

# SUMMITNEWS

SPRING 2025

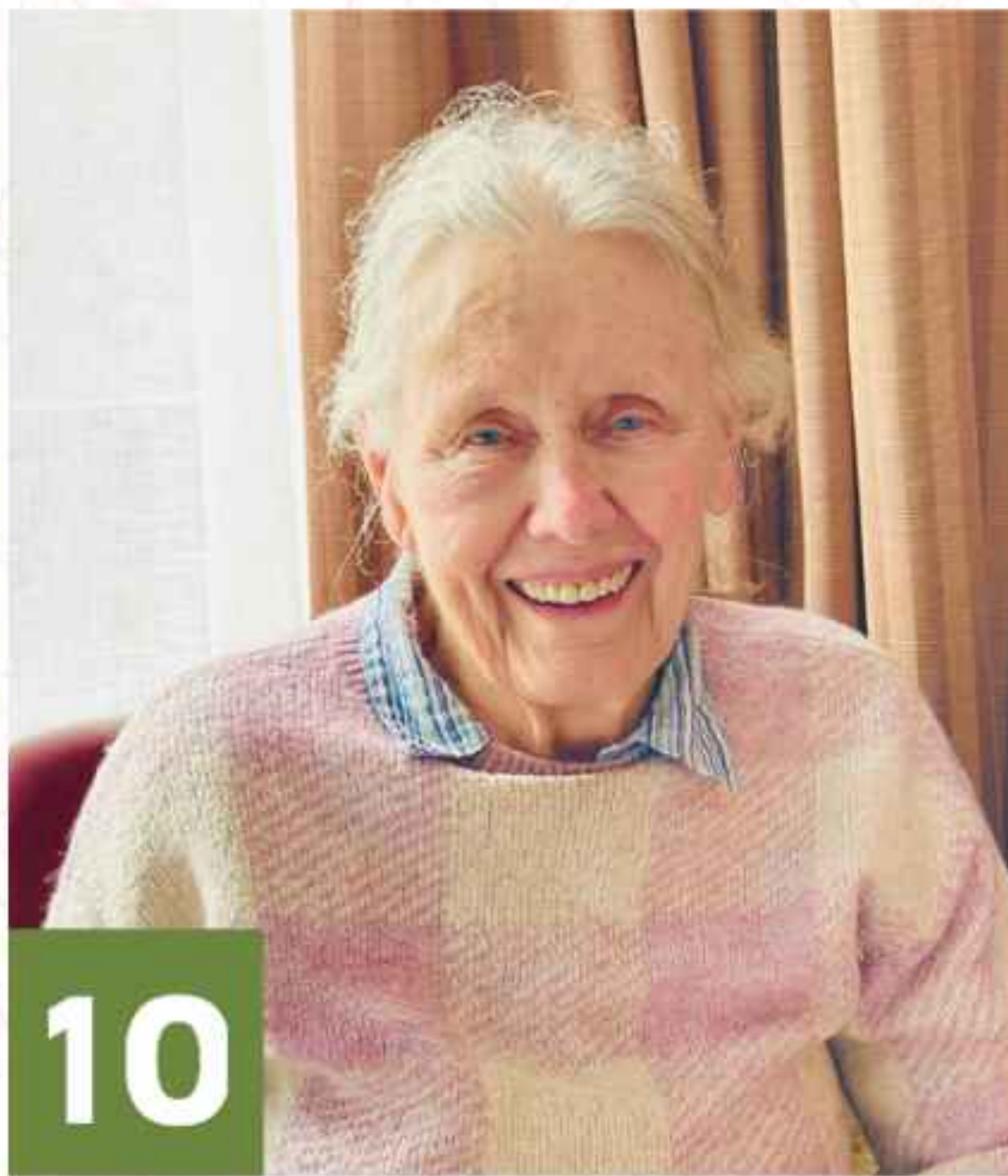


Baulkham Hills | Canley Vale | Liverpool | Penrith  
Randwick | Smithfield | St Marys | Wallsend | Waverley

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**SUMMITCARE**  
WARMTH WORTH WELLBEING





14



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**Cover image:** Baulkham Hills residents getting the gardens ready for Spring





## Message from our Chairman

Welcome once again to our SummitCare newsletter.

It seems that no sooner do I finish writing and submitting my newsletter that I receive a request for a new one. This seems to be telling me something about how quickly time passes and how important it is to take the time to think about and value each and every day.

So why has time been travelling quite so quickly for me and I'm sure all members of the SummitCare team?

In short, we have been incredibly busy. There is always so much going on in Residential Aged Care with our Government trying to grapple with putting together a new Aged Care Act to ensure that Australia has a viable high quality Aged Care system in the future.

At the time of writing the implementation of the new Aged Care Act has been pushed back from July 1st to November to allow everyone, including service providers and Government, more time to better consider and implement the many changes that this Act will bring.

It is a brave new world and everyone in our sector seeks the same thing, and that is simply a better Aged Care system for our older Australians so they can be confident in receiving the absolute best of care in this wonderful country that we are exceptionally lucky to live in.

Alongside these changes I am personally incredibly proud to be able to let you know about changes to our new site in the bayside suburb of Monterey in Sydney's South. We recently made an application to increase our bed numbers at this site from 115 to 128 and this has been approved by the State Planning Panel together with the Bayside Local Council. Both of these regulators recognise the pressing need for new quality Aged Care and I am pleased to say they were incredibly supportive of our application.

Given this good news we will now look to begin construction of this beautiful Aged Care Centre at Monterey later this year.

We have also now decided to commence the Construction Certificate for our stunning mixed use centre at Casula in the busy South West of Sydney which will be an incredibly exciting development.

Casula will include residential aged care together with Independent Living and commercial spaces and looks set to become one of Australia's most modern interstate Aged Care precincts.

I look forward to continuing to update you more on progress of our works in future newsletters and in the meantime wish you and your families good health and happiness.

Peter Wohl and family



SummitCare Monterey



SummitCare Casula





## Message from our CEO

As we welcome the change of season, I'm pleased to share some important updates and observations from across our residential aged care community.

The Federal Government has recently announced a delay to the introduction of the new Aged Care Act, now expected to commence on 1 November 2025. While we support the intent behind the reform, the delay reflects the complexity of this major change and the continued lack of clarity in key areas. Like many providers, we are navigating this uncertainty carefully, and we remain focused on preparing our services and teams to adapt as further details emerge.

In the spirit of celebration, Aged Care Employee Day was on 7 August and this year's theme was "Thanks for Caring".

It is a special opportunity to recognise and thank our remarkable staff for their compassion, professionalism and tireless commitment to those in our care. Across our homes, we marked the occasion with heartfelt appreciation and celebrations to honour the work our teams do every day.

We are also proud to share exciting developments in our capital works program, as outlined by our Director and owner Peter Wohl in this edition. These initiatives represent significant investments in creating modern, welcoming environments for our residents and staff, and we look forward to bringing these plans to life.

Thank you for your continued support and engagement as we move into this next season together.

Warm regards,

Michelle Sloane  
Chief Executive Officer



# What's coming up in Spring

Our SummitCare homes always have fun things happening each week. If you want to celebrate a birthday or special occasion, please contact your SummitCare home directly to arrange events, activities or outings with your loved one.



