

# grapevine

## NEWS



### IN THIS ISSUE

- Mayflower Board Chairman awarded OAM
- Join our Facebook community
- Christmas in July
- Sing out
- It's fiesta time!



#### CEO'S MESSAGE

## As things start to warm up after winter, welcome to the fresh, new look Spring edition of Grapevine.

We've been busy over the winter period updating our communications, progressing our development works, and delivering a range of activities to inspire and engage residents.

We have updated this newsletter, launched a new website blog, and activated social media pages on Facebook and LinkedIn. Our aim is to give residents, families and staff better access to news and resident stories, and we will continue to look to new ways to enhance the way in which we do this.

Our development plans for Mayflower Reservoir continue to move along nicely. Demolition of the vacant independent living units will commence this month, with construction expected to commence very soon. We are also in final stages of planning for renovation works at Mayflower Brighton which will deliver a major upgrade to our memory support unit.

This issue of Grapevine covers selected activities from our lifestyle program which included our popular Christmas in July celebrations for residents at both Brighton and Reservoir, Mother's and Father's Day celebrations, and a range of social activities.

You'll also find an article about our annual volunteer celebration on the back page of this issue of Grapevine, which we celebrated during national volunteer week.

I would like to take this opportunity to thank our many volunteers, donors and supporters for their ongoing generosity to Mayflower. Mayflower is privileged to be part of such a supportive community who work tirelessly to enrich not only the lives of our residents but also the lives of families and staff alike.

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

**Rosa Ginevra** Chief Executive

## Mayflower Board Chairman awarded OAM

Congratulations to Mayflower Board Chairman, Trevor Martyn, who received an Order of Australia (OAM) Medal in the Queen's Birthday Honours list this month. In the Australian honours system, appointments to the Order of Australia confer the highest recognition for outstanding achievements and service.

Trevor's award acknowledged his services to the road transport industry and to the community. Mayflower has been a great beneficiary of these services for more than 10 years. As a not-for-profit organisation, Mayflower has a voluntary Board who give their time and expertise to govern Mayflower for the benefit of the community we serve, and Trevor has been a long serving and generous contributor in this regard.

Trevor joined the Mayflower Board in 2008, and was appointed Chair in 2010. He was also Chair of the Capital Appeal Committee in 2006, where he worked tirelessly with the appeal team to raise more than \$850,000 to help fund upgrades of Mayflower's aged care buildings.

Mayflower CEO, Rosa Ginevra, says the OAM is a testament to Trevor's commitment to giving back to the community in a positive way.

"Mayflower is fortunate to have Trevor Martyn as Chair of the Board and, on behalf of the Mayflower Community, I would like to take this opportunity to thank him for his energy, enthusiasm and generosity to this organisation," says Rosa.

Trevor Martyn OAM is a very committed and active community member whose service includes:

- Past Chairman and Director, Driver Education Centre of Australia 2007-2012
- Executive Chair, Australian Trucking Association 2006-2010
- Chair, Global Air Ambulance (four years)
- Director, Decoral Trust (current)
- Rotary International Member and Past President (35 years)
- Sorrento Sailing Club Boat Club (Vice Commodore, 2013-2016; Club Captain, 2012-2014; Past General Committee Member and Volunteer).







## Join our Facebook community

Do you enjoy keeping up to date with the happenings in the Mayflower community?

We now have two brand new ways of keeping in touch with us and possibly discovering and reconnecting with long lost friends.

Our fresh and shiny Facebook page has just been launched at [facebook.com/themayflowergroup](https://facebook.com/themayflowergroup)

Have a look to see if you recognise any familiar faces while you immerse yourself in the latest news from our community. Don't forget to hit the 'Like' button to get the latest updates.

Our Company page has also launched on LinkedIn at [linkedin.com/company/mayflower-group](https://linkedin.com/company/mayflower-group)

Our LinkedIn page will keep you up to date with Mayflower Group activities.

Fear not! If you look forward to our regular printed Grapevine newsletter, we will still be producing this favourite source of news for our community as we know how much our residents and families enjoy receiving it.

But, if you like to get your news hot off the press head over to Facebook and LinkedIn and connect with Mayflower.

## A TOUCH OF LUXURY AT THE GIFT SHOP

Peppermint Grove candles, diffusers and bath and body products are now available at the Gift Shop at Mayflower Brighton, just in time for some early Christmas shopping.

Inspired by the opulence of grand old estates, stunning private gardens and heirloom antiques, Peppermint Grove brings luxury and timeless sophistication to modern day contemporary living. Come and delight your senses, and feel great knowing that all proceeds from the gift shop are used to enrich the lives of our residents.



