

The place to be in winter



Winter

POST APPROVED 350940-0004 ABN 57 004 507 644

INSIDE

From the CEO's desk

- Update on our new development, a steady progress!
- Andrew Robb visits
- Anzac Day, a very special remembrance

Electric floor level beds

- safety in the new building

Wild Action Zoo visits Reservoir

Yoga at Mayflower

- great healthy fun!

International Women's Day

- A Mayflower Community event



Some people travel overseas or holiday in Queensland to escape the cold of a Melbourne winter while most of us have to weather the chill. A stoic few step regularly into the chilly sea at the Royal Brighton Yacht Club where every morning of the year they swim in the open waters of the bay. The 'Brighton Icebergers' are a legend in Melbourne, each year capturing the attention of the media as they plunge into the chilly waters for their daily swim.

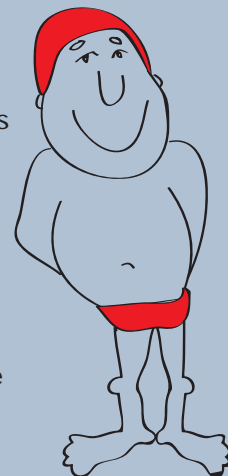


For most of us, nothing is more appealing on a cold winter's day than the thought of stepping into our warm, comfortable home with perhaps the tantalising smell of home-cooked soup or a casserole reaching our nostrils. We read a good book, listen to a favourite piece of music, dine with friends or watch a good movie and the winter blues are quickly forgotten. Home is the place to be on a cold, winter's day.

Winter 2010 will be an unforgettable season for 105 Mayflower Brighton residents who will move from their familiar, time-worn surroundings into a new and spacious residence which will have all the warmth and comforts of home. There will be easy access to a library, cinema, café, hairdresser and beauty therapist as well as a number of areas where they can meet with friends and family members.

When Stage 2 is completed, the residents won't have to be 'Icebergers' to enjoy a swim in winter - because there will be a heated, lap pool in which they will be able to exercise!..

Mayflower is the place to be on a cold, winter's day.





FROM THE CEO's desk

I love this time of year - the scent of smoke from wood fires – the feel of a cold, crisp winter morning – the sense of warmth and family when you settle down for the night - a beautiful time of the year.

The past few months have been exceptionally busy for everyone at Mayflower, but with the coming of winter we herald the completion of Stage 1 of our Brighton redevelopment.

There have been many setbacks, but there is mounting excitement as we complete preparations for the commissioning of the building and the moving of the residents into their new home. Moving will be a mammoth but equally satisfying task. When all the details are available, we will be sending out information of the impending changes and how it is all going to occur for residents and their families.



Mayflower will host an Open Day to celebrate the new facility and this will be advertised in the local papers and internally. We hope that you will join us for the occasion - take a tour of the building and help us celebrate!

I would like to take this opportunity to thank all the residents of Mayflower Brighton who have been living in the middle of a building site for the past 18 months. Your patience and

encouragement during this process has been greatly appreciated and your support for the redevelopment of Mayflower has been visionary. From all the team at Mayflower – thank you.

As reported in this newsletter Andrew Robb AO, recently took time out of his busy schedule to visit Mayflower and had a sneak preview of the new building. He was very complimentary of what he saw and it was a great opportunity to discuss aged care policy and the issues affecting the sector.

ANZAC Day is a very special day at Mayflower. This year, the residents at both Brighton and Reservoir were able to discuss and plan their individual commemoration services and were well supported by the RSL in this regard. Input from the residents made both services special occasions with an added personal touch.

We have twenty-three WW2 veterans and widows residing at Brighton and three at Reservoir. Residents and staff at both facilities appreciated the service and the emotion generated by the occasion. It was a wonderful way to honour the courage, sacrifice and spirit of all who have served our country.

Once again I look forward to seeing you all at our Open Day and I would like to thank you for your support during this first stage of our redevelopment.

Until next time

Frances Mirabelli
Chief Executive Officer

A new home for Peg



Peg Martin has resided at Mayflower Brighton for sixteen years, having moved from her home near Tootgarook after her husband's death. She speaks with warmth and deep appreciation of the care she receives and the friendships she has formed.

At 88 years, Peg looks forward to her scrabble group and although limited by arthritis, sometimes manages to play bowls. For a number of years she was actively involved in assisting with the weekly Chapel Service, but is now content to be one of the participants.

Peg's room in the thirty-year-old Keith Norman House is small and contained, but it's her home and she has no complaint. In just a month or so, she will move to a third-floor room in the new building and will be surprised by its spaciousness and home-like environment.

Unlike her current room, her new, larger, living space with personal en-suite will allow for greater manoeuvrability and if a higher level of care is required, she will continue to reside in her own room with its familiar surroundings while receiving the attention she needs.

Peg has watched the building of the new complex, awed a little by its size and unsure what to expect, but we can guarantee that she will be delighted by her new home.

