

## CECILLE CELEBRATES 104 YEARS!

Cecille was born in 1916 on the floor of Bathurst Hospital. Her mother had warned the nurses she was about to deliver the baby but was ignored. Needless to say her mother was very cranky with them.

She was the youngest of six children (her siblings were Lesley, Doris, Irene, Clarice and John) and the family lived eight miles out of Bathurst in Georges Plains. Her father owned a hardware store and they owned a sulky which they would drive to church. Cecille remembers parking the horses to cross the suspension bridge to the church, and the lovely scenery along the way.

Cecille had a good childhood. When she was young, Cecille would walk to the local public school, crossing a river which ran to Bathurst. Her brother John went to Bathurst High School, often riding his bike but sometime taking the train, as the train station was only a short distance from where they lived.



*Cecille with son Graeme*

**Continued on page 2**



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Things changed as a result of the war and when she was 10 years old, the family moved to Sydney. She was enrolled at a school in Suspension Bridge (near Northbridge) but after receiving the cane she declared she wasn't going back ... and she didn't! John had started at a boy's school in Naremburn and the girls made the long walk to attend cookery lessons at the school.

Cecille was a good cook and enjoyed cooking, often cooking for her mother, especially after laundry day. She also enjoyed sewing and made her own clothes. Cecille also played tennis. There was a tennis court behind their house and they would go through the fence to play.



The family was Methodist and they attended Methodist schools. Cecille belonged to the Methodist Girls Comradeship (MGC) and John belonged to the Order of Knights (OK) which they thoroughly enjoyed. They would walk from Cammeray to Crows Nest to attend meetings on Monday (for the boys) and Thursday (for the girls) nights since they didn't have a car.

She remembers going on lorry picnics at Balmoral, run by Mr Vasey. They would have concerts and Cecille would sing. She belonged to her church choir and recalls being asked by someone to sing the Messiah at their church. She also loved dancing.

When she was 14, Cecille took night classes at the East Sydney Technical College (now National Arts School). After school, she would have something her mother cooked for her, then she would take the tram to North Sydney and take the ferry (sister's boyfriend's father was the ferry captain) to the Quay, then take another tram to the Arts School. She would get home at 9pm those nights.

Cecille enjoyed going to the art school and fondly remembers having to sketch a nude but skipping over the specifics. The art teacher told her she had to include them. As she got older, Cecille would do quite a lot of commission works and continued creating works of art for many years.

Cecille had plenty of boyfriends before she married but when she met Allan Light during her night classes at art school, it was love at first sight — "Let there be light," she jokes. Allan would travel all the way from Leichardt to Suspension Bridge just to visit her. They got married when Cecille was 22.



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Allan joined the defence force but due a chest infection he was unable to serve overseas. Instead, he was posted in NZ as part of the radar group.

Because of the war they only had one child. Their son Graeme was born at Crows Nest hospital where Cecille shared a room with two other women. Graeme had a mop of hair and was a lovely-looking baby. She looks back on that time fondly as she recalls plenty of laughter with the two women shared a room with.



Cecille and Graeme lived with her parents while Allan was away and they were wonderful. Her mother did a lot of the strenuous work and her father was a great gardener so they had a lot of lovely flowers and vegetables.

When Allan came home they moved to Canberra where Allan did some presenting for 2CA radio in Canberra. They had a good life together. They sang duets and Allan got into the Opera Company as one of the leads, singing Faust and Metastrophalies amongst other roles.

Cecille was adamant her son would go to university, even if Allan was against it. But Graeme got his degree became a successful architect. It was also at university that Graeme met his wife Ann, who was a librarian.

When asked about the secret to her longevity Cecille says being active and helping people — her family were all like that. "Always help other people when you can," she says. "And always look after yourself."

## IMPORTANT REMINDER: MOSS VALE RENOVATIONS

As the next phase of renovations at Moss Vale continues, visitors are asked to follow all safety signs. The front entrance is now a construction zone and a temporary entrance is now located at Joadja. Please DO NOT go into any construction areas.



