



Our Patron Visits the V Centre



Patron of Vasey RSL Care, Her Excellency Professor the Honourable Margaret Gardner AC, Governor of Victoria, visited the V Centre Veteran Empowerment Program in Ivanhoe on 13 March. We were delighted to show her around and introduce her to some of the participants and our Board and leadership team.

PICTURED: ABOVE, WITH CHAIR MIKE O'MEARA OAM AND CEO JANNA VOLOSHIN; TOP RIGHT, WITH EXECUTIVE GENERAL MANAGER CHRIS GRAY WHO LED



A TOUR OF THE V CENTRE; ABOVE, WITH VETERANS WHO HAVE PARTICIPATED IN THE PROGRAM, BOARD MEMBERS, VASEY RSL CARE EXECUTIVE LEADERSHIP TEAM MEMBERS AND GUESTS.

New Memorial to our Founder at Vasey RSL Care Frankston South



Jessie Mary Vasey OBE CBE is now memorialised at Vasey RSL Care Frankston South.

The memorial provides a brief summary of her life and works and was officially unveiled in the presence of residents and staff by Chair Mike O'Meara OAM and CEO Janna Voloshin on 14 April.

PICTURED: (FROM LEFT) RESIDENT AND VETERAN, TED, PETER HOLZ, PRESIDENT/WELFARE OFFICER, TPI VICTORIA INC AND HIS WIFE KAYE AND CHAIR OF VASEY RSL CARE, MIKE O'MEARA OAM, BOARD CHAIR.

From Our CEO

New Aged Care Act Imminent

The new Aged Care Act, affecting aged care both in residential and home settings, comes into effect on 1 July. The Australian Government notes: "This will improve the lives of older people accessing aged services in their homes, community settings and residential aged care homes".

A transitional 'no worse off principle' applies to both residential and home care: for residential care, this applies to people already in residential aged care on 30 June 2025, and for home care this is to ensure that home care clients, those approved for a package at 12 September 2024 and those on the National Priority System do not pay higher contributions than they pay in the Home Care Packages Program (HCPP).

You will find more information on this on page 8 and we encourage you to look up the links provided.

New Collaboration

Our Chair, Mike O'Meara OAM and I have been meeting with the Chairs and CEOs of similar organisations to ours in other states to discuss forming a new alliance to represent the interests of the veteran community across all states. This new initiative seeks to give greater reach, a stronger voice and increased capacity to advocate for the needs of veterans and their families. Discussions are proceeding well.

New Partnership with Defence Health

I am also very pleased to announce our partnership with Defence Health who are supporting the V Centre with a six-month 'Sponsor-A-Room' sponsorship: this is an exciting relationship with an organisation that shares much common ground with us. *See page 5 for details.*

Memorial to Mrs Vasey at Frankston South

Just before ANZAC Day, a new memorial to Mrs Vasey OBE CBE was unveiled at Vasey RSL Care Frankston South (see front cover).

Mrs Vasey is one of the main reasons our organisation exists. Her work to support, encourage and advocate for war widows and their children is an important legacy that we proudly continue. Honouring her through this memorial is one way we can ensure her work is not forgotten.

V Satellite coming to Geelong

As mentioned in the last issue, we were delighted to receive \$4.68 million in funding for a Geelong-based Veteran Empowerment Program and \$1.2 million for staff to provide a range of support services to veterans and their families, from the Federal Government Department of Veterans' Affairs (DVA).



The V Satellite, to be constructed at our Bell Park Ex-Service Accommodation (ESA) site, will be based on our Ivanhoe V Centre Veteran Empowerment Program. It will offer accommodation in a supported environment and will link to the Ivanhoe V Centre for management and additional program support, and to local providers for the support services needed by participants.

I am extremely pleased that we have been provided with the means to extend the Veteran Empowerment Program to a new regional site and we look forward to working more closely with ex-service organisations and mainstream services to support veterans in the Geelong and Bellarine Peninsula region.

