

grapevine

NEWS



IN THIS ISSUE

- Reservoir redevelopment commences
- Recognising our unsung heroes
- Winter wonderland
- Connecting the generations
- Fundraising goal within reach



CEO'S MESSAGE

Welcome to the Spring edition of Grapevine.

The sunshine is back and the days are getting longer. Before we know it, Christmas will be at the door.

With the end of the year fast approaching, it's a good time to reflect on the great progress we've made this year.

We have broken first ground at Mayflower Reservoir, and this significant redevelopment is now very much underway. I was pleased to welcome The Hon. Robin Scott MP, Assistant Treasurer, Minister for Veterans and Member for Preston, and Cr Susan Rennie, Mayor of Darebin City Council to launch our official sod turning ceremony. Mayflower board members, staff and key stakeholders were in attendance to celebrate the commencement of works which will deliver a new standard in aged care living for the area.

This redevelopment project is the culmination of more than five years of work incorporating demographic analysis, financial modelling, model of care deliberations, schematic design, geotechnical surveys, town planning investigations, mechanical and electrical systems, design, traffic studies and much more to transform a vision for Mayflower Reservoir into plans on paper, a construction programme, permits, authorities, building materials, and so much more.

When complete the redevelopment will create a first class, dementia-friendly aged care facility for 110 residents, delivering on our promise to provide the highest standard of aged care in the Reservoir area.

We have also been working hard to enhance the built environment at Mayflower Brighton. This has been a challenging project as we dealt with existing infrastructure. Residents and families alike will be pleased to see that the works are nearing completion. The most significant works occurred in Margaret Beynon House and are designed to deliver an environment commensurate with best practice dementia care. Memory boxes have recently been installed as part of this project to assist with familiarity, spark memories and build self-esteem as residents and others are reminded of the resident's achievements, interests and special memories.

I would like to sincerely thank all our residents, families and friends once again for your tremendous patience while this renovation has been taking place. I am hearing great feedback now that works are almost complete, and this great outcome wouldn't have been possible without your support and understanding.

Finally, I would like to thank our many volunteers for their ongoing generosity to Mayflower. It was a privilege to host our annual volunteers luncheon again this year, and to be part of a such a wonderful community of giving people.

I hope you enjoy this edition of Grapevine.

Rosa Ginevra, Chief Executive

Have you visited Bossy Boots café yet?

Residents, families and friends are raving about Bossy Boots café at Mayflower Brighton.

Proprietors Ben and Rachael have gone the extra mile to really get to know the Mayflower community and have tailored their menu in response to resident feedback.

Julie is a particular resident favourite, as she buzzes about, preparing great coffee, getting everyone comfortable and making all of us feel special by taking time for a chat.

Bossy Boots offers all day breakfast, brunch, lunch, take-home meals and monthly dinner nights. Why don't you check out the daily specials and see what's on offer today?

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





Volunteers lunch

Mayflower was proud to celebrate the rich contribution of our hardworking and much-appreciated volunteers at our Annual Volunteer luncheon held in May.

As part of National Volunteer Week, Mayflower residents, staff and volunteers shared a delicious luncheon and a glass of wine to thank our valuable volunteers and acknowledge how they are “making a difference” in the Mayflower world.

Volunteering plays a vital role at Mayflower, helping connect residents and members of the community, which can alleviate loneliness and provide a sense of purpose for both parties.

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.

“Mayflower feels truly fortunate to have such a dedicated community giving their time so freely,” says Rosa. “Our volunteers share their many unique skills to entertain and engage the people in our care.”

During the celebrations, our loved volunteers, Glenn Delaney and Judee Stevenson were awarded service badges and certificates of appreciation for their fifteen and twenty years of service respectively.

Judee is the heart and soul of the gift shop at Mayflower Brighton and has been kind enough to share her talents and time to ensure that the gift shop is immaculately presented with many useful and beautiful items, as well as providing a meaningful social connection for residents.

If you would like to “Make a Difference” by becoming a Mayflower volunteer, please call **9591 1100**.

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.



Beautiful gifts at Mayflower

Have you visited the Gift Shop at Mayflower Brighton recently?

You will find 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.

The Gift Shop is always on the lookout for new volunteers — so if you have a few hours to spare — please let us know. Contact Oya or Lisa on **9591 1100**.





Reservoir redevelopment commences

Mayflower has started work on a two-stage redevelopment of our Reservoir aged care residence. The upgrade will create a state-of-the-art, dementia-friendly aged care facility for 110 residents.

