

grapevine

NEWS



IN THIS ISSUE

- Bossy Boots café is coming to Mayflower Brighton
- A persuasive exhibition
- Archibald Prize visit is a winner
- Mayflower Brighton refurbishment
- Trick or treat?!



CEO'S MESSAGE

Happy 2019 and welcome to the Summer edition of Grapevine.

The new year is now well underway, and Mayflower continues to be a hive of activity.

Our major refurbishment project at Mayflower Brighton commenced in early December and is progressing well, with residents and families alike, looking forward to utilising their upgraded rooms and amenities once completed.

The refurbishment has been developed in consultation with Dementia Australia and includes a full interior upgrade of Margaret Beynon House, Helen Macpherson House and John King House, and a vibrant new purpose-built garden for people living with dementia.

The redevelopment of Reservoir is also gaining momentum following demolition of the old vacant independent living units. The grounds are now being prepared for construction with Stage 1 expected to commence this quarter.

We have also been busy preparing our submission to the Royal Commission into Aged Care Quality and Safety. The Royal Commission will look at a number of key issues in the aged care sector including the quality of care being provided, how best to deliver aged care to people with disabilities and dementia, and future challenges and opportunities in care delivery.

Mayflower believes in providing high-quality, person-centred care without compromise — something we cannot do without the dedication of our valued employees — and we welcome this important move to build a better aged care system in Australia.

The Royal Commission will hand down its interim report by the end of October, with the final report due in April 2020. We hope this process starts a valuable conversation across our sector and within the Mayflower community about providing care to an ageing population.

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

Rosa Ginevra, Chief Executive

Lady Southey visits Mayflower

Our beloved Patron, Lady Marigold Southey AC, delighted residents and staff with a visit to Mayflower Brighton shortly before Christmas.

Our Board Chairman, CEO and senior staff hosted Lady Southey for a special morning tea before a tour of our facilities.

Mayflower's Patron for more than 15 years, Lady Southey has seen much change in our facilities during this time. She was particularly interested in the refurbishment of Margaret Beynon House and is looking forward to visiting again once the works are complete.

Lady Southey commented on the 'charming Christmas decorations' on our beautiful Christmas tree in the main foyer. The tree, decked in traditional green and red decorations, was dressed by our generous volunteer Nora Ley, to the delight of residents and visitors alike.

Nora has been decorating Mayflower Brighton for Christmas celebrations for four years now, and hand-made the beautiful Christmas Bows that adorn our tree.

Our Board Chairman, Trevor Martyn noted, "Christmas is a special period for the Mayflower family, and it was lovely to share this time of year at our facilities with our generous and supportive Patron, Lady Southey."

Lady Marigold Southey AC is an Australian philanthropist, who was Lieutenant-Governor of Victoria from 2001 to 2006. Lady Southey was made a Member of the Order of Australia in 1999 for her service to the community in the support of health care, medical research and the arts and received the Centenary Medal in 2000. In 2006 she was made a Companion of the Order of Australia (AC). Lady Southey has been our Patron at Mayflower since 2002 and we are very grateful to her for her active and ongoing support.





Mayflower Brighton refurbishment

Mayflower Brighton has commenced a major refurbishment project to deliver enhanced amenity for residents including new lounge spaces, modern dining rooms, and a vibrant purpose-built garden for people living with dementia.

The refurbishment includes a full interior upgrade of Margaret Beynon House, Helen Macpherson House and John King House.

The refurbishment of Margaret Beynon House has been developed in consultation with Dementia Australia. It will deliver an environment commensurate with best practice dementia care, featuring enhanced amenity and vibrant spaces to support more meaningful engagement and enablement.

Some of the key features include:

- Full renovation of three dining rooms with new serveries
- Two new lounge areas in Margaret Beynon House
- Three updated lounge rooms to maximise the use of space and encourage engagement
- Purpose built landscaped garden for people living with dementia
- Full interior upgrade of 60 resident rooms
- Updated entries into Margaret Beynon House and Helen Macpherson House to provide a more welcoming and aesthetically pleasing space for residents and families
- Dementia-friendly design to provide safe care for residents with a cognitive impairment

The renovated areas will be designed to look and feel like home through the selection of soft furnishings, floor coverings, window dressings and artwork. Residents will also be encouraged to continue personalising their rooms so that they feel homely.

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Above: Architect's drawing of a new lounge area in Margaret Beynon House.

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Get the latest resident stories hot off the press! Simply visit our Facebook page at facebook.com/themayflowergroup, and hit the 'Like' button to get the latest news from our community.



