

Lionsbrae Newsletter



Issue: April/May/June 2026

Edited by Lifestyle Coordinator: Verity Hooman Sobhani



This edition's cover was contributed by our residents during an intergenerational art 'n' craft session with volunteers

This edition includes a newsletter raffle ticket worth \$10 dollars which can be used to enter the Kiosk draw.

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A word from Chris,

Hello residents, families and friends,



As we anticipate the imminent start of our building refurbishment, I want to thank our Lionsbrae community for the enthusiastic way everyone has embraced the planning and consultation to date. The feedback on the proposed works was very positive, and we now look forward to the transformation of our forecourt, entrance, main dining room and Decima's Garden. The result in four months will be magnificent!

On a more sombre note, I wish to recognise the emotional toll which the current war in the Middle East may be having on our friends, staff, relatives and colleagues. This is particularly the case at Lionsbrae where one of our greatest strengths is our wonderfully diverse and multicultural workforce. Our thoughts go out to everyone affected by the conflict.

Finally, as we approach Mother's Day, I would also like to thank the Mums, Grand mums and 'Significant other' mums, who all gave love, care and nurturing to the generations which followed. I think of my own Mum who died many years go, and I still smile at her strength, laughter, patience, and enduring love. So, to my own Mum and Mums everywhere, thank you for being you...

Chris Reside

Chief Executive Officer – ralac Lionsbrae

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A word from Mal,

Hello everyone,



Welcome to our second instalment of the Ralac newsletter. As always, there's plenty going on around the hallways and byways of Lionsbrae.

New Electronic Clinical Management System

We've almost completed the rollout for our new Electronic Clinical Management System (e-Case), it has been a very big project which Hardev has managed brilliantly. Once we've completed the transition, Silky will be returning to Grevillea as the RN Unit Coordinator and Hardev will step back into the Clinical Care Manager role. A big call out and thank you to all the staff who have helped with this process, there have been many of you who have pitched in and it has been a huge help. Just to recap - this new 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.

Lionsbrae Forecourt & Garden Redevelopment

By the time you are reading this, we will have started on our next big project. The redevelopment of the front facia and Decima's garden at Lionsbrae. Whilst there will be builders on site, some areas boarded off and changes to access at the front of the building, we hope that this transition won't be too disruptive. In the end we think these alterations will have a big and very positive impact for everyone who lives here; so bear with us and we'll be sure to keep you updated on any changes and updates as they happen.

Thank you for your ongoing support, kindness, and being a part of the Lionsbrae Community.

A special thanks once again to Verity and the Lifestyle Team for putting this newsletter together.

Malcolm Taylor

Residential Services Manager– Lionsbrae

UPCOMING EVENTS

Special Days in April May & June

Good Friday

Saturday before Easter

Easter Sunday

Easter Monday

Titanic Day

Earth Day

Shakespeare Day

Anzac Day

International Jazz Day

Mother's Day

National Volunteer Week

King's birthday

World Rainforest Day

Dont forget to join us for regular events:

- Bingo, scrabble, chess, floor games
- Seated exercises, and Tai Chi
- Guided Meditation
- Music Videos/ Karaoke
- Cooking/ Art n Craft
- Bus outings/ Roving sensory garden trolley / VR headsets
- Happy hour & Entertainment
- Capp & Chat/ Quiz & Trivia
- Pet therapy/ Mrs Churros
- Mini golf, seated volleyball, Ten pin bowls, Balloon tennis
- Armchair travel/ travel talks
- Happy Hands women craft.
- Men's group sports bar.
- Intergenerational visits (Tintern, Lion cubs)

CAN YOU CONTRIBUTE?

Contributions to our newsletter is 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!

CONTINUOUS IMPROVEMENT

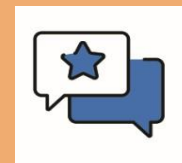
Residents, families and friends are reminded that, several avenues to express feedback such as the resident & friends meeting, food focus meeting and consumer advisory body are available.

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 STAFF

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

WELCOME TO RALAC!



