



FAIR
FREE REFORMED RETIREMENT VILLAGE



FAIR HAVEN
FREE REFORMED RETIREMENT VILLAGE

MAY 2013
newsletter

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FROM THE CHAIRMAN

*i*t has been a long time coming, but we have finally managed to put another news letter together. The last newsletter was published almost a year ago. It is our intention to provide two newsletters per year so we can keep our church members informed about what is happening at Fair Haven. Thank you for taking the time to read through our newsletter, and we hope that it will help you gain a better and/or further understanding of what happens in the hostel and the village. I would also like to thank those who were willing to contribute to this newsletter.

While recently reading through and reflecting on the report dated

March 1982, one can only stand in awe at how the Lord has so richly blessed us and given us the privilege and opportunity to care for the frail and aged over the past 31 years. From our humble beginnings, we now have a beautiful 29 bed aged care Hostel with modern and up to date equipment. We are able to cater for low to high care residents. This involves around the clock care by many full time & part time staff, as well as many volunteers. We are thankful that we have a full contingent of staff. We also rely heavily on the support of our volunteers, who assist the residents with activities, reading, devotions - even just dropping in for

a visit, which is really appreciated. There are a further 26 retirement units surrounding the hostel – this includes some units on Pine Tree Close - directly outside of the village and now also the recently acquired home on Cohuna Drive. The village residents also appreciate the visits they receive, as they can sometimes feel a bit isolated. We continue to have a waiting list for people wanting to move into a unit at the village.

As you have been able to read in the brief reports that are published monthly in our bulletins, the membership of our sister churches in Albany and West Albany are in the process of working towards setting up their own aged peoples village. For this reason some of our Albany members have withdrawn their membership with our FRRVA and transferred it to the newly formed Albany Free Reformed Retirement Village (AFRRV). As board we are thankful for the support we have received from our Albany members over the past years. We have also pledged to support them, especially in the early stages of the setting up their Retirement Village. In the mean time we will continue to care for any members from the Albany congregation's who are in need of respite or permanent care. We pray for God's blessing for the Albany committee.

Membership Drive

Attached to this news letter you will find a membership application form.

The membership fees remains at only \$7.00 per week. This is used for the care of our residents, maintaining and upgrading the hostel as well as the retirement units for our aged brothers & sisters around the hostel.

In light of the Free Reformed Churches in Albany who are presently working toward setting up their own Retirement village, we ask that those who have not yet become members to please seriously consider becoming a member to support Fair Haven. We continue to plan for the future needs of our aged brothers and sisters and we see the need to possibly renovate and/or extend the hostel. There is also the constant maintenance and up keep of the hostel as well as staff

wages that need to be paid. Above all, we urge you to see it as our responsibility to care for our aged parents, grandparents and brothers and sisters. We are very thankful for the various donations we receive, as well as the proceeds of collections held in our churches. That support is deeply appreciated. What a blessing it is to care for our brothers and sisters in our own aged care facility.

Lake Road (Kelmscott) Property

Ironically in the report of March 1982, the committee mentions that some land on Lake Road was also considered. Now, 31 years later, Lake Road is again in the picture



albeit with a slightly different price tag. During a recent study and questionnaire, it was obvious that people would love to see a retirement village complex near the Kelmscott primary school. There are also some good facilities near the school. As you may be aware, at our general meeting in May last year we had approval from our association to purchase approx. 2 hectares of land from the School Association, subject to a due diligence report. This report was completed earlier this year with the result that we came up against a rather large hurdle in regards to the deep sewerage. In order to determine if there are any other options available to us so that we can still continue with the purchase of the land, we have instructed Dykstra Planning to continue to liaise with the Water Corp. and other relevant authorities.

