

# The Good Oil

*Olivet Aged Care - Monthly Magazine*



---

## JEREMIAH 29:11

' "For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope" '

## Happy New Year!

Stretched out before us is another new year...

...and a new year is always filled with hope and opportunity. Here at Olivet, we are feeling refreshed and energized to continue serving our local community with compassion, kindness and respect.

We're seeing a very visual depiction of change and progress, with the building of our new high care wing continuing right outside main reception (you'll find photographs and an update within this issue).

As we continue to increase our work with Home and Community Care, we're excited to be able to offer an even wider range of support for every stage.

We can't wait to share this year with you, our community members, as we see what the Lord has in store for us in the coming months!

---

# A Note From Penny's Pen

Penelope West - Director of Nursing

Welcome to 2019 and to a year which by all accounts will have Aged Care squarely in the forefront of the media.

The Royal Commission into Aged Care was assented on 8th October 2018 with the first tranche of reports from major aged care providers available for the Commissioners in early January. The Commissioners legal teams are now sifting through these first 100 requests as well as submissions gained from the general public. The second tranche of requests for submissions will be from the remaining aged care facilities, and due by 8th February.

Last week saw the start of media reports regarding areas of concern highlighted over the past 12-18 months and unsurprisingly the concerns at the forefront relate to one of the reasons why the Royal Commission was set up and surrounds the management and prescribing of anti-psychotic medications as physical restraints for those with psychiatric or challenging behaviours associated with a diagnosis of Dementia or Mental Health. These issues were highlighted by the expose of mistreatment at an Older Persons Mental Health Facility in North Adelaide in 2017 with the Oakden Report published by the Commonwealth Government at the end of February 2018. This facility has since been closed down.

Oakden was not a general aged care facility as is Olivet, but a specialist facility for residents unable to be cared for in mainstream aged care because of the degree of challenging behaviours displayed. Nonetheless, Olivet does care for residents who exhibit challenging behaviours and our care of these residents is actively managed and reviewed on a regular basis especially when the use of a psychotropic (behaviour changing) medication is required.

These medications are prescribed by the resident's Doctor and are used at Olivet to enhance the quality of life for the resident. The effect of the medication on each individual resident is different and, in general, the Doctor prescribes the commencement dose as quite low and then incrementally increase until the desired effect is achieved. In most cases the medication is used for a short period (12 weeks) only and then will slowly reduce and discontinue.

In some circumstances, the medication maybe maintained as the resident may again become agitated and often actively aggressive if the medication is discontinued.

Our nursing staff monitor the effect of the medication and if ill-effects are seen, the Doctor is notified with the medication generally withdrawn or changed to another until the resident's quality of life is improved – meaning the resident's agitation is significantly reduced, being more settled and able to enjoy contact again with families and friends.

Using psychotropic medication is not the first line of management for residents who show severe agitation or aggression. The Doctor will prescribe tests to ensure there is no infection present, that pain is adequately managed, that the resident isn't constipated or that medications (or combinations of medication) are not causing the negative behaviours. We also use many nursing interventions which assist in reducing agitation and these are continued during a course of any psychotropic medications used. Family are also involved through the process and sign a permission document prior to commencement of the medication.

Creating a calm, supportive, loving and peaceful environment is the most effective and long lasting of any of our interventions. We are very blessed to have our Juniper wing designed in such a way that this support is very achievable and with staff who show respect in their care of our elderly.

If any family member or friend would like more information in relation to the Royal Commission or how Olivet provides care especially to those requiring memory support, please do not hesitate to make an appointment to see me.

---

**May God continue to bless us in the care and support we provide.**

**- Penny**



# Leisure & Lifestyle

Allison Lazenby |  
[leisure.lifestyle@olivet.com.au](mailto:leisure.lifestyle@olivet.com.au)



Beautiful weather for our New Years Eve celebrations!

Happy New Year everyone! We hope you all had a wonderful Christmas and holiday period with your family and friends.

I, (Allison), was personally away until the 19th January. Just at home, doing some chores - but the hot weather did mean a lot of television watching. Olivet was in good hands whilst I was on leave, and I was very happy to come back and see the Christmas decorations packed away, and hear all the wonderful things that had been happening whilst I was gone. The best thing about being away is always the lovely greeting on our return. However, this year all anyone was keen to find out was how little Mac is, and when he would be back!

January is usually a little quiet here at Olivet. Some of our regular entertainers are away, volunteers and staff have periods of holidays to recharge their batteries after the busy summer period. Now we are back, hitting the ground running - albeit with a few small changes.

Carpet Bowls has moved to a new regular spot on Monday mornings, and Musical Memories will now be on a Wednesday.

We've had a special event already this month, with a Baby Shower for Fatima (our physiotherapist) who is finishing up in time for the arrival of her first baby. We can't wait to meet her little girl in the coming weeks! On Tuesday 22nd January we also had a visit from a concert harpist, who was absolutely phenomenal! The music was just lovely.





---

## Leisure & Lifestyle



We were all enthralled during the harp recital we were treated to this month. Such beautiful music!



Our physiotherapist Fatima was showered with love and blessings as we celebrated the coming birth of her baby girl. Good luck and God bless Fatima!



