

SUMMITNEWS

AUTUMN 2026



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

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WARMTH WORTH WELLBEING



What's Inside

- 3 A Message from our Chairman
- 4 A Message from our CEO
- 5 What's Coming Up

Resident Spotlight

- 6 From Douglas to Down Under, Joan
- 8 Heart of the Kitchen, Karren
- 10 Content and Thriving, Essie

Industry News

- 12 What the New Aged Care Act Regulations means for older Australians

Behind the Scenes

- 14 Resha, Registered Nurse
- 15 Weely, Physio Aide
- 16 Rombek, Assistant in Nursing
- 17 Join us at SummitCare

Favourite Memories

- 18 Crafting Joy, David
- 18 Stories That Last Forever, Nancy
- 19 A Life of Love and Learning, Huizhen
- 19 Purpose Driven, Archer
- 20 Full of Colour, Janice
- 20 Century of Smiles, Thelma

Autumn Moments

- 21 Baulkham Hills
- 22 Canley Vale
- 23 Liverpool
- 24 Penrith
- 25 Randwick
- 26 Smithfield
- 27 St Marys
- 28 Wallsend
- 29 Waverley

Recipe and Puzzle

- 30 Tomato and Vegetable Soup
- 31 1960s Australia Word Search

Cover image: A resident of Randwick had a wonderful time creating a beautiful flower arrangement.



Message from our Chairman

Welcome to the Autumn edition of SummitCare News.

As I write this we are now in the final stages of commencing our major development in Monterey in Sydney's South.

With the help of our project development teams we are now progressing into the final tender stage after which we will be in a position to sign off on the construction of this incredibly exciting development.

As one of our future flagship centres, Monterey will showcase the absolute leading edge of Residential Aged Care in Australia and is in keeping with SummitCare's vision of providing the highest level of excellence in Residential Care.

Monterey is, for me personally, not just about growing SummitCare's offering but rather it is about creating an environment that will reflect the modern expectations of Aged Care in Australia within an outstanding and beautiful design in five star hotel surroundings.

Monterey has taken patience and persistence, and I am incredibly proud of the work of all our teams that has gone into bringing this dream to fruition.

Aged Care is evolving in Australia and that evolution can sometimes feel relentless. Yet what gives me confidence is the strength of our SummitCare teams from Senior Leadership to everyone in our centres. Across all our homes, I see extraordinary dedication, professionalism and genuine compassion each and every day and for this I could not be more thankful.

As always our teams continue to lift standards, strengthen governance, and improve clinical systems — not because we have to, but rather because that is everything that SummitCare represents. In my view it is what our residents and their families deserve and expect.

As always I would like to sincerely thank our staff for the work they do each day. This is confirmed on my every visit by the smiles and obvious commitment to our residents which is delivered with warmth and dedication.

I look forward to keeping you all apprised of SummitCare's projects as they continue to evolve.

Warmest wishes
Peter Wohl and family



SummitCare Monterey



Message from our CEO

As we move into the next quarter, it is clear that 2026 is shaping up to be a defining year for aged care in Australia. The introduction of the new Aged Care framework marks an important shift for our sector, placing even greater emphasis on quality, transparency, and the lived experience of residents and their families.

While change of this scale always brings complexity, it also brings opportunity, and at SummitCare we are embracing this moment to strengthen the way we deliver care, services, and community.

Alongside these sector changes, we are also approaching an exciting milestone of our own. We are now getting close to commencing construction of our new SummitCare Monterey home.

This development represents a significant investment in the future of aged care and reflects our vision of creating environments that support dignity, independence, and a rich quality of life for those who call our homes their own. We look forward to sharing more updates as this project progresses.

As always, I would like to thank our residents, families, and team members for your continued trust, support, and dedication. It is your commitment that allows us to keep improving and moving forward together.

Warm regards,

Michelle Sloane
Chief Executive Officer



SummitCare Monterey

What's coming up in Autumn

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.



Easter Sunday
5th April



ANZAC Day
25th April



Mother's Day
10th May



International Nurses Day
12th May



King's Birthday
8th June



Winter Solstice
21st June



From Douglas to Down Under

JOAN - SUMMITCARE RANDWICK

When you sit down with Joan, you immediately feel at ease. She speaks with the calm confidence of someone who has lived a full and fascinating life, from growing up in the Isle of Man to building a new chapter in Australia. Her stories flow easily, sprinkled with warmth, humour, and the wisdom of experience.

Joan was born in 1938 in Douglas, a seaside town in the Isle of Man, a picturesque island set in the Irish Sea. "It's a holiday place," she said fondly. "People come for the Tourist Trophy motorbike races." Her parents, Josephine and Bobby, were also island-born and raised.

When the Second World War began, life changed quickly for Joan's family. Her father, a plumber, found work in Liverpool England, and Joan and her mother soon followed. She recalled that time with surprising warmth. "We were living in the Isle of Man, but due to

the war we moved to Liverpool and found a new house, joined a new school, and made so many good memories with my family over there."

In Liverpool, Joan attended various Convent of Mercy schools before completing her education at Skerry's College. Though she mastered shorthand, typing, and bookkeeping, skills that later shaped her working life, her favourite subject was history. "In those days, office girls were often shorthand typists," she explained. "Someone would dictate a letter, and we'd write it down in shorthand before typing it out. I did that for most of my working life." She remembered the job with real fondness, grateful for a career that suited her well.

