



Village Voice

Your monthly Clarence Village community newsletter

FREE



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Clarence Village residents are a crafty bunch

Dougherty Villa's Stella Wilson and Doris Holbrook show off some of colourful handiwork being made by residents at the new knitting group that meets every Wednesday morning in the Jacaranda Room.

Everyone across the Clarence Village is welcome to come along and join in this weekly social activity. All materials are provided (you don't even have to know how to knit).

..... Find out more on pages 6-7.

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A note from the Village CEO



The Jacaranda Festival has been a great reminder of the challenges we've overcome over the last few years. My daughter turned five on the weekend and for half her life things like Jacaranda events have been heavily curtailed or, in many cases, cancelled altogether. It was wonderful to see the joy Jacaranda brought to her face.

Seeing families young and old enjoying the simple pleasures of Jacaranda time was a great experience and a tonic for us all after what was a rather sickly winter.

Doubtless we've not seen the last of Covid but we approach this Christmas with the knowledge that we've made it through some very hard yards together and with hope-inspiring memories from Jacaranda that things can and will return to a happy "normal", whatever that may be.

Kind regards,
Duncan McKimm

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Ho, ho, holy moly it's been busy

It's hard to believe we're at the pointy end of 2022 and the jolly man in red suit will be making an appearance around the Village before you can say Darol McClymont.

It's also possible you may not have given Christmas a second thought because boy, residents have been busy lately.

If they're not out and about checking out jacaranda trees and vintage cars, they've been powering through the knitting and gardening, having a punt on the Cup, or hanging out with chickens and sausage dogs. It's all been happening around the Village locations lately.

Of course things are only going to get busier with the silly season upon us so strap on your party hats and hang on tight.

If you've had your photo taken recently and don't see in this issue it's likely to be in our next — December's big bumper edition.

See you then,

Lesley

Email me:
news@clarencevillage.com.au





New arrival to the Dougherty Villa team Emily Munro recently started work behind the front counter but her face is very familiar to a few longtime residents and staff.

Emily's happy to be back at Dougherty Villa

The newest face behind the front desk at Dougherty Villa will also be a familiar one to some residents and staff.

Emily Munro started her first “real” job at the Villa after she left school, on the floor in personal care and general services.

“I was halfway through Year 11 and decided to get my Certificate 3 in Aged Care instead. I have always been a helper, growing up with my three brothers and sister. I always wanted to be a nurse and work in the care industry.”

After almost four years at Dougherty Villa, Emily moved to the Gold Coast where she changed lanes for a while working in a reception role.

She started her nursing degree but had to put that aside when her twin boys arrived. “They were premature so I had to stop work to look after them.”

Now living in Grafton again, and with the boys off to school next year, Emily was keen to get

back into the workforce and aged care.

“Dougherty Villa was the best place I’d ever worked. I loved the people and the environment, so when I saw the PC job advertised here I applied. There are still some residents and staff here from when I first started work so it’s really lovely to see them again and have them remember me.”

Emily said she was then offered the admin and rostering role because she also had experience in reception work. “Rostering is new to me so I was keen to learn that and develop my skillset.”

In her spare time, Emily loves painting, something she enjoys as part of connecting to her Indigenous heritage on her dad’s side of the family. “I love learning about my culture and would love to share that through my artworks here. I’m going to do a swap with Ernie (Villa’s resident artist) who has already drawn me a picture.”

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What a dasching bunch of visitors

Dougherty Villa's Kimberley Morgan and her extended family's affection for daschunds runs deep (they currently have about 10 dogs between them).

The latest bunch made a special appearance at the Villa recently much to the delight of residents who couldn't get enough of their long and cuddly new friends.

"Pat (Connor, who is blind) keeps asking 'when are you going to bring them in' and said it was her dream to have the puppies all over her lap again," Kimberley said.

As a gesture to the residents, Kimberley names some puppies in their honour like her dog Trevor. "They don't always go on to keep the name (when adopted) but Trevor is mine so he's here for good."



Pat Connor covered in daschunds.



