

**INTRODUCING OUR AMAZING
DR CLAUDIA LOPEZ**



EMERGENCY & HOSPITAL MEDICAL OFFICER
M.B., B.S., M.Sc.

Dr Claudia Lopez began training in surgery then became an emergency medical officer 20 years ago. She is currently a part-time emergency and hospital medical officer at Sydney Adventist Hospital (SAN).

Dr Lopez worked in the Hospital in the Home service at the SAN, where she had some of

the most rewarding years of her career and gained an understanding of the important role of home care in the health system. She enjoys meeting patients and looking after them in their homes.

Dr Lopez is married and has three adult children.

Here at Watermark, she is able to provide standard GP services that are bulk billed. She works fortnightly on a Wednesday and is able to supplement your usual GP services. Dr Lopez is keen to work with your existing GP to support you with care when you are unable to see your GP.

To book an appointment with Dr Lopez, please see the wonderful team at Watermark reception.

That's it from us this month. We look forward to seeing you around.

Warm regards

Jo, Clare and Dr Lopez.



SERVICES...

CLOTHING ALTERATIONS & REPAIRS

Fast and reliable
Adrin 0421 362 002

BELLE-AMARI BEAUTY

Thursday and Saturday in our new salon
Annie 0434 263 969

WENDY TORY HAIRDRESSING

Tuesday, Wednesday, Friday in our new salon
Wendy 0402 566 793

CHATSWOOD PODIATRY

Home visits for all your podiatry needs
Luke 9411 5517

VITALIS NURSE - Wednesday 10.30 - 12.30

DR CLAUDIA LOPEZ Wednesday 9.30-4pm
Wednesday 7 and 21 August
Book at reception

GARY'S CAR WASH

Thursday 8 and 22 August



From the Manager,

As usual, life at Watermark is always busy.

As I write this, we are proud to announce that Watermark Stage 3 has been nominated for two prestigious building design and development awards. We are the winners of the Urban Taskforce Development Excellence Award for Seniors Living/Retirement Development for Stage 3. The second is the Urban Development Institute of Australia award. It will be announced on August 2. Keep your fingers crossed for a double win.

Please join us on 23 August to celebrate Watermark's 10th anniversary. See the invitation on page 7 and don't forget to "Dress to Impress".

Please note that Judy will be away for a number of classes in August and September., be sure to check your calendar.

A number of residents have been receiving scam phone calls relating to Telstra and disconnection of their service, or being cut off. Please be assured these are scam calls. Hang-up immediately and ignore.

Always be aware of scam emails, especially ones that ask you to click on a link, or ask you to login. Be sure to delete these emails and then also remove/delete them from your deleted folder.

We will be having a Watermark Market Day on August 15, with three suppliers exhibiting in the lounge. Please come down and see what's on offer. Details on page 4.

Until next month, take care of yourselves and each other.

Nada Vescio

BRIDGE

Tuesdays at 1.45 pm prompt. Please arrive early. The booking sheet is in the residents' lounge. If cancelling within 24 hours, please advise Mary Harrington. Weekly results are published on <https://site.pianola.net/watermark-freshwater/home>. Convenor: Cassandra Mitchell

IT4 RETIREES

Basic Samsung (Android) phone/tablet
1 July - 19 August - 8 weeks.

U3A

TUESDAY U3A TALKS

AUSTRALIAN PAINTING AND SCULPTURE 1788-1930s

In 150 years Australia's artists changed from simple recorders of life and landscapes, to producing a variety of works in many styles. This course describes the artists and their works and includes masterworks by many of Australia's most loved artists. (2 sessions)
Tuesdays 6 & 13 Aug 10:30 - 12:30
Leader: Stewart Reed

SOME GEMS OF CLASSICAL CHINESE LITERATURE

China has a rich literary tradition reaching back at least 3,000 years. Reading translated extracts from classical Chinese poetry, prose, fiction and drama, this course explores the complexity and depth of China's culture prior to 1911. (4 sessions)
Each Tuesday from 20 Aug 10:00 - 12:30
Leader: Bernice Lee

FRIDAY FILMS AT CASTLE COVE

Classic movies from the silent to the contemporary era will be presented, with some analysis and background pertaining to cast, direction and production issues. A full list of movies to be presented will be available at the first session. (11 sessions)
Alt Fridays from 10:30 - 12:30
Leader: Hugh Watson

2 August Sunset Boulevard

Film Noir, William Holden. Drama comedy draws a cynical view of Hollywood.