**Father's Day**  
7th September



**R U OK? Day**  
11th September



**International Day  
of Older Persons**  
1st October



**Daylight Savings Time  
starts**  
5th October

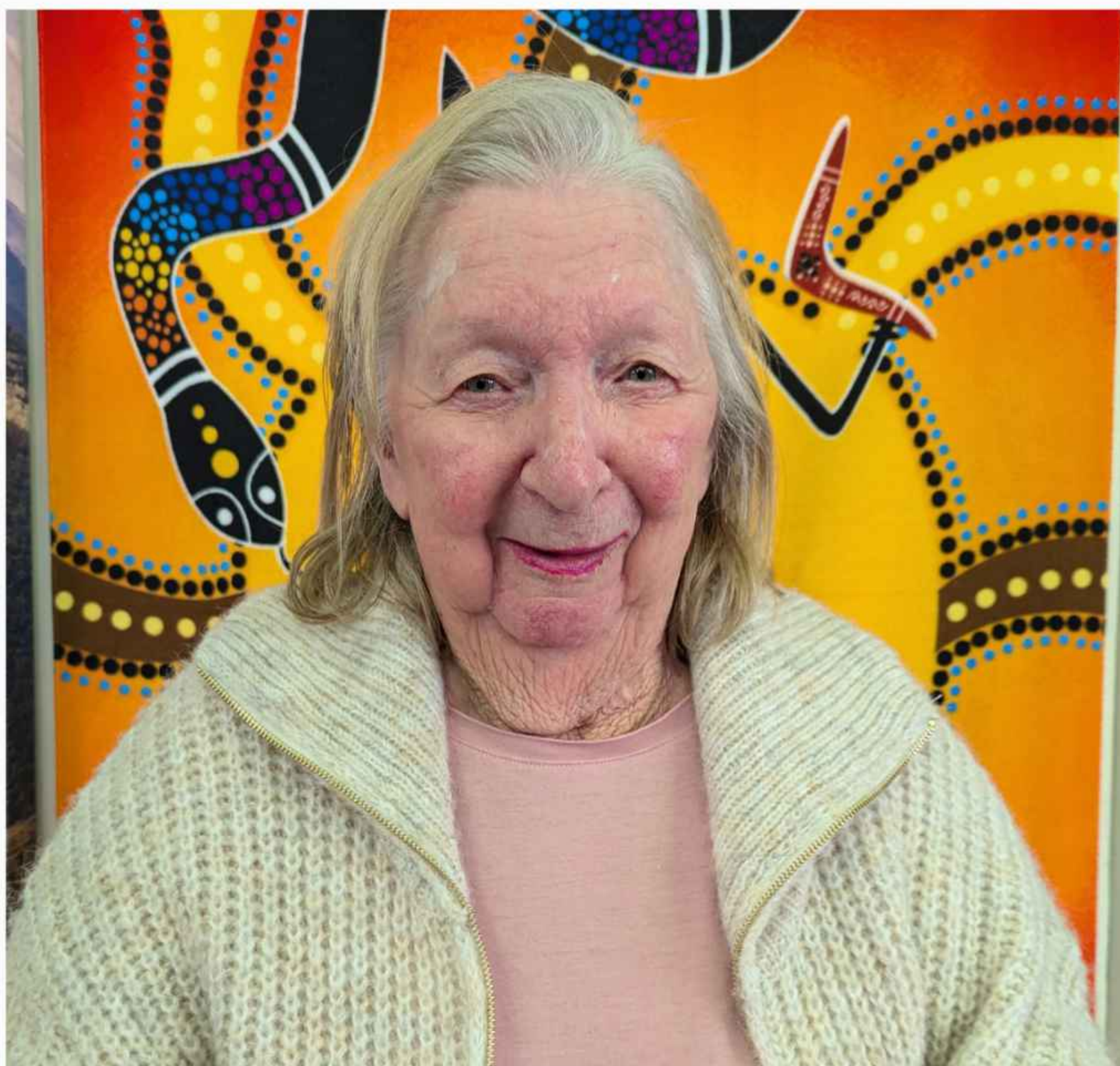


**Movember**  
1st-30th November



**Remembrance Day**  
11th November





# Melodies and Memories

NANCY - SUMMITCARE ST MARYS

Nancy has seen a lot in her 90 years of life. Born in Australia, Nancy's journey has been shaped by love, music, and a strong family connection.

Growing up, Nancy found fulfillment in school subjects that allowed her to express herself - art, music, and English. "Well, I wasn't good at Maths," she admitted with a laugh, "but I was decent at English, History and Geography." Nancy left school at the age of 15, which she explained was common practice for many young people of her age.

However, it was music that truly captured Nancy's full attention, "I always loved music," she says, remembering the happiness it brought her as a young girl. This love for music would later become an important part of her life, as she spent time as a singer, performing in a band during her youth, "I was

in a band years and years ago," she recalled fondly. "I can't remember the name of it, but it was such a great experience. I would get on stage with a microphone and sing for people - it was so much fun!"

Though Nancy found great delight in music, her childhood wasn't without its challenges. When she was around 12 years old, her mother didn't have a stable home, so Nancy went to live with her grandparents for a while, "My grandfather thought the absolute world of me and would do anything for me," she said with a smile, "But my grandmother was a little stricter." She fondly remembered her grandmother giving her money to go and buy herself an iceblock. The close relationship with her grandparents was an important part of Nancy's upbringing, and she cherishes those memories.



In her adult life, Nancy found happiness in the company of her husband, Ernest, with whom she shared many years of love, companionship, and shared hobbies. Ernest and Nancy enjoyed many things together, including gardening and cooking, "We used to love gardening...I had loads of pot plants, and both of us would work on the garden together. It was so rewarding," she recalled. Nancy in her spare time would love to cook, "I used to bake cakes and things like that. It was always a joy to do."

Nancy has a daughter, Karen, who sat beside her during this interview. When asked what advice she'd pass on to her daughter, Nancy laughed and said, "I could tell her a lot of things. Don't do this, don't do that. I just worry about her." She spoke warmly about her family, "We've got a reasonably good family. We all just get along very well."

She also offered some general advice, "Just be careful," she said, "There's a lot of dangers out there. Just be cautious and careful when you go out."

In her quieter moments, Nancy likes to indulge in her favourite pastimes. Gardening, as always, remains a soothing activity for her. "I still love it, even now," she said with a smile. And when she's not tending to her plants, she's reflecting on her love for music. Nancy

is a big fan of the classics, particularly the songs of American singer, Nat King Cole, "I used to like Nat King Cole. I thought he was pretty good. We used to go to his stadium concert to watch him perform."

When asked who she'd choose to play her in a movie, she had an answer ready, with help from her daughter, "Somebody who is a singer, because obviously I used to sing a lot. Probably Judy Garland from The Wizard of Oz."

From singing and music to tending to her garden and raising her family, Nancy's story is one of enjoyment, contentment and connection.







# Victory Over Diabetes

RALPH - SUMMITCARE BAULKHAM HILLS

When Ralph was just 15 years old, his life changed forever. After weeks in hospital and countless tests, he was diagnosed with type 1 diabetes. Adjusting to the diagnosis was a big shift for Ralph and his whole family. From changing his diet and eating on a strict schedule to regularly checking his blood sugar levels and giving himself insulin injections several times a day. It turned his world upside down, but he didn't let it hold him back from living life to the fullest.

Fast forward 80 years, and Ralph, now 95, has lived a rich, adventurous life full of hard work, travel and family. Ralph recently received the Kellion Victory Medal from Diabetes Australia, recognising 80 years of living with diabetes. Only four people in Australia received the 80-year medal this year. The Kellion medal celebrates people who have lived with type 1 or type 2 diabetes for

more than 50 years and onward. Named after Claude Kellion, it honours both personal perseverance and the importance of education and research in diabetes care.

But Ralph's story isn't just about managing diabetes - it's about making the most of life. His daughter Leonie said "He never let his diabetes stop him from doing what he wanted to do."

Ralph was born and raised in Gulgong, a tiny gold-mining town in New South Wales that once appeared on the old ten-dollar note alongside Henry Lawson. He worked at the local cinema as a teenager, where he operated the film reels, "I didn't know anything about it, but I just learnt as I went," he said. Ralph also spent some years helping out with his dad's trucking business. "I used to drive around all the roads in town before I had a license," he laughed. "All of the cops knew but didn't



care. When I went in to get my license, the officer just asked me three questions and that was it."

In his early 20s, Ralph's family moved to Long Jetty, where he helped build houses with his father and ran a petrol station alongside his brother. Eventually, Ralph made his way to Sydney, where he worked with several well-known companies throughout his career. He made lollies at Lifesavers, brought home free makeup from Helena Rubinstein, and even scored vitamins from Vitaplex. But it was his last job that Ralph loved the most, working as the school maintenance man at Truscott Street Public School in North Ryde, the school where his wife Judy was a teacher. "I did everything from mowing lawns to fixing things around the school," he recalled. "I really enjoyed it."

Ralph met Judy on a cruise in 1967. They hit it off immediately, married in 1969, and bought a house in Ryde, where they lived together for decades. Retirement brought even more travel with countless cruises around Australia, New Zealand, the Pacific Islands, and even a memorable trip where they flew to Hawaii and cruised all the way home.