We are in the process of recruiting two full time Veteran Housing and Support Coordinator roles (or equivalent) as part of the Veteran Services team to support V Centre participants, V Satellite residents and at times, ESA residents.

Coming Soon...

Our annual **Saluting Excellence Staff Awards** will be opening for nominations soon. Your nominations mean a great deal, so if you have had an outstanding experience with any one (or more) of our staff, please do nominate them for an award. *See opposite >>>*

A new initiative, the **Tour de V Centre**, will be taking place in the spring. This is a 460km bike ride from Warrnambool to Melbourne over 4 days, raising awareness of veterans' issues and the services available - in particular, the Veteran Empowerment Program. We will have more news on this in the coming months so look out for more information.

We are making good progress on the planning for our **Frankston South Integrated Living Development**: we will bring you more news on this soon.

Tax Time Fundraising Appeal

Finally, I would like to draw your attention to our first ever fundraising **Tax Appeal**. As a not-for-profit, all donations over \$2 are tax deductible and we greatly appreciate your support for all aspects of our organisation as we continue to Serve Those Who Served.

Janna Voloshin
Chief Executive Officer

WINTER 2025

Strategic Plan, Priorities and Actions

In our new Strategic Plan 2025-30, we identified four key priorities for the five years ahead:

1. Veteran Transitions
2. Inclusive Living
3. Growing Our Impact
4. Support at Home

Priority 1, Veteran Transitions, is about being there for veterans and their families during transitions and life's challenges. This is not just about the transition from the ADF to civilian life, but also to co-design innovative services for all generations of veterans and their families and continue to build our knowledge, connections and influence for the benefit of the community we serve.

In support of this Strategic Priority, we are working on a number of actions.



Aged Care Advocacy

In order to advocate for older Australians, we have increased our involvement with bodies such as Ageing Australia, the national peak body for aged care, which covers retirement living, seniors housing, residential and home care, community care and related services.



Ongoing Ties with RSL Victoria

We have a very long-standing and strong relationship with RSL Victoria and we continue to build this relationship at all levels to collaborate on programs to support the veteran community.

Royal Commission Actions

The Royal Commission into Defence and Veteran Suicide handed down 122 recommendations and we are committed to advocating for government funding in response to these.

We have representatives on a number of Royal Commission Forums and consultative bodies to provide input and to represent the interests of our community.

We look to the future, energised by our commitment and optimism to achieve our strategic goals.

Strategic Plan

The Strategic Plan is available on our website:

<https://www.vaseyrslcare.org.au/news-and-events/our-new-strategic-plan-2025-2030/>

Saluting Excellence Staff Awards: Nominations Opening in early July

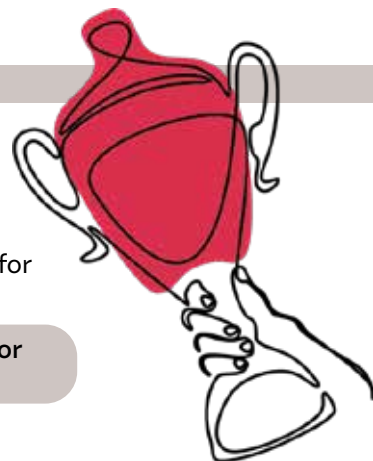
The annual Vasey RSL Care Saluting Excellence Staff Awards are opening soon for nominations.

Recognising and rewarding excellence is extremely important. We will be notifying home care clients, aged care residents, family members, ESA residents and V Centre participants in early July.

So if there is a member of staff who you feel is deserving of recognition, we encourage you to

nominate them. It is a quick and simple process. You can nominate multiple staff for awards if you wish.

Please keep a look out for details coming soon.



Bundoora Residents: This is Your Life!

A wonderful intergenerational project has been taking place between students at Parade College and residents at Vasey RSL Care Bundoora. The students have been getting to know residents and putting together a 'This is your life' video - we have been enjoying seeing one of these published each week.



