



THE GOOD OIL - NOVEMBER 2018

I'm sure we all remember how slow time would drag on when we were children in school. The weeks of term feeling like wet cement as we trudged through them praying the holidays would come just a little more swiftly.

But as we age, those weeks seem to go at lightening speed, and we struggle to fit everything into our time-poor lives. Is it because responsibilities and 'busy-ness' increase as we grow older? Or simply because a year when we are five years old is a fifth of our whole lives...whilst a year at seventy-five is a tiny 1.3% of our lives?

I'm not sure what it is - but this year has careened by! Coming to November we prepare for some wonderful opportunities to celebrate with loved ones; and here at Olivet that is certainly the case.

In this issue you will find information about our Resident and Family Christmas Events for each wing, and many other events coming up. These are wonderful opportunities to celebrate together, along with staff, and remember the birth of our Saviour, Jesus.

A huge thank you must go to everyone who attended our Annual Spring Fair, put together by the wonderful Olivet Auxiliary and a host of willing volunteers.

This year the weather was quite wet, but that didn't dampen the festivities. Handcrafted treasures were bought, second hand toys hurriedly purchased by excited children's hands, cakes and baked goods enjoyed, delicious food consumed and the car wash did a wonderful job, even in the rain!

It was wonderful to see so many relatives and loved ones bringing residents along to enjoy the community spirit on the day. We truly appreciate everyone who took part in arranging, helping on the day, supplying treasures for sale and attending.

All in all the Spring Fair raised a sum of \$12,235! These funds will be used by the Olivet Auxiliary to provide those "little extras" to make our resident's time at Olivet even more special.

Stay safe as the days get busier and the roads more hectic.

God Bless.

A NOTE FROM PENNY'S PEN



PENNY WEST - DIRECTOR OF NURSING

The following Greeting is taken from the Introduction to the Terms of Reference for the Royal Commission into the Aged Care Quality and Safety dated 8th October 2018

"ELIZABETH THE SECOND, by the Grace of God Queen of Australia and Her other Realms and Territories, Head of the Commonwealth

TO ...

GREETING

RECOGNISING the contribution of older Australians to society, and that older Australians deserve high quality care in a safe environment that protects their wellbeing and dignity.

AND the importance of building a national culture of respect for ageing and older persons.

AND that Australia's population is ageing and the proportion and number of people accessing and needing care is increasing.

AND the many positive examples of high quality care within the Australian aged care sector which engages thousands of dedicated people providing aged care services every day, complemented by the important contribution of families and volunteers.

AND that as a community all Australians expect high standards of quality and safety from our aged care services, and it is important that the Australian Government has the best regulatory and policy framework to provide a sustainable aged care system that meets the needs of older Australians in the future.

AND that it is important that frail, older people needing care should receive services that reflect and address their care needs.

AND that the Commonwealth provides funding to, and regulates, providers of aged care services.

AND that some people residing in aged care facilities, including younger people, or otherwise receiving aged care services, have disabilities and Australia has undertaken relevant international obligations, including to take all appropriate legislative, administrative and other measures for the implementation of the rights of people with disabilities."

It is with hands on hearts that we at Olivet recognize all of the above points and want to separate ourselves from the images of recent reports as shown in the media.

The following is a memo I published to all staff on Olivet's Extranet following these programs.

Entitled "Being positive about the Great Care and Service We Provide"

Many of you will have watched the recent media series regarding Aged Care Facilities. I cried as I watched the appalling circumstances portrayed. I also felt anger at statements made inferring that the aged in other care facilities are not cared for and that we seemingly all give only 6 minutes of substandard care leaving our residents in soiled continence aids. We know that we care well and provide excellent service to our residents. Please hold your head up high as an aged care nurse or service assistant and when asked by family or members of the community, tell them of the lengths we go to in providing excellence.

I want each of you to work as if you were on camera and being recorded because then the person hiding that camera will see the compassion, kindness and respect we show to each and every one of our residents.

