



# Grapevine

December 2010 ISSUE 64

## Christmas was simpler then!

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It is Christmas Eve in the late 1930's and all the children have placed a pillowcase at the end of their beds in the hope that the white-bearded man will call at their home. Early the next morning they scrounge through the contents – summer clothing, maybe a comic or an annual, some sweets and trinkets.

There are small gifts under the Christmas tree which was cut down from the nearby bush and sits in a tub of wet sand. When the presents are opened, the neighbourhood children gather in the street to show off their prizes and play together.

The residents are now becoming quite animated as they remember Christmas as it was then.

They laugh about Christmas lunch – roast chicken was such a luxury and had more than likely been reared in the backyard until father took it to the chopping block and mother plucked its feathers. Plum

pudding and custard followed the main course and the residents agree, they ate until their stomachs bulged, hoping to find with every bite, the threepenny bits hidden inside.

How different from Christmas today! We now pay to visit Santa in a store; electronic gadgets have replaced the simple toys of yesteryear and the children no longer gather in the street for fear of 'stranger danger'. Chicken has been replaced by turkey and we are warned not to put coins inside the pudding because the silver contains a poisonous substance.

Oh for Christmas as it used to be! But then we're reminded that some things remain the same. "Christmas is still a time for families and friends to get together."

Mayflower staff and residents wish all of our families and friends a Merry Christmas and a Happy New Year.



## FROM THE CEO's desk



It is hard to believe that it is Christmas again! I love this time of year when there is a buzz in the air as people prepare for the festive season. It's also a time to reflect on the past year which has probably been one of the biggest in the history of Mayflower.

Our new building, opened in August, is functioning well and both staff and residents have settled into their new homes. At this stage I anticipate that there will be an official opening in the New Year. The residents who have lived through the building works have been wonderful and I gratefully acknowledge their patience, understanding and support even when we had unexpected situations.

By the time this newsletter goes to print the oldest buildings on site will have been demolished to make way for Stage 2 of the redevelopment. This development will see the building of more residential care beds, 60 apartments, and a community complex which will include a library, café, swimming pool, gymnasium, day-care facility, wellbeing centre and a snooker room. Completion of this stage will conclude work on the Brighton site.

We experienced an unfortunate incident at Mayflower Brighton on schools 'muck up' day. A staff member was walking down the street when she was pelted with eggs, one of which hit her on the face. This sort of incident is not acceptable as it puts

staff, residents and the general public at risk. The story was picked up by the media and was widely reported on the radio, television and the newspapers.

The Annual Meeting of Residents was held at both Reservoir and Brighton in November. These meetings are a great way for the residents, Directors and senior staff to get together, providing each party an opportunity to discuss and resolve issues. I am pleased to report that both meetings went well and generally the feedback was positive.

I would like to take this opportunity to express my gratitude to each of you for your support throughout the year. Thank you to the volunteers who play such an important role in our community - your input enriches the lives of the residents. Thank you to the residents, their families and donors, who are such an important part of our organisation. Special thanks to our staff without whose dedication, none of this would be possible.

Merry Christmas to you all and best wishes for the New Year.

Frances Mirabelli  
Chief Executive Officer

## Reviving Memories

Dementia is one of the biggest health problems facing Australia and will become an increasingly bigger concern in the future.

Mayflower is dedicated to providing dementia-friendly care and activities for our residents, but we want to do more.

We know that stimulating the senses helps to decrease agitation and restlessness as well as improve sleep in most forms of dementia. It also allows for memories to be shared with families, helping the family to connect with the person lost to dementia.

We would like to provide sensory trolleys for Brighton and Reservoir. The trolley is a mobile cabinet that can be taken to a resident's room where individualised

boxes of items known to stimulate the senses of the resident will be used as part of their daily therapy. The aim will be to gather items that are of greatest interest and importance to the resident and utilise these items during sensory sessions.

With this issue of the newsletter we hope to raise sufficient funds to purchase the two trolleys and some of the vital equipment.

## Giving time to others



More than 500,000 Australians are currently engaged in some form of volunteer work with community organisations that would never be able to pay for the services they provide.

Shirley Darwood is one of that number – widowed 22 years ago, a mother of three adult children and grandmother of six, she makes time for others and stresses that “you put in 10% and get a 100% return”. Shirley has worked for three years at Brighton, first as a companion on the ‘big bus’ outings and more latterly in the kiosk.

As with most volunteers working in aged care facilities, she recognises that one of the greatest rewards of volunteering is in “getting to know the residents and spending quality time with them.”

Our volunteers range in age from students to retirees – from family member to local resident – all have varying amounts of time to give, but each has a passion for enriching the lives of older people. Whether it's reading to a resident, taking them outdoors or engaging in a program or activity, there is an opportunity for you to give time to others.



## Born on Christmas Day!



Mavis Pearson, one of four children, was born on Christmas Day, 1910. She is a quietly spoken lady, with an alert mind and many stories to tell of the changes she has seen through her almost 100 years.

