

NEWSLETTER | MAY

CELEBRATING
AUTUMN
EDITION

the harbison messenger

Hello
Autumn



See me.



Know me.



Meet

Robyn

1. I used to like to Play basketball
2. I know a lot about Nursing - i was an AIN for 20 years
3. I like talking about Anything!
4. I am interested in Watching the horse racing on Saturdays
5. I love to Garden
6. I changed forever when My husband passed away. He was only in his late 40's
7. I am afraid of Thunder storms

HAPPY



BIRTHDAY



Happy Birthday, Margaret
On Margaret's birthday, her best and first-ever friend Jillian came to visit. She brought beautiful pink flowers with a warm heart and smile.



Margaret



Thank you to Harbison Executive Assistant Fran for bringing flowers cut from her garden to create the perfect table centrepiece and to the Harbison catering staff for the magnificent food spread.



1st Place - Harbison Registered Nurse Jason - walked over 20,000 steps every day! he was determined and focused on his health and wellbeing during the month of February and wants to continue this focus. Jason lost 10kgs.

Total of 575,156 steps (winning \$200 and Pheasants Nest Fruit and Vegetable Box)

2nd Place - Harbison Psychologist Lucee - was doing her steps everyday which she continues to do

Total of 558,945 steps (winning \$100 and Pheasants Nest Fruit and Vegetable Box)

3rd Place - Harbison Catering Assistant Ajit - works at Harbison 5 days a week: this is an average of steps he would do every month

Total of 465,615 steps (winning \$50 and Pheasants Nest Fruit and Vegetable Box)

4th Place - Harbison Residential Services Manager - Justin

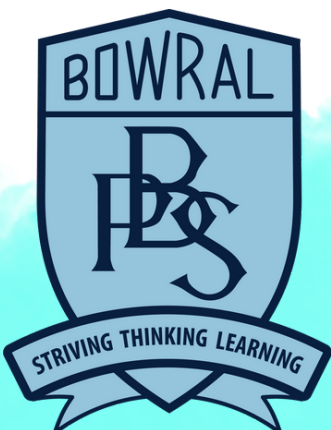
Total of 169,927 steps (winning \$50)



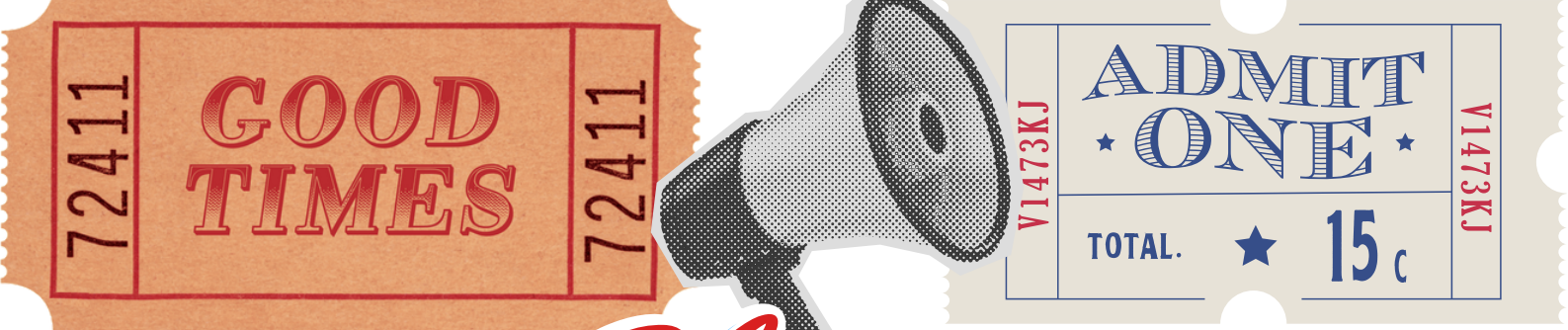
GRANDERIEENDS



COLOUR RUN



Thank you to Bowral Public School for
having us - Love - Harold, Nellie, Joan,
Anne and Alistair



Oxley
College-
Presents

Chicago

High School Edition



Thank you so much Oxley College for inviting us as your guests to your incredible production, we feel so honoured to be here... Each and every one of you should be extremely proud of yourselves what an outstanding performance you all are so very talented!! Thank you from:
Anne, Edna, Nellie, Jo, Margaret, and Peter



Flower Arranging



Wally received this beautiful bunch of roses which was hand picked by his wife from her garden.