If you have not already, read our October Good Oil newsletter. See the pictures, read the articles, and feel justified in the pride you feel for the love you show every day in what you do.

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

RESIDENT SATISFACTION SURVEY

WE HAVE JUST LAUNCHED OUR 2018 SATISFACTION SURVEY!

The information from all the surveys is reviewed by management and people responsible for the facility. The information is used to make changes to the policies, procedures and practices of the home. The survey results are available to residents and staff and will be published in a future edition of The Good Oil.

You may have received an email asking you to complete this survey on behalf of a resident who may not be able to complete it on their own. If you could answer the questions to the best of your ability/knowledge it would be appreciated. If you feel that someone else is better suited to answer the questions on your Resident's behalf, please forward this email to them, or contact h.wallace@olivet.com.au

You may wish to place your name on the survey. This will help us to identify those who need to have more information supplied, however placing your name onto the survey is your choice. We will maintain confidentiality about any personal information provided in this survey.

As in the last several years, we are using a secure application developed by a third party company called Culture Amp to collect responses. If you have questions about the survey please contact Hayley Wallace on 9131 5500 or email h.wallace@olivet.com.au

If you have received this survey, please complete it by Friday 30th November.

OLIVE GROVE HOUSE

DAY CENTRE AND ACTIVITY PROGRAM

HEADING INTO THE SPRING CARNIVAL!

It is so lovely each month to bring you the photographs and information about all the fun we've had here at Olive Grove House.

Now that Footy Season is officially over, we'd like to say a big congratulations to the winners of our tipping competition this year.



First Place - Louis



2nd Place - Patricia



3rd Place - Julian

And now here we go getting out our cricket whites and tennis racquets for the summer sports to begin!

And more congratulations are in order for our clients who won certificates for their entries in our Spring Fair Competitions!

Racquel who one First Prize for the Colouring Competition



Along with entrants for the Vegetable Creativity Competition - Ann (First Place), Margaret (2nd Place) and Graham (3rd Place)..

Thanks to all for getting involved. Everyone who came through for the fair enjoyed our display of creativity!

OLIVE GROVE HOUSE

DAY CENTRE AND ACTIVITY PROGRAM



OLIVE GROVE HOUSE

Olive Grove House will be celebrating the Spring Racing Carnival on Oaks Day - Thursday 8th November.

So please come along dressed in your finery - we will have "Fashions on the Field" to award the best hat and best dressed! You could also dress up in your Racing Colours to help make this a fun day - we will celebrate with a special afternoon tea.



A big Happy Birthday to the following clients who are celebrating birthdays this month; Valda on the 9th, Winifred on the 11th, Joyce on the 28th, Edward on the 25th and Vilim on the 29th. We hope you all enjoy celebrating with your families and loved ones.

Welcomes and
FAREWELLS

A very warm welcome to our new clients this month; David, Murray, Ian, Derek, Muriel, Vilim, Erica, Joan and welcome back to Norma who has returned after a short break.

We say a fond farewell to Tony who has accepted permanent residency at Olivet - so we will happily still get to enjoy his company! Tony has been a beloved and regular client of Olive Grove House since 2016.

November
BIRTHDAYS!

RESPITE CARE

If you would like to book a period of Respite at Olivet, please telephone 1300 277 478 for high care, or 9131 5500 for low care. Approved clients are entitled to 63 days of respite each financial year.

Make sure you book with as much notice as possible to guarantee the dates you would like.

Christmas preparations are well under way for Olive Grove House. We are currently preparing our Christmas Gifts for clients to take home.

This year we will be celebrating with a traditional Christmas.

REMINDER: CUP DAY

Please note that Olive Grove House will be CLOSED on Melbourne Cup Day - Tuesday 6th November.

LEISURE AND LIFESTYLE NEWS

October has been a very busy month, and a whole lot of fun. We started with a beautiful day for our Animal Farm and BBQ Lunch during the school holidays. It was wonderful to see so many family members here, and LOTS of kids! I truly enjoyed the morning, and I think you will see from the photos how much fun we all had!