We were pleased to officially mark the turning of the first sod at Mayflower Reservoir in early August. Reflecting the importance of the occasion, the sod turning was launched by The Hon. Robin Scott MP, Assistant Treasurer, Minister for Veterans and Member for Preston, and Cr Susan Rennie, Mayor of Darebin City Council.

Mayflower Board Members, staff, stakeholders and official dignitaries braved the chilly winter morning to celebrate the commencement of works which, when complete, will deliver a new standard in aged care living for the area.

Mayflower CEO, Rosa Ginevra, said the redevelopment of the 40-year-old facility into a contemporary, dementia-friendly setting will be able to care for nearly three times as many people.

"While the care Mayflower provides is excellent, the current facilities are ageing. This investment enables us to provide state-of-the-art aged care facilities to more people in the Reservoir area, where there is high demand but a shortage of available places," Ms Ginevra said.

The redevelopment will deliver:

- A two-storey, architect-designed building with private rooms and ensuites for 110 residents
- A built environment with specific consideration for residents with dementia and other cognitive impairment
- An environment that welcomes and caters for residents and families from culturally diverse backgrounds through lifestyle programs, menu choices and multicultural staff
- An increase in the aged care qualified and skilled workforce, recruited from within the local community.

Each group of 22 residents will have their own private spaces including a separate dining room and dedicated living area. There will also be large shared areas where all residents can gather together for activities and smaller areas which will accommodate individual programs.

The new buildings will be designed to look and feel like home through the selection of soft furnishings, floor coverings, window dressings and artwork. Residents can personalise their room, and couples and relatives can be accommodated close together.





Recognising our unsung heroes

Mayflower celebrated Aged Care Employee Day in August with a special staff morning tea and awards ceremony at our Brighton and Reservoir residences.

Aged Care Employee Day is an official day to thank, honour, recognise and celebrate the hundreds of thousands of people who work in the aged care industry across Australia.

Mayflower CEO, Rosa Ginevra, was proud to acknowledge the incredible contribution Mayflower staff make towards improving the wellbeing of older Australians at the Reservoir morning tea.

"Our remarkable team of staff work tirelessly to deliver the very best care possible for our residents, and we can't thank them enough," said Ms Ginevra.

"They are our unsung heroes and today we applaud them for their passion, energy and dedication. Mayflower would not be the organisation it is without them."

Mayflower Reservoir was fortunate to have some special guests in attendance at their morning tea including The Hon. Anthony Albanese MP, Leader of the Australian Labor Party and Member for Grayndler; Ged Kearney MP, Member for Cooper; and The Hon. Robin Scott MP, Assistant Treasurer, Minister for Veterans and Member for Preston.

Mr Albanese and Ms Kearney delivered short speeches recognising the importance of the day, and staff enjoyed hearing them acknowledge the significant contribution that aged care employees make in caring for older Australians.

Immediately following the speeches, our guests helped us formally recognise those employees that had reached key service milestones at five yearly increments, up to 37 years! Each employee was presented with a certificate and service badge that proudly demonstrates their ongoing loyalty to Mayflower.

We are pleased to profile some of these loyal staff members in this edition of Grapevine.



See overleaf for staff member profiles!



★ STAFF MEMBER PROFILE

Meet Maria

Maria Bernardo, a Brighton local, fully understands the importance of resident care. She joined Mayflower Brighton in 2010 as a Registered Nurse before moving through various leadership roles, to take up the position of Executive Officer, Aged Care.

Maria grew up in the Philippines, where she trained and worked as a registered nurse, before immigrating to Australia in 2007. She was attracted to Mayflower for the career and development opportunities offered. Mayflower has a strong commitment to being a learning organisation for staff, as well as a reputation for providing exceptional care.

While Maria's role has broadened to include financial and workforce management as well as resident wellbeing, her nurses training is never far away, with her caring approach to residents and their families shining through. Her open-door policy encourages residents and their families to discuss any issues with her directly to ensure they are happy and enjoying life at Mayflower Brighton.

Having nearly a decade of experience working at Mayflower, with many of those years providing hands on care, Maria has developed close relationships with many residents and has a keen understanding of their needs. She has also seen a lot of change and is excited to see Mayflower continuing to improve and grow.

Managing home renovations can be daunting for any family, but Maria has taken the extensive Mayflower Brighton renovations in her stride and looks forward to sharing the finished result with the Mayflower community. She is particularly excited about the changes to Margaret Beynon House, and can't wait to see the new sensory garden.

