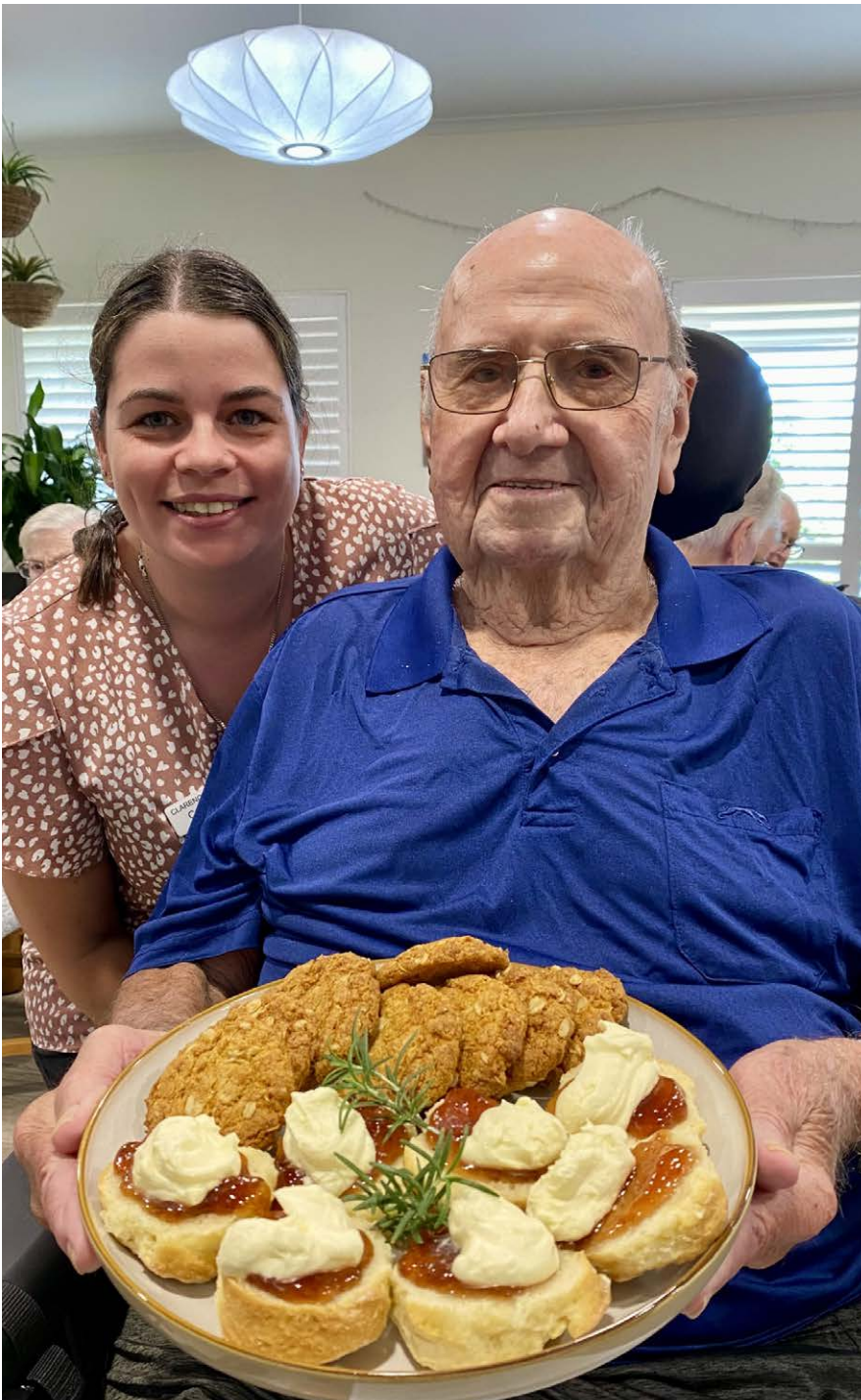




Village Voice

Your monthly Clarence Village community newsletter

FREE



Honouring those who served

ANZAC Day holds a quiet place in the hearts and minds of many of our Dougherty Villa residents.

From those who served during wartime, lost family members, or looked after returning soldiers, the ripple effect of war was once more foremost in our thoughts.