31 Cohuna Drive

The final touches have been applied to our newly acquired property at 31 Cohuna Drive. The inside has been completely stripped and repainted. The bathroom, toilet and laundry area have had a complete makeover. A new kitchen and appliances have been installed, walls have been removed, new windows and sliding doors installed, the yard has been cleaned up and there is new fencing to the front. Yes, it's amazing how the home has changed over a matter of a few months - you won't

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accreditation

Dear Reader, I was once again asked to submit an article for the Fair Haven newsletter. Instead of rehashing how we operate I thought I might just touch on something different namely Accreditation. Most of you will be aware that Aged Care facilities are governed by the Department of Health and Ageing which includes the Aged Care Standards and Accreditation Agency.

What is Accreditation?

In order to receive Commonwealth funding from the Australian Federal Government all Aged Care facilities must be accredited and Fair Haven is no exception.

Accreditation was first introduced in the year 2000 and Aged Care homes must meet a set of quality standards relating to the care provided to its residents. Accreditation also promotes high quality care.

Accreditation is the evaluation process which aged care facilities must undergo to continue receiving residential care subsidies from the Australian Government.

It is used to assess the quality of care and services provided in a range of outcomes.

There are 4 Standards:

- Management Systems, Staffing and Organisational Care
- Health and Personal Care
- Resident Lifestyle
- Physical Environment and Safe Systems

Each Standard contains a number of principles and expected outcomes. 44 outcomes in total and homes must comply with all expected outcomes at all times.

Accreditation is a process in which certification of competency, authority, or credibility is presented.

Accreditation is a process of continuous improvement. Homes that are accredited are continually monitored and may be subject to spot checks to ensure the quality of care and services continue to improve.

Accreditation is not a one-off event. This process generally comes around once every three years. Two day site audits at Fair Haven were conducted in 2000, 2003, 2006, 2009, and 2012.

Unfortunately it doesn't stop there, because in between re-accreditation audits, aged care

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31 Colurna Drive
BEFORE



31 Colurna Drive
AFTER

recognise it. We are thankful for the many trades people who could assist in the renovation work. Br & Sr Schiebaan have moved into this newly renovated home. We welcome them to the Fair Haven Retirement Village. Our intention is to make use of the side drive way to access and service the proposed building development on the POS. There is also the option to build another unit at the rear of the property, but that will not happen till after our building proposed project in the POS is complete.

Public Open Space (POS)

When dealing with government and local authorities, the wheels

seem to turn rather slowly. I'm not quite sure how long the process has already taken, but I believe we still have some time to go before we can finalise the deal. Judging by some of the correspondence that has been going back and forth between Dykstra Planning and the City of Armadale, it appears we are still a few steps away from being able to make an offer. The City of Armadale first needs to purchase the land from the State Land Services and have the land transferred into the City's name, prior to even being able to accept an offer from Fair Haven. Having said all that, we have just received a subdivision/ amalgamation form which required

signatures from both landowners involved in the future transactions. This form does not obligate our association to enter into a contract, but simply seeks an approval for the future amalgamation of the land into one title. The approval will last for a three year period, during which time the transaction could take place. So we continue to wait patiently and put this before our Father in heaven to guide the process. Please continue to remember the staff, residents and board of our retirement village in your prayers.

 **John Schoof**
CHAIRMAN

homes receive unannounced audits at least once a year. Unannounced means exactly that. In the past we received a phone call to advise us the Agency was coming in 10 minutes. This changed to a fax 5 minutes before they came and now we do not get a warning. They 'just come'. The in-between audits have also changed name several times, from 'spot' to 'unannounced' to 'support' to 'assessment' audits.

During these audits our residents, relatives and staff on duty are interviewed. The auditors talk with the residents to get their feedback about their satisfaction with the care and services provided. This also applies to Care staff. The Assessors review documented procedures, observe practices, look at resident records and other documents including rosters, incident reports, care plans and complaints systems. These visits usually take place between 9am and 4.30pm.

The end point of any visit is the exit meeting. The Assessors report their findings and in most cases the report indicates that the home complies with all 44 outcomes. Extra information is also given and




pointers are given where and how you can improve. However, the Assessors decision is not the final decision. Their reports are submitted to the decision-maker who has the final say. We may be requested to send in extra information or be given a time frame to improve on a certain outcome which the Assessors feel needs attention.