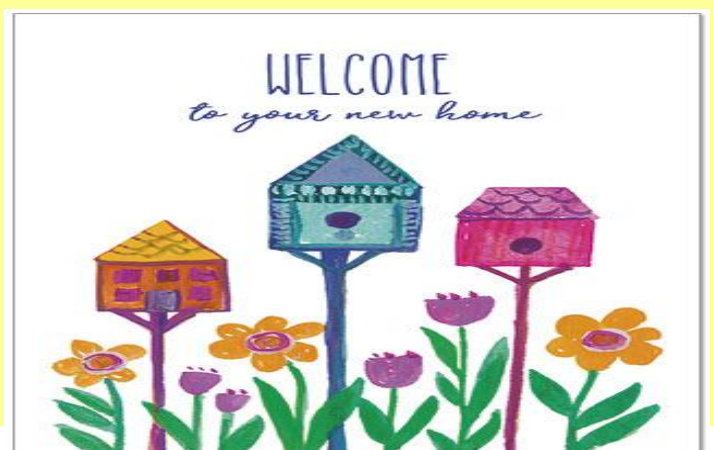
NEW RESIDENTS

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

Welcome to your new Home!

IN MEMORIAM

To the families and friends of our late residents Haydn, Anna & Adrian may you be comforted by the knowledge that your loved ones are at peace.



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.



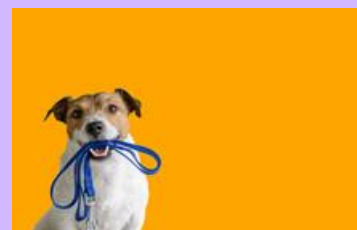
Consumer Advisory Body

This year Lionsbrae has 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



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.



Resident Experience Survey

A resident experience survey was conducted by Access Care Network Australia (ACNA) on the 27th of April. Residents were randomly selected to participate and share feedback on their care and service. Survey team members invited residents, while obtaining consent to participate. The survey took 10-30 minutes to complete and was anonymous as names were not connected to responses. Thank you to all those who participated.



NDIS Renewal

Lionsbrae is in the process of 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.



Mrs. Churros Roving Treat Trolley

The Mrs Churros Roving Treat Trolley, has replaced our Mrs Whippy Roving Ice Cream Trolley in the cooler months. The Treat trolley visits all resident rooms with Gluten free & Lactose Free options, along with toppings and goodies for everyone. We hope you will enjoy the treats as the Lifestyle team brings them to you with smiles, fun and joyful conversation. Please let us know if you would like your photos taken on the day while enjoying your treats.



INFLUENZA VACCINES

It is that time of the year and with the start of Autumn, flu vaccines will be rolled out shortly. You will be contacted by the care team letting you know the date of your scheduled flu vaccine. Thank you for your cooperation.



Meet our Team Member

Bobby is your quality officer ..

This is our opportunity to sit down and get to know a little about him...

1. Why did you work in aged care?

Because supporting people in small, meaningful ways and helping them feel safe, heard, and cared for gives me a real sense of purpose.

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

To be honest, with three kids, “free time” doesn’t really exist in the traditional sense. I love reading or listening to investment podcasts, especially since *The Simple Path to Wealth* sparked my interest in how great companies and strong leadership shape long-term success.

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

I’d choose Warren Buffett because his calm discipline, long-term thinking, and grounded life wisdom would make for an incredible conversation about investing, leadership, and what truly matters.

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

I’m someone who loves connecting with people, staying calm and patient, and sharing a good chat, and when I’m not at work, I’m a busy Dad of three who unwinds by diving into investing as a hobby and catching the occasional cricket or tennis highlight.



Bobby is seen in the image enjoying quality time with his children.

Easter at Lionsbrae

Residents enjoyed various Easter activities around the home and in connection with the community, such as the Lion Cubs Easter egg hunt, Easter service, Easter art and a bunny themed Happy Hour....



Community projects & involvement.

The residents of Lionsbrae are champions of community projects this quarter and have spent ample time focusing on what matters, including making bat wraps for bat pups & dog toys to be donated. These projects, once complete, will be received by the friends at Animal Aid. The residents have also created fragrant spice sachets to gift co-residents and staff. Here are some photos of our wonderful ladies and gents creating these special items showcasing the fantastic work they have eagerly taken up and put an enormous effort in creating.



