

# THE GOOD OIL - JULY 2018

Welcome to The Good Oil for July 2018!

It is a little difficult to believe that this is our 12th edition - meaning we've been publishing our monthly Olivet-Wide newsletter for a full year! The time has certainly flown, and feedback continues to be positive, with residents, families and friends enjoying seeing the photographs of our activities, and getting to know what's happening.

We hope that you feel connected to what's happening here, and encouraged to get involved with all of our activities. Our staff put so much into planning and carrying out new and different activities for our beloved residents, and it is a joy to share this with you through our newsletter.

So, what's on in July?

So many opportunities to escape the cold, and get involved with Pyjama Day, a visiting Laughter Club (what fun!), a Golden Stamp Concert, and the Olivet World Cup Soccer Tournament!

Finally, just another reminder of the importance of keeping our residents well. In these Winter months with colds, coughs and viruses galore, it is important to remember excellent hand hygiene, and to refrain from visiting if you are unwell.

Stay warm!

# A NOTE FROM PENNY'S PEN



## PENNY WEST - DIRECTOR OF NURSING

The 12 months following an accreditation audit is usually a time when most of our Department Heads and Senior staff take some well-earned leave and my calendar has had a workout fitting the periods of time in for everyone so there is little overlapping.

Heather Youl – our Wellbeing Coordinator from Juniper has returned from a long break coming back refreshed from a memorable trip including the UK with her husband at the beginning of June.

Julian – our CEO, spent time with family travelling viewing the fabulous scenery, beautiful foods and wines from regions in Italy returning a few weeks ago.

Allison Lazenby – our Leisure and Lifestyle Coordinator travelled to Japan during her long service leave break and has only just returned home with lots of stories and photos that I'm sure will enthral our armchair travel group.

Still away is Julie Preston - our ACFI (funding) coordinator and Infection Control Officer on a multi-nation tour of Europe with her husband and children. If I remember her itinerary, she's in stunning Paris at the moment.

Away today is Caroline Wallace – our Catering Manager who will be visiting Asia with her family and we wish her God's speed.

Away next week is Anne Byrne – one of our clinical managers, for a delightful 3 week break leaving her work phone tucked away safely and not to be answered.

In a month's time, Alison Caudery – our Dietitian and Volunteer Coordinator will be visiting South Africa and the UK to visit family.

Also next month, Cathy Honan – our Respite Manager will take some time away as her work life has been at a frenetic pace for a while.

A quick tally of the length of service the above 8 staff have given to Olivet comes to a massive 150 years. We are so very blessed to have staff who provide such loyal service to Olivet and our residents.

Last week we said a fond farewell to Denise Duguid who had given 14 years of service to Olivet and our residents and worked as a Senior Personal Care Worker. Denise has worked mostly in the Acacia wing since it opened as well as our Admin section. She was a favourite of all of our Acacia residents and wanted to step out quietly without a fanfare. She will be remembered for her depth of compassion and great kindness to our residents. She spoke always of her love for family, her beautiful Grandchild, her horses, dogs and football and she'll now have more evening hours to spend time with all of her loves. We wish her well and I want to thank her publicly for the many years of wonderful service.

Next week we will welcome back a friend to Olivet who has decided she would like to work again part-time filling in where needed. She's excited to be back as we are having her return. She brings back to Olivet a breadth of knowledge for aged care in a loving and caring way. I've had a number of residents rush up to me in the past few weeks asking me if the rumour they had heard about Meredith King returning was true and their smiles say it all when I said yes. We are truly blessed.

**May God continue bless us in our work, in the way we provide care and especially in the way we show compassion and kindness to all.**

*Penny*

# OLIVE GROVE HOUSE

## DAY CENTRE AND ACTIVITY PROGRAM

**HELLO ALL AND WELCOME TO THE NEWS FROM OGH!**



The Winter weather has arrived and we have been experiencing very chilly mornings and cold evenings making it difficult for us all to get out of bed. Just a reminder that if you are feeling unwell with a cough or cold, please stay home until you're feeling better. That way we will not pass on those Winter bugs to others..

We would like to wish a very happy birthday to Louis who celebrated his birthday on the 8th June, and Palma who celebrated on the 9th!

Three of our wonderful staff also had birthdays in June, Sylvia on the 1st, Ann on the 3rd and Fiona on the 9th!

*June*  
**BIRTHDAYS!**



## *Farewell*



We farewell Julian, Norma and Theo who have all accepted permanent beds within Olivet. We are so happy that they will continue to be part of our community here at Olivet.