As they stood at the front door waving goodbye to each other Wally said to me - Maddy (Brand Coordinator) I'm so proud of my wife and her rose garden'.

International Women's Day

We'd like to thank Valentina Borbone for telling her story to our staff and residents here at Harbison Burradoo and Moss Vale.

'We were incredibly honoured to have such an empowering woman speak to us.

Background about Valentina;

- CEO of the Banter Group, a local marketing agency that has expanded globally
- Volunteer Chair of STaR Association, which provides meaningful and inclusive learning for people with disability
- Volunteer Board Member for Pop In Southern Highlands, a safe space created for women and children impacted by domestic violence
- Expert Advisor for The International Social Media Association
- Digital Marketer trainer, presenter, and facilitator since 2008



If there was one more hour in the day, what would you spend it on? Answers from staff



harbison
Heart & Home
INTERNATIONAL
WOMEN'S DAY

NATASHA

Workplace Trainer

I'd read one of my favourite things to do that I don't make enough time for!

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Heart & Home
INTERNATIONAL
WOMEN'S DAY

INTERNATIONAL
WOMEN'S DAY

SANDRA

Laundry

Spending time with my grandchildren as they grow up to fast

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WOMEN'S DAY

FRAN

Executive Assistant

Having regular contact with family and friends

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WOMEN'S DAY

INTERNATIONAL
WOMEN'S DAY

BRONWYN

Catering

Being out in the garden

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MADDY

Brand Coordinator

Reconnecting with family and friends

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Heart & Home
INTERNATIONAL
WOMEN'S DAY

INTERNATIONAL
WOMEN'S DAY

RUTH

Finance Accountant

I would get coffees and go for a walk with a friend to catch-up.

INTERNATIONAL WOMEN'S DAY

EDS
Nurse Unit Manager

Sleep (I'm currently a sleep deprived mother)

INTERNATIONAL WOMEN'S DAY

JANICE
Lifestyle Manager

Get reacquainted with the piano. Practice scales over and over again, work on technique and learn new songs.

INTERNATIONAL WOMEN'S DAY

BREE.C
Personal Care Manager - Moss Vale

Read a book

INTERNATIONAL WOMEN'S DAY

BRENDA
Physio Assistant

Unwinding and doing relaxation/meditation

If you had advice to give to your younger self, what advice would you give? Answers from residents

INTERNATIONAL WOMEN'S DAY

NELLIE

"Don't spend 23 years working in Child care, spend the time in Aged care instead, it is much more fulfilling"

INTERNATIONAL WOMEN'S DAY

HEATHER

"Work together with your husband, take the time to discuss things and stand by one another in everything that you do"



Chevalier College Visits Harbison



Year 12 student Giorgia
from Chevalier College is volunteering with us in
'Our Harbison Dementia Living Space'!!
Giorgia will be visiting us whenever she can to spend time with
our residents.

Thank you Chevalier College

'PEDAL 4 PARKINSON'S'

Wednesday 1st March -
Friday 31st March



**JOIN US IN THE FIGHT
AGAINST PARKINSON'S
DISEASE**



PEDAL 4 PARKINSON'S PRESENTATION

 **WORLD
PARKINSON'S DAY**

11 April

Pedal 4 Parkinson's Presentation April 11th, 2023' at Burradoo and Moss Vale also in celebration of 'World Parkinson's Day'.

