

grapevine

NEWS



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@themayflowergroup



CEO'S MESSAGE

Welcome to the Winter edition of Grapevine.

As I sit down to write to you, Winter is nearly over, and the green shoots of Spring are starting to appear. We are halfway through Stage 4 restrictions in Victoria, and there is feeling of cautious hope in the air.

It has been an unprecedented year for all of us, and one that continues to present significant challenges to the way we go about our lives. Mayflower continues to do everything we can to protect our community from the risk of COVID-19.

In August, we put our outbreak management plan into action, when one of our employees at Mayflower Brighton tested positive for COVID-19. While this was an incredibly anxious time for our community, it was a good opportunity to stress test our plan.

Fortunately, no resident or other staff members became infected at that time, however, we will not become complacent. We are continuing to take every precaution to reduce the risk of COVID-19 entering our homes. This includes rigorous infection control processes, maintaining a single site workforce and closely monitoring our residents and staff.

We understand that you are anxious to see your loved ones and we are hopeful to be able to welcome you back into our homes as soon as it is deemed safe. In the meantime, we continue to do everything we can to ensure that residents remain socially connected, active and engaged.

I would like to thank you for your ongoing support and encouragement. Our team truly appreciate all the phone calls, gifts, and kind words, and we thank you for taking the time to acknowledge their extraordinary work.

Rosa Ginevra, Chief Executive



Protecting our community

Our staff take part in one-on-one PPE (Personal Protective Equipment) training and refresher training, to help keep both residents and staff safe.

This important training has been held across our residences, and serves to remind staff, residents and loved ones we take safety seriously.



PICTURED ON COVER:
Reservoir resident
Margaret. Learn more:
mayflower.news/Margaret

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

PICTURED RIGHT:

Alex and Annabel share a moment with a Blue Tongue lizard.



PICTURED LEFT:
Nicole, Maria,
Teresa and Oya
with flowers for
residents.

BELOW: Maria
with flowers
received from
a family.



📍 BRIGHTON

Adding colour to your day

Our Brighton residents were delighted to receive a little surprise when they were quarantined in their rooms while the home was in lockdown in August. Flowers for the ladies and chocolate for the men helped lift everyone's spirits, with the givers getting as much joy as the receivers.

Our team was also made to feel special, with families sending in many beautiful gifts, cards, and thoughtful messages of encouragement. We are incredibly grateful for the beautiful flower bouquets, fruits baskets, and many kind words. Your support means the world to us.



Saying thank you

The Mayflower community came together on Aged Care Employee Day to pay homage to our dedicated employees.

Aged Care Employee Day is a national day to acknowledge the dedicated people who care for and support around 1.3 million older Australians.

#ThanksForCaring was the theme, and we called out to our local community to honour our aged care workers and volunteers and say 'thanks for caring', and boy did they respond.

We received countless e-mails, phone calls, and Facebook posts from the Mayflower Community thanking our staff members who work so tirelessly to keep their loved ones safe and well.

Residents also got involved and were keen to take a photo and share messages to thank the staff they have grown to love as family.

We showcased a sample of these kind and supportive words and photos in a short video, which can be viewed at mayflower.news/ACED2020

We have also been sharing stories about some of our staff. You will find brief excerpts in this edition of Grapevine – but we encourage you to visit our website to get the full story!

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PICTURED ABOVE: Rodney helped put up double sided decorations – to say #ThanksForCaring to our Mayflower Community and employees.



Thank you!





★ STAFF MEMBER PROFILE

Meet Garry

Garry is a personal care assistant, working within our Reservoir residence.

Like many of our nurses and care staff, Garry's calling for caring started when he was looking after his grandfather, while still living in his homeland of India.

"My grandparents lived with us in India, and that is what made me turn to this industry – and I love working in it," says Garry, adding "it's physically tiring sometimes, but emotionally it is very rewarding."

Garry commenced his care career in 2008, gaining broad experience working across a variety of homes. He says that nothing compares to working at Mayflower Reservoir.

"It's like a home away from home, we do everything we can to build a real sense of family," he says.

"I really enjoy getting out and about with our residents because it gives them new experiences and things to do," he says. "It's a great way to help them enjoy their leisure time, as well as spend time socialising with others."

Garry believes teamwork is key to making a difference in the lives of people in Mayflower's care and is thankful for the caring culture within Mayflower Reservoir.

Read more by visiting mayflower.news/MeetGarry

★ STAFF MEMBER PROFILE

Meet Teresa

After many years working the bridal industry, Teresa wanted a complete career change, and she's never looked back.

