

# Residential Aged Care Newsletter



BEECHWORTH  
HEALTH SERVICE

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*'Easter Bunny' made by Pam Thomas*

## Events Calendar

9<sup>th</sup> June – King Birthday

24<sup>th</sup> June – Opening of the Edible Gardens

26<sup>th</sup> June – English Day

6<sup>th</sup> – 13<sup>th</sup> July – NAIDOC

14<sup>th</sup> July – Bastille Day

6<sup>th</sup> August – International Tea Day

18<sup>th</sup> August - Italian Day

22<sup>nd</sup> August Daffodil Day

**If you have missed any communication or are seeking more information please contact main reception for more information (0357 280200).**

This newsletter is available on our website

**[www.beechworthhealthservice.com.au](http://www.beechworthhealthservice.com.au)**

## Message from the Director of Clinical services - Elizabeth Ibrom

Welcome to the Summer/Autumn edition of the Residential Aged Care Newsletter. There has been much happening over the warmer months including the appointment of our new Chief Executive Officer Ms. Sharon Walsh. Many of you may have had the pleasure of meeting Sharon over the past few months as she has been busy getting to know our staff, residents, families, friends and volunteers. Sharon has over 2 decades of experience in Health Care and Leadership and we look forward to drawing on her wealth of experience and knowledge.

I am also pleased to announce the upcoming opening of the Residential Aged Care Edible gardens. Beechworth Health Service has been fortunate to receive grant funding from the Victorian Department of Health which has supported the development of an edible garden for each of our RAC units. The edible garden has been a collaborative project, led by our health promotion team, in consultation with Residents and Community members. The gardens will provide our Residents with opportunities to connect with the outdoor areas and enjoy the fresh air, while engaging in meaningful lifestyle activities. Residents will be able to plant, nurture, pick and prepare produce for the inclusion in meals while enjoying familiar scents and connecting with each other, staff and visitors. I wish to offer a special thank you to our maintenance, services and gardening staff for their contributions to the creation of these spaces.

All are welcome to come along and celebrate the opening of the Garden on Tuesday the 24<sup>th</sup> of June;

- Stringybark lodge will be celebrating this occasion with a morning tea commencing at 10:15am
- Acacia will be celebrating this occasion with an afternoon tea commencing at 2:30pm

In other news, BHS has received a Commonwealth grant for the purchase of lifestyle activities equipment to support persons with Dementia. Our activities officers and Residents have been busily brainstorming the best use for these funds and have determined a variety of items will be sourced including - games, physical activity equipment and art and craft supplies. The aim of the funding is to encourage residents to be active and engaged in lifestyle activities in order to enhance their quality of life.

Lastly, I would like to say a special thank you to the local BEAT group for their generous donation, which will contribute to sporting and physical activity equipment for Residential Aged Care and to the year 10-12 students from Beechworth Secondary School who have been visiting with Stringybark lodge residents sharing stories and discussing current events.

I hope you're all rugging up in preparation for the chilly season,

Elizabeth Ibrom



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ANZAC Day 2025





# Autumn 2025

## #NVW2025 National Volunteer Week - Connecting Communities | 19–25 May

Today we took time to celebrate and acknowledge our volunteers with a shared lunch and healthy conversation.

The connections our volunteers make with our staff, residents, patients and one another are priceless and we cannot thank them enough for their care and commitment.

A big thank you to Peter Croucher, a passionate volunteer from Kiewa/Tangambalanga who spoke about his volunteering journey since he was 15 and his countless involvement as a volunteer including local government, Lions club, local committees and sharing of his talent and love for music far and wide. His energy and enthusiasm is endless. Thank you too for sharing the poem - Dedicated Hearts

Dedicated hearts like yours  
Are not so easy to find.  
It takes a special person to be  
So generous and kind.

To care so much for your fellow man  
Is a quality all too rare.  
Yet you give of your time and talents,  
For all in need to share.

So thank you for being a volunteer,  
We're privileged to work with you.  
We want you to know how appreciated you are,  
Not just today, but the whole year through.





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## Volunteer Report

Welcome to the New Year and welcome to our new volunteers to RAC!

In December 2024, our volunteers attended a thank you luncheon at the Grand Oaks Resort. It was a fabulous occasion for the Volunteers who enjoyed a lovely meal, shared many memories and received a lovely Jim Jam product to take with them, which was generously donated by Jim Jam Foods.

Wednesday 12th March volunteers attended a delicious afternoon tea for service recognition and were thanked by our Chief Executive Officer Sharon Walsh.

You may have seen some new faces wearing their blue volunteer vests. We hope you enjoy your time and we appreciate your support to our RAC volunteer programs.

Looking for a rewarding way to give back? Join Beechworth Health Service (BHS) as a volunteer! Volunteering is a fantastic way to:

- ✓ Connect with your community
- ✓ Share your passions and make a real impact
- ✓ Grow personally and build valuable networks
- ✓ Meet new friends and enjoy a fulfilling experience

With opportunities across Beechworth, Tangambalanga, and Yackandandah, there's a role for everyone, including:

- ♥ Consumer Representatives
- 🏠 Aged Care & Club Connection
- 🚗 Drivers
- 🐾 Assisted Animal Therapy
- 🕒 Kiosk Helpers
- 📝 Memoir Writers
- ✂️ Nail Care Volunteers

Let us match you with a role that suits your skills, interests, and talents!