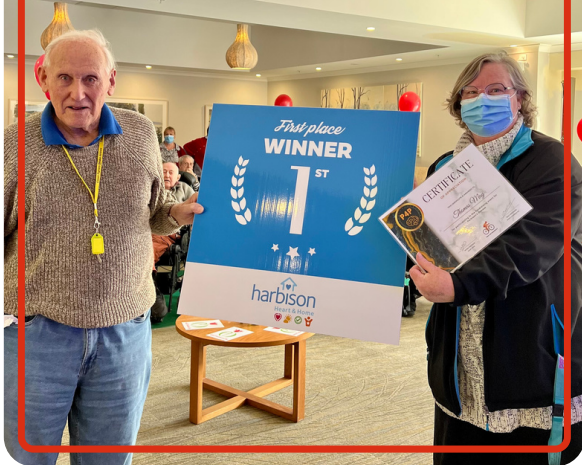
Residents and staff wore red to continue their support and raise awareness for Parkinson's Disease.

We'd like to say thank you for all your support during Pedal 4 Parkinson's in March and also to our guest speaker Christine McGee from Parkinson's NSW for coming to speak to us. ♥



WINNER

Burradoo



Thomas- 584kms

Moss Vale



Paul - 954kms



Peter - 492kms

Nell was unable to join us
397kms

Congratulations to our winners but
also to all staff and residents who
participated in raising awareness and
supporting Pedal 4 Parkinson's.
Overall Kms - 8075.9
Raised \$2,763



Daryl - 336kms



Wally - 313kms



Moss Vale - Allied Health Team
 Nitish and Saili - Physiotherapists
 Brenda and Ella - Physio Assistants

'I wanted to express my deepest gratitude for your invaluable help with the Parkinson's event. Your support, dedication, and hard work made a tremendous difference in the success of the event. You have yet again proved that we work as ONE TEAM'. (Saili - Physiotherapist)

Our Harbison Allied Health Team



Photo 1

Physiotherapists - Nitish and Saili (in the middle)
 Physio Assistants - Genesis and Brenda (right side)
 Ella, Jess and Mikaela (left side)



Pedal 4 Parkinson's highest fundraiser donator! was Harbison Residential Care Manager Danny Turner.

'Your donation is a testament to your compassion and commitment to making a difference and we are honoured to have your support'.

"Once again, we thank you for your kindness and generosity."

Thank you to Bowral's Sweets & Treats for the sweetie hamper!



On Friday the 31st of March until Saturday the 1st of April Harbison was at the 2023 Snowy Classic in Jindabyne.

We would like to thank the community and our Harbison riders for all your support during the Snowy Classic.

The Harbison Family at the Snowy Classic ❄️
 Thank you Tanya for coming to say hello!!! Tanya's mother Nina is located at our Harbison Moss Vale facility.

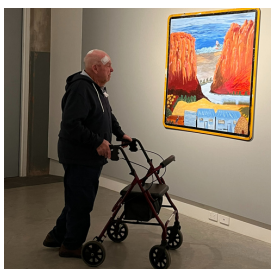


ART AND DEMENTIA OUTREACH PROGRAM TRAINING WORKSHOP AT NGUNUNGGULA SOUTHERN HIGHLANDS

Written by Brand Coordinator Maddy

In 2010, The National Gallery of Australia, Canberra introduced the Art and Dementia outreach program training workshops. In 2017, they travelled all around Australia providing meaningful and intellectually engaging non-pharmacological activities for people living with dementia. By sharing the experience with people all over Australia. On Thursday the 30th and Friday the 31st of March our Harbison staff had the opportunity to attend a 2-day workshop alongside Adriane Bogg who's from the learning team at the National Gallery of Australia, Canberra, Jodie the creative director at Ngununggula, and Alison a representative of Dementia Australia.