It is with much sadness that we say farewell to Gwen, who passed away peacefully in hospital. She will always have a place in our hearts with her zest for life, having fun and a laugh - we have some wonderful memories of her.

## *Welcome!*

A warm-hearted WELCOME to our new clients, James, Beverley and Bill!

We're sure you're going to enjoy your time with us at Olive Grove House.



# OLIVE GROVE HOUSE

## AUSTRALIA'S BIGGEST MORNING TEA



Olive Grove House raised \$66.00 for the Australian Cancer Council with our "Biggest Morning Tea" last month. Thank you to all who donated to this wonderful cause.

## THEMES FOR JULY...WINTERY FUN!



Our "Guess the Baby" Competition during June was a roaring success! It was lovely to see the baby photographs that everyone brought in.

Both clients and staff had fun guessing who was who! Lots of laughs were had and funny stories were told.

During the week of the 9th to 13th July, please come dressed in your Winter beanie, scarf, and Fair-Isle Knits as we celebrate Winter! We will be making homemade soups in the slow cooker, damper, hot chocolate with marshmallows, and non-alcoholic mulled wine to warm our souls!



**STAY TUNED!!!!** We are madly preparing for our upcoming **ROCK AND ROLL THEME!** Dust off the poodle skirt, leather jacket and get those dancing shoes ready to come in and **Twist and Shout!**

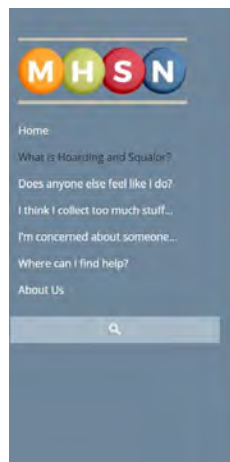
# OLIVE GROVE HOUSE

## DAY CENTRE AND ACTIVITY PROGRAM

### Help with Hoarding - Maroondah Council

Did you know that the local council can help with excessive collecting, or neglected living conditions? In a recent publication of the "Maroondah In Focus" Magazine, information was provided about a new website to help with these issues - [www.hoardingsqualormaroondah.org.au](http://www.hoardingsqualormaroondah.org.au).

The website provides useful information and resources including contact information for agencies that can help. Council has a Vulnerable Person's Coordinator who can support people with complex needs such as hoarding.



What is Hoarding and Squalor?

SEARCH

#### Hoarding and Squalor

Hoarding is the term used to explain the continual accumulation of a large number of objects or animals, resulting in excessive clutter. The perception from others can often be that hoarded items lack value; however, to the person collecting these objects or animals, they are of immense value and cannot be thrown away.

Acquiring objects is something many people do as a hobby, which often begs the question: when does it become excessive? This question can be somewhat complex and subjective, but when 'collecting' begins to impact a person's daily life, such as causing risks to personal safety, health and well-being or choosing possessions over relationships, then guidance and support should be offered.

Extreme collecting and squalid living not only affects the person demonstrating these behaviours, but can also affect family members, neighbours and animals.

#### What is Hoarding?

Hoarding behaviour is the persistent accumulation of, and lack of ability to relinquish, large numbers of objects or animals, resulting in



There is also information about government-funded programs that can provide help with home maintenance, domestic assistance and more.

Hoarding behaviour is the persistent accumulation of, and lack of ability to relinquish, large numbers of objects or animals, resulting in extreme clutter in or around the premises. This clutter can become a major health and fire hazard, and for the individual, hoarding can lead to physical and mental health issues, homelessness, social isolation and more. Be sure to check out the website if you or someone you know could use some help.

### Yarrunga Community Centre - Dementia Awareness Workshop

If you are caring for a person with dementia, you may be interested in an upcoming workshop at Yarrunga Community Centre. This workshop will cover how dementia affects a person's brain function and abilities and the caring role of the family members. It also includes learning about interaction with meaningful activity resources for people living with dementia.

**Thursday 6th September from 9.30am to 12.00noon**

**Cost - \$10.00 (including morning tea)**

Bookings are essential, so please call Yarrunga if you are interested. 9722 8942.

### *Winter is Mine*

Some people don't like the Winter  
Some people think it's too cold  
I think they just like to complain  
Or maybe they're just too old

I like bundling up in coats  
With boots on my feet  
I like to see my breath fog up  
In the rain, or snow, or sleet

I like to break off icicles  
And melt them for a drink  
In the Winter the world goes quiet  
I like to listen and think

Some people don't like Winter,  
I say they just don't get it.  
You might want sunshine all day,  
But I say you can forget it



# OLIVE GROVE HOUSE

## DAY CENTRE AND ACTIVITY PROGRAM



Do you know someone who is caring for a family member, and could use some help?

