

# Summer grape vine NEWS



Summer 2016 ISSUE 79



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A technology trial worth considering



Rodda Dixon opens to residents



Hats on for Oaks Day fun!



Special celebration cookies with love



Some Olympic winners at Reservoir



## CEO'S message

Welcome to the summer edition of Grapevine. It's hard to believe that another year is almost behind us, and what a challenging, exciting and rewarding year it has been. We have been challenged by proposed major cuts to aged care funding announced in the 2016 Federal Budget. The proposed cuts are estimated to decrease our recurrent revenue by 11% per annum.

Mayflower has met with Government to express our concerns regarding the funding cuts, and has communicated the challenges this presents to the ongoing viability of the sector. Our representative/peak bodies also have been very vocal, and this advocacy has been rewarded in part, with the Federal Government recently announcing plans to mitigate the impact of the cuts.

Unfortunately, the Government is still looking to claw back \$1.2 billion in aged care funding over the next four years. As such, Mayflower is carefully reviewing our service models, with a view to achieving the most appropriate balance between clinical care and staffing models, to ensure we can continue to provide the highest possible level of care into the future.

On a more exciting front, we have been pleased to achieve a number of key milestones at both Mayflower Brighton and Reservoir. Strong demand resulted in a speedy sell out of our 25 new two and three bedroom units at Brighton's newest precinct – Henshall Close. The first stage of the

refurbishment of our one bedroom units in the Rodda Dixon Terraces at Brighton has also been completed. While at Mayflower Reservoir, we are eagerly awaiting approval of our planning application, so that we can start works to deliver a state-of-the-art residential aged care facility for 110 residents

And finally, we have been rewarded by the ongoing generosity and commitment of our volunteers, donors and supporters. Mayflower is privileged to have a group of tireless volunteers and magnanimous supporters who continually enrich not only the lives of our residents but also the lives of families and staff alike. Their financial, in-kind and volunteering support helps enable us to deliver the highest achievable level of care. As always, I hope you enjoy this edition of Grapevine. And from all of us at Mayflower, we wish you a wonderful happy, healthy and prosperous new year.

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

## Virtual Reality

Mayflower is committed to providing the highest levels of support and quality of life for our residents. This includes exploring innovative practices using the latest technology that can enhance the quality of life for residents.



Following on from a suggestion by one of our resident's relatives, Mayflower Reservoir and Brighton have recently trialled 3D goggles for residents simulating five different experiences such as being at the beach, canoeing and scuba diving. The virtual reality device provides an all-encompassing visual and auditory experience for the user. We believe in the imminent future this technology will likely become a regular resource

tool in aged care environments providing stimulating and personalised visual and audio experiences. Thirty-five residents took part in the pilot over a four week period from both Mayflower Brighton and Reservoir. Staff observed, monitored and documented resident responses. 50% of residents partaking in the pilot reported pleasure and affection during and after the experience

that enhanced their quality of life. 50% of residents did not report any positive emotional responses to the experience. The technology is relatively new and developing and once further experiences to choose from are developed Mayflower will further explore purchase.



# Rodda Dixon STAGE 1 COMPLETE



Nine happy residents have moved into their fabulous, newly refurbished apartments in the Rodda Dixon Terraces at Mayflower Brighton, following the completion of the first stage of renovation works.

Mayflower is refurbishing these apartments in two stages so that residents can continue to live on site while the building works take place. The renovation has involved a significant scope of works, with the 50 year old single bedroom units being completely gutted in preparation for a full refurbishment of all internal and external aspects of the building.

The results speak for themselves. Surrounded by lush landscaped gardens, these spacious one bedroom apartments integrate seamlessly with Mayflower's recently completed apartments in Norman Place and Henshall Close. Each apartment boasts stylish, light filled living, with a stunning new kitchen, open plan living and a delightful sun-drenched northerly aspect.

#### Each apartment features:

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

Stage two of the refurbishment is now underway, with completion expected by June 2017. With only 12 apartments available in the second phase of the development, it is expected that demand will be strong.

## Display Suite Now Open

Be amongst the first to reserve your preferred apartment at the newly refurbished Rodda Dixon terraces today. Come and visit our fully furnished display suite and imagine your new lifestyle.

