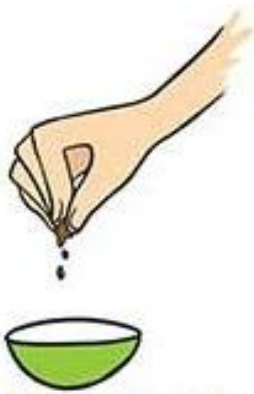


Issue #20
April
2026



Monthly Newsletter

EDITOR:
Dee



A PINCH OF SALTER



**What do you call
a bunch of
rabbits walking
away from you?**

A receding
hareline.



Welcome to our April edition and all the juicy bits of news from March!

March was very busy and lots of fun celebrating St Patrick's Day, World Poetry Day, Greek Independence Day and all the other activities thrown in for good measure!

April will include:

- Anglican Easter Service
- Easter Morning Tea
- 4 Concerts
- Men's Group
- Anzac Service
- Bus Outing
- Drumming Session
- Resident's Meeting
- Armchair Travel to Japan

Plus our regular activities such as bingo, bocce, quiz time/word games, ten pin bowling, pamper sessions, pet therapy, board games, craft sessions and exercise groups.



Entertainment Both our Glen's kept us entertained (and up on the dance floor) this month with Glen Howell visiting us on the 4th of March and Glenn Levi on the 10th of March. It was great to see some of our residents taking over the microphone when Glenn Levi gave them the opportunity to showcase their talents.

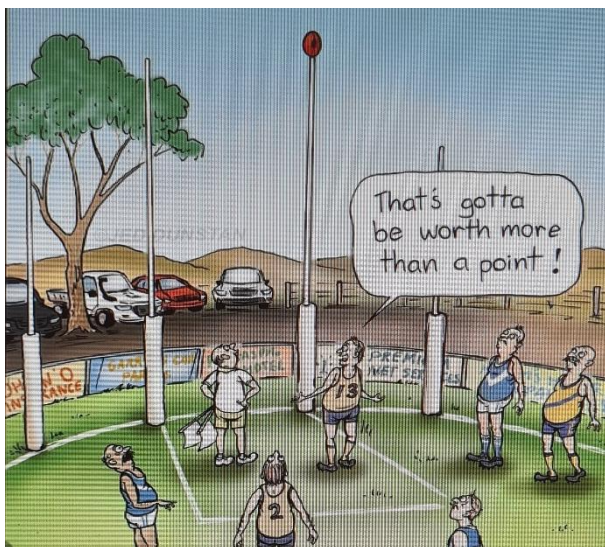


It's not too late to join our footy tipping competition, please see Lifestyle staff if you would like to participate.

Each round costs \$2 with \$20 going to the winner of each round, \$100 for the season winning tipster and a celebration with your fellow tipsters at the end of the season.

You've got to be in it to win it!

Below are some of our tipping winners, congratulations to Pat and Berti.



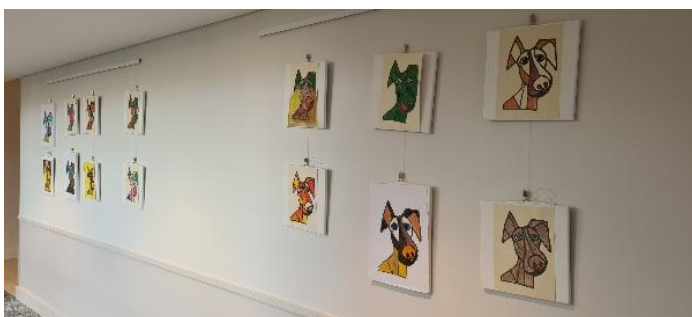


Our creative craft sessions this month focused on St Patrick's Day with some fabulous table centrepieces being displayed for the big celebration. Thank you to Holly, one of our occupational therapy students who offered to pitch in and help with all the cutting out that was required.



Picasso Group

Our budding artists continue to produce fantastic artwork during their monthly Picasso Group session. You can check out their handy work displayed in our Salty's Gallery between Rosewood and Magnolia wings.