The special service conducted by Grafton RSL sub branch offered moving tributes and sombre reflection before warm conversations and camaraderie returned to the Villa's dining room over plates of scones and those famous biscuits.

Story and photos: pages 6-7.

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Dougherty Villa resident and RSL sub branch member Warren Moss and Deputy Facility Manager Carlie Walter show off the special ANZAC morning tea platters prepared by the kitchen team for the special service held on April 23.

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A note from the Village CEO



As the seasons change we're working through budgets and plans for the coming year. When doing this we focus on what residents and our community need most. The answer to both those is high quality and affordable housing – we're doing our best to make that a reality.

Each year Anglicare's housing affordability snapshot looks at what properties are available for different income groups. This year's snapshot found not a single property out of the 96 advertised was affordable for someone on a single aged pension.

For several years now Clarence Village has had more than three dozen people waiting for our independent living units and our Clarence Village on Queen facility has been operating at or near capacity. Waiting lists for social housing are 5-10 years long. The availability of housing affordable for seniors in the Clarence is, unfortunately, largely non-existent outside of Clarence Village.

This is an issue that needs serious attention and in which all levels of Government can assist organisations like Clarence Village to help. We'll keep boxing on with trying to get our Armidale St project up and running as fast as we can.

Kind regards,
Duncan McKimm

.....

Big month of events and gatherings

The social events scene around the village has been in full swing. From family farewells, to seminars and services. There's no reason to feel bored if you join in what's on offer each month at Dougherty Villa and the wider Clarence Village.

A few of these latest events are showcased in this issue with lots of photos capturing the moments enjoyed by our residents and staff.

While the pending winter season tends to lend itself to snuggling up in front of the TV rather

than getting out and about, the village activities team will ensure the opportunity for social interactions will roll on and hopefully be too tempting to pass up on.

See you out there.

Lesley

Email me:
news@clarencevillage.com.au





Clinical Liaison Officer and enrolled nurse Sophie Landenberger celebrated 10 years at Dougherty Villa in April.



Sophie celebrated her 10-year milestone with Dougherty Villa staff, Deputy Facility Manager Carlie Walter, Dr Julie Johnstone, and maintenance manager Andrew Busch.

Celebrating 10 years of Sophie’s dream job

Sophie Landenberger was so keen to start at Dougherty Villa she basically badgered them for a job.

“I remember calling and hassling them about my application and asking whether I can come in and do an interview I was so keen. I’m quite a shy person; I can’t believe I did that.”

Sophie started at Dougherty Villa while in Year 10, doing a one day a week work placement.

“My great grandmother Audrey McLennan lived in Rose Cottage. That’s sort of what inspired me to work here. It’s like coming to work and being with your grandparents all day.”

Realising she loved being at Dougherty more than school, Sophie applied for a full time school-based traineeship and hasn’t looked back since.

Ten years on, she is now an enrolled nurse, working towards becoming a registered nurse by the end of the year.

“I have one more placement to do, a seven week block from September. The entire path has been 18 months to two years working and doing uni full time.”

While Sophie started in personal care at Dougherty Villa she has worked in just about every area “except in the kitchen.”