ERIC AND JULIAN INTERVIEWED ATHALIE MASON AND FOUND OUT ABOUT HER SCHOOL, HOBBIES, WORKING LIFE AND FAMILY.



HENRY WAS INTERVIEWED BY IAN AND VIYAN WHO LEARNED ABOUT HIS BACKGROUND, HIS WARTIME SERVICE AND HIS OUTLOOK ON LIFE.



LOUIS AND HAMISH HAVE BEEN INTERVIEWING NAT, WHO WAS BORN IN ITALY AND CAME TO AUSTRALIA AT AGE 3 - AND WAS ALSO A PARADE STUDENT.

Vasey RSL Care Bundoora has had a very long and cherished connection with Parade College in Bundoora: over many years, the teachers have encouraged and supported students to engage with our residents through activities such as meals, cooked and served by the students and invitations to school productions.

Above are the first three of the life stories, already published on our FaceBook page. There are more

coming soon: look out for Graham, Betty, Ann, Joyce, Coral and Pat over the coming weeks.

This latest project has brought back memories for residents and it is lovely to be able to share these with our community, thanks to the work of the students at Parade College.

www.facebook.com/VaseyRSLCareSalutingExcellence/

Be the Voice! Your Voice is Powerful

Calling for members for our Consumer Advisory Bodies and Quality Consumer Advisory Body.

Being part of your Consumer Advisory Bodies helps your voice to be heard. The information you give goes directly to our governing body, the Board, and helps shape the way your care service is run.

Consumer Advisory Bodies can help fix problems and improve care. They give you a way to talk about

care and service quality with others and share this with our organisation's leadership.

Membership is open to residents and to residents' representatives.

Please contact your Residential Manager to express your interest or to find out more.



REMINDER: Food Services Feedback

Our food services provider, Morrison Living (formerly Medirest), offers a simple way for residents and family members to provide feedback on residential aged care food services. Feedback is collated and reports are sent to Residential Managers each month.

The system is available in dining rooms, where Morrison Living staff can assist, or you can simply scan the QR code shown here to access the system.



If a complaint is received via the system, the Morrison Living team is alerted and will look into the situation and respond.

We encourage you to use the system to provide any feedback about our residential food services.

Great Synergy in new Partnership

On Monday 12 May, we welcomed Defence Health CEO David Brajkovic, Deputy CEO Tanya Haines, and members of their team to the V Centre in Ivanhoe, for the official announcement of our new Partnership.

Like Vasey RSL Care, Defence Health is a not-for-profit organisation, and since 1953, they have been following their purpose, to protect the health of those who protect our country. This care extends to current and past service personnel as well as their families.

A major part of the partnership is Defence Health's sponsorship of an apartment at the V Centre for six months.

"Defence Health is thrilled to be partnering with Vasey RSL Care and contribute where we can," says Defence Health CEO, David. "Our purpose is 'To protect the health of those who protect our country.' We see this partnership as an example of our commitment to that purpose, and doing it alongside great organisations like Vasey RSL Care is a real privilege."

The visit began with a tour of the V Centre, and thanks to beautiful weather, David and Tanya joined Vasey RSL Care Chair Mike O'Meara OAM, and V Centre participant Damon, in planting rosemary outside in the reflection courtyard - rosemary being a symbol of remembrance of all our servicemen and women.

Another aspect of the partnership is volunteering, and on ANZAC Day, we welcomed 15 Defence Health staff who volunteered their time at Vasey RSL Care Brighton East aged care home for our commemorative service.



Their support was greatly appreciated by residents and staff.

We are looking forward to having more Defence Health volunteers support clean-up days at our two largest Ex-Service Accommodation sites over the coming months.