They also went to Europe, the UK, Canada, and Alaska but it's clear to see that cruises were their favourite type of holiday. Ralph, Judy and their two daughters

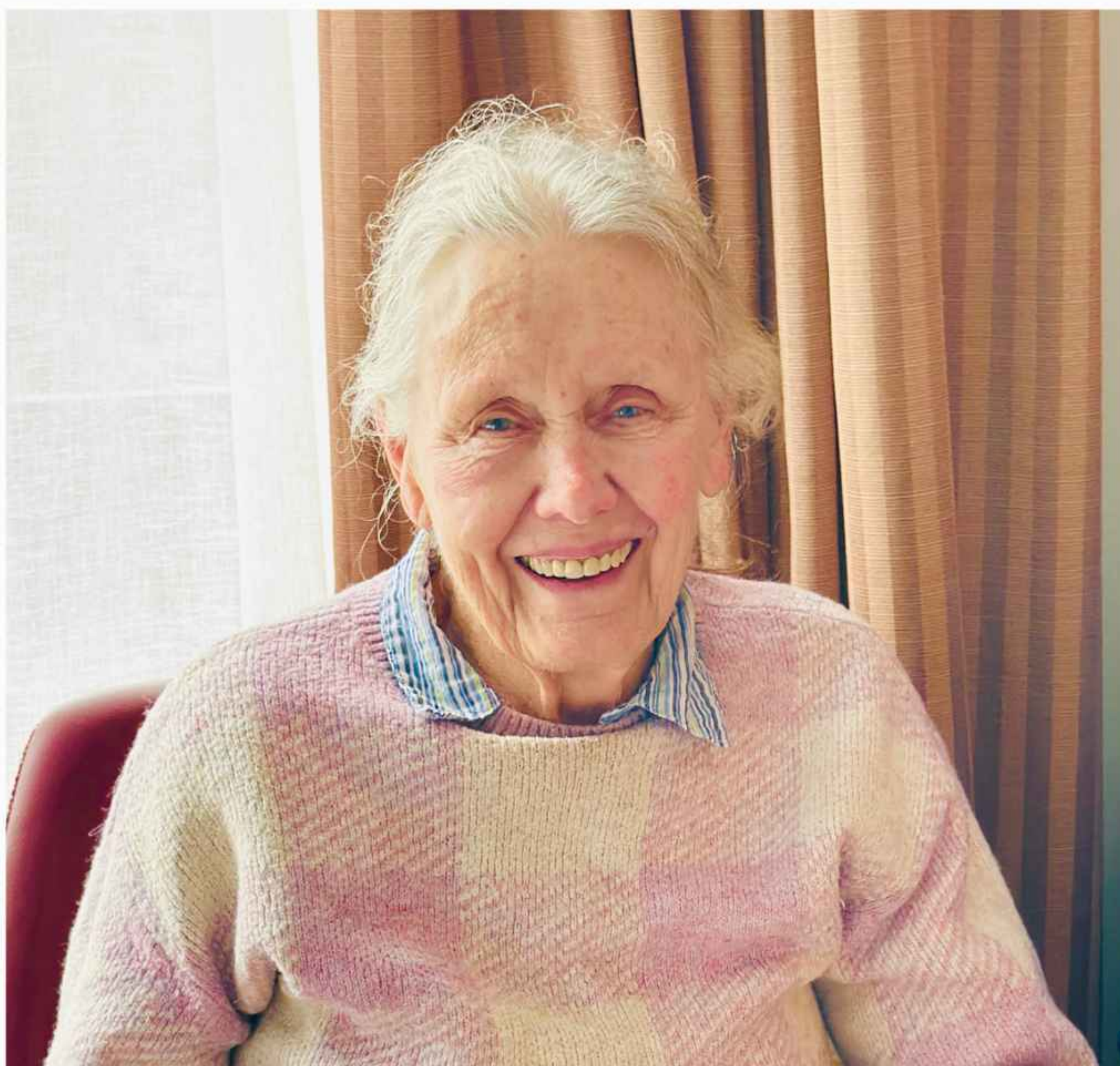
Leonie and Lisabeth spent most of the school holidays at their holiday house located in Tuross Head on the South Coast, a beloved spot filled with memories.

Ralph was known for being a hands-on handyman. "I used to do a lot of woodwork," he said. "I was a regular at Nock and Kirby," which was a hardware shop like Bunnings. Ralph made billy carts for the grandkids, a school desk, and all kinds of toys. Any toys that broke, he would fix them. He even reinforced their school shoes with wooden soles and toe caps to make them last longer.

Through it all, Ralph never let his diabetes hold him back. He has lived a life that's as colourful as it is inspiring. His Kellion Victory Medal is more than a symbol of endurance, it's a reminder that with the right attitude, anything is possible.







## A Heart for Dogs

GLORIA - SUMMITCARE CANLEY VALE

Born into a family of four children, Gloria grew up with three siblings. Her mum was born in England, and her dad was Australian. At school, Gloria's favourite subjects were art, music, and sport.

In her career, Gloria spent time as a shop assistant but also had a joy of caring for dogs, something that felt less like a job and more like time spent with friends.

Gloria is the kind of person who lights up when the topic turns to animals, especially dogs. "Oh god yes," she said with a chuckle when asked if she's a pet lover. "I love them all!" Gloria could not pick her favourite breed of dog when asked she said "I've seen so many different ones." Her love for animals is deep, constant, and heartfelt. Whether it was big dogs or small ones, they've always brought her peace and happiness, "I've always loved being around them. There's something so

comforting about them, especially when you're feeling down or lost. They know what's wrong when something is wrong. People should listen to them a lot more," Gloria explained.

Even now, Gloria always carries with her a special companion, a plush toy, a little curly hair black dog, that she keeps by her side, sitting in her walker. It's a small, friendly presence, something that gives her comfort no matter where she goes.

Her love for animals was matched only by her early love for her garden. She recalls the backyard she once tended to, it was full of flowers she had planted herself, with a fruit tree standing proudly among them.

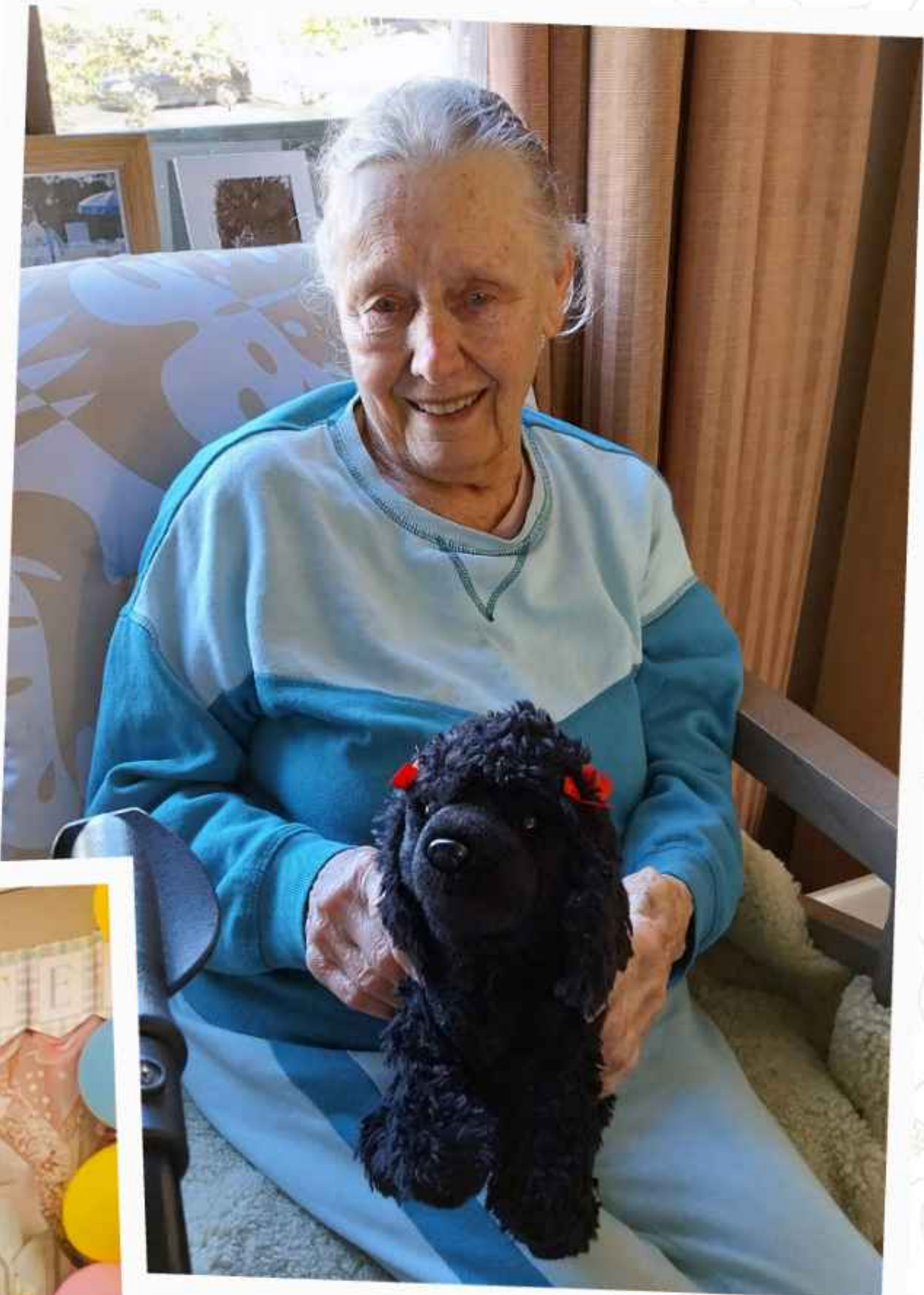
Over the years, Gloria raised four children, two boys and two girls, and now has grandchildren as well, she is clearly proud of her whole family.