Our Harbison residents Barry, Robbie, Jo, Graeme, and Trevor viewed the magical works of art in the Ngununggula Southern Highlands while our Harbison staff and members from the workshop observed the conversation between Adriane Bogg and our residents. Periods of silence held the opportunity for processing information and finding an answer amongst feeling. Barry is in awe of these artists and their skills. This painting brought back a memory of him travelling around Australia, he recognised the houses, and style and knew what will bring him home. It gave him a feeling in his heart, and the love he has for his aunt and uncle 'I was very lucky'. Graeme - 'Living in the meadow would be freedom and space'. Trevor - was thinking about the connection between the mountains behind and the land in the foreground. 'The mountains are friendly and give the town a hug' Jo - 'The colour of the painting is very beautiful, and it does bring me back to my ancestors' Robbie - 'I'd like to walk through those doors'.



Harbison resident Graeme always makes everyone feel included - he greeted all the indigenous artists who were there at Ngununggula. These artists are related to Albert Namatjira who was an Arrernte painter from the MacDonnell Ranges in Central Australia, widely considered one of the greatest and most influential indigenous Australian artists of his generation.

ART and DEMENTIA Outreach Program Training Workshop

On Friday the 31st of March: Harbison staff and members observed conversation and moments between Adriane Bogg and clients from our local community Dementia Australia Donalda, Bob, Susan, and Wayne.

Donalda said:

'How peaceful it is'

It stands out with the colours used

The artist has captured the feeling of the place

'I can pick up the feeling of it the heart of it, the mountains, and the connection'.



What's familiar to you about this painting? Robert (Bob) said - the space, the openness
'I had 100 horses on my farm and it was very picturesque'

Susan said - I'm not familiar with this landscape because I'm from the United Kingdom
'The colour is beautiful 'The mountains are peace'.

Wayne said - I've been through the Northern Territory several times so to me this is very familiar 'The scenery is very unique and something you haven't seen before such an amazing experience.

What can you see?

Thank you, Adriane Bogg from the National Gallery of Australia, Canberra, Alison from Dementia Australia, and Jodie from Ngungunngula Southern Highlands Regional Gallery.

~ Creating a piece of art ~
Art and music can effect the way our brain functions and general health in a positive way.

We all came together to paint, create and exhibit our artwork



Happy Easter



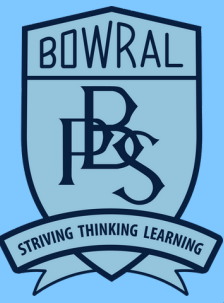
Our Harbison resident Kevin gave the gift of handmade knitted chickens, made by his beautiful wife Gloria to our friends from Oxley College. Thank you to all the Kindergarten, Year 1, and Year 2 students from Oxley College for our chocolate eggs.

We are so grateful to have shared a moment of joy and giving with you.



