Lionsbrae Newsletter

Issue: Jan/Feb/March 2026

Edited by Leisure & Lifestyle Coordinator: Verity A Bidenjeri

This edition's cover artwork is contributed by Lionsbrae resident Mark. Thank you, Mark!

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A word from Chris,

Hello residents, families and friends,

It is my pleasure to introduce this inaugural edition of our new Lionsbrae Newsletter. The newsletter will be a newsy quarterly update on all things Lionsbrae and RALAC. It's a wonderful initiative and great opportunity to show all the great things which happen at Lionsbrae and keep everyone in the loop.

One question I do get asked regularly is: What is RALAC? The short answer is that RALAC's heritage stems back to 1963 with the opening of our Lionswood community housing village in Kirk Street Ringwood.. Later in 2003, three regional Lions service clubs merged their respective community housing and aged care services to create Ringwood Area Lions Aged Care Inc. and "RALAC" was born.

Today RALAC remains a proud community based NFP offering affordable community housing and specialist residential aged care to older or vulnerable people in Melbourne's outer Eastern suburbs. We operate from three sites in Ringwood: Lionsbrae Hostel, Wilana Community Housing Village and Lionswood Community Housing Village. Increasingly we are also responding to the growing trend of homeless amongst older single women and we also liaise with Uniting to provide much needed crisis and short-term accommodation.
Take care,

Chris Reside

Chief Executive Officer – ralac Lionsbrae

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A word from Mal,

Hello everyone,

Welcome to our first update of 2026!
After a huge year in 2025, we're already off to a busy (and exciting) start.

New Electronic Clinical Management System
We've begun rolling out a new Electronic Clinical Management System, which is a very big project and will take around three to four months to complete. To make sure everything goes smoothly, Hardev will be stepping back from her usual role to lead the project, and Silky has stepped into the Clinical Manager position. This new clinical system will streamline our communication with government platforms, improve reporting and record keeping, and set us up with strong, reliable documentation for many years to come.

Hot Weather
The recent hot spell has certainly made itself known!
Here at Lionsbrae we're doing everything we can to keep residents cool and hydrated ,offering extra fluids, keeping curtains closed during the hottest parts of the day, and providing icy poles for anyone who'd like one.
While we're keeping everyone cool here, we hope you're looking after yourselves too: drink lots of water, stay in the shade or indoors where possible, slip on sunscreen, pop on a hat and then… drink more water.

Welcoming Verity
And finally, a warm welcome to Verity, our new Lifestyle Coordinator. Verity brings many years of experience, and her leadership and passion for resident wellbeing have already had a noticeable impact. Her enthusiasm is infectious and reminds me how powerful small moments of care and connection can be.
Here's to a bright and busy year ahead! Thank you for your ongoing support, kindness, and the wonderful sense of community you help to create every day.

We're excited for all that 2026 will bring and look forward to sharing the journey with you.

Malcolm Taylor

Residential Services Manager– Lionsbrae

UPCOMING EVENTS

Special Days in January February & March

Australia Day

Elvis' Birthday

Waitangi Day (NZ National Day)

Valentine's Day

Lunar Chinese New Year

Shrove Tuesday

International Women's Day

St Patrick's Day

Naw Ruz (Persian New Year)

Harmony Day

Greek Independence Day

Dont forget to join us for regular events:

- Bingo, scrabble, chess
- Seated exercises and Tai Chi
- Guided Meditation
- Music Videos/ Karaoke
- Cooking
- Bus outings
- Happy hour & entertainment
- Capp & Chat/ carpet bowls
- Pet therapy with Leia & Willow
- Mini golf, seated volleyball, pool competition
- Armchair travel/ travel talks
- Happy Hands Ralac
- Ralac sports bar.
- Intergenerational visits.

Lionsbrae Community Noticeboard

CAN YOU CONTRIBUTE?

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, staff news, amusing stories relating to residents or staff are most welcome. Please hand in your submission to Lifestyle Coordinator Verity or email us anytime on:

lifestylecoordinator@ralac.org.au

Thank you!

NEW STAFF

A warm welcome to the wonderful staff who joined our team in the past quarter!

WELCOME TO RALAC!

IN MEMORIAM

To the families and friends of our late residents Lynne, Jan, Laurence, Julie & Irena, may you be comforted by the knowledge that your loved ones are at peace.