16 August A Day at the Races

Comedy, One of the Marx Bros. greatest comedies, packed with verbal and visual gags.

30 August 11 Harrowhouse

Crime, James Mason. Funny action spoof of heist movies with a great deal of heart.

WEEKLY MOVIES

Movies for Thursday are listed below. Sunday movies will be displayed in the lounge every Saturday. Movies are free and shown in the cinema. Ground floor Alleyne

1 August The Notebook

The Notebook is a 2004 romantic drama film starring Ryan Gosling, Rachel McAdams and James Garner as a young couple who fall in love in the 1940s. Their story is narrated from the present day by an elderly man, telling the tale to a fellow nursing home resident.

8 August Atonement

Atonement is a 2007 romantic war tragedy film, based on Ian McEwan's 2001 novel of the same name. The film stars James McAvoy, Keira Knightley, Saoirse Ronan, Romola Garai, Benedict Cumberbatch, and Vanessa Redgrave and chronicles a crime and its consequences over the course of six decades, beginning in the 1930s.

15 August On Body and Soul

On Body and Soul is a 2017 Hungarian drama film. The story revolves around the CFO of a slaughterhouse and the newly appointed meat quality inspector, who discover they can communicate with each other through their dreams, leading to an unlikely romance.

22 August Blade Runner

Blade Runner is a 1982 science fiction film directed by Ridley Scott, starring Harrison Ford. The film is set in a dystopian future Los Angeles of 2019, in which synthetic humans are bio-engineered to work on off-world colonies. When a fugitive group escapes back to Earth, burnt-out cop (Ford) reluctantly agrees to hunt them down.

Top honour for Federation activists



Resident Paulette Kelly recently received an acknowledgement award for services to the Teachers Federation.

Teachers who have given outstanding service to their fellow federation members over many years were bestowed Life Membership of Federation at the annual conference.

Paulette Kelly has always sought to improve the working conditions of federation members and colleagues. "There was no strike action or any industrial issue that Paulette wasn't involved in or promulgated to the local community. She led by example and supported her colleagues in defending the work of the union," they write. Paulette encouraged her colleagues to join the union and inspired some to become more deeply involved with the Teachers Federation.

Congratulations to the union's new Life Member.



80th birthday celebrations for Margaret Bloxham

WATERMARK CELEBRATES

10 YEARS

PLEASE JOIN US FOR
CANAPES AND CHAMPAGNE ON
FRIDAY 23 AUGUST
5PM - 7PM
IN THE LOUNGE

RSVP BY FRIDAY 16 AUGUST DRESS TO IMPRESS

HAPPY BIRTHDAY

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Very best wishes to residents celebrating birthdays in August

Carole Stapleton
Marie Pinter

Peter Hellings
Peter Wong

Tom Glynn
Harold Poole

Barbara Boston
Ros Hayden

Fun Functional Fitness Dominic Vaughan
Monday 3pm, Tuesday 9am,
Wednesday 9/10am, Friday 10.30am
Tai Chi Judy Wong
Monday - 10am
Yoga Angela Wyatt
Thursday - 9am

Sarah's Corner
Thursday - 11am
Qi Gong/Meditation Judy Wong
Friday - 2.30pm

**** Please refrain from using the gym when Yoga, Tai Chi or Qi Gong classes are in progress.**

'Father of modern NSW ambulance'

Dr Bob Wright retires

St Vincent's Hospital's Director of Intensive Care Services, Dr Bob Wright AM, retired in April after a distinguished 50-year career which included developing the first ICP program for paramedics.

