

The Link

WINTER 2006

Music: you can't get by without it!

Children often resent being forced to play scales and learn music but, as time moves on, non-verbal forms of expression can become increasingly important.

Experiencing and making music has been linked to lower heart rate, decreased blood pressure and reduced stress.

Music and music therapy can be an especially helpful tool in aged care but, for some of the residents in Northern Sydney facilities, music is much more than that. It is something that they have devoted their life to, and something that they could not get by without.

Committed to memory

At 92, Clara Molnar, a resident of Wesley Gardens Hostel, has enjoyed a lifelong career as a solo concert pianist.

Along with memories of taking the stage all over the world, Mrs Molnar carries around 300 songs in her head.

"I don't like to play music from the page — I don't need help," she said. "I sometimes practise if I can get to the piano but often when I go to sleep at night I practise in my mind. It's something that not everyone can do."

Born in Budapest in 1913, she first began playing at age 4 by mimicking her father, an established opera singer, when he practised, accompanying himself on piano. He taught her until she required private tutoring; eventually she studied at the Conservatorium of Music in Budapest.

It is a family value she has passed down to her own relatives.

She often plays for organised facility events when asked, but also enjoys sitting down at a piano, warming up her fingers and seeing who will gather around.

"I'm 93 in October, but when I play the piano I feel like I'm 20".

'There's been music all my life'



Kenneth Leech, 93, recently received an invitation to see the Sydney Male Choir perform at Sydney Town Hall. He couldn't make it that night and stayed home at his residency in Kamilaroi, but it still pleased him to



Above: Clara Molnar doing what she loves best.
Below left: Kenneth Leech displays his trophy, won at the Male Voice Choral Championship while he was president of the Sydney Male Choir in 1962.

PHOTO MARTIN LANGE, THE MANLY DAILY

hear that the room was packed full of people.

It is understandable to still feel protective about a choir of which he was president for 15 years.

"I joined the choir after going to the Sydney Conservatorium and having lessons with Lyndon Jones," he said. "He asked me to come along one night to the Sydney Male Choir where he was the conductor. He said, 'Bring a song.' I sang a song by

Frederick Keel. It turned out that I was a bass baritone with them and one of their main soloists!"

His time with the choir came to an end after a leg operation left him unable to mount the stage without difficulty.

"I still sing sometimes. I sang *Into the Night* at my wife's funeral."

Mr Leech is also well known for leading Keenagers in song on Tuesdays and Wednesdays.

- Keenagers get mobile with a new bus
- Skills and stories at Northern Beaches Community Men's Shed
- Kamilaroi prevents resident falls

- Support for working carers: Georgian House opens to the public



From the Regional Director



It is a time of achievement in the Northern Sydney region.

Accreditation continues to progress well with all of our assessed facilities passing without problems. As I write this, Northaven, Kari Court, Georgian House, Kamilaroi, Wesley Gardens and Lynvale have all received the full three years accreditation from 2006 to 2009. By the time you read this, St Columba's, The Garrison, Wyllie Lodge, Thomas Bowden and Wesley Heights Manly will be working through the process, with Bowden Brae due in August.

I'd like to thank managers and staff for the momentous effort that it takes to organise and undertake accreditation; alongside the executives that have supported the process.

Donna Dark, Anne Johns and Eve Perez-Perakis continue to do an admirable job in quality and risk management during the hectic period of accreditation.

We wish Donna the best of luck as she moves into the Pitt Street office of UnitingCare Ageing as the Quality and Risk Manager.

Glendin Franklin-Browne, IT Manager for the Northern Sydney Region, has also moved to UnitingCare Ageing to take up the role as Technology Infrastructure Manager and we wish him all the best for the future.

I offer a warm welcome Karen Wetton-Smith as the new Coordinator of Jacaranda Day Care Centre.

Phil West had his last day with us as Director of Corporate Services on July 7. We are very grateful for the commitment he has shown and the important work he has done for UnitingCare Ageing during his time with us. We wish him the best of luck as he moves onto his new position as Director, Finance in the New South Wales Department of Health.