In the 1960s, Joan made another major life transition, immigrating to Australia. She quickly settled into her new home, building friendships and developing hobbies

that kept her active and connected. Tennis became a beloved pastime. "I played heaps after work," she continues to enjoy going for walks and staying active with her walking club friends.

Dancing, however, has remained a lifelong passion, "I've always liked dancing," she said with a smile. She first learned traditional ballroom styles, but when disco arrived, she embraced that too. Even now at SummitCare, she loves to get up and dance whenever she can.

Joan describes herself as someone who enjoys "almost everything" when it comes to food and music. She likes eating cuisines from many cultures and listens to all kinds of music with an open mind. That theme of openness flows through her personal mantra as well, "You should try to always relate to everybody," she stated. "Treat people well no matter their education or background."

Although Joan's relatives remain overseas, she has built a remarkable support network in Australia. Her dear friend Salima, whom she describes as "like family," takes her to concerts, on shopping trips, and even on a four-day cruise to Queensland. Her friend Barbara, also originally from Liverpool, regularly brings her out for lunch and shopping. Joan keeps in close touch with

her cousin Madelaine in London, who updates her with stories from her extensive travels.

Life at SummitCare Randwick is full and happy for Joan. "Everyone here is so friendly," she said. She enjoys the meals, her evening TV time, and the companionship of her roommate, Malita.

Looking back on her life across countries and chapters, Joan remains grateful for the people who have shaped her journey. Surrounded by friends, familiar faces, and a caring community, she continues to create new memories each day.





Heart of the Kitchen

KARREN - SUMMITCARE LIVERPOOL

If you spend a little time with Karren at SummitCare Liverpool, one thing becomes clear almost instantly, she is a woman who has always kept her hands busy, her mind creative and her heart open to simple joys. Whether she's talking about her years working in bustling kitchens, the places she has travelled or the satisfaction of finishing a good word puzzle, Karren brings a warm, easygoing energy to every conversation.

Karren was born and raised in Sydney to parents who were also born in the city. One of five siblings, she grew up surrounded by family and the lively rhythm that comes with a full household. At school she loved anything that let her express herself, art, craft, music and sport were among her favourite subjects. Those early interests in creativity and activity would follow her into adulthood in more ways than she expected.

Her very first job set the tone for what would become an important part of her life. "I started out working in a restaurant," she said. That early role eventually led her to Pinocchio's, a well-known local restaurant located at The Spot in Randwick. She stayed there for about fifteen years, becoming a familiar face in the busy kitchen. Though the job was hands-on and often demanding, involving everything from cleaning to food prep, Karren found great satisfaction in it. "It's enjoyable if you know what you're doing," she said with a smile, thinking back to how natural it all became for her.

During her years in hospitality, Karren enjoyed preparing a range of dishes, from pizzas and steaks to seafood classics. Outside of work, she developed a taste for flavourful cuisines, and today she still enjoys Thai and Chinese food the most. Cooking, for Karren, has

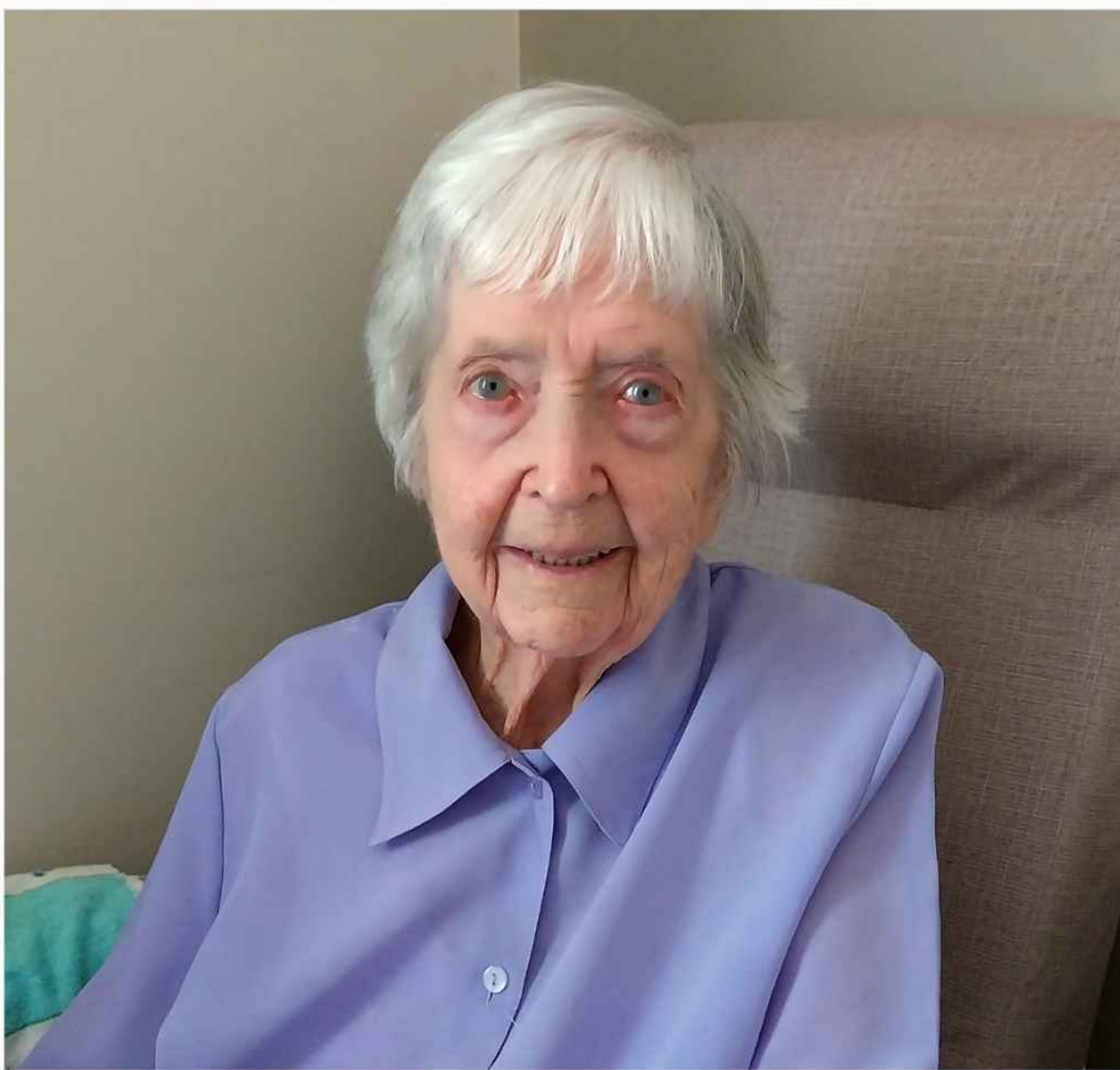
always been a practical skill but also a comforting one, something she enjoyed doing both for work and for pleasure.