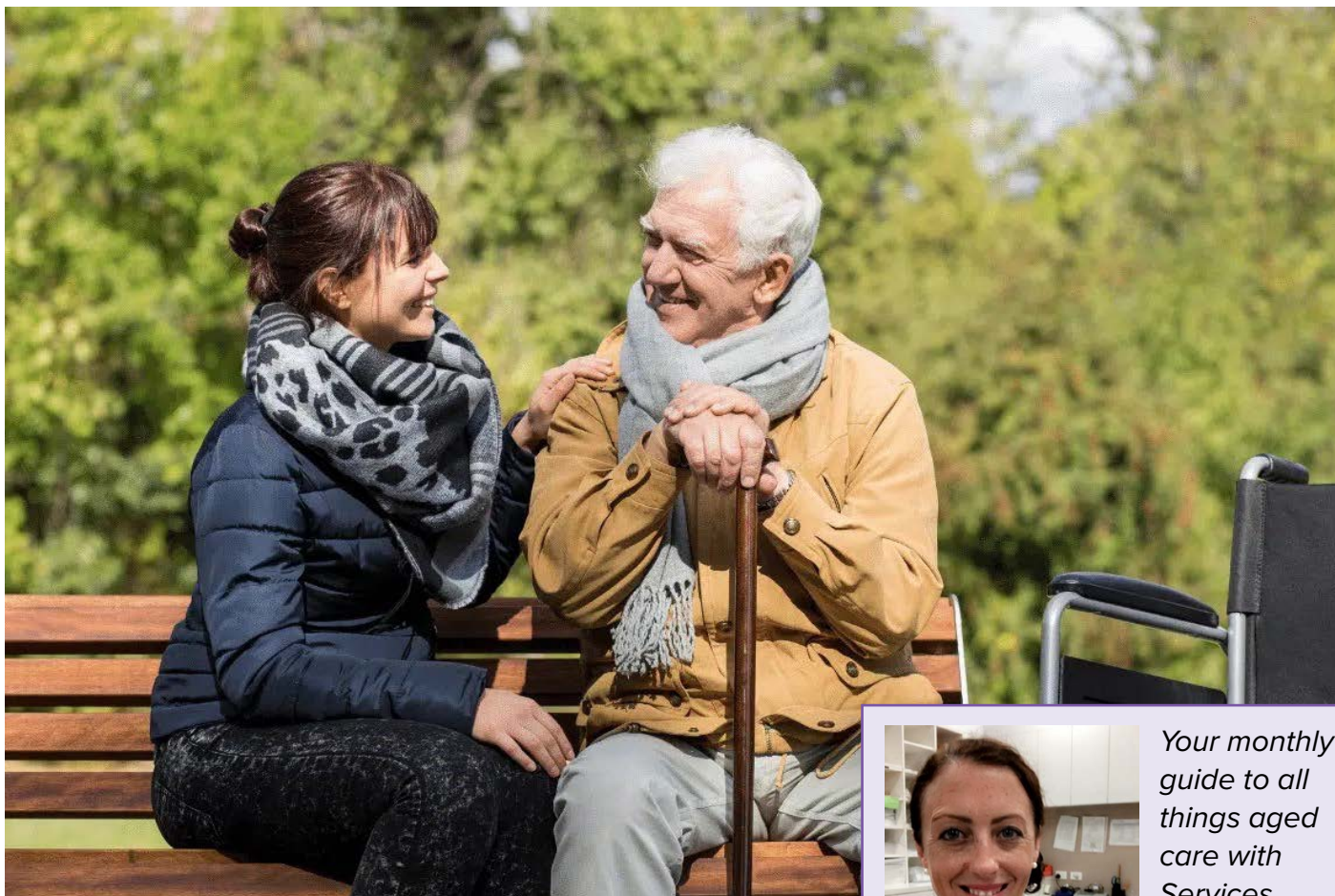
“I was going to school and going to TAFE (she has a Cert 3 in aged care) while working here. I did cares, laundry, cleaning, a bit of everything but mainly the care side of things.”

Because Sophie didn’t complete Year 12 she couldn’t go straight to university when she decided to study nursing.

“I got around it by working here for a few years and enrolling in nursing at TAFE in Coffs Harbour. That gave me the Diploma of Nursing so I could then apply to university and the RN pathway.”

Sophie’s dedication to aged care and nursing was so great it rubbed off on her mum Karen.

“She was a hairdresser forever but when I started my school based traineeship I’d come home and be so excited every day about what I was learning. That encouraged her to stop hairdressing and go to uni and now she’s a registered nurse at Dougherty Villa too.”



Your monthly guide to all things aged care with Services Australia's Rachelle Farmer.

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Financial support for carers

If you provide daily care to another person, you may be eligible for a Carers' Allowance from Centrelink. As the carer, you will need to meet residence rules, and provide daily care and attention to someone who needs it. You can get this payment on its own, or you can get it on top of any other payment you receive from Centrelink.

This fortnightly payment of \$153.50, is for you if you give support and care to someone either:

- with disability
- with a medical condition
- who is frail aged.