"It was lovely to meet David, Tanya, Serena, Vanessa, Donna, Clare and Steve," says Tamara Paton, Senior Executive Officer. "Defence Health's support for the veterans at the V Centre is very meaningful to their community - as it is to ours. We appreciate their support, interest and involvement in what we are doing here at the V Centre and we look forward to a partnership that brings positives to all."



PHOTOS: (TOP) FROM LEFT, DAMON, V CENTRE PARTICIPANT, MIKE O'MEARA OAM, VASEY RSL CARE BOARD CHAIR, DAVID BRAJKOVIC, CEO DEFENCE HEALTH AND TANYA HAINES, DEPUTY CEO DEFENCE HEALTH PLANTING ROSEMARY. FAR LEFT: DAVID BRAJKOVIC RECEIVING A CERTIFICATE OF APPRECIATION FROM TAMARA PATON; CHRIS GRAY LEADS THE TOUR, SEEN VISITING ONE OF THE SIXTEEN APARTMENTS WITH DAVID AND TANYA, AND THE GYM WITH THE DEFENCE HEALTH TEAM.



If your organisation is interested in a partnership, contact our Sponsorship and Fundraising Officer Kylie, at donations@vaseyrslcare.org.au

ANZAC Day 2025

Vasey RSL Care Brighton commemorated ANZAC Day at the Day Therapy Centre. The event was well attended by both residents and their representatives. Attendees enjoyed a lovely morning tea and inspiring talks by members of the ex-service community.



Vasey RSL Care Brighton East: being the 110th anniversary of the landing at Gallipoli and approaching the 80th anniversary of the end of the World War II, this day held special meaning for our residents and guests as they reflected on conflicts old and new. WWII veteran Marjorie said, "I felt very proud to be a part of this service and to have my family there. I know my father would also feel proud. This would have meant a lot to him too."



Vasey RSL Care Bundoora: residents and staff commemorated ANZAC Day with a very moving and respectful service. We were very grateful to have a representative of the ADF, WO1 Michael Jones, bugler Dawson Conceicao, bag piper David Cretney, and May Dodds who brought her donkey, Mac, all the way from Tongala to help make it a very special occasion for all the residents, visitors, and staff.



Vasey RSL Care Frankston South held a meaningful ANZAC Day service to honour the service and sacrifice of Australian defence personnel. The ceremony was attended by residents, staff, volunteers, and family members, all coming together to pay their respects.

The service featured a moving address by Leading Seaman Felicity from HMAS Cerberus and Reverend Gary Gason led prayers, while residents Betty, John, Norma and Bruce were among those who participated in the commemoration, reflecting the deep personal connection many hold to this important day.



Lest we Forget

New Aged Care Act from 1 July 2025

The Royal Commission into Aged Care Quality and Safety has had far-reaching and ongoing consequences. The New Aged Care Act responds to around 60 of the recommendations made by the Royal Commission.

The Act will:

- ✓ Introduce a Statement of Rights for older people
- ✓ Launch the 'Support at Home Program' to replace the Home Care Package Program
- ✓ Give stronger powers to the regulator, the Aged Care Quality and Safety Commission (ACQSC)
- ✓ Introduce a new regulatory model (see below)
- ✓ Introduce strengthened Aged Care Quality Standards
- ✓ Give older people and their supporters a greater say and a more independent voice about the care and services they receive
- ✓ Provide protections to those who speak up when they are not satisfied
- ✓ Better equip providers to handle complaints effectively



New Regulatory Model

The changes also include a new Regulatory Model which will change the way the aged care sector operates and will improve outcomes for older people.

This means that providers like Vasey RSL Care will be deemed to be a registered provider by the commission on 1 July 2025 and the 3-year accreditation cycle will be across all services at the same time.