When she eventually left hospitality, Karren explored other jobs, including working in a keyring factory. Much like her restaurant days, the work was hands-on and active. Over time, she built a life balanced with quieter hobbies too. Knitting and crocheting became favourites, along with gardening, word puzzles and word searches.

Family has also played a central part in Karren's life. She spoke fondly of her son, Shane, who is her only child. Some of her most treasured memories with him involve going on holidays together, travelling to places that strengthened their bond and created stories they still share. Karren explored parts of Australia and beyond, visiting Queensland, New Zealand and the stunning landscape of Cairns. When asked what destination she loved most, she didn't hesitate, "Cairns, because of how picturesque it is!"

Karren's life has been shaped by hard work, simple pleasures, and meaningful connections, and she continues to embrace each day with the same warm spirit. Whether she's chatting with friends, working on a puzzle, or reminiscing about her time in Cairns, Karren embodies a life full of community, joy, and fulfillment.





Content and Thriving

ESSIE - SUMMITCARE WALLSEND

At 101 years young, Essie, a much-loved resident at SummitCare Wallsend, radiates the same warmth and optimism that have carried her through a century of memories, milestones, and laughter. Born in West Wallsend, Essie grew up surrounded by family, fun, and a strong sense of contentment.

"My earliest childhood memory is walking up the hill to school at West Wallsend with my sister," Essie recalled with a smile. "We didn't have far to walk, but it's stuck with me all these years."

Essie loved her school days, from playing sports like basketball and vigoro (a women's version of cricket) to spending time with friends in the classroom. She especially remembers how much fun she had learning, and how caring and kind her teachers were. "They made school enjoyable," she said. "It was always full of

laughter and friendship."

Essie's family later moved to Swansea, where life was simple but filled with joy. "We lived in a little holiday hut right on the waterfront of the Swansea channel," she said. "There was no electricity, no running water, just tank water. We didn't have much, but we were content and happy with what we had."

Days were spent swimming in the channel, fishing and prawning with her family, and learning to swim at the old "Granny's Pool" near the Swansea Bridge. "They used to throw a stone wrapped in a white rag into the water," she laughed. "We had to dive down to fetch it, that's how we learned to dive!"

Essie and her family loved their outdoor adventures. "My dad had a little rowboat," she recalled. "We'd all go out fishing, catch the bait first, and Mum would have a

big frypan ready to cook. They were happy times."

At 16 years old, Essie met the love of her life, Aubrey. "I saw him walking down the street and said, 'What a good-looking fella!'" she laughed. "He was going to the hotel for his first beer with his mates." The two shared countless adventures, bike rides before they owned a car, trips to Coffs Harbour three times a year in their little Volkswagen, and many happy days by the beach. "Coffs Harbour was our favourite place," Essie said fondly. "We even had a block of land there, but I liked it best as a holiday spot."

Together, Essie and Aubrey built a beautiful life and family. Their daughter Carole, along with three grandchildren and six great-grandchildren, continue to bring Essie immense joy. "My family means everything to me," she said. "My granddaughter's husband is like the son I never had. He treats me so wonderfully, I

always say he's the son I should've had!"

Essie's working life was varied and rewarding. Her first job was selling fruit and vegetables, but she especially loved her time working for a doctor's practice.

Outside of work, Essie found joy in gardening, tending to her veggies and flowers, and hosting lunches with friends.

When asked what advice she'd share with the future generations, Essie didn't hesitate, "Just be content with what you've got. Don't keep wanting and wanting things. Just be happy."

It's a philosophy that sums up her 101 years beautifully, a life lived with gratitude, laughter, and love. Essie's story is a reminder that happiness isn't found in material things, but in the moments shared, memories made, and the simple joy of being content.



What the New Aged Care Act Regulations means for older Australians

EFFECTIVE 1 NOVEMBER 2025

The new Aged Care Act (the Act) and its accompanying regulations, effective 1 November 2025, represent a comprehensive overhaul of Australia's aged care system. These changes aim to place older Australians at the centre of the system, fostering greater transparency, accountability, and quality of care.