CONTINUOUS IMPROVEMENT

Residents, families and friends are reminded that, several avenues to express feedback such as the resident & friends meeting, food focus meeting and consumer advisory body are available.

Feedback forms are available at reception. We're happy to receive your input and encourage everyone to contribute, so that we continue to do our best.

NEW RESIDENTS

A very warm welcome to our newest residents who have chosen to call Lionsbrae their home.

Welcome to your new Home!

Lionsbrae Community Noticeboard

LIBRARY SERVICE

The Eastern Regional library volunteer delivers & picks up library books, magazines, DVDs to Lionsbrae. You are welcome to reach out to lifestyle team if you require this service.

THANK YOU

We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference, and we appreciate your time and energy.

HAIRDRESSER

Our hairdresser Jackie attends on selected Wednesdays. If you would like an appointment, please book through the lifestyle team. Price lists available on request.

RELIGIOUS SERVICES

The Community Church visits every second Thursday during school terms and holy communion service on alternate Saturdays. Please reach out to the lifestyle team if you're interested in attending.

SUMMER HOT DAYS

Summer is wonderful and we all enjoy the warmth it brings, but it's important to stay safe, so please remember to slap on some sunscreen, wear a wide brimmed hat and stay hydrated at all times.

PETS WITHIN THE HOME

Dear families, visitors and vendors, please ensure that pets within the home are on a leash, at all times. This is to ensure your safety and that of the residents.

Ralac Community Noticeboard

Consumer Advisory Body

This year Lionsbrae will have a Consumer Advisory Body (CAB), in order to, provide valuable feedback to the Ralac Board about the care and services and what matters most to you. Lionsbrae CAB will meet every quarter. CABs are successful when they include varied representation from the people receiving care. If you're interested in joining CAB please contact Verity the Lifestyle Coordinator on: 03- 98709602 or email: lifestylecoordinator@ralac.org.au

NDIS Renewal

Lionsbrae will soon start its regular 3- yearly NDIS Provider registration renewal. As part of the re-registration process, we will engage a 3rd party NDIS auditor to review our NDIS services against the NDIS Quality Standards. The NDIS Quality and Safeguards Commission will then determine (we confidently expect) to again renew our NDIS Provider registration.

Lionsbrae residents who are also NDIS participants will be invited to be interviewed by the auditor as part of the process. Your input is very important, so we'll keep you posted when the audit process gets underway.

New activities

The Lifestyle department has implemented two new activities.

Happy Hands Ralac: is a space for the ladies of Lionsbrae to come together and enjoy laughs, stories and community projects.

Ralac Sports Bar: is a space for Lionsbrae gents to engage in camaraderie within a cohesive environment while enjoying fun activities.

Dental appointments.

If you are a resident experiencing dental issues or require a dental check up, kindly ask to see your unit coordinator or registered nurse who will arrange the needful.

Meet our Team Member

Teresa is your receptionist ..

This is our opportunity to sit down and get to know a little about her…

1. Why did you work in aged care?

To be honest I accidentally "fell" into it when

appointed as a receptionist and as they say the rest is

history.

2. What do you like doing in your free time?

I love to cook for family and friends creating
wonderful dishes.

3**. If you could have dinner with one person, who would it be?**

Andrea Bocelli of course! He has the most amazing voice

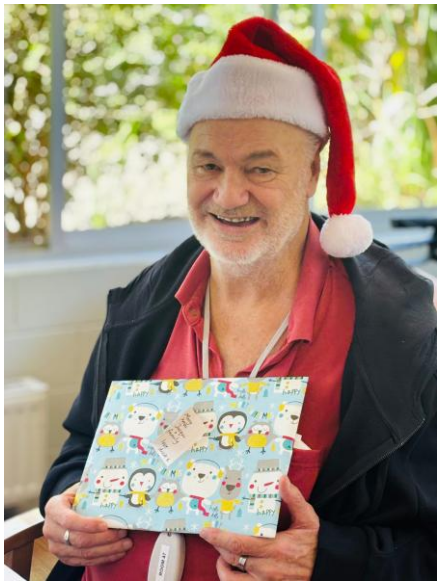
4**. What would you like our residents and family members to know about you?**

Upon leaving high school, I attended Stotts Secretarial College in the City. I then gained a position as a typist in the typing pool for Victoria Police located in St. Kilda Road. By the time I was 22, I was promoted as PA to the Assistant Commissioner of Crime.

