

Homewood Herald








Aug - Sept 2025

Management Team

- 🌻 CEO - Bronwyn Heard
- 🌻 General Manager – Tom Pembroke
- 🌻 Care Manager - Sushma Ghimire
- 🌻 Clinical Care Coordinator (Gardens) – Ladrini Arrowsmith
- 🌻 Clinical Care Coordinator (Nursing Home First Floor) – Emma Dongol
- 🌻 Clinical Care Coordinator (Nursing Home Ground Floor) – Praful Bhari



Homewood News Highlights

- 🌻 Message from CEO
- 🌻 Message from General Manager
- 🌻 Message from Care Manager
- 🌻 Events and Celebrations
- 🌻 Resident Spotlight
- 🌻 Staff Shoutout
- 🌻 Photo of the month
- 🌻 Notices & Reminders

-  (02) 9503 1800
-  (02) 9503 1899
-  reception@homewoodcare.com.au
-  60 Regent St Bexley NSW 2207
-  www.homewoodcare.com.au
-  <https://www.facebook.com/homewoodcare/>
-  https://www.instagram.com/homewood_care/

AUSTRALIAN GOVERNMENT - AGED CARE QUALITY AND SAFETY COMMISSION

For complaints or enquiries:

-  1800 951 822
-  www.agedcarequality.gov.au

If you are deaf or have a hearing or speech impairment, call the National Relay Service on 1800 555 677 and ask for 1800 550 552.

If you need an interpreter, call the Translating and Interpreting Service on 131 450 and ask for 1800 550 552.

Message from CEO, Bronwyn Heard

Having received so many welcomes and good wishes, I am feeling very much at home already. Thank you for making me a part of the community so quickly.

Our leadership team is finalising what our business needs to deliver in the next twelve months in addition to keeping our care and services at a very high level. Tom is keeping you up to date with the building improvements in that plan.

We have been increasing the number of staff so that we don't need to call in agency staff and to get ready for new staffing ratios introduced by the Department of Aged Care. It's a big change. I hope over the next few months you will experience the benefit of extra hands and get to know everyone again.



Our leisure and lifestyle team are introducing a wide range of activities and celebrations. Our cultural morning teas (Greek, Italian) and our celebrations (Nepalese Diwali is coming up in October) are really something to look forward to. Tai Chi and Bollywood Yoga are good for health and I am hearing they are very enjoyable. Please know you are welcome to join in any time.

Message from our General Manager, Tom Pembroke

Hi Team,

The past few months have been very busy, and I'd like to sincerely thank our residents, staff, and families for being so understanding while improvement works have been underway. I'm excited to share few updates:

- 🌻 Three new vergolas have now been installed.
- 🌻 Carpet tiles are complete.
- 🌻 All-new furniture has been added in the Gardens, with some already placed on the Homewood side. We'll also look to update more of the Homewood furniture next year.
- 🌻 A real highlight for me over this period was celebrating our volunteers and recognising the incredible contribution they make. It was a wonderful opportunity for us to give back to such caring and generous people.
- 🌻 Finally, with the new Aged Care Act commencing on 1 November, there will be some changes. Additional Services will transition to HELF (Higher Everyday Living Fee) for residents admitted after that date. For existing residents, HELF will take effect from November 2026.

If you would like more information or would like to discuss this further, please don't hesitate to call me or get in touch.

Thank you again for your ongoing support.



Message from Care Manager, Sushma Ghimire

Nutrition Week: 13–19 October

In aged care, food is so much more than fuel. A favourite meal can spark a smile, evoke a memory, or create a comforting sense of home. When residents are served meals, they truly enjoy, their appetite improves — supporting better nutrition and reducing the risk of malnutrition. This also benefits the home by minimising food waste and decreasing the need for nutritional supplements.

At Homewood Care, we are continually seeking ways to enhance our dining experience. Our seasonal menu has recently been reviewed by a Dietitian, and our Chef and catering team remain dedicated to providing meals with optimal nutritional value every day.

Feedback from residents, families, and staff is the secret ingredient to creating enjoyable mealtimes. When we learn which dishes residents love (and which they don't), we can make the menu more varied, exciting, and personalised to everyone's tastes.

We encourage all residents, representatives, and staff to share feedback on our menus and resident meal choices — together, we can make every mealtime meaningful and nourishing.



Events and celebrations

We have celebrated birthdays of few of our residents:

August

- 🌻 Hillier, Marie
- 🌻 Duong, Mai Thi
- 🌻 Mc Ilveen, Amanda (McIlveen)
- 🌻 Innes, Joan
- 🌻 Drysdale, Patricia
- 🌻 Whittaker, Pamela (Pam)
- 🌻 Lupevski, Dana
- 🌻 Georgiou, Georgia
- 🌻 Petkovska, Elica
- 🌻 Casarotto, Augusta
- 🌻 Bray, Paul

September

- 🌻 Pon, Stanley
- 🌻 Horley, Christine
- 🌻 De Caires, Rosa
- 🌻 Graziano, Carla
- 🌻 Couprans, Stamata
- 🌻 Stevens, Elaine



Volunteer's morning tea

We were truly honoured to take the opportunity to thank our wonderful volunteers, who so generously give their time, energy, and love to our residents. Their kindness and dedication make such a difference every single day, bringing smiles, companionship, and joy into the lives of those we care for.

