

Your monthly Clarence Village community newsletter

FRFF



# Valentines Days together having been married for 60 years.

## **INSIDE:**

Staying connected 3
Village couples 4-7
COVID update8
Charlie's Angels9
Celebrating Staff 10-11
Puzzles, poems & pom poms 12-13
Chinese New Year 14-15
Mending dignity 16

## Love is in the air

It's Valentines Day this month and to celebrate all things love and romance we are shining the spotlight on few of the couples around the Clarence Village.

Many have been together for a long time so it's lovely be able to share some of their stories this month.

Of course there's plenty of love to go around Clarence Village regardless of the month or your marital status. We see it everyday in the caring and community atmosphere the village prides itself on providing.

Happy Valentines Day.

# A note from the Village CEO



Welcome to 2022 – another year likely to challenge and excite, but one with perhaps more promise of normality than the previous two.

The Christmas period was challenging at Clarence Village and particularly at Dougherty Villa, where we were ordered to lockdown due to concerns about potential Covid transmission. While the diligent and tireless work of the team up there made sure that didn't come to pass, it was a source of great sorrow for us that families were prevented from being together over Christmas.

One thing we've been reminded of many times over the previous years though has been the resilience of our residents. While they often lean on our staff for support, they may not know how much strength our team takes from observing their ability to endure these difficult times with good humour and positivity. This is what community does – supports each other through difficult times.

As we look forward at the unknown in 2022, we can do so knowing we've conquered the latest battle in keeping our community safe. Likely there will be more, but each time we learn and adapt, improving as we go.

All the best for this new year – I hope it's a safe, prosperous and enjoyable year for you and your family.

Kind regards, Duncan McKimm

## Valentines in the Village

As you know a lot of ups and downs have happened since Santa came and went. It hasn't been an easy time but the community of residents and staff have again risen to challenge of keeping everyone safe and spirits up, so big high five to everyone who has played a role in that.

Since February is the most loved-up month thanks to Valentines Day, this issue is getting a touch romantic by reflecting on a few of the long-time partnerships around the Village.

There are also a some fun cupid-inspired activities pages and another lovely poem especially penned for Valentines by village poet John Sullivan.

We are also catching up on what's been happening at Dougherty Villa and feature recent arrivals and achievements from the Village's talented staff pool.

It's good to be back and look forward to sharing more of your stories and happenings around the Village this year.

Hope you enjoy this issue.

lesley

Email me: news@clarencevillage.com.au





# Staying connected

With no visitation over Christmas/New Year period and limited access still in place, keeping Dougherty Villa residents connected with their families has never been more vital.

Connections Officer Ros Houlahan is tending to that hugely important task every Wednesday and Thursday.

Besides the popular FaceTime chats when word got out about being able to email momentos to Ros the response was overwhelming.

"I got 10 email responses back the next mornina."

"People sent photos of families, of their dogs,

back to school photos, grandkids getting their L-plates, little notes to their loved ones."

Ros prints everything out and spends time sharing the messages and talking about the photos with residents, sometimes laminating them and putting them up their wall.

"Not everyone is comfortable with FaceTime so it's nice to be able to do this. They love it and so do the staff as it gets everyone talking and sharing stories about their families."

To send photos and letters to share with residents email Ros at: connections@clarencevillage.com.au

# 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.



## Blind date beginnings

John and Val Sheehan came from the beachside village of Wooli six years ago to Clarence Village (Stage 2).

John's health had taken a blow with a diagnosis of prostate cancer so being closer to medical services in Grafton was important.

"The doctors gave him about 12 months when we moved here but here he is, still going," Val said.

While the couple do spend a lot of time chasing medical appointments, they enjoy life as part of the village community. "We've made a lot of friends here. Everybody here in the village is so lovely, just like family, always popping in to have a yarn," Val said.

The Sheehans have been married for 61 years, their ceremony held at St Matthew's in South Grafton when it was "up the hill".

