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Welcome to our latest newsletter.

It is hard to believe that we are half way through the year. Time waits for no one.

Congratulations to all of our Nurses honoured in our recent International Nurses Day celebrations.

Also congratulations to all THV's Volunteers that received awards at our recent Morning Tea to Celebrate International Volunteer's Week 2010. Thankyou for your dedication and support

Until next time

Paul McMahon
Chief Executive Officer
July 2010

Resident's Council Committee

June saw the Annual General Meeting of the Residents Council which was very well attended by residents. I would like to thank the retiring Executive Committee for their work and help in the last year. It is with great pleasure that I welcome the new Executive as follows:-

President : David Crouch
Vice President: Neville Ware
Secretary: Barbara Anderson
Treasurer: Frank Street
Committee: Bob Bell
Graeme Hanna
Keith McKeachie

I would particularly like to welcome Graeme from Kilpatrick Court & Keith from Roden Cutler Hostel to the committee. It is good to see someone from the Hostel on the committee.

At the annual meeting the Constitution was also brought up to date to reflect the changes in the Aged Care Act which came into law on the 1st March 2010.

The Mini Fete that was held in early May was well supported and it was good to see visitors from other villages in attendance, thanks go to both staff & volunteers who helped to make it a success.

I would like to urge **ALL** residents to attend the functions organized by staff & volunteers as it is a great way to meet your neighbours.

David Crouch

Just jokin'



Photos



Where's Chris—how many times does he appear in the Newsletter—answer back page

Chaplain's Chat

God's work of art.

Put on the person who is renewed in knowledge according to the image of God who created you.

Colossians 3:10

Vincent Van Gogh bought a mirror and used his own likeness in many of his paintings. Rembrandt also used himself as a model, completing nearly 100 self-portraits. These artists had a good example, that of God himself, who used his own likeness as the pattern for his crown jewel of creation.

Henry Ward Beecher, a famous 19th. century minister, said, "Every artist dips his brush in his own soul, and paints his own nature into his pictures." In everything we create – works of art, music, literature, even our children – a bit of ourselves is revealed. The same is true of God: each of us reveals a bit of him. The image may be tarnished, but it is always there and is never beyond repair.

Superficial changes will not fix what is wrong with us, However. Clothes, cosmetics, and surgical procedures can make us look like everyone else, not like the unique masterpiece God designed each of us to be. We need a whole new "self", one that is renewed in God's image and dressed in the wardrobe of compassion, kindness, humility, gentleness, and patience.

To improve your "self" image, put on the character of God and display his image in all its glory.

*O to be like you! O to be like you,
Blessed redeemer, pure as you are;
Come in your sweetness, come in your fullness;
Stamp your own image deep on my heart – Chisholm.*

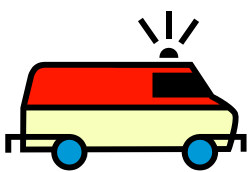
Yours, trying to
reflect God's nature,
Chaplain Steve.

Did you know??

The majority of Australians (58%) are worried about their brain health and the threat of degenerative brain disease according to a recent survey undertaken by the Neuroscience Research Institute of Australia. Of those surveyed older baby boomers were the most worried.



The recently released Grains & Legumes Health Report reports that just two to three serves of wholegrain foods daily can reduce the risk, by 20-30%, of chronic disease, including cardiovascular disease, type 2 diabetes and some cancers.



The National Heart Foundation of Australia has released a discussion paper which recommends that ambulance coverage become a universal entitlement to reduce the number of deaths from heart attacks. A 2008 survey found that one in ten people delayed calling an ambulance due to the cost involved. A total of 50% of people who die from a heart attack, never make it to hospital.

A Victorian pharmacist who has worked on driving safety programs believes that drivers over the age of 85 years should display senior "S" plates and drivers over 75 should have zero alcohol levels when behind the wheel. He reported that many elderly patients who were regular drivers were taking a cocktail of prescription pills.