Featured artwork by Lionsbrae residents



10 questions with Ian

This quarter we are thrilled to sit down with Ian a resident at Lionsbrae to find out a little bit more about him:

1. Name your favorite food?

Spaghetti or pork chops.

2. What is your favorite sports team?

Collingwood. Go pies!

3. Where did you grow up?

Warburton, Victoria.

4. What was your first car?

A Holden Ute 1955.

5. First job?

A Postie.

6. Favorite movie:

Clint Eastwood in Unforgiven.

7. Your funniest phrase.

You're a Magpie supporter or wish you were.

8. Who is your favourite person?

My daughter Taryn & grand daughter Violet.

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

Bringing mum and dad back I miss them.

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

I would buy myself a pint of beer and enjoy it in my town of Warburton with my ol' mates from school.

Thanks for the Interview & Photograph Ian!



Ian is seen in the photo cheering the pies and doing what he loves: solving diabolical crosswords.

Your Lifestyle Team ...

The Leisure and Lifestyle program is an integral part of the home's emotional regulation and wellbeing markers.

In response to your request to know more about the lifestyle team, we have created a small write up to help you get to know our team members better.

Verity is your Leisure & Lifestyle Coordinator:

I oversee the Lifestyle program ensuring it meets your expectations while focusing on optimizing outcomes. I take on projects that showcase your engagement with co residents and the wider community, ensuring the program's success. My hobbies are painting wall murals, calligraphy, interior design and creative writing within community settings.

Rebecca: I'm your Lifestyle officer and my focus is assisting the coordinator in daily operational aspects and components of the program I'm assigned to. My hobbies are gardening & watching detective series.

Lucia: I'm your lifestyle officer and my areas of focus are organizing footy tipping and bus outings for you. You will often see me driving the bus on outings. My hobby is wine tasting.

Kellie: I'm your lifestyle officer and my areas of focus are Guided mediation and entertainment which I enjoy organizing for you. My hobby is making Belgian chocolates.

Zayde: I'm your lifestyle officer and my areas of focus are armchair travel and reminisce material used during individual visits and programs. My hobbies include nature walks & training my puppy.

Lal: I'm your lifestyle officer and my areas of focus are sensory & musical components. You will see me strumming my guitar, holding a microphone encouraging you to sing. My hobby is music.

Sophie: I'm your lifestyle officer and I focus on sewing & craft projects in collaboration with Happy Hands and community groups. My hobby is sewing.



A photograph of the lifestyle team standing in front of late lifestyle officer Maureen McConnell's memorial rose bush. Sophie is missing from the photo.