Thank you to Oxley College for your Easter performance and kindness



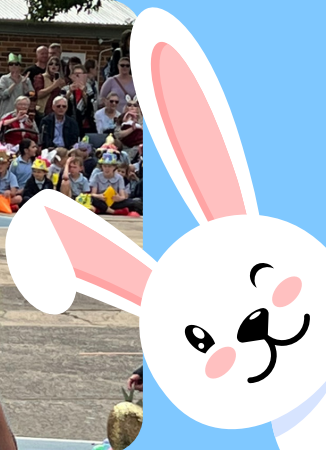


Bowral Public School Easter Hat

PARADE



Happy Easter



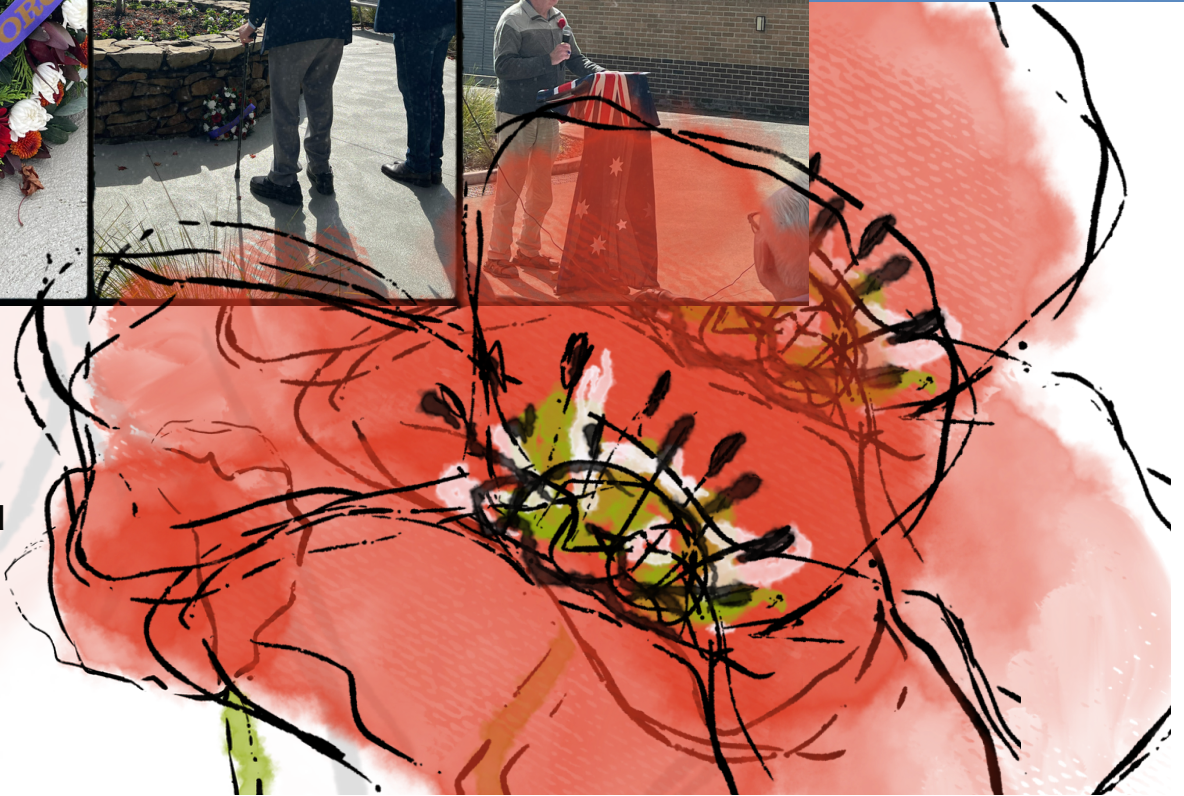
April 25, 2023

ANZAC DAY

We Will Remember Them



We remember
and thank our
heroes.
Thank you Harold
for laying the
wreath and Paul
for the reading of
the Ode.



GRAND OPENING

On Wednesday the 15th of March we opened Harbison Playgroup Moss Vale

We'd like to welcome new and familiar faces to the Harbison Playgroup family we can't wait to see you every Wednesday.

HARBISON PLAYGROUP MOSS VALE IS OPEN EVERY WEDNESDAY!
9.30am - 11:00am in Alpine



Thank you Jo for opening for us!



PLAY Group



Harbison Burradoo residents can meet at the Jensen's Room every Tuesday and Thursday 9.30am - 11.00am

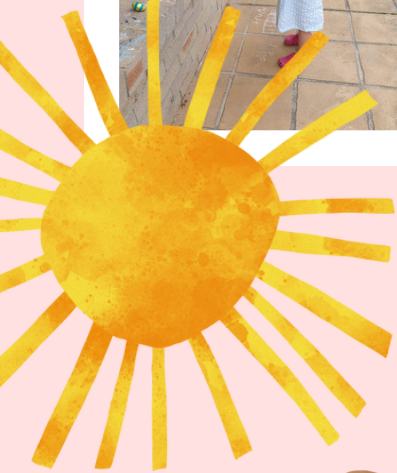
Harbison Moss Vale residents can meet at Alpine every Wednesday 9.30am - 11.00am