It was a whirlwind romance that began as a blind date.

John, a Lower Clarence lad, had another mate called John (North) from Brooms Head.

"He was going with one of my girlfriends at the time and was coming up to Grafton to see her and bringing John (Sheehan) with him. They called me to see if I'd make up a foursome."

Initially Val said no "because she wasn't going to out with someone she hadn't seen".

Luckily, they convinced her to go along to the Saraton Theatre that night in the late 1950s and the pair "just clicked".

"We met up in Maclean the next day and had a second date in Yamba," Val said. "John (North) and my girlfriend only stayed together for a little while after that but here we still are.

"Two children, four grandchildren, five great grandchildren and another two on the way."



# Enjoying life at Gardens pace

One of the first couples to move into Clarence Gardens when it opened in 2015 was Marie and Max Murray. So keen to move in, they occasionally popped by to watch their place being built.

The couple had lived in their South Grafton house at the rural end of Tyson St for almost 60 years moving in three years after they were married in 1961. "We still have the paddock up there."

It's the place they raised two boys James and Craig and welcomed their other pride and joy — a race horse. Young Craig was born on their property and named after their youngest son as the foal arrived on his third birthday.

It brought the Murrays lots of happiness and enough prize money in one race to pay off the rest of their house in 1974. Young Craig was a big part of the Murrays life, "ran 90 odd races and had 43 wins" including plenty of cups victories, Christmas, Orara, Jacaranda, Tabulam, often multiple times.

The couple worked their whole lives, Max in mines and later his bobcat business, while serving as a Grafton City Councillor for 9 years until amalgamation, and on the board at Dougherty Villa where he stayed for 21 years.

Besides doing the books for the family's bobcat business, Marie worked in retail for a few institutions include Harvey Brothers Jewellers and as manager of George Gooley's Discount Clothing Market.

The couple met at another institution, the Grafton Barn, and recently celebrated their 60th wedding anniversary on December 23 last year.

Max has always been a keen artist, his drawings can be seen around the house, as can Marie's knack for gardening. They also enjoy seeing their granddaughter's family including two great grandchildren who recently moved back here.

"We love it here, if we go anywhere next, it'll be straight to Dougherty Villa," Max said.



## A working relationship

Most weekdays you can find husband and wife duo of 28 years Margaret and Darrel Kleindienst in the kitchens at Clarence Village — Margaret at Dougherty Villa, Darrel over at Clarence on Queen.

Margaret wins on the longevity front having started her run of preparing meals at Dougherty Villa when it first opened, almost 30 years ago, Darrel has been working on the menus at Queen Street for the past seven.

The pair met in Armidale in the 1980s, Darrel's hometown and where Margaret used to teach TAFE, and after friendship turned to romance Darrel moved down to Grafton and they married at Grafton's Presbyterian Church in 1993.

Up until that point Darrel's career had always been in retail but the opportunity to try his hand at catering for residents arrived at the same time his youngest son did.

"When Margaret took 14-months maternity leave I filled in for her at Dougherty Villa."

It was a few years down the track before Darrel left retail behind and went into full-time food preparation at Queen Street, a role that he says is very different to Margaret's which caters for high care residents.

Margaret's popularity with the Dougherty Villa crowd is legendary so much so when she and Darrel married the demand for them to put in an appearance on the day was never going to be ignored.

"'I'm not that sort of person but they wanted us come in and parade around so we did. The residents were family back then and they are still family."



Clarence Village residents Jillyne and Alwyn Campbell know a thing or two about moving house. They've done it 14 times.

Thankfully things settled down for the last two including their move to Clarence Village (Stage 4) 11 years ago.

Before that they were in their home South Grafton for another 11.

The other moves were more frequent, taking them all over the North Coast and down to Sydney (twice) before returning to the Clarence Valley for good.