We at Fair Haven have our fair share of unannounced audits. Last year alone we had three. Why? Who

knows? At the end of the day they have a

job to do and generally we have a good outcome. All praise and thanks to God alone. Yes, without His love and care and direction our work is futile. God directs our paths also in the work He allows us as Board and Staff to care for our aged and frail members of the Free Reformed Churches of Australia. Your support is also valuable and I am very thankful for the number of volunteers that help out at Fair Haven, be it a sleep shift or reading to a resident or even the weekly shopping. The Agency has often expressed their amazement at the involvement of our church community in caring for Gods aged covenant children. Thankyou.

 **Dorothy van der Wal**
CARE MANAGER



what's on the menu

Porridge with prunes!? Dinner for lunch and sandwiches for tea?! Spuds six days a week!? Cheese on raisin toast?! Bruine bonen spek (what's that)?! Some of the puzzling happenings in the Fair Haven kitchen ...

6 Actually, it's not all that bad (I just wrote a rather misleading interpretation about Fair Haven). In reality it's a pleasing and wonderful place, and I'm not just talking about the food or the aromas that waft down the hallway. Through the last year of my university degree I was privileged to work at Fair Haven as a cook. I was employed on a part-time basis, and worked 6 shifts per fortnight (twice per week and every second weekend). These shifts were based around my uni schedule, even though I didn't work in my field of expertise (teaching children and cooking for the elderly are very different- although both are guaranteed to bring joy).

The cook shift mainly involves preparing, cooking and serving breakfast (porridge, eggs, sandwiches, toast, fruit, yoghurt), and lunch (with dessert of course). The residents are given a choice between the two lunch meals which are cooked each day. These vary from meatballs and vegies to apricot chicken, from nasi goreng



to fish (and a host of other meals). Thrown in amongst the cooking is giving the residents fresh water jugs, doing dishes, preparing the morning tea trolley, and cleaning the kitchen. It's a busy morning, but the shift finishes at 12pm, leaving time for an afternoon nanny nap.

Working as a cook was relatively easy, although it also had its challenges. One of the biggest hurdles I had to face was becoming a morning person, because starting work at 5:30am doesn't suit someone who loves their bed. I guess I had better mention that I never really overcame that hurdle,

but I still live to tell the tale, so it can't be that bad after all. And now I know what a sunrise looks like!

It's also not easy to be suddenly confronted with cooking for 16 people, let alone 22. But basically it's the same as cooking at home, just with the extra challenge of altering the quantities. Being able to provide the residents of the hostel, and some from the units, with enjoyable 'home-cooked' meals (many with a Dutch influence) is a very fulfilling job.

The Fair Haven family is a great community to be a part of. Being able to interact with and support

the elderly is truly special. Doing so in a Christian, loving, and caring environment is even more wonderful, as there is a special bond between staff and residents because of our common faith. To us, caring isn't just providing them a bed. We are able to share the joys

and sorrows of life together under the banner of God's grace and love. I could personally grow by gaining knowledge, experience, and confidence and experience growth in my faith and life perspective during the year I spent as cook. And even though I have now resigned

from my cook position, I will continue, and I encourage everyone, to support the work that Fair Haven does in caring for the elderly of our Free Reformed Churches.

 **Kara Dekker.**

*Yes my body is old,
But it's not the real me,
The real me is as young as you are
In fact, the real me
Never changes*

*Yes I'm trapped in a body
That won't obey me
But don't let it fool you
I'm aware of everything
Around me*

*And I want to be included
So don't look at me with
Pity, or talk to me as
You would a child*

*Please don't make me
Feel useless
Or ignore me
I have not changes
-Not really*

Time has just taken its toll

*The real me is just like you
With a need to be
recognised and accepted*

*So be patient with me
If I'm a little muddled
Or deaf*

*Or need a strong arm to lean on
For inside I'm flying
Free and young*

Please...