When talking about her children Gloria said “I give them all I can. When they went to school and when they got older. I taught them to try and keep doing the right thing. I’m so very lucky that they are all very good at that. The four of them.”

When asked what her children might have taught her in return, she let out a laugh. “Nothing! They had to listen to me.” She’s joking, of course.

Gloria admits that these days, some of the finer details slip away from her; there are some memories that she can’t quite reach. However, the important things that remain part of her story are her love for animals, the pride in her children and the joy she experienced when tending to her garden.





THANKS FOR CARING:

# Celebrating Aged Care Employee Day

CELEBRATED ON 7 AUGUST 2025

Aged Care Employee Day is celebrated annually on August 7th. This special day provides us a vital opportunity to acknowledge and appreciate the dedication of our staff at SummitCare who work in the aged care sector. This year, the theme “Thanks for Caring” encapsulates the profound gratitude we hold for these professionals who provide essential care, support and compassion to our elderly population and their families.

The “Thanks for Caring” theme for Aged Care Employee Day 2025 is a powerful reminder of the incredible dedication and compassion that underpins the aged care sector. It’s an opportunity for us all to pause, reflect, and genuinely thank those who care for our most vulnerable, ensuring they live with dignity, comfort, and respect. Their caring hearts make an immeasurable difference, and for that, we say a resounding “Thanks for Caring.”

The “Thanks for Caring” theme highlights the fundamental nature of aged care work: it is founded upon genuine care and a commitment to the wellbeing of others. This goes beyond the tasks performed and speaks to the emotional labour, empathy, and personal connection that SummitCare staff bring to their residents and families every single day. From personal care workers and nurses to chefs and catering teams to cleaners, allied health professionals, and administrative staff, every role contributes to creating a supportive and nurturing environment for older Australians and their families and friends.









SPRING INTO ACTION:

# Why Exercise is Crucial for Seniors



As the days lengthen and the vibrant colours of spring emerge, it's a perfect time for everyone to embrace the outdoors and renew their commitment to health. For seniors, the arrival of spring offers a particularly valuable opportunity to re-engage with physical activity and reap a multitude of benefits that can significantly enhance their quality of life.

The cooler, drier days of autumn and winter can often lead to reduced activity levels and increased time spent indoors. Spring, with its milder temperatures and blossoming natural world, provides an ideal environment to shake off any winter lethargy and safely increase physical activity.

Regular exercise for seniors extends far beyond simply maintaining physical fitness. It plays a pivotal role in overall well-being, impacting everything from bone density to mental acuity.

## Physical health benefits include:

- **Improved Cardiovascular Health:** Regular aerobic activity, like brisk walking or cycling, strengthens the heart and lungs, reducing the risk of heart disease, stroke, and high blood pressure.
- **Enhanced Bone Density and Muscle Strength:** Weight-bearing exercises and strength training help combat osteoporosis and sarcopenia (age-related muscle loss), reducing the risk of fractures and improving balance. This is especially important as we age.
- **Increased Flexibility and Balance:** Activities like tai chi, yoga, and stretching can significantly improve range of motion and reduce the risk of falls, a major concern for seniors.

- **Better Weight Management:** Staying active helps maintain a healthy weight, which in turn reduces the strain on joints and lowers the risk of conditions like type 2 diabetes.
- **Boosted Immune System:** Moderate exercise can strengthen the immune system, helping seniors ward off illnesses and recover more quickly.
- **Reduced Chronic Pain:** For those suffering from conditions like arthritis, gentle, consistent exercise can help alleviate pain and stiffness.

## Mental and Emotional Wellbeing benefits include:

- **Improved Mood and Reduced Depression:** Physical activity releases endorphins, natural mood elevators that can combat feelings of loneliness, stress, and depression.
- **Enhanced Cognitive Function:** Studies show that exercise can improve memory, focus, and overall cognitive abilities, potentially delaying the onset of cognitive decline.
- **Increased Social Engagement:** Group exercise classes, walking clubs, and outdoor activities provide opportunities for social interaction, combating isolation and fostering a sense of community.
- **Better Sleep Quality:** Regular physical activity can lead to more restful and consistent sleep patterns, crucial for overall health.

Spring is a season of renewal and growth, and it should be the same for all of us and mostly especially our seniors' health. By making exercise a regular part of their routine, seniors can look forward to a healthier, more active, and more joyful season, full of energy and vitality. It's never too late to start moving, and the benefits will undoubtedly blossom alongside the spring flowers.



# Ageless Play

The emerging trend of “ageless play” is not merely about adults rediscovering their inner child; it represents a profound paradigm shift in how society views leisure, education, and social engagement.

For seniors, ageless play can be particularly transformative. It can combat isolation, improve motor skills, and provide a sense of purpose and continued engagement. For younger adults, it offers a counterbalance to the pressures of work and adult responsibilities, promoting a more balanced and fulfilling life.

At SummitCare we are aware of the benefits of intergenerational playgroups and incorporate local preschool and school children visiting the residents to spend valuable time together.

## The Benefits of Ageless Play: More Than Just Fun

Research consistently highlights the multifaceted benefits of play, extending far beyond simple enjoyment. For adults, ageless play can:

- **Boost Cognitive Function:** Engaging in activities that stimulate creativity, problem-solving, and strategic thinking – from board games to improvisational theatre – can help maintain mental agility and combat cognitive decline.

- **Reduce Stress and Improve Mental Health:** Play provides a much-needed outlet for stress, offering a break from daily pressures and fostering a sense of joy and spontaneity. It can reduce symptoms of anxiety and depression, promoting emotional resilience.
- **Enhance Social Connections:** Many forms of play are inherently social, encouraging interaction, collaboration, and shared experiences. This can combat loneliness and build stronger community ties, crucial for overall wellbeing.
- **Foster Creativity and Innovation:** Play encourages experimentation, risk-taking, and thinking outside the box. This translates into enhanced problem-solving skills and a greater capacity for innovation in both personal and professional life.
- **Improve Physical Health:** Active forms of play, whether dancing, sports, or even imaginative outdoor adventures, contribute to physical fitness, flexibility, and overall vitality.





# Aurelia

ASSISTANT IN NURSING - SUMMITCARE ST MARYS



Aurelia has been a familiar and much-loved face at SummitCare St Marys for many years. As of September, she officially reached the incredible milestone of 24 years working as an Assistant in Nursing (AIN). And with her 80th birthday just around the corner in October, she has shown no signs of slowing down.

Aurelia's journey to aged care started well before her time at SummitCare. Born and raised in the Philippines, she spent 20 years as a school teacher, educating Year 2 students before migrating to Australia with her husband in 1987. Once settled, she entered the aged care workforce in 1988, bringing with her not only compassion, but decades of dedication to helping others.

Before joining SummitCare, Aurelia worked in other aged care homes including one in Westmead. What brought her to St Marys was a personal connection. "I knew the first matron nurse that worked here... she asked me if I wanted to work here as it was closer to where I live... she welcomed me with open arms. So I accepted her offer."

Over the years, Aurelia became a pillar of the night shift team which was a decision that suited her family life perfectly. "I always do night shifts. I like to do night shifts because I have kids," she shared. "That's why." With two sons, one daughter, and eight grandchildren, the flexibility allows her to spend her days with loved ones while continuing the work she loves.

Her responsibilities as an Assistant in Nursing includes checking in on residents, assisting with meals, and ensuring their comfort overnight. While the tasks could be demanding, Aurelia approaches each shift with warmth and care.

Outside of work, she kept things simple. "I don't have many hobbies," she laughed. "But I do like to go shopping and to the movies."

When asked what makes SummitCare special, Aurelia didn't hesitate. "The equal treatment from the bosses," she said. "They listen to both sides to figure out solutions. There's no division in the team."

Her values are just as strong as her work ethic. If she could offer one piece of advice to younger generations, it would be this, "Be respectful and nice to everyone because we were all born equally and we should all be treated equally. We are all human beings at the end of the day."