Maria's favourite time of the year is Christmas when she can enjoy celebrating the season with residents and their families, who express heartfelt feedback on the care they receive. Maria feels it's important to ensure that residents' loved ones feel welcome and embraced as part of the larger Mayflower family. Her belief is that providing a nurturing environment for families also helps facilitate greater resident wellbeing, as well as a sense of comfort during more challenging times.

★ STAFF MEMBER PROFILE

Meet Rupa

Rupa has been working for Mayflower for eleven and a half years. A close relationship with her grandparents led Rupa into a career in aged care nursing. Leaving her home country of Nepal in 2004, she started a new life with her young family in Australia.

Rupa spent much of her childhood with her grandparents and loved the stories that they would tell her. She always felt comfortable with older people, which led her to study nursing in Nepal — further extending her study in aged care nursing in Australia after the birth of her second son.

Her regular afternoon shift as an Enrolled Nurse at Mayflower Reservoir allows her to ensure her sons, now 14 and 15, have a hearty lunch packed and are seen off to school. Her days at work can be unpredictable, dependent upon the care needs of residents. This style of work suits Rupa, and she enjoys the challenges her role can throw at her, from diagnosing particular resident issues to celebrating with residents throughout the year.

One particular celebration Rupa enjoys is Diwali, or Tahir, reminding her of parties with her grandparents and family in Nepal. Sharing food, music and dancing, Rupa and her husband are close to the Australian Nepalese community, and she brings her love of her culture to the residents at Mayflower.





★ STAFF MEMBER PROFILE

Meet Debbie

Debbie Jamieson loves a chat, and with a previous career in hairdressing, she comes with the perfect personality for our lifestyle program at Mayflower Brighton.

After leaving her 30-year career in hairdressing, Debbie joined the team at Mayflower 11 years ago. Although the two careers may seem worlds apart, according to Debbie, hairdressing is not that different from aged care — providing counsel and a friendly ear.

Debbie started with Mayflower as a personal care assistant before moving to the lifestyle team three years ago. She loves the engagement and relationships she has developed with residents and is always ready with a friendly smile and a chat.

One of her favourite residents is Marjorie. Marjorie moved to Mayflower in 2017 and quickly bonded with Debbie when they discovered that they shared a background in hairdressing.

Debbie says Marjorie is a delight to be around and has made many friends throughout the Mayflower community. Marjorie likes to keep active and walks daily. She is often seen guiding fellow residents to and from lifestyle activities and providing reassurance and encouragement when needed.

Mayflower's lifestyle team helps our residents enjoy an active and engaged life through activities such as cognitive games, cooking, arts and crafts, happy hour, outings and special events.

The lifestyle team is also critically important in getting new residents settled into their new surroundings. Debbie's contagious smile and warm hugs immediately make residents feel welcome.

It's the little everyday touches that make a big difference to residents' lives that makes Debbie most proud. Often, it's as simple as a friendly hug and a broad smile to make someone's day.

When she's not taking care of residents, Debbie loves exploring the globe with holidays to America, Italy, France, Mexico and an adventure through Cuba. Her next holiday is closer to home with a trip planned to outback Broken Hill.



★ STAFF MEMBER PROFILE

Meet Robert

Managing the care of residents at Mayflower Reservoir is a role that Robert takes in his stride with good humour and a caring attitude.

Robert was born in Melbourne, but spent much of his school years in Serbia with his family, studying nursing before returning to Australia to work in Aged Care. His caring outlook attracted him to the aged care sector, allowing him to provide support to elderly residents.

Robert has worked at Mayflower for nearly six years, and although his role focusses on managing the residence — Robert always makes time to have a friendly joke and catch up with residents to check how they are feeling.

Robert is exceptionally proud of his many achievements at Mayflower Reservoir, including introducing the "befriend a resident" program for staff — a unique program that encourages team members to be a close confidant for a resident.

Knowing the resident's life story and having regular one on one engagement allows staff to help maintain positive mental health and engage with family members. This successful program which has been run now for three years fits with Mayflower's practice of person-centered care — putting resident's needs and wants at the core of everything we do.

The redevelopment of Mayflower Reservoir will allow Robert and his team to extend their care with a new 110 bed age care facility currently underway. Robert plans to adopt the homeliness and family values of the existing residence when the new building opens. After all, "a beautiful new home is not complete until the family moves in", says Robert.

Robert also spends time with new residents and their families to ensure that the move into Mayflower Reservoir is comfortable and stress-free. He enjoys helping newcomers with the often daunting paperwork and ensures that the specific needs of each resident are discussed in detail to provide extremely personalised service when they arrive.

