

## Discover

Braemar Village residents celebrated St Patrick's Day with a lovely Irish Stew.

Residents and their families celebrated together in the Activities Lounge in a fun and engaging afternoon.

Bob Primmer sung Irish tunes, while the meals were served, finishing with The Mountains of Mourne song.

The room was decorated in green and orange and everyone was given a clover to wear which said 'Kiss me quick I'm Irish' - so everyone received lots of kisses!



Above: Decorations at Braemar Village for St. Patrick's Day.

# What's on at Braemar Village

Day	Date	Time:	Location:	Activity
Sunday	1st	12noon	In all dining rooms	Special <b>Easter Lunch</b> in all dining rooms from Cater Care.
Wednesday	4th	1.30pm	Bus ride	<b>Bus Trip</b> to South Beach along the ocean.
Tuesday	10th	1.30pm	Activities Lounge	<b>Residents and Relatives Meeting.</b>
Monday	23th	1.30pm	Activities Lounge	<b>Enrichment Talk:</b> The Evolution of the passage ship talk by Chris Frame.
Wednesday	25th	10.30am	Activities Lounge	<b>ANZAC Day:</b> Paul taking an Anzac Service.
Monday	30th	1.30pm	Activities Lounge	<b>Happy Hour</b> entertainment by Helen Redman.

## Care and Friendship on Display

Care and Friendship was on display on Friday 16 March at Braemar Village in Western Australia. The 52-room facility was all dressed in green, as residents and their families celebrated St Patrick's Day, albeit one day early.

With musical renditions provided by vocalist Bob Primmer and a three course Irish inspired luncheon, residents came together with Braemar staff and volunteers to eat, reminisce and celebrate a calendar favourite.

Braemar Village Facility Manager Lyn Cattell said that activities such as these allow residents the opportunity to engage with events that have had significance throughout their lives.

"It's important for people living in an aged care facility to remain connected with the wider community. Many of our residents have celebrated St. Patrick's Day throughout their lives, so we facilitate a celebration at Braemar Village for everyone to enjoy, residents, their families and our staff and volunteers. It forms part of our Care and Friendship mentality."

Throughout the week, the village was awash in green-themed decorations, hand made by residents. Such an activity forms part of the resident engagement program, found at each Braemar facility.

Braemar's care philosophy sees residents actively involved in suggesting activities throughout the year. Other examples of resident-inspired enrichment across Braemar's facilities includes maritime lectures, painting activities and karaoke.



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# Easter in Focus

At Braemar Presbyterian Care's Aged Care Facilities, Easter was acknowledged in a series of spiritual events that aimed to share the true message of this important Christian celebration.

Easter celebrations commenced on Maundy Thursday, with events designed to allow residents to share Easter services and enjoy reflecting on the meaning of Easter with each other.

"This Holy Week, the last week of Jesus' earthly service to humanity, is essential to Christianity," comments Wayne Belcher (OAM), CEO of Braemar Presbyterian Care.

"Church is not just about preaching and singing. It is about Jesus' love in action. It is about adding value and hope to the life of others, one person at a time. One very tangible way in which the Presbyterian Church in WA shows that love is through its ownership and management of Braemar."

Braemar has been offering aged care services to the elderly of Western Australia since 1952. Backed by the Presbyterian Church, today the organisation operates aged care facilities in the City of Melville and East Fremantle areas, south of Perth.

Braemar's care and friendship philosophy supports the bonds that exist between residents, their families and Braemar staff. During Christian holidays such as Easter, people of all faiths are welcome to come together and share an event that is extremely important to many of the elderly residents living at Braemar.

Braemar's chaplain Paul Bloomfield was at each facility over the Easter period to conduct services, while each facility held a series of Easter-themed activities as part of an ongoing resident enrichment program, and in response to resident suggestions.

## Save the date!

On **Wednesday 2nd of May 2018 at 12:30-2:30pm** we will be hosting a Flu Vaccine day for **all Braemar staff, volunteers and resident family members at Braemar**. Look out for posters and signup sheets at Braemar Village this April. Tasty Crepes will be served by our CEO for everyone who attends!



# Chaplains Message

## A time of hope

*Jesus said to her, "I am the resurrection and the life. He who believes in Me, though he may die, he shall live. And whoever lives and believes in Me shall never die. (John 11:25-26)*

Statistics are telling us that people in the west are becoming more lonely and depressed. It is not necessarily due to poor education, low economy and high employment but a deeper spiritual problem. Atheism, agnosticism are also on the increase along with suicide, alcoholism and drug addiction. Easter offers hope and a new life not in a religion but in a Person who defeated death and claimed: "I am the resurrection and the life. " The disciples, along with Mary were very depressed at the Lord's death on the cross but on meeting Him again after three days their hearts were full of joy and hope. His death was no accident but a deliberate loving action to die for the sins of His people that they might be forgiven.

May this Easter Season cause us to look to Jesus the living risen Saviour who defeated death and receive from Him new life and hope?

A Gospel Song declares: *Because He lives, I can face tomorrow, Because He lives, all fear is gone Because I know He holds the future And life is worth the living, just because He lives.*

## Team Member Profile

### Lyn Cattell

Lyn joined Braemar in 2016 as Facility Manager at Braemar Village. She has many years of experience in residential aged care; holding a number of senior management roles across WA residential aged care providers.

Lyn originally trained in England as a registered mental health nurse before migrating to WA and undertaking a Bachelor of Applied Science in Nursing, graduating in the top 15% of students at Curtin University.

Lyn developed a passion for aged care undertaking a number of clinical courses and roles including continence nurse consultant, dementia, palliative, wound care and management and leadership.