## A WORD FROM OUR CEO

Last year, at Burradoo, the first team of intrepid Harbison residents entered the international Road Worlds for Seniors competition. In fact, they were the first Australians to ever compete in the event, and they placed a very respectable 78th out of 194 teams from 7 countries (Norway, Sweden, Denmark, Iceland, Australia, Canada and the United Kingdom).

Despite only having one Motiview bike at the time, our team completed 261km over the 25-day event. This year we have three bikes at Burradoo, which means we should be able to complete at least 750km (no pressure). That's equivalent to riding from Burradoo to Melbourne!

Because of the pandemic, in 2020 Road Worlds will be a rare international sporting event. At the rate it has grown since launching in 2017 it will one day be the largest sporting event in the world, based on number of participants, and it all happens in aged care homes!

We are looking for volunteers for our support team, and this year we are accepting sponsorship of the team or individual cyclists to raise funds for the purchase of additional Motiview bikes for Moss Vale. Each bike costs \$8,000 and therapy equipment is not funded by the aged care system.

Evidence suggest that participating in Motiview improves functional and cognitive ability, so it's good for your physical and mental health, and it's also a great social activity at a time when social connection is terribly limited. Almost anybody can participate because the bikes are specially designed to adapt and enable a wide range of needs.

I look forward to presenting the awards to this year's team, and to launching Motiview at Moss Vale late this year. Next year we hope to enter teams from both homes, with our eye on the world championship.

I hope every resident at Burradoo will consider participating in this fun event, and I hope our community of Harbison friends will support the event by volunteering or fundraising. The race starts on 7th September 2020. To join the team please contact Rabin Joshi, who leads the support team, and to volunteer or donate please contact our Volunteer Coordinator, Jill Wall.

Let the race begin!

**David Cochran**  
**CEO Harbison**

## AUGUST BIRTHDAYS



*Denis Oram*



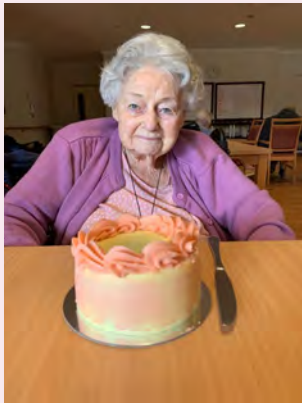
*Helen  
Attenborough*



*Sandy Brown*



*Judith Ernits*



*Norma Scanlon*



*Len Bailey*



*Helen Merrett*



*Irene Grubb*

*Neville Moule celebrated his 80th birthday this month. Because his wing was locked down his wife Sandra, who resides in the hostel, was unable to visit on his birthday. The staff organised a virtual meeting for the pair from opposite ends of the facility so they can still celebrate together.*





## WELCOME TO OUR NEW STAFF!

### Director of Operations, Moss Vale

Mark Jeffery

#### Care

Ellen Hawthorn  
Chloe Price  
Jerdin Sison  
Angelina Swift  
Lucy Trouncer  
Radhika Bhojak  
Chelsea Curtin  
Rochelle Watson  
Gail Doherty  
Janina Sison  
Gaurab Karki  
Paul Krejci  
Rachita Tandukar  
Sunjaya Puya  
Satish Raut

### COMMUNICATION UPDATES

Important updates can be found on our website and social media so please check them often.



[harbison.org.au](http://harbison.org.au)



[facebook.com/  
harbisoncare](https://facebook.com/harbisoncare)

## GETTING TO KNOW YOU ... LEAH WILLIS

### When did you first start at Harbison?

15 December 2014

### What is your background?

When I first left school I was a paralegal secretary working in Sydney. I then studied accounts and bookkeeping, working various roles in administration. I owned and ran a small hairdressing salon with my mother in North Wollongong, where I grew up. I then followed my passion for nursing and became a nurse.

### What has been the best experience you've had so far?

My four children are my greatest achievements. I love being a mother and watching my children grow into amazing individuals. At work, my greatest achievement would be working alongside the Outbreak Team in infection control through this pandemic and helping keep Harbison a safe place to live and work.

### What do you hope to accomplish?

I'm currently studying at university and hoping to get my registration as an RN.

### Any words of advice?

Life throws a lot of curveballs; stay honest and true to yourself. Keep your passions and dreams alive, stick to your goals and work hard. Never lower your standards and keep moving forward. Always make time for your family.



