

MAR 2026

# Aligning the Stars



Southern Cross Care  
(Tasmania) Inc.



**Reel Fun at Mount Esk**  
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# Update from the Interim CEO

**Kelly Malmre**

## **Front cover image:**

Anniversary  
celebrations at  
Fairway Rise Village.

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Southern Cross Care  
acknowledges the  
Tasmanian Aboriginal  
Community as the  
traditional owners and  
continuing custodians  
of lutruwita (Tasmania)  
and pay our Respect to  
Elders past and present.

## **Hello, everyone**

As we enter autumn, a new season associated with reflection and transition, it's so fitting that the major milestones we're working towards over the next quarter align with these themes.

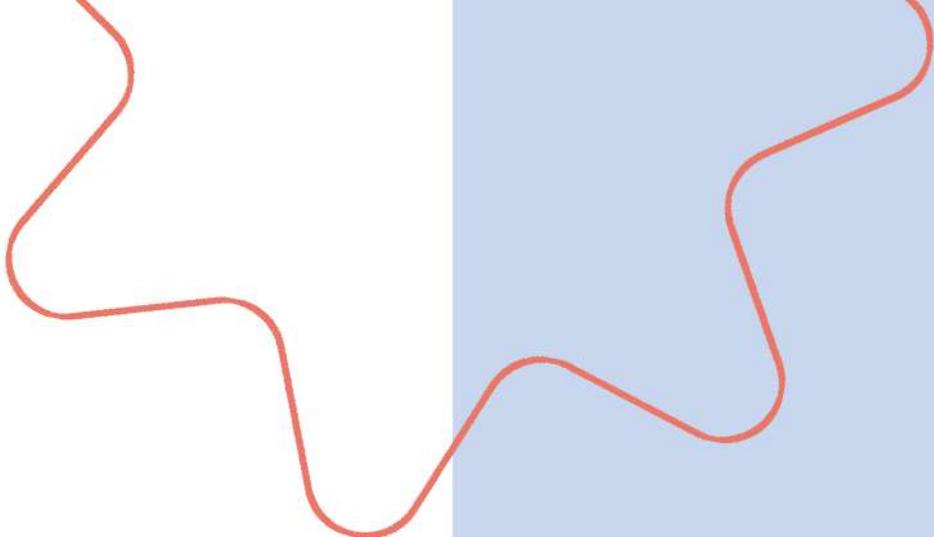
### **Reflection: SCCT's re-registration**

As part of the Aged Care Reforms changes that came into effect in November 2025, the process to be undertaken to renew registration as a provider of Australian Government-funded Aged Care has also changed. Between now and 28/08/2027, SCCT will be working with the Commission to demonstrate SCCT's compliance and capabilities required to renew our registration for services and facilities across the state.

As part of this extensive process, it is expected that the Commission will review documented evidence as well as seek to meet, hear and observe the lived experiences of our clients, residents and workforce. Reaccreditation provides us the opportunity to look inward, evaluate our effectiveness and help inform decisions about how to evolve – an opportunity to reflect. More to come on this topic over the coming seasons.

### **Transition: the closure of Rosary Gardens and relocation of State Office**

Following the sale of the St Johns Park property to the Tasmanian Government, we're continuing to devote our efforts to the safe and comfortable transition of residents leaving Rosary Gardens.



It is encouraging to see so many Rosary Gardens residents choosing to remain part of the Southern Cross family, transitioning to other SCCT facilities across the state. Staff from Rosary Gardens have also been taking up the opportunity to experience 'buddy shifts' at other SCCT facilities to inform their relocation choices. We've also recently entered a period of consultation with staff regarding the State Office relocation and are working towards moving into our new premises by June this year.

### Transition: SCCT's leadership

Autumn's arrival this year also brings a change in SCCT's leadership. As Esteban seeks new horizons beyond SCCT (including an amazing Camino de Santiago pilgrimage), I step into the challenge as Interim CEO for SCCT with great energy and passion to continue the progress made over the past three years.

I look forward to helping SCCT grow for the future and ensuring our care and commitment to the older persons we support every day across the SCCT community continues to advance.

Thank you, Esteban - your achievements, compassionate leadership and connection with residents will be remembered fondly. Safe travels.

## Upcoming events

### March

- 3 World Hearing Day
- 8 International Women's Day
- 16-22 National Advance Care Planning Week

### April

- 3 Good Friday
- 5 Easter Sunday
- 6 Easter Monday
- 25 ANZAC Day

### May

- 10 Mother's Day
- 12 International Nurses Day
- 18-24 National Volunteer Week
- 21 Australia's Biggest Morning Tea



# A Toast to Fairway Rise

**Residents gather to celebrate the village's 11<sup>th</sup> anniversary**

Around 80 residents and staff attended the cheerful 'Toast to Fairway Rise' afternoon on 9 February, filling the hall with conversation, laughter and plenty of community spirit. Carol Joseph, who played a key role in welcoming many of the original residents when the village first opened, joined in the festivities and took part in cutting the celebratory cake. It was a great opportunity to reflect on how the village has grown into the vibrant community it is today.

# Cruising Down Memory Lane

A small group from Mount Esk enjoyed a recent visit to the automobile museum where they had a wonderful time exploring the displays and reminiscing over classic vehicles.

The outing was well received and created plenty of positive conversation and smiles.