Congratulations goes to Jim Proffitt, who was awarded an Order of Australia Medal this year for service to the community through the Wesley Heights Aged Care Facility.

We now have a Registered Training Organisation available to the region: Professional Aged Care Education and Research (PACER). It delivers Certificate III and IV in aged care and also provides courses in leisure and lifestyle and traineeships, some of which can be funded through the Better Skills for Better Care program.

The regional merge continues to progress well with the final administrative changes due to be completed by December 2006.

The blessing of the new regional board by the Ku-ring-gai Presbytery was held on Thursday June 22 at Kamilaroi Retirement Centre.

Ivan Armstrong

'Without music I'd be lost'

There were two things Elisabeth Hessin, 52, insisted on bringing into Wesley Gardens: her pet bird and her piano. Luckily they both fit, and her bird is quite happy to sing along with her playing.

"Music is a big part of my life; it always has been, ever since I was a kid," she said. Though piano playing is her first love, and the first instrument she learnt at 5, she can also play the violin, guitar and organ.

"I use it to help people out. I don't play as a concert pianist now. I mainly play as accompaniment over singing. I get more pleasure out of that."

When she first arrived at Wesley Gardens she organised afternoon sing-alongs, hoping to offer some entertainment and perhaps jog some memories through the old tunes. These wound up when she noticed that nobody was singing any more, just coming to hear her play.

"I get a lot of inner peace from playing. It sort of takes you out of this world into another world. I'm just thankful that I did stick with it because it is always going to be with me now, right up until the time when my fingers don't work!"



You don't need to be an expert

"You haven't got to be an expert to enjoy yourself at the piano. I could play the piano all day long; I want to keep at it."

Reg Rudgley, 99, has already kept at it, playing stubbornly into his 90s despite losing two fingers in a circular saw accident at 60.

The incident did hold him back for a while. In fact, it was a few

years until he bought a piano for his son, then, thinking that it mixed badly with his homework, decided it was better for him to use it himself.

"I'm only practical with a couple of fingers now," he said. "I used to play the classical stuff when I was younger. I didn't play any popular music then. My teacher was a professional from England and he wouldn't let me play 'that rubbish'. Now I've got to play it because it's all I can! And that's okay because it's what people like."

Now he is mostly heard entertaining his friends at Jacaranda Day Care Centre. He modestly admits to trying "to make them happy if I can" but Betty Snelling, the founder of Jacaranda, is enthusiastic with her praise.

"He makes them very happy. They love it; they want him to play more and more!"

Keenagers celebrate new bus

On April 4 an official ceremony was held at Keenagers Day Care Centre in Chatswood-Willoughby Uniting Church to celebrate the arrival of a new bus. The bus was provided by UnitingCare Northern Sydney Region and will be used to transport Keenagers members in their activities.

Keenagers' oldest volunteer, Joyce Haggarty, 93, cut the ribbon to officially "open" the bus for use.

"Joyce attends Keenagers every Tuesday as an active volunteer," said Ruth Woodley, Secretary for the Committee of Management of Keenagers. "She has done so for nearly 13 years. She is quite a remarkable lady!"

Other impressive guests included Gladys Berejiklian MP, Mayor Pat Reilly and Chairperson of the UnitingCare Northern Sydney Regional Board, Peter Andrews, who attended the ceremony along with the members of the Day Care Centre, staff and volunteers.

Keenagers, an activity of Chatswood-Willoughby Uniting Church and UnitingCare Ageing Northern Sydney Region, has provided respite for the carers of frail elderly people and those with dementia for almost 13 years.

This enables carers to have some time to themselves away from the constant demands of their role.



Joyce Haggarty "opens" the new bus, offering Keenagers comfortable transportation.

"Transport for members has been provided all of that time using borrowed buses," said Ruth Woodley. "Now we have a bus of our own which will be larger and more comfortable than any we have previously used. It is indeed a cause for great celebration!"

Keenagers is funded by the Australian Government, the Help Street Foundation and UnitingCare Northern Sydney Region with grants from Chatswood RSL Club, Willoughby City Council and other donors. New volunteers are always welcome.