"Never in a million years would I have thought I would be working within the ageing community," says Teresa. "Now I can't imagine doing anything else."

Teresa's relationship with Mayflower started while undertaking her training placement to become a personal care assistant. "As soon as my placement at Mayflower was finished, I was offered a position in our Memory Support Unit, where we provide specialist care for people living with dementia."

"I worked there for four years and absolutely loved it!" says Teresa. "Even though you are faced with daily challenges, it is so rewarding to give back to those who have fought for our country and to those who have contributed so much."

Teresa moved into a lifestyle assistant role, which gave her whole new way of providing care, and was soon encouraged to step up to the next level and lead the lifestyle team.

Putting a smile on a resident's face is the most rewarding part of her day. "I love knowing our team is making a difference in resident's lives, in a fun and engaging way," says Teresa.

Read more here mayflower.news/MeetTeresa





★ STAFF MEMBER PROFILE

Meet Yelena

Yelena is a passionate nurse, with an unexpected life story.

Yelena has a degree in Mining Electrical Engineering which she completed in her home country of Turkmenistan (former USSR), located in Central Asia.

20 years ago, at the age of 34, Yelena and her family bravely crossed the wide expanse of ocean to make Australia their new home.

While studying the English language, Yelena sought a new career – to work in aged care. Work placement led to her discovery of Mayflower, and she initially joined the team as a student.

While working as a Personal Care Assistant, Yelena felt the call to broaden her skills and become an enrolled nurse, completing her studies in 2012.

Yelena worked closely with Maria Bernardo, our Executive Officer of Brighton, well before Mayflower was developed into the facility it is today.

“It’s a different culture here,” says Yelena, “it feels like a big family. The residents are nice here too.”

Yelena shares a special message for people considering coming to live at Mayflower, with a special recommendation for her household.

“Welcome! Come to Rennolds House, Yelena will look after you!” she says with a brilliant smile.

Visit mayflower.news/MeetYelena to see more lovely photos.



★ STAFF MEMBER PROFILE

Meet Param

Param has a gentle and caring nature, with a calling for caring for others.

Param started his nursing career in a hospital, but he longed for the opportunity to really engage with and form bonds with his patients.

“I started off working in general medical wards in hospitals,” he says, “but the care is short term and I felt I was missing out on something. It’s hard to build a relationship with people when you are with them for such a short time.”

Param soon moved to a role in aged care, where he could form stronger connections with the people that he cared for.

“It’s been a great experience for me in aged care,” says Param. “In a care home I am able to create a real bond with the residents, a strong relationship. Just like when I cared for my grandparents.”

Param’s philosophy towards work and his life is to keep smiling. He believes that a smile is contagious and can really lift your spirits, and those around you.

“I like to come to work with a smile on my face every day,” he says. “The mood you bring to work can influence everyone else. So, I come in with a nice gesture, and spread positivity.”

Visit mayflower.news/MeetParam to learn more.



📍 BRIGHTON

Social connections

We love seeing residents connecting over something they really enjoy. While we haven't been able to have our large gatherings for a while, our team has been busy encouraging smaller group activities based on resident interests.

Quiz, movie matinées, and craft remain popular, along with word games like scrabble – which is perfect for exercising your mind while also enjoying the company of a good friend.

As the winter chills set in, knitting regained its popularity. Keen staff members with different specialties in knitting and crochet, along with others learning the craft, have been teaching new techniques and helping residents with different projects along the way.

Some of those projects include a flower wall-hanging, cushions, throw rugs for cold knees, winter woollies for those in need, and blankets for injured or rescued animals. Each activity is tailored to suit for different ability levels, all while having a cuppa and learning from each other, providing a lovely way to spend the afternoon.

The gentlemen at Mayflower also love getting together too – often over a leisurely lunch affair – with one group of happy gentlemen spotted talking politics and finances, long after having their lunch together.

It has been heart-warming to see our residents enjoying some much-needed time together – socially distanced, of course.

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CLOCKWISE FROM LEFT: Marj and Judy playing scrabble; Graham, Don, Frank, Charles and Barry talking politics; June playing quiz; and, Frank's poetry with Beryl.





BRIGHTON

Messages of hope

Dorothy received a lovely reminder of how special she is to her family, during the early stages of visitor restrictions.

Dorothy's great grandchildren Nathan aged 12 and Ava aged 10 left a special message on her windows, and younger children Emily, Olivia and Hayden sent in some lovely artwork to brighten her walls, and her spirits.

It is always so heart-warming to see such beautiful gestures from the Mayflower community. Visit mayflower.news/Dorothy to see more lovely photos.