## GETTING TO KNOW YOU ... LILLIAN M.

### Where were you born?

In the front bedroom of our family home in Carlton, NSW.

### What is your first memory?

My siblings — 3 sisters and 1 brother. Mum dies when I was 4 years old.

### What school did you go to?

Carlton, then Hurstville School. I would walk 15 minutes to get there.

### Where did you work?

Berlei Bra Foundation and a shirt wear factory

### What was your favourite pet?

Our dog Spot, who would always greet me when I got home.

### What is your happiest memory?

My family and the day I got married on the 11 February.



## HOURS OF RECEPTION

Due to current events the reception desks at Burradoo and Moss Vale are closed.

Phones are manned during the times listed below. Please call  
**02 4868 6200**

### Monday

9:00am—4:30pm

### Tuesday

9:00am—4:30pm

### Wednesday

9:00am—4:30pm

### Thursday

9:00am—4:30pm

### Friday

9:00am—4:30pm

### Saturday and Sunday

10:00am—2:00pm

## STOAN JOKES

*submitted by Joan Stokes*

The rain is pouring down outside O'Connor's Pub, down Jervis Bay way. There standing in front of a big puddle outside the pub is an old man, drenched, holding a stick with a piece of string dangling in the water. A passerby stops and asks him gently, "What are you doing old fella?" "Fishing," replies the old man. Feeling sorry for him, the gent says: "Come in out of the rain and have a drink with me." In the warm ambience of the pub, as they sip their whiskeys, the gentlemen, being a bit superior, cannot resist asking: "So how many have you caught today, old man?" The old man takes a long sip, lets out a satisfied sigh and says happily, "You're the eighth."

## WANT TO SUBMIT AN ARTICLE?

If you would like to submit an article please hand them in at reception or email  
**marketing**  
**@harbisoncare.org.au**

## GROWING OLD — CHAMPIONS OF RESILIENCE

I would like to take a moment to acknowledge the shining lights that live amongst us here at Harbison. Whilst many understandably feel the emotional impact of the COVID-19 pandemic there are those that seem to be coping better than others. Those that seem to be able to transcend the current circumstances and have an attitude that says, “I will live, until I die”!

What is the secret of their resilience? What can we learn from them?

Could it be that through the hardships of life and the lessons learned there is a deep reservoir of inner strength that can now be drawn upon? The 75th anniversary of the end of WWII on the 15th August 2020 reminds us of the horrors and suffering many in our midst experienced. Our current COVID struggles pale when compared to the trauma of a concentration camp, or the grief over a missing son, husband or brother.

Tom Krause expresses in the following poem *I Can Still Matter*, his journey to successful ageing through positivity, resolve, determination and resilience:

### ***I CAN STILL MATTER***

*As time passes on I turn the next page  
to discover a new me while I continue to age.  
I may no longer be who I was long ago  
but I still can matter — that much I know.  
With a new set of tools I have gathered from time  
I keep looking forward to more mountains to climb.  
My best is not over as the skeptics might say  
I just learn how to conquer in a much wiser way.  
So don't sell me short — I am not nearly done.  
I CAN STILL MATTER — I've only just begun.*

**Tom Krause – Copyright 2012**

[www.coachkrause.com](http://www.coachkrause.com)

Krause is positively expressing he can ‘still matter’ as he ages. There is an element of reminiscence, life review and a strong indication that life is far from meaningless. Instead he exemplifies a successful resolution of ageing that life is intelligible, has a purpose and his hopes and desires ultimately can be satisfied.

In his pursuit to ‘discover the new me’, Krause is harvesting from the wellspring of his life experiences (‘new tools gathered from time’) and exploring new possibilities. The ancients embraced contemplation as representing the high point of human existence in contrast to modern life marked by activity.

Krause is reflecting on his life, making sense of it, and choosing to actively and purposely contribute to life. Perhaps he found Socrates’ secret that ‘the unexamined life is not worth living’ (Moody, 2008, p. 67). In ‘looking forward to mountains to climb’ he is creatively reinventing himself, a fruit of artistic autobiography as he has reviewed what has gone before. There is a sense of destiny in his words ‘I’ve only just begun’ and this too resonates a deeper meaning related to spiritual autobiography. Even wisdom has been his companion in ‘conquering’ and purposefully living. This is echoed with the words of Nelson Mandela, “I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.”