To arrange an inspection please contact Lindy Pickersgill at Mayflower Brighton on 9591 1296 or 0400 525 069 or email [lpickersgill@mayflower.org.au](mailto:lpickersgill@mayflower.org.au).



## Mayflower Cafe Summer Special

Summer is finally here! We're done with hibernating and able to enjoy long lunches on the Mayflower Cafe balcony at last. To celebrate the arrival of the warmer weather, the cafe at Mayflower Brighton is serving up a delicious summer special. So stop by and grab a fruit summer smoothie for just \$6.50 during the summer months.





*L-R Mayflower Brighton residents Babara Cohen, Patricia Bowden, Joan Harrison and Elaine Sutherland enjoying their Oaks Day luncheon.*

# Oaks Day Finery

Oaks Day may be known as Spring Racing Carnival's Ladies Day, but ladies and gents alike came out in style at Mayflower this year. Around 20 independent living unit residents enjoyed a glass of bubbly and a delicious three course Oaks Day luncheon at the Mayflower Cafe dressed in their finery.

The spring carnival was also alive at Mayflower Reservoir with resident's wearing their best hat / fascinator, for their very own fashions of the field competition. The final four residents were awarded with a gold cup while enjoying a Oaks Day BBQ in the outdoor sensory garden.

## Meet Diana



**Diana Fitzgerald** is the new Care Manager at Mayflower Brighton. Diana is a Registered Nurse and has worked in the aged care sector for more than 20 years. Most recently she managed a Jewish Care facility in Caulfield and she also worked for 6 years with the peak body for aged care, Leading Aged Services Australia (LASA). Prior to that she spent 7 years at Alzheimer's Australia Victoria. Diana has always enjoyed working with older people and their families and she has a particular interest in ensuring an exceptional quality of life for people living with dementia.

### Quick Q&A with Diana

**Q How are you finding Mayflower?**

**A** My first impression of Mayflower was that it is a really beautiful facility. It seems that a deal of effort has gone in over the years to creating a lovely environment for our residents and their families. The gardens are spectacular and there are many inviting spaces for people to enjoy. As I have settled in I have enjoyed the sense of community and the chatter that occurs outside of my door in the reception hub and the singing that often floats into my office

via our resident choir. I have enjoyed meeting many of our residents and their families and hearing plenty of interesting stories. It's also been a pleasure to meet all of our 140 staff who are very caring and compassionate.

**Q What is your role?**

**A** My role is to manage and coordinate all the facets of the aged care facility at Mayflower Brighton. With the support of many others, I work to ensure that living at Mayflower is a very positive and happy experience for our residents and a lovely place to visit for their families and friends.

**Tell us something about you**

**A** I have two sons and one daughter and this year we welcomed our first grandchild into our family. She was born on my birthday so I am hoping we share a special connection as she grows older. My interests are running, walking and yoga, and over the years I've played many sports.



# A Story of a racing car

Mayflower Brighton resident, Allen Wood, is passionate about cars. Not just any cars, but Formula One racing cars. In particular, he has a love for the Red Bull RB7, and has spent many hours building a replica model of the car.

The RB7 was designed by the Red Bull Racing team for the 2011 Formula One season. It is one of the most dominant Formula One cars ever built, winning 12 of the 19 races its season and claiming all but one pole position.