This month we enjoyed lunch at the Byford Country Club!



An apple a day keeps the doctor away – if you throw it hard enough!



Rosewood residents have been very busy with a lovely project to decorate one of their lounge areas. The tree pictured below has been created so that the leaves are interchangeable with a new celebration and as you can see our residents are very proud of their creation. Starting off with documenting what residents are grateful for on Autumn leaves.





Our St Patrick's Day Celebrations!



As you can see from all the photos our St Patrick's Day celebrations were filled with laughter, music, dancing, green food, Guinness and of course music from "Little Miss Squeeze Box" (AKA Nikki). Can you spot Charlie in his green bow tie?





More Photos!



As the weather cools down a little during a beautiful time of year, it's great to see residents and families utilise our courtyards and balconies to enjoy the fresh air!





Armchair Travel to Greece

Due to March the 25th being Greek Independence Day we decided that we should make that our destination for our Armchair Travel session this month. We watched a great travel documentary on YouTube which took us to many parts of Greece, then we followed that up with a shot of Ouzo which is a uniquely Greek anise flavoured liquor. We also enjoyed tasting a traditional Greek dessert called baklava made with layered pastry filled with chopped nuts and sweetened with honey or syrup.



Fun and Games!

Isn't it amazing what game you can come up with using a shower cap, some shaving cream and a bag of Cheetos! These ladies couldn't stop laughing during a game called "Curly Hair Toss". Thank you to Isabel for being a good sport and volunteering to wear the cap!





Sometimes Music is the Only Medicine the Heart and Soul Need

Our residents love gathering around the piano to either listen or sing along to a few tunes. Colin regularly provides an impromptu performance in Rosewood, and we encourage family members to also bring some joy to our residents if they have some spare time, thanks to Glenda for sharing her talent!



Gardening in the Courtyard



Getting to know You!

Allan Bennet

Allan was born in Orange NSW to Athol and Pearly Bennett who lived in Manildra, central west NSW. It was a happy childhood, joining the Cubs and Scouts he later became cub and scout master. His father had roughly 50 acres on the edge of town with a cow, chooks and 20 sheep. It was Allan's job to turn the separator handle for the milk and cream, with a kerosene fridge, the dishes of cream were delicious. His father was a shearer while his mother completed home duties. Shearing sheep was seasonal which meant there wasn't a lot of money around so his father would go trapping rabbits either to sell or to cook in the camp oven for the family to eat.



Allan Bennet continued....

Allan left school at age 15 and joined the railways, passing all his exams for station master before he was 20 including "Safe Working" where trains would travel on a single track in both directions. Allan took up the position of Station Master in Borenore, a small station with a 20-lever frame to change points and signals. At 21 he took up the position of Relief Station Master allowing permanent staff to take leave.

Allan also joined the Army, 53 squadron Royal Australian Engineers (A special railway squadron). After two close shaves shunting and ten years, he decided to move on.

Channel 9 Perth had just opened so he applied for a position of camera man, studio and film, working with Lloyd Lawson and Peter Dean on 9 news. Allan also shot news on film for that night's program. He met many stars including Johnny Young, Denise Drysdale, Jeannie Little, Normie Rowe and lots more. Then he pushed around a heavy studio camera on a children's show with Peter Harries.

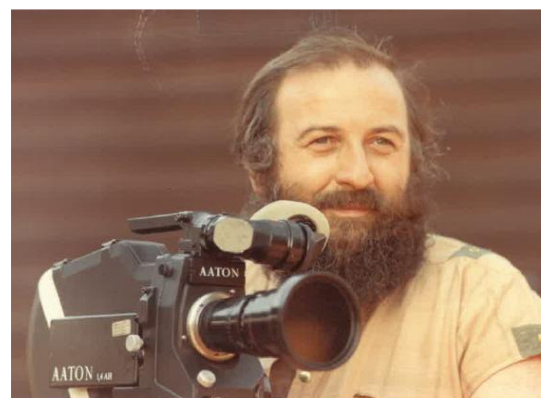
Goldsworthy mining had just opened and shipped a boat load of iron ore to Japan (the first export of iron ore from WA). The mine was 70 miles from port by rail, and they needed train controllers 24 hours a day to manage the transportation. Allan joined G.M.L. to be a train controller but returned to Perth after 2 years.