## GROWING OLD — CHAMPIONS OF RESILIENCE

*I Can Still Matter* is a determination that expresses it's not so much the what of what we do, but the dignity, grace and determination with which we do it.

Thank you to all those who have gone before and can show us the way. We honor you.

**Peter Davis**  
**Wellbeing & Pastoral Care Facilitator**

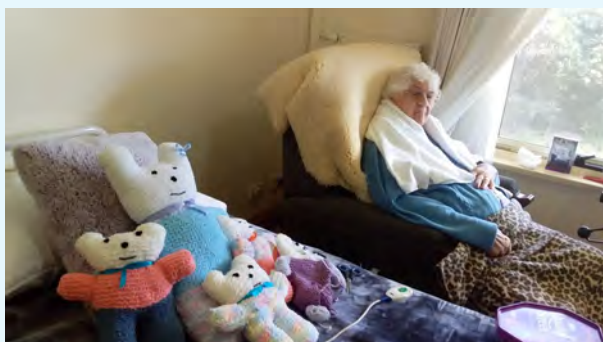
Moody, H. R. (1992). The meaning of life in old age. In N. S. Jecker (Ed.), *Aging and ethics: philosophical problems in gerontology* (pp. 51-92). Totowa, NJ: Humania Press.

Krause, Tom. (2012). I Can Still Matter. Retrieved from <http://www.scrapbook.com/poems/doc/46717/221.html>



*Dorothy takes much pleasure from cross-stitching and has put many painstaking hours into her work, ready for a family Christmas tree. What exquisite work!*

*Paul uses colour therapy to occupy his mind. It helps him relax and colours help soothe his thoughts. Gorgeous work!*



*Pat loves to be creative. She knits teddy bears and sends them to the hospitals for the comfort of the sick children. She helps Harold sew some of his creations. Being crafty brings them together. Well done Pat!*



*With his cheerful disposition, Harold is always ready with a smile. He loves to keep busy and spends time crocheting rugs. So many people have received a 'Harold rug' over the years, and quite a few have even been sent to Bowral Hospital. What a guy!*



## LIFESTYLE NEWS



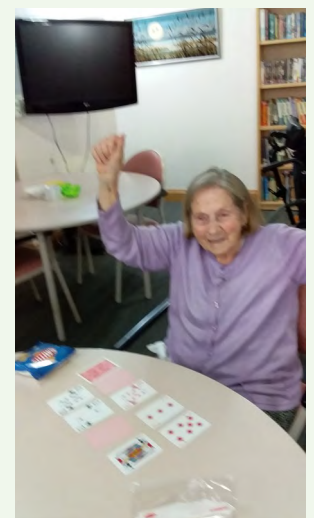
*The ladies in Avoca had cuddle time with their pet guinea pig*

*Residents were able to enjoy carpet bowls again at Burradoo Hostel*



*Margaret, Norma, Judith, Dawn and Alison all had a pamper session at the hair salon*

*More bingo was played in Moss Vale. Harbison newbie Verna won a game!*





## LIFESTYLE NEWS



*Mandemar resident, Patricia, discovered the joys of camera filters. She was amazed by the changes to her face and was absolutely delighted.*

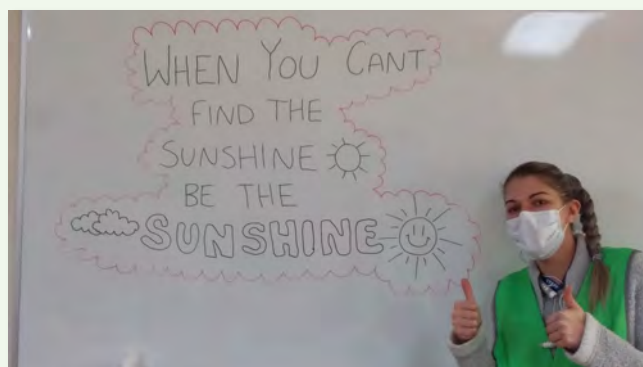


*Let's get physical! We have exercise sessions every morning at 10am — a great way for residents to get moving!*