Nothing makes Robert happier than seeing residents feel comfortable and enjoying their home. Well, maybe the occasional slice of birthday cake makes him happy too, and he has plenty of Mayflower family birthdays to celebrate.



📍 BRIGHTON

Winter wonderland

Our Christmas in July lunch was given an extra touch of sparkle at Mayflower Brighton recently, with our lifestyle team hand crafting decorations for a special winter wonderland.

Residents delighted in walking through the festive winterscape on their way to enjoy a traditional Christmas lunch.

A visit from Snow the puppy made it even more special, with everyone keen for a cuddle and a pat. Snow is a regular visitor at Mayflower and can be seen participating in a number of resident activities as well as one-on-one visits.

Research has shown that animals provide numerous benefits when they are part of an aged care residence. These include boosting morale and feelings of calmness, reducing feelings of depression and anxiety, as well as reduced chance of having a heart attack, lower blood pressure and even higher self-esteem. And by looking at the smiles on residents' faces — Snow is certainly doing his job!

📍 BRIGHTON

Wonderful Williamstown

Brighton resident, Raffaele loves dancing and has a close connection with his family. He is always smiling and often plays jokes on staff.

Fortunately, there was no trickery on our recent bus outing to Williamstown. Mayflower lifestyle officer, Debbie, says that exploring Melbourne with residents is one of the best parts of her job.

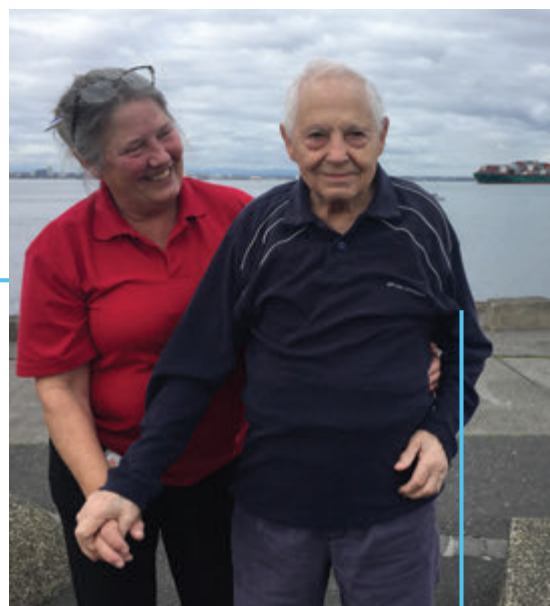


📍 BRIGHTON

Mexican fiesta

Our residents love getting involved in the planning for special events and celebrations.

Hand crafting decorations is a particular favourite, and our Brighton art group thoroughly enjoyed making artwork for our Mexican theme day. Residents enjoyed the folding, gathering and pasting, but most of all, they loved the opportunity to get together and chat.





9 BRIGHTON

Fighting fit

Maintaining an independent lifestyle is essential to our residents, and regular exercise is integral to health and wellbeing. Mayflower is introducing a range of wellness programs to help our residents maintain their independence, increase fitness levels and meet new friends.

Sarah-Jane Clarkson is a qualified personal trainer who has provided group fitness sessions for Mayflower Brighton Independent Living Unit residents for the past five years. Residents love the opportunity to include a round of light boxing or a gentle weight workout into their weekly routine.

Sarah-Jane tailors fitness programs specifically to the needs of each resident, incorporating light weight and resistance training using resistance bands, boxing, balls and hand weights. "It's all about keeping it simple and fun," says Sarah-Jane.

In addition to group fitness classes, Sarah-Jane also offers one-on-one programs and runs Mayflower Brighton's aquafit class once a week. Aquafit is a great water-based workout for those with joint or weight issues or those who want to add another form of fun exercise to their fitness program.

Our residents enjoy the variety of exercises offered and love using Mayflower's excellent fitness facilities, outdoor areas and refreshing swimming pool.



9 BRIGHTON

Knitting for a good cause

It was warm hearts and warm blankets on a recent visit to the Lort Smith Animal Hospital for a kind group of Mayflower Brighton residents.

Our knitting and sewing ladies have put their skills and hobby to good use to help the Lort Smith Animal Hospital and Adoption Hub. A small group of residents recently visited the hospital to drop off the fruits of their labour.

Marjorie, Gwen and Pamela attended with Debbie and Teresa, from our lifestyle team, where they were tempted to smuggle a couple of lovable kittens back to Mayflower Brighton!

At the residents' request, a cheeky stop at McDonalds for lunch on their return journey was enjoyed by all.

