

grapevine

NEWS



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@themayflowergroup



CEO'S MESSAGE

Welcome to the Autumn edition of Grapevine.

It feels like a lifetime ago since my last Grapevine message in January.

At that time, we were hearing breaking news of a Novel Coronavirus (now COVID-19) spreading in overseas jurisdictions, but it had not yet entered Australia. Sadly, COVID-19 is now an unprecedented challenge that we continue to face together as a nation.

Mayflower moved quickly to protect our community from COVID-19 taking into account the latest expert advice. We implemented careful monitoring of our residents and staff, social distancing strategies, rigorous cleaning and infection control processes, and visitor restrictions.

Concurrently we increased staff numbers, as well as communications and training programs to ensure staff remained up to date with the latest infection control standards.

Communications with residents and families increased and we implemented new ways of maintaining resident connectedness with their loved ones. We increased one-on-one and small group activities with every staff member taking extra time to ensure that our residents felt connected and engaged.

Our primary focus has been protecting the health and emotional wellbeing of our residents. Staff has worked tirelessly every day, and my pride and thanks for all they continue to achieve for our residents is never-ending.

This edition of Grapevine showcases some of the innovative things Mayflower has implemented. You will meet some of our staff and some of the residents they have been working so hard to protect.

May this edition of the Grapevine bring some joy, and I look forward to a COVID-19 free future.

Rosa Ginevra, Chief Executive



Thank you Mayflower Community

Dear Mayflower Community, from our heart to yours, we thank you.

We have been overwhelmed with the caring response, gifts, trust, support and positive messages that just keep coming from you.

We would like to thank each and every one of you for being so understanding and supportive of our wonderful staff in their efforts to take care of your loved ones.

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PICTURED ABOVE: Ella with mum, Debra, delivering home-made Anzac biscuits.



PICTURED ON COVER: Reservoir care team member, Debbie, and resident, Erika, enjoy the Blue Lotus Watergarden.

Connect with us!

Facebook is a great way to stay 'in the know' and to network with others in your community, and The Mayflower Group Facebook page is no exception!

We share inspiring stories and photographs of our wonderful residents, as well as helpful information and resources to help you better understand aged care and ageing.

You can find, 'like' and share our page by searching on Facebook for **@themayflowergroup**

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PICTURED RIGHT: Resident Joyce opens one of several 'Happiness Packs' lovingly created by young local, Issy.



BRIGHTON

A great day to fly

Residents of Mayflower Brighton had a fun filled day visiting the Melbourne Star Wheel on a chilly Summer's day in late March. It is outings like these that we look forward to enjoying again when life returns to normal.

Residents Pam, Marj, Barbara and Judy were excited as they made their way from the private minibus and into their Melbourne Star gondola, along with Mayflower Lifestyle Assistants, Puneet and Genevieve.

Soon it was up, up and away, with residents enjoying the freedom to walk around the

large interior of the gondola, soaking up the views and remarking on how the Melbourne skyline has changed over the years.

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PICTURED ABOVE RIGHT: Lifestyle Assistants, Genevieve and Puneet, with Pam, Marj, Barbara and Judy.





📍 **BRIGHTON**

Grand piano concerto

There is something so special about the way music resonates and stays in our memories. At 92 years young, and with no remaining eye-sight, Delli still finds a way to spend time with her first love – playing music on the grand piano.

Delli started playing piano from a young age as a child and attended a classical ‘piano school’ in her birthplace, the City of Baku of Azerbaijan within the USSR.

As Delli grew into an adult she met her other true love, Levon. The two were married in 1948 and later welcomed two wonderful sons — Garry and Valeri — into their family.

Music was always a big part of home-life, and Delli would gleefully play a tune for friends and family whenever she had a chance.

Delli also did her very best to ensure the love of music was passed on to her children, with her son Valeri attending violin lessons from age six, but Valeri had other ambitions.

Valeri wanted to be a professional guitarist, so he would deliberately play the strings of the violin incorrectly so that his parents would stop taking him to lessons.

But all was not lost, from age 10 Valeri self-taught himself guitar and when he was 15 formed a band where he was able to live out his dreams.

As the children became more independent, Delli felt the lure of music pulling and commenced her studies of Piano Concert Mastery at the Academy of Music.

Delli dedicated many years of her life to music as part of the National gymnastics and callisthenics, travelling as a leading professional piano musician to accompany their routines.