Name: _____ Date: _____

H A P P Y

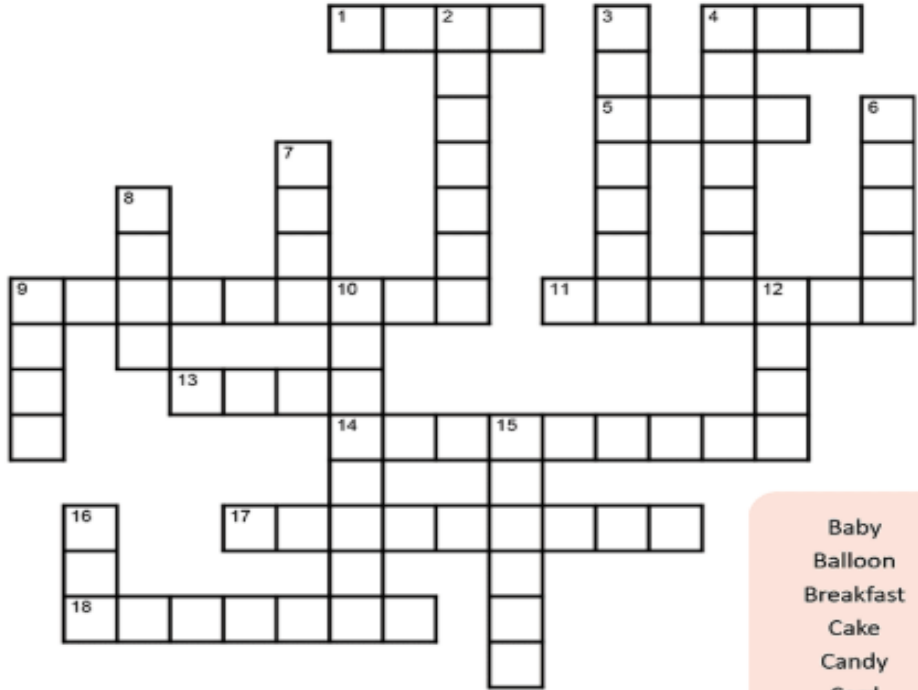
Mother's Day

ACROSS

1. Bundle of joy.
4. Female parent.
5. Popular flower for Mother's Day.
9. Official Mother's Day flower in many countries.
11. Sparkling accessory.
13. Where the heart is.
14. Sweet treat loved by many moms.
17. Morning meal in bed.
18. Mom or Dad's mom.

DOWN

2. Inflated decoration.
3. Fragrant gift.
4. Sentiment shared on a card.
6. Sweet treats often given on Mother's Day.
7. Token of appreciation.
8. Hallmark purchase.
9. Sweet treat for celebrations.
10. Frozen sweet treat.
12. Unconditional feeling.
15. Morning beverage choice.
16. Warm embrace.



- Baby
- Balloon
- Breakfast
- Cake
- Candy
- Card
- Carnation
- Chocolate
- Coffee
- Gift
- Grandma
- Home
- Hug
- Ice cream
- Jewelry
- Love
- Message
- Mom
- Perfume
- RoseOpubl

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Don't forget to grab your mother's day raffle tickets from reception for a chance to win our beautiful mother's day hampers which will be drawn on May 8th, please reach out to our team members for further assistance.

Quarterly activities at ralac



Lion Cubs intergenerational program!

A morning well spent with the little tots from Lion Cubs and the residents while they enjoyed activities together.



Waitangi Day Karowai Cloak!

The relaxing vibes of Waitangi art therapy resonated with the participants while creating a Karowai cloak

Waitangi day Mask Making!

Lionsbrae came together for an afternoon of inspirational Waitangi mask making.



The Sensory Garden Trolley.

Residents enjoyed the sensory nostalgia accrued while the garden trolley herbs brought back warm memories of Grandma's kitchen and mum's cooking.



Ceramics with Kay!

Ceramics with Kay is all about channelling talents in a focused session of artistic expression.

Quarterly activities at ralac



Naw Ruz at Lionsbrae!

The residents at Lionsbrae got to experience the Persian New Year “Naw Ruz” meaning “New Day” in all its cultural glory with facts, music, trivia & a beautiful display of the traditional Naw Ruz spread called “Haft seen”.



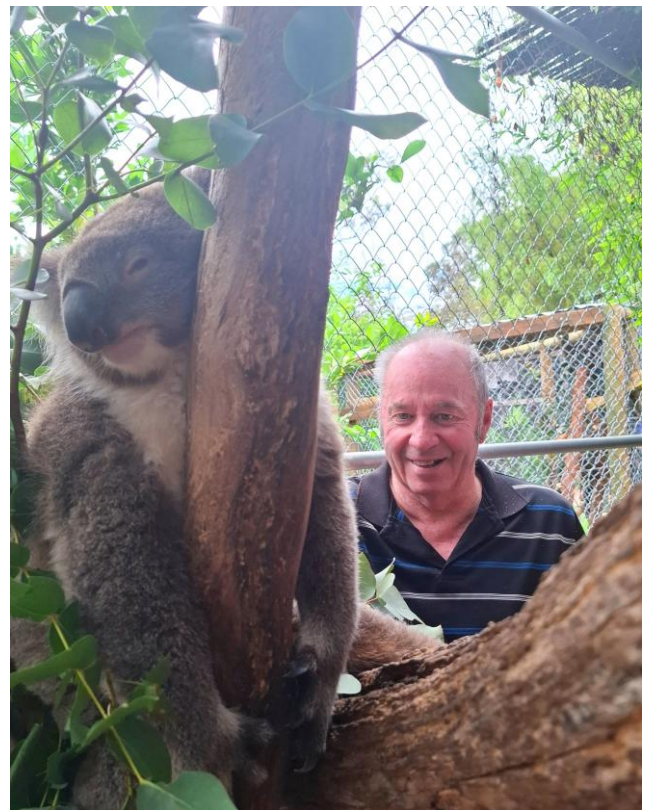
Welcoming Leia back

We were delighted to welcome back Leia and owner Anne into the facility after Leia’s recovery from surgery to remove her “old dog warts”.