The number of Australians with private health insurance has hit a 27 year high with 9.9 million people, or 44.5% of the population, now covered.

Diamonds are just not a girl's best friend, but a physicist's best friend and soon to be the blind's best friend too with the development of a bionic eye, according to the Australian Academy of Science. Under development is a diamond electrode that will be part of a chip embedded in the retina for use in the bionic eye. The device is designed to have sufficient resolution to allow the blind to recognise faces and read large print.



The ABC news reports that research has shown an estimated one in three elderly hospital patients are malnourished.



A recent report in the SLEEP Journal published a survey result which found that people over 100 years (over 2800 people over 100 years participated in the survey) were more likely to have better sleep than those people in the 65 to 79 age range and that men were 23% more likely than woman to report sleeping well.

International Volunteers Day Celebrations

Every year, during International Volunteer's Week, Thomas Holt Villages takes time to celebrate and acknowledge our Volunteers.

Our celebrations took place this year as a morning tea on Tuesday 11th May. Around 60 people received certificates this year—a mix of both Residents and Community Members. Thomas Holt also recognises, with the presentation of a trophy, those volunteers who have continually served for periods of 15, 20, 25 and so on years.

This year we were proud to present a trophy to Jeanette Carter, one of our beloved hairdressers, for her 20 years continuous service as a volunteer. Even though Jeanette works at Thomas Holt making sure Residents look their best, she has, for 20 years, participated in fundraising—cooking cakes and jam for fete stalls, making craft, assisting on the fete stalls and being an advocate for Residents. Jeanette was unfortunately ill on the day of the celebrations but was presented by our CEO with the award at a later date.

Thomas Holt Villages values the significant contribution and commitment made our Village and Residents by our Volunteers. A big thankyou to two of our Board Members, Ted Bramble and Carolyn Conlon for attending and presenting the awards.



More Photos—Volunteers Day 2010



Who is this?

Can you guess who this is???? Is she still a cutie??? (answer last page)



Can you believe it??????



When asked by a young patrol officer "Do you know you were speeding"?

This 83-year-old woman talked herself out of a ticket by stating

"Yes, but....I had to get there before I forgot where I was going".

Makes perfectly good sense to me.....

Council Recliners—
I have just figured out I have been
using mine incorrectly



Staff Education—Quality of Care for Residents

At the Thomas Holt Villages our education program focuses on providing staff with the opportunity to reaffirm and add onto existing skills to ensure that they have the appropriate knowledge to perform their roles effectively and provide best care practices for resident's wellbeing.

Topics scheduled for the internal learning and development program are in response to staff education needs analysis, surveys, audit results, changes to legislature or new legislative requirements or though identified need or improvements introduced. For example the subject of "Elder Abuse"- "Policies & Procedures, Reporting of and Responding to" was added to the Annual Training calendar as a compulsory subject that all staff must attend following the introduction of new legislation in 2007.

Staff are registered to attend offsite workshops and seminars and industry conferences covering topics which are relevant to their work area.

The promotion of a positive learning culture at the village commences at the first point of contact with new recruits through our induction program and by our traineeship program which offers newly employed staff the opportunity to obtain a qualification which is related to their particular area of work.

Although it is an essential criterion for employment at the facility that personal care workers have achieved at least a Certificate III in Aged care work, at times there are those individuals whom impress management with their initiative and genuine affinity to work in aged care whom do not have a formal qualification and it is those people whom we offer a traineeship to work and study at the Facility.

In the past, under traineeship programs six care staff have completed their Certificate III in Aged Care Work and one of the leisure and lifestyle team has completed a Certificate IV in Community Services (Leisure & Lifestyle) as a new entrant trainee.

One such staff member after completing their Certificate III in Aged Care Work has gone on to complete their Certificate IV in Aged Care Work and is now completing a Certificate IV in Disability Services (Service Coordination).