We've also re-commenced our Shared Choir program, which has been an absolute joy in previous years. This involves 12 students from Heritage College arriving each week, paired with one of our residents (known as "wise ones") to learn songs to sing together. This is a really fabulous program and we are very fortunate to have this association with Heritage College. Mark a note in your diary for the final concert which is to be held on Monday 19th November.

All areas of Olivet have also enjoyed a Bacon and Egg Breakfast, cooked by yours truly. So far no complaints (except for those wanting such a feast every morning!).

We have all thoroughly enjoyed the arrival of eggs which soon became 16 baby chicks (who we have fussed over like new parents). One little fluffy babe has needed to head off for hand feeding, but the rest have been kept under the watchful eye of our residents and staff. It's been fabulous to watch them hatch, dry off, learn to walk and mix with the flock.

We have also enjoyed a cold but lovely Sensory Garden Morning Tea and Walk - a big congratulations to the winners of the associated Colouring In Competition.

Despite the (very) wet weather, the Spring Fair was a great success; thanks to all the family members who came along and brought residents up to enjoy the fun and community spirit. .

Allison Lazenby
leisure.lifestyle@olivet.com.au

We've all enjoyed the chance to enjoy spring and all it offers, with warmer weather, beautiful colour in the gardens, longer days, outings and walks. Of course our good mate Mac the dog pops in and is always welcomed with pats and attention.

Now that we're at the pointy end of the year, the Leisure and Lifestyle Team have had a planning meeting to discuss plans and changes for 2019. If you have any suggestions we are welcome to any input - so please get in touch.

This coming month we have the Cup Day public holiday (which is a great time to visit as we don't have any activity staff working on public holidays).

Other important dates for the diary include the Olivet AGM on 17th November, the Christmas shopping stall on the 20th of November and a menu suggestion group on 26th November with our Dietitian, Alison Caudery and Catering Manager Caroline Wallace (in preparation for the Summer Menu).

The Christmas shopping day is a great opportunity to help your loved one to purchase small gifts for someone special - if you can't be here on the day, please get in touch with requests of how much to spend and for whom, and we will assist.

Due to the frenetic pace of December, we will have an extra birthday party this month so none of the December Birthdays are missed.

You'll also find attached to the newsletter our Christmas Lunch invitation. Please ensure you RSVP so we can have a seat for you. So much work goes into making these lunches a really special time for our residents and loved ones; it's always a really great time to be here in our Community.

Best wishes from everyone in the Leisure and Lifestyle Team!

Allison, Alison, . Andrea, Catie, Gaye, Lisa and some new faces - Kerrie Karen and Katrina!



WHAT IS IT THEY SAY ABOUT WORKING
WITH ANIMALS OR CHILDREN...?
TURNS OUT IT'S FABULOUS! GREAT TIMES
AT OUR ANNUAL BBQ AND ANIMAL FARM





THIS MONTH WE WELCOMED
SOME EGGS....WHICH SOON
WIGGLED AND WOBBLED AND
CRACKED....AND HATCHED INTO
BABY CHICKS!





OH, I DO LIKE TO BE BESIDE THE SEASIDE!
THANK YOU TO HEATHER AND PHIL WHO
OPENED THEIR HOME FOR A SPECIAL
OUTING TO ASPENDALE BEACH.





A special Springtime Sensory Gaden Morning Tea was thoroughly enjoyed





**"PUPPETS ALIVE" CAME TO
PERFORM A SHOW - ENJOYED BY
RESIDENTS AND VISITORS ALIKE!
CRITICS RAVED - ONE STATING
"NEVER MET A MUPPET WITH
SUCH A GREAT SET OF PIPES
BEFORE!"**



THINK OUTSIDE THE BOWL...