Sadly, her husband Levon passed away in 1971. In 1989, Delli escaped her hometown Baku as a refugee to the City of Saratov. Then in 2003, Delli moved to Melbourne to live closer to her sons.

Now at 92 years young, and living with complete blindness, Delli finds it a little more difficult to recall the notes of her favourite melodies.

Valeri visits often and plays Delli’s favourite classical pieces, to make sure her memory remains alive and intact. Valeri encourages Delli to play these same familiar melodies on the grand piano in the Ian Rollo Currie Lounge.

Visit mayflower.org.au/news/latest-stories/delli/ to view Delli playing the Spanish melody ‘Besame Mucho’.

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PICTURED ABOVE RIGHT: Delli around the time she attended the Academy of Music.



📍 BRIGHTON

Always a plumber

At Mayflower we love to get to know our residents as individuals to help build connections and nurture meaningful engagement.

Graham, a much-loved resident of Mayflower Brighton, enjoyed a long and successful career as a plumber and plumbers examiner, and plumbing has remained one of his great passions.

Just recently, Graham wasn't feeling his chipper self. When seeing this, Nicole, our Gift Shop Manager, thought to herself, "What could cheer Graham up?" and had an idea that changed the course of Graham's week.

Knowing him well, Nicole put in a couple of calls to well-known plumbing supply companies, Reece and Bursons, who were happy to get on board with her plan. Each company donated a large bag of merchandise that included a hat, t-shirts, beanie and other fun goodies.

Graham was given such a lovely surprise he just couldn't stop beaming. He couldn't wait to don the merchandise either.

Mayflower would like to say a big thank you to Reece and Bursons for sparking joy during these challenging times and a special thank you to our lovely Nicole for caring for our residents in such a warm way. You have made an impact on everyone who witnessed your act of kindness.

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PICTURED ABOVE: Graham couldn't stop beaming with smiles when he received his surprise goodies.



📍 BRIGHTON

Ice-cream smiles

We've been working hard to bring smiles to residents during visitor restrictions. In April, Lifestyle whipped around Mayflower Brighton delivering a sweet treat for all!

Ensuring residents are getting plenty of social interaction is a key focus for Mayflower, and we've been working hard to make up for those extra special treats residents usually receive from family members and friends when they visit.

Before the weather got chilly, our staff got innovative and whipped a trolley laden with seven flavours of delicious ice-cream, around all three levels of the aged care home, ensuring everyone received a visit.

Not everyone was able to have ice-cream for dietary reasons, but they all loved the social experience of a personal visit, a friendly 'hello' and a sunny smile!

The hardest part for residents? Trying to decide which flavour of ice-cream to try first!

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PICTURED ABOVE: Anna says, "Cheers!" to great ice-cream.



📍 RESERVOIR

Norma loves books

With a smile on her face and a glint in her eye, Norma, a resident at Mayflower Reservoir, looks up and says, “If I have my head in a book, don’t talk to me, I won’t hear you.”

At Mayflower Reservoir there is a library of books in the sitting room, with a wide range of topics covering both fiction and non-fiction. There’s nothing Norma loves more than to wander the aisle of books searching for her next literary delight. In fact, Norma reads so many books in our library that there are now more books that she has read, than there are left for her to discover.

Glancing up from her current read ‘Last Chance Country’ by Jennie Jones, Norma explains there is something special about reading a physical book, compared to reading a digital display.

“I like the feel of the paper and weight of the book in my hand,” says Norma.

Norma looks forward to visits to Mayflower by Darebin library every six weeks, who bring a tailored selection of books for her to read. The staff from the library complement Mayflower’s approach to person centred care. They get to know each resident well and gain an understanding of their interests, so they can hand pick the crème of the book crop, just for them.

It isn’t unusual for Norma to have three books on the go at once. “I just love my books,” she says, “and I always have.”

Norma moved into one of Mayflower Reservoir’s independent living units around four years ago, and quickly found her place in the close knit community. Unfortunately changes in her health meant Norma had to make the difficult decision to move closer to her family and she briefly lived in an aged care home closer to them.

However, Norma missed the homely atmosphere and warm culture of Mayflower Reservoir and returned, this time into the aged care facility, and she’s never looked back.

“I love it here at Mayflower,” says Norma. “I love my room. I can sit and read here all day and feel at peace.”

A calming sense of peace is often the side effect of reading. Maybe it’s time we all took a page out of Norma’s book and sat down with a good novel.