SESSIONS ARE NOW AVAILABLE for the Harbison Playgroup

**BOOK NOW! secure a spot for -
Tuesdays and Thursdays
9.30am - 11.00am at Burradoo
and
Wednesdays at Moss Vale
9.30am - 11.00am**

**Use the QR CODE to book or visit
our website: Harbison.org.au**

SCAN ME





The Harbison Playgroup Family would like to say thank you to Stephen Jones MP for joining us during Global Intergenerational Week we thank you for your kind words towards our program and for making everyone feel welcome and included during conversations.

Hon Stephen Jones MP
• Member for Whitlam
Assistant Treasurer
Minister for Financial Services
Australian Labor Party
House of Representatives
David Cochran -
Harbison CEO



"I think it's absolutely heart-warming to witness the amazing project that this is, to have witnessed the smiles on everyone's faces not only from the elderly but also the younger people. The interaction certainly brought a smile to my face, having to speak to some of the residents they just love it! I think this is the way to go, this is about creating joyful lives and making sure that people are so happy in this space, this sort of interaction is so important; I'm so supportive of this project and we should be expanding it right across the country".

Wendy Tuckerman MP

Harbison CEO - David Cochran,
Wendy Margaret TUCKERMAN, MP

• Member of the Legislative Assembly

Member for Goulburn

Member of the Liberal Party and
Partnership Manager - Zac Hulm



This annual campaign seeks to unite individuals, groups, organisations, and local and national governments, who share a common goal of nurturing cross-generational friendships. Now in its fourth year, the campaign strives to spark intergenerational knowledge exchanges, ideas, and meaningful moments. The campaign fosters a sense of community that spans across generations, benefitting both the elderly and younger generations alike. By using the #GIW23 intergenerational groups around the world can see it together.

Careers at Harbison

Campus Manager Stephen Lowe from UOW Southern Highlands Moss Vale and Community Services Program Manager Alison Spice from UOW College University of Wollongong came to visit Harbison Burradoo for a tour of our training facilities for the Care Service Employee/Certificate IV Traineeships.



Stephen - on behalf of Wollongong University we are really excited to be able to partner with Harbison to run these traineeships, as it's vitally important to train people in aged care and health care sectors. We decided to continue the traineeship in the South Coast and Southern Highlands as it was so successful in Bega. The students are learning and working with Harbison which is an incredible opportunity.

Alison - In Bega the 'Community Mentoring Program's' first group of students have told their friends and family to get involved in this year's intake.

Harbison launches

Orientation Day!!

At the UOW College. Thank you to students Courtney, Elizabeth, Sarah and Darcey and RTO Manager Vocational at College for having us today, and we welcome you in studying with us. Harbison is in partnership with The University of Wollongong and UOW Moss Vale Southern Highlands to offer these amazing opportunities! Earn and learn... successful candidates will be employed by Harbison and undertake studies in Certificate IV in Ageing Support with UOW / College at the UOW Southern Highlands Campus throughout the 12-month Traineeship.





Harbison would like to say thank you to Marty Burgess, CEO of Workplace Learning Illawarra, Shoalhaven, South Coast and Southern Highlands and Mitch Lucas, Program Coordinator Workplace Learning Illawarra, Shoalhaven, South Coast & Southern Highlands for coming to visit Harbison Burradoo and Moss Vale.

Marty and Mitch took the time to meet with Zac Hulm, Harbison Partnership Manager and Michelle Pontello TAFE Services Coordinator Moss Vale Campus to discuss opportunities for diverse and meaningful careers at Harbison.



