

grapevine

NEWS

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CEO'S MESSAGE

Welcome to the Winter edition of Grapevine

The recent icy blast across Melbourne certainly brought a chilly end to Autumn. Winter is a wonderful time of year for rugging up, staying cosy, hearty meals, warm fires and hot chocolate. It's also flu season — so we are encouraging everyone in the community to get a flu shot.

Vaccination is a safe and effective way to protect yourself from flu, but it also helps to protect other people, including vulnerable groups such as our residents. At Mayflower we offer free flu shots to all our staff and volunteers and encourage anyone visiting relatives and friends at Mayflower to get one too.

It continues to be a hive of activity here at Mayflower. We have recently opened a new home care office at Pascoe Vale Gardens Retirement Village, empowering more older people to live independently in their own home for longer. Village residents and members of the wider community are invited to talk to Mayflower's home care staff at Brighton or Pascoe Vale to find out how we can help you remain independent at home, with a focus on wellbeing and staying active.

Redevelopment works at Mayflower Reservoir are progressing well, with Stage 1 of the construction program to commence in June. We are building the new facility in two stages so that our current aged care residents can continue to live on site while our new facilities are built. When Stage 1 is complete, residents will move into their new rooms, and the second stage of the redevelopment will commence.

Our refurbishment project at Mayflower Brighton is also progressing. The first stage of the renovation works in Margaret Beynon House are complete with residents enjoying their new lounge and dining spaces. The majority of bedrooms have also been updated with further works to include a new entry, additional lounge spaces and a vibrant purpose-built garden for people living with dementia.

I would like to sincerely thank all our residents, families and friends for your patience while this renovation takes place. It has been a challenging project and we greatly appreciate your support and understanding as we work to enhance Mayflower for our community.

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

Rosa Ginevra, Chief Executive

Brighton guest suite

Mayflower Brighton is pleased to offer a luxury guest suite for the exclusive use of our residents, family and friends.

Surrounded by lush landscaped gardens, this spacious hotel-style guest suite makes it easy to accommodate your loved ones when they come to stay.

Located in the Rodda Dixon Terraces, our guest suite features:

- Queen sized bed with ensuite
- Fully equipped modern kitchen
- European laundry
- Private outdoor terrace
- Access to Mayflower facilities including indoor swimming pool, gym, cafe and cinema

For \$150 per night guests can relax in style, with open plan living, private balcony and a delightful northerly aspect.

To make a booking, please call 03 9591 1100 or email info@mayflower.org.au

New Quality Framework

A new Aged Care Quality Framework comes into effect on 1 July and includes new Aged Care Quality Standards and a new Charter of Aged Care Rights.

The new framework applies to all aged care services and will make it easier for you to understand what to expect from your service provider, regardless of whether you are in residential care or receiving care in the home.

Mayflower has been busy preparing for the transition to the new quality framework, and will be supporting our home care clients, aged care residents, families and representatives to understand what the changes mean.

For more information visit agedcarequality.gov.au/consumers or if you have any questions, please have a chat with your care manager.



New home care services

Mayflower has teamed up with Pascoe Vale Gardens Retirement Village to deliver new home care services to the local community, empowering older people to live independently in their own home for longer.

Mayflower now offers home care services from its offices in Brighton and Pascoe Vale. Village residents and members of the wider community are invited to visit Mayflower to discuss tailored support for activities such as cleaning and laundry assistance, transport for shopping and leisure, and higher levels of personal care.

Mayflower Seniors Living Manager, Merridy Schofield, said tailored services were available to help seniors remain independent at home, with a focus on staying active and well.

"Too often our world gets narrower as we age. Mayflower services are designed to keep the world as wide as possible, for as long as possible," Merridy said.

"For example, we can provide assistance where clients need support with cooking. We can also look at what is preventing them from cooking, particularly if it's something they enjoy, to see if we can get them doing it again.

