



● IN THIS ISSUE



Celebrating a special Centenarian



Rodda Dixon Terraces selling fast!



Residents extend their independence



Cooking up a storm!



A day in the wild



## CEO'S message

Welcome to the winter edition of Grapevine.

It's been a chilly start to the winter this year, but that hasn't slowed down activity at Mayflower, which has been alive with energy and excitement as our latest initiatives come to life.

The staff and residents at Mayflower Reservoir are beaming at the news that we have received planning approval for the redevelopment of Mayflower Reservoir, with construction expected to commence early in 2018. Mayflower is investing more than \$25 million in the Reservoir redevelopment to create a new, state-of-the-art 110 bed residential facility for the community in the northern suburbs. Current aged care residents are particularly excited as they will automatically have a place in the new facility. As a result, we are currently seeing an increased demand for beds from families keen to be first in line for a place when the new Mayflower Reservoir is completed.



Mayflower Brighton is also experiencing strong demand with sound waitlists for the aged care facility along with our two and three bedroom independent living units. Fortunately we do have a number of one bedroom apartments available for those keen to join the Mayflower community right away. These apartments have just been completed and are part of phase two of the Rodda Dixon Terraces renovation project. The project scope of works involved a comprehensive refurbishment of all internal and external aspects of the existing building. The results are impressive and we are very pleased to be able to offer premium one bedroom residences that match the quality of our Norman Place and Henshall Close apartments.

In other areas we have been busy increasing our community engagement activity by offering free community forums to help older people understand the process required to access aged care and home care services. We have had good attendance at the forums to date with excellent feedback from participants. I've also really enjoyed the interaction with the local community and being able to provide guidance and reassurance that help is at hand.

Mayflower also held our annual volunteer luncheon during National Volunteers Week in May. We are privileged to have such a generous team of volunteers at Mayflower, and the luncheon is our small way of saying thank you for their time and dedication.

As always, I hope you enjoy this edition of Grapevine.

**Rosa Ginevra**  
**Chief Executive**



# Gift Shop

Looking for a great gift idea?

We'll look no further. The Gift Shop at Mayflower Brighton has a beautiful range of gifts and greeting cards including baby gifts and thoughtful items for mum and dad. All proceeds from the gift shop are used to enrich the lives of our residents. So next time you visit Mayflower, please pop in and say hello to our wonderful gift shop volunteers, and feel good knowing that you are supporting the Mayflower community.





*(L-R): Nina Browne, Allan Stewart and Charlotte Haire at Allan's 100th birthday celebration. Nina and Charlotte have known Allan since he was a young man living in Monkstown Village*

# A Very Special Milestone

Mayflower Brighton's much loved resident, Allan Stewart celebrated his 100th birthday in May. The celebration was fit for a king, with 100 guests, 100 roses and 100 balloons, all beautifully themed in red and black, in recognition of Allan's great and long lasting love for the Bombers.

Delicious finger food, fabulous entertainment, and a true sense of warmth, family and camaraderie came together to deliver a party that will be remembered by all.

Young and old alike kicked up their heels to entertainer Jan Masson who delighted guests with her singing and dancing from the Lady in Red. Family came from near and far including grandson Mark, who flew in from London to give Allan a surprise. A large contingent of Mayflower staff who love and care for Allan were also in attendance.

Allan is Mayflower's longest standing resident, having moved to Mayflower with his wife Ethel in 1990. Allan met his beautiful wife in his hometown of Monkstown Village in Northern Ireland, when he was just 21 years old. Ethel was a fourteen year old colleen riding her bicycle through Monkstown Corner in County Antrim when she caught the attention of the smart young man who was seven years her senior. Allan was instantly smitten by her beauty and poise and as the romance novels express, it was love at first sight.

Allan and Ethel were married in September 1941, and shortly after started their family which quickly became their pride and joy. In 1959, planning for a new and brighter future, Allan and Ethel moved to Australia with their five children Ethel, Allan (now deceased), George, Bertie and Elizabeth. They settled happily in Hampton Street Brighton, where they gained a reputation for hard work and a desire to beautify the area in which they were employed.

