

Lionsbrae Newsletter



Issue: July/Aug/ September 2026

Edited by Lifestyle Coordinator: Verity Hooman Sobhani



Gracing the cover of this edition is a selfie of our resident Sonia with ralac CEO Chris, who is proudly sporting a beanie she knitted in ralac's signature colours.

Thanks for the photo Sonia and Chris.

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

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This edition

- CEO's Message
- RSM's Message
- Upcoming events
- Community Noticeboard
- Meet a Team member
- NAIDOC at Lionsbrae
- Community involvement
- Featured artwork by Lionsbrae residents
- 10 questions with Cynthia
- Kiosk Volunteers
- Nurse's Day
- Quarterly activities at Lionsbrae
- The Handy Cottage
- Feedback & newsletter raffle ticket

A word from Chris,

Hello residents, families and friends,



Lionsbrae is a bustling community comprising many diverse parts, one of which is our staff. I'm very proud of our workforce. RALAC employs about 120 staff who reflect many different backgrounds, cultures and religions. Our diverse workforce helps to make RALAC vibrant and inclusive as it is.

I'm also particularly proud that 75 per cent of our staff are permanent employees and that staff turnover is very low. About 49 per cent of our staff have worked for RALAC for three years or more, and a quarter of all our staff have worked for RALAC for more than six years. We also have several staff with more than 20 years of service and our longest serving employee has 35+ years of service. These are remarkable achievements.

All our staff and volunteers are well trained and committed to providing exceptional care and service. It is a pleasure and honour to work with them...

Best

Chris Reside

Chief Executive Officer – ralac Lionsbrae

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A word from Mal,

Hello everyone,



Welcome to our third instalment of the ralac newsletter. As always, there's plenty going on.

Lionsbrae Facia & Garden Redevelopment.

In the last few weeks, we've seen some big changes at the front of the building. For the first month or two, it looked like a big pile of mud and trenches, but now that the foundations are all in place it's starting to take shape. Things appear to be going to plan, and we've only had one or two hiccups along the way... so far. Not long to go now and we'll have a lovely area for everyone to enjoy.

Vaccinations

Hardev has been working hard and arranging the vaccination clinics. By the time you're reading this you will have been offered (and had), your Covid and influenza vaccinations for the year. There is another vaccination (called RSV), that we will be offering this year too.

RSV stands for Respiratory Syncytial Virus, a common and very contagious virus that causes infections of the lungs and breathing tubes. It usually brings mild, cold-like symptoms, but it can cause severe illness in babies, older adults, and people with health problems. Symptoms include a runny nose, sneezing, cough and fever but can escalate to shortness of breath and difficulty breathing. The best ways to control the spread are vaccination and good old handwashing. So please don't forget to wash your hands regularly and seriously consider the vaccination.

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 July August & September

NAIDOC week

Bastille Day

Christmas in July

FIFA World Cup Final Day

Pyjama Day

International Beer Day

Daffodil Day

Wattle Day

Father's Day

R U OK Day

National Grandparent's Day

International Day of Peace

AFL Grand final

World Heart 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
- Coffee Club/ Quiz & Trivia
- Pet therapy/
- 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, amusing stories relating to residents, volunteers or representatives are most welcome. Please hand in your submission to Lifestyle Coordinator Verity or email us anytime on:

lifestylecoordinator@ralac.org.au

CONTINUOUS IMPROVEMENT

Residents, families and friends are reminded that, several avenues to express feedback such as the Resident's & Representatives 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!



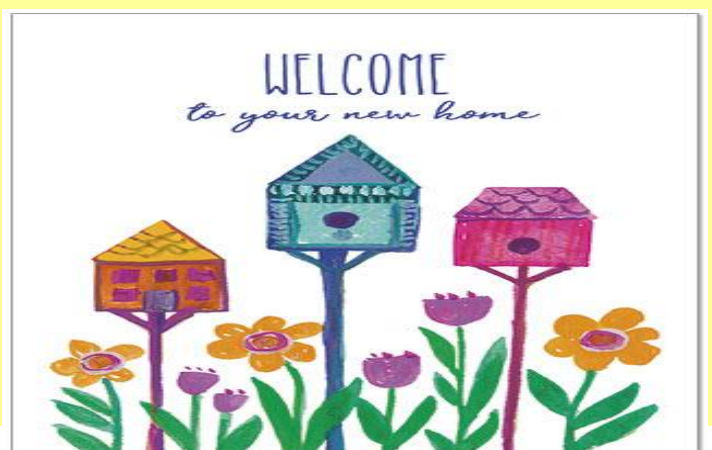
NEW RESIDENTS

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 Ken & Dai 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.