The couple met in their hometown of Kempsey, and it was Alwyn's work as dairy chemist that kept them on the move. Jillyne, a former telephonist, and Alwyn met a hometown dance and married at Macksville, where Jillyne's parent lived.

"We had 210 quests which is still a record I believe," Jillyne said.

When they first arrived in Grafton for dairy industry work it was 1965 when "there were 750 dairy farms".

"There are only three left now", Alwyn said. When his final place of employ in the industry, the Ulmarra Dairy Co-op closed, Alwyn and Jillyne bought and ran the Captain Cook Store in South Grafton where they sold milk from 1992-96.

Now enjoying retirement, the couple have been married for 59 years this year, raised two children, and welcomed seven grandchildren and seven great children and never had a "dinky-di argument."

"We've had a good life and been very fortunate, Jillyne said.

"And we love it here, Alwyn said. "You can wave to people from the kitchen window, or when you leave in the car. We're not in each other's pockets but we're here to help when people need it."

## Living in pandemic times

Three days before Christmas, Dougherty Villa facility manager Mandy Stark received news that a staff member had tested positive to COVID-19 on a Rapid Antigen Test.

Contract tracing commenced immediately within the aged care home to identify close contacts who were also tested. The following day, a close contact employee who had attended the same infection site also tested positive on RAT test. Both staff did return a positive PCR result.

Due to the identification of two positive COVID cases in the staff, the Local Health District (LHD) and Public Health Unit (PHU) and Commonwealth Dougherty Villa was notified that Dougherty Villa was an identified 'Exposure site."

Under guidance of the PHU Dougherty Villa was placed into lockdown at 3.30pm on December 23.

Following the risk assessment protocols and its COVID outbreak management plan, management were able to quickly put into place the necessary precautions, and determined that only Magnolia Wing needed to be placed in full precautions.

In line with the guidelines at the time, PCR testing of all residents was undertaken on December 23 and 27 and January 3. All 69 residents remained negative.

On January 3, another staff member tested positive but identified as low risk within the home, as they were not in direct contact with residents.

Due to the Christmas/New Year period, and the overwhelming number of aged care homes with outbreaks/exposures in the district (more than 50%) there was very limited contact/ support from PHU/LHD.

Based on the clinical evidence available in was decided by the senior clinical team on the January 6 to reduce the restrictions on Magnolia wing.

Dougherty Villa has had no further staff members test positive since January 3. Rapid Antigen testing of all staff on a daily/every second day routine commenced as of January 17.

All residents who were eligible received their booster shots on January 13. Those who were not eligible will be able to access vaccination through Grafton Base Infection Control process.

Dougherty Villa has recommenced limited visitation for all residents, in line with new protocols and availability of RATs.

Currently, all residents are eating in separate dining rooms and limiting cross unit activities to prevent the risk of any cross-transmission.

While the Health Dept guidelines have changed several times in the past few weeks, Dougherty Villa are continuing to monitor the situation with a 'common sense' approach to risk management.

As access to RAT tests is improving, Dougherty Villa continue testing staff daily and all visitors to the home.

While there is no guarantee that management can keep COVID-19 out of the home, they are continuing to monitor our PPE, and maintain infection control procedures.

Dougherty Villa received an Infection Control audit which was undertaken by the Aged Care Quality and Safety Commission on February 3, and management will receive a report in the coming weeks.



## From construction to caring

Dubbed Charlie's Angels hence the obliging pose you see above, Dougherty Villa's super management trio Mandy Stark, Tonia Fitzcosta and Bryanna Boyd have hit the ground running in 2022.

While Mandy and Tonia have graced the pages of Village Voice in previous editions, Bryanna has escaped the spotlight, until now.

Bryanna's rapid rise through the ranks at Dougherty Villa is worth a shout out.

Her background was in the construction industry but she was keen to get out and try something new so in 2019 applied for an administration position starting at Dougherty Villa in a front of house role.

"I was working in project management for the new jail before that."