Existing staff members are also assisted to access study courses which are facilitated by government funded programs to compliment their current skill base in resident care.

Workshops are conducted onsite for such staff in groups or on an individual basis.

At present we have personal care staff completing enrolled in training programs to obtain the following qualifications.

- Nineteen care staff – Certificate IV in Aged Care work
- Three Care Staff – Certificate IV in Service Coordination (Disability Services)
- Three Care staff – Certificate III in Aged Care Work (Community Services)



Staff Education (continued)

- One Care Staff – Certificate II In Aged Care Work
- One Care Staff - Certificate IV in Community Services
- Two leisure and Lifestyle Team – Certificate IV in Community Service (Leisure and Lifestyle)

Such trained staff will further add to the number of staff whom already have achieved further education qualifications whilst employed at the Thomas Holt Village.

In the last twelve months we have had three care staff with a qualification of a certificate II in aged care work go on to successfully enrol into registered nursing courses.

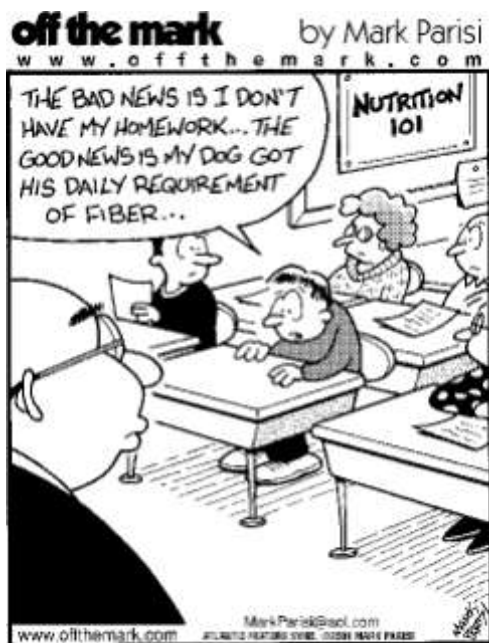
My role as staff educator is buoyed by the enthusiasm of a team of staff whom want to keep abreast of what is best practice, to learn, to gain confidence which comes with strong educational foundations and implement their skills for the benefit of the residents. The qualification they achieve means much more than “just a piece of paper”

On that note I would also like to indicate that the care staff have annual competency assessments conducted in their work environment to ensure that there is adherence to best practice principles of care.

Management strongly supports the education program at the Thomas Holt Village through the provision of resources and funding as does the resident council whom provide financial support for maintenance of the Aged Care Channel which is a wonderful training resource for all staff.

A resident of the Thomas Holt Villages can be confident that each staff member is well trained and proficient in the delivery of quality care services.

Donna Benedet—Staff Educator



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A little bit of irony



Farewell to Emily

Recently Thomas Holt Village said goodbye to Emily Potter. Emily commenced with Thomas Holt in February 2008 as our weekday Registered Nurse in RCH.

Before Emily left she was asked a few questions about her plans for the future and what she will miss most about Thomas Holt.

Where are you going

I'm off on a worldwide adventure

First stop is North America for a 5 week 'great American Road trip" with my mum!

Then:

- 3 weeks Guatemala
- 3 Weeks Mexico
- 2 weeks Turkey
- Then to Asia – Thailand and eventually settle in Cambodia



What are you going to do



America:

- A few days in LA – see the stars in Hollywood!
- Two weeks in NY – taking in all the sights and sounds (Empire state, a Broadway show, take a wander through Central Park, catch up with friends – and shop, shop, shop)!
- 3 week road trip taking in Boston, New England, Toronto, Quebec City and Montreal

Guatemala:

- A week's intensive Spanish Course in Antigua and maybe a volcano trek!
- 6 days travelling around Lake Atitlan
- 4 days in Flores/Tikal – taking in the amazing Myan ruins and listening to the sounds of the jungle – Howler Monkeys and Tucans!