HAPPY ST. PATRICK'S DAY



Harbison Charity Golf Day 2022 was a huge success. This is our contribution to our charity partner Can Assist \$5000 Can Assist Southern Highlands Cancer Patients Assistance Society of New South Wales Presented by Zac Hulm Partnership Manager to Jenny Harper the president of Can Assist and Michael Walker

Keep an eye out for this year's 2023 Harbison Charity Golf Day on Thursday the 7th of December.





Harbison had a fantastic evening at St Gregory's College Campbelltown Career's Night Showcasing Meaningful Careers @ Harbison. Students and parents from St Gregory's, St Patrick's College for Girls, surrounding schools, and multiple employers attended this event. Harbison would like to thank Michael Ivancic Leader of Learning - Transition & Pathways at St Gregory's College Campbelltown for an exceptional event.



Have a meaningful Career at Harbison at the 2023 Illawarra Schools Careers Expo Thank you to the all students who came and visited us over the last 2 days! Harbison showcased our Motiview program to over 5000 students from 45 schools.



Harbison, People, Culture, and Partnership Team, want to thank Peter Bull Educational Assistant Careers Advisor at the Southern Highlands Christian School for taking time today to discuss the diverse, meaningful careers and opportunities at Harbison. Harbison embraces supporting and guiding our teams as they explore their passions and journey through aged care.

Meaningful careers @ Harbison

Harbison is a community- owned aged care service specialising in:

Dementia Living
Intergenerational & Multi-disciplinary Care
Palliative Care
Reablement Support

Have a career @ Harbison in:

Nursing

Allied Health

Care & Lifestyle

Administration / ICT / Finance

Marketing

Human Resources / Learning & Development

Hospitality

Plus more!

HAPPY Mother's DAY

Harbison would like to thank TAFE NSW - Moss Vale floristry students for the beautiful donation for our residents in celebration of Mother's Day. With residents Nellie and June.



Friday the 12th of May Mother's Day Morning Tea ☕
Julie's Lumberjack cake was served: everyone was so delighted and thanked Julie for her delicious creation.



Happy Mother's Day Heather ♥
Heather received a beautiful green blanket, lemon cake slices, and some daffodils from her daughter and family for Mother's Day.

Paro The Therapeutic Robot Seal

Paro the Therapeutic Robot Seal shared the love at Harbison Moss Vale with residents Helen, Dot, Enid, Suzanne, Joan, Nina, Phil, and Paul

Harbison is hoping in the near future to have our very own Paro Seal.

ABOUT PARO

- has been found to reduce patient stress and their caregivers
- stimulates interaction between patients and caregivers
- has been shown to have a psychological effect on patients, improving their relaxation and motivation
- improves the socialisation of patients with each other and with caregivers
- World's Most Therapeutic Robot certified by Guinness World Records

By interacting with people, PARO responds as if it is alive, moving its head and legs, making sounds, and showing its preferred behaviour. PARO also imitates the voice of a real baby harp seal.

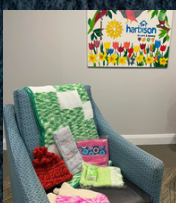
Thank you to Alpha Lifecare for lending PARO to us...



'No act of kindness, no matter how small, is ever wasted'.

Harbison would like to thank Carol and her friends from 'Willowdale Crafters' from the Willowdale Retirement Village in Denham Court for kindly making and donating these beautiful creations for our Harbison residents. Socks, beanies, towels, hand towels and blankets were gifted.

Thank you again to our Harbison resident Philip's wife Carol for your kind donation. Our residents Victor, George, Joy, Bill, John, Daryl, and others at Harbison really appreciate it.





Celebrating our Harbison Volunteers at Burradoo with a special afternoon tea for National Volunteer Week. Everyone from residents to staff to the Chair of the Board Katie Constantinou sincerely appreciates all that you do for us.