Core Pillars of the New Legislation

The reforms are built on several key principles designed to fundamentally shift the power dynamic in aged care:

1. Rights-Based Framework

A central element is the introduction of a clear, legally enshrined **Charter of Aged Care Rights**. This charter provides older Australians with explicit rights regarding their care, including the right to choice, dignity, respect, and autonomy. This framework moves the system away from a needs-based approach to one focused on individual rights and self-determination.

2. Enhanced Quality and Safety Commission Powers

The Aged Care Quality and Safety Commission (ACQSC) has been granted significantly broader and stronger powers. These include:

- **Proactive Compliance Monitoring:** Shifting the focus from reactive complaint handling to proactive monitoring and auditing of providers.
- **Increased Sanctioning Capability:** New powers to impose harsher and immediate penalties, including increased fines and the ability to revoke provider registration more easily in cases of serious non-compliance or neglect.
- **Public Reporting:** Mandatory and transparent public reporting of key quality indicators and serious incidents for all providers.

3. Streamlined Access and Registration

The legislation introduces a simplified and consistent process for accessing aged care services, regardless of whether they are provided in-home or in a residential setting.

- **Single Assessment Pathway:** A move towards a unified assessment process to determine an individual's needs, reducing complexity and administrative burden for consumers.
- **Provider Registration:** A new, more stringent registration scheme for aged care providers, requiring them to demonstrate compliance with enhanced standards before operating.

4. Financial and Operational Transparency

Significant changes have been introduced to ensure how government funding is spent is clear and accountable:

- **Mandatory Care Minutes:** Providers are legally obligated to meet specific minimum targets for the amount of direct care time provided by registered nurses and care workers per resident.
- **Increased Financial Reporting:** Enhanced requirements for providers to publicly report on their expenditure, specifically detailing the proportion of funding spent on care, wages, administration, and profits.

5. Stronger Protections for Whistleblowers and Serious Incidents

The Act reinforces protections for individuals who report concerns about the quality or safety of care.

- **Expanded Serious Incident Response Scheme (SIRS):** The SIRS framework has been broadened and strengthened, requiring providers to report a wider range of incidents, and placing greater emphasis on immediate remedial action and learning from mistakes.
- **Whistleblower Protections:** Stronger legal protections for staff, residents, and family members who raise concerns, preventing retaliatory action by providers.

Impact on the Industry

The regulations impose substantial obligations on aged care providers, requiring significant investment in staffing, technology, and governance structures to meet the new compliance standards and transparency requirements. For older Australians and their families, the Act promises a more reliable, rights-focused, and high-quality system.

Area of Reform	Key Change Introduced on 1 Nov 2025	Impact
Consumer Rights	Introduction of the legally enshrined Charter of Aged Care Rights.	Empowers consumers with greater choice and autonomy over their care.
Regulation & Oversight	Expanded powers for the ACQSC, including increased fines and proactive monitoring.	Heightened accountability and reduced tolerance for non-compliance among providers.
Quality of Care	Mandatory minimum direct care minutes requirements.	Ensures a baseline level of clinical and personal care is delivered to all residents.
Transparency	Mandatory public financial reporting on government funding expenditure.	Drives financial transparency and ensures funding is primarily directed toward care delivery.

Conclusion

The new Aged Care Act represents an ambitious, consumer-focused blueprint for the future of aged care in Australia. While the operational challenges for providers are significant - requiring investment in workforce, governance, and technology - the ultimate goal is a more humane, transparent, and quality-driven sector. Providers who embrace the spirit of the reform, prioritising consumer rights and quality of care ahead of the regulatory deadlines, will be best positioned to thrive in this new landscape.



Resha

REGISTERED NURSE - SUMMITCARE RANDWICK



For nearly five years, Resha has been a familiar, comforting presence at SummitCare Randwick. Now a registered nurse, she has grown with the facility, bringing her warmth, dedication, and professionalism to every corner of the home.

Originally from Nepal, Resha moved to Australia in 2020 to pursue a master's degree in nursing. "Since I came to Australia, my first job has been at SummitCare Randwick," she recalled. Starting as an assistant in nursing (AIN), her talent and enthusiasm quickly shone through. Within months' she became a registered nurse (RN), her current role. "I'm so happy here! SummitCare has given me a lot of opportunities," she said.

Resha described her workdays with a warm glow. "Whenever I enter the place, it feels like my home because I know all of the residents. I feel really happy when I come to work because there are so many residents that look forward to seeing me. It's all really rewarding for me." Her dedication to the residents is evident in every interaction, from sharing a laugh to offering reassurance or a listening ear.

Her journey to SummitCare began through a friend who spoke highly of our homes. "One of my friends used to work at SummitCare Waverley and she told me about it all and said it's a really nice place to work," Resha explained. When she saw a job advertisement online, she applied immediately, and the rest, as they say, is history.

Outside of work, Resha leads an active and adventurous life. She enjoys going to the gym, taking evening walks, and spending time with friends exploring new places. But her greatest passion is travel. "I'd say that travelling is my main hobby when I have the chance to do it," she shared with a smile.

When asked about her favourite part of working at SummitCare, her answer was heartfelt and simple. "Personally for me, my favourite thing is the residents. They are and always will be my top priority."

