful trip. The talented artists who have painted these



Sea Lake



Sheep Hills

certainly know their craft. A delight to see the Wimmera green with their winter crops as they have had good autumn rain.

*Marg and John Unit 109*

# VILLAGE NEWS

In case you have forgotten what our Residents Committee look like here is a picture.



(back row) Ray VanMeurs, Kath Prince, Anne Watt, Lorraine Penrose, Colin Ware.  
 (front row) Beth Anthony, Ros Clauson,  
 (Inset ) Margaret Pettigrove, & Jim Hanna.

Our Residents Committee, as you will have seen together with Heather’s reports, has been meeting regularly with Management. Unlike many villages like ours, there is very good co operation between them to our great benefit.

## ON THE MOVE IN THE VILLAGE

As part of the Central Park redevelopment a number of residents have moved to new homes. (see page 1) These are:

Fred and Joan Rowney from Unit 5 to 86.

Brenda Nicholls from Unit 23 to 93

Maureen Bramwell from Unit 6 to 41

Doreen Killick from Unit 22 to 91

Pam Cooper from Unit 7 to 114

Lorraine Leishman from 19 to Apt. 206

Joan Wagner from Unit 4 to 16

.....

Colin and Val Knapp have also moved from from 56 to Apt. 197



## REFLECTION

from our Pastoral Worker:  
 Catherine Price



Give me the sun on the horizon,  
 a sherbet colour morning sky above  
 give me a clear, cloudless, warm day  
 then you’ll know why with God I’m in love.

Give me the shade of a willow tree,  
 the Good Book for me to read  
 give me a sweet tea to sip on  
 and I will have close to all I need.

Give me a creek’s mesmerizing flow,  
 chirps coming from a robin’s nest  
 give me green pastures with my Lord  
 well now you can picture the rest.

Give me the sound of children playing,  
 the laughs and giggles of youth  
 give me the peace of a summer’s sigh  
 found around a lemonade booth.

Give me the soft breeze off the ocean,  
 the sun painting its dazzling set  
 give me the coolness of the moonlight  
 and I’ll be close to heaven as I can get.

Give me a day in the radiant Son shine,  
 let me bask in God’s glorious love  
 give me a warm summer day to reflect . . .  
 on the splendour God sends from above!

Deborah Ann Belka

## Village Activity Centre

Your Editor and her husband, our well known computer layout artist, Fred, were very recently shown by our CEO Graeme Drummond through the interior of the Activity Centre which, as you will see from the interior photos, is moving along well though still a building site (note the 'drape' of electric cords).

However it is certainly going to be spacious with lots of room for storage, a dream kitchen, drop-in café with a lovely outlook towards the Apartments and the lawn, Art Room, and Gymnasium etc. There are large areas for important events such as



West Elevation As proposed by the architect



West Elevation as it is today



Main entrance

Note the superb stonework

Board and Christmas Dinners, Concerts and Drama presentations. The whole interior is light filled making full use of the long windows and others. The courtyard and canopy has an openable roof. Visiting children are not forgotten with their own play area. The outside of the Centre is, as you can see as you pass the building, coming up beautifully with some lovely stonework etc.

A great addition to our Village!



The main area, looking through entry foyer to front door .



The main area. Loads of natural light. Entry to Gym (L), Admin (Centre), Art & Craft (R)



The Café, looking through the bifold doors to the courtyard

## From the CEO



In past issues of *Village Voice* we have reflected upon the changes occurring around us, 2020 will be remembered as a year full of change and new challenges. On top of the list is the Global “COVID-19 Pandemic”, changing many of the social norms we have grown up with. We now have new concepts and terms such as Social Distancing, travel bubbles, clusters, and self-isolation to name a few.

As a Village Community we have done exceptionally well with the restrictions on freedoms of travel, small family gatherings, no dining out and the interaction with grandkids. As a response we are adapting and finding new ways to live, through available technology we are experiencing changes in how we go about our daily lives. The “New Norm” in the material aspects of shopping, working from home and communications have forced us to adapt and change. The social aspects of our lives have been impacted most, the ability to give a hug or greet with a handshake has been taken away. The extended family unit has become a form of risk rather than a comfort due to the nature of the COVID-19 virus. The potential for virus spread is ever present within the broader community.