**BRIGHTON**

## Dad's in charge

It was time to enjoy some friendly banter about the best way to cook a barbie at our recent Father's Day barbeque.

Our Brighton aged care residents and their families were invited to a memorable gourmet barbeque luncheon, specially prepared by our talented chefs to celebrate the dads of Mayflower.

Held in the Harry Williams room, residents approved of the crisp white tablecloths, gourmet meats, and glasses of wine. Our lifestyle team thoroughly enjoyed making the day extra special for all the dads, plating up food, providing table service and even offering the odd 'dad joke'!

For Keith Tudball's family, this was an extra special Father's Day with four generations celebrating together. Keith's son, daughter-in-law, granddaughter and great-grandson all celebrated the great weather and relaxed family atmosphere at Mayflower.

Keith's great-grandson, Harry delighted residents. With not a tear in sight, he enjoyed being the centre of attention, proving there are no generation gaps at Mayflower.





## 📍 BRIGHTON

### Christmas in July

The melody of Christmas carols, the pop of crackers and the 'Ho, Ho, Ho' of Santa echoed around Mayflower as staff and residents celebrated Christmas in July.

Mayflower Brighton and Mayflower Reservoir residents, staff and volunteers enjoyed their midwinter celebrations, delighting in festive meals and entertainment.

Residents at Mayflower Brighton admired a traditional red and green Christmas theme with a delicious lunch of classic roast turkey, ham and roasted vegetables. Many of our 'foodie' residents particularly valued the freshly made plum puddings, specially prepared by the kitchen team. Nine of our Mayflower Brighton independent living residents also joined us for lunch in the Ada Hyde dining room.

Mayflower Reservoir celebrated with a winter wonderland theme of silver and blue. Residents and guests feasted on slow cooked pork with roast winter vegetables followed by Christmas gingerbread to match the winter theme. The afternoon was danced away to festive tunes from entertainer Sam Milan.

After a lovely afternoon of celebrations, it was agreed that Christmas should definitely be celebrated at least twice a year.

## 📍 BRIGHTON

### Mayflower style

It was lights...camera...catwalk at Mayflower Brighton with a visit from the team at Senior Style clothing.

Residents were welcome to try on a wide range of clothing from the company started by a former 'personal carer of the year', after working in an aged care facility in Melbourne. The clothing was found to be suitable for residents living independently as well as those with special clothing requirements. Held in the Ada Hyde House dining room, residents were impressed with the variety and quality of the clothes.

Glenda and Elwin were impressed by the range, and thoroughly enjoyed having the shops come to them.



## 📍 BRIGHTON

### Sing out

Plato said, "Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything." Our residents were certainly uplifted when 16 members of the St Leonard's Uniting Church Choir performed at Mayflower Brighton in the Ada Hyde House lounge.

The St Leonard's choir has been presenting a monthly sing-along with residents at Mayflower for six years. The inspiring music presented by the choir is eagerly awaited and thoroughly enjoyed, with residents getting out their hymnbooks and joining the chorus.

Music is central to worship at St Leonard's Church with regular music based events combining the talent and enthusiasm of their congregation. The choir loves sharing their music during their visits to Mayflower and from the hearty singing that echoed through the hallways our residents also embraced the spirit of the song.







## 📍 BRIGHTON

### ‘A splash of milk?’

We set the fine china and whipped the cream as residents from our memory support unit at Mayflower Brighton enjoyed high tea.

This popular monthly event encourages residents living with dementia to interact socially by engaging in simple activities together.

High tea combines a nice ‘cuppa’ and delicate food tastings with the elegance of beautiful tea sets and classical music. This activity can help residents feel comfortable by tapping into their past experiences to enrich the present.

We take great care to deliver an authentic high tea experience with our lifestyle staff enjoying this event as much as our residents.

“Seeing the pleasure from our residents as we guide them through this gentle social activity is a wonderful reward,” says Teresa Griffiths, Lifestyle Manager at Mayflower Brighton.

Residents particularly appreciated the scones with jam and cream served at this month’s high tea.



## 📍 BRIGHTON

### Happy Hour

It was ‘cheers!’ and laughter during our monthly happy hour for Mayflower Brighton’s independent living residents.

Held on the first Thursday of the month and organised by charismatic Mayflower residents Patsy and Josie, this popular event brings some great live acts to Brighton for residents to enjoy over a cheeky glass (or two) of wine.

For September, the unique harmonies of the musical duo, Stephanie and Mark, known as ‘Cheek to Cheek’, entertained residents in the Harry Williams room. Performing many well know classics, and a few surprises, Mark played his bass and Stephanie tinkled the ivories of the Mayflower baby grand to the delight of residents.

