

# grapevine

## NEWS



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@themayflowergroup



## CEO'S MESSAGE

# Happy New Year and welcome to the Summer edition of Grapevine.

It's hard to believe that another year has passed, but I am sure you will all join me in welcoming 2021 with hope and anticipation of brighter times returning for all.

Mayflower continues to monitor the COVID-19 situation very closely, and we are continuing to take all the necessary precautions to keep our community safe.

The last few months have been busy for Mayflower. The first stage of our redevelopment of Mayflower Reservoir is complete. Stage 2 of the redevelopment is now well underway and will see the facility grow to accommodate 110 residents later this year.

We have welcomed our new Board Chairman, Anthony Mutton, and farewelled our Chairman of ten years, Trevor Martyn. Mayflower is excited to have Mr Mutton — and his significant experience in our sector — at the helm.

We are also grateful for Mr Martyn's dedication and contribution over many years. His leadership has been selfless, as has been his commitment and responsiveness to the care of our residents and the organisation itself.

Finally, we are continuing to monitor the progress of the Aged Care Royal Commission into Quality and Safety, which will release its final report in February 2021. This will signal a period of significant change for the aged care sector, and we are hopeful that the outcomes will strengthen our industry for the benefit of older Australians in our community.

As always, I hope you enjoy this edition of Grapevine.  
Rosa Ginevra, Chief Executive



## Ten years of service!

Maria Bernardo understands the importance of quality care, and has recently achieved a significant milestone to show for it — 10 years of service.

Maria became part of the Mayflower family in 2010 as a Registered Nurse at Mayflower Brighton before making her way through several leadership roles, to take up the position of Executive Officer — Aged Care, and she hasn't looked back.

While Maria's role has grown significantly, her nursing training is never far away — with her caring approach to residents and their families, shining through.

Congratulations Maria, we are all proud of your achievement.



**PICTURED ON COVER:**  
Frank loves spending time reading a good book — especially if it's Australian poetry.



## 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:** Irene spends time with lifestyle assistant Malliga on the 'Australiana Christmas Bridge'. Like our page and you just might see some more familiar faces!*



***PICTURED LEFT:** Barb is grateful for the gifts and messages she received on her birthday.*



## Barb turns 90

Late 2020, Barb celebrated a milestone in her life — turning 90 — and was spoilt by friends on her special day.

"The people of St Leonards Church sent me this lovely orchid," says Barb.

Barb believes that keeping active is the key to her longevity, having spent many years enjoying long walks along the Brighton foreshore and swimming in the bay.

Read more about her life story here: [mayflower.news/Barb](https://mayflower.news/Barb)



## Christmas across Mayflower

Christmas is such a special time for our residents, so to cap off what has been a difficult year, our teams went to town to make it as special and lively as can be!

Residents across our aged care homes all enjoyed visits and gifts from Santa. At Mayflower Brighton, Santa's sleigh took the form of a powered trike — replacing his team of reindeer with something a little more suited to the Australian climate.

Our trike is a new addition and was gratefully funded by donations received earlier in 2020. We are so thankful to all who contributed towards this fundraiser and can't wait to take residents on adventures outdoors very soon.

Our team went door-to-door delivering presents — ensuring no-one missed out on a gift and quick chat with Santa and his helpers. Gifts were selected for each person with an Australian theme, in keeping with the year's 'Australian Christmas' decorations.

Brighton resident, Frank, loved the Australian Christmas theme best of all and supplied some Australian poetry. "I really enjoyed seeing the Australian animals, you have all done a marvellous job!" said Frank.

Our Reservoir residence enjoyed a special Christmas celebration in the days leading up to the big day. The afternoon included entertainment, favourite Christmas treats and gifts galore. But the fun didn't stop there. Family and friends also joined residents for a Christmas lunch of traditional turkey roast — spending the special day together, creating memories with love and laughter.

Our retirement villages were not to be outdone, with each resident receiving a special Christmas hamper from Mayflower filled with delicious treats to share with those closest to them. At our Macleod retirement village, residents chose to enjoy their hampers together in an afternoon filled with festive cheer, good friends and all the trimmings that say 'Christmas'.