While we will not eliminate the virus risk, we can, through active management of our lifestyles and general community behaviours, learn how to, as individuals and as a Village Community, to live an enjoyable and rewarding life. The Village staff, Board and most importantly, your Residents Committee and you the residents are all part of the challenge of keeping St. John’s Retirement Village – StJ’s “The perfect place to live”.

From July many activities resume in formats complying with “social distancing” and “hygiene standards”. Your Resident’s Committee and staff, plan to expand the activities available as we move towards having your new “residents activity centre” available in October (this year!).

To further develop confidence and trust living with the likes of COVID viruses we need to focus on how to socialise with families and friends outside our Village in “small (but safe) doses”, how to have confidence to step out from the safety of our units and start to participate in Village life. Mindful that we are in a “bubble” of over 200 residents, staff, and contractors with a common purpose – to keep well and enjoy life.

To ensure we maintain both our physical and mental health, to rebuild connections and continue our life journey, we need to stick together and look after each other, our families and neighbours in our “bubble”. For this to happen we all need to:-

- ***Continue practising social distancing (this rule is here for the foreseeable future.)***
- ***Hand and contact surface hygiene.***
- ***Self-wellbeing - regular exercise, maintaining a healthy diet.***
- ***Stay away from crowds (be careful with visitors coming on site – follow rules)***
- ***Make that effort to join in Village activities (inside our Village community bubble)***

Looking forward to seeing you out and about in our great Village.

Stay well and keep safe.

*Graeme*

## A German Shepherd, a Doberman, and a cat died.

In heaven, all three faced God, who wanted to know what they believed in.

The German Shepherd said,  
“I believe in discipline, training,  
and loyalty to my master.”



“Good!” said God. “Sit at my right side.”

“Doberman, what do you believe in?” asked God.



The Doberman answered, “I believe in love, care, and protection of my master.”

“Aha,” said God. “You may sit at my left.”

Then God looked at the cat and asked, “And what do you believe in?”



The cat replied, “I believe you are sitting in my seat.”

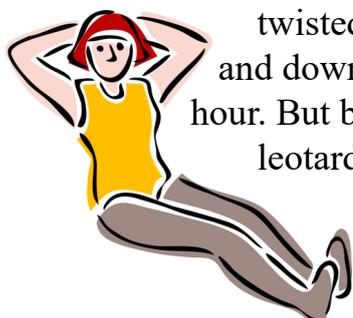
## HEALING

Ruth Rae sent the following as she thought that we would enjoy it. As Ruth wrote “It was written in 1869 by Kathleen O’Mara and was reprinted during the Spanish Flu Pandemic, in 1919. As she said, “it is Timeless”.

And people stayed at home  
And read books  
And listened  
And they rested  
And did exercises  
And made art and played  
And learned new ways of being  
And stopped and listened  
More deeply  
Someone meditated, someone prayed  
Someone met their shadow  
And people began to think differently  
And people healed.  
And in the absence of people who  
Lived in ignorant ways  
Dangerous, meaningless and heartless,  
The earth also began to heal  
And when the danger ended and  
People found themselves  
They grieved for the dead  
And made new choices  
And dreamed of new visions  
And created new ways of living  
And completely healed the earth

### A woman on the phone to her friend:

I feel like my body has gotten totally out of shape, so I got my doctor’s permission to join a fitness club and start exercising.....I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But by the time I got my leotards on, the class was over.



### Wendy’s Salon Hours

#### Apartment Salon

Thursday mornings 8.30—12 noon

#### Community Centre Salon

Friday mornings 8.30—12 noon.

#### Appointments:

Wendy—0400 949 776



## A Message from the Business Manager



During the current COVID-19 craziness and isolation, I thought it was appropriate to talk about depression.

While we all feel sad, moody or low from time to time, some people experience these feelings intensely, for long periods and sometimes without any apparent reason. Depression is a serious condition that has an impact on both physical and mental health.

One in six women and one in eight men will experience depression at some stage of their lives. It is thought that between 10 and 15 per cent of people in Australia over the age of 65 experience depression.

Depression can reduce a person's quality of life and their relationships with friends and family and can be easily missed amongst older people. Older people may find it difficult to recognise or talk about feeling sad or depressed and may not reach out for help.

Symptoms of depression that would cause concern in a younger person, such as insomnia or social withdrawal, may be disregarded in older people as 'just getting older'. Symptoms such as poor concentration and memory difficulties may also be confused with other conditions such as dementia.