And the person you care for requires:

- care for at least 12 months or has a terminal medical condition.
- is assessed as needing care by a medical professional.
- can be cared for in their home or your home.

You may get Carers' Allowance for more than one person. You can get Carers' Allowance for up to two adults and more than one child.

As part of your claim, we will ask you how you care for them. The treating doctor of the person you care for will need to complete a medical form.

There is no assets test for a Carers' Allowance but there is an income test. To get this payment you and your partner's combined adjusted taxable income must be less than \$250,000 per financial year before tax. There's no income test for the person you care for.

To find out more about entitlement to Carers' Allowance, you can telephone the Services Australia carers team on 132 717 or head to www.servicesaustralia.gov.au. You can also visit the Services Australia office in Grafton at 4-8 King Street (Centrelink building) and speak to our friendly staff in front of house.



Goodbye Possums: end of a colourful era

Patrick 'Pat' Connolly may have only been at Dougherty Villa for a short while but the legacy he left the city of Grafton was larger than life.

Pat was a fixture across many local organisations and calendar events none so more than the Jacaranda Festival where his annual homage to Dame Edna Everage, became almost as iconic as Barry Humphries' world acclaimed character.

Pat moved to the Clarence Valley in 1969, working for the then NRCC while volunteering across a multitude of charities and sporting organisations, his cheerful persona and drive to contribute to the community was second to none.

For more than half a century he was involved with various groups including the Grafton Hockey Association and Red Rock/Woolgoolga Surf Life Saving Club, as well as mentoring young people as they navigated sometimes

difficult paths, working with Grafton PCYC, Youth Off the Streets and Youth Suicide Programs.

In 2019, Pat was awarded an Order of Australia for his contributions to the community and was joint recipient of the Clarence Valley Citizen of the Year award the following year.

Pat moved into Dougherty Villa in 2023 and like most things he did, he embraced the community in which he lived with gusto and good cheer. His recent appointment as Dougherty Villa's Jacaranda King, a fitting way for a man who lived for his community to end his reign.

Pat passed away peacefully at Dougherty Villa on April 12, aged 84.

Lest we forget

Grafton RSL sub branch secretary Denis Benfield and president Leith Basset came along to Dougherty Villa to conduct a special ANZAC service on Tuesday, April 23.

Around 40 residents and staff gathered in the dining room, which was decorated with the traditional red poppies for the occasion, to pay their respects to those who have served their country including residents George Smith, Neville Goodwin, Warren Moss and David Morgan, who received special mention as sub branch members.

A moving program included a prologue about the history of the ANZAC dawn service, prayers read by residents, the Ode of Remembrance, and of course the The Last Post. A minute's silence paid tribute to those lost to war and returned soldiers who have since passed.

Music concluded the service with the Reveille (bugle sound that woke the soldiers), the National Anthem and God Save the King.

Following the service, residents enjoyed a devonshire style morning tea made by the talented kitchen team including scones with jam and cream and those famous Anzac biscuits.



Secretary of the Grafton RSL sub-branch Denis Benfield and president Leith Basset came along to Dougherty Villa to conduct a special Anzac service for residents.



The service began with the history of Anzac Day.



Resident John Wright read the Commemoration of the Fallen.



Resident Dorothy Tarrant read out the Prayer for Peace during the Anzac ceremony.



Resident Elsie McFarlane wears her late husband Ken's collection of medals he was awarded for service.



Resident Ellen Mulherin delivered the Prayer for Thanksgiving at the service.



Residents Ellen Mulherin and Claire Smith being looked after by Villa staff Gail and Suzie at Anzac morning tea.



Resident David Morgan proudly displays his medals during the Anzac service and morning tea.



Resident Fairlie Slater gets the morning tea treatment from care staffer Sionel McFarlane.



Resident and WWII veteran George Smith was recognised for his service during the ceremony.



Resident Ruth Shipman with the traditional Anzac poppies that are on display during the service.



Clarence
Village

WHAT'S ON IN... MAY

TUESDAY 7th, 14th, 21st & 28th

Home Visits in the morning

1:30pm Bingo at Clarence on Queen - all welcome followed by **afternoon tea**

WEDNESDAY 1st, 8th, 22nd & 29th

Aqua Aerobics - please ring and RSVP to Gail the day before on 0478 228 838 for a seat on the bus, pickup from 7:30am onwards.