Volunteers are the heart of our community - offering not just their presence, but their patience, warmth, and genuine compassion. Whether it is through a friendly conversation, lending a helping hand, or simply sharing a moment of laughter, they remind our residents that they are valued, cherished, and never alone.

In appreciation of everything they have done, and continue to do, we wanted in a small but heartfelt way to show how deeply grateful we are. The positive impact of their efforts is immeasurable, and their generosity of spirit does not go unnoticed.

Our volunteers inspire us all, and we are truly blessed to have them as part of our Homewood family.



Leisure and Lifestyle Update 🧠📺🚗

Over the past two months, our residents have enjoyed a wonderful variety of activities, both cultural and recreational. We came together to celebrate different traditions, starting with a vibrant Italian morning tea, where residents sampled delicious treats and shared stories, followed by a colourful Greek morning tea that brought back many fond memories and plenty of laughter. Staff also shared the joy of Teej, introducing residents to this special cultural celebration, creating a warm and festive atmosphere for everyone.



On the wellbeing front, residents were eager to try new and exciting activities. Gentle Tai Chi and calming yoga sessions provided relaxation and balance, while Bollywood-inspired chair dancing brought lots of fun and energy to the room. Our regular exercise classes with John, the physio, continue to be a highlight, keeping everyone moving and smiling.

To top it all off, a group of residents ventured out for a lovely lunch, enjoying great food and even better company. It has been a busy and joyful couple of months, filled with opportunities to connect, celebrate, and stay active together.



Resident Spotlight

Welcoming new residents to Homewood Care Family

We have recently welcomed the following residents to our Homewood Care family:

- 🌻 Elizabeth Mitchelle
- 🌻 Lesley Pepper
- 🌻 Jill Gardner
- 🌻 Norma McDonald
- 🌻 Colin Bent
- 🌻 Santa-Maria, Joseph
- 🌻 Caldwell, Zeta
- 🌻 Palumberi, Anna
- 🌻 Liu, Xinhua
- 🌻 Simonovski, Gorgi
- 🌻 Drake, June

Paying tribute to our wonderful residents

In loving memory over the month, we have said a sad farewell to:

- 🌻 Dalmas, Tina
- 🌻 Malkic, Timka
- 🌻 Velika Gorgiovska
- 🌻 Marie Hillier
- 🌻 Guiseppina Mancuso
- 🌻 Shirely Dykstra



We miss them every day and our thoughts are with their families and loved ones.

Meet Pamela Coffey

Pamela was born in South London and has always been a natural athlete. She shone as a champion high jumper, became a netball champion, and loved long-distance running.

Her favourite meals are hearty home-cooked stews, filled with beautiful veggies and rich gravies. Pamela also has a wonderful love story - she met her husband in a coffee shop when he sat down next to her, and not long after he took her to the movies. She has travelled widely, including a memorable trip to Paris where she enjoyed watching the famous can-can dancers on stage.



Here at Homewood, Pamela is known for her warmth and friendliness. She loves chatting with residents, staff, and families, and always makes new residents feel welcome from their very first day.

Staff Shoutout

Few more addition to Homewood

- 🌻 Mary Ilagan
- 🌻 Helen Leontsini
- 🌻 Sujata Shrestha
- 🌻 Bina Chhetri
- 🌻 Ratu Rarasea
- 🌻 Priya Thapa
- 🌻 Shagun Shrestha
- 🌻 Chungdak Gurung
- 🌻 Dibisha Thapa
- 🌻 Saraswati Bist
- 🌻 Nelly Cheron
- 🌻 Billy Ilinkovski
- 🌻 Seini Tuiloma
- 🌻 Kabita Chhetri

Staff farewells

We bid a goodbye to few of our loving and caring staffs:

- 🌻 Sampanna Malla
- 🌻 Prajwal Shrestha
- 🌻 Kushal Pande

🌟 Staff Spotlight: Candy Cheng

Candy Cheng is one of our spectacular AINs and team leaders in The Gardens, though she has worked right across the Homewood community. Candy is known for her



extraordinary care and compassion, particularly when supporting residents during times of comfort and palliative care.

Originally from Hong Kong, Candy speaks both Cantonese and Mandarin, which allows her to provide special support to our Chinese-speaking residents and families. She is always willing to step in and help wherever she can.

Candy first came to Homewood as a student, and it was clear from the very beginning that she showed great promise. We were thrilled when she joined our team as a nurse, and since then she has taken great satisfaction in making a meaningful difference in the lives of our residents.

Her love for working with her team has led to long-lasting friendships and a true family-like environment at Homewood - not just among staff and residents, but with families as well. For many of us, saying goodbye to a resident is always difficult, but Candy's warmth and presence make those moments deeply supported and cared for.

