



MCT News & Life

January 2019 | Edition 11

INSIDE THIS ISSUE

CEO Daniel Findley Wins Australian CEO Award 2

Welcome, Manor Gardens Day Centre 3

Residential Homes' Christmas Celebrations 6

News & Activities 8

Meet Susan Cubitt 14

Food Forum Success 15



MCT News & Life

January 2019 | Edition 11

Welcome to our January edition of MCT News & Life!

I hope you and your loved ones had a restful and joyous Christmas and New Year. A special highlight for me was having the opportunity to attend festive celebrations held throughout our homes, day therapy centres and Retirement Living villages. I enjoyed having conversations with many of you and reflecting on our exciting year as well as sharing some delicious food and fun activities.

Australian Human Resources Institute (AHRI) Lynda Gratton CEO Award

I am incredibly proud and overwhelmed to share that I was named the national winner of the Australian Human Resources Institute (AHRI) Lynda Gratton CEO Award. The Lynda Gratton CEO Award recognises CEOs who achieve positive results for their organisation through best-practice people management.

The gala ceremony was held at the Melbourne Town Hall on the 20th of November 2018, where more than 80 national finalists were joined by some of Australia's most renowned business

leaders and professionals from organisations including Westpac, Qantas, Coles, IBM, Australian Defence Force and Australia Post.

Finalists were acknowledged for their initiatives that are contributing to the business sector of their organisations, and the impact



these organisations are having in contributing to the prosperity of the nation through outstanding leadership and management of their people.

Winning this award is a true reflection of the 500-plus people I work alongside every day across Tasmania. I am proud to lead an innovative, talented and committed team of inspiring individuals. Our staff and the expert care they provide are key to the success of MCT.

2018 Tasmanian Palliative Care Awards

The palliative care sector's most innovative, dedicated and passionate individuals and organisations were recognised in October 2018 for their commitment to dying Tasmanians and their families at the 2018 Tasmanian Palliative Care Awards. We were told the awards attracted dozens of entries and it's a great reflection of the remarkable work undertaken in our sector. We are pleased to reveal that Masonic Care Tasmania was named runner-up in the Outstanding Palliative Care Organisation category. This is a significant acknowledgement of the quality care our expert staff provide to more than 1,000 people across Tasmania.

MCT's Strategic Plan for 2018-2023

As many of you are aware MCT proudly launched our Strategic Plan for 2018-2023 in July 2018. We are working hard as one state-wide team to bring this plan to life and I am pleased to share that we are making strong progress.



To view MCT's Strategic Plan, please pick up a booklet from any MCT reception or view it online at www.masoniccaretas.com.au under 'About Us'.

The year ahead

I am really excited about what we have planned for 2019 and look forward to sharing many successes along the way with you. Please enjoy the highlights and important updates in this edition from across our organisation.

Thank you for choosing to live life with Masonic Care Tasmania.

Warm regards,



Daniel Findley

Chief Executive Officer

Welcome, Manor Gardens Day Centre

In 2018, we proudly increased our community programs by more than 70% and took over operations of Manor Gardens Day Centre in Kingston.

Manor Gardens was created to provide members with the warmth and companionship of daily family living and is the first of our location-based community programs in the south of the state.



Enjoy home-cooked meals and a wide variety of activities, including gardening, music, art, poetry, bowls and exercise programs. Care support is available, and our weekly activities such as museum visits, cafe outings and special events are a highlight for many.

Visit www.masoniccaretas.com.au to learn more.

Migrant Resources Program

In December last year, 13 graduates from cultural and linguistic-diverse backgrounds were joined by their families, peers and members of the local community to celebrate their completion of Masonic Care Tasmania's training and employment pathway project.

All participants are qualified in their respective countries and can now continue to contribute in their chosen career in their new home of Australia.

We warmly acknowledge and sincerely thank all



participants for their valuable contribution to the program and the impact their work has had on those who live and work at MCT.

The Migrant Resources Program is an exciting collaboration between the Migrant Resource Centre North, St Giles and MCT.

People & Culture Manager (North)

Meet Donna James



Donna started at MCT in December last year as our People & Culture Manager (North). She has worked in People & Culture and Human Resources for more than 20 years in a number of roles. These ranged from Training Coordinator to Regional HR Manager. Donna has a keen interest in training and development and has been involved in enterprise agreement negotiations in a number of industries, including manufacturing, rail and aged care. She has worked for three registered training organisations as a trainer and assessor, and as an HR/Program Manager.