Standard 1

I am valued and have choices over the life I lead

Standard 2

I have confidence in my provider

Standard 3

My care is based around who I am and what's important to me

Standard 4

I feel safe and supported where I live

Standard 5

I get the right clinical care for me

Standard 6

I enjoy tasty nutritious foods every day

Standard 7

I contribute to the community I live in

Newly Strengthened Aged Care Quality Standards

There will be seven strengthened Standards, with Food and Nutrition being added as Standard 6, and an increased focus on person-centred care and meeting the needs of older people with specific needs. The strengthened Standards will ensure that care is culturally safe, trauma-aware and healing-informed. There will be a focus on supporting and cultivating relationships and social connections.

More Info: <https://www.health.gov.au/our-work/aged-care-act>

'My Health Record' - what is it?

All Australians can opt in or out of the government's online summary of your personal health information kept in your 'My Health Record'. This allows you to access and share your health information safely and securely with authorised health practitioners such as doctors, hospital staff and clinical staff in aged care. My Health Record helps aged care residents/clients and their families by ensuring your health information is available to the people treating you, which is especially important in case of emergency medical assistance.

We recommend that aged care residents and home care clients check they are registered for this valuable service and ensure they have a 'MyGov' account which is linked to their My Health Record.

Find out more:

<https://www.digitalhealth.gov.au/initiatives-and-programs/my-health-record>

Public Transport Special

FREE WEEKEND TRAVEL FOR SENIORS – ALL ACROSS VICTORIA!

The Victorian State Government announced that from 1 January 2026, public transport will be free on weekends for Victorian Seniors Card holders – anywhere in the state.

Whether you're visiting family, exploring regional gems or scenic coastal towns, you will be able to travel by train, tram or bus at no cost. Even better, under 18s will also travel for free – so take the grandkids along for an adventure!



Bundoora ESA Update

Progress on the 20 new Ex-Service Accommodation (ESA) units adjacent to our Bundoora aged care home is going well. Framing, bricklaying and roofing have been completed with units due to be at lock-up stage as we go to print and on schedule for completion this year.



'Tour de V Centre'

In September/October this year, an exciting new event will be taking place - the new 'Tour de V Centre'.

This is a 460km bike ride beginning at Warrnambool and making its way via Ararat, Ballarat and Geelong to Box Hill.

The event will promote awareness of veteran homelessness and its causes, and highlight the innovative V Centre Veteran Empowerment Program, which provides both safe accommodation and wraparound support so veterans can overcome the challenges they face.

"We're looking forward to meeting local communities and getting them together to talk about the problem and what we are doing to address it," says Chris Gray, Executive General Manager, Veteran Services.



Calling for Partners and Sponsors!

Want to find out more?

Contact: chris.gray@vaseyslcare.org.au

Zia Anna's Irresistible Amaretti

We all know that the best recipes are the ones written by hand and given to us by the special people in our lives, so we are very honoured to have been allowed to share our Home Care client, Anna's Amaretti recipe. The Home Care Team have been lucky enough to experience these and they come highly recommended!

Ingredients

4 eggs at room temperature
2 cups sugar
2 cups orange juice
1 cup vegetable oil

2 tsp almond extract
6 cups plain flour
10 tsp baking powder
1 ½ cups sliced almonds
3 cups icing sugar

Method

Preheat the oven to 180°C.

Beat the eggs and sugar together, add the orange juice, oil and almond extract.

Sift together some of the flour and baking powder and add to the wet ingredients. Mix well. Add the rest of the flour and then fold in the almonds.

Drop tablespoons of the dough

onto icing sugar in the palm of your hands. Form a ball and put on the tray with baking paper.

Bake for 12-15 minutes and cool.

Anna's daughter, Sonia, tells us they can be stored and frozen for up to a month but they look delicious and having some left to freeze seems very optimistic.

Thank you Anna and Sonia for sharing your recipe.



It's Germ Season... are you protected?

How many of your family and friends have been coughing and sniffing these last few weeks? That's a sure sign that you need to get yourself vaccinated as soon as possible if you haven't already. Acting Senior Quality Manager, Rachel Del Giudice reminds us how important this is, especially for older people.

