

Your monthly Clarence Village community newsletter

FREE



Clarence Village residents Colleen Donovan and Chrissy O'Farrell get into the spirit of St Patrick's Day its green theme at the monthly high tea gathering at the Joan Muir Community Centre.

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Green is for go

Things are slowly starting to get back to some kind of normality. Events are back on, live shows and community gatherings are starting to take place again.

The Clarence Village is no different and while there are still restrictions in place to help manage the ongoing COVID-19 pandemic, visitation and socialising is starting to amp up again.

From shopping trips to the monthly high teas (as seen on our cover) to the regular resident activities, people are finally able to enjoy one another's company again.

Why not enjoy this issue with a friend.

A note from the Village CEO



Over the last two years the world has produced a dizzying array of unusual events that have buffeted us as a community. We've all had to find ways to adapt and endure, individually and collectively. By chance at the start of the Covid 19 pandemic, I discovered the writings of the Stoic philosopher and Roman emperor Marcus Aurelius. I've found the teachings helpful over the last few difficult years. One of the major teachings of the Stoics is amor fati – to love fate. This is the idea that all things that happen to us in our lives are, if not positive, necessary. This idea is tied to another idea that I've been reflecting on often lately, which is that the only thing we can control is our reaction to events.

As our region has been buffeted by floods over the last two months and pandemic for the two years prior, it's been hard to maintain resilience and hope. But through reflection, it is possible to see positivity in the chaos. The solidarity that's been shown inside Clarence Village by our wonderful teams and more broadly in the community as people experience devastation reminds us in one sense of our insignificance, but in another in the power of community. While at times we can appear divided, the positive we can take from these things is we're more together than apart when it really matters.

Kind regards, Duncan McKimm

Some familiarity to the new normal

Things feel like they're returning to some kind of normality.

Celebrations and commemorations are returning to the events calendar with the local Plunge Festival, Easter, and Anzac Day this month's notable occasions.

To mark the latter, we chat to one of the Dougherty Villa's long-time residents about her connection to this day of reflection.

Footy season is also underway, which is a big deal for a lot of the Village's male residents but also a few hard core female supporters. Meet one of Dougherty Villa's biggest fans on our back page (it's not the footy code that first springs to mind here in NSW).

Daylight savings has also switched to winter mode so while the days seem shorter, you can still pack a lot into them. Check out the activities action inside.

Hope you enjoy this issue.

lesley

Email me: news@clarencevillage.com.au



Maureen's door to inspiration

If you're feeling a little uninspired take a stroll past Maureen Lyon's door in Magnolia wing and you might just walk away with a smile or at least ponder the existence of mankind.

Maureen is a big fan of inspirational quotes, an affection she developed from her dad Jimmy.

"My father was a big quote man so I think that's where I get it from."

Each week Maureen puts up a new quote on her door at no. 19, on the special blackboard installed for the occasion.

It's not the first time she has spread her

inspiration. "I used to do for a lady's cafe/ restaurant when I was on the South Coast, I said you need a board with a quote on this walkway to give people something to discuss. I did that once a week because she always heard customers talking about it."

While Maureen enjoys looking up and remembering her favourite quotes, she said she doesn't do it for herself

"I do it for other people. It gives you something to think about. A good quote can often stop you in you tracks."



Around the grounds

The whole maintenance team will be focusing on lawn mowing and hedging when there are breaks in rain. As the ground is

so waterlogged it takes a day or two of sun before the mower can get over it. It will be 2-3 mows until it's back to normal.





Village receives the ultimate compliment

You know your aged care facility is pretty special when an industry trainer says she would entrust them to look after her own mother.

That's what ABC Behaviour Support facilitator Mary Drum recently told staff at the Waratah Wing when she was at Dougherty Villa to undertake a staff training sessions as part fo the NDIS.

Mary works with many aged care services around the region and was so impressed with the place she wasted no time in paying them the ultimate compliment.

"I love Clarence Village. From the minute I first went in there and down to the Waratah Wing, the care from the staff is extraordinary," Mary said.

"The physical environment and social environment is very optimistic and positive and I often said to the staff that if my mum had to go in somewhere I'd bring her here because it's so

lovely. They really do care."

In response, the staff said Mary's training was some other best they had undertaken.