Happy Hour, with funds raised donated to benefit Mayflower’s Aged Care residents, has seen resident favourites ‘Hot Flushes’ and Pippa Wilson perform in recent months.

## 📍 BRIGHTON

### Happy Birthday

Mayflower Brighton ILU residents came together to help celebrate Gladys Billington’s 90th birthday in September.

Gladys moved to Mayflower seven years ago, and couldn’t be happier. Gladys says she’s made some great friends at Mayflower, and appreciated the opportunity to get together with them for some birthday cake and a cuppa, when staff put on the special morning tea in her honor.

“Thanks to all who made the effort to come and be with me,” says Gladys.





## 9 MCLEOD

### Another win for Mcleod

With a wide grin, comfortable manner and just a hint of larrikin, Laurie Connor has been a welcome addition to the Mayflower Mcleod community. This busy community minded man made Mayflower Mcleod home early this year, and says he couldn't be happier.

A boy from the bush, Laurie was born in the Mallee town of Mildura. His early years were characterised by carefree freedom as he spent his days running around the bush and orchards that flanked the Murray River.

Sadly his mother passed away when he was seven, resulting in his family being split up. Laurie and his two brothers were placed in an orphanage, and his sister sent to live with relatives. Laurie's father worked hard to get the family back together, and they were reunited when Laurie was 10.

Four years later Laurie left school to take a printing apprenticeship (which were six years in those days) before joining the Army. It was these early years of hardship that formed a commitment to serving the community and fighting for his country.

Laurie's time in the Army was busy and action-packed, being sent for duty to the Thai border, Borneo, the Malay Peninsula and Vietnam. A proud infantry soldier, Laurie enjoyed the camaraderie of the Australian troops and still catches up with his old Army mates to share a few tall tales. After his time involved in overseas conflicts, he joined the Army Reserve travelling through Australia and overseas.

Retiring from the army with the rank of Sergeant after 20 years, Laurie's life didn't slow down, marrying and raising two boys while returning to the printing industry.

Retiring back to a small hobby farm in the Mallee when his two sons finished university, Laurie took on the role of Justice of the Peace for the small town and its region, which kept him busy.

His unwavering service to the community didn't stop there. He was President and Welfare Officer for the local RSL for many years, as well as a volunteer firefighter for the CFA. Laurie was awarded the National Emergency Medal for Sustained and Significant Service during the Black Saturday Fires in 2009, as well as a few long service medals.

In 2017, Laurie reluctantly sold the farm due to a 'crook ticker' and moved into his independent living unit at Mayflower Macleod shortly after.

Far from slowing down, Laurie continues to keep busy with his JP work, has joined the local Probus Group, is a member of the Watsonia RSL Angling club and attends the Banyule Men's Shed three times a week. He also faithfully returns to the Mallee every Anzac day to catch up with the old Diggers and war widows that he helped during his time with the Piangil RSL.

"Sometimes there are not enough hours in the day" for this busy and active retiree who overcame hardship to dedicate his life to serving his country and community.



## 9 RESERVOIR

### Farmyard antics

'Princess', our resident cat went into hiding as a friendly invasion of goats, sheep, ducks and pigs began at Mayflower Reservoir.

For an afternoon in early June, our main lounge was transformed into a farmyard when residents at Mayflower Reservoir were treated to a visit from 'Animals on the Move'.

The geese, pigs, lambs, ducks, rabbits, guinea pigs and chickens brought much joy and laughter to everyone involved.

The benefits of animal interaction were evident during the visit with many residents reminiscing and being amused by the animals antics.

One of our Greek residents jokingly likened it to "being back on the island" when the goats and sheep were allowed to roam freely and interact with residents.

## 9 RESERVOIR

### It's fiesta time!

Sombreros, vivid ponchos and a splash of tequila were the order of the day at Mayflower Reservoirs' recent Fiesta.

Continuing one of our most anticipated regular resident events our 'tour of the world' visited Mexico. Our Mexican themed day provided residents with a taste of the colourful, spicy culture and music of the country. We were entertained with a mixture of traditional Mexican songs performed live and an impromptu Mexican hat dance from staff, dressed in ponchos and sombreros. Tacos were served with a choice of fillings and washed down with a cheeky tequila sunrise. Where in the world will we travel to next time?







## 9 RESERVOIR

### Mum's the word

There were smiles, flowers and scones aplenty when residents, staff and visitors celebrated Mother's Day at Mayflower Reservoir.