Mexico:

- Hanging out in Mexico city (mmm... Mexican food and Margaritas)!
- A cooking school in Oaxaca
- Beach time and Myan ruins at Tulum

Turkey

- 5 days in Istanbul visiting the Blue Mosque, taking a cruise on the Bosphorous, eating delicious food, watching a performance of the Whirling Dervishes (an very old meditation style of Muslim dance) and wandering around bazaars and spice markets
- A tour of Gallipoli and Troy
- A few nights in Cappadocia staying in a cave hotel and maybe a balltroom ride





Thailand

- Shopping and taking in the sights and sounds

Cambodia

- Meeting up with old friends – and making new ones! Practicing my Khmer! I suppose a bit of work too!



How long will you be travelling

On the road for about 4 months. Not sure how long I will stay in Cambodia, but most likely 6 months while I figure out my next move!

stay

Will you be working overseas

Once in Cambodia I will most likely get a job teaching English in Phnom Penh – the capital city. I am also a board member of a registered not for profit/non government organisation This Life Cambodia www.thislifecambodia.org so I will be doing some work with them

What will you miss about THV

Having a chat with the residents – particularly hearing about their travels and adventures or that of their family, how they met their wives or husbands and the mischief they got up to back in the day!

The dedicated staff with amazing commitment to quality care
Learning new things every day

Any special messages

Look after yourself! I'll come back for a visit in November. Oh and thanks for having me!

Thomas Holt Villages wishes Emily all the best for her future and we are certainly looking forward to catching up on all the stories of the adventures when we returns to Australia.



Birthday Celebrations



June

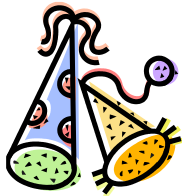
Joy Robinson	2nd
Brian Gillion	3rd
Maureen O'Reilly	5th
Mary Samuel	5th
Maurice Shapiro	6th
Thelma Deacon	7th
Valma Storey	8th
Joan Miller	9th
Shirley Hull	14th
Nina Noakes	16th
Nellie Paull	16th
Mares Vaclav	16th
Margaret Hillman	19th
Allen McCarthy	24th
Norma Somerville	24th
Mavis Middlemiss	25th
Edith Crichton	27th
Charles Waser	27th
Robert Bell	30th
Faith Spicer	30th

July

John Press	2nd
Ivy Owen	3rd
Thelma Atkin	4th
Jean Poole	5th
Jeanette Crouch	9th
Marie Jackson	12th
Phillis Bennie	13th
Jessica Wiggins	13th
Jean Brown	15th
Phyllis Close	15th
Doris Mellady	15th
Maartje de Ridder	18th
Anna Close	19th
Audrey Carter	20th
Helen Dorrell	20th
Ruby Jones	20th
Kath Crowley	21st
Thelma Hardy	24th
Roy Carter	26th
Allen Gammie	26th
Edna Cameron	29th
Grace Morgan	31st

August

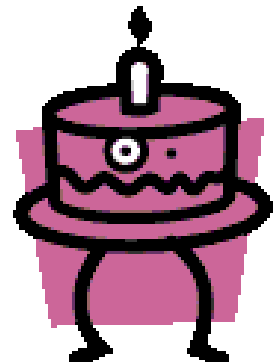
Joyce Elean	1st
Thomas Etherington	2nd
Lorna Wright	3rd
Bill Draper	3rd
Shirley Parkyns	4th
Iris Best	7th
Hazel Hely	10th
Kath Hillman	10th
Betsy Joynes	14th
Frank Nowell	15th
Enid Grant	16th
Margaret Tivey	21st
Betty Sheargold	23rd
Bill Watkinson	23rd
Yvonne Frost	24th
Bill Smith	27th
Joan Hardie	29th
Joyce Waser	29th
Shirley Cleary	30th



September

Joan Press	1st
Joyce Latham	3rd
Doris Perry	3rd
Peg Wilson	6th
Blanche Baggs	10th
Dorothy Kilpatrick	11th
Jean Stubbs	11th
Rosalie Estall	12th
Edmund Smith	17th
Beryl Bromley	19th
John Cushion	20th
Val Dmytriv	20th
Gwen Ahrens	22nd
Gwen Kennett	22nd
Bert Boyd	28th
Ernie Grinstead	28th
Shirley Hiland	29th

Please join us to
celebrate at our next
Birthday Party to
be held in August in
the RCH Hall.



