

winter grape vine NEWS


mayflower

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CEO'S message

We often hear it said, but really, where does the time go? It is hard to believe that we are already half way through 2015. In keeping with life generally, Mayflower has been a hive of activity across all sites and services.

Since the last edition of the Grapevine, Mayflower has had two changes at the governance level with the retirement of Mr Peter Norman and Mr Bruce Legg from the Boards of Mayflower Brighton and Mayflower Reservoir respectively. Both these gentlemen have had a long standing relationship with Mayflower and have positively impacted on the growth and the development of the organisation.



L-R Mr Norman and Mr Legg

Mr Peter Norman OAM, who tendered his resignation in October 2014, made a significant contribution to the stewardship and governance of Mayflower for a period of more than 19 years, several of those years in the role of Board Chairman. Mr Norman has had a long association with us, in that his father, Mr Keith Norman, played an important part in the establishment of Mayflower Brighton.

In February this year, Mr Bruce Legg retired from both Boards. Mr Legg joined the Board of Mayflower Brighton in 2002 and over the past 13 years his vision and tireless commitment to the organisation has helped shape the Mayflower of today.

On behalf of everyone at Mayflower I would like to acknowledge and thank both Mr Norman and Mr Legg for their valued service. Their commitment and leadership over their terms as Board Members has set a solid foundation for the organisation. While both Mr Norman and Mr Legg are no longer members of the Board they will continue to be part of the broader Mayflower community.

It is with regret that I advise of the sad passing of former Board Member and Mayflower identity, Bonnie Bradley. In 1982 Bonnie accepted a position on the Mayflower Board and she continued to serve on the Board until her retirement in 2010, thus totalling 28 years of service. In addition Bonnie was the chaplain at Mayflower Brighton from 1994 until 2007. In both roles Bonnie tirelessly advocated for the spiritual wellbeing of our residents.



Bonnie Bradley

Bonnie became a resident herself and passed away peacefully at Mayflower Brighton. Our heartfelt sympathy is extended to her husband, Les and their children, grandchildren and great grandchildren.

In recent times Mayflower has seen some welcome additions to the team, with the arrival of Kathy Devitt as the new Care Manager for Mayflower Brighton. Kathy is a registered nurse with many years of experience in the management of residential aged care services. At Macleod, Michelle Gigliotti joined us as the Village Coordinator for that site. Michelle has

extensive experience in the management of retirement villages and provision of services to seniors. We are delighted to have both Kathy and Michelle on board.

Other highlights from the first half of the year have included the launch of our new website www.mayflower.org.au, the buzz of construction activity at Brighton for the new Henshall Close complex and a splendid celebration for our fabulous Mayflower volunteers during National Volunteer Week. Also we can't forget the arrival of a brand new community bus and the makeover of the courtyard at Mayflower Reservoir. You can read more about these activities in this newsletter.

This edition of the Grapevine also provides you with information in relation to our mid-year appeal. As a not-for-profit provider of aged care services for seniors in our community, Mayflower relies on your support to assist us to enrich the lives of those entrusted to our care. For our mid-year appeal we are seeking donations towards art murals for the wall of our dementia specific wing, Margaret Beynon House, at Mayflower Brighton and for an outdoor shelter structure to further enhance the courtyard space at Mayflower Reservoir.

The Board and Executive Management Team appreciates the contributions of each and every member of our staff, our residents, volunteers and supporters for your commitment and dedication to the provision of quality care across the Mayflower Group. Striving for 'Care without Compromise' is our Vision and focus, your support helps make this possible.

Rosa Ginevra
Chief Executive



All things Home Care Changes ahead

Building on what clients can do rather than focusing on what they can't is the intended emphasis.

Supporting and maintaining quality of life and independence for seniors living at home is an essential option. The Mayflower Group works in partnership with clients to achieve this objective through our Home Care Program. We currently have 30 Level Two Home Care Packages which are managed from our Brighton site. A home care package provides a coordinated set of services tailored to meet the specific needs of the client and can include personal care, meal preparation, home help and transport.