COVID VACCINES

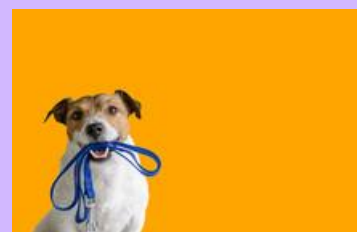
We have scheduled the COVID-19 vaccination clinic for 6 August 2026 at 2:00 pm, and we are currently in the process of obtaining residents' consent forms.

Additionally, Dr. Cortes will be arranging RSV vaccinations for his residents who are aged 70 years and over. The vaccination date is yet to be confirmed.



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.



Meet our Team Member

Lun is your Enrolled Nurse.

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

1. Why did you work in aged care?

I chose it because it reminded me of the care my grandparents needed.

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

I rarely get free time, but when I do, I seize the chance to rest.

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

My husband because every moment with our loved one counts.

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

I'm a mum of four beautiful children: Neirhnate, Kopnu, Cianpom, Suansang.



Lun is seen in the image with her husband.

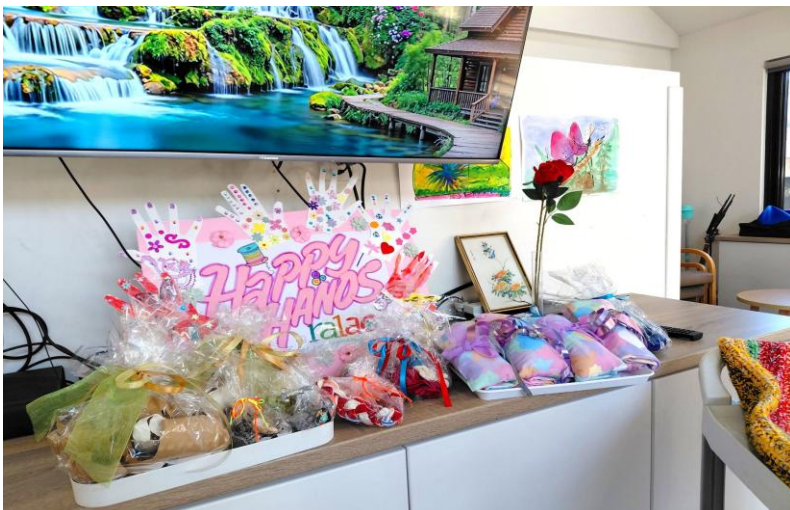
NAIDOC at Lionsbrae

Residents enjoyed various activities around the home throughout NAIDOC week, such as the NAIDOC nook display with indigenous instruments & a Didgeridoo, Barramundi art, NAIDOC Bingo, dot painting art & NAIDOC nostalgia

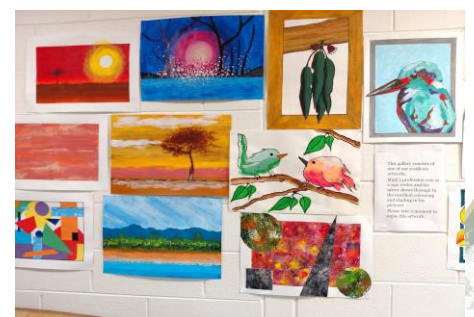


Community projects & involvement.

The ladies at Lionsbrae's Happy Hands, were champions of community projects this quarter and spent ample time focusing on what matters, including making cat & dog toys to be donated. These projects, were received by the friends at Animal Aid in a celebration marking the meaningful efforts of our residents. We were presented with a certificate of appreciation for their contribution, which is on display in the home



Featured artwork by Lionsbrae residents



10 Questions with Cynthia

This quarter we are thrilled to sit down with Cynthia to find out a little bit more about her:

1. Name your favorite food?

Meat pies.

2. What is your favorite sports team?

I like Figure skating

3. Where did you grow up?

Cape Town- South Africa

4. What was your first car?

A Beige 1970s Toyota Corona

5. First job?

A needlework Teacher

6. Favorite movie:

The Sound of music.

7. Your funniest phrase.

"I will eat you" in Afrikaans.

8. Who is your favourite person?

My daughter Jill.

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

The Superpower to create world peace and eradicate famine.

10. If you were down to your last \$100, what would you spend it on?

I would give it to someone who really needed it.

Thanks for the Interview & Photograph Cynthia!



Cynthia is seen in the photos holding up a painting of a sunflower and a red scarf she is knitting.

Enriching lives

Marion and Marg have been our Kiosk volunteers for many years here is their story....