Mayflower Brighton's sewing and knitting group is held every Wednesday afternoon and welcomes all residents, regardless of abilities, as the lifestyle team are more than happy to teach a few simple stitches. Residents who are unable to knit enjoy sewing the finished squares together into larger pieces making attractive and useful rugs.

To expand our residents' skills, Teresa is currently completing a needle punch course. Needle punching is similar to rug hooking and is perfect for residents who may have difficulty handling knitting needles or crochet hooks.

This popular group activity is also a great social event, with as much chatter as sewing. Our residents look forward to creating many more items which they can donate to local charities.



MACLEOD

Lovely lollipops

Mayflower Macleod residents have a strong reputation of getting involved in the community, and residents Lorraine and Jeff are no exception.

Rain, hail or shine, these caring crossing supervisors are out in force each school day keeping children and parents safe. Dressed in fluoro yellow and orange and with the iconic lollipop sign in hand, Lorraine and Jeff help Macleod children cross the road to and from school.

School crossings were introduced in Victoria somewhere after World War II around schools that pedestrians frequently crossed at peak times. In 1973 the need for supervisors, known more affectionately as “Lollipop People”, became apparent following a spate of serious accidents at flagged crossings.

Lorraine is a veteran crossing supervisor of nine years and knows many of the children and their parents — even their dogs — by name. Jeff is just beginning his lollipop career, having donned his high-vis jacket for the first time this year to dutifully wait by the red and white posts outside Heidelberg Primary School.

Jeff and Lorraine both say that they enjoy the personal daily interaction with the children and parents, always with a bright and cheery smile.

RESERVOIR

Connecting the generations

Residents from Mayflower Reservoir were fortunate to be invited to attend the Darebin Childcare Centre for morning tea recently.

Residents Norma, Erika, Margaret and John delighted in joining the children in reading books and a sing along, followed by a special morning tea and scones prepared by the centre.

The visit was a wonderful opportunity for both the children and residents to feel a sense of worth and inclusion, promoting social interaction and harmonisation amongst the young and old. Mayflower Reservoir is very grateful to the Darebin Childcare Centre. Our residents enjoyed the visit very much and can't wait to do it again.





RESERVOIR

Tiptoe through the lavender

There's nothing like the tranquil scent of fresh lavender to help you relax, and our Mayflower Reservoir residents did just that on their recent trip to the Warratina Lavender Farm.

Residents experienced the scenic drive out to the beautiful Yarra Valley for an often-requested visit to the lush aromatic farm. Upon arrival, attending residents Tony, Margaret, Erika, Bruce and John enjoyed a leisurely lunch. A favourite with residents was the café's signature lasagne enjoyed in the rare winter sunshine, overlooking rows of light purple winter-flowering lavender.

After lunch, residents Tony and John, accompanied by John's daughter and Mayflower team members Helen and Michelle enjoyed a stroll through the aromatic rows of lavender. The remaining residents enjoyed a quiet reflection in the homestead courtyard.

"It was lovely seeing these vast fields of lavender, in flower, even in winter," said John.

The farm was first planted in 1991, with a small plot of lavender on land and now has over 10,000 lavender plants.

After a glorious day spent relaxing in the winter sunshine residents returned to Mayflower, with plenty of lavender scented gifts, and even lavender honey.



RESERVOIR

Knit one, pearl one, chat along

There is nothing like a good stitching session to bring a group together, and our Mayflower Reservoir residents love a good catch up over the crochet hooks.

Led by our beloved volunteer Mrs Oneglia "Nellie" Birri our residents have enjoyed working on a colourful, knitted patchwork tapestry. Giovanna, Norma, Margaret and Janis have all been knitting individual squares that Nellie is sewing together into a larger installation.

Nellie is well-known around Mayflower Reservoir, with her late husband, Arthur being a much-loved resident.

Residents appreciate her extensive knowledge of knitting, sewing and crocheting, with the odd cheeky male resident approaching the ladies with a request for shirt or trouser repairs.

The chance to catch up and flex both mental muscles and dexterity of hands through crocheting and knitting is excellent for the wellbeing of our residents. A chat and a laugh at the same time never goes astray.

We will keep track of Nellie's patchwork project and bring updates of the finished piece.

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.

Yes, I want to make a gift to Mayflower:

Donations to Mayflower are tax deductible.

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

Card number:

--	--	--	--

Signature:

Expiry date: /

Title:

First name:

Surname:

Address:

Suburb:

Postcode:

Telephone:

Email:

PLEASE RETURN TO:

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



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

Dutch trike fundraising goal within reach