In 1990, Allan and Ethel moved into independent living in the Rodda Dixon Terraces at Mayflower Brighton and quickly made Mayflower their home. Allan has been an avid gardener all his life, so it was no surprise that he immediately set about cultivating the outer area of their home into a beautiful garden admired by all who passed by. He also requested that the frosted glass window in the living room of his unit be changed to clear glass so that he and Ethel could enjoy the garden view. The team at Mayflower was happy to oblige.



*Allan and his wife Ethel on the balcony of Ada Hyde House*

Seven years ago, Allan and Ethel moved into residential care together where they took great pride in their rooms, which they furnished meticulously to feel just like home. One year later they celebrated their 70th wedding anniversary together. A magnificent party to celebrate their love was held, and letters of congratulations were received from the Queen, the Prime Minister and the Governor. Sadly, Ethel passed away late last year, after 75 years wonderful years with Allan.

Allan misses Ethel terribly and is fortunate to have the wonderful support of a large family, including daughters-in-law Sally and Sandra, sons-in-law Sam and Henry, 7 grandchildren, 12 great grandchildren, nieces and nephews here and overseas.

Allan's 100th birthday party was well attended by this large and loving family and he received many beautiful cards. His special milestone was also recognised by the Queen, the Prime Minister, and the Governor General.



# Rodda Dixon Selling Fast!

Stage 2 of the refurbishment of the Rodda Dixon Terrance is nearly complete, and the units are selling fast. Don't miss your chance to be the first to own one of these exclusive apartments.

You will enjoy stylish, light filled living, with a stunning new kitchen, open plan living and dining, and a delightful sun-drenched northerly aspect. Surrounded by lush landscaped gardens, these spacious one bedroom units offer a rare opportunity to step into a Bayside retirement lifestyle at an affordable entry point.

Everything has been designed with discerning retirees in mind including clever storage solutions, quality finishes and fittings, and a smart european laundry.

**These one bedroom apartments feature:**

- Modern kitchen with dishwasher
- Open plan living and dining spaces
- Wall to wall carpets
- European laundry with washer and dryer
- Private outdoor terrace
- Air conditioning and heating
- Underground car space available

Don't miss this opportunity to join the Mayflower Brighton community. Call Lindy Pickersgill on 0400 525 069 or 9591 1296 to arrange an inspection today.

## Meet Helen



Helen Vasiliadis is the Lifestyle Coordinator at Mayflower Reservoir. She has been working in aged care for 20 years, and has a passion in organising activities for the elderly. Helen is bilingual and can communicate in Greek and Macedonian. This skill assists many of the residents at Reservoir by enhancing communication.

### Q What do you like most about your role at Mayflower Reservoir?

I love the friendly and homely environment, as well as the caring nature of our residents who come from various cultural backgrounds. I find myself being able to implement really interesting activities that suit their personal lifestyles. I also really appreciate the gratitude I receive back from residents.

### Q What is your favourite lifestyle activity?

I like cognition and memory games, as they help residents to express themselves but also create a real sense of fun. I try to incorporate a lot of fun, laughter, and enjoyment with all

activities, as the best medicine is to smile and make someone happy.

### Q Tell us something about you

Personally I am a very caring and compassionate person, who will go out of my way to make residents feel special, as well as their loved ones. I love shopping, and have an interest in design such as French Provincial, and Scandinavian.

### Q What would you say to people thinking about coming to live at Mayflower Reservoir?

Mayflower Reservoir is a caring environment full of friendly staff. As soon as you walk in the front door, you will be greeted with a smile, and invited to join us for a cuppa and cake. The care is high quality and family members can go home reassured that their loved ones are in good hands. Although aged care facilities are not like home, Mayflower Reservoir is one that does come close.