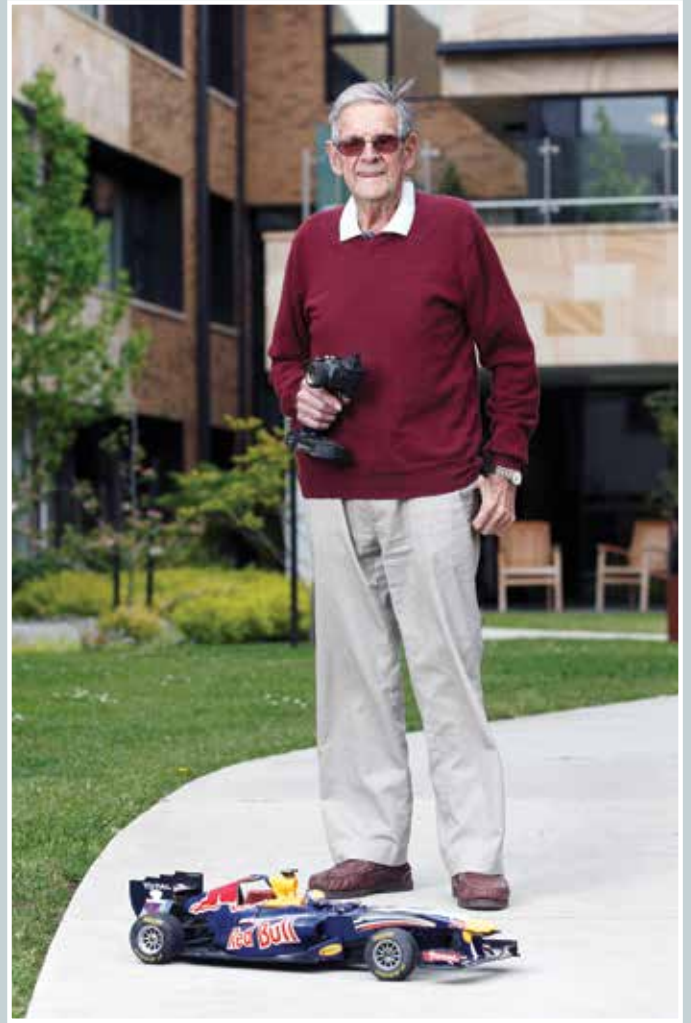
Alan says that the 1:7 scale model of the RB7 is an exact replica of the real thing. "This model is not just a display, it is a fully motorised racing car fuelled by jet fuel sprayed onto a hot spot in the motor," says Alan.

"It has no spark plugs and no carburettor, and instead gets its power from exploding jet fuel. The car can reach speeds of 30km per hour."

Alan admits building the car was no easy task, but found that the challenge was just the thing he needed.

"I admit to having my doubts at times," he said, "but I was very fortunate to have the services of a bowling mate, Rob Jessop, to look after the radio control assembly for me.

"Overall, it's been a great experience. When we took it out for the first test drive, and saw it running at 30rpm, it was a pretty amazing feeling."



*Allen Wood and his model RB7*

## Shopping made joyously simple

Get into the holiday spirit and drop into the Mayflower Brighton Gift Shop for all your gift ideas.

We have a great range of gifts for the whole family, and fabulous new stock has just arrived, so you'll be sure to find something special. You can also feel good knowing that you are supporting the Mayflower community



## Community Bus Driver needed

Mayflower Brighton is looking for a bus driver to take residents on a weekly shopping trip to Southland Shopping Centre.

Our community bus is a small, easy to drive nine-seat vehicle, so all you need is a standard drivers licence and a passion for helping others. The bus departs Mayflower Brighton at 1pm each Wednesday and returns at 3pm. So if you have a few hours to spare, and want to give back to the community, then please get in touch by calling Satnam Kaur on 9591 1173.



## Brighton

Site round up

# For The Love of Dancing

It's not every day that one of our residents is so publicly acknowledged for their contribution to the arts as was Shirley McKechnie on the much loved radio program Reflections which is broadcast on Radio 3MBS (FM 103.5).



*Shirley McKechnie talks to Puneet Bhardwaj about her radio interview*

Shirley has been a resident at Mayflower Brighton since early 2014 but only a few of us know of her long career as a dance artist.

Shirley was the founder of the first degree course in dance – at Rusden College in 1975 and was able to influence the growth of several such courses in Melbourne and other states in ensuing years. In her later years she became a senior research fellow at the Victorian College of the Arts and a professorial fellow at the University of Melbourne.

During her interview on Reflections, Shirley was asked what pieces of music had been most important to her. Included in her choice were works by Pachelbel, Benjamin Britten, Bela Bartok, Verdi and George Gershwin. These musical interludes were played during the interview, with Shirley reflecting on her career.

At Mayflower, Shirley now conducts the current affairs discussion group. This is a weekly get together of like-minded residents who enjoy conversations that follow the topics of the day.



## HAPPY BIRTHDAY Norma Ward

Norma Ward celebrated her 100th birthday at Mayflower Brighton in October with her family and staff. Norma has been living at Mayflower since 2014, and was delighted at the efforts of staff to make her day special. Well regarded by staff and other residents alike, Norma is well known for her friendly manner, and never misses the opportunity for a chat. She is an active member of the Mayflower community attending most of the lifestyle activities such as happy hour, target words, bingo, exercises and special events. Other centenarians at Mayflower Brighton include Dora Dance (100), Enid Chaponnel (100), Mavis Roberts (100), Ralph Sierakowski (100), Peg Clark (100), Gwendoline Ponton (102), Elma Mcleod (104) and Nessie Kluckhenn (107).