One of our Head Cooks Tee Prarom and Dietitian Alison Caudery attended a practical workshop education session hosted by Abbott Nutrition and run by Dietitian Joel Ferren looking at ways of fortifying meals particularly for our frail elderly residents. Whilst we do already fortify some foods at Olivet we are looking at extending this into other dishes.

In the workshops we were able to have a go at making a variety of dishes and fortifying them but also taste testing too - an all important part of a chef's job.

Hopefully we have come back to Olivet with some ideas to go forward and for our frail elderly residents particularly, to "make every mouthful count"!

menu suggestion group



Our next Menu Suggestions Groups for residents is to be held on Monday 26th November 1.15pm in Acacia Lounge.

If you have any comments about the Spring / Summer menu or any menu suggestions please either contact Caroline Wallace, Catering Manager or Alison Caudery, Dietitian - or we'll see you there! Families are welcome to attend.

Bon Appetit!



ACTIVITIES FOR

November

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!

Friday 2nd **10.45am**

Sing - A - Long (Willows)

Tuesday 6th

MELBOURNE CUP DAY - PUBLIC HOLIDAY

Friday 9th **10.45am**

Hymn Singing (Willows)

Friday 16th **10.45am**
2.00pm

Sing - A - Long (Willows)
 Movie Afternoon - Black Beauty (Willows)



Saturday 17th **2.30pm**

Olivet Annual General Meeting (Collins Room)

Monday 19th **10.45am**

Shared Choir Concert (Collins Room)

Tuesday 20th **9.30am**
11.00am

Library (Acacia Hall)
 Olivet Christmas Stall (Acacia)
 A chance for residents to buy gifts and have them wrapped.

Thursday 22nd **5.30pm**

Volunteer, Units and Village Residents
 Thanksgiving BBQ
 (Personal invitations will be issued)

Friday 23rd **10.45am**

Hymn Singing (Willows)

Saturday 24th **2.00pm**

Clayton Ecclesia Entertainment and Afternoon Tea (Collins Room)

Friday 30th **10.30am**

Combined Residents Meeting (Collins Room)

Reminders

Daily Bible Readings in Acacia Hall at 2.00pm
 Bible Class - Tuesdays, Acacia Hall at 7pm

IN HOME SUPPORT INFORMATION SESSION

OLIVET COMMUNITY CARE - PROVIDING LOCAL SUPPORT FOR OVER FIFTY YEARS

Would you like practical support to stay at home?

Perhaps some help with day to day chores?

Could you be entitled to government assistance of which you are not aware?

If the answer to any of these questions is YES, then Olivet Community Care is here to help.
The following is what we can offer you:

- A case manager who is a qualified Registered Nurse, whom you can trust, who listens to what you need, who is independent and who understands you.
- Support you can turn to for help if something unexpected happens
- Professional help to guide you through complicated government red tape and processes
- Your choice of personalised services provided by qualified and trusted staff, just right for you
- Caring people who advocate for you, respect you and always act in your best interests

If support to remain at home is what you want, Olivet Community Care is the perfect place to start.

Come and join us for a morning tea, and a FREE information session

Thursday 29th November (God Willing)

***10.30am at the Ringwood Community Centre
Rupert Street, Ringwood***

For further information, or to RSVP

phone 03 9131 5500 or email reception@olivet.com.au







OLIVET CHRISTMAS CELEBRATIONS

You are invited to join with your family member/friend at Olivet for

Traditional Christmas Lunch

 **WILLOWS RESIDENTS: Tuesday 4th December**

 **ACACIA/MYRTLE RESIDENTS: Tuesday 11th December**

Collins Activity Room - next to Reception

Lunch served at 12.15pm—doors open from 11.45am

Places are limited to two guests per resident.


Cost: \$15 per guest

BOOKINGS FOR GUESTS ARE ESSENTIAL

and are not confirmed until paid for.