A few words from Donna

My family live in Launceston and Hobart, and I currently volunteer as a foster carer. I have done this for around 10 years. I also like photography and adopted a foster greyhound in February called Pedro!

What I'm looking forward to at MCT

I am most looking forward to meeting all of you and working as part of the People & Culture team.

Anchorage Retirement Living Christmas Lunch

At the end of December, our incoming Anchorage residents got together for a Christmas lunch at the Lindisfarne Yacht Club.

It was a fantastic opportunity for our new residents to get to know each other.

There was a buzz in the air and lots of discussions about everyone's impending move. It will be great for you all to catch up again soon when everyone is settled into their new homes!



Inter-Village Snooker Tournament

At the end of last year, some of our Freemasons Home residents made their way to Vaucluse Gardens for a fun afternoon of snooker!

The tournament took place with some light-hearted banter before sitting down to enjoy some delicious afternoon tea and each other's company.

Everyone is keen for a rematch on the 7th of February!



Freemasons Home Christmas Fair

On the 8th of December last year, Freemasons Home Christmas Fair raised an amazing \$3,500. Those who attended enjoyed a BBQ, Trishaw rides (thanks to Jason Nichols), and some fantastic music and dancing, including the Tassie Rockers dance display with tunes from Sam Ferraro (pictured).

A massive thank you to the Leisure & Lifestyle team and our volunteers for helping to organise and run such a fantastic event!



Fred French Craft Stall

Staff, volunteers and residents at Fred French worked incredibly hard to create a Christmas craft stall at the end of November last year. Well done to everyone who was involved! Your creations raised valuable funds that will go towards activities to further enhance your wellbeing!



Tiny's Cafe Re-Opens!



The Day Therapy Centre and all of us are thrilled to have Tiny back!

She has been missed by all but you can now say 'hi' and enjoy the delicious selection at her cafe from Tuesday to Thursday between 9am and 12pm.

Christmas Celebrations

Freemasons Home had many Christmas celebrations in December, including the volunteers', and residents' and relatives' lunches.

Over 360 people attended the annual residents' and relatives' Christmas lunches, and the volunteers' celebration was also a huge hit! The decorations and tables looked fabulous, and we know you all enjoyed the catering teams' incredible cooking!

A big thank you must go to all staff and volunteers, not only for these events but for everything you do to enhance the lives of those of you who live with us. We think you are amazing!

From top, anti-clockwise: Freemasons Home volunteer Christmas lunch. From bottom left, anti-clockwise: Freemasons Home resident and relatives' lunches.



Fred French & Peace Haven's

Christmas Cheer



Fred French and Peace Haven residents had a fantastic time getting into the spirit of Christmas at the end of last year.

The festive season was fabulous to be a part of in our northern homes, with many of you putting in an amazing effort to bring the Christmas spirit to life with decorations and cheer, particularly for the in-home Christmas theme competition.

The winner of the competition for the best-decorated area was announced on Christmas Eve. Balfour won at Peace Haven with their 'Vintage Christmas' theme, and Elphin/Arundel won at Fred French with their theme 'Traditional Christmas'.

Above: Peace Haven's York Christmas celebrations. Right from top: Ruth Groom entertaining at the Wentworth/Punchbowl Christmas party, the Newstead Kindergarten kids visiting you at Fred French for their fortnightly visit, Fred French's Lyttleton/Flowers Christmas party and Peace Haven's York Christmas celebrations.



News & Activities

Freemasons Home

Featured events

Malcolm Cooney (Pianist)

Tuesday 15th January at 10:30am, Activities Hub

Musical Engagement (Special Guest)

Wednesday 16th January at 1:30pm, Chats Café

8 Ball Tournament with Vaucluse Gardens

Thursday 7th February at 2.00pm, Activities Hub

Chinese New Year Lunch

Tuesday 12th February, all areas

Pete Campbell Entertainment

Thursday 14th February at 1:30pm, Activities Hub

Regular activities

Knitters & Natters

Mondays at 1:30pm

Movie Afternoon

Mondays at 1:45pm

Bingo

Tuesdays at 1:30pm

Music Therapy

Thursdays at 10am

Audrey's Bar

Open Fridays from 1:30pm



Trishaw Rides

To enjoy a Trishaw ride, connect with Margi Siggers from your Leisure and Lifestyle team.