BRIGHTON

Bossy Boots café is coming to Mayflower Brighton

Bossy Boots café from Bay Street, Brighton will be the new operators of the café at Mayflower Brighton in the coming months, and we couldn't be more excited.

Bossy Boots is run by Melbourne chefs Ben Forehan and Rachael Browne who have taken their cooking talents working at kitchens such as Stokehouse, Circa and Dench Bakers, and 10 years cooking to the rich and famous on super yachts, to create some of the best home cooked meals in Melbourne. Ben and Rachael are classically trained having both studied Viennoiserie at E'cole Le Notre in Paris and have been able to bring their passion and skills to their café.

Ben and Rachael take great pride in providing authentic, homemade, healthy, hearty, gourmet fare. They have control over the whole cooking process making everything from scratch. The menu is about fresh honest food, with a mix of brunch and lunch staples and a nod to Italian fare.

According to Ben, "We pride ourselves on the fact that everything is made in house from scratch. We want to deliver honest exceptional food to Mayflower residents with no short cuts."





BRIGHTON

Archibald Prize visit is a winner

The Archibald Prize is Australia's favourite art award. So it's not surprising that it's also a favourite event for independent living residents at Mayflower Brighton.

More than 20 residents and their friends boarded the luxury bus in late October for our annual visit to the Archibald Prize exhibition, held at the Geelong Gallery.

Prestigious and controversial, the Archibald Prize is awarded to the best portrait painting of a notable Australian. It's a who's who of Australian culture, with subjects including politicians, celebrities, sporting heroes, and artists.

Everyone thoroughly enjoyed the exhibition and attendees were happy to find many familiar faces amongst the 57 finalist works, including musician Courtney Barnett, NSW Premier Gladys Berejiklian, actor Guy Pearce (People's Choice Winner) and legendary rocker Jimmy Barnes (Packing Room Prize Winner).

But with the exhibition held in one venue but spread across two galleries, it was hungry work. Fortunately, everything was taken care of and appetites were appeased by a delicious two course lunch at the Geelong Yacht Club, including some rather decadent scones with jam and cream.

BRIGHTON

Oaks Day

The tradition of the Melbourne Cup Carnival Oaks Day is beauty, femininity, style and grace, and there was no shortage as residents from Mayflower Brighton celebrated spring racing with flair.

The ladies of Mayflower Brighton dressed in their finest spring attire, pinned on a fascinator and enjoyed a glass (or two) of bubbles.

The horse racing was almost forgotten as residents enjoyed a chat and the warm, friendly atmosphere of the afternoon while enjoying a stylish high tea of club sandwiches, macaroons and cupcakes.



BRIGHTON

A persuasive exhibition

Jane Austen is a favourite author of many Mayflower residents, so there was great excitement when residents had the opportunity to visit the Dressing Australia — Museum of Costume "Be Persuaded" travelling exhibition.

The Mayflower Brighton lifestyle team organised the trip to the Glen Eira City Council Gallery, aboard the Mayflower bus for interested groups of residents.

The exhibition marks the 200th anniversary of Jane Austen's death, celebrates her life and explores fashion of the era.

Thirteen mannequins represent Jane Austen, her family and characters from her novels, ranging from the late 18th century to the 1840s.

Residents pored over multiple cabinet items ranging from Regency era shoes and stockings to bonnets and more 'intimate items'.

Many residents were inspired by the exhibition, and the Mayflower library experienced a high demand for Jane Austen's books after the visit.





📍 BRIGHTON

Youth meets experience

Storytelling is one of the most critical forms of sharing knowledge that shapes lives and educates younger generations. The Mayflower Resident Bio History Project is an integral part of Mayflower's program of activities to provide our residents with meaningful engagement with students from St Finbar's Primary School, East Brighton.

Groups of grade five students were paired with a resident, who they visited with over a four week period, at Mayflower Brighton. These students learnt about their resident's history and formed great friendships during their time spent talking and listening.

Residents recounted stories about where they grew up, their family members and important milestones in their lives. This walk down memory lane was thoroughly enjoyed by our residents and allowed the students a glimpse of the experiences and knowledge retained by residents.

At the end of the four week period, students delivered beautifully displayed presentations documenting their resident's life and stories. This special presentation was marked by a function for students and residents. Residents also enjoyed musical performances from the students.

One resident, Anna Marshmann was the recipient of a lovingly presented document of her life which was depicted through the eyes of two students who presented Anna's story with a sense of humour. They recounted a tale of Anna's teacher, who didn't understand her love of ballet.

"He would throw chalk at her and yell with his hands on his hips 'You've got to have a brain too you know!'"