From 1 July 2015 all Home Care Packages will be offered on a Consumer Directed Care (CDC) basis. The government describes CDC as a new way of delivering services that allows consumers to have greater control by making choices about the types of home care services they access, including who will deliver the services and when. Under the CDC approach, clients will be encouraged to identify goals, which could include independence, wellness and re-ablement. Building on what clients can do rather than focusing on what they can't is the intended emphasis.

Current clients will have the ongoing opportunity to work with Mayflower, an approved provider, in the design, implementation and monitoring of a CDC approach. Importantly, clients will be provided with an individualised and personal budget so that they can see the availability of funding for services and how it is being spent. Under a CDC system, the client has the right to use the budget to purchase a range of services of their choosing.

To gain access to a package in the first instance, individuals must be assessed against a set of criteria by a member of an Aged Care Assessment Team (ACAT), or an Aged Care Assessment Service (ACAS) in Victoria. If the person is deemed eligible then they are directed to the home care providers in their local area, including Mayflower for Bayside suburbs and surrounds.

For current Mayflower clients wishing to discuss the changes to Home Care or to for those wanting to find out more about accessing one of Mayflower's packages please contact Marilyn Moloney on 9591 1100. More information on Home Care Packages and the CDC approach is also available on the government's My Aged Care website www.myagedcare.gov.au.



Henshall Close construction coming along



Mayflower Brighton's latest state-of-the-art, architecturally designed independent living units currently under construction are coming along and on track for completion by the end of 2015. Henshall Close, with frontage on Grant Street Brighton East, will add 25 independent living units to the current complement of independent seniors living accommodation at Mayflower Brighton.

To ensure that we protect our environment for future generations, this development has been designed according to strict eco-friendly specifications so as to achieve an average 6 Star Rating when completed.

In order to showcase the units while under construction, we have produced an animated virtual video tour which can be viewed via our website www.mayflower.org.au, under Independent Seniors Living then Mayflower Brighton.

There are a number of units still available. For more information regarding Henshall Close, contact Mayflower Brighton on 9591 1100.



Each unit has two or three bedrooms, two bathrooms, open plan living and dining spaces and private outdoor terraces. Other features include reverse cycle cooling and heating, security system, secure underground car park and storage cage. The modern, well equipped kitchen comes with a dishwasher and microwave and the laundry has a washer and separate dryer supplied.

Acknowledging 100 year ANZAC anniversary

Our lady veteran in residence



Article excerpts as published in the
Retirement Times January 2015



Joyce McClymont, ex Flight Sgt WAAAF

The lives of many Australian women changed dramatically between 1940 and 1945 when there was pressure for young women to participate in the war effort, particularly in the armed services. A few hundred Australian nurses had served both during the Boer War and World War I – nursing being the only available service role for Australian women at that time. It was not until World War II that women were asked to serve in non-nursing roles.

During 1941, it became apparent that women would need to be employed in the armed services so that servicemen in non-combatant roles could be released to combat units. Brightly coloured recruitment posters encouraged young women to join up and more than 66,000 of them enlisted in the three services – just under seven percent of the nearly one million Australians who served.

The Women's Auxiliary Australian Air Force (WAAAF) was the first and the largest of the three women's services formed during War II and it opened the way for the Australian Women's Army Service (AWAS) and the Women's Royal Australian Navy Service (WRANS).

The women in the WAAAF worked in more than 70 so-called 'musterings' alongside airmen in Air Force hangars, stores depots, radar and signals sections, operations rooms, kitchens, messes and offices. Members were posted to bases throughout Australia but unlike their nursing colleagues in the RAAF Nursing Service, they were never permitted to serve overseas.

Joyce McClymont, ex Flight Sgt WAAAF, at the tender age of 20 answered her country's call and enlisted. Joyce who now resides at Mayflower Brighton, keenly recounted her younger days and who, at the outbreak of World War II, went from a life within a legal firm to donning a uniform and went on to ultimately work as a signaller utilising the then top secret Enigma decoding machine.