## Meet Jessica

**We had a chat with Jess Ponting, SCCT's new Retirement Village Manager for Northern Tasmania. Jess joins the team with a strong background in aged care and retirement living. Welcome, Jess!**

*What is your focus as Village Manager?*

I'm committed to ensuring each village is well run, welcoming and a place that our residents are proud to call home. I'm focused on nurturing happy, thriving villages whilst maintaining strong occupancy rates.

*What part of the job are you most excited to dive into?*

I'm really looking forward to meeting more residents across our villages and welcoming new residents, especially after such a busy February with villa sales!

*Do you have a favourite way to unwind after a busy day?*

After a busy day, my favourite way to unwind is enjoying a delicious meal cooked by my husband and spending quality time with my family.

# Musical Moments

**An afternoon of beloved country classics brings smiles all around.**

On 11 February, Sandown residents were treated to a special performance by Doug Fletcher, one of the founding members of the Country Music Club of Southern Tasmania and a beloved figure in the local country music scene.

Doug brought with him not just his guitar, but decades of stories, heartfelt lyrics, and warm, familiar charm. His concert filled the room with toe-tapping rhythms, nostalgic anecdotes, and plenty of heart, creating an afternoon residents won't soon forget.





## A Very Aussie Day

Rivulet residents kicked off Australia Day with a classic backyard favourite: a good old-fashioned barbie. With chef Dylan firing up the grill, the snags were sizzling in no time, drawing residents out for a yarn over a fair-dinkum Aussie lunch.

Over at AA Lord Retirement Home, the coffee machine didn't get a moment's rest at the hands of Howard Richardson. The true-blue barista kept everyone happily caffeinated as they shared stories, jokes and plenty of Aussie spirit.

## Sweet Celebrations

Proving that calories don't count on 14 February, Sandown Apartments and Guilford Young Grove indulged in delectable delights in honour of Saint Valentine's Day.

Residents at Guilford Young Grove were treated to freshly baked scones and chocolate-coated strawberries amid the dulcet tones of a private piano concert, while Sandown's romantic revellers enjoyed a smorgasbord of sweet treats alongside an assortment of dessert wines and beers.

# Reel Fun at Mount Esk

## Casting lines, making memories.

Mount Esk residents recently ventured out on a fishing trip that felt more like a small escape into nature. Surrounded by calm waters, fresh air, and beautiful scenery, the group enjoyed a peaceful day filled with laughter, quiet moments, and meaningful conversation.

Although the fish remained elusive, the true catch of the day was the sense of connection, relaxation, and joy shared by everyone. It was a truly special outing and one that will be fondly remembered.



National Advance  
Care Planning  
Week  
16 - 22 March

# Your Story, Your Choice

Sometimes it's a health event that prompts us to think about planning ahead. Other times, someone close to us might encourage us to think about it.

Whatever the reason, sharing your future care wishes is one of the best things you can do to support your loved ones through hard times and make sure your choices are respected. It can be tough, but **National Advance Care Planning Week** is a good time to start a conversation.

## Pause and reflect

Ask yourself some key questions:

- As part of my culture, values and beliefs ..... is important to me because .....
- I would want these people ..... included in discussions about my health.

## Be heard

When you're ready to share your decisions, you can record them in an **advance care directive** or by completing a form.

You can download or order a starter pack by scanning the QR code.

## For more information

- National Advance  
Care Planning  
Support Service  
**1300 208 582**



- **[advancecareplanning.org.au](https://advancecareplanning.org.au)**

# Living Clean and Green

**From recycling wins to flourishing gardens, residents lead the way in sustainability projects.**

Residents at Grange Villas Tarooma have launched a recycling initiative that diverts items such as soft plastics, batteries and medication blister packs from the yellow bins to the correct collection points.

Residents are also depositing their 10c refund drink containers at the Recycle Rewards point in Kingston. This excellent initiative has raised \$40 so far, with all proceeds donated to the Tarooma Scouts.



Rivulet residents have been putting their green thumbs to work by planting a variety of potted flowers and foliage. These new plantings are set to brighten the shared balcony area, creating a more colourful and welcoming space for everyone to enjoy.

And at Sandown, residents have been busy revitalising the shared community gardens, pulling out weeds, adding new plants, and spreading fresh mulch to help the beds thrive.



# Wellness Fun Facts

Did you know that around half of Australians over 60 experience some level of hearing loss?

To mark **World Hearing Day** on 3 March, here are five great activities to help people with hearing loss stay mentally sharp and socially connected:



#### **Art and craft projects:**

Painting, drawing or sculpting can improve memory and reduce physical discomfort.



#### **Yoga and tai chi:**

Low-impact exercises can reduce stress and improve balance.



#### **Gardening:**

Spending time in green spaces lowers cortisol levels.



#### **Board games and card games:**

Playing improves memory and enhances mood by releasing dopamine and endorphins.



#### **Photography:**

Creative composition challenges the mind and keeps it active.

## Feedback

Any issues or concerns can be discussed with Southern Cross Care in the first instance.

#### **Southern Cross Care (Tasmania) Inc.**

feedback@scctas.org.au  
(03) 6240 8800

There are also other options available to you.

#### **Advocacy Tasmania**

1800 005 131

#### **Older Person Advocacy Network (OPAN)**

1800 700 600

#### **Council on the Ageing**

(03) 6231 3265

#### **Guardian and Administration Board Tasmania**

Free call 1800 955 772

#### **Aged Care Quality & Safety Commission**

Free call 1800 951 822



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