He joined Boans Advertising as Media Manager, a new position responsible for all radio and TV advertising, including production of TV commercials. He also made a film "The Store that had a Birthday" which went to air on Channel 9 and helped organise the first parade through Perth. Shortly after meeting and marrying Joy, Allan started an advertising and film production business. Films included Mt Newman Mining (titled: Mountains of Iron, Men of Steel), Warrawagine Station east of Marble Bar, 1 million acres, 1000 head of wild cattle (titled: Cowboys and Engines) both films won awards. Mustering cattle included 4-wheel drive Suzuki's, plane, helicopter, then road trains transporting them to Perth.

Allan travelled to China in 1978 as an official photographer for a nursing group of 24. He saw a baby born and walked the Great Wall.

Allan built a mud brick house in the middle of the forest. He and Joy travelled Asia extensively, then India. They visited Bali a dozen times calling in to see their friend John Fawcett (founder of the foundation for Bali eye and cataract surgery).

Allans' hobbies include golf, photography and painting.





A group of our residents attended our winter menu sensory tasting session on Tuesday 31st of March. Twice a year we get invited to sample some of the choices that may be on offer during our next menu cycle. This opportunity allows our residents to give direct feedback to our supplier who was in attendance to present each dish. Residents were given a feedback form where they gave a 1-5 rating for each dish. The feedback results were collated and presented in a form (below)



FRESH FIELDS NEW RECIPE SENSORY EVALUATION DATA

Attendees:
156

Winter 2026

MEAL ITEM	APPEARANCE	SMELL	FLAVOUR	TEXTURE	OVERALL RATING
Cheesy Cauliflower Soup	3.8	3.7	4.0	3.9	3.9
Beef Chorizo Casserole	3.7	3.6	3.8	3.8	3.8
Southern Fried Chicken Toppa	3.8	3.6	3.8	3.5	3.9
Mac Cheese Bites	3.9	3.7	3.9	3.9	4.0
Banana Raspberry Slice/Custard	3.9	3.7	4.0	3.9	4.0
Kit Kat Mousse	4.3	4.1	4.3	4.3	4.3

SCORE RATING: _____



5 - Excellent



4 - Very good



3 - Good



2 - Average



1 - Poor



I was at lunch with an old friend & pointed to two elderly ladies across the room and said "That will be us in 10 years." She said: "That's a mirror."



"Alphabet soup again? Stop putting words in my mouth."

Missing dog. If you see her, lettuce know.





Around Our Home





March Birthday Celebrations



FROM THE MANAGER

Dear residents and families,

I hope this message finds you well. It is with sadness that we say farewell to our facility manager at Salter Point, Kamie Kaur. We would like to thank Kamie for her contribution to our home.

We would also like to thank Andrew Kruger, who is also leaving us, for his contribution to both Salter Point and Retirees WA.

We are in the process of on boarding our new manager who we will introduce as soon as possible.

Our staff continue to work to maintain high standards of care, activities and comfort and we appreciate your ongoing support and partnership.

Please see the following information from "OPAN", the Older Persons Advocacy Network.



The Statement of Rights

The Statement of Rights clearly identifies your rights when seeking or receiving aged care services. Under the Aged Care Act 2024, your provider and aged care workers are legally obliged to deliver services in line with these rights.



Autonomy and freedom of choice

I have the right to make my own choices – about my care, relationships, lifestyle and taking risks – with support if I want it.



Equitable access

I have the right to have my needs assessed in a way that works for me including having my cultural background, past trauma or cognitive conditions, such as dementia, respected.