Fred French

Featured events

Australia Day Happy Hour

Saturday 26th January in
Flowers/Lyttleton Courtyard

Valentines Day Morning Tea

Thursday 14th February at 10:30am

Regular activities

Coffee Club

Mondays at 10:30am

Cooking Classes

Tuesdays at 10:30am
with Cynthia and Lou

Tai Chi

Wednesdays at 11:15am

Kiosk Trolley

Thursdays



Book Club

Thursday afternoons

Happy Hour

Friday afternoons

Men's Group Outing

Monthly with Cristy

You can also enjoy weekly word jumbles, knitters and natters, and a weekly exercise group.

Peace Haven

Featured events

Franklin House National Trust Garden

Tuesday 15th January, 10am departure

Australian Morning Tea

Friday 25th January at 10:30am, York



Valentines Day Special Happy Hour

Thursday 14th February at 1:30pm

with DJ Skip in Charles

Regular activities

Coffee Club

Mondays at 10:30am, Charles Lounge

Northern Support School Student Visits

Fortnightly on a Monday morning

Just Blokes

Fortnightly on a Monday morning

Connections & Reflections

Once a month on a Monday morning

Outings

Wednesdays

Tai Chi

Wednesdays at 2:15pm, Charles Lounge

Fit Rhythms Drumming

Every third Wednesday of every month

Happy Hour

Thursdays at 1:30pm

Kiosk Trolley

Thursdays

Music Memories

Fridays at 3pm

Gardening Group

Fortnightly on a Friday afternoon

Retirement Living South

Featured events

Morning Tea

Wednesday 16th January at 10:30am

Activities Hub, Freemasons Home

Bus Outing

Thursday 14th February at 10:30am

Departing 7 Ballawinnie Road

Regular events

Gentle Exercise & Pilates Classes

Tuesdays at 1:30pm

Fridays at 10:30am



Reminder

Retirement Living South 24/7 emergency property maintenance

If any issues arise, please contact
Jason Nichols on 0408 318 316.

Have your say!

Your opinion is important to us,
and we want to make it easy for you
to give feedback.

The best way for you to share any
suggestions or feedback about MCT is
to complete a 'Have Your Say' form.

You will find these forms in the reception area
of each of our homes.

Once you have filled out the form, simply
place it in one of the letterboxes in
your facility or refer to the brochure.

Each form is personally reviewed by the
facility manager, and feedback will be
provided if you choose to receive it.

News & Activities

Retirement Living North



The Green Centre Garden recently received a much-needed face-lift thanks to some dedicated volunteers. Keep an eye on this space as we watch it grow!

Welcome to our new residents!

Masonic Garden Village

John Healey, Wardens Court

Barbara Cooper, Tylers Court

Donald and Lana Wall, Tylers Court

Dorothy Morrison, Deacons Court

Newstead Courts

Pat Young, Flowers Court

Fred and Jose Verhoeven, Flowers Court

Geoff Lees, Docking Court

Tamar Valley Court

Roger and Glennis Soffe

Regular activities: Norwood

Regular activities are held in the Community Green Centre and all village residents are invited to attend. No previous experience or special skills are needed!

Gentle Exercise Class

Mondays at 10:30am

Nurse Available

Tuesdays from 10am to 12pm in the Day Centre

Games

Wednesdays from 1:30pm

Singing Group

Fridays at 3:30pm

Happy Hour

First and third Friday of each month from 4:30pm

BYO drinks and nibbles to share

BYO BBQ

Saturday night from 5:30pm

BYO food and drinks

Church Service

Sundays at 10:30am at Peace Haven Chapel



Special Events



Pictured: Trevor Giles' plaque was unveiled last October with Nancy Giles, Trevor's wife.

Trevor Giles' wonderful contribution recognised

On the 26th of October 2018, family, friends and retirement village residents gathered to unveil a plaque to remember the wonderful contribution that Trevor Giles PGS made to the Masonic Garden Village community.

The plaque was placed between two of Trevor's great loves: the BBQ area where he spent many Saturday nights during summer and the Community Green Centre.

Regular activities: Newstead

Regular activities are held in the Newstead Court Community Centre and all nearby village residents are invited to attend. No previous experience or special skills are needed! Tea, coffee and milk are available at all activities.