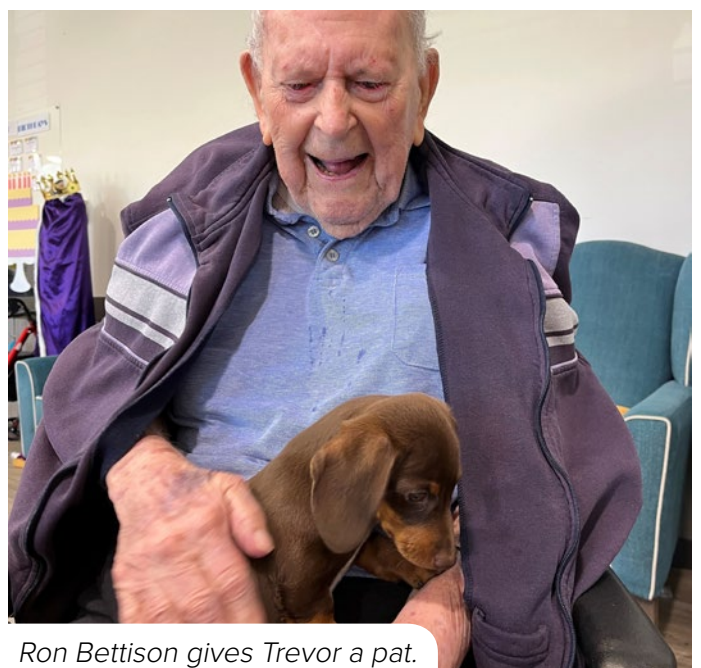
Kevin Burns meets Kevin the daschund.



Warren 'Mossy' Moss and the puppies.



Trevor Crispin meets Trevor the daschund, on the right.



Ron Bettison gives Trevor a pat.

Partnerships in caring

Putting your loved one into care can be one of the hardest decisions you can make.

Colin Robinson felt this way when, after caring for his wife Heather at home for eight years, realised it was the right thing to do to ensure she was in the safest environment possible when it came to managing her dementia.

The Vietnam Vet said it was particularly hard for him because his wife had been there for him for most of his life. “When I had PTS problems, she was my rock.”

To help make the change in circumstance a little easier Colin became involved in Heather’s daily caring routine by visiting and helping with things like the lunchtime service.

That was two and half years ago and Colin couldn’t be happier with the way things have turned out.

Now there six days a week — he takes Sundays off “because he’s not getting anything done at home” — Colin helps with the food service and washing up as well as keeping residents and the staff amused with his lighthearted antics.

“I love to stir them up a bit. I try to bring a bit of personality to the role. They all seem to enjoy it. They get to know you and loosen up and laugh at the silly little things. They love the interaction and it gives them the confidence to engage back.”

Besides being able to spend more time with Heather, Colin enjoys coming to Dougherty Villa for the company.

“The staff are fantastic so if I can give them a bit more freedom to do other things that’s important. Otherwise I’m just sitting at home looking at the walls.

Dougherty Villa is encouraging more people



ABOVE: Colin Robinson with his wife Heather who is a resident in the Waratah Wing. Colin spends most days visiting Heather as well as helping with lunches and providing some lighthearted company to residents and staff as part of the Partnerships in Care program.

like Colin to become involved in residents’ lives by joining their program Partnerships in Care.

A partner in care is a person who has a close and continuing relationship with the care recipients such as a family member, loved one, friend or representative. They frequently and regularly visit a person living or staying in a residential aged care service to provide aspects of regular routine care and companionship to that person. For more information on the program, please call Dougherty Villa on 6643 2377.



Activities officer Ros Houlahan with admin officer Judyann Ainsworth showing off Judyann's knitted worry worms.



Knitters get busy on the needles.



Claire Smith checks out one of the worry worms made by reception's Judyann Ainsworth.



Wednesday morning's knitting club at Dougherty Villa is growing by the week.

Close knit group growing by the week

The Dougherty Villa knitting group has barely started but it's growing faster than you can say knit one, purl one.