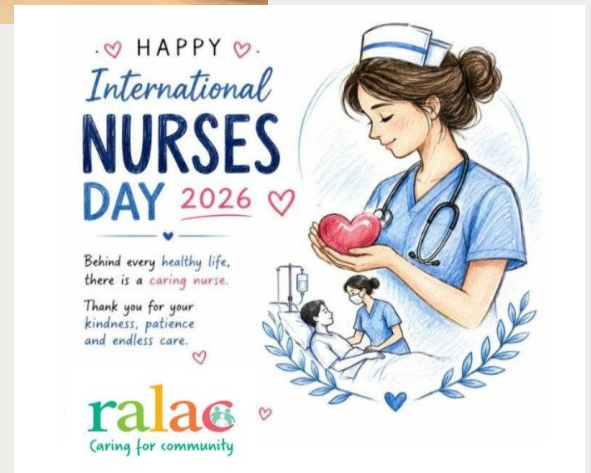
Marion & Marg are your Kiosk Volunteers

Marion and Marg are retired Registered Nurses who worked at the same aged care facility for many years. They developed an enduring friendship as colleagues. When Marion retired from work (at Lionsbrae) she offered to fill a need of a low-cost Kiosk for the residents and Marg offered to be her assistant. They have now been volunteering for several years and are part of the Lionsbrae family. Marion and Marg enjoy doing the Kiosk and chatting with the residents here at Lionsbrae. The residents eagerly look forward to their visits and friendly smiles and enjoy buying items from the Kiosk whilst they socialize. We snapped a photo of them completing the Kiosk round together.



Marion and Marg are seen in the photo with the Kiosk trolley in the background.

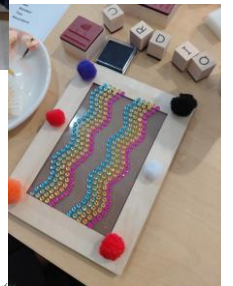
**We said: “Thank you!”
on Nurse’s Day to these everyday
heroes who don scrubs, not capes!**



**THANK YOU
NURSES!**

Christmas in July at ralac

Lionsbrae participated in a special Christmas in July program, curated by the wonderful volunteers at Akt Rapid agency in collaboration with the Lifestyle team. Sam & Niamh from Akt Rapid brought fun laughter and joy as our residents decorated Christmas photo frames with them, whilst enjoying delectable bites and a special Christmas in July luncheon, prepared by Chef Matt & team. Some snippets from the merry day...



Quarterly activities at ralac



Ballroom dancers!

An interactive ballroom dancing experience which left us all tope tapping was the highlight of the day. No left feet here.



Italian National Day

We celebrated Italian National Day with yummy pizzas, armchair travel to Positano and an array of fun activities featuring Italy.



Yarra Valley chocolaterie & ice creamery

The residents ventured on a beautiful outing to the Yarra Valley as they enjoyed coffee and sweets with co residents at the Chocolate Factory.



The Tintern student visits.

The Tintern students visit our residents to complete various art projects while discerning advice on life. Something we are told they thoroughly enjoy.



Coffee Club.

Residents are treated to Barista style coffee with scones or sweet treats, prepared weekly by a lifestyle team member.



Quarterly activities at ralac



Pyjama Day at Lionsbrae!

The Lifestyle team organized a Pyjama Day happy hour with prizes and lullabies, as the Pyjama King & Queen were coronated for being comfiest in their PJ fashion.



Pom Pom Tornado!

This year's Tintern students curated a finale pom-pom making session, the yarn flew faster than the jokes. Together they created fluffy masterpieces dotted with senior wisdom.

Pyjama Day Staff Photo

The staff at Lionsbrae hit the snooze button on formal wear, opting in for flannel, fluff & elastic waist-bands with a suspicious amount of animal slippers. Vogue magazine- step aside!



A visit to the Monastery!

Some of our residents enjoyed a visit to the Mahamevnawa Buddhist Monastery. A monk showed the residents around and relayed the Monastery's history.



Virtual Reality Journey through the forest!

Lionsbrae's residents took a breathtaking journey into the forests using VR headsets. They watched native animals roam & chimps play, as the entire echo system came alive virtually!



The Handy Cottage



Lionsbrae is proud to announce the new "Handy Cottage" which was officially inaugurated in July within the Grevillea Unit, in collaboration with the Ringwood Men's Shed. The new activity was revealed with Michael project Manager at the Men's Shed, our Residential Services Manager Malcolm, our Clinical Care Manager Hardev, our resident Colin and Lifestyle Coordinator Verity.

This exciting initiative was designed with the gents who love to fix and build in mind, encouraging meaningful engagement through hands-on, purposeful activities in a social indoor or outdoor setting.

Residents will have the opportunity to work together on painting, sanding & tiling the cottage, which is positioned in the courtyard at a comfortable standing height to support accessibility. The project promotes creativity, collaboration, skill development, and a sense of achievement while fostering social connections among residents.

A dedicated storage area under the unit will secure safe to use paints, brushes, and other materials which will be supervised to ensure proper use. Prior to residents commencing work, the timber structure will be professionally water-proofed to protect its longevity ensuring it remains a durable feature for years to come.

This project reflects Lionsbrae's commitment to providing meaningful, person-centred activities that support wellbeing, independence, and community involvement for our residents.



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 September 25th