As I write these words, two Australian miners (Brant Webb and Todd Russell) have just been released from their 14-day entrapment, 900 metres underground. As we have watched and prayed over the past two weeks, it is with a great sense of relief and thankfulness that we see their smiling faces appear over our television screens.

We are moved as we see the tearful faces in the crowds of local people who have held a prayerful and determined vigil through the days and nights. Their rescuers are clearly delighted but make modest, understated comments about the part they played in the drama that has unfolded before us and the wider world.

It occurred to me that one word summarised all that was happening: friendship.

People who belonged together, who shared a common identity and experience together, who helped each other, rescued each other, wept and rejoiced with each other — these were friends.

With the huge success of the Chronicles of Narnia, *The Lion, the Witch and the Wardrobe*, I am reminded of the friendship of C.S. Lewis and J.R.R. Tolkien.

Both literary superstars, known around the world as creators of Middle Earth and Narnia, shared an important and complex friendship. Without the persistent encouragement of Lewis, Tolkien would never have completed *The Lord of the Rings*. Likewise, all of Lewis' fiction, after the two met in 1926, bears the mark of Tolkien's influence.

Despite their differences, what united them was much stronger: a shared vision that continues to inspire their readers throughout the world.

Friendship is one of God's richest gifts. It is a gift all humanity shares and one which we have the opportunity to understand, and practise in the communities in which we live and work within UnitingCare Ageing.

Chaplain's corner

As I visit our facilities throughout Northern Sydney Region, I am encouraged by the warmth with which we are welcomed. I see first-hand evidence of friendship.

There is no greater friend we can have than God. The book of Proverbs has a lot to say about friends. It points us to God and forces us to think about our friendship with God by saying that, "The friendship of the Lord is for those who fear him, and he makes known to them his covenant." It is not only *important* to be a friend of God but it is also *possible* to be a friend of God.

We become friends with God through the work of the Lord Jesus Christ. "God demonstrates his love for us in this, while we were still sinners, Christ died for us" (Romans 5:8). Once we were enemies of God through our sin; now we are God's friends only through the death of Jesus.

Jesus is the true friend that the book of Proverbs describes. He is the greatest friend, who laid down his life for his friends. Jesus calls us into the liberating fellowship of being friends of God, blessing us with the power to establish communities of friendship, grace and care. What unites us as friends is our shared story; we are part of God's story of salvation history, and our shared identity in the one to whom we all belong.

Jennifer Johnston, Coordinating Chaplain



Alternatives encourage 'specialness'

Sally Wilson says her job as Manager of Low Care at Wesley Gardens Hostel in Belrose is essentially about making residents feel comfortable and secure.

An important part of comfort, she said, is offering as much choice as possible.

"It's important to offer residents alternatives in an aged care facility so that they don't become institutionalised. To make sure they're still treated as individuals. You need to look at their 'specialness' and encourage it."

It is about offering the same respect that she expects if she retires into care.

And an early warning to carers of the future: this one wants more activities on offer than just bingo.

"If anyone tries to make me play bingo when I'm old, I'll give them a piece of my mind! Not everyone is the same. I'd hate to have to play bingo. But there are also people who love it. It's important to ask residents what they want to do and make sure that, if it's physically possible and safe, they can do it.

"I want to provide things that interest them but also give them the option of saying 'no'."

Sally studied to be a teacher, but quickly decided that nursing was the profession for her.

"Because of the nurse in me, I enjoy delivering care. I'm interested in their lives; it never ceases to amaze me what people have done. The paths they've walked and the things they've seen are just fascinating."

Sally's 15 years experience in aged care facilities spreads across both hostels and nursing homes. When she came to work for UnitingCare Ageing Northern Sydney in October 2004, she was attracted to the challenge of a large hostel.

Since then, there's been no such thing as a typical day at Wesley Gardens. Her timetable is arranged around the particular needs of residents and relatives on any given day.

"When I walk in the door, I try to find out what's happened overnight, I speak to relatives of residents on the phone and, apart from that, it's a lot of paperwork! Building systems, writing care manuals, making sure I get all the up-to-date legislation."