# Getting Out & About



Mary Warbuton and Shirley Elkington board the Arthurs Seat Eagle.



Russel and Bev Hellier enjoy the stunning view at Arthurs Seat.

The social calendar for independent retirees at Mayflower Brighton is filling up fast following the appointment of a seniors living coordinator last year. CEO Rosa Ginevra says that the role was established in recognition of the growing community at Brighton.

"The number of independent residents living at Mayflower has grown from 55 to 102 since 2015, with another 12 expected to move into the facility before the end of the year.

"This role aims to support residents to feel at home at Mayflower, by promoting opportunities that enhance independence and social interaction."

Recent activities have included a visit to the Archibald Exhibition in Ballarat, and the Arthurs Seat Eagle - a new state-of-the-art gondola ride at Arthurs Seat on the beautiful Mornington Peninsula.

Mary Warburton has been living at Mayflower Brighton for 3 years, and has become a regular participant in the calendar of activities.

"It's wonderful to have regular outings that are so well organised," said Mary. "It's a great way to get to know everyone and I am really enjoying the camaraderie of other residents."

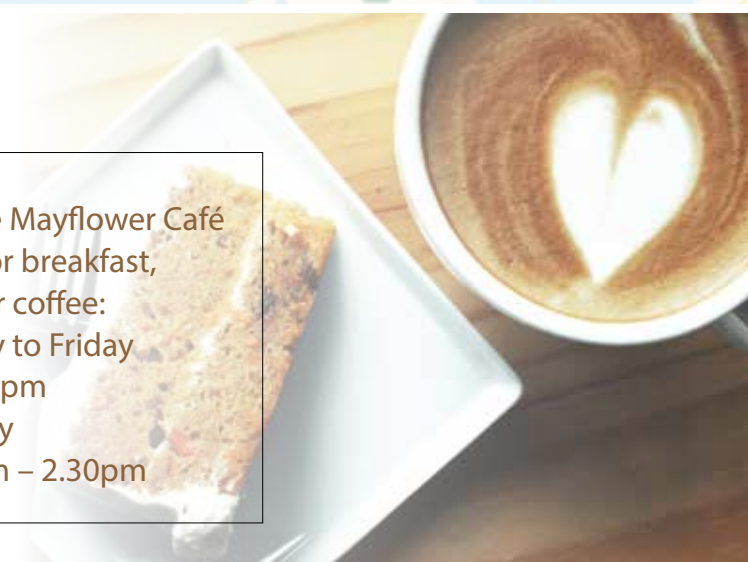
Future planned activities include Tarrawarra Museum of Art in the Yarra Valley, and Cruden Farm in Langwarrin. Cruden Farm is Dame Elisabeth Murdoch's estate and features spectacular gardens developed under her guidance. Regular lunch outings are also organised for residents keen to enjoy the local restaurants in the area.

Independent living residents will also enjoy access to a new lounge area in the coming months, with Mayflower in the process of fitting out a dedicated space for this purpose. The lounge is expected to provide a warm, inviting, vibrant and interactive social area for independent residents and their guests. The hub of day-to-day life and a convenient central meeting point, this is where you will find regular social gatherings, group activities and community events such as card groups and book clubs.

## Fresh new menu at the Mayflower Café

The café at Mayflower Brighton has a new proprietor delivering a fresh new menu for your dining pleasure. The food is delicious and the coffee is first class, so we're encouraging all residents, families and friends to pop by and give it a try. You'll find a smart seasonal menu, scrumptious cakes cooked fresh each morning, and a great range of take home meals.

Visit the Mayflower Café  
Open for breakfast,  
lunch or coffee:  
Monday to Friday  
8am – 4pm  
Saturday  
10.30am – 2.30pm





## Brighton /cont.



# Time for Tea

*Care is taken to deliver an authentic high tea experience*

High tea is a hit with residents in the memory support unit at Mayflower Brighton. The monthly event aims to encourage social interaction for residents living with dementia by tapping into their past interests to enrich the present. Care is taken to deliver an authentic high tea experience with quality table settings, and fine

crockery. Conversation is then promoted by carefully seating residents next to people that they will engage with, and gently encouraging reminiscence of high teas of days gone by. The event is proving a success with residents who particularly like the choice of cups and saucers.