Teresa is seen in the photo enjoying her favorite hobby cooking

Christmas at Lionsbrae

Residents enjoyed various festive activities, markets and displays around the home …



Community Outreach

For Christmas this year, Lionsbrae had special visits by the Cross Vision Church Choir Volunteers, & The JYSEP Youth volunteers Manningham. Both groups donated in kind and monetarily to our home & Wilana community housing.

Featured artwork by Lionsbrae residents

10 questions with Sonia

This quarter we are thrilled to sit down with Sonia a resident at Lionsbrae to find out a little bit more about her.

1. Name your favorite food?
Fruit, Fresh veggies and Lesagna

2. What is your favorite sports team?

Australian open, Bulldogs

3.Where did you grow up?

Maroochy River sugar farm in QLD

4. What was your first car?

A Holden

5.First job?
A nursing assistant.

6. Favorite movie:

"The Shawshank redemption"

7.Recall your funniest memory.

My sister saying: "I'm a lump of dead meat"

8.Who is your favourite person?

My grand daughter Lauren.

9.If you had a superpower, what would it be?

World Peace.

10.If you were down to your last $10, what would you spend it on?

I would buy a teddy bear to cuddle.

Thanks for the Interview & Photograph Sonia!

This edition's recipe...

Red Velvet Cupcakes

INGREDIENTS

Ingredients (14)

300g (2 cups) plain flour
30g (1/4 cup) cocoa powder
1 tsp bicarbonate of soda
315g (1 1/2 cups) caster sugar
250ml (1 cup) buttermilk
200g unsalted butter, melted
2 eggs, lightly whisked
1 tbsp white vinegar
1 tsp vanilla extract
1-2 tsp red food colouring
2 x 250g pkts **cream cheese**, at room temperature
300g (2 cups) pure icing sugar
120g butter, extra, at room temperature
1 tsp vanilla essence, extra

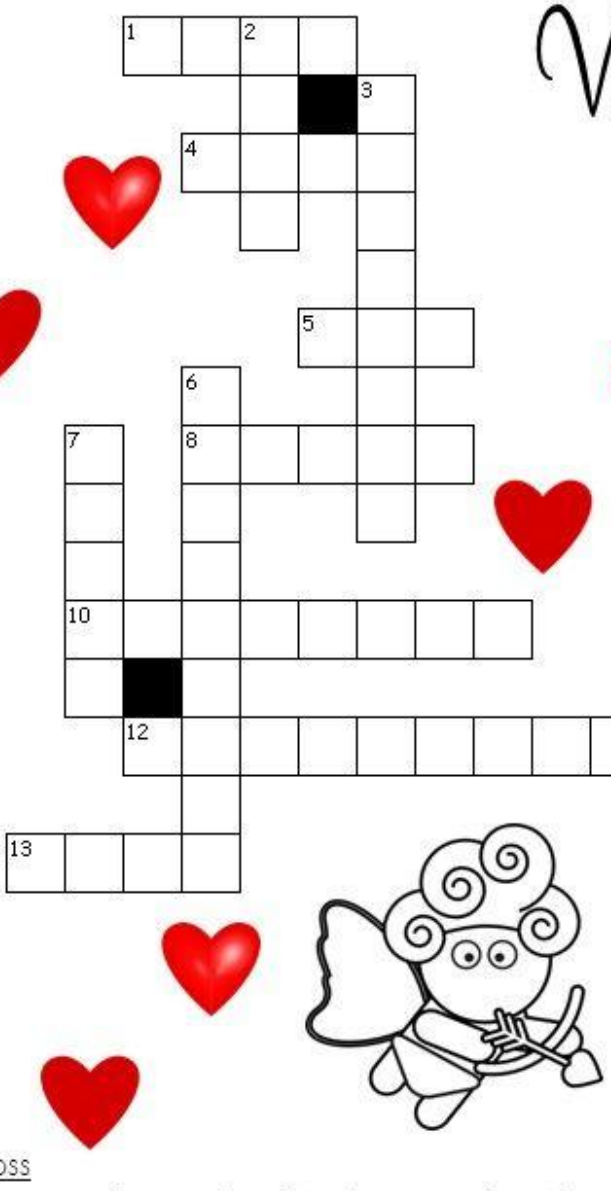
DIRECTIONS

Step 1
Preheat oven to 170°C. Line eighteen 80ml (1/3 cup) capacity muffin pans with paper cases. Sift flour, cocoa powder and bicarbonate of soda into a bowl. Stir through the sugar. Whisk the buttermilk, butter, eggs, vinegar and vanilla in a large jug until combined. Make a well in the centre of the flour mixture. Add the buttermilk mixture. Stir until just combined. Stir in the food colouring

Step 2
Divide the mixture among the lined pans. Bake for 20-25 minutes or until a skewer inserted into the centres comes out clean. Transfer to a wire rack to cool completely.