Dementia care: it's about heart

Tracy Dickerson, Manager of High Care Dementia, freely admits that working in The Luke Centre and Banksia at Wesley Gardens is not everybody's cup of tea.

"They are very special people who work here. We find that some people will come from the agencies for relief work and they only do one shift. Then there are the others who prefer it. It's something about their heart."

When it comes to her job, it seems that Tracy's own heart contains a lot of this "something". She has never wanted to move on from working in aged care as she feels it is where God wants her to be.

"It's very hard for residents here to communicate. You have to watch their body language carefully to see if they are in pain or uncomfortable. I spend a lot of time dealing with the behaviours that manifest in people with dementia; from people who yell all day to those who hoard slippers".

The Luke Centre and Banksia are dementia-specific, secured facilities. Because working there can be challenging and repetitive, Tracy believes in putting a lot of

work into maintaining staff morale.

"There are a lot of things that we want to do here. We want to make The Luke Centre and Banksia the pinnacle of what they can be. There is a lot of emphasis on teamwork. I feel that staff could easily feel undervalued because you're not getting back that recognition from the residents. In nursing care, residents also have needs, but the residents are able to thank you."

That thanks is often found through the relatives of those in care, but sometimes they are in need of a bit of caring themselves.

"I do a lot with the relatives because it's very hard for them to come to terms with their relative no longer



Nursing in the blood

There has never been any doubt in Annette Davis' mind that she was destined to work in nursing.

"I was born to be a nurse or a doctor," she said. "And it was in my blood from the time that I was four years old. I was a very busy child and I'm a very busy person now!"

She worked as a dental nurse in the year-long gap between leaving school and turning 18, when she could begin study and pursue her real career.

Her work in aged care began in 1993 and in the last ten years she has been a director of nursing.

Annette began working for UnitingCare Ageing in December 2004 as Manager of High Care in Wesley Gardens in Belrose.

A typical day is spent checking in with staff and making sure

everything is running smoothly. But she says, "Every day is different. I may have a relative interview, I may have meetings to attend, I may have projects to get ready for, staff to interview or problems to deal with."

Her favourite part of the job is spending educational time with the Registered Nurses because she finds their growth through learning very rewarding.

She says that there are other good parts too.

"It's really very nice to try and make sure that residents have the best care and attention in what for them is probably difficult circumstances, because they've had to leave their homes or familiar places to come and be in a nursing home.

recognising them. Sometimes they feel guilty; they feel that they should be the ones doing the caring, but they can't. It's too much work. Sometimes it is like we become part of the family. When the residents pass away, we often find that the relatives miss us too."

Tracy began work with UnitingCare Ageing Northern Sydney Region as a Registered Nurse and was promoted to manager in April this year.

Tracy's interest in the profession began at 14 when her mother died from cancer after two years under her care.

"I was with her when she died. Nursing was something that I wanted to give back because everyone had been marvellous to us."

She says that it is primarily their spirit which makes her interested in working with older people — even when spiritedness can lead to more work. Despite the moments of frustration, there are also the moments that make it worthwhile.

"We get those moments of clarity from the residents. There was one lady recently who was sitting next to another in the dining room. I started getting the impression that the lady beside her was really irritating her. I could see what was happening through body language, so I moved the nosier lady to a different table, and you know what the lady did? She went (gestures a thumbs up) like that. It was a moment when I knew that I'd done something for her and she really appreciated it."

"It's nice to know that we can provide that comfort and security that they need in their twilight years."

Her hopes for the future are for continuous progress. "I hope that through constant work with the nurses, sisters and staff we are able to improve their quality of life here at Wesley Gardens."



Secret men's business

An Open Day was held on Saturday June 24 for the Northern Beaches Community Men's Shed at Manly.

The Men's Shed is a well-equipped workshop providing a space for "shedless blokes". Retired men can tinker with shared tools, develop new or old skills, trade stories, tell jokes and socialise.

So far in excess of \$20,000 has been spent on industrial quality tools, and two carpenters have volunteered their time to ensure that the men using the shed are well instructed.

Rick Frith and Ron Durham have spent innumerable hours in the construction and fit-out of the Shed to ensure its completion in time for the Open Day.