Book your place through Olivet reception 91315500

OR reception@olivet.com.au

 **RSVP by Friday 23rd November**

Please include the names of the guests and your loved one to ensure that you are seated together— thank you



FREE Healthy Ageing & Wellness Seminar

DATE: Monday 19th November, 2018

TIME: 9.30am to 10.30am

LOCATION: Olivet Community Centre

PRESENTATION CONTENT

- Keys to Healthy Ageing
- Diet & Exercise Myths
- Brain Health & Mental Fitness
- Improving Sleep and reducing Stress
- How to reduce Weight and keep it off
- Enhancing Strength, Balance and Energy
- Prevent Diabetes, Heart Disease & Strokes
- Free Healthy Ageing & Wellbeing Program



Keen to enjoy an active lifestyle?

Concerned about increasing waistline or weight?

Keen to learn healthiest yoghurts, milk & cooking oils?

Would you like some healthy cooking recipes?

Need safe age-specific exercises to do at home?

We'll show you how!

ENQUIRIES **Equip4life**
LIFE

Phone: (03) 9874 1150 / 0431 964 338

Email: matt@equip4life.com.au



JOTTINGS FROM JUNIPER

Staff Profile: Zoe

Hi all. My name is Zoe.

I have worked in the Aged care sector for 14+ years and have had many roles in that time; Leisure and Lifestyle co-ordinator; PCW; Team Leader; OHS representative and the list goes on. It's too long to continue as I do a lot of courses online in my spare time. I have worked at Olivet since February 2017. I first came to Juniper as an agency nurse and was asked to join the fabulous team I'm proud to work with. I have since branched out to the Willows also and really enjoy being part of this wonderful home called Olivet.

I'm a Mum to three wonderful children: Brett who's is 34, Lisa who is 32 and Scott who is 29. I brought them up as a single Mum and they have all achieved amazing things. I enjoy gardening, craft work, cooking, doing jigsaw puzzles and reading.

I am now married to Alan and have been for eight years. We have two dogs, Jessie and Buster and a cat called Omo. You may know that we desperately wanted to adopt a Ragdoll kitten this time last year but she chose not to adopt me. So the waiting game started.

On August 19 Myesha was born and she adopted me at three days old. Most of the Juniper family have watched her grow from that day onwards. My girlfriend, Jeanette, and I brought our four new kittens to Juniper on October 2. Little did everyone know but I adopted Harmony on that day. We are now a complete family.

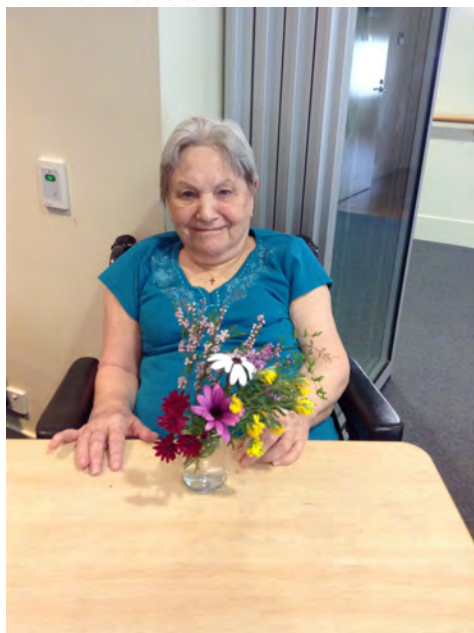
All of our Juniper residents and staff enjoyed seeing the kittens, cuddling them and watching them play. Most of my team mates needed frisking as we were leaving !



Zoe brought in four beautiful kittens to charm us.



