

# Mark Donaldson VC House

## Rowland Village, Galston



*"My Mum lives at Mark Donaldson VC House and we are so grateful for the lovely, caring staff – everyone including all of the carers, Marion and Con who cook and clean, to Kerri and Kay who manage the Home. Mum is well-cared for and we all enjoy spending time here and taking Mum for walks through the village and catching up together."*

**A Lovely Home** for 74 residents, Mark Donaldson VC House features luxury accommodation and an elegant, comfortable and secure environment with a hotel-like ambience. Our accommodation includes private rooms with ensuites. The Home boasts spacious, sun-drenched terraces and gardens as well as delightful aviaries, aquariums and pet areas with guinea pigs that can be viewed from the dining area.

**This Peaceful Setting** gives you the option of quiet independence or sharing time with family and friends.

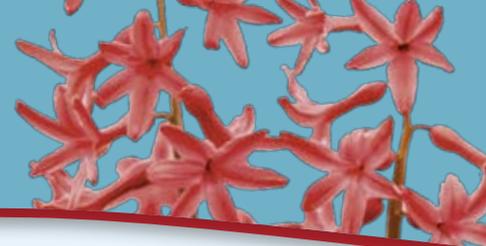
**The Small Community** of just 74 residents adds to the personal feel. All services to which you have become accustomed – hairdressing, dietary advice, physiotherapy, podiatry and chaplaincy – are available to you.



For enquiries, please call us on **9653 4900**. We would love to welcome you!

Mark Donaldson VC House, 301 Galston Rd, Galston NSW 2159

[www.rsllifecare.org.au](http://www.rsllifecare.org.au)



**Food, Glorious Food** – At Mark Donaldson VC House, we believe food should continue to be an enjoyable experience. Our catering team create fresh, delicious and nutritious meals with a choice of menu available.

**Our Lifestyle Activities** include gentle exercise, music, art, craft and spiritual programs as well as aromatherapy and our very regular cocktail hour. Outings to places of interest are a frequent highlight. Residents have access to our extensive large print library and our collection of DVDs. Residents and relatives can enjoy the use of function rooms and outdoor barbecue areas for dining and socializing as well as entertaining friends at our on-site restaurant, "Diggers Inn".

**Care and Trust** means everything to us. Our friendly and qualified staff provide 24 hour care making Mark Donaldson VC House a safe and secure environment.

**RSL LifeCare** has been providing care and service since 1911 and has a wealth of experience. Our history and our years are evidence of our aim to "Add Life to Years and Years to Life".

**About Mark Donaldson:** The Victoria Cross was awarded to Trooper Mark Donaldson for most conspicuous acts of gallantry in action in Afghanistan in 2008, which, in the face of sustained enemy fire ultimately saved the life of at least one man and ensured the safety of many others. Despite his heroics, Mark is a very humble man: "I don't see myself as a hero honestly. I still see myself as a soldier first and foremost... You don't really think about it at the time. You just do what you've got to do."



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