Afternoon **Home visits** at the gardens

THURSDAY 2nd, 9th, 16th, 23rd & 30th

Bus trips - must have RSVP by the day before, if there are not 5 residents going, we will have to cancel the outing on that day.

2nd - 9:30am Bus trip to river walk

9th - 9:30am Bus trip to Ulmarra

16th - 9:30am Bus trip to river walk

23rd - Bus trip to river walk

30th - Monthly morning tea at the Clocktower 10am

For a home visit, please ring Gail on 0478 228 838



Tanya Hibberd, the locally based Aged Care Advocate for Seniors Rights Services, recently visited Dougherty Villa to conduct a presentation about their services.

Know your seniors rights

An informative seminar was presented by Seniors Rights Service at Dougherty Villa in April.

Aged Care Advocate Tania Hibberd conducted the presentation that covered the three main services the community organisation offers:

1. Community engagement
2. Legal services
3. Advocacy

The organisation has been supporting people over 65 and Indigenous people over 50 for the past 35 years helping with everything from debts and traffic fines to planning for estates and advance care directives.

Ms Hibberd gave an example of some of the legal help they recently provided to a client who had purchased a cruise and then felt buyer's remorse only to be told the company they could not refund for changing her mind. This was not the case as there was a cooling off period so the Seniors Rights Service stepped in and were able to help her get her money back.

The advocacy support addresses concerns

by supplying information or directing your concerns to the appropriate organisations to help you achieve the best outcome.

Basically aged care rights are human rights Ms Hibberd said. "This includes things like being treated with dignity, having access to quality aged care, and having the right to choose to do things you want to, even if they involve some risk."

She gave an example about a 90-year-old client who wanted to ride in a hot air balloon. "The kids said no and the doctor said no but he really wanted to do it, so we helped him to tick that wish off his bucket list. It's about getting the balance between duty of care and living your best life right. You can't do everything you want, like things that put other people at risk, but there is a lot you can do."

"It's all about managing your own life as much as you can and want to, and if and when you need help, you know where to find it."

To find out more about Seniors Rights Service visit www.seniorsrightsservice.org.au

Doing it for Doreen

Five generations of family, friends, and Villa staff travelled from near and far to gather at Clarence Village Gardens community hall in April to celebrate the life of the late Doughery Villa resident Doreen Sheehan.

The 106-year-old passed away in March, her upbeat personality honoured at the event that was full of fun, laughter and dancing — just the way Doreen would have wanted it.

A hilarious game of trivia “Is it older than Doreen?” was conducted by family friend Chris Cormack, her favourite dance the Hokey Pokey performed, and a moving poem was shared by her baby sister Shirley Craig who revealed that Doreen wasn’t only there in spirit as she pulled out a container of her ashes.

*Life is a journey of sweetness and sorrow,
Of yesterday’s memories and hopes for tomorrow,
Of pathways we choose and detours we face
With patience and humour, courage and grace,
Of joys that we’ve shared and of people we’ve met
Who have touched us in ways we will never forget.*



Heidi Ellis, Doreen’s granddaughter (raised by her from age 1 -15), Lyn D’arcy-Evans daughter-in-law, great granddaughter Lillie Temperley 16 months, and granddaughter Jarita Hopwood.



Doreen’s grandson Tony Sheehan and wife Kellie with her baby sister Shirley Craig at the family celebration of the 106-year-old’s life.



Samara and Scott Eastment, Aliya, Taleigh and Lacey Bryant, and Joseph Eastment, front, attend Scott’s great auntie Doreen’s memorial.



Kim Robyn and Robyn Ellis (Doreen’s granddaughter-in-law) travelled from rural Queensland to join in the celebration of Doreen’s life at Clarence Village Gardens.



Nephew Robert Donohoe and wife Susan.



Doreen's great great grandson Ash Ellis, centre, and great great great grandchildren Laiken Ellis, left, and Mia Deswarte.



Laithen Kennaway, Nathalie Donohoe, Susan Donohoe, Melissa Donohoe came to celebrate their Aunt and Great Aunt Doreen.