Joyce served at a number of bases within Australia between 1942 and 1946 including Queensland and Victoria. Eventually she was posted to an establishment within the leafy suburb of Mont Albert here in Melbourne. It was here that Joyce and her colleagues worked tirelessly decoding and sending cyphers to our troops abroad.

Of course, being in a top secret establishment, Joyce wasn't allowed to tell anyone what she did, in fact her cover story if asked was to tell people that she was a member of the kitchen staff, something Joyce wasn't exactly happy about, being proud of the role she played as a signaller.

Some may recall that famous statement from General Douglas MacArthur which hailed the end of World War II and operations against Japan in the Pacific, it simply read "Cease all operations – cease." It was Joyce who initially decoded the message – quite a feat when you think that task made her the first person in Australia to know that the war had officially ended.

Check out our new website

We are thrilled to advise that our eagerly awaited new Mayflower website is now live – www.mayflower.org.au. Our new site showcases Mayflower's services and facilities, promotes our Vision of 'Care without Compromise' and includes all the ways the community can support Mayflower.

The website has also been developed to be user-friendly, for mobile devices as well as smart phones, and includes multiple online enquiry forms that can be submitted. In the near future it will include a secure payment gateway for online donations in real time.

We encourage you to take a look at the new Mayflower website and let your friends and family know about it too www.mayflower.org.au. We hope you like it as much as we do!



A fitting celebration for our fabulous volunteers

During National Volunteer Week which occurred in May, we held a celebration luncheon in recognition of our dedicated volunteers. This event was a small token of Mayflower's appreciation for the generous contribution volunteers make to the wellbeing of our residents. Volunteers from all sites were represented; Brighton, Macleod and Reservoir.

As the theme of the week was 'Give Happy. Live Happy', it was fitting to see everyone smiling and happy as they dined on a delectable buffet feast befitting the best of restaurants. In addition, attendees enjoyed the company of fellow volunteers and Mayflower senior staff.

More than six million Australian volunteers give happiness to others each year. And research says that volunteers are happier as a result. So if you would like to 'give happy and live happy' by becoming a Mayflower volunteer then visit our website or contact our Lifestyle Manager, Joanne King on jking@mayflower.org.au or 9591 1100.



L-R Lorraine Betts and Judy Oakley



Site round up

Brighton

Introducing Kathy



In March, Kathy Devitt commenced as our new Care Manager. Kathy is a registered nurse with credible years of experience in the management of residential aged care services. Previous positions held by Kathy include General Manager, Rathdowne Place Carlton (Australian Unity), Regional Operations Manager, McKenzie Aged Care Group and Chief Executive Officer, Samarinda Aged Services. We are delighted to have Kathy onboard.

Quick Q&A with Kathy

Q What are you looking forward to most during your time at Mayflower Brighton?

A My aim is to consolidate the good work that has initiated the changes and the new direction the organisation has embarked upon. I look forward to stabilising and building a robust and cohesive team which will drive the

contemporary movement towards person-centred and consumer directed care and in line with the mission, vision and values of Mayflower.

Q Which three words would your friends use to describe you?

A Accepting, devoted and imaginative

Q Where is your favourite holiday destination?

A Portofino Italy

Q What would you like to say to people thinking about coming to reside at Mayflower Brighton and their relatives?

A I would reassure them that Mayflower's commitment to excellence and care without compromise means that we listen and we deliver what we promise. We aim to practice at the highest of standards providing compassionate and respectful service to the community seeking our assistance. I would also congratulate them on their excellent choice!



Recently a group of residents were fortunate to receive their biography books from St Finbar's Primary School students as part of the ongoing 'This is your life' partnership program.

More Bio Books

One of those residents was Jean Gerrard. Because of her dementia, Jean sharing her story with the students began slowly. Jean's daughter Judy was on hand to contribute information as the students learned and documented many milestones from Jean's past.