Try to see me

As I really am

BY CAROLINE HOOPER

caring with love

As a carer it gives me great joy to work at Fair Haven Hostel. The unique blessing of all residents and staff being part of the covenant of grace creates a special working environment. The first few months as a carer are overwhelming; there are so many things to learn, from the simplest thing as knowing resident names to the development of good communication techniques. I have also had the privilege of training some of the new staff members, and each time, I re-learn new things.

A job as a carer at Fair Haven is no small thing. The hostel is home for residents; therefore staff need to always be on hand. Every staff role has to be filled each day, if someone is sick, a replacement must be found. All of us carers have been called upon to fill in a shift here and there where there is an empty spot. The staff see to the resident's care and assistance, from showering and personal assistance at the beginning of the day, to breakfast morning coffee and toileting, then lunch and assistance back to bed for an afternoon rest.

The afternoon shift comprises of assisting residents out of bed and providing afternoon tea, and then later assisting with dinner. At 7pm residents, who


are able meet for a time of devotion to God. A volunteer leads Psalm singing, Bible and devotion reading.

Personal grooming and care, an important part of every individual's life, is something easily taken for granted, and us carers need to provide this assistance to residents who no longer have the ability to see to themselves.

This is not the only assistance staff provide. Emotional and spiritual encouragement is an

important (unwritten) aspect of a carer's role. By saying a kind word, or reminding residents of a Christian's purpose in life, an individual's day may be brightened.


I started at Fair Haven at the end of year 12. From there I proceeded to study at university, and completed a Bachelor of Science. Throughout this time I worked part time at Fair Haven as a carer, and I enjoyed my job. After the completion of my degree I was looking for a job in the area I studied, however I was privileged to be able to fill in a full time position as an in charge carer at Fair Haven. I am currently settled in my position, although there are always a few hiccups along the way, with valuable lessons learnt. I can only be thankful that our church community has the ability to provide and support an aged care hostel, where the senior members of our congregations are cared for in a Christian environment. Sure, our daily work is tainted in sin, however with the united goal of providing quality care for members of our congregations the carers have the reward of knowing that we have provided much needed care for our senior members in their twilight years, so that, when they pass away to be with God, we have the assurance of knowing that they are freed from the effects of sin, are then with God in Eternal life.

 **Andrea Houweling**





*from
within
the
village...*



*W*e are the occupiers of Unit No 5. Where we are often, jokingly, called the 'gate keepers'; not because we control the electronic gate, but simply because we live in the first unit (on the right) as you enter the precinct.

After having resided in Kelmscott for the last 32 years, on the 25th March 2005 we moved to the Fair Haven compound. We have now lived in this village for eight years. It has gone so quickly yet people still ask us things like: "Have you settled in?" or "How do you like it in Fair Haven?" Now that we have made this our happy home we never give a thought to any previous abode, even though we were well under the age of 70 at the time.

With the proceeds of our Kelmscott home we were able to acquire our Unit. No, investing your money in a Unit is definitely not an investment move, but this is far outweighed by the safety, security and stability

of living here, while living among many brothers and sisters of the same faith is also a definite plus.

Our residence may be quite a bit smaller than our previous abode, yet we have all the space we need. A fairly large living area, a main bedroom – spacious enough for what we need – a second bedroom that we have made our office/ sewing room, a compact kitchen and a separate section for the shower, toilet, washbasin and washing machine. This last section may be a little old fashion but, as we always say, as long as we can carry out all of our ablutions, it is sufficient for us.

We are some of the fortunate few that still have lots of garden space – not that we are avid gardeners, but lots of space provides that privacy that every body needs, as well as lots of room for the grandchildren that keep on popping in – especially on "Oma's day" every Thursday after school. (This being a ritual that was started about 20 years ago and faithfully continued to this day. It is a wonderful way to keep in contact with cousins and their Mums - or is it the cakes and snacks that Oma regularly provides that keeps them coming?)