Step 3
Use an electric beater to beat the cream cheese, icing sugar, extra butter and extra vanilla until smooth. Spread over cupcakes

Valentine's Day Crossword Puzzle



Across

1. A genre of writing that often rhymes and can be used to express love through words
4. A type of bird that is often associated with Valentine's Day
5. Gesture of love and an embrace from one person to another
8. The shape that is often red in color and associated as a symbol for Valentine's Day
10. Phrase one person says to another person to show affection
12. Holiday in February that celebrates love and is named after a Saint
13. The four-letter emotion expressed from one person to another
14. A decorated memento expressing a sentiment of love that is exchanged on Valentine's Day
15. A type of red flower that is typically given by the dozen as a gift for Valentine's Day

Down

2. The mythological god of love (also known as Cupid)
3. The month in which Valentine's Day occurs
6. Made from cacao, this candy is brown in color and typically given in a box as a gift on Valentine's Day
7. A small, winged boy who carries a bow and arrow, and is a symbol of Valentine's Day
9. The items Cupid carries and uses to cast love spells
11. Gesture of love from one person's lips to another's cheek or lips

Quarterly activities at ralac

Gingerbread house display by Chef Manager Mathew!

Chef Matt creates an amazing display of gingerbread houses for Christmas, complete with a toy train and lights.

Armchair Travel to Lapland

Xmas is incomplete without a trip to the happiest place on earth, Lapland, where Santa's workshop is.

Ballet Coppelia.

Residents enjoyed a trip to the Ballet Coppelia at the Karralyka centre which told the story of Coppelia.

Seated Balloon Tennis.

Seated balloon tennis is an activity residents love and look forward to while keeping active!

Festive Cappuccino.

Nothing says festive season like festive cappuccino Coffee art, while enjoying the view of fairy lights on the tree.

Instant Photo booth.

There's no such thing as a bad hair day at Lionsbrae! Residents created tinsel hats using festive craft and posed for photos at the NYE photobooth.

Quarterly activities at ralac

We all scream for ice cream!

Residents enjoyed yummy ice cream from a roving ice cream cart, while reminiscing childhood sounds of Mr whippy with sheer excitement!

Australia Day!

Australia Day Hapy hour was an absolute fair dinkum ripper!

Interactive oriental dance with Kaylah!

Residents enjoyed an interactive session of seated oriental dance & music with Kaylah.

Myuna Animal farm visit

The Myuna animal farm's visit was an absolute hit, as residents enjoyed petting and feeding the animals.

Gardening !

Nothing feels better than picking fresh strawberries or corn you have planted while the Lionsbrae scarecrow guards the crops.

Halloween with Leia!

Halloween was a hit, but even more so with Leia and owner Anne & Emma, who showed up on the day dressed for a spooky scare!

Quarterly activities at ralac

Volunteer appreciation & afternoon tea !

An afternoon spent appreciating our wonderful volunteers who give us their time and energy all year round! Thank you.

Golf at the country club

The exhilarating sensation of golf at the country club had our residents stoked.

Happy Hands Ralac!

Lionsbrae women came together for an afternoon of inspirational stories & community craft projects.

Morning exercises in Grevillea.

Residents enjoy focused exercise & movement in line with the natural circadian rythm.