It is, therefore, important to think proactively about the possibility of depression and assess whether it may be present. In older people, depression may occur for different reasons, but physical illness or personal loss are common triggers.

Factors that can increase an older person's risk of developing depression include:

- an increase in physical health problems or conditions, chronic pain
- side effects from medications
- losses such as relationships, independence, self-worth, mobility and flexibility
- social isolation or loneliness, admission to hospital

If you think you, a family member or a friend may be affected by depression please speak to your Doctor or pop in and have a chat to Lesley, our Care & Wellness Manager.

Most importantly you don't need to feel alone – we are always here for you.

*Heather*

***A smile is a curve that sets a lot of things straight!***

## *Lesley Taylor Care & Wellness Manager Writes*

What a year!

Australia has never experienced anything on the scale of COVID-19 and the temporary restrictions designed to limit the spread. These are likely to affect everyone's sense of wellbeing. As simple as not shaking hands when you meet someone new or hugging close friends is something I know I have struggled with.

### **Look after your physical health.**

Exercising and eating well help us stay physically and mentally healthy. Go for a walk around the Village and increase the distance when you can.

**Getting a good night's sleep** is an important part of staying healthy. If we have quality sleep, we wake up feeling refreshed. We are better able to cope with challenges and come up with better ideas, and we get along better with people around us. In contrast, when we don't get quality sleep, we can feel fuzzy and irritable, and it can also lead to increased anxiety and depression. You might like to ask people you know if they have trouble sleeping. They might have some good tips.



It's easy to think of sleep as a time when you're not doing anything, but the opposite is true. In a deep sleep your brain is hard at work, cleaning and learning.

Always talk to your doctor if sleeping becomes a concern.

As restrictions ease and we return to a "normal" way of life (whatever that will look like) we can be grateful for one thing and that is, we live in Australia.

Thank you to everyone who took part in the Village walking tour. Also thank you to the residents who voted.

Take care, look after each other, I'm always here if you need a chat. Remember washing your hands and keep social distancing.

*Lesley*

### *What is a garden?*

**A** garden is a place of beauty rare. A place where children romp and play - "in the cool of the day" - midst fragrance, peace is found.

What is a garden? A garden is a mixture of youth and of old age; where new times begin and the memories of old times are recalled. A garden can bring to mind the picture of an old fashioned lady - with its forget - me - nots and all the glory of the flowers that grandma adored. Or it can be a well set out, variegated and colourful array - the place where dad puts in the bulbs and junior pulls them out just as quickly.

What is a garden? A garden is the place where weeds are uprooted and seeds for flowers are sown - where little miss and Grandpa can show forth added zest. The place where many hearts are blessed. What is a garden? A garden is the nearest place I know to heaven - a place of rest.



## STAFF PROFILE

### Judy Mawson

**Office Administration & Resident Support Person**



- Q1. What is your favourite TV show?** Jane the Virgin.
- Q2. What is the one thing you couldn't live without?** My dogs & horses.
- Q3. What is your greatest fear?** Going blind.
- Q4. If you could go anywhere in the world, where would you go?**  
Home, love my home.
- Q5. What is your favourite thing to do in your spare time?**  
Walking my dogs and spending time with my horses.
- Q6. What is your favourite food?** Japanese.
- Q7. What is your favourite drink?** Elderflower & Soda.
- Q8. What would be your ideal pet?**  
Dogs & horses, if you hadn't already guessed.
- Q9. Where is your favourite place to shop?** Horseland.
- Q10. What is the best book you have ever read?**  
Love reading...So many to choose from...all of Liane Moriarty's books.
- Q11. What would be your ideal career (if you weren't working at St. John's)?** I wanted to be a mounted police officer when I was younger, but I love what I do here at St. John's.
- Q12. What is the one thing you cannot resist?** Dancing & singing along to a great song.
- Q13. What is the hardest thing you have ever had to do?**  
Saying good-bye to my mum when she passed away.
- Q14. If you could have dinner with any three people who would you choose?** Barack Obama, Dr Karl Kruszelnicki, Magda Szubanski.
- Q15. What is the most prized possession you have?**  
My Nana's sapphire eternity ring that I was given on my wedding day.
- Q16. Do you have a celebrity crush and if so who?** John Bon Jovi

# Enjoy a chuckle



**A** man returned home one night to find his whole house in a dreadful mess. Astounded, he asked his wife, "What on earth happened?"