Residents of the Villa are joined by visitors and volunteers from around the village every Wednesday morning in the Jacaranda Room.

Community Connections Officer Ros Houlahan said it was great to see residents that haven't knitted for years picking up the needles.

"They thought they had forgotten how to knit and now, with the help of volunteers, they are back knitting. Even the sight-impaired residents are knitting by feel, and those not able to participate, are here chatting."

Ros said the knitting crew are all working on

little projects so there's a reason to be a part of it.

"We are knitting washers that will go into future Christmas boxes and squares for rugs to be distributed into the community to people that need blankets. Being involved provides a sense of purpose and we are seeing those wonderful outcomes right here."

The day the Village Voice called in there were at least 20 residents with needles in hand powering away.

Anyone from across the Clarence Village is welcome to join in. The knitting group meets every Wednesday from 9.30am in the Jacaranda Room.



Doreen Sheehan is almost 105 but gives knitting a go with help from village volunteer Colleen Donovan.



May Orr checks out some of Rita Battye's handiwork.



Joan Want and Fairlie Slater at the Wednesday knitting group.



Joan Smith on the needles at Wednesday's knitting group.

Providing a Warm Touch

Clarence Gardens residents recently had a visit by Donna Clark, a member of Warm Touch and the daughter of resident Challis McCosker.

Donna collects the squares knitted by the Gardens' ladies and puts them together to make rugs, which go to Warm Touch to be distributed where they are needed.

Donna brought in a finished rug recently to show residents the final results of their handcraft contributions.

The Warm Touch 2460 group is made of people willing to donate wool/yarn/fabric and their time to make beautiful crocheted and knitted rugs and knee rugs for patients at Grafton Base Hospital Oncology Unit to use and keep during their stay and treatment and to take home.

They also make scarves, hats, socks, booties, bonnets, bags, chemo care kits, monkeys and bears for patients of all ages who are receiving treatment. Some items are shared with maternity, the renal unit and the children's ward.



ABOVE: Donna from Warm Touch shows the Clarence Gardens residents one of the rugs they helped to make.

Village recipe exchange: Libby's Carrot Cake



Libby Shearer and her famous carrot cake. Libby shares her recipe with readers this month. If you have a favourite recipe you would like to share get in touch with Community Connections officer Ros Houlahan. Any festive recipes for our Christmas edition most welcome.

CARROT CAKE:

- 3 cups plain flour
- 2 cups castor sugar
- 1 tspn bi-carb soda
- 1 cup undrained crushed pineapple
- 2 cups grated carrot
- 4 eggs
- 1 ½ cups either canola or olive oil
- 1tspn vanilla
- 1tspn cinnamon
- 1 cup chopped walnuts or pecans

METHOD

- Sift flour, salt, cinnamon and bi-carb together into large mixing bowl.
- Add pineapple, carrot, eggs oil and vanilla and beat until combined. Stir in chopped nuts.
- Spoon batter into 2 deep 20cm ring tins.
- Bake in moderate oven 180 degrees for 1 hr or until skewer inserted in the middle comes out clean.

CREAM CHEESE ICING:

- 250g cream cheese
- 150g butter
- Grated rind of a lemon
- Icing sugar (as much as needed to make the icing a spreading consistency)

METHOD:

- Beat together softened butter and cream cheese, add lemon rind. Add in as much sifted icing sugar to make the icing easily spreadable.

Ice when cake is cool.

Out and about

Leon and Jan Jarvis keep the crowd entertained at the October high tea.



Doreen Sheehan and Fairlie Slater from Dougherty Villa with Marie Murray during their Clarence Gardens visit.



BELOW: The bus trip to Shannon Creek Dam was postponed due to wet weather but 12 residents still enjoyed a drive along the back lane to Junction Hill where they viewed lots of jacarandas and new housing estates before heading over South Grafton past the golf course and through Skinner Street. The travellers were then made to feel welcome at the Clocktower Hotel for afternoon tea.



Clarence Village



1st PRIZE

\$30

2nd PRIZE

\$15

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.