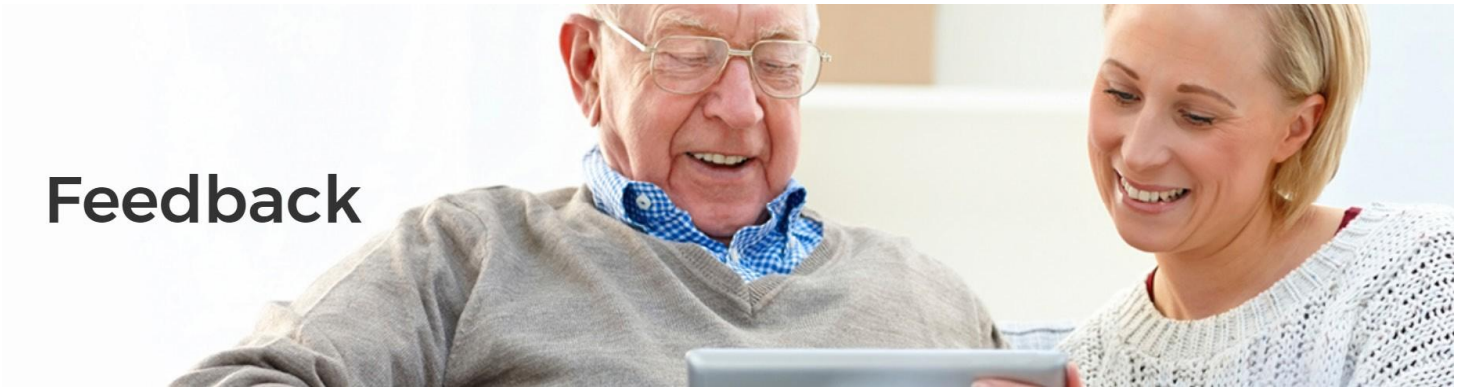
Art therapy with Kim!

Art therapy with Kim is all about channelling talents in focused session of artistic expression.

Waitangi Day

H J B N U N E N N J B R H V K E W
T E Y I A E G R Q U C H R X A A N
R N W G O W M I M A R A E Y C T T
E C I X G Z C E L E B R A T I O N
A Z L M Z E U C H E N G L A N D H
T S L D T A F E B R U A R Y A F Y
Y O I C O L O N Y E C I W P U Y A
H V A Q P A H A R X O M A Z O S Y
O E M L Q N O T E C M J I Y Y M P
U R H G S D L I B F M C T W V C W
S E O N I J I O R E E X A U Q I Q
E I B D X O D N I W M D N O I Q F
T G S X T E A A T E O N G F M K Z
V N O F H V Y L I S R Q I A A Z J
N T N F C D I V S S A H J Y O G N
B Y V E Y U I A H F T W Z Q R L B
T R E A T Y K G R P E L K T I U M

William Hobson
New Zealand
Waitangi
Colony
sixth
Treaty House
Sovereignty
British
Treaty
Celebration
February
England
Maori
Commemorate
National
Holiday
Marae



Your feedback is important to us

At Ralac Lionsbrae, we take every opportunity to improve the services we provide in our homes. Your suggestions, ideas or feedback are important, and we encourage you to share them with us.

If you have any issues or queries about the care and service provided to your relative or friend, please tell us.

Our staff are here to listen to you and are committed to ensuring your feedback is dealt with quickly. The team at Ralac strive to continually improve the care and your feedback is critical to that process.

What to do if you have a feedback

Contact the General Manager of the care home as they are best placed to deal with your issue quickly and efficiently. The General Manager will investigate and provide ongoing feedback until the matter is resolved.

If the General Manager is unavailable, please talk to a member of staff who will be available to assist you or fill out a feedback form.

Older persons Advocacy Network (OPAN)

The Older Persons Advocacy Network organisations support residents and their families and representatives to effectively access and interact with Commonwealth funded aged care services and have their rights protected. Older Persons Advocacy Network is funded by the Australian Government to deliver the National Aged Care Advocacy Program (NACAP).

You can contact OPAN via - https://opan.org.au/ or by calling 1800 700 600.

Your Home Sections

Home Sections

The Old House – Executive Office

Reception, Management office & Conference room

Main Dining & Main Kitchen

Decima's Graden, Corridor & reading nook.

Grevillea – Memory Support Unit
Grevillea garden
Grevillea Lounge & dining
Grevillea nurse station
Medication room

Acacia – Mid Tier Unit
Acacia nurse station
Acacia medication room
Acacia sensory garden
Acacia smoking area
Acacia kitchenette
Lifestyle office
Sun room left wing

Blue Gum - Upper Unit
Blue Gum Nurse's station
Blue Gum medication room
Glue Gum recreation room left wing
Blue gum mid television lounge & smoking area
Blue Gum lounge right wing
Blue Gum garden
Blue Gum reading nook