Or, perhaps, you know someone who is becoming socially isolated, and would benefit from an activity group filled with laughter, friends and company?

Olive Grove House is designed to help in both of these instances. Our staff are highly trained, and take great pride in providing programs which support individuals in our community, as well as supporting Carers in their invaluable roles.

**If you would like some more information, or if you'd like to attend Olivet for a trial session, please contact Reception.**



# LEISURE AND LIFESTYLE NEWS

Hello everyone!

Allison has returned from her extended leave and we are very glad to see her back looking relaxed and happy. We will look forward to hearing more about her travels in an armchair travel session hopefully at the end of July. Meanwhile – at Olivet – we have had a lovely “musical” month!

We were treated to a beautiful soiree by 6 very talented students from Tintern college with a varied program including soloist performances from students playing violin, oboe, piano, clarinet and saxophone. The standard was extremely high and was very much enjoyed by all.

Feet were tapping at the dinner dance with the Marbray Dance band providing music for residents to dance along to either in wheelchairs or with staff members or going back in their own minds reminiscing about dinner dances of the past. The dance band also boasted a piano accordionist who gave us some lovely solos and a chance for us to get our breath back. Volunteers assisted in preparing and handing out a lovely lunch of canapes and party food followed by ice-creams which were donated by a beautiful neighbour in Rupert Street - Thank you!

Alison Caudery, on behalf of Allison Lazenby [leisure.lifestyle@olivet.com.au](mailto:leisure.lifestyle@olivet.com.au)

Barbara Clementson volunteered her services and that of a friend when they came and gave us a piano and viola concert which left us all feeling spellbound and in awe of the quality of the music that we heard. Not many had heard a viola perform before in a solo capacity.

To finish off the musical month Meg Green gave us a concert of songs from the musicals including a theatre excerpt from “My Fair Lady” with a little help from staff which seemed to cause quite a lot of hilarity! Meg used “dress ups” to enhance the feeling of “theatre” for our residents and again the concert was thoroughly enjoyed.

Our theme for July is “Friendship” which includes a “wear your PJ’s” day on Friday 6th – so don’t be alarmed if you are visiting on that day – it’s not that everyone slept in!

We are planning a “friendly” world cup soccer tournament, laughing among friends with a visit from the Laughter Club, as the old adage goes “Laughter is the best medicine!” Our friend Jane Stamp is coming to visit and provide us with another interactive concert and Allison is going to share her recent travel experiences with us.

Keep warm and have a beautiful July.

With best wishes from the Leisure and Lifestyle Team!



# LEISURE AND LIFESTYLE NEWS



Chime Group



Men's Outing

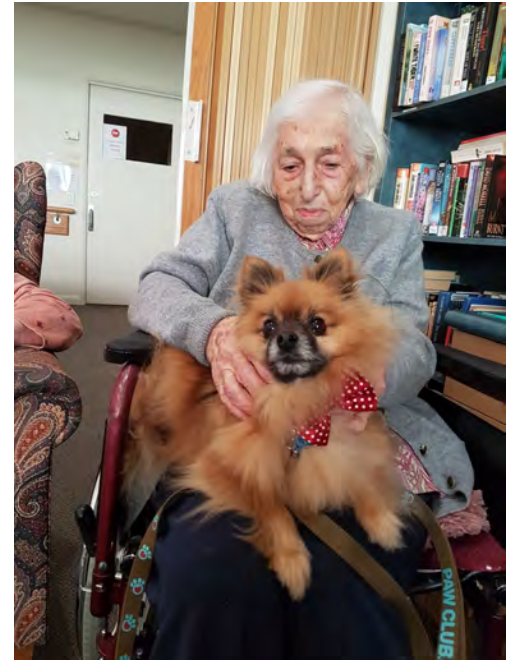


Piano and Viola Concert





# LEISURE AND LIFESTYLE NEWS



Pet Therapy with the Coldstream Animal Aid is just the best day - our residents loved having these visitors!





# DINNER DANCE FUN!

A big thank you to everyone involved in this wonderful celebration of joy and music. There was toe-tapping, wheelchair dancing, and singing along to old favourites. And of course...lunch!







## LEISURE AND LIFESTYLE STAFF PROFILE - GAYE DEPETRO-GARNER



Let us introduce you to Gaye, who started working at Olivet in early 2002 after her mother Tilly came to live in The Willows in 1999.

Gaye's mother passed away but Gaye decided to continue working at Olivet. She has worked many different days of the week over the years, but now works one day per week in Olive Grove House, and one morning per week with the Activity Department.