You can view more great photos like these in a video-slideshow by liking our facebook page: [facebook.com/TheMayflowerGroup](https://facebook.com/TheMayflowerGroup)





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**OPPOSITE PAGE:** (L-R) Pam enjoying 'Christmas Bridge'; and, Helen, Tony and Santa (Debbie).  
**ABOVE:** (TOP ROW L-R) Janis with Executive Officer Robert; Alice, Henry, Maurie, and Ross; and, Bobbi, Barb and Betty enjoying Macleod festivities. (MIDDLE ROW) Victor with Christmas tree; Hitesh and Santa (also Debbie) delivering gifts; and, PCA Anisha with Helen. (BOTTOM ROW) Elizabeth wishing all a Merry Christmas; and, Alison with Santa (Debbie).





**BRIGHTON**

## Frank's poetry delights

Frank runs a poetry reading session every Tuesday, where a group of like-minded poetry enthusiasts gather around the fireplace to hear him read inspiring and interesting Australian poems.

Each person then takes a turn to discuss the poem and what it means to them, noting how it makes them feel.

The poetry session is a shared effort, with each person being able to give and take something from their time together, enriching their lives and building social connections.

Frank carefully considers and gathers poems with his audience in mind. He then makes copies for each person to read along.

Frank has been a teacher and school principal, devoting his life and studies to the English language — and values the deliberate and well-considered writings of poetry.

"A poet must spend time writing and rewriting each poem to help get their message across," says Frank.

Frank also loves how each poem has a tempo and language unique to the writer.

"I enjoy the rhythms and motions of each piece of writing," Frank adds. "Words are all we have. Language is a precious gift."

**PICTURED ABOVE:** Frank reads Australian poetry to his like-minded audience.

**BRIGHTON**

## The secret benefits of sorting

For many people living with dementia, sorting items by colour or function can provide mental stimulation, reduce boredom, relieve stress and even help maintain fine motor skills.

Having a few of these activities ready to go, can prove helpful if your loved one is looking for something to do, or is feeling restless.

Mayflower keeps a range of sorting activities on hand, and we're always on the look-out for new ideas to meet the needs of the many different people living in our community.

Resident Anna likes to sort paddle-pop sticks by colour while she enjoys some quiet time. We love seeing her smiling face as she relaxes.

**PICTURED BELOW:** Anna spends time in the dining room, enjoying herself while sorting popsicle sticks by colour, and the look on her face says it all.





## 📍 BRIGHTON

### Celebrating our gents

Several socially distanced groups were held as part of our Father's Day celebrations last year, in a pub-style setting — complete with Aussie country tunes, Australian poetry, nibbles and a 'cold one' — in each area at Brighton.

Social gatherings like these are great opportunities to help residents strengthen social connections with others of similar interests.

Charles was grateful for the social event and the opportunity to make a new connection.

"I'm so grateful we were able to do this today — I was able to meet a new friend, Tom," says Charles.

Tom was also pleased to meet a new friend.

"I had a great time, thank you," Tom says.

Each gentleman across Brighton received a traditional Father's Day gift during the celebration — personalised socks, complete with their name on them in a handmade gentleman's gift-bag.

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**CLOCKWISE FROM LEFT:** The beginning of a new friendship: Charles and Tom spend time reminiscing; and, Graham was pleased to receive his customised socks in the hand-made gift bag.



## 📍 BRIGHTON

### Generational butterflies

Recently while on her regular walk to Café Perla at Mayflower Brighton, Molly was quickly surrounded and complimented by our team.

Molly was surprised by all the attention, as the blouse is far from new. In fact, Molly had the vibrant one-of-a-kind piece made by her tailor, more than two decades ago.

"This blouse is 26 years old," says Molly, and with a smile. "I have a photo to prove it."

Molly then shared a photo of her granddaughter Mia, wearing the same fabric, when she was just a one-year-old toddler.