Doreen's "outlaws" Rick and Melissa Buchholz, Athol and Jan Green and Jennifer Powell.



Nieces Sue Donohoe and Pamela Lund with Allan Harrison.



Dougherty Villa team and Doreen fans Annie Hackett, Suzie Hudson, Kay Carlton, Marissa Ryan, and Iris West.



Doing the Hokey Pokey for Doreen.

Camp oven club hots up

Leisure Lifestyle's Greg Learmonth fired up his camp oven again at Dougherty Villa, this time with a hearty beef stew on board.

Greg is hoping to bring in his camp oven once a month to cook up a special recipe and share with a few residents on each occasion.

"It feeds about six people at a time so I'm hoping to do it often enough that everyone gets a chance to try a camp oven meal."

Greg said this kind of food cooking was easy to

do and held great memories for him.

"I grew up eating rabbit stew dad cooked in an old pressure cooker. Everytime Mum tried to use it the meal would end up on the ceiling."

The latest camp oven gathering was held in the Bluebell Room, a social space for residents and visitors.

The stew was served with Greg's famous damper followed by apple pie and custard prepared by the kitchen team.

BIG GREG'S BEEF STEW *Serves 6-7*

INGREDIENTS:

- 1kg chuck steak
- 6 potatoes
- 4 carrots
- 1 sweet potato
- 2 onions
- 6 celery stalks
- 1 tablespoon tomato paste
- 3 tablespoons worcestershire sauce
- 1 teaspoon dried oregano
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- Beef stock and water
- Plain flour for coating meat
- Salt and pepper to taste

METHOD:

Dice chuck steak into large pieces and coat in flour. Sear in stove top pan (oiled) to brown.

Chop potatoes, carrots, sweet potatoes into large pieces.

Finely chop onion and celery.

Throw it all into heated camp oven and add beef stock and water to almost cover. Add herbs and spices and stir through.

Cook for 4 hours+ on simmering heat.

CRUSTY DAMPER

INGREDIENTS:

- 4 cups self-raising flour
- 1/2 cup water
- 1 teaspoon salt

METHOD:

Combine ingredients using knife as a spatula, cutting through until mixture comes together to form a lump. No kneading. Place in camp oven on a trivet (to avoid burning bottom). Cook 30 mins to golden brown. Serve hot with butter.

**Don't have a camp oven? You can also use a stovetop stock pot or electric slow cooker.*



Dougherty Villa's Rita Battye is ready to tuck into Leisure Lifestyle and camp oven chef Greg Learmonth's beef stew and damper.

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News from around the village

Clarence Village

Penny White, manager

Resident surveys will be handed out in May, so keep an eye out for them in your letterboxes.

Kaz from Australia Hearing will be visiting in July to conduct free hearing tests and clean hearing aids. She will be set up at Joan Muir Hall. Booking information will be published on the notice boards.

Filling in for Ros, connections officer Gail Smith has plans underway for the biggest morning tea to be held in June at Joan Muir Hall.

As the weather begins to cool – thank heavens – the lawns and gardens will chill on the growth front. This means the green team will be able to concentrate on the desperately needed pruning over the next few months.

The soil has finally been turned to finish the Stage 3 fencing. We will share a photographic before and after in next edition.