The specialist care framework Mary introduced to the Waratah team, supports staff that look after residents who suffer from cognitive impairment.

"Some behaviours are caused by things that have not happened in the last week or year but things that reach right back to childhood and growing up. Where they lived. Jobs. All those things can inform people's behaviours as they are aging, Mary said.

"Moving in a communal spaces, changing routines, all of this can causes stress and upset so the training was about how can we bring positive reinforcement into these environments to help residents stay comfortable and settled. Finding out who each person is, and really understanding them, is so important in this process."

Remembering those left behind

With Anzac Day almost upon us, the deeds of servicemen and women are in will be foremost in our minds once more.

While Dougherty Villa resident Elsie McFarlane, 95, never went to war she is well aware of its impact.

Her late husband Ken served in the Second World War, was captured by the Japanese in Singapore and held prisoner for four years as part of the Burma railway camps. Ken has had a few stories published in newspapers over time and wrote a book with local historian Nola Mackay. But what about those left behind?

Elsie first met Ken when she was 16 and after a few dances and picture show dates with the dashing but older Lower Clarence lad (he was in his early 20s) the pair parted ways when he volunteered, along with many young man of that era, to serve his country.

Because they were girlfriend/boyfriend, Elise had no contact with Ken or any idea of what he was going through at the time.

"Occasionally they wrote home to their mothers. Ken mentioned me in one of the letters but that was as far as that went. I couldn't write to him because we weren't married at that stage."

Elsie said she wasn't the only one who had to say goodbye to the fellows in their lives.

"I had lots of friends in the same situation. I remember seven of us went to Yamba for a holiday. Most of them were married but hadn't had children yet but all their husbands had gone to war. We all supported each other as a friendship group."

Elsie said the next time she saw Ken, she was 20.

"When they returned to Australia they had to



go into hospital to recover and that took a while so I didn't him until he got the train back from Sydney."

After waiting more than four years to see each other again, they wasted no time and were married the following year.

The couple lived on a small farm at Kings Creek near Lawrence for 25 years raising three children and enjoyed a long and happy marriage.

When the property got too much to manage, Ken and Elise moved into Dougherty Villa together before Ken died about seven years ago aged 95.

Elsie said she was proud of her husband and despite what he went through early in his life "he didn't harp on about it".

"If you wanted to know anything he would tell you but he didn't preach about it. He ended up having a good life, outliving all his mates. The last soldier standing."

Farewell to Phyllis

Dougherty Villa lost one of its characters and top racing punters in Phyllis Daniels on January 28, aged 88.

Phyllis was featured in Issue 1 of the Village Voice, her knack for choosing winning racehorses based on her omen bet formula, the stuff of legend among staff and residents.

Daughter Lindy described her mum as a wonderful and caring person who loved her time at Dougherty Villa.

"She was always sharing stories about the place. She loved it there and all the staff. Betting with Bushy (Andrew), watching afternoon movies with the other residents. It's the only (aged care) place she said she would go."

Lindy said her mum was a great gardener and loved Engelbert Humperdinck "her favourite artist", while her caring nature extended to all creatures great and small.

"She once saw a bird in our driveway (ibis) and I said it was just a 'bin chicken', a bit of a council nuisance that was always picking rubbish out of things and she said "it does't



matter love, everything gets hungry." Most people try to run them over but mum would be feeding it."

"That's the way she was with everyone. Never judgemental, just a genuine, lovely person."



At Dougherty Villa, we believe everyone deserves great aged care, regardless of their bank balance.

We're community-owned and save half our rooms for pensioners because we believe everyone in our community deserves great care.

Don't think you can't afford the best – call us today to discuss how we can care for you.

Clarence | Dougherty Village | Villa

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Carving out a new career with care

A common theme that crops up in aged care staff stories is how looking after an elderly parent can often be the catalyst for working in the industry.

Being inspired by another family member's dedication to working in aged care is also another.

In Raylene Martin's case, both have played a role in her aged care story.

After caring for her mother at home during her final stage of life, amongst the day to day demands of looking after someone with cancer, Raylene surprised herself.

"I didn't think I could handle anything like this but I did. So I thought, if I could care for mum, why can't I care for other people?"

Raylene had no experience in aged care at that point (her background was in the takeaway food preparation) but after finishing her Cert 3 training, she accepted a job at Dougherty Villa

five years ago and hasn't looked back since.