"This is my granddaughter Mia when she was just a baby," says Molly. "I had the tailor make her a dress in the same fabric as my blouse. Mia is 26 now!"

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**PICTURED ABOVE:** Molly proudly holds a photo of her beautiful grand daughter Mia, sporting the same fabric. Mia is now aged 26.





### RESERVOIR

## New aged care home

Mayflower Reservoir Stage 1 is now complete, and residents were all smiles as they moved into their brand new home.

Mayflower Reservoir has provided first-class care to residents in the northern suburbs for more than 40-years, and now offers first-class accommodation as well.

The new aged care facility is being constructed in two stages, so that existing residents could remain in the comfort of their own home during construction. Residents have now moved into their new rooms and couldn't be more delighted – particularly with the size of their rooms.

Maggie and Janis had their bags packed early on moving day, with the Mayflower team ready and waiting to support the move. Taking extra care with resident's personal items, the team carefully transferred everything to the new home, while residents sauntered across to the new residence.

The verdict? They couldn't be more delighted!

**PICTURED ABOVE:** Janis in her new room, waiting for her freshly painted nails to dry (also pictured right).

### RESERVOIR

## Perfect pamper

Residents are enjoying a taste of luxury in the elegant new hairdressing and beauty salon at Mayflower Reservoir.

Pictured below is Janis enjoying a 'mani and chat' pamper session with lifestyle coordinator, Helen.

Helen was quick to take advantage of our brand new salon, eager to spend quality one-on-one time with residents and support their lifestyle needs.

At Mayflower, our residents are at the heart and soul of what we do. Our thoughtful carers are always looking for opportunities to brighten every day, giving each moment purpose and meaning.







## RESERVOIR

# AFL footy tipping legends

The Annual AFL Grand Final party at Mayflower Reservoir provided the perfect lead into the big day that saw Richmond win against Geelong.

One of the hottest events on the calendar, this fun-filled afternoon is showered with the enthusiasm of the most avid footy fan and supporter.

Residents and Mayflower team members dressed in their team's colours, and banded together, social-distance style, to enjoy an afternoon of footy fun.

Bombers fan, John, was excited to be added to the official Mayflower Reservoir Footy Tipping plaque for winning the Tipping Competition for 2020, and is seen pictured here with lifestyle coordinator, Helen.

The afternoon concluded with a traditional Aussie 'footy feast,' of pies and footy franks.

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**PICTURED ABOVE:** John receives his award as winner of the Mayflower Reservoir Footy Tipping Competition.



## RESERVOIR

# Feeding the soul

Intimate spaces create a home-like feel at our new Mayflower Reservoir Aged Care home.

Maggie loves the new dining room and looks forward to sitting down to a homely chef-cooked meal with friends each day.

We believe that food is one of life's great pleasures — important to health and happiness and the perfect time to socialise and connect.

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**PICTURED ABOVE:** Maggie enjoys her meal in the new dining room.



## Our local bonsai doctor

Maurice loves bonsais, sausage dogs, and his Mayflower Home Care Team, but nothing comes close to his wonderful wife, Isobell. Maurice met the love of his life while completing his internship as a GP in Perth. “I met a nurse, and that’s the story!” says Maurice with a smile.

In the early stages of their courtship, Isobell was hospitalised with Tuberculosis, sparking Maurice to spend many hours sitting by her bedside. “That’s how our love affair really started,” he says. As newlyweds the pair initially lived in Warracknabeal, situated in the picturesque Wimmera region of Victoria. The happy union brought about three children, Bruce, Neil and Helen and a wonderful life. “Isobell was a very good mum and wife,” says Maurice.

When Maurice and Isobell moved back to Brighton in 1963, he found himself missing his large garden that boasted a Norfolk Island pine, eucalypts and bountiful fruit trees. “There wasn’t anywhere near as many trees in Melbourne,” says Maurice. “I really missed them.” So, Maurice started his miniature garden, and soon became a founding member of the Bonsai Society of Victoria.