## Behind the scenes

Mayflower has a magnificent team of people who work tirelessly behind the scenes to ensure we can deliver the best service possible to our residents. This includes our environmental services staff who take tremendous pride in getting mountains of laundry clean every day. Derya Aydogan has been working for Mayflower Brighton for 13 years, and loves being part of the Mayflower community. "My favourite part about my job would be interacting with the residents", she says. Dilek Erkal also enjoys the connections she's made in her 5 years at Mayflower. "I really love every part of my job," she says, "but getting to spend time with residents when I deliver their laundry is definitely the most rewarding part".

## Macleod



*L - R Ann Ferrier, Jackie Leibel, Patricia Ryan*

## HAPPY HOUR BRINGS EVERYONE TOGETHER

The Mayflower Macleod Village has 47 independent living units located in the popular and well regarded residential area of Macleod. This community oriented village offers spacious two bedroom, renovated units set in landscaped open spaces with walking paths through native gardens. During the year Macleod residents continued to foster their sense of community, utilising their community hub space for resident meetings, movie nights and craft groups, as well as enjoying a vibrant happy hour gathering each month.



# Reservoir

## Christmas comes early

Mayflower Reservoir organised a magical day to celebrate Christmas in July.

The warm and welcoming facility was decorated in an arctic blast winter theme, and residents enjoyed a special luncheon, followed by entertainment by Sam Milan. Resident's, relatives, visitors, and staff were all singing and dancing along to the music. Residents helped bake Christmas cookies for the event, which we devoured quickly by all who attended.



L - R Staff Annabel Tabanao, staff Helen Vasiliadis, resident Effie Vlahakis, staff Param Singh, resident Eleanor Whitcombe



L - R Resident Maria Olalla, staff Annabel Tabanao

## Mayflower Reservoir OLYMPICS



Rio came to life at Reservoir, as resident's, relatives, volunteers and staff joined in one of the most culturally diverse physical events – the Mayflower Reservoir Olympics. Participants represented their home countries in basketball, carpet bowling, and a marathon walk, with all residents receiving gold medals at the finish line for their efforts. It was a great day that will be remembered for a long time.



## Wedding Bells

Our Reservoir Registered Nurse, Param Singh, recently went to India to get married. This photo is of him and his beautiful bride dressed in the traditional wedding costumes. The ceremony lasted for 4 days.



## Love From Lulu

Meet Lulu, a regular visitor to Mayflower Reservoir. Lulu is a Norwich terrier, very cuddly and affectionate, who loves sitting in resident's laps and snuggling up for company. Lulu's owner, Yvette Whitcombe, is a Mayflower volunteer who never tires of seeing the joy Lulu brings to residents. "I just love seeing all the big smiles when Lulu is around," says Yvette. "She has this really calming influence that leaves everyone feeling relaxed". Mayflower Reservoir is also home to two budgies Evie and Elliot who live in one of the lounge rooms. The residents, with volunteers, take great pride in feeding and caring for them.

# Dementia Enabling Sensory Garden Appeal

\$23,500 dollars raised, more help needed

Thank you to our generous

donors who responded to our appeal to help Mayflower Brighton build a sensory garden for our residents with dementia. So far, we have raised \$23,500 towards the project which aims is to deliver a best practice dementia enabling environment to create an engaging and calming external area for residents.

The garden will be an important part of major renovations to Margaret Beynon House.

Margaret Beynon House offers safe and secure areas including the courtyard garden for 30 residents living with dementia. Mayflower has recently completed a review of Margaret Beynon House to identify opportunities to

improve the environment to better meet the needs of residents. The program of works, scheduled to commence in early 2017, aims to establish Margaret Beynon House as a centre for excellence in dementia care, with the therapeutic sensory garden forming an integral part of these works.

As a not-for-profit charitable organisation, Mayflower relies on the financial support of our donors to help us deliver first class services and care to our residents. Our Sensory Garden appeal target is \$150,000. So please dig deep this festive season, so we can continue to deliver care without compromise.

## 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  Therapeutic garden for Brighton dementia wing.  
 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



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