Prior to working at Olivet, Gaye worked in banking for almost 27 years. In her leisure time Gaye enjoys spending time with her four grandchildren, some who have helped us out at activities over the years. She has had many extended holidays overseas and likes to have a regular walk.

Gaye is a social lady, and many of us will say that Gaye would "go to the opening of an envelope"!

We feel very lucky to have Gaye around to share her wonderful stories and spend time with us. Gaye has said that she loves her job at Olivet and enjoys spending time with the residents and their families, as it is so rewarding.

# ACTIVITIES FOR

# July

These activities will proceed, God Willing, this month. If you would like to get involved, please don't hesitate to contact our lifestyle and leisure team!

**Tuesday 3rd**  
**9.45am**  
**10.45am**  
**1.15pm**

Library (Acacia)  
 Birthday Party (Willows)  
 Community Church (Willows)

**Friday 6th**

PYJAMA DAY!  
 Sing-A-Long (Willows)  
 Book Club (Acacia)



**10.45am**  
**3.00pm**

**Tuesday 10th**  
**10.45am**

Olivet World Cup Soccer Tournament (Willows)

**Friday 13th**  
**10.45am**

Hymn Singing with Jack and Naomi (Willows)

**Tuesday 17th**  
**10.45am**

Laughter Club (Willows)

**Friday 20th**  
**10.45am**  
**2.00pm**

Sing-A-Long (Willows)  
 Movie Afternoon (Willows)  
 "Little Women"

**Saturday 21st**  
**2.00pm**

Blackburn Ecclesia Entertainment and  
 Afternoon Tea

**Tuesday 24th**  
**10.45am**

The "Golden Stamp Concert" (Willows)

**Friday 27th**  
**10.45am**

Hymn Singing with Ken and Val (Willows)

**Tuesday 31st**  
**9.45am**  
**10.45am**

Library (Acacia)  
 Armchair Travel with Allison to Korea and  
 Japan (Willows)

# Reminders

Daily Bible Readings in Acacia Hall at 2.00pm  
 Bible Class is in now Winter Recess



# UPCOMING EVENT BOOK IN NOW!



**dementia  
australia™**

The new voice of Alzheimer's Australia

In conjunction with Dementia Australia, Olivet is pleased to be presenting an information evening for families and friends of people living with dementia.

## INTRODUCTION TO DEMENTIA AND SERVICES FOR FAMILIES

Presented By Natalie White



This session is about:

- information and facts about dementia
- how to engage with people with dementia
- how to have a good visit with a family member
- opportunity to share your experiences
- practical strategies for support
- introduction to Dementia Australia's services and support

**WHEN?**

Thursday 2nd August, 2018

**WHAT TIME?**

6.00pm to 7.30pm

**WHERE?**

Olivet Aged Care (7-9 Rupert Street, Ringwood)

**RSVP**

Essential! Contact Reception at Olivet on 9131 5500 or [reception@olivet.com.au](mailto:reception@olivet.com.au) to book

If there is sufficient interest, Olivet may be able to have our Day Centre (Olive Grove House) open to provide care for loved ones during this session so that you can attend.

Please advise if you are interested in this option when you RSVP

**National Dementia Helpline**

**1800 100 500**

# Celebrating our Staff

## Fiona from Olive Grove

**House** was recognised this month for the **patience** she shows in her work and her care of our clients and residents. Patience is certainly a virtue in providing care, and we are so grateful to Fiona for displaying this attribute (along with her infectious smile!) in her work. Fiona will be coming up to her fifteen-year anniversary working with Olivet in just a few weeks.

Congratulations on your recognition award, Fiona!



## ATTRIBUTE FOR JULY *Peacefulness*

In our continued effort to celebrate the different ways our team reflect Olivet's vision of providing care and compassion to our residents and their families, this month's focus is on the attribute of **PEACEFULNESS**.

A peaceful, homely environment is certainly what we aim to provide our residents, and we are grateful for the way in which our staff epitomise this in their provision of care and service.

In each area, a locked suggestion box is situated near to a sign in area or on a hall stand. Beside this box will be Peacefulness nomination forms.

Please write the name of the person you would like to nominate (and your name if you wish) and place the form into the Suggestion Box. In the second half of July all nominations will be placed in a hat and one name drawn. That person will receive a certificate and a small gift. All staff who receive a nomination will receive a card from their Department Head congratulating them on being recognised for showing peacefulness in their work!

**"Blessed are the peacemakers, for they will be called children of God" Matthew 5:9**