☎ Call our Volunteer Coordinator today to get involved!

P: 03 5728 0200

E: [info@beechworthhealth.org.au](mailto:info@beechworthhealth.org.au)



# Beechworth Health Service welcomes - Sharon Walsh, Chief Executive Officer

Sharon Walsh has joined the team at Beechworth Health Service as the new Chief Executive Officer. We put forth some questions to Sharon in order to get to know her better. Heres what she had to say;

### How long have you worked in your field?

"Trained as a registered nurse in the 1990's"

### Where have you worked prior to BHS?

"Most recently I was working for Ramsay Health at Nowra Private Hospital. Within Australia I have worked in a variety of roles within the public health service. In Victoria that has been at Austin Health and Royal Melbourne Hospital. I worked in both public and private health in the UK and South Africa too."

### Where did you train/study?

"I trained as a registered nurse at Addington Hospital in Durban, South Africa. I completed my Masters in Health Service Management at Monash University."

### What other work have you done?

"I have worked clinically as a nurse (mainly in Neurosurgery and then Neurology/Stroke). I have had a number of clinical governance roles and lead large projects. I have also worked in all levels of operational management from managing a single unit through to a Chief Operations Officer of a large health service before moving into a CEO role."

### What do you like most about your role?

"I have consciously moved my career towards rural health. It is an area that I am passionate about. So I am loving being in Beechworth. The favourite part of my role is spending time with the staff and residents every morning – it fills my cup up before I start the day."

### What do you most like to do?

"My favourite thing to do is scuba diving and underwater photography, followed closely by 4WD. I also quite enjoy hiking and reading"

### Do you live local?

"I live in Baranduda – so not too far away."

### Do you have any Pets?

"I have a handsome German Shepherd boy called Hudson. He is 14 months old and a bundle of energy."

Please join us in welcoming Sharon to the Beechworth Health Service team.

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## **Beechworth Health Service wishes Lynette, Physiotherapist, an enjoyable, healthy and wonderful retirement.**

As a long-standing member of the health team at BHS, she will be sorely missed and we extend our sincere thanks for her care to her clients, colleagues and community.

Starting in 1982 at Ovens & Murray Hospital for the Aged as a young physiotherapist, Lynette has enjoyed working in a variety of places and people. She fell in love with the beauty of NE Victoria and thankful to have her work with the health service over so many years. She has worked flexibly over her career balancing work and family.

Her focus has always been to deliver the highest standard of care. Health is her passion and she is continually increasing her knowledge to meet client needs. Clients and staff are going to miss a very skilled, caring clinician and tireless advocate.

We are going to miss her caring and insightful presence. We have all enjoyed her astute observations and lovely chats at the lunch table and in the corridor.

Lynette has provided 43 years of the highest quality care and support for her clients and colleagues and we thank her for all she has given us and wish her an excellent retirement.





## How to stay connected with loved ones

**VISITOR ENQUIRIES:** Please contact Reception staff on 03 57280200 8:30am - 5:00PM  
Monday to Friday

## Getting in touch with a Resident

### PHONE:

- Monday – Friday 8:00am – 1:00pm, Phone: **03 5728 0337**
- Outside of these hours: Stringybark Lodge: **03 5728 0371**  
The Acacias: **03 5728 0365**

All Aged care Residents are able to have a direct landline installed in their room – Please discuss this with the Residential Aged Care Manager. Alternatively, Residents can purchase their own mobile phone or tablet with a phone plan

**Social media for Residents:** Family members are welcome to set up a social media account on behalf of a resident and staff will happily assist the resident to sign into the account to view photos and messages

### EMAIL:

Stringybark Lodge: **Stringybark@beechworthhealth.org.au**

The Acacias: **Acacias@beechworthhealth.org.au**

**SKYPE:** Contact an Activity Officer to book a time to Skype.

Stringybark Skype name is: **Health Beechworth**

The Acacias Skype name is: **Beechworth Health**

## Keeping up to Date:

Visit Website >

<https://beechworthhealthservice.com.au/>



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## HEALTH INFORMATION

Taking care of your mental health is very important for your overall wellbeing. The sooner you talk about your mental health, the sooner you'll get the help and support you need, to help you move forward and feel stronger. Should you require support please refer to **Head to Health**.

**Head to Health** is an initiative aimed at helping Victorians of all ages to take the first steps towards finding the mental health and wellbeing support that's best for them.

Phone: **1800 595 212** Monday – Friday 8.30am – 5pm

Online: <https://www.headtohealth.gov.au/>

## CRISIS SUPPORT

### Lifeline:

Phone: **13 11 14**

SMS: **0477131114**

Online chat: <https://www.lifeline.org.au/crisis-chat/>

### MensLine:

Phone: **1300 789 978**

Online Chat: <https://mensline.org.au/phone-and-online-counselling/>

### Beyond Blue:

Phone: **1300 224 636**

Online chat: <https://www.beyondblue.org.au/get-support/talk-to-a-counsellor>

**SuicideLine:** telephone and online counselling for people living in Victoria aged 15 years and older

Phone: **1300 651 251**

Online chat: <https://suicideline.org.au/phone-and-online-counselling/>

### Kids Helpline:

Phone: **1800 55 1800**

Online chat: <https://kidshelpline.com.au/get-help/webchat-counselling>

*If you require immediate assistance or feel at risk to yourself or others call '000' immediately*