When asked to comment on the greatest change she has witnessed in her lifetime she unhesitatingly says, “electricity.” Mavis was fourteen years old when electricity was installed and her family basked in the glow of the one light in their home. In her lifetime, she has seen the introduction of refrigerators, washing machines and television and recalls that “the first radio the family owned was run off a car battery”. Recalling Christmas in past years, Mavis says, “It was so different to today when I was young. We did not get presents at Christmas – you were grateful for the ribbon and small bag of lollies you received.” The staff and residents at Mayflower wish Mavis a happy and memorable day as she celebrates her 100th birthday on Christmas Day.

## Fathers Day

Fathers Day was especially significant for residents as they celebrated in Hyde House with a continental breakfast in their ‘pjs’, a special raffle and received a small gift.

## A perfect getaway



Front seat views of the Phillip Island Penguin Parade with a massage while you wait for the little, furry creatures to emerge from the sea

– it all sounds too good to be true, but for five Mayflower residents from Brighton and Reservoir it was an experience they will not forget.

A two night stay in the Continental Hotel overlooking the bay and three days of visiting the main tourist attractions was a true ‘getaway’ experience for the residents, their recreational officers and an accompanying nurse.

The exciting itinerary included a tour of the Chocolate Factory, a visit to the Koala Conservation Centre and the National Vietnam Veteran’s Museum, all accompanied by good food.

It was a case of catch your own fish if you wished to eat lunch when the group visited the Rhyll Trout Farm. Friendly instructors helped each member to hook a fish and to everyone’s delight, the Chef prepared a superb lunch from their catch.

This was the first ‘getaway’ for Brighton and Reservoir residents, but it will not be the last. Mayflower hopes to plan three such events in 2011.



## Grand Final Day

Not just one, but two grand final days were celebrated at Mayflower Brighton with residents enjoying finger food and beverages on successive weeks.



## Cup Day

The race that stops the nation was celebrated at Brighton in a traditional way with chicken and champagne served to the residents on the day of the Cup.

The facilities had been appropriately decorated with a Cup Day theme prior to the event and the customary ‘sweeps’ had been held with staff and residents coming off as winners.



In keeping with tradition, a ladies Oaks Day was conducted with ladies parading hats they had made themselves, followed by champagne and a happy hour.



## Welcome to new staff & residents

### New Residents Brighton

Bonnie Bradley  
Miriam Bourne  
James (Jim) Carter  
Margaret Wolf  
Keith Gillespie  
Mary Coghill  
Phyllis Adams  
Phyllis Wallace  
Margaret Schafer  
Sydney Young  
June Cameron

### New Residents Reservoir

Beryl Hayes

### New Staff Brighton

Thi Tran  
Lydia Morintat  
Tafadzwa Vono  
Grace McGeehan  
Hitesh Patel  
Sarabjeet Kaur  
Helen Irwin  
Chelsea Tyler  
Brenda Ogama  
Peter Fisher  
Julie Corke  
Lara Meehan  
Davinder Kaur  
Vattandeep Kaur  
Mangala Maddage Don  
Nathalie Hyland  
Julia Currell

### New Staff Reservoir

Allison Kenneally  
Jharna Saha  
Tracy Sommers-Way  
Hanna Hordynska

# Which came first?



Can you recall the wonder and emotions you felt when as a child you held a fluffy, yellow ball of feathers in your hands and heard the distinct chirp of the new-born chicken?

In a new venture, Brighton and Reservoir residents have recently been involved in the Living Egg program with amazing results, particularly among those residents living with dementia.

It started with a delivered package that included embryo eggs due to hatch in 2-3 days, incubators, brooding boxes and all the resources required for care of the 'soon to be hatched' chicks. Very soon the residents were excitedly drawn together as they waited and watched for the eggs to hatch.

Memories were stirred as they recalled their younger days when almost every family had chickens in their backyard. It was amazing to watch the faces of residents who seldom show a reaction to their surroundings. Some watched over the incubators for hours and when the eggs hatched, their faces lit up with joy.

The chicks resided at Mayflower for twelve days where they were cradled in the hands of residents, stroked and spoken to in hushed tones. The chicks have been returned with the assurance that they will go to a free range farm, but the memory of this project will live on.



## Grants To Mayflower

We gratefully acknowledge grants recently received from the Marian & E H Flack Trust and the Lord Mayor's Charitable Fund. These generous gifts will enable Brighton to purchase 6 sit-in shower chairs and 2 electric floor-level beds, while Reservoir will be able to provide furnishings for an outdoor eating area.

## Farewell our gardener

Anthony Holt has carefully nurtured the gardens at Mayflower Brighton for almost fifteen years, taking pride in his work and becoming known to the residents for his friendly and cooperative manner. Recently Anthony decided to take a new direction and while we were sad to say goodbye to him, we recognised the importance of his decision. A farewell function for Anthony to wish him success in the future was well attended by the residents.



## Donate to the Mayflower Christmas Appeal

Please send me -

- Copy of Bequest Brochure
- Information on becoming a regular supporter
- Information about Volunteers
- Information on how I can help with fundraising

**yes** I want to make a gift of \$ \_\_\_\_\_ to Mayflower

Please find my cheque enclosed OR

Please debit my  Visa  Bankcard  Mastercard

Card No.

SIGNATURE \_\_\_\_\_ EXPIRY DATE \_\_\_\_/\_\_\_\_/\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ POSTCODE \_\_\_\_\_

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DONATIONS TO MAYFLOWER ARE TAX DEDUCTIBLE

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