She spent the next two years as one of

the helpful, friendly faces behind the front desk before taking on a new role in 2021, Movements and Improvements, which included overseeing admissions and quality improvements under quality manager Tonia.

A more recent reshuffle in the management team saw Bryanna take on her latest role as operations co-ordinator working alongside Tonia reporting to Facility Manager Mandy Stark, centred around keeping the house in order and ensuring things tick along.

While she has barely started in the new role yet due to filling in six days a week over Christmas/ January back the front counter, Bryanna said she was looking forward to the new challenges while continuing to work with the residents and staff.

"It's really like working for a big family here. We all look out for each other. I love it and will never be going back to construction."

# Celebrating our staff





### **EMPLOYEE OF THE MONTH**

Employee of the Month (September) was Shiela Williamson. If we could clone Shiela we would. The Dougherty Villa team and residents are very blessed to have Shiela on our team.

### **EMPLOYEE OF THE MONTH**

Marrisa Ryan in Employee of the Month (October). Marissa started at Dougherty Villa in June 2021 and has had an amazing impact with residents. We are very fortunate to have Marissa as part of the Dougherty Villa team.



### **EMPLOYEE OF THE MONTH**

Employee of the month in November was Dougherty Villa's amazing Hibiscus care worker Kaye Ball. Kaye has been board approaching five years. She is an amazing worker and dedicated carer always there at the monthly meetings and helping out wherever she can "nothing is a problem".





### STAFF MEMBER OF THE WEEK

Sarah Linsley was Staff Member of Week for the Waratah Wing during October.



### **NEW STAFF**

New staff member Ashlee Rodgers started at Dougherty Villa towards the end of 2021. One of the younger staff members at 17, Ashlee is completing her Cert 3 in Individual Support. When she isn't in her caring role she loves to fish, fix cars, and create arts and crafts. She also like spending days off at the beach.



Clarence Village's resident poet John Sullivan wrote this special verse in honour of...

## Valentine's Day

A special day for lovers and for soulmates with a bond a special day for flowers and admirer's to respond A day when lovers open hearts express what they are feeling it's not a day to think about the thoughts that aren't appealing

Close friends and lovers need to know the special place they hold they may already know this but it means more when they're told Express your thoughts, buy chocolates send a message, make a call It just may make a difference be a Valentine, stand tall.

- John Sullivan, 2022

# Word Search: Valentine's Day

N EX Ε R S V Ε M Ε Ν Т R G Т 0 Ε Ε M D K R 0 Α Ν C E Ε S Н Z C U Н T D K V E Ν E W Α L Т Ν Н Н Q S E G K Н U G Ε Ε R Ε D C Α Ν D S E D В RUAR Υ ı V Т

# WHAT'S ON IN FEBRUARY

### **Joan Muir Community Centre**

Free activities every Tuesday from 10am

TUESDAY 15

Hoi

TUESDAY

High Tea - dress up in your best clothes. RSVP by Fri 18th.

### **AROUND THE VILLAGE**

Ros will be at Clarence Village and Clarence on Queen on Tuesday afternoons and Clarence Gardens on Wednesday afternoons.

On Wednesdays and Thursdays at Dougherty Villa, Ros will be connecting family and friends via phone, zoom & emails.

If any of these days change your stage reps will be informed.

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

RSVP to Ros - 0478 228 838 or connections@clarencevillage.com.au

Lovers Sweetheart

Red Pink

Lace Love

Kindness Flowers

Happy Cards

Heart Valentine

Hugs Chocolate

Romance Friends

February Forget-me-not

Cupid Candy

# More activities than you can wave a Pom Pom at...

Residents loved every minute of these activities so much so they had to be encouraged to have a lunch break and as soon as they were done, were right back at it. The finished products are on display for everyone to admire on the Rose Cottage walls.

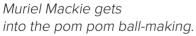












ball she was making.







Heather Freeman in deep concentration making her pom pom.