When we first moved onto the village we realised that it lacked something. We needed to do something to strengthen the bond among the other occupants, so that we would get to know each other better, as well as bringing some life into our small community. During

a combined lunch at Sizzlers in September 2006, it was discussed that we should set up a member's club, where we could organise small 'get-togethers' and get some cohesion among the brother and sisters. So, with 17 foundation members we formed the club called "Happy Folks". Soon the first (one-page) newsletter was circulated. We soon noticed that this newsletter could be a vital part of keeping us connected so that, even when the weather is too bad to walk around, or too hot to venture outside, we have some contact and may keep up with the "Village News", while other articles, poem, jokes etc. fill the pages to provide some (serious and not so serious) reading matter.

Over the years we farewelled some members who were called to greater Glory, or called to other responsibilities in their lives. Today we have 28 active and enthusiastic residents. Those who

are able, meet in the GONG once a month to enjoy some games of carpet bowling. Coffee mornings, birthday celebrations etc. are also very welcome at times. There are at present plans ahead for a pizza tea, and/or lunch in the new gazebo. (Some of the male members can cook a mean pot of pea-soup).

Although each one of us has his/her activities that keep them busy, now and then we try to make time to visit the Hostel residents, knowing we are always welcome to pop in and visit them to have a chat and/or a game, and where there is always - generously - a cup of coffee or tea available at 10 am.

When walking through the hostel it always amazes us that everything is neat as a pin - no matter what time one tends to 'pop in'. Residents are clean and fresh; cooking fragrances permeate the hall; each bed is made; each room is personalized

with resident's own furniture, knick-knacks, bedspread, cushions and soft toys, and friendly staff lovingly attend to our 'oldies'.

Oh yes, while living here we are often *more closely* confronted with the passing away of the elderly. Does that upset us? No! It brings home to us more strongly how death is part of life. All those who have passed on have simply gone *before* us - and they went with the knowledge of the comfort in life and death. We do not need to be afraid when we believe that a place has been prepared for us in a house much more beautiful and perfect than our beloved village here in the backwaters of Armadale.

We are thankful every day that God, in His plan, made a place for us here. May many of our elderly - who wish to make the move to our village - experience happiness like us.

● **Hannie (and Bill) Wagenaar**



application for membership

CUT HERE

Our Fair Haven Hostel and Retirement Village has shown over the years of its existence, that it has been a wonderful place for our parents and grandparents to be cared for during the 'twilight' of their life on earth. This care is particularly evident in the Hostel. Our elderly brothers and sisters all express their thankfulness that they live in Christian surroundings with brothers and sisters of the same faith.

This is only made possible through your prayers, financial as well as voluntary support. The voluntary support is welcomed in a number of areas such as: evening devotions, therapy, reading to residents, sleeper (for night staff to call on if necessary), baking, and assisting with activities etc.

The weekly contribution is presently \$7.00 per week. This payment is used for the running and upkeep of the hostel. Payment may be made either by means of cash or cheque placed in an envelope available in each church building and deposited in the appropriate box. Payments can be made weekly, monthly, quarterly or annually. Payment may also be made via use of electronic transfer to:

Free Reformed Retirement
Village Association (Inc.)

BSB: 066 131 Account: 00944914

The Association has its own webpage,
frca.org.au/fairhaven
where you can find some of this information
and also a copy of the Constitution.

CUT HERE



FAIR HAVEN
FREE REFORMED RETIREMENT VILLAGE

Name:

Address:

Member of the Free Reformed Church of

I would like to become a member
of Fair Haven and agree to pay \$7 p/w.

I would like to make a donation to Fair Haven.

I would like to become a volunteer at Fair Haven.

I would like more information in regards to:

Please feel free to contact me on

Signed:

Please deposit this slip in the Fair Haven box in your
church; or email / contact our treasurer Bernice Hordyk
bhordyk@bigpond.com | (08) 9526 0128



of the Free Reformed Retirement Village Association (Inc.):

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