The high tea gang back together in October for the Jacaranda themed event.

Village resident's royal connection

Molly Cosgrove was named the Junior Jacaranda Queen for 2022 and is the granddaughter of Clarence Village resident Margaret Lee.

As Margaret wasn't well enough to attend to crowning ceremony to see her granddaughter crowned with the title, Molly made a special trip to grandma's the next morning with her sash and crown.

While disappointed she couldn't be there on the night, Margaret said Molly was a true Jacaranda baby, born October 31.

"When I saw Molly and mentioned she would be the Junior Queen for a whole year, she responded with 'Nanny, I will always be the Junior Queen for 2022'."

Margaret and Molly's parents, Annette and Rod are all immensely proud of the new Junior Jacaranda Queen for taking part in this year's festival and helping to raise money for future festivals.





High tea lucky door winners Leon Jarvis, Barbara Fraser, Sally Haig and Colleen Donovan.

WHAT'S ON IN NOVEMBER

Joan Muir Community Centre

Free activities every Tuesday from 10am - 11.30am

TUESDAY
8
Bingo

TUESDAY
15
No activities

TUESDAY
25
High tea
Beach theme

CHRISTMAS RAFFLE

Donations for annual Christmas Raffle welcome. Drop off at Joan Muir Hall or Queen St.

WALKING CLUB

Change to route. Thursday group walk leaving Joan Muir Hall at 8.30am to Turf Street Shop or just meet us there at 9am.

CLARENCE ON QUEEN

Bingo every Tuesday at 1.30pm. Everyone welcome.

To RSVP or contact Ros: rosh@clarencevillage.com.au or 0478 228 838
Please get in touch with Ros if you would like a chat or visit.

Maintenance updates

Pathway to success

Maintenance updates on Stage 2 gardens: all edging has been completed on the new pathways. The path near the new clotheslines has been widened to make it safer to hang out washing.

Gardener Ryan will be very busy over the next few weeks finishing off the mulching and planting the gardens.

Hoses will be installed so please let Ryan know if you would like to adopt one of the gardens and help with the tending and watering over the hot season.



The new, safer footpaths at Stage 2 are looking good and all ready for some garden landscaping to complete the areas.



Fruitful times at the Village

The first plantings of citrus trees throughout the Village stages has begun and includes an orange tree and lime tree, the latter kindly donated by the residents at Clarence Gardens stages.

Queen of the veggie patches

Residents at Clarence on Queen have been busy planting veggies and will soon be rewarded with a variety of healthy produce including radish, sweet corn, carrots, lettuce, zucchini.



Clarence on Queen resident Shirley Weir is hoping for a bumper crop in their community veggie patch.

Warming up for summer

Over the past month the maintenance crew have been very busy heading into the warmer weather and more rainfall has given the unwanted weeds a new lease on life. The grass is growing so fast it seems to be shooting up behind Terrence as he mows.

Jacaranda tours

The Jacarandas are out in full bloom and are looking beautiful. Ros our community connections officer has been busy taking village residents on bus trips each night to view the trees lit up under the night sky. The trip also crosses the new bridge to see the sugar silo, which is also illuminated with Indigenous artworks featuring the emu. Needless to say, there was a lot of fun and laughter on that bus. Ros will also be conducting Christmas light tours in December. Stay tuned for more information.

Party time

The silly season is right around the corner so keep an eye out in your letterbox for your Christmas party invites. Please RSVP to Penny/Tayla in the Village front office 02 6642 5991.

Holiday helpers

Darrell from Queen Street has had a well-earned holiday and our wonderful team at Queen Street have held the fort while he was away. They have done a fantastic job in his absence so big thank you.



“ 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
Village

Dougherty
Villa

Ph: 6643 2377 | 206 Arthur St, Grafton | www.clarencevillage.com.au

Village stargazers - your monthly horoscopes

With the November 2022 Horoscope Predictions, you will be able to find out what will happen in your life this whole month. Always hope for the best in all you do, even when you do not see the light at the end of the tunnel.