## Chinese Horoscope 2022 – Year of the Tiger

The Chinese New Year 2022 of the Water Tiger will begin on February 1, 2022, and end on January 21, 2023. Following is the forecast for the 12 Chinese Zodiac animal signs, namely, Dragon, Snake, Horse, Sheep, Monkey, Rooster, Rat, Pig, Dog, Ox, Tiger, and Rabbit. Find out yours by matching your birth year to the one indicated with each animal.

### **RAT**

The Rat is greatly influenced by the Water Tiger. People born in the Year of the Rat like to do things on their own terms. The effects of the Tiger can make a Rat personality feel confused. It will bring many new changes in 2022. If the Rat personality can adapt quickly and go with the flow, then everything will be fine. However, if their stubborn nature gets better, they might have a difficult 2022.

BIIRTH YEARS: Earth Rat: 1948, 2008, Metal Rat: 1960, 2020, Water Rat: 1972, Wood Rat: 1984, Fire Rat: 1996.

### OX

This year threatens to be a stressful period for the Ox. You have to make quick decisions on various challenging matters and wait out for the rewards to come. The year is not promising for radical changes as you will face a lot of hostility. Control your anger, and do not poke your nose into other's affairs. Health will be fabulous but prone to mishaps. Avoid challenging activities like trekking.

BIRTH YEARS: Earth Bull: 1949, 2009, Metal Ox: 1961, 2021, Water Oxen: 1973, Wood Ox: 1985, Fire Oxen: 1937, 1997

### **TIGER**

The Year of the Water Tiger promises to be a year of transformations and luck. This year is good for making plans for the future. They would be wise to take advantage of everything 2022 has to offer. After all, there will not be another year of the Tiger until 2034. Health will not pose any problems. If you want to enjoy the year, be modest and diplomatic. Do not get into unnecessary fights.

BIRTH YEARS: Earth Tiger: 1938, 1998, Metal Tiger: 1950, 2010, Water Tiger: 1962, 2022, Wood Tiger: 1974, Fire Tiger: 1986

### **RABBIT**

2022 brings a little excitement into a Rabbit's life — motivation, organisation, and positive vibes. A Rabbit would do well to take every opportunity that comes their way this year. It's a great time to pick up new hobbies and learn new things and your social circle will grow if you let it. Money flow is erratic and irregular. Proper diet and relaxation will be necessary if Rabbits have to maintain their good health.

Earth Rabbit: 1939, 1999, Metal Rabbit: 1951, 2011, Water Rabbit: 1963, 2023, Wood Rabbit: 1975, Fire Rabbit: 1987.

### **DRAGON**

This year will be highly active for the Dragon but there will be fortunate and unfortunate events. Initially, hardships, but in the end, you will have a rewarding year. You should maintain cordial relationships, and ego has no place in dealing with others. Solve problems with diplomacy and patience. Finances require deft handling. Health will be disturbed by frequent problems but you will benefit from relaxation and good diet.

BIRTH YEARS: Earth Dragon: 1988, Metal Dragon: 1940, 2000, Water Dragon 1952, 2012, Wood Dragon: 1964, 2024, Fire Dragon: 1976.

### **SNAKE**

Destiny will play an essential role in the lives of the Snake in 2022. It will be full of strange happenings and minor misfortunes which might stress you unnecessarily. You have to kick your sluggishness and actively involve yourself in starting a new venture. Avoid confrontations and be pleased with all. Life will become tolerable if you control your anger and seek the support of others. Health will be excellent with proper relaxation.

BIRTH YEARS: Earth Snake: 1989 Metal Snake: 1941, 2001, Water Snake: 1953, 2013, Wood Snake: 1965, 2025, Fire Snake: 1977.



### **HORSE**

The Horse will face turbulence and turmoil during 2022. Hence progress in life will be steady and slow. Despite the conflicts, the year will be somewhat pleasant. The first half of the year will be full of obstacles and setbacks. Concentrating on objectives and overcoming opposition will yield results in the second half. Social life will be stressful. Health will be good with minor problems.