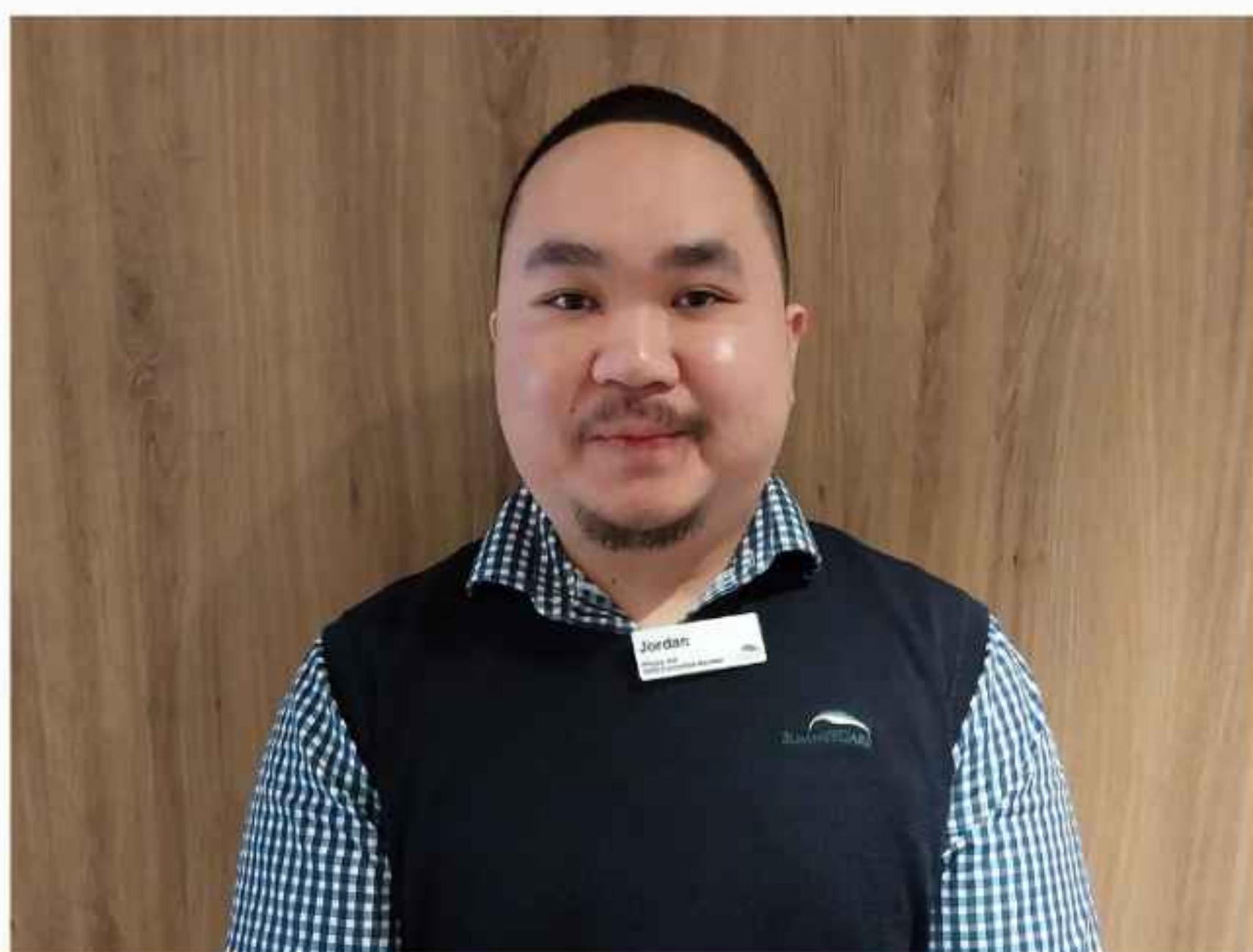
With a quarter-century of service behind her, Aurelia remains humble. "I'm very thankful to SummitCare for letting me work. At 80 years old, I can still do the job because we have a great team here and we all help each other."

Aurelia is known not just for her reliability, but for the kindness she shows every resident. Her gentle nature and calming presence makes her someone both staff and residents trust deeply. She doesn't see her role as just a job - it's a calling.



# Jordan

## PHYSIO AIDE - SUMMITCARE BAULKHAM HILLS



At just 28 years old, Jordan is already a seasoned staff member at SummitCare Baulkham Hills, having worked here for almost eight years. But his journey into aged care wasn't one he initially planned. Jordan, who was born in Australia to Filipino parents, began his career in home care before stumbling upon an opportunity at SummitCare that would change the course of his life.

"I started working as a home care staff, visiting clients' homes and providing personal care. Sometimes it was taking them out for the day or to their appointments," Jordan explained. "But during my work placement, I came across SummitCare Canley Vale, and from there, it all fell into place."

Jordan's role at SummitCare is a Physio Aide (PTA), which involves working closely with physiotherapists to assist the residents with their mobility and rehabilitation exercises. "We have our own list of residents to look after every day, helping with things like massages, exercises, and managing equipment," he explained. His day-to-day work includes encouraging residents to stay active, whether it's helping them with balancing exercises, walking, or sit-to-stand movements to improve leg strength.

One of the things that sets Jordan apart is his deep respect for our residents at SummitCare. "Whenever I interact with the residents, I don't see them as 'just elderly people,'" Jordan shares. "They still have their wits about them, and there's so much knowledge to gain when you stop and have a conversation." This mindset

shift was something Jordan didn't expect when he first started working in aged care.

"When I was 20, I didn't really think about the elderly the same way I do now," he admits. "But now, I've learnt so much from them, not just about life, but also about perseverance and strength. It's inspiring to see how resilient they are."

Jordan's connection with the residents goes beyond work. His experience in assisting residents with their exercises has had a personal impact as well. "It made me question myself," he explained. "If the residents can push themselves to be more active, why can't I do the same? That was a big motivator for me to get back into the gym."

Before COVID-19, Jordan was already hitting the gym regularly, but like many, the pandemic led to a drop in his fitness routine. "I was in and out of the gym, but after the pandemic, I made the commitment to get back into it and now I train 5-6 days a week," he said.

The most rewarding part of Jordan's job remains the residents. "I love hearing their stories," he said. "Some of them have had such interesting lives. When they share their experiences, it really makes you realise how much wisdom they have. It's incredible."

Outside of work, Jordan enjoys playing video games and staying active, but his heart remains in helping others. "I find it fulfilling to be part of a team that works together to improve the lives of the residents here," he said. "It's not just a job; it's a community."



# Tej

### MANAGER CARE & WELLBEING - SUMMITCARE CANLEY VALE



When Tej first arrived in Australia from Nepal, he brought with him more than just a suitcase, he carried a deep sense of compassion for caring for the elderly. Today, after fourteen years in the aged care industry and seven years with SummitCare, Tej is making a lasting impact at the Canley Vale home, where he now works as the Manager of Care and Wellbeing (MCW).

Tej's journey into aged care wasn't a straight path, but it was always something he wanted to do. "I started as an assistant in nursing," he recalled. "I did a lot of travelling too. I studied in Brisbane, travelled to the Gold Coast, Canberra, and then finally settled in Sydney. That's where I knew I wanted to stay."

He first joined SummitCare in 2018 as an Enrolled Nurse (EN) at the Liverpool home. "At the time, I was looking for a job in aged care because I was completely passionate about that," Tej explained. "One of my friends recommended SummitCare to me. I hadn't heard of it before, but I applied, and that's where my journey began."

From the early days at the Liverpool home, Tej steadily worked his way up. After completing his Bachelor of Nursing, he continued his journey with SummitCare, progressing through various roles and eventually becoming the Manager of Care and Wellbeing. "I've worked in all of these clinical capacities - from an Enrolled Nurse to now the Manager of Care and Wellbeing," he said.

Tej's role is as dynamic as it is vital. "Every morning, I come in and do my runs to see if there are any issues or support that the care or registered nurses need. I support them as needed. I also delegate tasks to my staff, run meetings, provide education, review residents who need extra attention, and follow up on audits," he explained.

For Tej, the encouragement he's received at SummitCare has been a major part of his professional growth. "There is always support if anyone wants to grow with the organisation - which I believe, I'm a brilliant example of this," he said with a laugh. "I started as an Enrolled Nurse and slowly worked my way up. That wouldn't be possible without the Senior Leadership Team (SLT). They're always happy to support people who want to thrive and climb the ladder."

SummitCare's core values, Warmth, Worth, and Wellbeing - resonate deeply with Tej. "It aligns with my own values. What SummitCare offers to the elderly is just brilliant overall."

Tej also brings a rich cultural perspective to his role. Raised in Nepal, he describes his homeland with pride and affection. "It's a beautiful country. Mount Everest is there and the Buddha was born there. Most people are very polite and hardworking, especially when it comes to caring for the elderly. That's the cultural background most Nepalese have. It's just our nature."

For Tej, caring for others isn't just a job, it's a calling deeply entrenched in who he is.