ARIES

New opportunities to meet and socialise with others will be present for this entire month, so be open and receptive. Avoid impulsive behaviour on the 3rd, 12th and 30th. You will be tempted to take unnecessary chances.



TAURUS

Excitement is in the air for you at long last. Guard against spreading yourself too thin. It is simple to raise your hand and volunteer but not always easy to follow through. It is an excellent time to form new friendships and possibly even a new romance.



GEMINI

Being honest is good but try to think before you speak. Remove personal feelings out of the problem and see things from a different angle. Your endurance level is lower than usual and you will not want to be bothered by troublesome people.



CANCER

Change and freedom are your keywords this month. Your intuition is very strong now and you can learn much by paying attention to your thoughts. Try to keep your cool as you face disagreeable circumstances. Avoid taking things personally.



LEO

Find the balance between living your own life and obliging others. This could be frustrating but set boundaries. You may be forced to face an emotional issue from your past and put closure to it. Don't let a problem drag on unnecessarily.



VIRGO

Try to be less critical of those around you. Take time to meditate, it will help calm your mind. Be patient and take the time to really think about issue. Your intuition will be shared but your mood will be pensive.



LIBRA

Take care of unresolved problems with material things. Conceit will not be tolerated. Keep the senses sharp for the many opportunities available. A friend could make some unreasonable demands but there is no cause for concern.



SCORPIO

Put closure to things that no longer work in your favour. Clean your closets and get rid of stuff that no longer serves you. You might feel sensitive this month so try not to let your emotions get the better of you. Careful what you say.



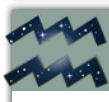
SAGITTARIUS

Happy birthday Sagittarius. You take everyone's share of the limelight this month as the world seems to revolve around you. Use the extra energy to get things done. Checking items off a list is more satisfying than you think.



CAPRICORN

Try to get plenty of sleep for your health's sake. Emotions have taken away much of your energy but you will continue to take a stand when issues arise. Be alert and cooperative with people. Someone least expected will help you in the future.



AQUARIUS

Don't give away so much that you lose your own identity. The 10th to 12th is a good time for that heart-to-heart you've been thinking about but things might seem a bit extreme around the 19th and 20th. Keep an open mind. The social invitations will be flowing by the 23rd.



PISCES

You are in a creative re-awakening and coming into your own. You need to be you and do what you want in your own unique way. It will surprise you how easy it will be to blast anyone or anything out of sight and mind if it prevents you from expressing yourself.

Remembrance Day Word Scramble

MRBERMEE _____

OMEP _____

YPOPP _____

ROSLESID _____

TVENARE _____

MERNOEVB _____

HRWATE _____

HOSERE _____

MTONEM FO LCEINSE _____

CPTERES _____

VBAER _____

NORHO _____

LMAEROMI _____

DPERI _____

ADLEMS _____

STLE EW GOTREF _____

LFGA _____

DIYHOLA _____

ARW _____

VSEECRI _____

YCTEREME _____

SECACIRIF _____

RHYSOIT _____

MSEERNCOIE _____



- ANSWERS**
1. Remember
 2. Poppy
 3. Veteran
 4. Wreath
 5. Moment of Silence
 6. Brave
 7. Memorial
 8. Medals
 9. Flag
 10. War
 11. Cemetery
 12. History
 13. Poem
 14. Soldiers
 15. November
 16. Heroes
 17. Respect
 18. Honor
 19. Pride
 20. Lest We Forget
 21. Holiday
 22. Service
 23. Sacrifice
 24. Ceremonies



Eggsellent new arrivals get cracking

Clarence on Queen residents have welcomed six lovely laying hens to the village community.

Pictured here in the hen house greeting the brood are residents Ron Clare, Lyn Steadson and Shirley Weir. The hens are not ready to

start laying but according to chicken whisperer Ron they are “point laying”, which means they are ready to start turning them out.

Watch this space for the news of our first egg arrivals.



**Clarence
Village**



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

www.clarencevillage.com.au