*From little things, big things grow... A small group gathered together for a devotional service in the Berrima wing dining room this month. We had five attendees and they enjoyed it so much they want meet regularly, saying they will invite others. How exciting!*



*Staff member, Warrick, enjoying some sunshine during his break.*



*Staff member, Rachel, shared some words of wisdom with us: "When you can't find the sunshine, BE the sunshine."*



# CREATIVE WRITING COMPETITION

## EXTENDED



Dear Residents

Please take part by submitting

### A Poem or Short Story

Max of 500 Words.



With the coming of spring there could be delicious anticipation in the air  
or poignant memories of times gone by.

Thoughts of warmth, growth, regeneration, hope, optimism and opportunity.

Sunny days, happy outings, friendly gatherings, special occasions.

**We have extended the theme to include  
the joys, sorrows, observations and thoughts  
on life effected by  
Bushfires, Covid-19, Social Distancing, Etc.**

This friendly competition is open to ALL Harbison Residents  
across both sites at Burradoo and Moss Vale.

There will be Prizes for Best Entries at each location.

Staff will be happy to assist anyone who may need support with handwriting.



**Closing date is 30<sup>th</sup> September 2020**

**Winners Announced October 2020**



# VOLUNTEER NEWS

## BE PART OF VOLUNTEERING AT HARBISON & HELP WITH ALL SORTS OF THINGS ....

Play a board game,  
knit or sew, play cards,  
help the art group create  
or be part of a Trivia game  
& test your knowledge

Have a one to one visit -  
just for a chat & a tea or  
coffee, or to help someone  
with correspondence  
or reading material

Be there at meal times  
for company

Walk in the gardens with  
residents when  
Spring arrives ....  
or just sit outside in the sun

Work with the Well-Being  
Teams sharing activities

Help with our library  
project. Weekly book  
runs to all our residents  
who enjoy reading ...

And work with the residents  
on Motiview the exercise  
program

These are just a few of the  
things volunteers are  
able to help residents with

Every day .....



## CONNECTING COMMUNITIES, CHANGING LIVES

August 2020

Welcome to the August edition of the  
Harbison Volunteer News ....

Although we've had a lot of restrictions in place this  
year with COVID we've still managed to keep  
volunteering!

But of course, we always need more volunteers to  
help facilitate activities for our residents as the groups  
now have to be smaller. If anyone has time available in  
the mornings during the week that would be great;  
ideally 10 am to 12 midday. Or, you may know  
someone who would like to volunteer their time.

People contact me on the email address  
underneath or they can call on 0408 421 199.

*Jill* Volunteer Co-Ordinator  
[volunteers@harbisoncare.org.au](mailto:volunteers@harbisoncare.org.au)

## NEW SEWING & MENDING GROUP

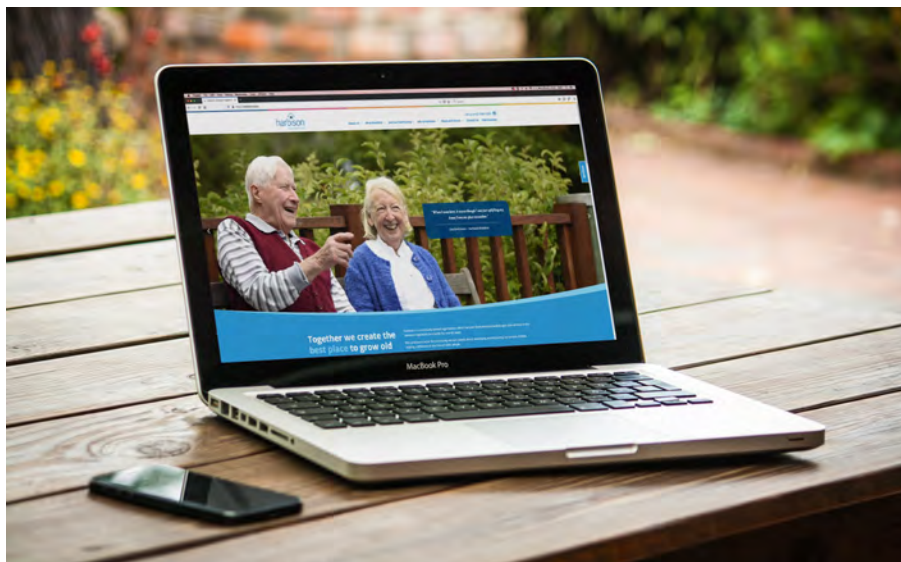
In Summer we are planning to start a  
sewing & mending group for all our residents  
both at Burradoo & Moss Vale.