"You're always wondering what I do all day," she snapped. "Well, now you know. I didn't do it today!"

**A woman was told by her doctor that she should stop taking sleeping pills, "Those pills are habit forming," he warned. "If you continue to take them they'll become an unbreakable habit."**

**"Nonsense!" snorted the woman, "I've been taking these same pills every night for nine years—and they're not a habit yet."**

**A fellow on the way to a racecourse said, "I hope to break even. Gosh, how I need the money!"**

**R**ichest man in town thirty years ago was now a seedy old pauper.

A newspaper reporter went to visit him in his shabby boarding house.

"Sir, would you mind telling me what happened to all your money?"

"Not at all," came the cheerful reply.

"Part went on whisky, part for women, and the rest I spent foolishly."

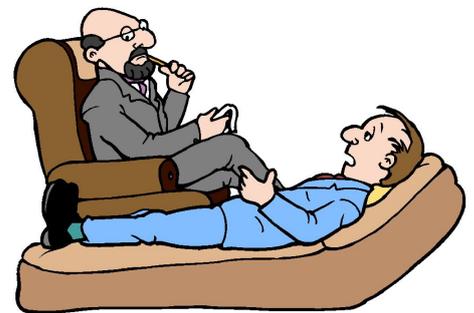


**A** troubled man called on a psychiatrist and said, "Doc, I'm worried about my future. What's going to happen to me? Can you help me?"

"Yes," replied the psychiatrist. "You have to come here twice a week for a

year, at two hundred and fifty dollars a visit, and I must have the money in advance."

"Listen Doc, now that your future is assured, how about mine?"





**Enjoy a chuckle**

**A** man was standing on a corner moaning when a friend came up to him and asked for an explanation.

The moaner said, "I had a blind date with a girl and she was one of the most beautiful I have ever seen. I wanted to show her a high class time , so I took her to an expensive restaurant and bought a bottle of the most expensive wine. After a few sips she got very loving. You never saw a girl so affectionate."

So the friend said, "Then what are you complaining about?"

The moaner replied, "I think she would have been the same with a glass of beer!"



**Office Boy: "Please, sir, I think you are wanted on the phone."**

**Boss: "What do you mean, you think?"**

**Office Boy: "Well sir , someone at the other end said:  
"Is that you, you old goat?"**

**A** French Taxi driver once played a joke on Sir Arthur Conan Doyle, the creator of Sherlock Holmes.

The man had driven Doyle from the station to a hotel. When he received his fare he said, "Merci, M. Conan Doyle".

"How did you know my name?" asked Sir Arthur.

"Well sir , I read in the papers that you were coming from the south of France, to Paris: your general appearance told me that you were English: your haircut is the kind that would have only be given by a barber from the south of France. I put all the evidence together and guessed at once that it was you."

"Most remarkable. You have no other evidence to go on?"

"Well," said the taxi driver, "there was also the fact that your name was on your luggage".





**Lorraine and Ray Penrose's latest great grandchild is Archie.** – He was born late in January.

What a cutie!



**Joan and Fred Rowney's latest great grandchild is Max James** – Born 29<sup>th</sup> February – Leap Year! Here he is with his big brother, Reuben. They get on so happily together.



**J**ust in time before Covid19 stopped any frivolity at St John's, four generations of **Anne Watt's family celebrated her 90<sup>th</sup> Birthday** in the Village Community Centre with a special

afternoon tea. Grand daughter Phillipa entertained by singing Anne's favourite songs. The Celebratory cake was enjoyed rounding off a lovely afternoon. *Village Voice* is grateful for this lovely picture of her with her three great grandsons.



On the 18th February **Phem Robertson celebrated her 90th birthday** surrounded by friends and fellow residents. Phem who has resided at St John's for 23 years provided a wonderful lunch in the dining room. She said she couldn't think of a better way to celebrate her birthday than among her friends in her long time residency at the Village.



## COMPUTER TIPS & TRICKS

**D**o you have unwanted notifications coming up at the bottom right hand side of your screen? You can disable many of these with ease. **1.** Left click on the action centre notification icon on the bottom right of your screen. **2.** If there are notifications they will show up and you can right click on an app and select the option: *Turn off notifications for this app.* **3.** If there are no notifications, you can right click and select *Open Action Centre* which will bring up a list allowing you to select an option as in step 2. If you change your mind, you can repeat the steps and reverse the action originally chosen.