📍 RESERVOIR

Bridging borders

Technology can help bridge borders, bringing faraway lands into your living room. Mayflower uses technology to enhance the lives of residents, and to deliver entertainment that reflects their culture.

Peter and Tony were born in Greece and love nothing more than a good laugh. With English being their second language, the Mayflower team works hard to offer a variety of activities to engage them in their native tongue. Our multi-lingual staff enjoy finding entertainment that Peter and Tony can readily relate to, and preferably laugh along with as well.

Lifestyle Coordinator Helen, also from a Greek speaking background, was able to find some fabulous comedy from several famous Greek comedians. Peter and Tony were in stitches as they enjoyed the show!

Embracing and honouring the diverse backgrounds of our residents helps them to truly feel valued and supported and we are grateful to be able to do this with the assistance of modern technology.

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PICTURED ABOVE: Peter enjoys watching Greek comedy.



📍 RESERVOIR

Gin Rummy in the sunroom

Meet John, a delightful resident living at Mayflower Reservoir.

Cars, footy and cards are John's passions, and while he can't watch his beloved Bombers for now, playing cards is making up for that in spades.

John, affectionately known as Johnny, loves nothing better than spending his mornings playing a friendly game of Gin Rummy with members of the Mayflower team, or any other willing opponent that happens to pass by.

Mayflower is working hard to find ways to help residents keep their hands and minds busy during these difficult times, and what better way to achieve this than a friendly game of cards. Card games are made 'social distancing' safe and possible by increasing the distance between players, washing hands and disinfecting the cards between rounds.

Lifestyle Coordinator, Helen, believes in a fair game for all and enjoys challenging Johnny's card playing abilities. "She nearly always wins!" says Johnny, jokingly. "I think she cheats!"



BRIGHTON

Exercise keeps spirits bright

During these challenging times it's more important than ever to find opportunities to keep fit and get outside for some fresh air, while respecting social distancing. Our wonderful staff and physiotherapists have been making sure our residents can do just that.

Autumn days have been the perfect medicine for many residents, drawing them out into Mayflower's lush landscaped gardens again and again.

Happy people recently spotted exploring Livia enjoying fresh air and sunshine on the Rennolds balcony, Max who loves taking himself out and about on the bowling green, and Bev, who soaked up the last few rays of sunshine in our lush green garden, before our Antarctica-style week of weather set in in Melbourne.

Marj, a resident of Mayflower Brighton's aged care facility, loves the outdoors and has been getting out in the sunshine as much as she can. Marj particularly likes visiting the garden she planted with her late husband Les, back when they were living in Mayflower's retirement village.

"I love to be outside and see these beautiful flowers I planted with Les," said Marj.

"It's so lovely to see them doing so well and some of my flowers have now been echoed in the rest of the new garden. I love seeing all the colour!"

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CLOCKWISE FROM LEFT: Marj; Blood Lily planted by Marj; Bev; and, Max enjoying the outdoors.





📍 RESERVOIR

Spectacular Watergarden visit

Residents of Mayflower Reservoir visited the picturesque Blue Lotus Watergarden, not long before COVID-19 became an issue for us all. Their day exploring and delighting at the sights before them reminds us of the wonderful experiences we can all look forward to once the current pandemic is brought under control.

Residents delighted in being amongst the exquisite lotus blooms, lotus and waterlily covered ponds, lush tropical plants, waterfall and even an ancient flower believed to have been in existence when the dinosaurs still walked this earth.

With a kaleidoscope of colour in every direction the residents turned, there was not much more one could say aside from, "Wow!". The magnificence of nature and the beauty of the colour was a truly inspiring experience.

Residents took their time roaming the beautiful gardens and stopped for a coffee and a chat at the Lilly Pond café overlooking another spectacular pond covered in lilies and speckled with water-loving wildlife.

We are very much looking forward to taking residents on more outings when we return to our normal routine.

View more spectacular photos from the day by visiting mayflower.org.au/news/latest-stories/spectacular-watergarden-visit/

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PICTURED ABOVE: Lifestyle Coordinator, Helen, with Tony, Josef, care staff member Debbie and Erika on a picturesque bridge overlooking one of the many lush Watergardens.



BRIGHTON

Trees bring peace and joy

With a lifelong heart for nature and all things flora, Christina Andersen recently gifted us all three beautiful Acer Rebrum (commonly known as Autumn Blaze) trees.