Lowering the risks

Falls are a major health problem for aged people whether living at home or in a residential facility. The risk of falls increases with age and very often has a devastating effect upon the older person's health and wellbeing.

There are many reasons older people fall, some of them resulting from dementia, physical ailments, anxiety or confusion and lack of attention when moving around.

Caring for fragile elderly people with a high risk of falling requires that we constantly seek ways to improve their needs for safety, especially when they are sleeping or confined to bed for long periods.

The staff at Mayflower are well trained in falls prevention, but we believe that we can further add to our care by introducing electric floor-level beds for those of our residents most at risk.

It is well documented that these beds have advanced safety features that prevent aged people from falling out of bed. The beds are also important for maintaining a resident's dignity, independence and safety as they eliminate the need for bed rails and restraints.

It has been decided that before the move into the new building, Mayflower will purchase 60 floor-level beds. Purchasing in bulk will attract a substantial discount. We hope to cover the cost of the beds with grants from Trusts and support from residents and their families.

Your support in purchasing a bed or making a gift toward the \$2,775 cost of a floor-level bed would be deeply appreciated.



Hidden talent

Who would have guessed that many years ago the frail women standing before the instructor had once learned ballet? Certainly no one at Mayflower knew and some family members were unaware, but the proof was in front of them as these fragile ladies pointed their toes and raised their limbs to heights that were a challenge to the onlooking staff.

Yoga classes commenced at Mayflower in February and the agility of some residents from Margaret Beynon House and the Nursing Home has been a surprise to many.

Yoga is a gentle, controlled body movement that reduces stiffness and enhances flexibility. The instructor, whose costs are covered by Mayflower, explains the reason for the movements and the resulting benefits. Due to the interest being shown by the residents, it is hoped the classes can be increased to twice monthly.

Andrew Robb inspects building site

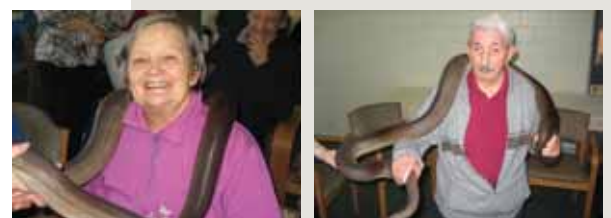


Since his election to the House of Representatives as member for Goldstein in October 2004, Andrew Robb AO has been a frequent visitor to Mayflower Brighton, where to the delight of residents he has comfortably engaged them in conversation around a variety of topics. When he announced in December 2006 that Mayflower Brighton was to receive a \$1.2 million funding boost he also stated, "Mayflower is a wonderful community-based facility, providing excellent care to Bayside's senior residents. I am really pleased that they have received funding for 29 new places. Frances Mirabelli (CEO) and her team really care for their residents, and are well placed to look after those seniors who require this higher level of care."

Never a dull moment!

The Wild Action Zoo is to do a repeat visit to Mayflower Reservoir. The braver residents will step up to handle crocodiles and lizards as well as the largest snakes imaginable and observe a kookaburra that laughs on cue.

An invitation to make a return visit is always a good indication of an event that was greatly enjoyed by the participants. This event forms part of a recreational program that includes gentle exercises to strengthen body and mind in addition to outings and a variety of activities that entertain the 60 residents.



Welcome to new staff & residents

New Residents
 William Carden
 Jean Salvado
 Shirley Goodall
 Noreen Jenkins
 Max Cromie

New Staff
 Christine Sommer
 Andrew O'Connell

International Women's Day 2010

International Women's Day was celebrated at Mayflower with the assistance of the Brighton branch of the Westpac Bank. Gail Bradley, the branch manager, hosted the event and our own Frances Mirabelli (CEO) was the guest speaker. Being a community event, a number of local influential women attended and enjoyed the occasion which was hosted for the first time by Mayflower.



An extract from the speech that Frances gave: "No one grows up dreaming of a career in aged care. Like many people in this industry, it was life's twists and turns which saw me fall into the sector ten years ago. I started off with an undergraduate degree in science, and after a month of working in a laboratory during which I was repeatedly reprimanded for talking, I knew that I had made the wrong career choice". (more next issue)

Grant for much needed equipment

The residents of Mayflower Reservoir are grateful for a grant received from the Collier Charitable Fund which has enabled the purchase of a standing machine with sling and a weigh chair for weighing frail people 4 wheelchairs and 2 tub chairs.

Each item of equipment will ensure that residents can be moved quickly with comfort, safety and ease as well as minimise manual handling by carers.



celebrating special days at mayflower



valentines day



mothers day



Donate to the Mayflower Winter 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 _____

TELEPHONE _____ EMAIL _____

DONATIONS TO MAYFLOWER ARE TAX DEDUCTIBLE

Mayflower Brighton, 7 Centre Road, East Brighton Victoria 3187
 Phone (03) 9591 1100 Fax (03) 9593 1248 Email info@mayflower.org.au