Mayflower is committed to providing all our residents, including those suffering from dementia, with meaningful engagement opportunities and the 'Life is your life' project with St Finbar's Primary School, which is now part of their Grade Six curriculum, is one very important aspect.

For all the residents involved in this project, the time spent with the students reminiscing and revisiting their past was invaluable. And it was obvious to see the mutual enjoyment on the faces of both our residents and the students.

Mayflower Brighton is very fortunate to have the ongoing support of many Bayside primary and secondary schools and we would like to thank them all, including the St Finbar's staff and students who are involved in this meaningful project.

Macleod

Meet Michelle



We were very pleased to welcome our new Village Coordinator at Mayflower Macleod, Michelle Gigliotti, earlier this year. Michelle has extensive experience in the management of retirement villages and provision of aged care services having previously held the position of Village Manager at Sunnycove Retirement Village, Shepparton, and Client Services Consultant, Disability Aged Care Support Services Inc.

Michelle works on site at Mayflower Macleod on Tuesdays and Thursdays, between the hours of 9.30am and 1.30pm.

Quick Q&A with Michelle

Q What have you enjoyed most about your time at Mayflower Macleod so far?

A This question is hard to answer as there are many aspects of the role that I enjoy but the highlight for me is getting to know the residents at Macleod.

Q What makes you laugh?

A I believe that having a great sense of humour is the one and only thing that gets me through each day in life. I derive great amusement at many of the stories I hear from some of the more social residents at Macleod. I also find myself laughing at my 10yo daughters silly humour!

Q What is your top priority in your role for Mayflower Macleod?

A My top priority is to represent Mayflower's vision, mission and core values to the best of my ability, while building rapport with the community at Macleod. I want the community

at Macleod to know that while I represent Mayflower, I also am very motivated and driven to advocate for and represent them as well.

Q If you could invite any three people to dinner who would they be?

A Martin Luther King

He demonstrated how one person can make a difference. He was fearless but nonviolent in his approach to end segregation in the US, and his actions ultimately changed the lives and futures of Black Americans, and the face of America as a democratic nation.

Malala Yousafzai

She risked her life to defend the rights of women wanting to better themselves through education. I admire women who stand up against conformity/tradition in order to make beneficial long-term changes for all women regardless of background or culture.

Steve Jobs

In my opinion, this man is one of the great technological innovators of our time, playing a central role in the computer revolution that has changed our world.



Our centenarian in residence

Article as published in the Heidelberg Leader

Being present at the opening of Parliament House in 1927 is one of the top moments for Eileen Vaughn. Mrs Vaughn was only 12 at the time but thought the Duchess of York, who would later become Queen Elizabeth The Queen Mother, was the prettiest woman she had ever seen.

Now 100 years old, Mrs Vaughn said she's had a fortunate life. "I'm always busy. I think that is what keeps me going," she said. "I've had quite a chequered life."

After 50 years living in Banyule, the great-grandmother still lives independently, keeping busy with a large circle of family and friends. Mrs Vaughn's six children, 14 grandchildren and 15 great grandchildren were among the 160 guests at her surprise birthday bash.

"I enjoyed it immensely. You couldn't help it," she said. "They know I was interested in Scottish history and in came this fellow playing the bagpipes."

A passion that has kept Mrs Vaughn busy after her children had finished school was history, researching and writing. She wrote a history of St John's Church in Heidelberg, was a research officer and a member of the Victorian Genealogical Society.

"God's been good to me letting me stay vertical for this long," she said.

Reservoir

Courtyard makeover complete



Our run-down courtyard at Mayflower Reservoir recently received a makeover and the residents are delighted with their new outdoor space. The area was in desperate need of some care and attention and Brite Plants came to the rescue, designing the space and providing more than 150 plants at cost price. What has been created is a new sensory garden courtyard for the pleasure and enjoyment of our residents.

Brite Plants, part of Brite Industries, is largely staffed by people with disabilities. Special thanks to the Manager, James, and Team Leader, Ryan, for their hard work and commitment to the project.