There are lots of people who just hate  
sewing!

So, if that's you keep an eye out for the  
posters announcing the start of the group &  
bring along shirts that need buttons sewn  
on, hems which need taking up, letting  
down etc. Nothing too complicated!

Or just come along for a chat and a coffee!  
Hope to see you all there ....

Volunteer application forms are available by contacting  
Jill at the above email address. Or call Harbison on  
4868 6200 Looking forward to hearing from you ....



The Harbison website is a great source of information about services we currently offer. Here are some of the things you'll find online:

### ***News***

Keep up-to-date with the goings-on at Harbison, including important COVID-19 updates from our CEO. Go to [\*\*\*https://harbison.org.au/news/\*\*\*](https://harbison.org.au/news/)

### ***Book Virtual Visits Online***

Harbison is currently closed to the public and restricting access to our premises in order to protect residents from COVID-19. We encourage families to book a Virtual Visit with their loved ones, via phone call or social apps such as FaceTime and Teams for a duration of 1 hour. Go to [\*\*\*https://harbison.org.au/visit-harbison/\*\*\*](https://harbison.org.au/visit-harbison/)

### ***Fee Calculator***

Understanding the costs of aged care can be difficult so we have provided an easy-to-use online fee calculator to help you work out our room prices. Go to [\*\*\*https://harbison.org.au/understanding-the-cost/\*\*\*](https://harbison.org.au/understanding-the-cost/)

### ***Online Feedback***

We are constantly looking for ways to improve our services and value your feedback. We now have an online form for you to provide feedback. Go to [\*\*\*https://harbison.org.au/complaints/\*\*\*](https://harbison.org.au/complaints/)



## LET US KNOW WHAT YOU THINK!

Harbison is dedicated to the continuous improvement of the services we provide. We need the help of residents, their relatives, staff and volunteers to achieve this.

If you have any compliments or complaints please fill in our **Harbison Feedback Forms** and place it in the letterbox located nearby. Alternatively, you can contact our **Complaints Officer** via email on [comments@harbisoncare.org.au](mailto:comments@harbisoncare.org.au) or you can provide feedback online at <https://harbison.org.au/complaints/>

The feedback forms can be found at:

- the sign-in desk at Burradoo reception entrance
- the entrance to the hostel dining room at Burradoo
- outside the nurse's station in the nursing home at Burradoo
- the main entrance at Moss Vale
- the entrance to Mandemar wing in Moss Vale

We take your feedback seriously and will acknowledge all complaints quickly, keeping you informed of progress and the outcome. Please note that all feedback will be treated confidentially.

We hope that if you have a serious complaint or concern, you will raise it first with the Complaints Officer. We believe that most issues are best resolved by open communication and early attention to the problem.

Should the situation arise where a serious matter remains unsolved, contact may be made with the following external agencies at State or Commonwealth level:

### **Aged Care Quality and Safety Commission**

**W:** [agedcarequality.gov.au](http://agedcarequality.gov.au)

**T:** 1800 951 822

### **Seniors Rights Service**

**W:** [www.seniorsrightsservice.org.au](http://www.seniorsrightsservice.org.au)

**E:** [info@seniorsrightsservice.org.au](mailto:info@seniorsrightsservice.org.au)

**T:** 1800 424 079 (NSW)

### **Older Persons Advocacy Network (OPAN)**

**W:** [www.opan.com.au](http://www.opan.com.au)

**E:** [enquiries@opan.com.au](mailto:enquiries@opan.com.au)

**T:** 1800 700 600