The month of May is a time of year that allows us to honour our mothers in residence. For Mayflower Reservoir, this day was marked with a lively afternoon of entertainment, gifts and food.

Local entertainer, Frank Rizzo charmed his way through the afternoon performing familiar favourites from Frank Sinatra and Dean Martin, while the ladies of Mayflower enjoyed a specially prepared high tea.

The high tea featured traditional favorites including ribbon sandwiches, light and fluffy scones with whipped cream and strawberry jam, and delicious cupcakes. And what Mother's Day celebration is complete without a few bubbles to drink to mark the occasion.

Our beautiful green gardens provided a venue where some of our residents took some quiet time to fondly remember mothers who are no longer with us.

The relaxed afternoon tea concluded for the ladies of Mayflower with a presentation of luxurious bathing gift packs and fresh tulips.



## 9 RESERVOIR

### Vale Luigia Mittereger

It was with much sadness that Mayflower Reservoir bade farewell to one of our most loved residents, Luigia Mittereger who passed away peacefully on the 15th of August 2018, aged 103. Both our staff and residents will miss her greatly.

Born in the small fishing town of Isola in 1915, Luigia worked hard from an early age and met the love of her life, Giuseppe (Pino) at a dance in Trieste. They were married and moved to Australia in 1955, with their twin children.

A true matriarch, Luigia was a pillar of her family, working alongside her beloved Pino in their grocery store. She saw the birth of eight grandchildren, 12 great-grandchildren and one great-great-grandchild.

After the passing of Pino in 1971, Luigia kept a picture of him she would kiss every day and say goodnight. She retained a razor-sharp memory and spoke of how handsome her Pino was, and how much she loved dancing with him.

She especially loved to travel — Egypt, Singapore, Vienna, Italy and America, with her suitcase packed almost as full as her life. She was also incredibly fit — at the age of 80 she was the oldest to compete in a 10km walk for charity.

Luigia was always the life of the party with a cheeky joke or story to tell. She did enjoy a drink and had the perfect cure if you had a cough... "Bevi grappa". In the kitchen, her strucholo was legendary, her polenta perfection, and she always looked impeccable, even when dusted in flour from a day of cooking for the family.

Luigia came to Mayflower in 2013 and loved the social aspect of life in Reservoir. Our oldest resident, she enjoyed dressing up for our events and was always up for a chat, a kind word and the offer of one of her famous home remedies for any ailment.

She will be sadly missed as she is again reunited with her adored Pino.

## OUR SPRING 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.

## Yes, I want to make a gift to Mayflower:

\$ \_\_\_\_\_

Donations to Mayflower are tax deductible.

### My details for payment

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

OR, please debit my: ☐ Visa ☐ MasterCard

Card number:

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|

Name on card:

Signature: \_\_\_\_\_

Expiry date: \_\_\_\_\_ / \_\_\_\_\_

### My details for receipt

Title: \_\_\_\_\_

First name: \_\_\_\_\_

Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

## Thank you sincerely for your generosity.

### PLEASE RETURN TO:

Mayflower Brighton  
7 Centre Road, Brighton East VIC 3187  
T: 03 9591 1100 F: 03 9591 1248  
E: info@mayflower.org.au



## Give a little, change a lot

Mayflower honoured our extraordinary group of volunteers at our annual volunteer celebration, held during National Volunteers Week in May.

National Volunteer Week is the largest celebration of volunteering in Australia, and provides an opportunity to say thank you to more than 6 million Australian volunteers who make a profound impact in their communities, through giving a little time.

Research shows that volunteering yields a 450% return for every dollar invested. Nationally, this is an estimated annual economic and social contribution of \$290 billion.

The Mayflower volunteer celebration brought together volunteers from Brighton, Macleod and Reservoir over a special luncheon, as a thank you for their dedication, and to celebrate the tremendous contribution they make to residents' lives.

Mayflower CEO, Rosa Ginevra, says that Mayflower is blessed to have such a strong contingent of active volunteers, who bring their unique skills and time.

"There has been a decline in the number of people volunteering in the aged care sector over recent years, so Mayflower feels truly fortunate to have such a dedicated community giving their time so freely," says Rosa.

"Some of our volunteers have been with Mayflower for well over a decade, sharing their many unique skills to entertain and engage the people in our care."

During the celebration, a number of volunteers were awarded with a service badge and certificate of appreciation to acknowledge special service milestones. This included Josie Woodgate (15 years), Patsy Martin (15 years), Peggy Murphy (15 years), and Bev Westcott (20 years).

If you would like to 'give a little and change a lot' by becoming a Mayflower volunteer, please call 9591 1100.