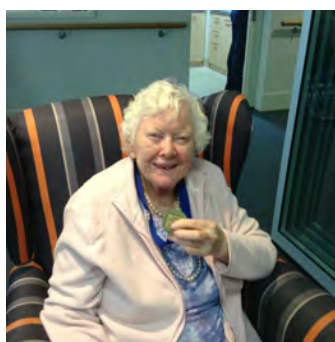
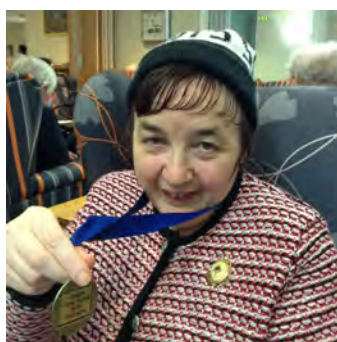
JOTTINGS FROM JUNIPER



Spring has sprung! To celebrate we worked on some flower arrangements for our dining tables.



Heather's new granddaughter, Ava, arrived on September 26 and came to Juniper during the following week. Hilda and Janet enjoyed having her visit.



12 residents participated in our footy tipping this year. Each week either Judy, our wonderful volunteer, or wellbeing staff asked them for their tips. At the end of the season Kevin Postlethwaite was our winner. He received a trophy and all tipsters received a commemorative medallion.



JOTTINGS FROM JUNIPER



Residents, family members, volunteers and staff enjoyed morning tea, a Springtime quiz and the running of the Juniper cup. Black Beauty crossed the finish line first followed by My Friend Flicka, The Old Grey Mare and Phar Lap, but there is a protest before the stewards as it seems not all the "riders" completed the whole course.





JOTTINGS FROM JUNIPER

Resident Spotlight: Noelle Williamson

Noelle Williamson (nee Alday) was born in Mildura in 1933, and was the third child after Max and Margaret.

Due to the illness of her mother and her father being in the army, Noelle lived in many different places with different people and attended many schools. Her favourite memories of her childhood were when she lived with her Auntie Olive and cousins, Lloyd and Alison. Kids in those days were definitely “seen and not heard” and life on a farm meant there was lots of open space and I know they got up to a lot of mischief.



At the age of four Noelle started school at Mildura Central. Some 13 years later, as a student teacher doing teaching rounds, she met up with her prep teacher who remembered her vividly. Noelle's mother was determined that her children would be educated. This determination came from her being forced to leave school at the age of thirteen to help with eight siblings at home. Noelle and her sister Margaret both became teachers. She was an enthusiastic vivacious person with bundles of energy who could inspire any child to learn.

Noelle challenged everything in life she didn't believe in and couldn't be fobbed off with “I can't explain, you will just have to believe it” mentality. This got her into much trouble through her life, as you weren't to question teachers and the like. With the progression of Noelle's dementia, she is always talking about her family from the Mallee and her teaching days as if they were yesterday. At least we have got her to accept that retirement is the best for her. Many staff members in Juniper can verify that they have been given a detention from Noelle and have been reprimanded for speaking rudely and then to top it all off, she will correct the way they have pronounced something. Once a teacher, always a teacher. Noelle's true personality is still with her, as she loves a laugh, making smart comments about something someone has said and listening to three different conversation at once. She continues to be a source of entertainment which would suit her perfectly.

Juniper Christmas Party!

This year's Juniper Christmas celebration for residents and loved ones will be held on Friday 7th December from 4.30pm to 6.30pm!

Please mark this date in your diary and contact our Wellbeing Team (juniper.wellbeing@olivet.com.au) to RSVP

Celebrating our Staff

Carly Mansfield was recognised this month for the loving attitude she shows in her day to day work. Carly received ten separate nominations, and was chosen randomly from a pool of 45 nominees.

(How wonderful that 45 of our staff members were individually mentioned for their loving attitude!)

Congratulations Carly, this recognition speaks to the loving demeanor and attitude you show in your work day to day.

Carly has received a certificate and gift as a token of our gratitude, and all nominated staff members will receive a card from their manager to give our heartfelt thanks for their hard work.



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 attributes "Faithful and Loyal".

We are so blessed at Olivet to have many loyal and faithful staff, who have worked with us for a very long time. It is also something we seek out in new recruits. Employing staff who are dedicated to their work and our residents is a high priority.

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 the "Faithful and Loyal" 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 November 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 Faithfulness and Loyalty in their work