Bruce Chapman acknowledged for diabetes struggle

For Chapman Close resident Bruce Chapman, living with Type 1 diabetes has been a balancing act performed daily for over 50 years.

To commemorate his efforts, Diabetes Australia awarded him a silver Kellion Victory medal.

"In the coming years these medals will become fairly common," he said. "But for people diagnosed in the 1950s it has been a difficult journey and I have lost quite a number of friends to complications.

"In the '50s it required only one injection per day but in recent years this has increased to five."

Bruce has not only managed his own condition admirably, but has also volunteered with the Juvenile

Diabetes Research Foundation to work towards improving the lives of others.

For Bruce, it has been 50 years of ups and downs, but recent research has made the disease easier to cope with and has reduced the likelihood of complications. He says that more detailed ingredient labels emerging in modern times have given people with diabetes greater choice when planning meals.

He credits his parents, who set healthy eating habits in the early years of being diagnosed with diabetes, for much of his success.

Their positive attitude has done much to help their son, and later,



Self discipline recognised: award presented by Christine Booth from Diabetes Australia.

their cat, which developed Type 2 diabetes in later life. Bruce himself advised his mother to put the pet down after they informed their son of the diagnosis.

His mother replied: "Bruce, we

didn't have you put down!"

Bruce is keen to raise awareness of the often preventable Type 2 diabetes, and proud that Australia is a leader in the research to find a cure.

Preventing resident falls and rising statistics

Falling in later life can lead to serious consequences, such as injury, psychological stress, functional decline, premature placement in high level care and death.

The Australian Physiotherapy Association says that many falls and related injuries among older people are preventable, and the early identification of risk factors can minimise the harm done by falling.

When the staff at Kamilaroi Retirement Centre in Lane Cove noticed a comparatively high number of falls among residents, they took action to find out what could be done to reduce the statistics.

A physiotherapist was brought in to conduct risk assessments on residents who were experiencing frequent loss of balance and

individual daily programs were developed to target problems.

Staff began detailed documentation of any falls occurring and started helping residents maintain routines with their programs. They then reported back to the physiotherapist who checked their progress weekly.

Currently, 42 residents are working through individually-developed daily physiotherapy programs, while 25 participate in the strength-building exercise group.

"The numbers are increasing for our exercise group," says Emily Koroi, Facility Manager.

"We make it fun, put it to music and the Recreation Activity Officers who oversee the group do the exercises with them."

Another important part of fall prevention is raising awareness

among those at risk. Kamilaroi adopted fall awareness as a theme for Senior's Week 2006. Robyn Kirkby, Regional Manger of Care, addressed residents and staff, providing them with information to increase their awareness of safety and strength building, practical footwear and clothing.

"We have decreased falls by around 50 per cent," said Ms Koroi. This is a result she is very happy with and one she feels could not have been achieved without the dedication shown by the rest of the staff at Kamilaroi.

"The staff are taking it on as part of their daily workload and there have been no grumbles. They handle it very well — participating in the program for the benefit of the residents."

Farewell Sharyn; welcome Danielle!



May 24 marked the departure of the ever-helpful Sharyn Johnson (pictured) from the Chatswood regional office.

Danielle Jones has since moved into the position of Executive Assistant to the Regional Director, Ivan Armstrong.

Danielle is no stranger to UnitingCare Ageing: in her previous position she worked as Personal Assistant to the Director of Care at Wesley Gardens.

"I love my new job. Ivan and the Executive Team have been very supportive," she said.

RESIDENTS REMARK

We spoke to three residents at Kamilaroi Retirement Centre, Lane Cove, about the benefits music has brought to them and the role it has played in their lives.

Olga Soden, 86

I've had music all my life. My father was very musical and involved in church work. By the time I was six I was playing for all the littlies. That was when I



first started the organ. I've been playing that for 77 years! I played at the Lyceum in Sydney once.

Now I still play at the local chapel. And I play if we have a sing-a-long here in the afternoons.

Music is built into me; it has grown with me.

My family would perform together. In our house we had a "family orchestra". I played the organ, my father played the cello, one brother played the violin and the other played the piano.