"If a person is unable to iron any more due to issues with standing, we can press their clothes but we can also look at exercise physiology to strengthen their capabilities and help them stay active."

Services are available through government-funded home care packages or on a private fee-for-service basis.

Home care packages are now provided to individual recipients rather than approved providers, allowing consumers greater independence, choice and control over the services they receive.

"We can help eligible clients to access home care packages and will walk them through the steps to get home care services in place," Merridy said.

For more information contact Merridy Schofield at Mayflower on 03 9591 1100 or mschofield@mayflower.org.au

FOLLOW US ON FACEBOOK

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

Mayflower welcomes Bossy Boots café

Bossy Boots café from Bay Street, Brighton have recently opened their new café at Mayflower Brighton, and we couldn't be more excited.

Bossy Boots was invited to operate the café as a direct result of resident feedback following a series of discussion forums we held last year. Bossy Boots was nominated as a great quality café with friendly service, and they are living up to their reputation.

Café proprietors, Ben and Rachael take great pride in providing authentic, homemade, 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.

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

Mayflower CEO, Rosa Ginevra has welcomed the arrival of Bossy Boots. "Mayflower has been caring for older Australians for more than 50 years, offering the highest quality care and accommodation," said Rosa. "With Bossy Boots onsite, we can now offer the highest-quality café experience too."

Members of the local community are invited to visit Bossy Boots at Mayflower and find out what all the fuss is all about.

BOSSY BOOTS AT MAYFLOWER
— OPEN 7 DAYS UNTIL 4PM
7 Centre Road, Brighton East



Site round up



9 BRIGHTON

Talking about walking

The Mayflower Brighton walking group is expanding its horizons. Recently they travelled to Booran Park to revisit their childhood memories.

Booran Reserve has a space for everyone. Incorporating universal landscape design principles, this park ensures access for all ages and abilities. Colourful and gently sloped pathways allowed intuitive movement and assisted those with limited mobility. A range of seating harnesses on the five-way swing provided an immersive and shared experience.

Resident Marjorie couldn't stop talking about the fun they all had on this refreshing day out. She particularly enjoyed the slide, which brought back memories of childhood and time spent with her children. Her friend Shirley chose to stick to the five-way swing and had a great time in the Autumn sunshine.

While sliding and swinging may seem a little risky for some older residents, recognising each individual's right to autonomy and self-determination in making choices (known as dignity of risk) is important. This outing proved to be the right recipe for resident happiness, and the delivery of individualised care.

9 BRIGHTON

A special honour

Brighton Aged Care resident Keith Tudball was recently selected as one of the two World War Two veterans to complete a televised lap of honour around the MCG before the ANZAC Day Essendon v Collingwood match.

Delighted to be honoured at the event, Keith served in New Guinea from 1942 to 1944 with the RAAF radar group. He grew up in Essendon and has been a life long supporter of the Essendon Football club.

Keith attended the day with family including grandson James, who nominated him to the AFL and RSL for the honour. At half time during the match, Keith was introduced to Essendon legend and founder of the ANZAC Day match, Kevin Sheedy.



9 BRIGHTON

Bowled over

Prepare for some enjoyable competition at Mayflower Brighton, with our ever-popular bowls green on the picturesque second floor balcony.

Mayflower residents have been enjoying some sunshine, friendly banter and rekindling of old sporting rivalries during Friday morning bowls.

Lawn bowls is a popular sport and leisure activity in Australia and is particularly well suited to older people due to its therapeutic benefits and low-impact demands.

Bowls began in the 13th century in London and was subsequently banned in favour of archery, which at the time was necessary for battle. Luckily for our residents, no such ban exists today.

Our residents love the friendly competition, as well as the many health benefits related to playing bowls, including:

- improved fitness
- improved coordination and skill development
- enhanced mental wellbeing
- community connectedness and support.

So next time you are visiting us at Mayflower Brighton, why not stop by for a friendly game of balcony lawn bowls? But don't get too confident — our residents have been practicing!