Through her journey from Nepal to Randwick, Resha embodies the spirit of compassionate care that defines SummitCare. Her story is one of growth, dedication, and a genuine love for the people she cares for. These are all qualities that make her an integral part of the SummitCare family.

Weely

PHYSIO AIDE - SUMMITCARE LIVERPOOL



If you've ever walked through the halls of SummitCare Liverpool and been greeted with a smile, a cheerful "hello," or even a greeting in your own language, chances are you've met Weely. He has already built an impressive and heartfelt career in aged care, one embedded in compassion, community, and a genuine love for helping people feel their best.

Born and raised in Liverpool, working at SummitCare feels like a natural fit for him. "I'm Australian, born and raised locally, hence why working here is perfect for me," he said. Before joining the team, Weely spent six years in aged care, working across an array of roles, physio aide, lifestyle coordinator, and even supporting teams from cleaning to care management.

As a physio aide at SummitCare Liverpool, Weely's workday is both busy and deeply rewarding. His mornings begin with room checks, ensuring all equipment is safe and functioning correctly. But more than the practical tasks, his role is centred around understanding and supporting each resident as an individual. "I also review how the resident is feeling in the morning," he explained. He supports therapeutic massage sessions, assists with exercise classes, and works closely with the onsite physiotherapist several days a week. Emotional support is woven into everything he does.

For Weely, the most rewarding part of his work is witnessing residents regain strength, confidence, and independence. He recalled one resident in particular who had been bedbound. With consistent physiotherapy, gentle encouragement, and the support of the team,

the resident was eventually able to return home. "They started walking, gardening and cooking. It was amazing," he said with a big smile. Moments like these, he explained, give residents hope and a real morale boost.

Interestingly, aged care wasn't Weely's first career path. He previously spent seven to eight years working as a systems administrator and network administrator in IT, specialising in virtualisation. Before that, he studied music for four years. His varied background speaks to his curiosity, creativity, and willingness to learn.

Outside of work, you'll likely find Weely outdoors or immersed in creativity. He enjoys fishing, hiking, swimming, and has a deep love for music of almost every genre. But his biggest passion is cosplay, a hobby where he creates and wears costumes to portray characters from movies, TV shows, games, or comics. "I create, I design, I wear and I even do photoshoots. I'm very artistic in that way," he shared. He even met his fiancée through cosplay. He attends large events and competitions three to four times a year, embracing the escapism and artistry that the hobby brings.

SummitCare's supportive culture stands out to Weely. "Personally, for me, it's the support I get from the General Manager here, Pavan," he said. "He's very goal driven and helps you achieve your own goals... SummitCare provides its workers the opportunity to grow." With his passion, kindness, and energy, it's clear that Weely is not only an asset to the team but a treasured part of the SummitCare family, enriching the lives of residents and colleagues every day.

Rombek

ASSISTANT IN NURSING - SUMMITCARE WALLSEND



Every morning at SummitCare Wallsend, before the day begins in full swing, you'll often find Rombek greeting residents with a warm smile and a helping hand. As an Assistant in Nursing (AIN), he plays a vital role in supporting residents with their personal care and ensuring their comfort throughout the day.

"The first thing I do when I come to work in the morning is I try to assist the residents with their personal care needs," he explained. "That might include helping them brush their teeth, giving them a shower, or assisting with dressing. Then after that breakfast is around 8am to 8:30am, and then I continue helping with personal care duties that the residents might have."

Originally from South Sudan, Rombek has been part of the SummitCare Wallsend family for over four years. He says it's the community's diversity and inclusivity that make it such a special place to work. "I like it here. I especially like the multicultural aspect of the residents. SummitCare seems to be more multicultural," he shared with a smile.

Before joining SummitCare, Rombek built an impressive career in both aged care and accounting. "I worked for another aged care facility for eight and a half years," he recalled. "After that, I got an accounting role, but when the owner decided to outsource a lot of our roles, I lost that job. That's when I decided to go back into aged care."

It was through a family connection that he found his way to SummitCare. "My wife worked here before," he said. "That's how I came to know about SummitCare."

Outside of work, Rombek's curiosity and creativity keep him busy. "I like to research stuff that interests me," he said. "I'm also interested in languages, especially the ones spoken in my home country." But one of his newest passions is music, specifically playing the ukulele.

"I've been playing for just over six months," he said proudly. "I saw some people playing it, and here at SummitCare there's an external entertainer who comes and plays their ukulele to the residents. I've also seen it at my church. It sparked my interest because I also play the guitar a little bit, so it's similar in ways." He's mostly self-taught, learning by listening and experimenting. "I watch some videos on it," he admits, "but I mostly play by ear."

When asked what he enjoys most about his work, his answer comes easily, "My favourite thing is teamwork," he said. "The staff working together and the positive environment that the staff have created."

With his caring nature, passion for learning, and gentle spirit, Rombek brings both skill and warmth to the SummitCare community.



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

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FAVOURITE MEMORIES



Crafting Joy

DAVID - SUMMITCARE PENRITH

At SummitCare Penrith, resident David brings with him a lifetime of creativity, generosity and beautifully detailed craftsmanship. As the founder of the interdenominational group 'Children For Christ', David has spent 24 years working from a warehouse in Penrith, helping bring joy to children across the world. Each year, his team produces toy crafts and models for more than 22,000 children, many of them sent to communities in Africa and the Philippines.