I listen to music all the time. I don't go for all the modern things now. It's just noise, it's not music. I love Chopin and Beethoven.

Playing music is emotional — you've got to get out what you're feeling. I would be absolutely lost if I didn't have music to listen to.

Isabelle Young, 94

I started to learn piano when I was 8. I used to go in eisteddfods — I loved those. Later I taught. During the war I realised that I wanted to learn how to play popular music as well as classical. I did a course in popular music. Eventually I was teaching that too!



I've never had any desire to write music, but I was foolish not to have taken up another instrument. My mother and I moved to Kingsgrove and began teaching there. I had a nice lot of pupils and put them through their exams at the conservatorium and their parents were pleased and they did well. And then I thought, "Gee, I'd love to take them out to a show." I bought a whole lot of tickets half price to go see *My Fair Lady*. They'd never seen anything like it before!

Betty and I used to have a classical music program here every month. She'd talk; I'd produce a video of somebody doing something beautiful.

We had a beautiful cat here at Kamilaroi, and when she died I decided that I wasn't going to play anymore.

Betty Shwabsky, 92

I'm a particular sort of music fan. I liked the romantic period. I love from Mozart to 1912. I'm a fan of the 19th century. I like music as part of history. I don't play anything; I just like to listen.



There certainly is melody in earlier music. As Benjamin Britten said, a lot of modern music won't live because there is nothing for people to grasp. I agree with that because there's a lot of sound but it doesn't make any sense. The 19th century, the late 18th century and the early 20th century has an emphasis on melody.

My taste in music hasn't changed much over the years, but I've come to learn more about it as I've gotten older. I studied history and I like to associate it with a period and what was happening.

Music brings back a lot of memories. I used to love to go to the symphony. I'm not so keen on chamber music or individuals, but I love symphonies. They're my favourite because it's so interesting hearing the ways the instruments come in.

Looking after working carers

Georgian House Seniors' Day Centre is now providing affordable, quality day care for seniors with carers who are currently employed or would like to work.

Coordinator Miriam Watsford says, "We are here to assist and alleviate some of the pressure involved with juggling dual roles, particularly with the added stress of working and caring. It is like respite, but you can't use that word because in respite you get a break and these

people aren't getting a break, they're going to work. There are a lot of social and economic benefits that people get from being able to work. We hope to help people keep those benefits or begin to find them if they've just started working."

An Australian government initiative operated by UnitingCare Ageing Northern Sydney, Georgian House Seniors' Day Centre is run alongside Georgian House Hostel

in North Sydney. It is, however, a self contained centre. The main meal is eaten within the hostel and additional services like podiatry, hair dressing and chaplaincy are available through the hostel if requested.

Days are filled with individual or group leisure and recreation activities including exercise, arts, music, discussion groups and outings. All are conducted under the care of activity officers, experienced

in running aged care programs.

The centre is open weekdays from 8 am to 6 pm, and there is no limit to how long a care recipient can stay. The basic fee is negotiable, and nobody will be excluded from attending because they can not afford to pay.

"The hours we open are negotiable if people require additional help outside them," says Ms Watsford.

For more information, call 0438 250 251 or 02 8907 1008.

FACILITY LISTING

Regional Office

UnitingCare Ageing – Northern Sydney Region
4 Chapman Avenue, Chatswood
PO Box 304, CHATSWOOD 2067
Phone: 9468 5900, Fax: 9468 5990
Toll free: 1800 665 966

HIGH CARE (Nursing Homes)

Bowden Brae Nursing Home

40-50 Pennant Hills Road, NORMANHURST 2076
Phone: 9487 1799

Lynvale Nursing Home

7-9 Lynvale Close, LANE COVE 2066
Phone: 9419 7606

Northaven Retirement Village

1322 Pacific Highway, TURRAMURRA 2074
Phone: 9449 5644

Wesley Gardens Nursing Home

2b Morgan Road, BELROSE 2085
Phone: 9452 3022

Wesley Heights Manly Nursing Home

47 Birkley Road, MANLY 2095
Phone: 9977 7366

Wyllie Lodge Nursing Home

2 Chapman Avenue, CHATSWOOD 2067
Phone: 9419 7788

LOW CARE (Hostels)