## Cooking Activity

Residents are cooking up a storm as part of Mayflower's newest activity for residents living with dementia. The monthly cooking activity gives residents the opportunity to get involved in meal preparation and includes activities such as cooking soup, making cookies and peeling vegetables. Residents enjoy the sensory stimulation of touch and smell, the feeling of being needed and productive, as well as being part of a homely environment. They also get to taste and enjoy the products of their efforts.



## Macleod



# The Gift Is Giving

Residents at Mayflower Macleod understand the value of donating time to charity extends beyond what they produce.

Not only do volunteers make the lives of everyone around them happier, research shows they are happier as a result. Research tells us that just a few hours of volunteer work makes a difference in people's happiness. So it is no surprise that our Macleod residents are such a happy bunch. Each week they meet at the Mayflower Macleod Community Hub for a coffee and chat while they knit and sew beautiful items to raise funds for children's charity organisations.



## Mother's Day High Tea



*Resident Helen receiving her Mother's day gift from Mayflower*

Residents with their family members and friends were all invited to a special high tea to celebrate Mother's Day at Mayflower Reservoir this year.

Guests enjoyed a beautiful arrangement of scones, macarons, ribbon sandwiches, cup cakes and non alcoholic champagne, all served on an exquisitely decorated table.

As participants were seated around the big table, the dreamy tranquil voice of Roy Orbison songs were heard in the background. Everyone felt

very special as they all received a gift of beautiful flowers. Once again it was wonderful to observe the social interactions between residents and family members. Residents were reminiscing with their loved ones about past times, and on occasions would mention funny moments in their lives..

## A DAY AT THE ZOO

Residents from Mayflower Reservoir enjoyed a bus trip to the Werribee Open Range Zoo in early May, on a beautiful sunny day.

The trip included a ride on the zoo safari bus, to take residents on an up-close and personal encounter of the wildlife. Residents were extremely excited and thoroughly enjoyed the scenic views and observing the wildlife which included antelopes, hippos, zebras and giraffes. It was a day filled with adventure and fun. Social interaction was a key benefit of the outing as residents took pride in guessing the names of the animals and chatting with each other.

Resident Giovanni was particularly excited as he stated that the last time he had been to the zoo was when he was a child.



*Residents admiring the distinct features of the giraffes*



*Residents Giovanni, Giovanna, Norma, Tony, Peter and Victor awaiting the arrival for the safari bus, with staff member Michelle*

# Multi-media devices for Brighton



Last year, Mayflower Reservoir installed new multi-media devices to help enrich resident's lives, thanks to a generous grant from the Lord Mayor's Charitable Foundation.

The new equipment is now integral to the lifestyle program, and is helping us to increase the mobility and activity of residents at Mayflower Reservoir, increase social interaction and participation, and create opportunity to discuss and embrace their cultural heritage and links to past.

We are now looking to implement a similar program at Mayflower Brighton.

We are hoping to purchase 4 new iPads and 10 sets of wireless head phones at a total cost of \$6,000. This will allow us to customise music play lists for individual residents, especially for those who have loved music in the past and have lost the power of speech. A heart warming example of this approach can be found on You Tube (simply google "You Tube Alive Inside" to access the video footage). The iPads will also help us with reminiscing with our residents. For example if one of our residents has always had a love of trains we can provide documentaries or other interesting material on trains.

Really the options are only limited by the imagination.



## 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

- Reservoir redevelopment or  Multi-media devices for Mayflower Brighton  
 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

Telephone (03) 9591 1100 Facsimile (03) 9593 1248 Email [info@mayflower.org.au](mailto:info@mayflower.org.au)



## 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 \_\_\_\_\_