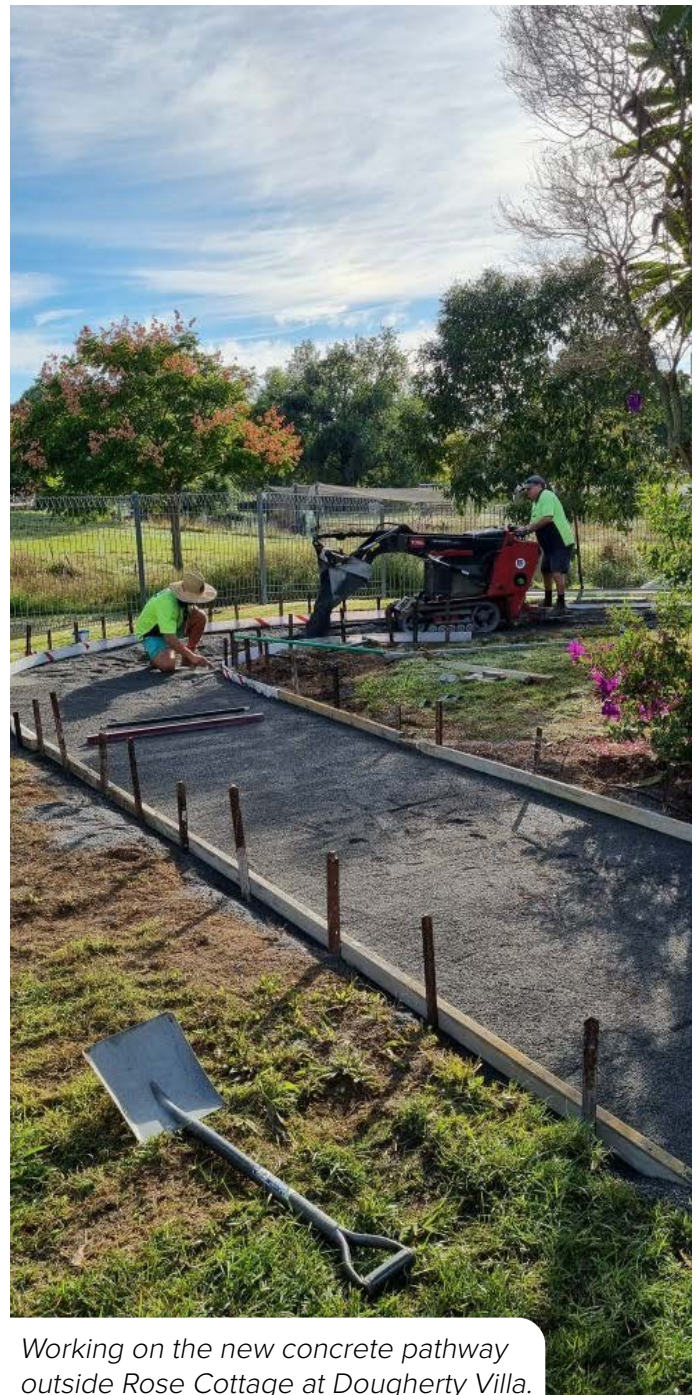
Dougherty Villa

Andrew Busch, maintenance manager

There are a few big projects on the go at Dougherty Villa.

A new foot path with lighting is in construction phase around Rose Cottage. The upgrade will replace the rickety old path and give residents easier and safer access to their outside spaces.

New vinyl flooring (matching the foyer) is being installed throughout Magnolia and Hibiscus wings. This will be a huge transformation and make it easier for staff to push trollies and residents to walk around. The easier to clean surface will also be more hygienic.



Working on the new concrete pathway outside Rose Cottage at Dougherty Villa.

A new photographic art work has been installed at Rose Cottage to tie in with the work in the dining room. Taken by my daughter, the beach scene helps to bring the outdoors into Dougherty Villa.

Pez our painter continues to freshen up the Villa with a coat of paint. Painting is part of an ongoing project to update and brighten the facility. Hibiscus Wing is now complete and Magnolia isn't too far off being finished.

Village stargazers - May horoscopes



ARIES

May brings vitality and focus to your purpose. It's a time of style and substance, so be prepared to attract admiration. The last week of the month brings a major shift, encouraging you to explore your connection to others and have fun locally.



TAURUS

You're always the star in the spotlight when the month of May begins, as the Sun moves through your constellation, lighting up your special qualities. This year you could be even more blessed with a spectacular new beginning.



GEMINI

Social activity is a primary theme in May. There may be excitement and momentum around friendships or certain people in your circle. Being part of a team, audience or event, might give you energy, a lust for life – and keep you motivated.



CANCER

Take time to appreciate friendships formed, and the landscape you participate in. Collective concerns and causes that are bigger than you as an individual are important, with an invitation to draw close to a group that's meaningful to you.



LEO

The community beckons, encouraging you to set your sights on friends you want in your life. Group participation could be increasingly significant, so by the end of the month you're enjoying broadening your friendship circles. Be open to a growing social life.