Lizzy's Trick Show.

Lizzy’s tricks were a super hit during her show here at Lionsbrae. Lizzy won the resident’s hearts and absolutely cast a spell on us all.



Outings to the Cafe.

Residents enjoyed various outings this quarter to places including cafes, Lunch and shopping!

Quarterly activities at ralac



Cooking Red Velvet Cupcakes!

We baked yummy red velvet cupcakes made together with the help of our lifestyle fairies.



Happy Hour with the Golden Girls!

Hapy hour was an absolute ripper with the Golden Girls who serenaded us to their lovely tunes!



Interactive Tai Chi!

Residents enjoying an interactive session of seated Tai Chi with our Tai Chi Master: Nancy.



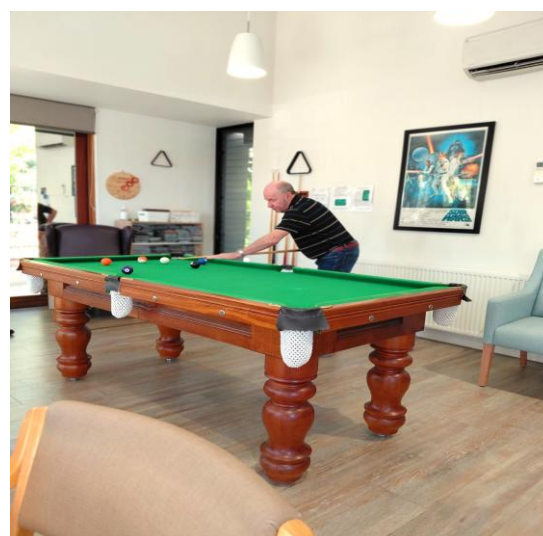
Roving Churros Trolley

The roving Churros Trolley was an absolute hit, as many residents enjoyed tasting Spanish donuts for the very first time.



Entertainment with Sandy Dodd !

Sandy Dodd's Entertainment Hour rolled into RALAC like a country train with no brakes, and nobody wanted to get off.



Pool Competition!

Pool competition is always a hit, but even more so when residents and co residents compete to win, a super hit with our gents.

Alys's Amazing musical journey.



Meet Alys who was our volunteer in Grevillea playing the Piano on weekends. Four years ago, Alys was in end-stage anorexia caught in a relentless whirlwind of hospitalisations. Last week, she captivated judges Andrea Lam and Guy Sebastien, declaring her ‘..the best pianist we have heard..’ with her virtuosic performance of Ravel’s *Jeux d’Eau* on ABC’s acclaimed documentary series, *The Piano*.

Alys has a story that will bring hope and healing to anyone finding themselves in a place of darkness and despair.

Talent-scouted as a gifted musician at the age of 9, Alys won scholarships at two of the most prestigious music schools in Britain.

But it was not the dream that might have been. At just 14, overwhelmed by the intense and competitive pressure of that environment, she experienced a devastating breakdown that sparked a 30-year-long struggle with severe and enduring anorexia, complex PTSD, and a host of other mental health challenges.

Alys did not play the piano again for 30 years. By the time she hit 43, anorexia had collided with severe self-harm and Alys, with her family in tatters, had hit rock bottom.

‘It was at that point of utter despair that Alys had what she describes as ‘a spiritual encounter’.

After decades of repeated, lengthy psychiatric hospitalisations, Alys has not had an admission for three years. Her physical health is dramatically improved.

Alys’ book *Love Bade Me Eat* is available in paperback and kindle edition on Amazon.

Feedback



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.

**Present this raffle ticket to the Lifestyle office or a lifestyle officer who will write your name behind the ticket, for a chance to enter a draw. The winner will receive a \$10 Dollar kiosk voucher. Good Luck!
The winning ticket will be drawn on June 26th**



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

Blue Gum recreation room left wing

Blue Gum mid television lounge & smoking area

Blue Gum lounge right wing

Blue Gum garden

Blue Gum reading nook