"If it was my choice, I'd be working in that warehouse every day," David shared with a smile. His passion is evident as he describes the wooden and plastic crafts his team creates from tiny cars, trucks, planes, helicopters, swing sets and even miniature ice-cream shop fronts. Each comes with assembly instructions illustrated by David himself, drawing on skills he first developed while studying architecture and town planning at university.

Before founding his charity, David spent years as an architectural draftsman and later a town planner, creating technical drawings, designing developments and even building scale models of what shopping centres like Mt Druitt could look like. "Model making is something I've enjoyed my whole life," he said. "Even as a kid."

David grew up as the younger of two sons to Australian-born parents. Though he never married or had children of his own, he proudly speaks of the children he helped raise and support over the years.

These days, David enjoys reading, sketching architectural designs and sharing his crafts with visiting preschoolers, something that brings him just as much joy as it brings the children. He also appreciates good music, especially Elvis Presley, Frank Sinatra, The Beatles and ABBA.

David's passion for giving, creating and connecting with others leaves a lasting impression on everyone he meets.

Stories That Last Forever

NANCY - SUMMITCARE SMITHFIELD

Nancy, a lovely resident at SummitCare Smithfield, has always had a story to tell. Born in Timor and arriving in Australia in 1975, she carries a rich tapestry of experiences that span continents, languages, and careers. "Writing is good because you can keep in touch with all the things you've had in the past. If you don't write, you can forget," she said.

Her love for storytelling led to her book, "A Woman of the Village", which chronicles her childhood memories and life experiences. "It took 11 years to complete," Nancy recalled. But writing isn't her only creative outlet, Nancy is also passionate about art, crafts, and even keeps a colouring-in scrapbook tucked in her walker, filled with drawings, stories, and photos of life at SummitCare Smithfield.

Beyond her creative passions, Nancy's life has been shaped by learning, service, and care. She's worked as a bank teller, in various office roles, and as a social worker, always finding purpose in helping others. Whether singing in her church choir, tending her garden, or cooking for loved ones, Nancy approaches everything she does with heart. She raised a son who has since blessed her with three grandsons, and speaks Tetun, Portuguese, and English, skills she proudly attributes to her father, a journalist who instilled in her the love of education.

"Education is very important," she said, echoing her father's wisdom, "and I love to pass down what I've learnt through my experiences. It's important for them to learn and pass down their learnings to future generations. That's why I love to write."

Whether through the pages of her books, the colours in her sketches, or the stories she shares over a cup of tea, Nancy continues to inspire everyone around her, proving that a life well-lived is a story worth telling.



A Life of Love and Learning

HUIZHEN - SUMMITCARE CANLEY VALE

Huizhen, a resident at SummitCare Canley Vale, has always had a passion for learning and caring for others. "I have many good memories of school, I studied with my classmates, and after class, we played basketball. I was the group leader of the class," she recalled fondly. Her love of learning led her to study medicine at a university in China, and she later dedicated 30 years to teaching as a medical teacher, sharing her expertise and nurturing the next generation.

Huizhen's life has also been a story of love and family. She and her husband, childhood sweethearts from the same city, have been married for nearly 70 years. "The secret to a successful marriage? No arguments," she said with a smile. Huizhen added that her husband always handled the expenses, allowing her to focus on their family and their shared life. Together, they raised three children, welcomed six grandchildren, and now delight in their two great-grandchildren.

Celebrations hold a special place in Huizhen's heart. She and her husband love marking the Moon Festival and Chinese New Year with family dinners, embracing tradition and togetherness. When she's not celebrating, Huizhen enjoys spending time with her family, watching cultural movies, and having long conversations with her husband.

From a dedicated medical educator to a family leader who cherishes every moment with her loved ones, Huizhen's life is a beautiful blend of learning, love, and laughter. Her story is a reminder of the joy that comes from curiosity, commitment, and the simple pleasures of spending time with those we love.



FAVOURITE MEMORIES



Purpose Driven

ARCHER - SUMMITCARE WAVERLEY

At SummitCare Waverley, residents and staff often speak of Archer with a warm smile, a gentleman whose life has travelled many winding roads, from dusty paddocks in rural NSW to lecture halls in California and boardrooms back home. Born in Sydney and the third of five children, Archer remembered his mother as the most influential figure in his life. "She was a good role model," he simply said.

Archer's first steps into adulthood led him far from the city and deep into the country life he loved. Working as a jackaroo in Darlington Point, he spent his days tending to sheep and cattle, learning the importance of "making sure the work was carried out properly." His mentor, station owner Sam, taught him that the animals in their care deserved dignity and skilled hands.

That passion for livestock eventually took Archer across the world. After a few years on the station, he travelled to America and completed an animal science course at the University of California, a turning point that confirmed how meaningful his work truly was. "If I could've stayed longer, I would have," he recalled with a grin.

After travelling widely on his own, exploring America and Europe and discovering countless ways of life, Archer eventually returned home to Sydney. It wasn't long before life surprised him in a different way. At one of the many lively parties held in his family's home, he met his partner Celia, one of the guests who left a lasting impression. That meeting marked the beginning of a partnership that would shape the next chapter of his life.

With three children and seven grandchildren, Archer's biggest wish for future generations is simple, "Do everything as well as possible, and support the people you work alongside." Wise words from a man whose own life has been defined by exactly that.