Just jokin'

A woman brought her very limp duck into a veterinary surgeon. As she laid her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest.

After a moment or two, the vet shook his head sadly and said, "I'm sorry, your duck, Cuddles, has passed away."

The distressed woman wailed, "Are you sure?"

"Yes, I am sure. The duck is dead," replied the vet....

"How can you be so sure?" she protested. "I mean you haven't done any testing on him or anything. He might just be in a comas or something."

The vet rolled his eyes, turned around and left the room.

He returned a few minutes later with a Black Labrador Retriever. As the duck's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the duck from top to bottom. He then looked up at the net with sad eyes and shook his head.



The vet patted the dog on the head and took it out of the room.

A few minutes later he returned with a cat. The cat jumped on the table and also delicately sniffed the bird from head to foot. The cat sat back on its haunches, shook it's head, meowed softly and strolled out of the room.

The vet looked at the woman and said, "I'm sorry, but as I said, this is most definitely, 100%certifiably, a dead duck."

The vet turned on his computer terminal, hit a few keys and produced a bill, which he handed to the woman. The duck's owner, still in shock, took the bill. "\$150!" she cried. "\$150 just to tell me that my duck is dead!"

The vet shrugged. "I'm sorry. If you had just taken my word for it, the bill would have been \$20, but with the Lab Report and the Cat Scan , it's now \$150."



Care Corner



Firstly I would like to thank all of my staff for their support and commitment. Together we celebrated International Nurses Day recently with a luncheon and awards presentation. Congratulations to the award winners and in particular, Brenda, Ana and Katrina. You are worthy winners of the inaugural Sister Beryl Mullins Award for 2010.



A big thanks to Keith McKeachie for his suggestion to have more colored shirts around to brighten up the place. As you have seen on theme days such as daffodil day or breast cancer pink ribbon day we wear colored shirts as part of the theme for that day. This led Keith to request this to happen more often. It was a great suggestions and consequently you will see the lifestyle staff wearing their new uniform of brightly colored rainbow shirts.

It's good to get compliments and complaints so we can improve our services, but is also wonderful to receive good suggestions that we can put into action.

Farewell to Mr Harper who has moved back home! We recently had a Resident be discharged home from the nursing home. This is a wonderful achievement for both the Kevin, and his family and of course the care staff and Janet our physiotherapist.



Kevin Harper

Kevin first came to live in the nursing home after he was discharged from Sutherland Hospital Rehabilitation Centre. He was confined to a wheelchair but now is back living at home walking with a frame and can even manage walking with a quad stick. Janet our physiotherapist has worked very hard to support Kevin to achieve this success.

We also farewelled Mrs. Storey from the Nursing Home. It was due to the great care she received that Mrs. Storey could again walk, and move from the nursing home to a lovely sunny spot in Noel Maloney Wing.

These two lovely residents are great examples of the type of care we provide here at Thomas Holt. We choose to provide such extra services such as physiotherapy, pain clinics and use the most up to date wound products expensive as they as they get results that bring about a good quality of life for our Residents.

Well done everyone on such a great result.



Welcome Ms Jenny Ong

As you know Emily Potter from Roden Cutler House resigned to go on an adventure and travel the world.

Our new Registered Nurse to replace Emily is Jenny Ong. Jenny comes to us with an extensive background in Aged Care. She arrives on July 19th. I trust you will join me in making her welcome.