Maurice is proud of his bonsais, which attract international visitors when our borders are open. “Japanese masters come out here, and they are enthralled with our figs,” says Maurice. COVID-19 didn’t stop this spritely 97-year-old from doing what he enjoys most. “This is what really keeps me going — my love for bonsai.”

At 97 years young, Maurice still loves living independently at home, with a little bit of support from Mayflower’s Home Care team. “I have a gardener to help me keep things in order,” says Maurice. “I also get some help with the housework and the shopping.” “This help ensures Maurice has enough free time for his favourite hobbies, and to spend leisurely time enjoying his immaculate garden.

As part of the service, Teresa has been visiting Maurice each week, spending some one-on-one time with him for a chat, and they have found plenty to talk about — “We have so much in common,” says Teresa, “including bonsais and sausage dogs!”

“I had a brown sausage dog, Pretzel, and Teresa also had a sausage dog of the same colour, called Willis,” says Maurice.

Joanne also provides care and support and has known Maurice since she helped care for Isobell, 12 years ago. “Joanne does the shopping for me now,” says Maurice. “She knows exactly what I like and what brands I enjoy. It’s a great help.”

**PICTURED ABOVE:** Maurice works with Teresa on her fig tree bonsai, giving her tips along the way.





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**PICTURED**  
**LEFT:** Norma and Narelle in the new gym. "I thought the harder I tried, the better off I would be," says Norma. "I didn't want to be stuck in a bed or a chair, so I kept doing the rehab."

## Norma's recovery

Learn how patience, determination, two physios and a gym helped to get Norma back on her feet.

Norma loves living at Mayflower Reservoir, but her life became challenging when she took a fall and fractured her pelvis in February last year. Prior to the fall, Norma could walk with a 4-wheel walker (4WW), but was unable to move about or complete her normal activities of daily living after her discharge from hospital.

Mayflower's physiotherapists from Empower Healthcare — Narelle and Riad — immediately began therapy, four times a week, to help manage her 'constant and debilitating' pain. This included bed and chair exercises with the aim to increase strength and maintain movement.

Norma's main goal was to be able to walk around her home at Mayflower Reservoir again. "Walking and mobility gives me freedom," says Norma.

Together with Narelle and Riad, Norma set her goal of achieving her pre-fall level of mobility of 50 metres using a 4WW. Norma's rehabilitation was progressive, systematic, and thorough in addressing all facets of walking. Narelle and Riad worked with Norma to practice her transfers (getting out of bed, sit to stand) many times. This gave Norma the confidence to slowly get moving again while helping her to regain strength.

Once Norma was able to confidently stand, the team had her marching on the spot before progressing to taking a few steps. Gait retraining along with strength and conditioning saw Norma successfully progress over the following weeks and months to walking more than 100 metres!

"I thought the harder I tried, the better off I would be," says Norma. "I didn't want to be stuck in a bed or a chair, so I kept doing the rehab."

Narelle says working with Norma, has been incredibly rewarding.

"Being able to spend quality time with residents and supporting them to live their life the way they want to, reinforces that we are changing a person's life for the better," says Narelle. "Norma worked so hard that her mobility and endurance have now improved well beyond her pre-fall levels."

## 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.

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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Name on card:

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Expiry date: \_\_\_\_\_ / \_\_\_\_\_

### My details for receipt

Title: \_\_\_\_\_ First name: \_\_\_\_\_

Surname: \_\_\_\_\_

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**Thank you sincerely for your generosity.**

### PLEASE RETURN TO:

Mayflower

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



## Our new Dutch Trike has arrived!

We'd like to say a big 'Thank You' to everyone who so generously donated funds towards our new Dutch Trike.

The Dutch Cargo Passenger Trike has been specifically designed to allow residents to get out and about in the local area. And we are so grateful it is finally here.

All it needs is some willing passengers and a little pedal power from our team who are looking forward to many new adventures.

Your support in helping us reach this fundraising goal is very much appreciated.

As a not-for-profit charitable organisation, the generous support of donors is invaluable in helping us in our mission to help residents live life their way.

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*PICTURED ABOVE: Marj and lifestyle assistant Alex, get set for their big adventure.*