FAVOURITE MEMORIES

Full of Colour

JANICE - SUMMITCARE BAULKHAM HILLS

If you've ever been lucky enough to walk past Janice's room at SummitCare Baulkham Hills, you've likely seen the burst of colour that lines her walls. "My room is just covered in artwork now," she laughed, an unexpected passion she discovered after moving in. With encouragement from staff member Samia, Jan found herself drawn into colouring, painting and felt-tip pen artwork. "Samia showed me a skill I never thought I had," Jan explained. Now, she happily shares her creations with fellow residents and staff.

Born in Goulburn and the eldest of three girls, Jan built a life rich in relationships, community and compassion. After completing a business course, she began her career at Westpac bank, starting in Goulburn, where she also met her beloved husband, Peter. Married for 64 years, Jan fondly remembers her banking days. "I loved the customers. Meeting new people and having conversations... that's me."

Family has always been at the centre of Jan's world. With three children, Michelle, Bruce and Brett, and five grandchildren, her days are filled with visits, coffees, outings and time together. Brett even drives the SummitCare Baulkham Hills bus, something Jan speaks about with pride.

Jan has always lived an active life. From hockey and tennis to running, bowling and swimming, she competed in many sports and cherished the camaraderie.

Here at SummitCare, Jan continues to embrace movement, enjoying walking, exercise classes, zumba and the concerts.

When asked what matters most, Jan answered without a second thought, kindness, respect and caring for others. "If I see someone sitting alone, I go over and keep them company. Sometimes you just have to listen." It's a simple philosophy, one she lives out every day, adding colour not just to paper, but to the lives of everyone around her.



Century of Smiles

THELMA - SUMMITCARE ST MARYS

There aren't many people who can say they've lived through more than a century of memories, but Thelma, one of SummitCare St Marys' most loved residents, has done just that. At 104, her life is a beautiful collection of family, music, laughter, and loyalty.

Born and raised in St Marys, Thelma was the youngest of six children - Dulcey, Lindsey, Merriel, Gordon, and Harold. They grew up in historic Mamre House, where her father worked as a share farmer.

From a young age, Thelma had a strong work ethic. Her first job was as a milliner, making hats. "My father made me do that," she laughed. "I really wanted to be a hairdresser!" When the war began, she worked at the Werrington ammunition factory, supervising ladies to ensure bullets were packed correctly. "It was serious work," she said, "but I really enjoyed it."

Life took a musical turn when she met Francis, her husband, who played the accordion and entertained at local clubs. Together, their home was always filled with music, inspiring their children to form a family band. "We were always singing or playing something," she smiled.

When she isn't reminiscing about her musical days, Thelma's heart still beats for the Canterbury-Bankstown Bulldogs. A lifelong fan, her 100th birthday was unforgettable when NRL legend Terry Lamb surprised her with flowers and even chauffeured her to a Bulldogs game.

Family has always been Thelma's greatest joy. She raised five children, Caroline, Geoffrey, Gary, Terry, and Ian and is now the proud matriarch of 12 grandchildren and 17 great-grandchildren. A talented knitter, she made countless baby outfits for every new arrival.

Whether knitting, singing, or cheering on the Bulldogs, Thelma shows life is meant to be enjoyed. At 104, she continues to live with laughter, love, and plenty of team spirit!

Baulkham Hills Residents



Creativity was in full swing at Baulkham Hills. Our residents had a wonderful time unwinding with a calming colouring session.



Our Baulkham Hills residents came together to celebrate Australia Day. It was a day filled with great food and even greater company.



Our Baulkham Hills residents enjoyed a lively in-house concert filled with music, dancing, and smiles.



Fresh air and good company made for a lovely walk for our Baulkham Hills residents.

Canley Vale Residents



Colourful cultural dances brought joy to our Canley Vale residents as they celebrated Lunar New Year.



Our Canley Vale residents loved spending time with a furry friend during pet therapy.



A knitted sensory sheet brought tactile fun and smiles to our Canley Vale residents.



Valentine's Day was full of smiles, flowers, sweet treats, and vibrant decorations for our Canley Vale residents.

Liverpool Residents



Our Liverpool residents enjoyed a memorable day out with a delicious lunch at Club Marconi.



Fresh air and movement made for a lively outdoor exercise session for our Liverpool residents.



Harmony Day was celebrated with smiles and unity by our Liverpool staff and residents.



World Cancer Day was observed by our Liverpool residents, honouring those affected and supporting the cause.

Penrith Residents



A splash of colour and plenty of smiles were shared. Our Penrith residents enjoyed a peaceful and creative art session.



Our Penrith residents treasured a delightful preschool visit, sharing stories and colouring in together.

