The Grapevine

Edition 5 April 2026

Lots of news in recent weeks.

In this edition, we introduce you to Ash, our Hairdresser and Mel our Chronic & Complex Care Nurse and Health Promotion Officer.

You will find Ash busy in The Salon when you enter the building.

Mel is located with our primary health team near the medical centre.

We have also welcomed Heather Blair to her new role as Lifestyle Coordinator. Heather has had a busy first month with lots of activities and fun. Read more on pages three and four of this edition. Heather also completed the 10 questions this month.

THE SALON

Hi everyone:
My name is Ash AND I AM THE HAIRDRESSER HERE AT Glenview Health. I feel so lucky to be part of this wonderful community and to spend time with so many lovely residents each week.

I've been hairdressing for 19 years and I truly enjoy helping people look and feel their best whether it's a fresh cut, a set or just a simple tidy up. I love seeing the confidence and smiles that come with it.

For me, it's not just about hair – it's about connection. I really enjoy having a chat, hearing your stories and creating a relaxing, friendly space where you can feel pampered and cared for.

Outside of work, I'm a busy mum of two young children, so life is always full and fun!

I understand how important it is to take time for yourself and I love being able to provide that for our residents.

I am available on Wednesdays and Thursdays 9:00am – 3:00pm and I am also open to the public for most services.

I look forward to getting to know more of you and continuing to care for everyone who visits the salon.

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Primary Health

👋 *Hi everyone!* 👋

My name is Mel and I've recently started in the Primary Care Team. Thanks for being such a welcoming crew to everyone I have met so far!

I'm a Registered Nurse working in the role of Chronic & Complex Care Nurse and Health Promotion Officer. I will be working 2 days per week on Tuesdays and Thursdays, and am located in the Primary Care offices. My email is: m.mcvicar@glenviewhealth.org.au

In Health Promotion I'm looking forward to teaming with the community, our health promotion partners and local services to best support the health and wellbeing of the Rutherglen and surrounds communities. I'd love to hear from you if you have any suggestions big or small, or local insight into areas of concern/ideas to improve health promotion and prevention initiatives.

In the Chronic & Complex Care Nurse role, I will be supporting clients with chronic disease and complex needs, including those who need additional assistance to link in with services and to improve self-management of their chronic conditions. This will be an evolving role based on the community's needs. If you have a client that might benefit from chronic and complex care support, feel free to email or chat with me directly, or send a referral through Intake.

I'm looking forward to meeting everyone (and doing my best to remember names!)

Don't forget to tell us what you think.

We can't make changes and do things better if you don't tell us.

Or we may be doing great – let us know.

Download the App, fill in a paper form or use the kiosk outside of Lake Anderson to tell us what you think.

We will be monitoring your comments and we will get back to you.

Comments are welcome from staff, residents, families and visitors. The more the merrier.

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Leisure and Lifestyle Residential Aged Care

It has been a busy time for our residents.

On Wednesday the 1st April our ladies enjoyed a High Tea to celebrate International Women's Day and Easter.

The High Tea was served under the veranda of Jasper's Café.

An array of cakes and other treats were served with fine China and silver teapots.

Everyone had a lovely time. Huge thanks to Wendy Grantham and the Lifestyle staff for setting the table and hosting the event.

Special thanks to Flowers by Kate for the lovely Posies that we placed along the table.

As part of the Corowa Swim in Weekend, a number of military vehicles from the KVE Club (Khaki Vehicle Enthusiasts) visited us to explore these old vehicles who transported and assisted our Defence forces. Their owners proudly shared the vehicles' histories and the role they played during challenging times.

We visited the Annual Rutherglen Art Show, taking our time to view, reflect on and appreciate the fine art on display. There were discussions about colour, texture, contrast and how the art made them feel.

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With such perfect weather, we have been spending time outside in the garden preparing our raised garden beds for new plantings. This created opportunities for group discussions about what to plant and where, with residents sharing their vast knowledge and experience within the group.

Year 1 students from St Mary's Primary School came to visit to hand out handmade cards and Easter gifts. Through the act of giving and receiving, opportunities were created for meaningful connections between the young and the elderly.

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A huge thankyou to everyone who donated eggs and other treats for our Easter Raffle. Special thanks to Hennessy Home and Garden in Rutherglen for gifting a lovely rabbit to go with the first prize and for also selling raffle tickets at their shop.

Special thanks to our admin staff for selling tickets and popping the raffles out each day for visitors to see.

Winners:

Jen B, Billie G, Joy E and Sue G

We raised a total of $1253.80 which will go towards the purchase of a Virtual Reality Head Set for use in the Residential Aged Care service

Sharing meals with residents

Families and visitors are welcome to order a meal to share with our residents.

Please order meals in advance with our reception staff so they can advise the kitchen . The private dining room is also available – again please make bookings via reception.

Prices have been reviewed and are as follows:

Main Meal $12 per serve

Soup OR Dessert $6 per serve.

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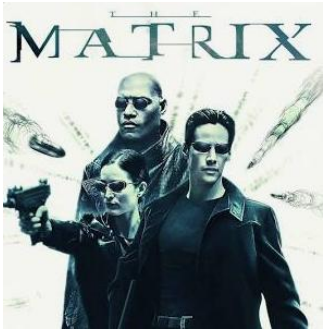
10 Questions

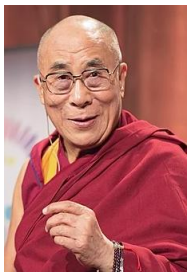
Heather Blair is our new Lifestyle Coordinator. We gave our ten questions to Heather this month so that we could get to know her more.



1. What is your favourite film?
The Matrix

2. If you could only have one book, what would it be?
A crochet book

3. If you could host a dinner party with anyone alive or from history, what 3 people would you invite?
Princess Dianna
Dalai Lama
Robbie Williams



4. Your favourite song.
Nothing compares 2 U

5. What football team do you follow?
Port Adelaide

6. The person you most admire
My Mum

7. What was your first car?
1959 Ford Prefect

8. If you could have a super power, what would it be?
Time travel

9. Your ideal holiday destination
Anywhere in Europe

10. The pet you have most loved.
Don't make me choose – All of them.