



Welcome

By Benjamin Scott

Hello Everyone,

This month we welcome back our beautician Dimi. Whilst the Leisure & Lifestyle Team have tried to fill this void by providing one on one nails and facials, the friendly and bubbly presence of Dimi has been missed by all of us! Dimi will be joining us every Wednesday from 10 June. Please speak with Suzy, or Jessica to book in an appointment.

As we see restrictions begin to loosen in the wider community, the risks for our residents remain very high. With the possibility of a second wave, it is paramount that we all remember to regularly wash our hands and remember the importance of cough etiquette. I would like to thank all our staff for their vigilance in their care and support to our residents, their fellow staff members, and essential visitor screening process.

I would like to remind all families and friends that it is now a requirement to have an Influenza Vaccination to enter Residential Aged Care Facilities. If you haven't already provided us evidence of your Influenza Vaccination kindly email it to contact@bayswatergardens.com.au.

Feedback is always welcome. If you have a suggestion, constructive comment, or a positive comment to make please share it with us. Residents can access the My Thoughts forms, located outside the lifts on all floors, our My Thoughts Form is now online, so you can complete at any time by clicking [here](#).

As always if you need to discuss anything please don't hesitate to contact me on 0456 063 500 or via email bscott@bayswatergardens.com.au

Warmest regards,



Benjamin Scott, Director of Care Services



Enjoying chair volleyball



Margaret enjoying the wine and cheese festival



Wendy and Mary hanging out with our special guest



News

From Eileen

What a month last month was. 2020 has certainly been a year for new experiences, challenges, success stories, a lot of laughs and a few tears if I'm being honest. Keeping COVID-19 out of Bayswater Gardens has been our primary concern and focus. Our residents, relatives, friends and staff have all been supportive of the measures we have put in place to protect the residents and each other.

As quickly as May rolled in, we say goodbye to it and the wonderful events that took place at Bayswater Gardens. The Leisure & Lifestyle team have a lot planned for coming weeks as winter kicks in. We have been providing a revised version of our Leisure & Lifestyle program to keep the residents all connected, living in the moment, enjoying the small things, seeking and embracing new opportunities and keeping an eye out for each other.

We now have a shopping trolley with small items ranging from lipsticks, individual chip packets, pocket tissues and chocolates which was introduced at our Winter Market day and proved to be a success with our residents.

Our residents have appreciated the emails with photos and updates on what is going on at home and have enjoyed sharing their news and photos with other residents which has brought out an even stronger community spirit.

Like everyone, we look forward to a time in the not too distant future where we will once again be able to engage with others, as we have in the past.

Until then, stay safe and be happy.

Warm regards,

Eileen Stelzer

Residential Services & Relations Manager



Meet Fanny Lee Young

Fanny was born in Fiji on the 28 August 1924 to her parent's Mary and Jimmy. She had a big family consisting of six brothers and three sisters. Fanny says they did not have much money, but they had each other and good parents.

She attended the Marist Sisters College in Fiji. She met and fell in love with Henry Lee Young and married shortly after. They had two children in Fiji in 1942 and 1946. They spent the War Years in the Pacific, then moved her family in 1948 to Australia. Here they started their new life and had three more children.

Over the years Fanny was involved in many businesses, the main one being the Dixon Restaurant in Chinatown.

Fanny loves to watch the Bold and the Beautiful and Rugby League. Her favourite team being the Tigers. Fanny loves the Queen and all things Royal and is often found reading her newspaper or her Woman's Weekly magazine scouring for photos of the Royal family. Fanny has also taken a liking to our Floral Art Classes.

When Fanny first arrived at Bayswater Gardens, we encouraged Fanny to join the Hydrotherapy Class as her knees were sore. Fanny could not swim and had never been in a pool.

Throughout our COVID-19 visitation limits Fanny's four surviving children, her 14 grandchildren and 16 great-grandchildren have kept Fanny busy with emails and photos which she is always keen to share with the other residents and has created a wonderful mural of these photos in her suite.

She is adored by her family and as Fanny always says, family is everything.

News from Cranbrook Care

Bushfire Appeal

Bayswater Gardens is keen to assist people affected by this Summer's bushfire crisis.

Thank you for your kind donations over the last few months which will be donated to Vinnies Bushfire Appeal supporting families affected by the bushfires to rebuild their lives.

Vinnies is on the ground helping people as they deal with the immediate aftermath of fires, and they will continue to be there as they rebuild their lives in the long term.

Cranbrook Care is excited to announce that a total of \$803.60 was raised and with the Cranbrook Care donation of \$3 for every \$1 received our grand total for our donation to Vinnies is \$2409.



Recognising our Staff

Gaurav Thapa

Congratulations Gaurav for achieving the Standing Ovation Award for the month of March 2020. To thank Gaurav for his hard work he has been given a \$150 bonus. Gaurav is a hard-working team member who always strives for excellence whilst caring for our residents. Nothing is ever too much trouble for Gaurav. You are a great role model for new staff and nursing students, and always ready to lend a hand.