Safe, quality care

I have the right to be treated with dignity and respect by experienced aged care workers who value my identity, culture, spirituality and diversity.



Privacy and confidentiality

I must have my privacy respected and my personal information kept confidential, and be in control of who this information is shared with.



Communication and complaints

I have the right to be informed in a way I understand and to raise concerns without fear of reprisal. My feedback must be dealt with fairly and promptly.



Support and social connections

I can stay connected to important people, pets and culture including independent advocates. As an Aboriginal or Torres Strait Islander I can stay connected to Country and Island Home.



For free, confidential and independent support call the Aged Care Advocacy Line
1 800 700 600



OPAN

Older Persons
Advocacy Network



Rights in real life



Autonomy and freedom of choice

Jack's* aged care home has a blanket non-smoking policy. Staff are permitted to smoke at a nearby reserve. Jack felt this was an appropriate alternative for him. Jack's aged care provider initially disagreed, citing health risks and their duty of care. With the support of an aged care advocate, Jack successfully reminded the provider of his right to exercise choice, including when that choice involved personal risk.



Safe, quality care

Eleni* lives with dementia. As the condition has progressed, she has reverted to her first language – Greek. Eleni's daughter and representative (registered supporter under the new Act), Kay*, called OPAN because she felt Eleni's inability to communicate had caused her to become socially isolated and withdrawn. With Eleni and Kay's consent, the advocate arranged a meeting to review Eleni's care plan with support from Dementia Australia. As a result, the aged care home amended their roster to ensure greater consistency in staffing. Greek communication cards were provided to help overcome language barriers. Eleni was also referred to the Aged Care Volunteer Visitors Scheme to enable regular visits from someone from her cultural background.



Respect for privacy and information

When Rosemary first moved to an aged care home, she noticed that questions about her health care (e.g. vaccination permission) and her finances (e.g. monthly statements) were being referred to her family. She reminded management of her right to make decisions about her financial affairs, her right to have her personal information protected, and her right to be provided with information about the aged care services she receives, including the costs of those services. The provider agreed to redirect all of Rosemary's correspondence directly to her.



Support and social connections

Cecily belongs to a tightknit social group that meets regularly for coffee. When Cecily moved into residential aged care, her friends gathered in the home's courtyard or common area for their weekly catch-up. Cecily's daughter, Sue, felt the visits were too tiring for her mother and asked the manager to stop them. The friends approached OPAN for assistance. An advocate visited Cecily at the aged care home after her friends gained Cecily's consent. She was missing her friends, who brought joy, laughter and cake. The advocate supported Cecily to have the visits reinstated.

**Names have been changed for privacy reasons*



Scan the QR code to read the Statement of Rights





SALTER POINT SALON PRICE LIST

HAIR CUTS	\$40
BLOWDRY OR SET	\$50
TINT	\$140
FOILS	½ HEAD \$120
	FULL HEAD \$150
PERMS	\$150

***ALL COLOURS & PERMS INCLUDE A FREE BLOWDRY/SET**

*** A fee of 10% will be added to prices for GST**

**All payments to be paid in full on the day of the appointment, if possible, by the resident.
This can be settled via cash or card.**

**If a family member is handling the payment, my BSB & ACC details are provided below
to make it easy for payment to be settled within the week.**

**My phone number and email are also provided for residents and family members to
easily contact me for appointments and queries.**

Renaë (HairStylz by Renaë)

BSB – 062 692

ACC – 7072 4422

REF – (resident's name)

Email - renaegorddard@hotmail.com

Phone – 0416 341 809



We will be holding an Anzac Service on Friday the 24th of April beginning at 10am with a cuppa and an Anzac biscuit in the Multipurpose Room. Everyone is welcome to attend.



Easter

WORD SEARCH



BASKET
BOUQUET
BUNNY
CHICK
CHOCOLATE

DECORATE
EASTER
EGGS
FLOWERS
HIDE

JELLYBEANS
RABBIT
SPRING
SUNDAY
TRADITION



Just remember: You are absolutely unique,
just like everyone else!