Dr Wright graduated in medicine in 1964 and worked at Sydney's major hospitals before being appointed Director of Intensive Care & Resuscitation at St Vincent's in 1971, a position he held for 43 years. At that time, intensive care was only just being developed, with the St Vincent's unit having been in operation for less than 10 years.



"In that era, accident and emergency departments were staffed by the most junior doctors, who had very little experience treating patients," Dr Wright explained. "All this changed in an explosion of knowledge and new equipment." At the same time, the role of ambulance officers was also about to be radically changed when an Intensive Care Committee was inaugurated by NSW Ambulance in 1975 to explore training ambulance paramedics. Dr Wright was appointed as an original member alongside St Vincent's cardiologist Professor Michael O'Rourke.

"To my mind, it was the most pivotal movement in the history of NSW Ambulance

since the transition from horse-drawn litter to motorised ambulance," Dr Wright said. "Ambulance officers at that time were largely stretcher bearers with senior first aid skills. It was established that a patient's chances of survival would be greatly improved if skills being developed in the hospitals were employed from the first point of care."

Dr Wright determined that the most efficient system would be to develop a set of protocols for paramedics to use on the road, eliminating



the middle man. Those not only formed the basis of today's NSW Ambulance operations, but have been copied throughout the world.

The first Advanced Life Support course was held at St Vincent's Hospital in 1976, with 16 ambulance officers graduating as paramedics. "We were given the task of converting these people from doing fairly simple tasks into something which no nurse in the country could do," Dr Wright said. "We taught them how to intubate, defibrillate and give drugs via intravenous cannulation, and we did it in 10 weeks. I think it's fair to say NSW Ambulance was the first in the world to bring paramedics to this very high level of skill."

Retired intensive care paramedic Paul Featherstone, who was a member of that first class, described Dr Wright as "the father of the modern NSW Ambulance". Dr Wright, who has been recognised with an Australia Medal (1987) and Ambulance Meritorious Service Medal (1994), said that he credited his work with NSW Ambulance as his greatest achievement.

"The paramedic system has resulted in countless thousands of sick and injured people benefitting, whereas in a hospital you've got a much smaller population. And the fact that people have copied it around the world means possibly millions of people have benefitted."

HAPPY HOURS

Come together and catch-up with your neighbours. From 5pm in the residents' lounge. Drinks available to purchase from the bar. Bring some nibbles to share. For BBQ or Pizza Happy Hour, please identify your meat or pizza for the chefs and bring your own cutlery and plates.

- Fri 2 Happy Hour 5pm
- Fri 9 BBQ Happy Hour 5pm
- Fri 16 Happy Hour 5pm
- Fri 23 10th Anniversary Cocktail Party 5pm
- Fri 30 Pizza Happy Hour 5pm



SARAH'S CORNER

- Thur 1 Discussion Group. Looking back at what was happening in the world 50 years ago.
- Thur 8 Movement to Music- in the gym
- Thur 15 Current Affairs Discussion
- Thur 22 Movement to Music- in the gym
- Thur 29 Movement to Music- in the gym

August BIRTHSTONE: Sardonyx and Peridot
August BIRTH FLOWER: Gladiolus and Poppy



2019

DEVELOPMENT EXCELLENCE AWARDS & ANNUAL DINNER

WINNER

SENIORS LIVING/RETIREMENT DEVELOPMENT

PRESENTED TO

Watermark Retirement Village Stage 3

The Urban Taskforce is a non-profit organisation representing Australia's most prominent property developers and equity financiers.



Chris Watt and Nada Vescio



Tony Olding, Nada Vescio and Chris Watt collecting the award

Watermark Market Day

August 15

10am – 1pm

Residents' Lounge

We will be joined by 'House Of Micheva', 'White Pepper' and 'To Di For'



Ladies' fashion from Australia, New Zealand and Europe. Specialising in beautiful fabrics and stocking all sizes



White Pepper - Winter Fashion handbags, wallets, jewellery, totes, scarves
Most cards, eftpos and cash accepted



- Berry Jams
- Marmalades
- Butters
- Pickles
- Relishes
- Puddings
- Caramel Sauce
- Fruit Cakes
- Gluten-free products available



Christmas in July