These deciduous trees with maple shaped leaves turn a vibrant blaze of red in autumn and display an abundance of rich green foliage come summer, providing some lovely shade to rest and ponder.

Christina is a resident at Mayflower Brighton who believes in working hard, being grateful for what you have, and giving back when you can.

“Growing up in a two bedroom house with mum and dad and three kids was a tight situation and we were very poor. I was always brought up to appreciate everything I was given and taught to be generous and give to others if you have the ability.”

Christina has loved nature and gardening all her life, taking solace in its beauty. She says that, “Being amongst nature brings her a peace and joy that helps transcend pain in both mind and body ‘like a warm hug’.”

So, with this very thing in mind, Christina kindly gifted the trees to help others experience the same relief. To read more about Christina’s story visit mayflower.org.au/news/latest-stories/christina

PICTURED ABOVE: Christina with her plaque made from an up-cycled oak wine barrel.

BRIGHTON

Personal shopper

During times of self-isolation, it’s a bit tricky for our retirement village residents to get the everyday essentials they need, without leaving home.

This is where Nicole, our gift shop manager at Brighton, has been stepping in.

Nicole has been busy shopping, so that our retirement residents don’t have to. Nicole visits twice a week supplying everyday essentials and taking special orders for individual people.

“I spend just as much time chatting and connecting with residents as I spend shopping on their behalf,” said Nicole.

Nicole also finds the process rewarding on a deeper level.

“It is so rewarding to brighten someone’s day with something they have been missing like their favourite milk and to also give them some company, from a distance of course!”





RESERVOIR

Double delight

Easter at Mayflower Reservoir is twice the delight, with two weekends dedicated to this special holiday.

Mayflower Reservoir has residents from many cultures, including quite a few with Orthodox backgrounds, so it goes without saying both the Western Easter and the Orthodox Easter need to be celebrated, and with gusto!

Lifestyle Coordinator Helen, loves how celebrating diverse cultures enriches the lives of residents living at Mayflower.

“Our Orthodox residents loved being able to share their traditions which were seen, smelt, tasted and celebrated by all. It really was a delight for the senses!” said Helen.

For the Western Easter, residents enjoyed sweet moments with crunchie bunnys, generously donated by Cadbury, and a surprise visit from the Easter bunny.

Helen was able to get some happy snaps of residents meeting the Easter bunny and holding a special message, to be sent to each person’s family.

Nina’s daughter, Rose, was delighted to receive her photo and thanked the staff for their hard work.

“That’s gorgeous, thank you once again. My mum looks so happy, thanks for taking such good care of her. Please thank all the staff as well for taking special care of my beautiful mum. Love you all. Stay safe.”

The following week, residents got busy, dying hard boiled eggs and making their very own Tsoureki bread and Kourambiethes almond shortbread.

PICTURED ABOVE: Nina shares a special moment with the Easter Bunny, and sends a special message to daughter Rose.



BRIGHTON

Happy 100th Birthday Allen

Join us in wishing Mayflower Brighton retirement living resident Allen Wood a very Happy 100th Birthday!

Allen may be 100 years young, but that didn’t stop him from having cake and champagne with his family from afar, all thanks to modern technology.

Allen said, “It was all so greatly done! I’ve had a wonderful birthday.” Congratulations Allen!

PICTURED ABOVE: Allen was wished a very Happy Birthday by videos sent in and via video conferencing.

OUR AUTUMN 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:

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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 | E: info@mayflower.org.au



Music to our ears

Mayflower's Patron, Lady Marigold Southey, has kindly donated a new smart piano for the benefit of residents living at Mayflower Brighton.

The stunning polished ebony Yamaha Clavinova CLP-600 series boasts the finest 'GrandTouch' keyboard and sound system to give residents the ultimate grand piano experience in the formal Harry Williams Room.

Residents in aged care and retirement living can now enjoy a concerto or singalong in the comfort of their Mayflower home with the same dynamic sound, prestige and grandeur of a much larger grand piano.

Retirement village residents have already enjoyed some live small group performances on the new piano. The rest of us cannot wait to hear this majestic piano sing. Our original grand piano is still in good working order and has now been relocated to the Ian Rollo Currie Lounge, where it can be enjoyed by a more intimate audience.

Mayflower would like to express our sincere appreciation to Lady Southey for her generous donation. We are now reaching out to the Mayflower Community for donations so we can buy a similar piano for Mayflower Reservoir. We look forward to your support.