"I started with personal cares and then moved into the kitchen for nine months because of my background. It was busy but enjoyable but they wanted me back out on the floor to do cares again and eventually I came into the team leader position," Raylene said.

After obtaining her Cert 4, Raylene now helps to lead the team in the Waratah Wing and while looking after the residents with dementia was not easy work, she said it was very rewarding.

"The residents are wonderful and to be able to care for them is the reason I'm here."

It's also the reason her daughter Emily decided to follow in her mum's footsteps and is now part of the personal care team at Dougherty Villa.

"She started in activities here and is now about to do her Cert 4."

Out and About





Val Layton and Karlie Stockton enjoy the monthly high tea at Joan Muir Community Centre.



Jeanette Solomon.



Valerie Hendrie and Barbara Fraser enjoy the St Patrick's high tea.





Clarence Village board member Libby Shearer and CEO Duncan McKimm make a presentation about the new advance care plan system Ex Situ, which is available free of charge to all village residents. Read more about Ex Situ on page 11.



It's not often you see CEO's downing admin tools to pick up the heavy duty variety. After the recent flooding rains created a few potholes around Dougherty Villa, CVL chief Duncan McKimm was spotted getting into some of the hands on repair work. We always knew he was good at smoothing out bumps in the road.



WHAT'S ON IN APRIL

Joan Muir Community Centre

Free activities every Tuesday from 10am - 11.30am

THURSDAY

THURSDAY not TUESDAY Word Games and drawing of Easter Raffle (thanks for your support).

TUESDAY

Bingo

Anzac themed High Tea with poppies, rosemary, Anzac biscuits and Vera Lynn song.

FREE COMMUNITY BUS SHOPPING TRIPS

EVERY 2nd THURSDAY OF THE MONTH

Pick up 9am Clarence Village on Queen St and then Clarence Village bus stop on Arthur St. Leaves Grafton Shoppingworld 11.30am.

Please call or email Ros if you would like a chat or visit. Stay safe.

To RSVP or contact to Ros - rosh@clarencevillage.com.au or 0478 228 838



Living in safety and with dignity

For over fifty years, Clarence Village has been focused on what we consider the basics — making sure seniors have somewhere to live in safety and with dignity. It's as simple and as difficult as that.

Over the last four years we've advocated strongly to all levels of Government to help assist us in addressing the need for seniors affordable housing. Regrettably, Federal and State Governments have ignored these pleas for housing that costs less than 30% of a senior's income.

Recently Clarence Village's board sent a delegation to Lorikeet Village in Arrawarra to tour a village built using offsite construction units made in a factory and shipped to site.
 Investigating options like this is part of our continuing effort to address this issue, with or without support from Government.

Clarence Village owns land and has a current Development Application to construct 21 dwellings at 95 Armidale St in South Grafton to provide affordable housing for seniors. As we move into a Federal election campaign we'll continue to advocate for support in constructing this project, as we believe the right outcome is sharing the cost over the lifetime of the buildings.

Duncan McKimm



1st PRIZE

2nd PRIZE \$15

3rd PRIZE



The 100 Club will continue throughout 2022.

Every completed 100 Club raises \$50 for the Community Bus. Let's see how much we can raise this year.

Get your tickets from Ros Houlahan or Vicki Valja.

WE ARE HIRING! Seeking Expressions of Interest



Clarence Village is looking for suitable people to fill the following positions:

Gardener

Clarence Village is looking to employ a gardener for 3-4 days per week working across its 8 sites to make sure our Village is a beautiful place to live. If you know someone who would fit this role, please get them to contact us on employment@clarencevillage.com.au Caretaker @ Clarence Village on Queen. Village manager Vicki is vacating the Clarence Village on Queen manager's residence this Easter. We're looking for a caretaker to take her place and look after some basic tasks and responsibilities in exchange for subsidised rent on the 3br manager's residence. If you know someone that would fit this bill get them to contact us at queenst@clarencevillage.com.au

Be heard when you can't speak

Most people have a well-founded fear of not being able to communicate their wishes in times of crisis.

Whether through illness or injury, the unfortunate reality is major decisions about people's life and future are often made by doctors or family members.

While these are usually made with good knowledge of the person and the best of intentions, Clarence Village believes it's best to get it from the horse's mouth.