# Come and join our team at SummitCare

SummitCare provides Residential Aged Care services in nine fully accredited homes across the Sydney metropolitan area and Wallsend. Our purpose is to provide Warmth, Worth and Wellbeing every day to the residents in our care and to each other.

We are always looking for talented go-getters who have a passion for looking after others, are driven to be successful and have the relevant qualifications and experience needed to be the best.

We have opportunities across Sydney and Newcastle in a variety of roles.

To help you succeed in your role we provide training as well as a range of benefits that support you both in your role and also at home, through flexible work.

If this sounds like you and something you would like to explore further, please visit our careers page at:

<https://www.summitcare.com.au/careers>



## Healthy Ageing & Active Living with Award Winning SummitCare

SummitCare is a family owned business providing excellence in care to our residents for nearly 60 years. Our highly qualified staff provide 24/7 care on both a permanent and respite basis.

Our homes are designed to offer spacious living areas, external and internal courtyards with beautiful gardens for our residents to enjoy.

SummitCare's focus is on care that includes freshly prepared nutritious meals cooked on-site and resident specific leisure and lifestyle activities. We are also pet friendly and welcome concessional and DVA discounts.

**To find out more about SummitCare**, we welcome you to contact our friendly team to arrange a private tour to explore any of our beautiful homes and to ask any questions you may have. Visit [www.summitcare.com.au](http://www.summitcare.com.au)

**Baulkham Hills | Canley Vale | Liverpool | Penrith  
Randwick | Smithfield | St Marys | Wallsend | Waverley**



## FAVOURITE MEMORIES



### Home for Many

#### PAMELA - SUMMITCARE PENRITH

With a heart full of warmth and compassion, Pamela has led a remarkable and adventurous life. Her passions include dancing, Rugby League, Elvis Presley, and her close-knit family which have shaped her journey and touched the lives of many. Over the years, she has raised a family, opened her home to more than 100 Aboriginal children through the foster system, and found comfort in the companionship of her cherished cat, Mary.

Pamela lived in a small town, where she worked for Waltons, Woolworths, and Coles. However, it wasn't long before she found herself in a different role. "I worked for a doctor in Taree for 10 years," she recalled. "I also did nursing at Nepean Hospital for three years."

It was her time in Taree that stands out in Pamela's memory, both for its challenges and rewards. "We lived on a small 15-acre farm," she said with a smile. "We had cattedogs, cows, and horses. I loved being surrounded by animals."

Pamela also has a fun-loving side, especially when it comes to her passion for Rugby League. "I remember playing in a one-off women's NRL game back in 1975," she said with a chuckle. "I even broke my collarbone during the match!"

Pamela's love for music was also something that stands out. "I've always loved Elvis Presley's music," she said. "My son was the biggest Elvis fan. He collected everything Elvis and could sing just like him!"

When it comes to family, Pamela's pride shines through. "I have children, grandchildren, and great-grandchildren," she said. "We all used to enjoy the farm. My kids and grandkids used to ride motorbikes on the farm, and that's something that has stuck with me."

Pamela's advice for the younger generations is simple but heartfelt. "You've got to be caring, understanding, and patient," she stated. "There's a lot wrong in the world, but you've got to give people the benefit of the doubt and always look for the good."

## From Dumfries to Down Under

#### JOHN - SUMMITCARE SMITHFIELD

Born in the quiet town of Dumfries in southern Scotland, John spent his childhood, completed his schooling, and learned early on that life doesn't always go smoothly, but with strength and support, you can still move forward.

"I had a really bad stutter," John shared. "In school, when we'd have to stand up and say our names, I'd have to hold on to my desk and just try to get my words out."

The challenge left a lasting impact on John's confidence during his early years. "I felt I wasn't good enough," he recalled. Thankfully, his school recognised the need for support and introduced classroom observers and psychologists who quietly monitored students in need.

John's father worked as the county treasurer, and his mother served as a deputy matron at the local hospital. "My dad always said, 'Whatever you do in this world, son, never lose your self-respect.'" It's a lesson John carried with him through his decades.

In 1961, John left the UK and immigrated to Australia. "I remember coming in on the boat and seeing the Sydney Harbour Bridge, the old 'Coathanger,' he said with a smile.

John's career in policing began with a simple childhood memory: "Back in Scotland, the local police would stop traffic at the school crossings. That's how we all got to know them," he said. Inspired by that early connection to community safety, John served as a police officer for 28 years, both in Scotland and Australia.

By John's side during our conversation was Amelia, his partner of nearly five decades. "We've known each other for 50 years and been together for 48," he said. Amelia has played an influential role in his life. "She's always been a good influence on me."





# Teaching, Travel and Tunes

## LORRAINE - SUMMITCARE WAVERLEY

Lorraine, a former home economics teacher, has lived a life full of valuable experiences. Now, in her 70s, Lorraine is a resident at the SummitCare Waverley home, where she's embraced a slower lifestyle pace.

Born in Armidale, Lorraine was raised in a close-knit family with one sibling, Jann, who is two years older. Her childhood was spent with a strong connection to animals, especially ducks and greyhound dogs.

Lorraine excelled at school, her hard work paid off when she won a scholarship to attend Sydney University to study education. After graduating with a distinction, she began her career as a home economics teacher. Over the next two decades, Lorraine taught at various high schools across New South Wales. Lorraine's dedication to her students was clear. She recalled a special moment when two of her top students went on to become home economics teachers themselves.

Outside of teaching, Lorraine has always had a love for music. She is a big fan of pop music, particularly artists like Simply Red and Barbra Streisand. Lorraine attended a number of iconic concerts over the years, including performances by Rod Stewart, Elton John, Leo Sayer, The Beach Boys and David Bowie.

After leaving teaching, she took on various jobs, including a role as a Sales Assistant in a fabric store. But it was her trip to Hawaii that marked a major turning point in her life. "I lived on 'The Big Island' in Hawaii for three months, and that's where I met my husband, Robert. We got married there on the island."

Lorraine returned to Australia after her time in Hawaii and worked at Australia Post before caring for her mother. Now, as a resident at SummitCare, Lorraine reflects on her full and varied life. "I'm so well cared for here," she said. "I have great memories, and I'm thankful for everything I've experienced."



## FAVOURITE MEMORIES



# Landscapes and Life Lessons

## BEVERLY - SUMMITCARE WALLSEND

Beverly has lived a life full of enjoyment, adventures, and love. With a family that includes two children, seven grandchildren, and three great-grandchildren, Beverly has seen the world and created countless memories along the way.

Beverly's family is incredibly important to her. "I have two sisters, a son and a daughter, and of course, seven wonderful grandchildren and three great-grandchildren," she proudly shared. "Family is everything to me, and I cherish every moment spent with them."

Her passion for family extended to travel as well. "I've been to most places I've wanted to go to," she said. "New York was very interesting, but I loved England. We lived there for two years, and I would love to go back again."

Beverly has always been a big fan of rock and roll music, a genre that has been a constant companion through the years. "I've always liked rock and roll," she said fondly.

She also had a passion for swimming, a hobby that began when she was just 13 years old. "I started swimming at school," she recalled.

Springtime is Beverly's favourite time of the year. "The flowers are all in bloom, and it's the perfect time to swim."

Beverly also had a passion for painting. "I was in school when I found out that I could paint," she shared. "I've always loved painting, and I was about 30 when I started painting landscapes."

Beverly firmly believes that life is too short not to make the most of every moment. "My lesson in life is that life is too short. Live every moment to the fullest."



## FAVOURITE MEMORIES

# Turning Ideas into Action

MURRAY - SUMMITCARE RANDWICK

For as long as he could remember, Murray loved ideas. Whether it was business, history, or the philosophy behind how we evolved as a society, Murray found pleasure in learning, building, and sharing knowledge. "I carry a book with me everywhere," he said with a smile. His current read? A deep dive into sociology and philosophy called 'The History of Ideas', "It traces how we got to where we are today over the last two centuries. I really enjoy that sort of thing."

Born in Australia and the eldest of two siblings, Murray spent his life working in the communications and marketing world. He had a strong passion for understanding how people think, what they value, and how great ideas can become successful products. "My career started in advertising, and then I moved into marketing," he explained. "Eventually, I became a Marketing Director and even co-founded an advertising agency with two partners. We ended up having more than 150 clients, both in Australia and overseas".

Later in his career, Murray joined Zip Industries. There, he helped bring a rather clever Australian invention to the world: the Zip Tap, which dispenses boiling and/or chilled water instantly. Under his leadership in product marketing, Zip Industries sold their tap systems and plumbing accessories to over 60 countries.

Though Murray's work kept him busy, he remained a lifelong learner. Business history is one of his favourite topics. He also has an interest in design and marketing books, reflecting on the creative edge that no doubt helped him throughout his career.