Vaccination saves lives

Infectious diseases like COVID-19, flu and pneumonia are still a constant very real risk for older people. Older age is one of the biggest risk factors for serious illness, hospitalisation or death from these illnesses.

When to get vaccinated

- If a person is 75 years or older, it is recommended they have a COVID-19 vaccination every 6 months.
- People aged between 65 and 74 years are eligible for a COVID-19 vaccination dose every 6 months based on their health needs following discussion with a healthcare provider.
- All adults are eligible for annual COVID-19 and flu vaccinations.
- COVID-19 and flu vaccines can be administered at the same time.
- You do not have to wait 6 months between a COVID-19 infection and getting a vaccination.
- People aged 70 years and over may be eligible for free pneumococcal vaccines, which can help prevent some types of pneumonia.



Book in for vaccinations

Regular vaccination is our best line of defence against severe illness, hospitalisation and death from infectious diseases.

Vaccinations can be given by a GP, pharmacist or nurse practitioner, at your local clinic, community health centre or Aboriginal health services.

Aged Care Residents

If you are living in one of our Residential Aged Care Homes, the Registered Nurses on-site can arrange for your Doctor or a health provider to visit for vaccinations. Please speak to the nursing staff, who can coordinate this for you.

Visitors to aged care - please stay home if you are unwell and visit only when you are well again and symptom-free. Thank you.

Home Care Clients

If you are a Home Care client and need assistance to visit your doctor, our Home Care team can coordinate this one-off service for you. Call 9810 5570 to arrange.

Ex-Service Accommodation (ESA) Residents

Our ESA community can find a local health service (GP clinic, Pharmacy or Vaccination Clinic) by visiting www.healthdirect.gov.au or calling 1800 022 222.

It is critical for eligible older people to get vaccinated as quickly and safely as possible, helping protect you, your loved ones and the whole community.

Beanies and Scarves for ESA Residents

We would like to send a big thank you to the members of 'Knit4Charities' for a fabulous delivery of warm scarves and beanies which arrived with perfect timing for our Ex-Service Accommodation (ESA) residents.



Resident Jan (pictured far left) at Vasey RSL Care Frankston South ESA is coordinating distribution to other locations. Our lovely model, Rick, is wearing a red beanie and a blue scarf to go with his shirt ;)

Thank you to the wonderful Knit4Charities knitters – your kindness is greatly appreciated.



The Nurses Who Served. The Soldiers Who Follow.

In every family, there are stories of service, sacrifice, and dedication. One such story is that of a WWII nurse who spent her years tending to the wounded and lifting the spirits of those fighting for our freedom. Her compassion and strength inspired all who knew her.

Today, her grandson, now a soldier, carries forward the same sense of duty, following in her footsteps and embracing the values of courage and service she instilled in him.

Their shared commitment to defending and caring for others reflects the spirit of service that transcends generations. Their story is a reminder of the strength that lies in the bonds of family and the unbroken chain of service that defines us as a nation.

Vasey RSL Care stands as a place where these stories of service are honoured and preserved. Our mission is to provide care and support to veterans of all generations, ensuring they never stand alone.



Donate to Our Tax Appeal Today



This tax season, help us care for the veterans who have served us all. Your generous donation will ensure they receive the care and respect they deserve. Stand with us today.

Vasey RSL Care is a not-for-profit organisation with DGR status. All donations of \$2 or more are tax deductible.



Ringwood RSL Women's Auxiliary Visit



Last year the wonderful ladies of the Ringwood RSL Women's Auxiliary made a donation of \$2000 to support veterans at the V Centre.

Recently, some of their members visited the V Centre in Ivanhoe to see what their donation has been able to provide.

We are extremely grateful for this very practical support from the group – thank you to all involved.

PICTURED (FROM LEFT) STANDING ARE MARIANNE AND ANNE, SITTING ARE CAROLE (VICE PRESIDENT), LYN (PRESIDENT), RAE (TREASURER) AND KRISSY.