BIRTH YEARS: Earth Horse: 1978. Metal Horse: 1990, Water Horse: 1942, 2002, Wood Horse: 1954. 2014, Fire Horse: 1966, 2026

### **SHEEP**

Predictions for 2022 suggest riches and recognition. Finances will be fabulous during the first half of a year. You will be able to make some dreams come true. Don't feel bad about what you have been unable to achieve. Celebrate your wins and work on weaknesses. Relations may create a few problems in your family atmosphere. Health will be excellent with minor issues. BIRTH YEARS: Earth Ram: 1979. Metal Sheep: 1991, Water Goat: 1943, 2003, Wood Sheep: 1955, 2015, Fire Sheep: 1967, 2027

### **MONKEY**

2022 will be an essential and delightful year. Shed your sluggishness and be watchful about attacks from others. Take support from your friends for achieving success. Do not take any risks and be tolerant. Money flow should be regulated. Monkey is emotional and disagree over small issues. Health will be reasonable if you control your depression and excitement.

BIRTH YEARS: Earth Monkey: 1968, 2028, Metal Monkey: 1980, Water Monkey: 1992, Wood Monkey: 1944, 2004, Fire Monkey: 1956, 2016

### ROOSTER

For the Rooster 2022 foretells a lively, stimulating, and extremely profitable year. Fortunes will fluctuate as money flow will be erratic in the second half of the year. You can overcome these problems with tact and flexibility. Tension will result in health problems, and hence, sufficient relaxation is necessary.

BIRTH YEARS: Earth Rooster: 1969, 2029, Metal Rooster: 1981, Water Rooster: 1993, Wood Rooster: 1945, 2005, Fire Rooster: 1957, 2017

### DOG

Dog natives will have it smooth. Things will go their way only if they are willing to work and ensure positive changes. You will have to make some sacrifices if you intend to reach your highest potential. Focus on your present and future. Avoid conflict with your spouse and relations, and be strict in yielding to their unreasonable requirements. Health will be excellent except for some occasional fluctuations in mood.

BIRTH YEARS: Earth Dog: 1958, 2018, Metal Dog: 1970, 2030, Water Dog: 1982, Wood Dog: 1994, Fire Dog: 1946, 2006

### **PIG**

Pigs will evolve in ways never thought possible this year. You can achieve great strides in life and be able to make positive changes that will bring out the best in you. Always endeavour to become a better version of yourself. Be straightforward in dealings and avoid greed. Some of you can expect a sudden windfall from unknown sources. Health will be full of minor illnesses and mishaps. Overall a gratifying year ahead.

BIRTH YEARS: Earth Pig: 1959, 2019, Metal Pig: 1971, 2031, Water Pig: 1983, Wood Boar: 1995, Fire Pig: 1947, 2007

# Dignity in design



Retired staffer Wendy Vidler is offering Dougherty Villa residents an affordable alteration service to help make garments Former Leisure and Lifestyle staffer Wendy Vidler may have retired from Clarence Village but she is still making a difference in residents' lives.

Wendy is an ace with clothing alterations and after looking after a few residents' while she worked there was offered the opportunity to continue the service in her retirement.

Residents that would like adjustments and alterations made to their clothing for ease of dressing and undressing can contact Wendy and book in for her special \$10 sewing service.

"I alter the back of the garment for ease of dressing but the front of remains the same."

Wendy said she enjoyed the work and the dignity adaptive clothing can bring to residents' lives.

"I'll also do mending, hemming anything that needs the sewing machine treatment."

You can reach Wendy on 0427 427 589.

## Clarence Village



### 1st PRIZE \$30

2nd PRIZE

3rd PRIZE \$5 Tickets \$1 each

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.





CarePage QR Code. Scan this code to take you directly to our online feedback form.

## **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