Lesley, Wendy & Patricia

There was no shortage of laughter and friendly competition as Lesley, Wendy, and Patricia gathered for a lively game of Boggle this week. The trio, known for their quick wit and playful banter, turned a simple word game into a joyful social event. With the timer ticking and letters jumbled on the board, the room quickly filled with chatter, cheerful debates, and the occasional triumphant cheer when someone spotted a clever word.



Lesley was sharp and focused, scanning the grid with a keen eye and quietly jotting down her finds. Wendy, ever the lively spirit, added her own commentary to each round, keeping everyone entertained with her quick humour and unexpected word choices. Patricia brought a calm, steady energy to the table, often surprising the group with long and impressive words that earned her plenty of admiration - and a few light-hearted groans from the competition!

It wasn't just about who won each round; the real joy was in the shared moments, the smiles exchanged, and the sense of connection that games like Boggle naturally create. For Lesley, Wendy, and Patricia, it was a chance to exercise their minds, enjoy one another's company, and share in the kind of laughter that lingers long after the game ends. We're already looking forward to their next match!

Friendship of Raffaella and Antionetta

Antionetta and Raffaella have shared a friendship that spans decades - a bond that has been tested, strengthened, and enriched through all manner of life's moments. From youthful laughter to quiet support in later years, their connection has weathered ups and downs, always coming through with warmth, loyalty, and understanding. It's a friendship built not just on shared history, but on mutual respect - each giving the other space to grow, learn, and find themselves anew.



Over time, they have accumulated a treasure trove of shared experiences: holiday traditions, family gatherings, stories told and retold, afternoons over tea, and the everyday little things that stitch together a life. They know each other's joys and sorrows, often without words. Antionetta will recognize when Raffaella needs a listening ear; Raffaella will sense when Antionetta seeks encouragement. Their compassion for each other has become one of the hallmarks of their friendship.

Even when life has pulled them in different directions - through moves, changing careers, or personal challenges - they have always circled back. The occasions when one was absent, whether by distance or duty, made their reunions richer. It's in those moments - when they reconnect - that they rediscover what first brought them together: kindness, shared values, laughter, and the feeling of being seen.

Through all this, what stands out is not simply how long their friendship has lasted, but how deeply grounded it has become: in trust, in ease, and in joy. Antionetta and Raffaella are living proof that true friendship isn't about always being side by side - it's about carrying one another in heart and soul, over years, through change, and into whatever comes next.

Mavis Amour

Our dear resident Mavis returned from her recent trip to the salon positively glowing. With her hair freshly styled and a sparkle in her eye, it was clear that the pampering session by Kerry has lifted her spirits. Mavis has always carried herself with quiet elegance, and after her visit, she radiated confidence and joy.

Mavis was met with plenty of compliments from fellow residents and staff alike, all admiring her hair. She beamed with pride, taking the time to chat and share a few laughs, clearly enjoying the attention. For Mavis, the salon visit was more than just a bit of self-care; it was a moment to feel refreshed, seen, and celebrated.



It's these small yet meaningful experiences that bring so much joy to daily life. Watching Mavis return from the salon, standing a little taller and smiling a little brighter, reminded us all of the importance of taking time for oneself. We're so glad she had a lovely time and look forward to seeing that same sparkle again on her next visit.

Mass on the First Floor

We were blessed to have Father Yacub celebrate Mass on our first floor - a first for our community! It was a wonderful experience, allowing our residents to participate and enjoy Mass right here at the facility. We extend our heartfelt thanks to Father Yacub for his generosity and for bringing this meaningful service to our residents.



Snapshots of some activities at Homewood Care



Photo of the Month: Colin Bent

In the heartwarming photo of our new resident Colin with his daughter Kerry, it's easy to see the deep bond they share. Colin, with a gentle smile and eyes that reflect a lifetime of experience, sits proudly beside Kerry, whose warmth and affection for her father shine's through clearly. The image captures not just a moment, but a meaningful connection between generations - one built on love, respect, and mutual admiration.

Colin recently joined our community, and his presence has already made a positive impact. This photo serves as a beautiful introduction to his story, offering a glimpse into the supportive family network that surrounds him. Kerry's visit was filled with laughter, shared memories, and a sense of ease that only comes from being with someone who knows you deeply. It's moments like these that remind us how important family connections are, especially during times of transition. As we welcome Colin into our home, this photo is a testament to the strength and comfort that loved ones bring. We're honoured to have him here and look forward to getting to know him - and perhaps hearing a few stories about the adventures he and Kerry have shared over the years.



Notices & Reminders

Our new vergolas are now complete! Both Homewood and the Gardens have beautiful new outdoor spaces for our residents to enjoy the sunshine.

We've also added new furniture on the Homewood ground and first floors, and replaced furniture in all areas of the Gardens.

I hope everyone enjoys these fresh updates.

As a further improvement, we'll soon have a new staff toilet installed on the first floor.