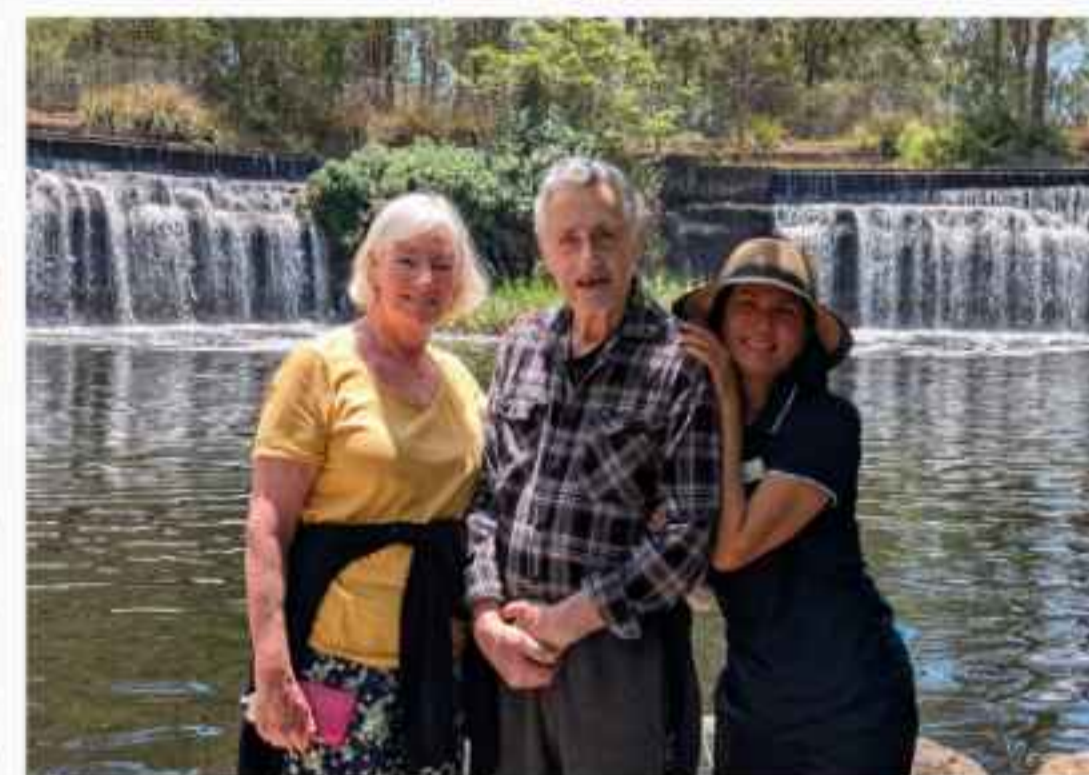


Keeping active was the focus as our Penrith residents took part in ball games and gentle exercises.



Our Penrith residents had a wonderful time on a scenic bus trip to the Peachtree Hotel, full of laughter and good company.

Randwick Residents



Sunshine, fresh air, and plenty of smiles. Our Randwick residents enjoyed a lovely day at the park, soaking up nature and each other's company.



Our Randwick residents enjoyed live music, dancing, and plenty of laughter during their in-house concert.



From imagination to creation. Our talented Randwick residents had a fantastic time making dolls together.



Nothing beats a classic treat. Randwick residents savored their ice cream cones on a lovely day.

Smithfield Residents



Adding colour and joy, our Smithfield residents immersed themselves in a serene art session.



A perfect day out at the park for our Smithfield residents, enjoying nature and each other's company.



Hands in the soil and smiles all around. Our Smithfield residents had a wonderful gardening session.



Hands busy and hearts happy. Smithfield residents made the most of their pizza-making session.

St Marys Residents



Little visitors, big smiles.
The residents of St Marys cherished their preschool visit.



Smiles, cuddles, and tiny hooves.
Our St Marys residents enjoyed a special visit from ponies.



St Marys residents put their minds to the test and had a great time with puzzles.



Cupid's charm filled the room.
Our St Marys residents had a wonderful time at their Valentine's Day celebration.

Wallsend Residents



Numbers, cheers, and smiles.
Our Wallsend residents had a blast playing Bingo.



A lively and joyful drum therapy session brought lots of fun to our Wallsend residents.



Laughter and friendly competition kept our Wallsend residents entertained in the courtyard.



Crafting colourful party hats brought creativity and joy to our Wallsend residents.

Waverley Residents



Quiet moments and colourful creations filled the afternoon for our Waverley residents.



Exploring exhibits and making memories.
A fantastic museum day for our Waverley residents



An energetic drum therapy session kept our Waverley residents moving and smiling.



Laughter, movement, and music made Zumba a hit with our Waverley residents.

Tomato and Vegetable Soup

PREP TIME

10 mins

COOK TIME

30 mins

SERVES

6

Ingredients

- 1 tbsp olive oil
- 1 medium brown onion, chopped
- 2 garlic cloves, crushed
- 1 celery stalk, chopped
- 1 large zucchini, sliced
- 1 large red capsicum, chopped
- 1 litre chicken stock
- 575g jar napoletana pasta sauce
- 1 cup dried small shell pasta
- 1/2 cup frozen peas
- 80g baby spinach
- Shaved parmesan cheese, to serve

Instructions

1. Heat oil in a large saucepan over medium-high heat. Add onion, garlic and celery. Cook, stirring, for 3 to 5 minutes or until onion has softened. Add zucchini and capsicum. Cook, stirring occasionally, for 4 to 5 minutes or until vegetables start to soften.
2. Add stock, sauce and 2 cups cold water. Cover. Bring to the boil. Reduce heat to low. Simmer for 10 minutes or until vegetables are just tender. Add pasta and peas. Simmer, uncovered, for 10 minutes or until pasta is just tender. Stir in spinach. Serve topped with parmesan.

Source: www.taste.com.au





1960s Australia Word Search

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

WORD SEARCH

- Miniskirt
- Beatles
- Twist
- Hippies
- Berlin Wall
- Vietnam
- Moon Landing
- Peace Man
- Woodstock
- Menzies
- Harold Holt
- Groovy
- Feminism
- Decimal
- Shrimpton
- Skippy
- Bell Bottoms
- Boomers
- Gen X
- Beehive

Source: www.goldencarers.com

ANSWERS

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