Increase in staffing Jacaranda Building

We have rostered an additional Registered Nurse to the Jacaranda Building Monday to Friday as the care needs for those people living in Jacaranda Hostel has increased. We have also regraded one of the care positions in Jacaranda Hostel as we require someone to work in a role that supports the Registered Nurse with the many busy task they have to do.

Alexandra Zammit—Director of Care Services

Perfectly timed photos



Recipe

Chocolate Self Saucing Pudding

4 – 6 Servings

60g Butter
 1tsp Vanilla
 ¾ Cup Castor Sugar
 1 Cup Self Raising Flour
 1 Tablespoon of Cocoa
 ¾ Cup Brown Sugar firmly packed
 1 Tablespoon Cocoa Extra
 2 cups Boiling Water



Combine butter and milk in large pan. Stir over heat until butter is melted. Remove from heat and stir in vanilla and castor sugar. Sift flour and Cocoa and add to mixture. Spread into a greased oven dish – 6 cup capacity.

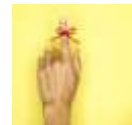
Combine brown sugar and additional cocoa. Sprinkle on top of mixture and pour over boiling water. Bake in moderate oven for 40 minutes.



Annual General Meeting (AGM) - 2010

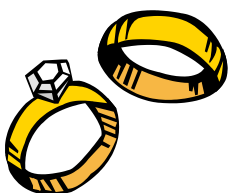
This year's AGM for Company Members will be held on **Friday 22 October 2010** in the Dudley Marks Hall, commencing at 7pm (this starting time is to be confirmed but is approximate).

So, if you are a Company Member pop this date in your diary



Missing Jewellery

A number of pieces of jewellery have been found. These include rings, pendants, brooches and necklaces. If you (or your loved one) have lost jewellery please contact Alexandra or Karen in Administration to describe it.



Any pieces unclaimed as at 30 July 2010 will be sold for the benefit of Residents of Thomas Holt Villages.

Stafford Court—Box Road Development

The development comprising 15 self care units is now every close to completion.

In the meantime we have been busy holding open days and taking prospective residents on tours. We also had a stall at the recent Aged Care Expo at Sutherland Entertainment Centre. At both the Expo and the open days we have had very positive responses.

What has been very gratifying is not just the interest in the units but also the extremely positive feedback and high regard that Thomas Holt Villages is held in the local community.

We have already sold several units with the first residents moving in at the beginning of October.



Thanks to Frank Street for providing the photos



International Nurses Day—2010

International Nurses Day is celebrated around the world on 12th May every year—the anniversary of the birth of Florence Nightingale.

For the last few years Thomas Holt Villages has celebrated International Nurses Day on 12th May with a luncheon and awards. This year's recipients were:

Completion of Certification III in Aged Care Work

Krathi Kumar GALI

Completion of Certificate IV in Aged Care Work

Raina ARMSTRONG

Michele MAYNE

Hayley QUEKEL

Kate PRESTNEY

Katrina TULLY

Magdalena VAN TIENEN

In addition to these awards, the inaugural Sister Beryl Mullins Outstanding Nurse Award was presented to the following Nurses for their outstanding commitment and care of Residents and/or CACP Clients:

Brenda MURRAY

Ana VERJBITSKY

Katrina TULLY

Brenda, Katrina and Ana are part of the Community Aged Care Package (CACP) team that provide support and assistance with personal care needs, help around the home, transportation for appointments, shopping, errands and companionship to enable Clients to remain independent in their own homes for as long as possible. They received their awards for their commitment, professionalism and their willingness to go above and beyond the call of duty in caring for their Clients.

Congratulations to all the recipients!!