9 BRIGHTON

The men of Mayflower get social

Every Tuesday it's men's social at Mayflower Brighton, an excellent opportunity for the men of Mayflower to get together and have a good old chinwag over a couple of beers and a BBQ, catch a movie or reminisce over the old days.

Our BBQ lunch is the most popular men's social event, with Graham Hansen from Rasmussen House never afraid to get his hands dirty and get in and cook the snags for everyone.

Other Men's social sessions include movies in our in-house cinema, pizza lunches and quizzes. Our monthly session of reminiscing usually includes discussions about sport, cars, past occupations and hobbies our residents enjoyed.

This activity allows male aged care residents to get together in a relaxed environment and builds social connection, engagement and participation by sharing of knowledge and life experiences.

Feedback on our Tuesday Men's Social session has been overwhelming with residents, "Looking forward to next week's Men's Social" as well as the resounding, "BBQ lunch was a success for Men's Social".



9 BRIGHTON

To the tropics and beyond

Six of our intrepid residents recently ventured out into the world of tropical water gardens and lagoons resplendent with flowering lotus and waterlilies.

The Blue Lotus flower gardens were the destination for a recent monthly outing for residents from Mayflower Brighton. One of our favourite volunteer bus drivers, Nick, provided transport to the gardens, located in Melbourne's Yarra Valley.

Residents wandered around the spectacular landscaped gardens taking in the lotus wetlands, the giant waterlily exhibition and walked over the beautiful arched bridge across Monet's lake.

An abundant picnic lunch of sandwiches, muffins and fruit was prepared by Yaz Mizra, the Mayflower Chef and Food Services Manager, and his team. Residents took some time out to appreciate their delicious meal and have a pleasant rest by the lake before tackling some of the more challenging pathways around the garden.

Resident plant expert, June Kilford, enjoyed educating other residents on the botanical names of many of the plants featured in the gardens. The extensive gardens were a little large for residents to see everything; however, they are planning a trip back to the gardens in the future.

For some of our residents, this was their first Mayflower bus trip and from their feedback, it certainly won't be their last. Our regular monthly outings are great for enhancing community connections and gentle exercise for our residents, in a safe and supported environment.

Other monthly outings have included a recent trip to Dendy Cinema, the Melbourne Immigration Museum and we will be heading to the Mornington Local Markets soon.

Residents and families are encouraged to contact Teresa Griffiths from our Lifestyle Team on 03 9591 1385 or email lifestylebrighton@mayflower.org.au to suggest any places of interest that may be suitable for a future outing.



RESERVOIR

Hats off to Easter

Easter celebrations reached full swing at Mayflower Reservoir in the week leading up to this much-awaited holiday period.

Mayflower staff, residents and families worked hard preparing Easter treats, bonnets and outfits to celebrate. The annual Mayflower Reservoir Easter Bonnet Parade kicked off with a colourful display of hats decorated with rabbits, flowers, chickens and eggs.

Staff joined in the festivities, dressing in rabbit outfits during the parade. Arnold Eaton and Margaret Plumbe were deemed the winners of the parade with their brightly decorated hats.

But the fun didn't stop there with the hotly contested annual Easter egg and spoon race, which saw residents racing up and down the lounge room, coloured eggs at hand. Winners of the races included Tony, Janis and Margaret.

The afternoon concluded with a surprise visit from the Easter Bunny who handed out chocolate to all residents and had the honour of drawing the Easter raffle. Hamper winners Shirley, Joe, Graham and Stevan were all delighted with their chocolate stashes!



BRIGHTON

Tuesday chitchat

Tuesday mornings at Mayflower Brighton are a social affair with the buzz of chatter echoing around the open social lounge.

It's time for coffee or tea and a chat as a group of independent living residents from Mayflower Brighton come together to catch up on the latest news and happenings.