Bowden Brae Retirement Village

40-50 Pennant Hills Road, NORMANHURST 2076
Phone: 9487 1799

The Garrison

13 Spit Road, MOSMAN 2088
Phone: 9960 2100

Georgian House

52 McLaren Street, NORTH SYDNEY 2060
Phone: 8907 1000

Kamilaroi Retirement Centre

155 Longueville Road, LANE COVE 2066
Phone: 9418 6088

Kari Court

251-257 Mona Vale Road, ST IVES 2075
Phone: 9488 5100

Northaven Retirement Village

Northaven Hostel
1322 Pacific Highway, TURRAMURRA 2074
Phone: 9449 5644

St Columba's Retirement Centre

15 Figtree Street, LANE COVE 2066
Phone: 9418 3611

Thomas Bowden Retirement Village

279 Morrison Road, RYDE 2112
Phone: 9809 7843

Wesley Gardens

2b Morgan Road, BELROSE 2085
Phone: 9452 3022

Wesley Heights Manly

47 Birkley Road, MANLY 2095
Phone: 9977 7366

SELF CARE

Bowden Brae – Karinya

Frederick & William Streets, HORNSBY 2077
Phone: 9487 1799

Bowden Brae Self Care

40-50 Pennant Hills Road, NORMANHURST 2076
Phone: 9487 1799

Carinya Self Care

62 Norfolk Road (PO Box 211), EPPING 1710
Phone: 9876 5245

Chapman Close Self Care

6 Chapman Avenue, CHATSWOOD 2067
Phone: 9418 3611 ext.206

Coombah Self Care

43-53 Oxford Street (PO Box 211) EPPING 1710
Phone: 9876 5245

Copeland Gardens

129 Copeland Road, BEECROFT 2119
Phone: 9875 3436

Garrison & Killarney Self Care

13 Spit Road, MOSMAN 2088
Phone: 9960 2100

Mawarra Village

3a Verney Drive, WEST PENNANT HILLS 2125
Phone: 9875 2662

McDonald Homes Self Care

Howard Avenue, DEE WHY 2099
Phone: 8966 8020

McDonald Homes Self Care

Wingate Avenue, EASTWOOD 2122
Phone: 9418 3611 ext. 206

Northaven Retirement Village - Self Care

26 Treats Road, LINDFIELD 2070
Phone: 9449 5644

Northaven Retirement Village - Self Care

1322 Pacific Highway, TURRAMURRA 2074
Phone: 9449 5644

Northaven Retirement Village - St Margarets

18-22 Gilroy Street, TURRAMURRA 2074
Phone: 9449 5644

Northaven Retirement Village - Self Care

10, 12 & 20 Congham Road, WEST PYMBLE 2073
Phone: 9449 5644

Pindari Self Care

33 Church Street, RYDE 2112
Phone: 9809 7843

Thomas Bowden Self Care

279 Morrison Road, RYDE 2112
Phone: 9809 7843

Wesley Gardens – Tredinnick Village

75 Cook Street, FORESTVILLE 2087
Phone: 9452 3022

Wesley Heights Manly Self Care

47 Birkley Road, MANLY 2095
Phone: 9977 7366

DAY CARE

Jacaranda Day Care Centre / Jacaranda Café

Pittwater Uniting Church
10 Jubilee Avenue, WARRIEWOOD 2102
Phone: 9979 4299

Keenagers Seniors Day Activity & Respite Centre

Uniting Church Hall
10 Clanwilliam Street, WILLOUGHBY 2068
Phone: 9415 2070

Northaven Retirement Village / Northaven Day Therapy Centre

1322 Pacific Highway, TURRAMURRA 2074
Phone: 9449 5644

The Men's Shed

Lane Cove Community
15 Figtree Street, LANE COVE 2066
Phone: 9418 8459

JOINT VENTURE

Dougherty Apartments

1 Victor Street, CHATSWOOD NSW 2067
Phone: 9419 3000

James Milson Nursing Home

Cnr Clark Road & High Street,
NORTH SYDNEY 2060
Phone: 9959 4144