Gentle Exercise Class

Mondays at 10am

Friday at Five Drinks

BYO drinks and a plate to share and join in the fun

Friday 18th January at 5pm

Friday 1st February at 5pm

Friday 15th February at 5pm

BBQ Lunches

Saturdays from 12pm (*weather-dependent*)



Special Events

Table tennis tournament

The inaugural table tennis competition was won by Sue Marshall, who defeated Homer Fairly in the final.

Sue won a very nice perpetual trophy made and donated by Bill Robinson.

Regular activities: Exeter

Regular activities are held in the White House Community Centre. All are welcome and no previous experience or special skills are required.

Keeping Fit Exercise Class

Wednesdays at 9:30am

Cinema Afternoons

Fridays from 2pm

Thai for Lunch

First Saturday of every month at the Exeter Hotel

The upcoming dates are:

Saturday 2nd February

Saturday 2nd March

Happy Hour

Last Saturday of every month at 4:30pm

BYO drinks and nibbles to share

The upcoming date is:

Saturday 23rd February



3 UNITS LEFT

Tamar Valley Court Retirement Village

Come and experience retirement living in the beautiful Tamar Valley. Exeter village offers cafés, supermarkets, bakery, banks, doctors, golf and bowls clubs, and so much more.

Retirement Living units are available for retired over-55s. Prices start from \$182,500 for the two-bedroom units for a 49-year leasehold sale.

All units have recently been refurbished with new kitchens, carpet and a fresh coat of paint.

Call **1300 988 203** for more information or to book a time for a tour.



Special Events

Renee (Leonie) Smith celebrates 80 years!

Exeter retirement village enjoyed a special gathering to celebrate the 80th birthday of Renee.

A fun time was had by all and a big birthday congratulations to Renee.



Terry & Jenny Conrades

Terry and Jenny have moved merely a stones throw from where they lived for almost 40 years. Since September last year, they have called Masonic Garden Village at Norwood 'home'.

"We put our name down [for Retirement Living at Masonic Care Tasmania] a couple of years ago," Jenny explains. "We looked to get a unit of our own to buy, but there was always something that wasn't quite right. Then we heard about here from others who were visiting their parents at the time, and we began to lean toward this option, and it was a damn good idea! Everyone is very cheery and have made a point of saying "hello" and introducing themselves. It's been fantastic."

One of the biggest reasons for deciding to make the move was the upkeep of their previous home. It had a beautiful garden, but it needed regular maintenance: big lemon trees, raspberry canes, red and black currants, and a big

gooseberry bush. While it was hard leaving those, they both knew it was for the best.

"My joints don't always agree with going out to garden on particular days," Jenny explains. "I'm so pleased with my little garden here. I had a lovely time waiting for the roses to come out to see which ones were which."

Terry agreed: "There is less to think about but enough to keep us occupied when we want to get out into the garden."

In their back courtyard, they have parsley, chives and thyme growing, and the spare room has created the perfect space for Jenny to continue getting creative with her craft. It is also ideal for when they have visitors.

"It was important to me to have a place for our sons and grandchildren to stay if they want to visit," Jenny says.

Prior to moving in, their new Retirement Living home had been recently renovated with a new



kitchen, some new carpet and a fresh lick of paint.

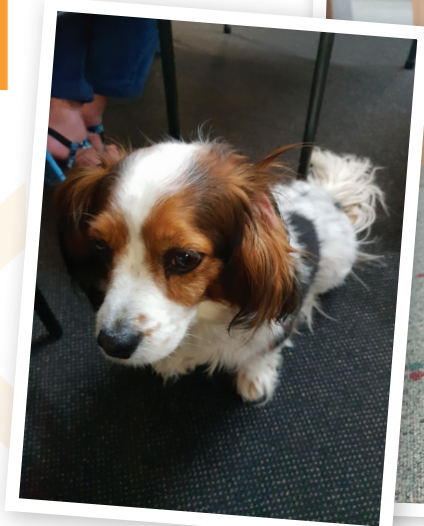
"We haven't touched a thing," Terry says. "We just walked in and brought our stuff."

"And I have never had such a big bathroom!" Jenny adds excitedly. "It's just lovely!"

Pet Therapy Puppies

As always, you have been able to enjoy an array of animals visiting you at your residences. Here are just a couple of your favourites.

Ellie May (left) and Doug the Pug (right).



'Twas the Season for Giving



Thank you to the Youngtown Rotary Club for visiting many of you at Fred French and Peace Haven in the week before Christmas to deliver gifts to those who weren't expecting any family or visitors.