Murray's interests were extended to computer studies and working with technology. These days, however, he chooses to keep things a little simpler. "I haven't got a computer here. I don't want to overload my brain with more content," he said with a laugh.



# Life's Like a Box of Chocolates

DAWN - SUMMITCARE LIVERPOOL

For Dawn, music, chocolate, and honesty are all the essential ingredients to a good life. Born and raised in Brisbane, Dawn grew up surrounded by the familiar streets and warm sunshine of her hometown. "Brisbane will always be my home," she said fondly.

Both of Dawn's parents were born in Australia and she had one sibling growing up. But school wasn't a place of fond memories for her. "I couldn't handle it, so when I was 14, I told my mother I was going to work."

Dawn found her first job, dress making and making buttons for clothes. It wasn't long before she moved into other roles, including one at a photography studio where she did retouching work and ran errands for the staff.

But the job that stuck with her the most, was her time at the Darrell Lea chocolate factory. "I decided to give Darrell Lea a go," she said. "It was good. I thoroughly enjoyed it." Dawn spent over 13 years at the factory, where she worked on the production line. The job earned her a certificate for her years of service, and more importantly, left her with fond memories of a friendly, supportive team.

While work filled much of her life, Dawn always found time for the things she loved, especially music. "Any music. I thoroughly enjoy what SummitCare plays in the dining room," she said. But there was one artist that always stood out. "Elvis was always my favourite when I was younger," she smiled. Her love for Elvis began during her time as a theatre usher. "We used to get movies of his, so that's why I think I fell in love with him," she explained.

When it came to life's values, Dawn kept it simple: honestly above all. "You gotta be honest, truthful, and never tell lies about anything," she said.



# Baulkham Hills Residents



A splash of colour, a lot of smiles.  
Our Baulkham Hills residents enjoying some creative time together.



Our wonderful residents at Baulkham Hills are staying active and having fun - Zumba style.



The Humour Foundation brought smiles and cheer to our Baulkham Hills residents at a recent visit.



The residents of Baulkham Hills loved getting the garden ready just in time for Spring.



# Canley Vale Residents



The residents at Canley Vale enjoyed a wonderful day at the park, soaking up the sunshine.



Our Canley Vale residents savoured every bite of their morning tea, filled with smiles.



A beautiful performance filled with colour and energy brought smiles to our Canley Vale residents.



A scenic bus trip to Warragamba Dam brought joy to our Canley Vale residents.



# Liverpool Residents



The tables were set, and the food was ready. Our Liverpool residents enjoyed a wonderful mini banquet filled with delicious dishes and great company.



Our Liverpool residents had an unforgettable day, meeting Hefner, the friendly alpaca up close.



The trip to St Johns Park Bowling Club was a big hit with our Liverpool residents, who indulged in a delightful lunch.



The residents and staff at Liverpool united in celebration, showing love and thanks on Aged Care Employee Day.



# Penrith Residents



Friendly matches of balloon tennis brought lots of fun and laughter to our Penrith residents.



Our Penrith residents enjoyed a great outing to the Peachtree Hotel, full of laughter and good company.



Enjoying the sunny weather, our Penrith residents shared a delicious BBQ feast.



Our Penrith residents enjoyed a beautiful day celebrating friendship and making memories together.



# Randwick Residents



Who doesn't like getting their hands in the dough.  
The residents at Randwick had so much fun creating and eating pizzas.



Our Randwick residents enjoyed a lovely morning tea, sharing smiles and stories.



Fresh air, friendly faces, and a lovely walk.  
Our Randwick residents had a great time on their stroll.



A little creativity goes a long way.  
The residents at took pleasure in making beautiful paper roses.



# Smithfield Residents



During Aged Care Employee Day, our Smithfield residents showed appreciation by writing thank-you letters to the staff.



Our Smithfield residents delighted in expressing themselves through art.



A refreshing change of scenery.  
The residents of Smithfield had a great time exploring Manly.



Lively moves and big smiles.  
Our residents at Smithfield loved getting active with Zumba.



# St Marys Residents



Cuddles and curiosity.  
Our St Marys residents delighted in meeting cute and fluffy baby chicks.



Music, memories, and microphone magic.  
Our St Marys residents loved their karaoke session.



Sunshine, peaceful waters, and plenty of smiles.  
The residents of St Marys had a wonderful time at the Regatta Centre.



St Marys residents couldn't resist trying the fruits of their labour for World Chocolate Day.



# Wallsend Residents



Our Wallsend residents had a wonderful time playing games, colouring in, and enjoying each other's company.



The residents at Wallsend had a blast enjoying a few lively games of carpet bowls together.



Sips and smiles.  
Our Wallsend residents loved exploring new flavours at their wine tasting experience.



Wallsend residents joined in for singing and dancing at the Swansea RSL Club for the ABBA tribute show. Everyone had a wonderful day out.



# Waverley Residents



A quiet and creative afternoon.  
Our Waverley residents loved unwinding with some painting and a colouring-in session.



Our Waverley residents had a fantastic time dancing along at a lively in-house concert.



From flipping pancakes to topping pizzas.  
The residents of Waverley loved getting hands-on in their cooking class.



It was all smiles on the bus trip to Maroubra.  
Our Waverley residents truly enjoyed the experience together.



# One-Pan Roasted Prawns with Parmesan Asparagus

**PREP TIME**  
10 mins

**COOK TIME**  
10 mins

**SERVES**  
4

## Ingredients

- 2 bunches asparagus, woody ends trimmed
- 3 tbsp extra virgin olive oil, divided
- 40g finely grated parmesan
- 500g Coles Black Tiger or Banana Prawns, peeled leaving tails intact, deveined
- 4 garlic cloves, finely chopped
- 1 tsp smoked paprika
- 1/4 tsp dried red chilli flakes (optional)
- 1 tbsp finely chopped flat-leaf parsley
- Lemon wedges, to serve
- Laurent traditional sourdough bread, warmed, to serve

## Instructions

1. Position a rack in the lower third of oven and preheat oven to 250°C (230°C fan-forced). Line a large rimmed baking tray with baking paper.
2. On the lined tray, toss asparagus with 1 tbs oil. Arrange in 1 even row over one-half of tray. Sprinkle three-quarters of the parmesan evenly over asparagus.
3. Using paper towel, pat prawns dry. In a medium bowl, toss prawns with garlic, paprika, chilli flakes, if using, remaining 2 tbs oil, 3/4 tsp salt and 1/2 tsp pepper. Spread the prawns evenly over the other side of the tray.
4. Roast for 10 mins or until prawns are cooked through and asparagus is tender. Sprinkle prawns with parsley. Sprinkle asparagus with remaining parmesan. Serve with lemon wedges and bread.

Source: [www.taste.com.au](http://www.taste.com.au)





# Passionfruit, Mango and Orange Fizz

**PREP TIME**

5 mins

**SERVES**

2

**Ingredients**

- 1 cup (140g) frozen diced mango
- 2 oranges, juiced
- 2 passionfruit, halved
- 1 cup crushed ice
- 2 cups (500ml) chilled sparkling mineral water
- Mint leaves, to serve