Three students wonderfully recounted Willamina Van Die's story of her life, from her childhood in Scotland to her experience living at Mayflower with her sister, Nessie Kluckhenn. Willamina was delighted with her prepared biography.

The presence of young people in our aged care facilities is a source of great happiness and joy to our residents. The interaction and friendships that can be formed are of mutual benefit to young and older people alike.

In addition to learning significant life lessons from our residents, the students were presented with a Mayflower certificate and a small gift of appreciation. However, it is the friendships that were formed, enriching the lives of these young students that will be remembered long into the future.

Mayflower would like to thank St Finbar's Staff and students who were involved in this meaningful project.



📍 BRIGHTON

Creswick Woollen Mills

Residents from Mayflower Brighton enjoyed a lovely morning being chauffeured to the Creswick Hawthorn store to view their latest collection of natural fibre garments for the season.

The team at Creswick were perfect hosts sharing fashion hints, accessorising tips and discussing some of the colour trends for the new season during the fashion parade.

A wonderful morning tea of petit fours and refreshing beverages was served, which everyone thoroughly enjoyed. Tricia Bowden was the delighted lucky door prize winner of a soft wool wrap, compliments of Creswick.

📍 BRIGHTON

Savvy residents talk politics

Mayflower Brighton's ILU residents were quick to accept an invitation to meet with James Newbury, Liberal Party candidate for the seat of Brighton, in the run up to the November State election.

More than 20 residents attended the informal meeting held in the ILU Lounge, and thoroughly enjoyed the opportunity to connect with James, discuss a range of issues, and share their views on Victorian politics.





RESERVOIR

Trick or treat?!

Trick or Treat? Witches or Goblins? It was spooks of all ages at Mayflower Reservoir's celebration of All Hallows' Eve, more commonly known as Halloween. All manner of spiders, creepy skeletons, pumpkins and webs decorated every free surface.

The lifestyle team set up a special Halloween transformation room, with a regular procession of Mayflower staff and residents entering and mysteriously leaving as zombies, devils and witches.

Mayflower's Executive Officer, Aged Care, Robert, joined in the fun with his family visiting to celebrate with residents; including his sister Suzanna, niece Sandra and great-niece, Hanna.

Four-year-old Hanna was particularly excited to visit residents and celebrate Halloween, as she was allowed to leave school early to dress as a spooky witch.

Hanna loves interacting with residents, and courageously joined in the two major theme dance session that opened the party, a faithful recreation of the Michael Jackson's Thriller dance and a hip-shaking version of the Time Warp from the Rocky Horror Show.

There were a few sneaky pranks played on staff by residents, all in good fun of course, along with some traditional trick or treating.

Resident Josef took a turn round the dance floor with Skeleton Bride, Lifestyle staff member Helen. But his partner Janis, in her bright red witches hat, soon cast a spell over him and they both enjoyed a spooky dance together.

When asked how she had enjoyed the Halloween celebration Janis laughed happily and said: "Everyone was crazy — funny, and the staff really made an effort to entertain us all!"

The celebration finished with a feast worthy of a house full of spooks. Pumpkin and fetta scones, cupcakes with bats, owls and eyes, and scary black cat and spider biscuits.

Monster lollies, vampire teeth and plenty of sweet treats filled pockets as Halloween passed for another year and the witches and zombies disappeared into the night...or did they?.



BRIGHTON

Sing out Santa

Christmas is a special time at Mayflower Brighton and marks the return of our Annual Christmas carol sing-a-long.

Held in Ada Hyde House, residents were joined by family and friends for a refrain of traditional and modern carols presented by St Leonard's Uniting Church Choir.

Our lifestyle team joined in the singing and helped make the night memorable for young and old alike with an extra special visit from Santa.

RESERVOIR

In the spirit

Residents and relatives danced up a storm at Mayflower Reservoir's annual Christmas party. The scene was set for celebration with the dining room tables laden with delectable finger foods, and bubbly champagne.

Entertainer, Frank Rizzo, had everyone up on their feet dancing and cheering to the famous Italian song "Cella Luna mezzo mare". Then, before you knew it Santa had arrived with a bag full of sweet treats, and everyone looking forward to the next celebration.





RESERVOIR

Lighting up Mayflower

Mayflower Reservoir was lit up with lights and earthen lamps as residents and staff of all nationalities celebrated Diwali, the annual Hindu Festival of lights.

Diwali is a five-day festival coinciding with Hindu New Year, and celebrates new beginnings and the triumph of good over evil and light over darkness.

Each year, staff and residents at Mayflower's aged care facilities come together to celebrate the festival.

Our residents and staff at Mayflower Reservoir borrowed suits and saris from Ramandeep, one of our Indian staff members to dress for the occasion. Ramandeep also performed two traditional dances with another staff member Rupa Rai, who is originally from Nepal.