Our Harbison 'Three Cows Cafe' Moss Vale 🐮🐮🐮
Opened 7 days (except public holidays)

Mon–Fri 7:30am–2:30pm
Sat & Sun 8:00am–3:00pm

Enjoy a hot beverage on the cold days we are getting!



@threecowscafe



on Thursday the 25th of May - Harbison Burradoo held the Biggest Morning Tea with Berrima Districts Historic Vehicle Club.

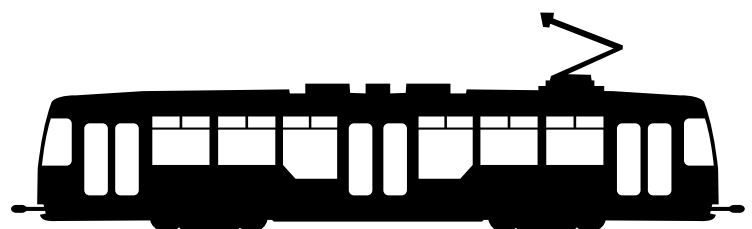
We'd like to thank you for joining us, you are welcome to come back any time. You were all so sincere to our residents and put a smile on their faces. Our residents went back in time full of memories and stories that couldn't wait to tell.

Alan was so excited he wore his car T-shirt . Stuart told stories about the 1968 Chevrolet he owns that now his grandson is driving as his very first car. 'To keep the life of it going'.



Tramway Museum at Loftus Station with Terry and Donald on Wednesday the 24th of May

This was a huge moment for Terry he was completely in his element at Loftus Station being a former stationmaster during his career. He said, 'It's a dream come true to be able to see it again after all these years, and shared many memories of what the historic trams were like back in the day'.



Live the life you please



In honour of National Palliative Care Week Harbison joined the world premiere of 'Live the life you please' at Empire Cinema Bowral on Wednesday the 24th of May. Live the life you please is a powerful documentary produced by Moonshine Agency. The film delves into the stories of real people from across the country, sharing their personal experiences of palliative care. The film will make you smile, laugh, and occasionally shed a tear as this diverse range of Australians share the last chapter of their life with us.

'The people at the heart of quality palliative care' – our workforce and volunteers, have opened their hearts to share the life lessons they learn every day as they provide care and support to people and families living with a life-limiting illness". – Palliative Care Australia

Palliative care helps people with a life-limiting illness and their loved ones live as fully and comfortably as possible. It improves their quality of life. It provides support, freedom, dignity, respect, and joy. Palliative care enables people to live the life they please until the end. So why aren't we talking about it?



'Live the life you please' premiere Q & A Panellists were Janice Spinley (Palliative Care Nurse at Bowral Hospital), Dr. Jackie Kerfoot (Palliative Care Doctor), Jane Mahony MC, and Doctor Stuart Perry.



Innovative Palliative Care Volunteering in Partnership with Harbison Burradoo and Moss Vale

The Southern Highlands Community Hospice has now trained 20 palliative care volunteers. This training is based on the NSW Palliative Care best practice. Harbison welcomes volunteers onto both sites each week, this has been a valued part of our resident's daily living and routine. Each week volunteers are welcomed to Harbison Burradoo and Moss Vale and have become a valued part of residents' daily routines.

'SHCH would like to thank the clinical and personal care managers, administrators, and coordinators of volunteers who have all ensured this new initiative has grown from strength to strength. The feedback from residents and staff has been very positive and at times humbling. The palliative care volunteers would like to thank Harbison for welcoming us into your community! Words from SHCH Board Member Sandra Hiscock- Southern Highlands Community Hospice




Sandra and Alan






**For more information about our Harbison Newsletter please contact
Brand Coordinator Maddy
Email: madeline.castles@harbisoncare.org.au**

You can find us on our Socials
Website - harbison.org.au

 Facebook - @harbisoncare

 Instagram - @harbison_



Standard 2. Ongoing assessment and planning with consumers

I am a partner in ongoing assessment and planning that helps me get the care and services I need for my health and wellbeing.