What if there was a way to be heard when you can't speak?

Clarence Village has been working with an organisation called Ex Situ, which has created a tool that helps people document what's important to them and what they'd like to happen in times of crisis.

Using a guided-conversation method, Ex Situ uses the answers you provide to develop documents that guide your loved ones and

medical professionals. When signed off by your GP, the plan becomes a legally-binding Advance Care Directive, which is a very powerful voice for your wishes when you can't speak.

With an Advance Care Directive in place, the pressure on family members and health professionals is significantly lowered, reducing conflict and improving outcomes.



The plan becomes a legallybinding Advance Care Directive, which is a very powerful voice for your wishes when you can't speak.

Clarence Village has funded 30 free packages and is making them available to independent living residents free of charge.

If you're interested to take part in this trial and get an Advance Care Directive of your own, please call Ros on 0437 061 677 or email her on connections@clarencevillage.com.au.

Who's running for the seat of Page?

The Federal Election is happening in May so here is the list of candidates and a few details about who

they are and what they stand for:



Born and bred in regional Australia, Kevin lives and run a cattle property with his wife Karen and three children on a property outside of Lismore.

After completing an economics degree Kevin spent more than 10 years in Sydney forging a successful career in finance, before moving to the Northern Rivers, where he took up teaching in Casino.

Kevin has always been committed to contributing to his local community and joined the Nationals because it is the only party solely dedicated to representing regional areas.



Patrick Deegan and his family have lived in the Page electorate for generations. He lives in Casino with his wife Gail and their four children.

Mr Deegan's background is in the social welfare sector and has worked with disadvantaged communities and is currently a Richmond Valley councillor.

"I want to deliver a better future for the people of Page. I will work for our community, focused on the country values instilled in me by my parents, creating opportunity, rewarding hard work and ensuring no one is held back, and no one is left behind."



Dr Luke is a scientist and marine rescue volunteer and teaches at Southern Cross University. She lives in Evans Head with her family and wants to see a fair future where everyone has a home, and access to quality education and training.

"I will fight for decency and honesty in government, with a fair allocation of funding to strengthen our regional industries and health systems. We need to plan for a rapid transition to a carbon neutral economy that supports our farmers and communities."



Mr Killingback wants to see a sustainable Australia, ecologically, socially, economically and culturally. He doesn't believe the current state of our politics is conducive to that.

"It's intentionally adversarial, belligerent nature deliberately creates impenetrable social and ideological divides for political gain."

He has worked as labourer, farmhand, barman, buffalo catcher, lawyer, miner, stock and station agent, lecturer, fishermen, and now as a workplace consultant in policy development and mediation. He also volunteers with SES and Surf Life Saving.



Born in Western Sydney, Mr Williamson grew up in a military family. They moved to Grafton In 1999 where he finished school and started working in the trades – refrigeration, carpentry, concreting and bridge building.

He followed his childhood dream by joining the Fire and Rescue NSW at Grafton Station working his way to Deputy Captain and as a seasonal firefighter the Forestry Corporation.

Working as a coordinator for Disaster Recovery for Transport for NSW he administered more than \$100 million to councils for the recovery efforts.

"I've personally experienced the destruction and loss caused by disasters for over a decade, giving me a passion and drive to help the communities of Page and all of its constituents by improving resilience in regional NSW."

STAYING COVID SAFE



WASH YOUR HANDS

Wash your hands with soap and water for 20 seconds, or clean and sanitise them with an alcohol-based hand sanitiser.



AVOID TOUCHING YOUR FACE

Avoid touching your face and don't shake hands with others.



COVER YOUR NOSE

Cover your nose and mouth with a tissue when coughing and sneezing, or use your elbow, not your hands.



SOCIAL DISTANCE

Try to maintain a distance of 1.5m from others at all times.



STAY HOME

Avoid close contact with people unwell with cold or flulike symptoms, and stay home if you have symptoms.



AVOID CROWDS

Avoid public places if they look over-crowded.



Chocolate

Fertility

Simnel Cake

Hunt

Angels

Basket

Equinox

Bonnet

Resurrection

Christ

Bunny

Marshmallow

Chick

Forgiveness

Crown

Good Friday

Palm Sunday

Eggs

Jesus

Rabbit

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Village stargazers - your monthly horoscopes

Welcome to your April 2022 monthly horoscopes by Sunsigns.org. This will give you an insight into the events that are likely to happen in your life and how to handle some of them. You should always be ready to make the necessary adjustments, this way you will live a happy and fulfilled life.