Jenny Louie

Congratulations Jenny for achieving a Standing Ovation Award for the Month of April 2020. To thank Jenny for her hard work she has been given a \$150 bonus. Jenny's gentle heart and loving hands are appreciated by all of us. She is a great role model for all staff and is always ready to lend a hand in all areas of the residence. Jenny, thank you for being an asset to our team!

Anania Betham

Congratulations Anania for achieving a Standing Ovation Award for the Month of May 2020. To thank Anania for his hard work he has been given a \$150 bonus. Anania thank you for being such a fast learner who is always ready to step up to a challenge. Your friendly smile and calm demeanour help the kitchen run smoothly, to ensure our residents receive the best breakfast service. Anania, thank you for being an asset to our team!



Mary and Sylvia having fun with floral craft



Pampering ladies



Judith & Barbara pleased with their floral art

Mother's Day

We may not have been able to spend time with our beloved Grandmothers, Grannies, Nanna or mothers this Mother's Day but the very much-loved ladies at Bayswater Gardens certainly enjoyed their Mother's Day attention.

The Leisure & Lifestyle team ensured that the mothers in our midst enjoyed fun activities with floral craft making, a pampering afternoon and high tea.



Giovina loving the face mask at our Mother's Day pampering afternoon and Elaine savouring her high tea.



Lamb Kofta

The last 2-3 months have literally turned our world upside down. Not to mention the food services operations in our residences. I would like to take this opportunity to commend and thank all the food services staff that have continued to work through this very challenging period. Our suppliers have worked very hard to ensure we've continued to receive our regular orders.

For those of you that have been stuck at home, I hope you've had a chance to get into the kitchen and try some new and different recipes.

Although overseas travel is currently banned, it doesn't stop us from cooking international cuisine. I've chosen a Mediterranean favourite that is easy to prepare. Lamb Kofta is originally from Lebanon, however most Middle Eastern & Mediterranean countries have very similar mince dishes, flavoured with spices and herbs.

I hope you enjoy preparing and cooking this dish.



What's Cooking

with Ashley, Group Executive Chef

Ingredients:

2 kg lamb mince
 1 large red onion, grated or finely chopped
 ½ cup chopped parsley
 1 tablespoon dried mint (fresh is fine too)
 4 cloves of garlic, peeled & finely chopped.
 2 teaspoon ground cumin
 2 teaspoon ground coriander
 1 teaspoon ground cinnamon
 1 tablespoon tomato paste
 1 cup fresh breadcrumbs
 3 eggs, lightly whisked
 1 tablespoon salt
 Pepper optional
 2 tablespoons olive oil

Method:

Place lamb mince in a large bowl and add all the ingredients, except eggs & olive oil.

Combine thoroughly.

Add the eggs and continue mix well, until fully incorporated.

- At this point, the mix can be refrigerated for 2 days.
- Make the patties, by dividing up the mix into 60-70gram patties. (Doesn't have to be perfect).
- Use your hands to form the patties into egg shaped balls. (Can be done the day before).
- At this stage the Kofta's can be skewered, for cooking on a BBQ; entirely up to you!
- For oven cooked; Place on a greased baking tray and bake @ 165°C for 15 minutes.
- Alternatively, flour and pan fry in olive oil, then finish in the oven for 10-12 minutes.
- Serve with tzatziki, fried or baked potatoes or pita bread and a mixed salad with mint, olives & tomatoes.

Meet the Team and Birthdays



Meet Won Heo

My name is Won, I was born in Korea and came to Australia on my own.

I have just qualified as an immunisation nurse. I have been thinking about registering for this course for the last few years. However, I was reluctant to do it as it is not an essential qualification to for my role as Clinical Care Manager at Bayswater Gardens. When I talked with Ben our Director of Care Services last year in my performance review, I mentioned that I was interested in the qualification and Ben encouraged me to register and kindly offered sponsoring the course. The sponsorship from Cranbrook Care motivated me to register and complete the course successfully. The course took me three months (11 weeks) to finish.

Since I started working in aged care, I have found providing vaccinations very important for the elderly to prevent them from catching a transmittable infection. I also learnt about herd immunity with staff vaccination in the aged care facility being key to keep our residents safe.

I love to go to the park and enjoy leisure activities. Enjoying time with friends is what I do most of the time when I am free. Unfortunately, not much time is spent with my family as they are in Korea and I hardly see them.

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South American Cultural Day

Our South American Day was a colourful hit. Wendy one of our Leisure & Lifestyle team members was an integral part of organising the event and together with our Registered Nurse Kavin they put on a wonderful display of South American dancing for our residents. The kitchen created mouth-watering treats like beef empanadas.



Happy Birthday

We wish the following residents a very Happy Birthday:

June

1 June	June P
3 June	Giovina "Nella"
4 June	Patricia R
9 June	Nora C
12 June	Gae F
21 June	Christine R & Dorothy F
24 June	Janice A
25 June	Audrey T
27 June	Barbara B



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