BRIGHTON

Happy Birthday Marion

Our indoor 'visiting pod' at Mayflower Brighton was the perfect solution for Marion's 91st birthday celebrations, as she hosted her special guests from behind the safety of the screen.

Marion was delighted to receive two special visits from her family, showering her with gifts, love and appreciation, to celebrate her special day.

Happy Birthday Marion, we hope you enjoyed your birthday with your family.

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PICTURED ABOVE: Marion and her family celebrating with her bounty of lovely gifts.



RESERVOIR

Connecting through doll therapy

Doll therapy can have a wonderful effect on some people, bringing a sense of purpose, joy and peace.

Anyone who has seen it happen knows how wonderful a doll can be for the right person. Increased happiness, engagement and interaction are just some of the benefits, along with reduced symptoms of anxiety and agitation.

Nina, who lives at Mayflower Reservoir, is one of those people.

The Mayflower team are always on hand to assist Nina, with kindness and dignity, ensuring that her doll's accessories are readily at hand.

Key benefits of doll therapy include providing a sense of belonging and purpose, helping to maintain mobility and social skills, enabling a sense of comfort and security, and increasing social interaction.

Doll Therapy can also allow people living with dementia to reminisce about earlier years when they had young children or babies of their own – helping staff or family members to connect with them on a deeper level.

Learn more: mayflower.news/DollTherapy

PICTURED ABOVE: Nina takes great pride in caring for her doll, which reminds her of raising her own children. Nina is pictured here with kind and supportive staff member Shaika.

RESERVOIR

Scales and bushy tails

Just before self-isolation became a challenge for us all, the residents of Mayflower Reservoir enjoyed a thrilling animal visit.

The fun wasn't just for residents. Staff loved getting involved in the action, experiencing a python on their shoulders or holding the Long Neck Turtle.

Resident Janis had her first experience with a snake.

"It's the first time I've had a snake around my neck!" said Janis. "It was scary but fun and interesting, and I'm so glad I was able to experience it."

It is moments like these we are reminded that there are opportunities to embrace new adventures and thrills, at any age.

More incredible photos: mayflower.news/BushyTails

PICTURED BELOW: Janis has a close encounter with a snake.





RESERVOIR

Engaging with aqua painting

Mayflower Reservoir residents have achieved some lovely results with 'Aquapaint'.

Aquapaint is designed for people living with dementia, but that doesn't stop other keen participants from having a go.

The artwork starts off as a black outline, to help guide the artist. To reveal the image, each resident paints their canvas with water. Once the image is revealed, conversation and memories are inspired. The result? Smiles and meaningful engagement.

"Residents enjoy watching the different pictures appear and identifying what they are. It truly inspires conversation and give us the opportunity to spend time reminiscing," says lifestyle coordinator Helen.

Learn more here: mayflower.news/Aqua

PICTURED ABOVE: Giovanna is concentrating on her steam train image and bringing the image to life by painting it with water.



MACLEOD

A good-looking bunch

The ladies and gents of Mayflower Macleod are a beautifully coiffed group, thanks to the resident hairdresser Suzi who keeps the locks of the residents looking their best.

With 26 years of hairdressing experience, Suzi loves catching up with residents for a blow wave and set, a quick trim, a fresh colour or the occasional perm. She has been visiting Mayflower Macleod for as long as she can remember and enjoys the catch-up and chat with her regular clients.

Barbara, one of Suzi's many happy clients, looks forward to Suzi's warm and friendly service and has a regular appointment.

PICTURED ABOVE: For Barbara, a regular appointment with Suzi is a real highlight (pun intended!).

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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Thank you sincerely for your generosity.

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Dance pioneer

Shirley McKechnie is well regarded as a pioneer in Australian contemporary dance.

Shirley was in her late twenties when she started her first dance school. Several years later, she embarked on a mission that would change performing arts in Australia forever.

Shirley had discovered there was no formal dance degree in Australia, so she travelled the globe to research the best dance training the world had to offer.

After completing her research, Shirley established Australia's first degree of dance.

"I put the very first curriculum in Australia together for a four year dance degree which gave graduates the qualification they needed to teach as well as dance," says Shirley.

Over the years, dancing continued to be at the forefront of Shirley's life. At age 70, Shirley commenced a significant research collaboration – a complex study into 4 dimensional space, including music representing the dimension of time.

The research resulted in her collaborative book 'Thinking in 4 Dimensions'.

Shirley has received numerous accolades for her contribution to the arts, including a Medal of the Order of Australia in 1987 and Officer of the Order of Australia (AO) in 2013.

Shirley has been living at Mayflower Brighton for six years. You can read her detailed story at mayflower.news/Shirley