Past staff members, Gweneth Nicholson and Sue Smith, as well as Marie Bird, distributed the gifts containing donations from the community. Thank you for putting a smile on so many faces.



Thank You

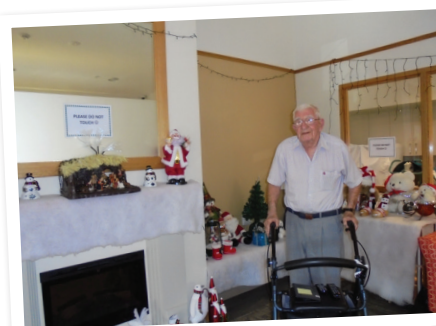
A special thank you to Riverside Lions Club

A thank you must go to the Riverside Lion Club's Secretary, Arun Pratop, and President, Brian Duham, for generously donating some boxes of finger-sized Christmas cakes for those of you at Peace Haven to enjoy.

Spreading the Christmas Spirit

Mr Meerman has been creating Christmas displays for many years.

When he first moved to MCT, he would decorate his unit for others to enjoy. Now he lives at Peace Haven and still takes great pride in putting on a display.



Remembering Our Past

Freemasons Home held a special Remembrance Day service in November with yourselves, family and friends.

Our talented kitchen staff made some beautiful poppy-inspired cupcakes (pictured in inset), and Colin O'May (pictured) shone as our star in a segment on Southern Cross.

Clinical Manager, Fred French

Meet Susan Cubitt



Susan recently joined **Masonic Care Tasmania** as our **Clinical Manager at Fred French**. She did her nursing training at the **Launceston General Hospital** 37 years ago. Over this time, she has mainly worked in aged care and as a midwife. Her most recent position was **Care Manager at The Manor in Kings Meadows**. She was employed there for 19 years until she decided she was ready for a change.

A few words from Susan

I have three grown-up children, Nic, Sophie and Fiona, two step-children and a beautiful three-year-old granddaughter Isabelle. This is, of course, in addition to my Golden Retriever Ellie who helps to keep me fit with regular walks.

My husband and I travel extensively every couple of years and have been lucky enough to visit many beautiful places across Europe.

What I'm looking forward to at MCT

I have been made to feel very welcome by all at Fred French and look forward to being part of the MCT team as we all work towards maintaining the excellent reputation the company has within our community.

Going Up!

Portion 4 of Peace Haven is taking amazing shape! As we write this, the first-floor slab is being poured ready for timber wall frames, and the roof will be going on soon!



Photo shoot fun

Masonic Care Tasmania's marketing team photographed some of you at the end of last year so we can share with others what it's like living with MCT.

Thank you to everyone who was involved for your time and the many laughs.



Retirement Living, Lindisfarne

The Anchorage



The Anchorage Retirement Living Community is almost complete!

We can't wait for you to see the end result and for our Anchorage Retirement Living Community to start enjoying their amazing new homes in just a few weeks!

Freemasons Food Forum Success

Recently, we held your second Food Forum at Freemasons Home and were happy to see an enthusiastic group of you attend. This was your opportunity to share thoughts, ideas and feedback on our new, improved menu. We can't wait to hear about your thoughts on the changes to come!



Image by Lydia Nuttall, Harvest Kitchen

German Choir Performance

Freemasons Home residents enjoyed a German choir performance late last year.



Connect with us

We are pleased to have specific email addresses for all of our locations around the state to help make it easier for you to connect with us.

We encourage you to continue speaking to us face-to-face, calling us or using the 'Have your say' form. Feel free to also contact us directly using the email addresses below. We look forward to hearing from you!

Freemasons Home freemasons@mctas.org.au

Fred French fredfrench@mctas.org.au

Peace Haven peacehaven@mctas.org.au



**masonic care
tasmania**

- > **Fred French**
- > **Peace Haven**
- > **Freemasons Home**
- > **Community Services**
- > **Retirement Living**

Get in touch

7 Ballawinnie Road,
Lindisfarne TAS 7015

P (03) 6282 5200
F (03) 6282 5266

185 Penquite Road,
Norwood TAS 7250

PO Box 108, Newstead TAS 7250

P (03) 6345 7200
F (03) 6345 7191

ABN 21 590 239 241

For more information, please visit
masoniccaretas.com.au