Our central courtyard, which can be viewed from the resident lounge area and sitting rooms, now provides a lovely space for residents to relax in the outdoors, when the weather permits.

There is still more work to be done and on the top of our wish list is a shelter or gazebo-like structure to protect against the wet weather and provide shade from the sun so the courtyard can be enjoyed all year round. If you can contribute materials we would love to hear from you, or money can be donated via the donation coupon on the back page.



The facility was very fortunate to receive funding from Perpetual Trustees to replace our 15 year old bus with a brand new one. Our new bus, fitted with an electric step and conversion for wheelchair access, has already been on many a trip with residents in toe including shopping excursions.

Thanks to the Estates of the Late Edward John Howe and the Late John William Flemming for helping to make the purchase of this new bus possible. This new vehicle not only provides reliable transportation, but it contributes to enhancing the lifestyle and wellbeing of our residents while maintaining their connection to the broader community, in particular, their cultural and religious affiliations.

Murals for dementia wing walls

Mayflower Brighton's, secure dementia wing, Margaret Beynon House, accommodates 30 residents and requires some uplifting especially in relation to its decor. Our hope is to incorporate some mural artwork on the walls of the corridors and main rooms in the wing. This strategy is based on best practice for dementia enabling environments and will support and promote the emotional wellbeing of residents while creating a more calming and welcoming homelike environment.

Dementia affects three in every ten people over the age of 85 and almost one in every ten people over 65. Living with dementia is frustrating and this debilitating condition can affect a person's independence, security, quality of life and their relationships with family and friends. Non-conductive surroundings can create triggers, which lead to behavioural issues and increased

isolation. A dementia friendly environment in conjunction with meaningful engagement through a range of activities can play an extremely positive role in enhancing their wellbeing.

Mayflower is committed to transforming our dedicated dementia wing in order to provide the best care for our residents.

This first phase will be to design wall murals, in consultation with a commissioned artist, which offer opportunities for memory recall of residents by taking them back in time as well as providing interactions with tactile elements included. A proposed initial theme idea is a mural of Brighton Beach complete with beach huts, the ocean and sand (perhaps some real sand adhered to the wall for the tactile element). Other artwork theme ideas for the murals include music, sport, country/farm setting, animals and gardening.

Reach for the stars!



Leaving a legacy

As well as taking care of your family, you can leave a gift to the Mayflower Group in your Will which enables Mayflower to continue its Vision of providing 'Care without Compromise' and is an investment in the continued wellbeing of our residents.

☐ I would like to find out more about including Mayflower in my Will

☐ I have already included Mayflower in my Will

NAME _____

TELEPHONE _____

AND/OR

EMAIL _____

OUR MID-YEAR APPEAL

Mayflower would not be the organisation it is today without the financial support of individual donors, community groups and schools, businesses, philanthropic trusts and foundations. We are grateful to these benefactors for contributing much needed funds to Mayflower.

As a not-for-profit charitable organisation we rely on the generous financial support of donors. All money raised is directed to helping enrich the lives of our residents in various ways including the following.

YES I want to make a gift of \$ _____ to Mayflower

I would like my donation to go towards

☐

Shelter structure for Reservoir courtyard or

☐

Wall murals for Brighton dementia wing or

☐

Where Mayflower needs it most Where possible donations will be allocated based on your preference

My details for payment

☐

Cash or cheque enclosed (made payable to 'Mayflower') or

Please debit my

☐

Visa

☐

Mastercard

Card No.

NAME ON CARD _____

SIGNATURE _____

EXPIRY DATE ____/____/____

My details for receipt

TITLE _____ FIRST NAME _____

SURNAME _____

ADDRESS _____

SUBURB _____

P/C _____

TELEPHONE _____

EMAIL _____

Thank you sincerely for your generosity. Donations to Mayflower are Tax Deductible.

RETURN TO Mayflower Brighton 7 Centre Road, East Brighton Victoria 3187

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