There is never a shortage of residents that enjoy the opportunity to meet new people or catch up with old friends in a warm, friendly and relaxed environment. Pat Austin's sandwiches are a regular staple at the morning gathering, supported by various other tasty biscuits and nibbles.

This informal get-together was introduced to the Mayflower Brighton social calendar last year, enhancing resident wellbeing by reducing social isolation.

Our Seniors Living Manager, Merridy is on hand to update residents about any news or happenings for the week, which is appreciated by those attending.

Everyone is welcome to the Tuesday morning natter, and a freshly baked cake is always especially welcome, just follow the sound of chatter and laughter.



MACLEOD

Let's get happy

Mayflower Macleod's monthly happy hour is one of our most popular regular events. Organised by village residents Don and Rona Mackenzie, David Roberts and Adrian and Judy Cooper, this gathering is never short of laughs, coffee, cake and the odd glass of wine or two.

Happy Hour is an excellent opportunity for new residents to meet and be welcomed into the Macleod community and for existing residents to catch up with their neighbours.

Our Village Manager, Michelle Gigliotti, is specially invited and is more than happy to sing a few jazz standards and share her beautiful voice.

Michelle has sung with various bands over her career, moving through soul and funk, then into jazz and blues. She recently sang at the 73rd Australian Jazz Convention in Ballarat. So, residents are definitely treated to something unique!

Michelle's renditions of Hallelujah, Amazing Grace and Summertime are particularly well received by residents attending Happy Hour.

"I thoroughly enjoy the happy hours and feel so blessed to be part of this community," said Michelle. Residents echoed these sentiments and look forward to next months get together.



BRIGHTON

110th birthday

Family travelled from far and wide to celebrate Nessie Kluckhenn's 110th birthday at Mayflower Brighton in April.

This sprightly supercentenarian was all smiles, as the media converged on Mayflower to try and find out her secret to long and happy life.

"Don't let anything bother you," said Nessie, as she recounted stories of years gone by with a cheeky smile and strong dose of humour.

Nessie is Australia's oldest living person and is showing no signs of slowing down.

Nessie has lived at Mayflower since 2002, initially in an independent living unit, before moving to Mayflower's aged care facility in 2016 at the age of 106. Her baby sister Minnie, aged 95, also lives at Mayflower, a couple of rooms away. Both ladies are dearly loved by family who can be seen taking one or both of them out most of days of the week.

Nessie thoroughly enjoyed her day in the limelight, with Minnie at her side, taking the cameras and bright lights in her stride. Nessie's birthday story aired on Channel Ten and The Project, and further articles featured in the Herald Sun and The Age.

BRIGHTON

Here's to ladies who lunch

Squeezing the last out of the summer sunshine, our ladies who like to lunch headed to the sunny Rickett's Point café for a recent get together.

All the ladies at Mayflower Brighton's aged care residence are invited to the monthly outing. The venue is selected by residents and laughter and good food are guaranteed.

Teresa and Debbie, members of our lifestyle team, accompanied the ladies. Teresa says the outing was an outstanding success.

"The ladies really love getting out and about," she said. "They love eating something different, love the different sights, and love being out in the sunshine and driving past places that they used to visit."



OUR WINTER 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.

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(made payable to 'Mayflower')

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Thank you sincerely for
your generosity.

PLEASE RETURN TO:

Mayflower
7 Centre Road, Brighton East VIC 3187

T: 03 9591 1100 F: 03 9591 1248
E: info@mayflower.org.au



Celebrating Harmony

Dutch trike fundraising appeal

There's nothing like a nice relaxing bike ride to invigorate the body and clear the head.

Your help in the fundraising effort for Mayflower's first Dutch Cargo Passenger Trike would be much appreciated by our residents. As a not-for-profit charitable organisation, we rely on the generous support of donors.

A red Dutch Cargo Passenger Trike is parked on a paved surface. It features a large, black, curved cargo basket in the front. The trike has a red frame, black handlebars, and a black seat. The background shows green foliage.