**Instructions**

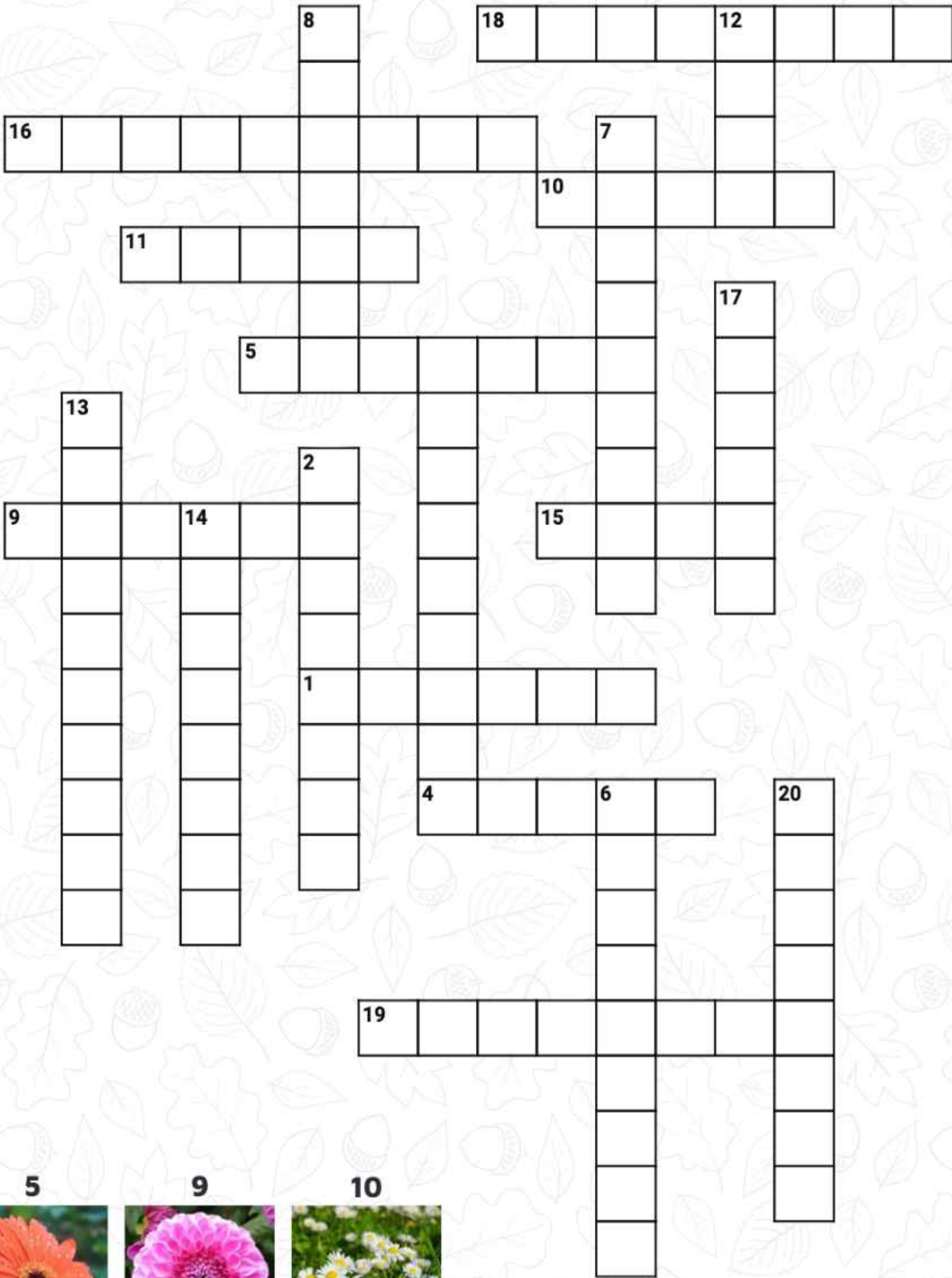
1. Place the mango and orange juice in a blender. Blend until smooth. Transfer to a jug with passionfruit pulp. Stir to combine.
2. Pour the mango mixture into serving glasses. Top with ice, mineral water and mint leaves to serve.

Source: [www.taste.com.au](http://www.taste.com.au)





# Flowers Crossword



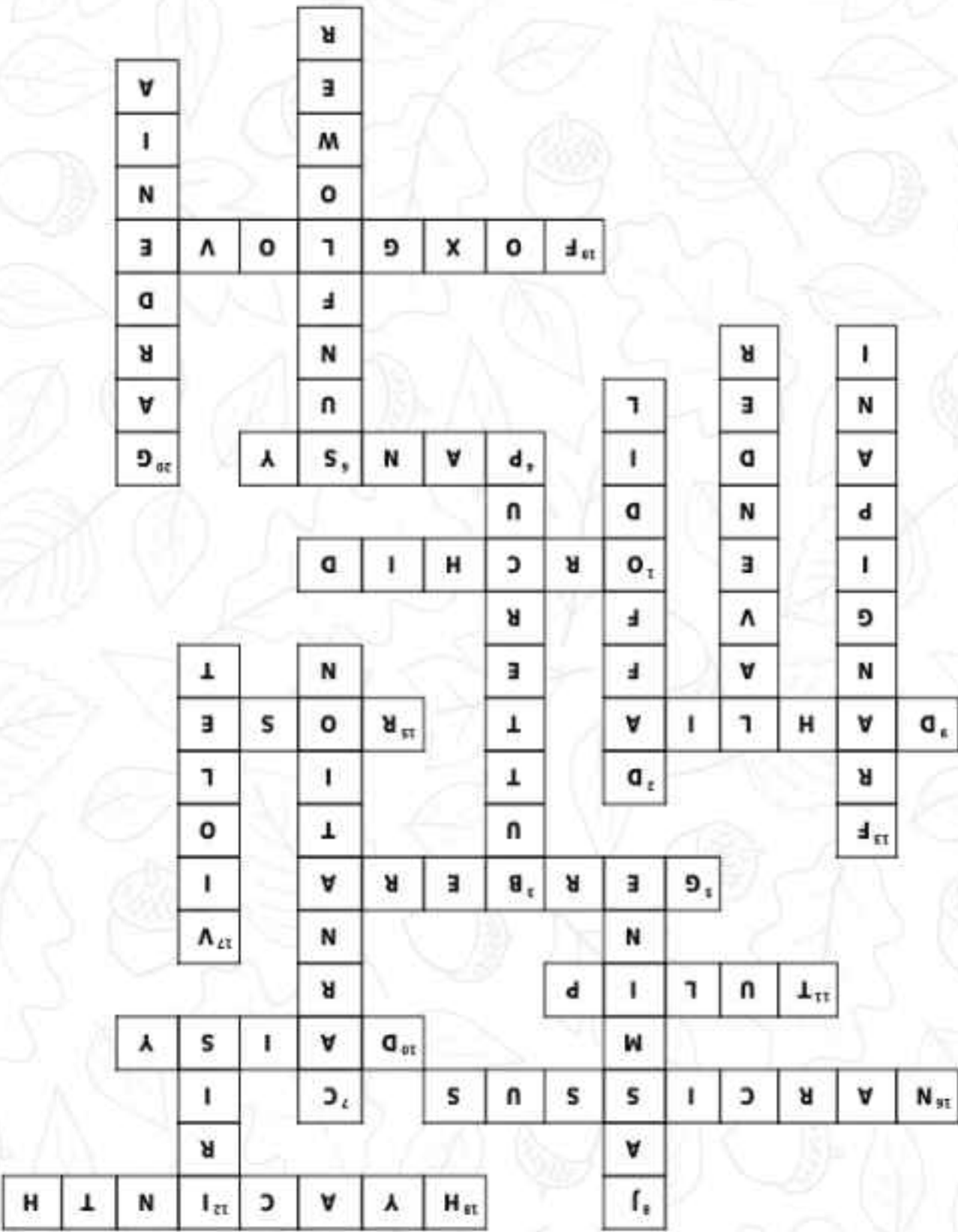
Across



Down



ANSWERS





# Father's Day Word Search

S	P	O	R	T	S	E	L	I	V	P	O	U	F
G	P	L	B	C	A	R	I	N	G	H	H	L	C
B	S	L	Q	V	N	O	F	I	S	H	I	N	G
T	T	L	O	R	L	X	T	Y	I	L	E	X	V
L	R	O	Y	V	E	C	N	H	O	R	U	O	J
P	O	P	A	R	E	N	T	E	D	E	T	X	P
G	N	B	J	T	U	V	Q	L	F	S	Q	F	B
R	G	A	O	F	G	A	I	P	W	P	T	G	A
F	K	R	J	S	T	H	H	F	I	E	E	F	U
A	P	B	K	V	C	P	A	U	S	C	A	A	B
M	F	E	V	T	M	A	B	L	D	T	C	T	R
I	U	C	W	F	I	S	R	N	O	J	H	H	A
L	N	U	H	A	N	D	S	O	M	E	E	E	V
Y	O	E	Q	J	M	D	A	D	N	I	R	R	E

Word Search

- Father
- Family
- Strong
- Love
- Wisdom
- Parent
- Dad
- Teacher
- Handsome
- Funny
- Brave
- Protect
- Helpful
- Respect
- Caring
- Children
- Sports
- Barbecue
- Fun
- Fishing

ANSWERS

E	R	R				D	A	D				E		Y
V	E	E	E	M	O	S	D	N	A	H	U	N	L	
A	H	H		O							C	U	I	
R		C	T	D	L						E	F	M	
B	A	A	B	C	S	U		C			B	P	A	
	F	E	E	E	I	F		H			R		F	
		T	P	W	P	I			F	O	A	G		
			S		L			U	T		B	N		
			E	D	E	T	N	E	R	A	P	O		
			R		H	N	C		V			R		
		E			Y	T				O		T		
G	N	I	H	S	I	F					L	S		
				G	N	I	R	A	C					
								S	T	O	R	S		



# Enabling wellbeing through excellent aged care

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## Consumer Advisory Board

We are always on the lookout for people who might be interested in becoming more involved in our homes in a voluntary capacity. As a Consumer Representative you can provide a valuable contribution on matters that concern our residents. It may be a food or lifestyle committee or other suggestions involving the day to day life in our homes.

**If you are interested to find out more, please contact your local General Manager.**