VIRGO

There may be a sense you've got a green light or a way to move ahead with negotiations or a relationship matter that's been on your mind. The weeks ahead bring enthusiasm and even a resolution in the area of commitments, bonds and taboo topics.



LIBRA

An invitation to embrace major lessons, wisdom and realisations about relationships awaits. All kinds of unions and partnerships you're in may be important. Engage with individuals that stand out, have conversations even if they're confronting or painful. A resolution will come.



SCORPIO

There may be a greater awareness of significant relationships. Contemplate key people in your world and what they reflect back to you. All kinds – professional and platonic – may be impactful and deliver something profound.



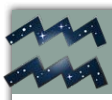
SAGITTARIUS

Focus on the rhythms of your routine, positive habits cultivated, and systems in place. Health and your optimum wellbeing are a top focus this month, as your lucky planetary ruler Jupiter highlights changes to your lifestyle and a marked difference in how you live day-to-day.



CAPRICORN

You might find you're invited to participate in events, festivals, concerts, parties or exciting plans with a celebratory quality, or that you're incredibly playful and creative this month. Look to spend joyful moments with fun people that allow you to wear your heart on your sleeve.



AQUARIUS

Focus on those you're around behind closed doors and in your space, as well as in your neighbourhood (literally or online). There may have been some important conversations and discoveries about your connection to others but be mindful that communications could be heated.



PISCES

Focus on the world around you, and the people. Look to your ability to relate, communicate, and show up in local spaces, including online. Continue to be curious, and use your ability to question or answer everything. It's likely you can enjoy sweet moments with your inner circle this way.

Glimpses of Grafton: A Picture Puzzle

1



What is this Grafton building best known as?

2



Where was this photo taken?

3



What is this Grafton hotel called?

4



What cross streets does this structure stand on?

5



What is this popular Grafton park called?

6



What tree species makes up this lovely avenue in Grafton?

7



What organisation occupies this building in Prince Street?

8



What is this building called?

9



Name this island located between Grafton and South Grafton.

10



What is the name of this green space in the middle of Grafton?

YOUR ANSWERS

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

ANSWERS

1. Peters Ice Cream Factory
2. Grafton Racecourse
3. Crown Hotel
4. Grafton's clocktower stands on the corner of Prince and Pound Streets.
5. See Park
6. Figtrees
7. Clarence Valley Council
8. Christ Church Cathedral
9. Susan Island
10. Market Square

Clarence Village registered as Community Housing Provider

In late April 2024 Clarence Village was registered as a Tier 3 Community Housing Provider (CHP) under the national regulatory framework.

From its origins over 50 years ago, Clarence Village has been a provider of community housing. Though the term didn't exist when our first units were being built, a provider of community housing is anybody who provides housing to low- and moderate-income households. This is our bread and butter as a provider of housing for pensioners.

Since the mid-1990s when Clarence Village constructed the five units at 196 Turf St with NSW Housing, it's been what's called an "unregistered community housing provider". That is, a provider that hadn't been through the formal registration process.

Around 18 months ago Clarence Village's Board decided it made strategic sense for Clarence Village to undergo that process, as registration would then allow access to funding streams like the Housing Australia Future Fund Facility (HAFFF). The hope was that these funds could help facilitate the construction of our social housing project at 95 Armidale St.



Luckily Clarence Village already operates under some of the tightest regulations in the land as an aged care provider, so the registration process – while lengthy – wasn't one that required us to change what we do.

Clarence Village has submitted an application under the HAFFF for funding from the Federal Government and has requested meetings with Homes NSW to discuss direct dealing opportunities with the NSW Government.

We're looking forward to finding more opportunities to deliver safe and affordable housing for seniors and putting our new registration to use.

- *Duncan McKimm, CEO*



**Clarence
Village**



CarePage QR Code.
Scan this code to take
you directly to our online
feedback form.

Aged Care

Dougherty
Villa

206 Arthur St, Grafton

6643 2377

Supported Living

Clarence Village
on Queen

166 Queen St, Grafton

6642 5991

Independent Living

Clarence Village &
Clarence Village Gardens

194 Turf St, Grafton

6642 5991

www.clarencevillage.com.au