Resident Siva showed some fascinating symbolic dance movements to other residents, such as 'opening of the lotus flower'. Then, the music changed to pure Bollywood, and all residents learnt upbeat Punjab style dances.

After an afternoon of dancing and learning about the traditional Indian celebration, our multi-cultured residents and staff enjoyed a feast of chicken tikka masala, butter chicken, vegetable samosas, and roti bread with spicy dahl dip.

The feast finished with customary Indian sweets made from dried fruit and nuts, and a sneaky glass of wine to toast the multicultural celebration.

Mayflower resident Norma thoroughly enjoyed the meal that Ramandeep prepared and says she "looks forward to next years Diwali celebration which was a really nice and vibrantly colourful experience".

May your Year ahead be filled with light and goodness. Happy Diwali!



RESERVOIR

Goal! Goal! Goal!

The AFL Grand Final is a day of great excitement at Mayflower Reservoir.

Mayflower Reservoir residents and staff celebrated a special Grand Final happy hour with great enthusiasm. Dressed in their favourite team colours, with a good contingent of loyal Collingwood supporters, everyone settled in for an afternoon of footy games and entertainment.

Some residents steadfastly refused to change team allegiance to the local team against the West Coast Eagles. Hawthorn, Essendon and Richmond were all well represented, with some good-natured ribbing about ladder placement.

Essendon fan John Nicol remained faithful to his team as he accepted the trophy for winning the Mayflower Footy Tipping Competition for 2018.

But fear not, the Mayflower Collingwood cheer squad, led by volunteer Nellie and resident Josef were vocal until the end. Josef did try hard to get his wife Janis to defect from Richmond with no success.

The afternoon's entertainment included the popular handball competition, with Peter Diamantakis taking out the first-place trophy. Tony Venetakis and Joe Parnis followed him taking second and third place respectively, after some spirited competition.

Finally, it was time for everyone to tuck into a feast of footy favourites. Pies and hot dogs with plenty of sauce, of course, what would football gatherings be without these treats!

As Josef and Janis made amends, and John packed away his Essendon scarf for another year, talk turned to the summer sports of cricket and tennis. Everyone agreed that this year's grand final celebrations ended up very exciting and perhaps now a spot of relaxing cricket is in order.

OUR SUMMER 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.

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MACLEOD

Time for care

"Time is important, it is what we need to share with others". Mayflower Macleod residents, Don and Rona McKenzie have spent many years sharing their time, providing emotional and spiritual support, to those in need.

Fate seemed to guide Don and Rona together. They met when Rona was visiting and attending to her parents in the same aged care facility where Don was volunteering.

Don's wife had passed away a few years earlier and Don virtually became a full time, and much valued volunteer, providing loving pastoral care for the aged care residents.

Rona was in a similar situation; her husband succumbed to Mesothelioma at home where Rona had nursed him during three heartbreaking years. Twenty-five years earlier Rona, her husband and four teenage boys had migrated from South Africa and very quickly became 'fair-dinkum' Aussies!

This warm-hearted couple married eight months after meeting, to the delight of the resident community. Together they then continued to touch the lives of the residents and family members. Don's previous experience of 18 years as a taxi driver around Melbourne gave him plenty of occasions to lend a kind ear and help others.

Rona previously had been a full-time counsellor at a community-based church. There she attended to persons from churches as well as the community. It was with great sadness that she came to understand how high a number of those seeking help with other issues in their lives, had, in fact, been victims of childhood sexual abuse. She felt very humbled when they shared their lives with her.

Together, Don and Rona received the 2007 Aged and Community Services Australia (ACSA) 'Volunteer of the Year' Award for the development of an extensive Pastoral Care Program for the residents at Australian Unity Villages, their families and staff members.

After volunteering, Don and Rona travelled extensively throughout New South Wales, Queensland and the outback in their motor home, and then settled at Mayflower in November 2017. They love the independent living villas.

Don and Rona quickly became a valuable part of the Macleod community, offering a friendly ear and kind word for other residents. Don feels it's important for village residents to look after each other to achieve emotional well-being. "It is important for both the giver of kindness and the gracious receiver of those kind deeds."

The Macleod community has been strengthened with Don's input, help and encouragement. He is much appreciated, and his life-experienced jokes...hilarious! He is delighted to be joined by several residents who enjoy providing practical support to their neighbors who need a hand.

This much-loved couple continue to spend their time helping and supporting others. Their care is appreciated and embraced by everyone in the village. For themselves, Rona declared "Mayflower Macleod is the place to be".