Winners of the Sister Beryl Mullins Award for Outstanding Nurse—2010
Left to right—Ana Verjbitsky, Brenda Murray, Katrina Tully

Productivity Commission Inquiry into Aged Care

PUBLIC INQUIRY

The Productivity Commission will develop options for further structural reform of the aged care system so it can meet the challenges facing it in coming decades. In particular the Commission will:

- Examine the social, clinical and institutional aspects of aged care in Australia, building on the substantial base of existing reviews into this sector.
- Address the interests of special needs groups.
- Develop regulatory and funding options for residential and community aged care (including the Home and Community Care program).
- Examine the future workforce requirements of the aged care sector.
- Recommend a path for transitioning from the current regulatory arrangements to a new system that ensures continuity of care and allows the sector time to adjust
- Examine whether the regulation of retirement specific living options should be aligned more closely with the rest of the aged care sector.
- Assess the fiscal implications of any change in aged care roles and responsibilities.

In the course of the inquiry, the Commission will consult widely with older Australians, their carers, aged care providers, government agencies and other interested parties.

More photos



THV going to the dogs



Sister Beryl Mullins and THV

Beryl Alice Mullins was born in Ulladulla in 1920 and trained at the Mater Misericordiae Hospital North Sydney. Beryl became the night supervisor of St Vincent’s Hospital, Bathurst. Whilst Beryl was at Bathurst, she nursed a young mother of 5 children who was terminally ill with breast cancer. In her final days, the mother asked Beryl to care for her 5 children to which Beryl agreed. After a time, Beryl, with the 5 children, left Bathurst to care for her beloved father at Cronulla.

She took up a position at Jacaranda Cottage, a maternity hospital that also dealt with minor theatre cases which was located in English St Cronulla. When the owner fell ill, Beryl managed the Hospital and eventually purchased it. With the increased responsibility, Beryl needed help with the children and this is where Merle came into their lives and has stayed to this day (that was nearly 40 years ago).

You may have seen the numerous Jacaranda Trees throughout Sutherland Shire. Every mother that had a baby at Jacaranda Cottage was given one to plant to commemorate their baby’s birth.

Jacaranda Cottage become Jacaranda Nursing Home in about 1965. This was largely due to the opening of the Sutherland Hospital, the introduction of the “pill” and the generalised changing scene of hospital care.

Jacaranda was not sold to the highest bidder when Beryl retired rather she spent many months researching the best way to ensure her beloved patients and loyal staff would continue to be treated in her own tradition. When the time came she sold it to Thomas Holt Villages.

Beryl was literally loved by all. There was little staff turnover with most remaining there their whole working life. She never advertised for staff and had a waiting list of people wanting to work for her. Never a dying person was left alone if she could help it, She ran a halfway house for local delinquents and there was always a meal and bed waiting for those who needed it.

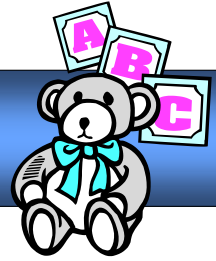


On International Nurses Day 2010, a perpetual award was named and presented in her honour and a portrait of Sister Beryl Mullins was dedicated and unveiled in what now is Jacaranda Nursing Home. And the guests of honour?? Two of the children that Sister Beryl raised, Libby and Robert, and Merle — Beryl’s “Angel”.



Photo Above—Robert (L) and Libby (R) hang the portrait of Sister Beryl Mullins.
 Photo on Left— (from L to R), Robert, Libby and Merle

FIONA HAS HAD HER BABY



We are excited to let you that Fiona Schneider, our recently resigned Care Manager of Jacaranda, has delivered a beautiful baby girl.

JENNA KATE

Born—8.51am

1st July 2010

Weight—9lbs 1oz

Length— 56cm

Mum and bub

(and dad and big sisters Emily and Taylor) are doing well.

CONGRATULATIONS FIONA!!!



Jenna Kate—5 minutes old



Big sisters (L to R) Taylor, Emily with Jenna



Baby photo (page 8) - Alexandra Zammit—Director of Care
Number of times the photos of Christopher Vormister appear— 7