ARIES

This month can see issues with your finances. Your health will be a little bit compromised, but all will be well with a little care and attention. Family matters will be great, and peace will reign.



TAURUS

Men will be able to find love this month but this will not be the same with women. April comes with challenges for your health because of the change of weather. Be ready to suffer from minor illnesses.



GEMINI

Make positive changes in all aspects of your life. Things are not going well, and they will continue deteriorating until you find lasting solutions. Be strong and determined. Things will get better towards the end of the month.



CANCER

April is a month of hope. Great things will manifest in your life if you maintain hard work and determination. Do not let the challenges get the better of you. Find ways to overcome them. Great relationships will abide between you and your friends.



LEO

This month you will make new friends that will influence your life positively. You also have to be present for your loved ones because they will need you. Though you will have challenges with your health, things will get better as the month progresses.



VIRGO

Virgo natives will enjoy a month filled with positive energies and blessings. All your hard work will start bearing fruit. You have been patient enough, and soon your dream will start coming true.



LIBRA

Family relationships will be great. You will learn how to relate with your loved ones on a personal level. Your children will be proud that you spend time with them.



SCORPIO

The beginning of the month will see you having problems with your spouse, but things will work out for the better towards the third week. Always strive to have peace in your unions. Take life one step at a time. Do not hurry to make things work.



SAGITTARIUS

This month you need to be patient with yourself. Take things one step at a time, and you will get to where you are going. Live an honest life and stay true to your beliefs. Get a financial advisor to help you with your finances. Ensure you take care of spiritual health.



CAPRICORN

Support your loved ones in things they do. Show them that you love and appreciate them. Love matters will be beyond you. Issues with your partner remain unresolved. Determine what you want in your love life and go after the same.



AQUARIUS

You have great health prospects this month. All you do should benefit your body, you need to remain focused and productive. Be open to the idea of falling in love because the time has come for you. Love is a beautiful gift that you need in your life.



PISCES

Your love life will be filled with passion and romance. Love is in the air, and everything you do reflects on how much you love and appreciate your partner. Family affairs will derail you but things will start coming together towards the end of the month.

Busy time for Doris

Dougherty Villa resident Doris Holbrook is footy mad, first and foremost for the team she has supported since she was a teenager 'good ol' Collingwood forever' as the team song goes.

As you may have guessed, Doris is Victorian born and bred and started following the Magpies because her boyfriend at the time was a supporter.

Her family was multi-denominational. Her parents were both Essendon supporters, her two brothers barracked for Richmond, another sister Collingwood, while her other sister "wasn't interested in football at all".

You might presume Doris's late husband Eric was also a Collingwood supporter but when that subject was broached she nearly fell out of her chair. "Ooooh no. Wash your mouth out with soap," she laughed. "He followed Carlton, the sworn enemy of Collingwood."

Still the couple had some interesting encounters in the lounge room over the years, mostly in Doris's favour. "I remember when Carlton was on the bottom of the ladder and Collingwood were way up there. I thought haha."

Of course it was all in spirit of the game, the couple loved their AFL until they moved to the Clarence in 1988 and welcomed a second code



Dougherty Villa resident Doris Holbrook belts out a verse of the Collingwood song.

into their weekend sport-watching in rugby league.

Eric followed the Tigers while Doris firstly went for Brisbane and then switched to Melbourne Storm when they arrived on the scene and not just because they were from her hometown.

"I was in love with little Billy Slater, Cammo (Cameron Smith) and Cooper Cronk. I love my footy and watch every match that's on."

As you can imagine, this time of the year Doris's weekends are jam packed with watching the games.

"The league's on Channel 9, AFL on 7, and all night I'm flicking back and forth trying to stay on top of all of it. Collingwood's played two games (at time of our chat) and they've won both so I'm pretty happy so far."





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Aged Care

Dougherty Villa

206 Arthur St. Grafton

6643 2377

Supported Living

Clarence Village on Queen

166 Queen St. Grafton

6642 5991

Independent Living

Clarence Village & Clarence Village Gardens

194 Turf St, Grafton

6642 5991