# Leisure & Lifestyle

This year we are also introducing a fortnightly ladies devotional group on Tuesday morning with Alison Caudery. This is, of course, a ladies only group for all denominations. It will commence at 9.45am in the Acacia Activity Room for approximately 45 minutes, allowing time to get to other activities as well. All of our regular activities are reviewed often, and sometimes changes are needed - hopefully always for the better and with not too much disruption.

You may notice one change; a different format for the monthly activity calendar in residents' rooms. We are working on transitioning to an electronic calendar for events, which will allow us to display the day and weeks' activities on a television screen in each area. Whilst we work towards this new system, the production of an interim printed copy is somewhat challenging. Weekly activity information can also be found on the notice board in each area, and we just ask for a little extra help from family members, staff and friends with reading the printed calendar. Thank you for your understanding with this change!

So let's get to February!

Being our shortest month of the year - those couple of days seem to make a big difference!

Our theme for the month is Hawaii! So get out your grass skirts and colourful shirts, particularly on **Tuesday 19th February** when we have a fun Hawaiian day.

Other events this month include Jane Stamp coming to entertain us on Tuesday 12th, Boronia Ecclesia visiting on Saturday 9th to entertain us, and on **Friday 15th February** at 2pm there could be no other movie but **Elvis Presley's Blue Hawaii!**

We're also so lucky to have a Morning with Meg, singing songs from the musicals on Tuesday 26th, and of course Book Club on the first Friday of each month in Acacia. Our non-denominational Community Church will take place on the first Tuesday of the month, Library will take place of course in Acacia, and Catie's Capers will take place on the last Friday of the month at 3pm in the Willows Day Room for a bit of fun!

Please remember you can contact our team anytime via email ([leisure.lifestyle@olivet.com.au](mailto:leisure.lifestyle@olivet.com.au)) or leave a message with Reception and we'll get right back to you!

**Looking forward to seeing you here at Olivet!**  
**-Allison**



---

# Olive Grove House

## Welcome to 2019!

Hello and welcome back to our first Newsletter for the year from Olive Grove House. We hope you all had a wonderful Christmas and New Year.

Our Staff are slowly returning from their Christmas breaks and we are looking forward to an exciting year ahead. Themes that we are planning for this year include Hawaiian, Colonial days, Carnival, Science, Pamper month, Rock & Roll, Football, Animals.

It was with much sadness that we said a sad farewell to Sylvia and wished her well with the hope that she enjoys retirement.



We would like you all to welcome Katrina Jacques as part of our amazing team.

Katrina completed her Certificate IV in Leisure & Health at Olivet and she will be an amazing asset to us with her beautiful, gentle nature and creativity. Katrina will be working on Monday and Tuesday, so please make her feel welcome when you see her. Katrina will also work within the other departments of Olivet assisting in activities.



## January Birthday Celebrations!

Olive Grove House staff and Clients would like to wish Josie who celebrated her birthday on the 6th, David on the 9th, Karen on the 18th and Tony on the 29th a wonderful birthday!



It has been a busy time and we have welcomed new clients coming on board to our wonderful programme.

We would like to welcome, **Paula, Bob, Alan, Jim and Carmella.**

Word of mouth is the most powerful way to spread awareness of the services that Olivet and Olive Grove House provide to our local community.

If you know of anyone that would benefit from our services please help spread the word. It may be at your church, community group, club, social function, through other support providers, or even just out with friends and family.

We have information flyers which you can use to pass on information to friends - if you would like one, please have a chat with me (or one of our reception staff) and we can provide you with a flyer, or business card with contact information to pass along.

Thank you for your support during 2018, and for giving us the opportunity to enjoy time with you and your loved ones each week - it is a true privilege.

---

**From all the staff in Olive Grove House, we look forward to a fun-filled year!**







# ACTIVITIES FOR February

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 1st	10.45am	Sing-A-Long (Wilows)
	3.00pm	Book Club with Wendy (Acacia)
Tuesday 5th	10.45am	Birthday Party (Willows)
	1.15pm	Community Church (Willows)
Friday 8th	10.45am	Hymn Singing (Willows)
Saturday 9th	2.00pm	Boronia Ecclesia - Entertainment & Afternoon Tea (Collins Room)
Tuesday 12th	9.45am	Library (Acacia)
	10.45am	Jane Stamp Concert (Willows)
Friday 15th	10.45am	Sing-A-Long (Willows)
	2.00pm	Movie Afternoon "Blue Hawaii" (Willows)
Tuesday 19th	10.45am	Hawaiian Day (Willows) Dress in your Island Attire!
Friday 22nd	10.45am	Hymn Singing (Willows)
	3.30pm	Catie's Capers (Willows)
Tuesday 26th	10.45am	Meg Sings the Musicals

## Reminders

Daily bible readings (Acacia Hall) 2.00pm  
Bible Class resumes 5th February (Tuesdays at 7pm)





# Juniper Jottings

Our Christmas party at the end of year was enjoyed by about 100 party-goers. There was good food, animated conversation and much enjoyment!



Our staff dressed in red for Christmas Day, and enjoyed spending time with residents on this special day.



## Activity Reminder

A Men's Shed activity will be held on Tuesday 29th January at 1.30pm in the Activity Room for all of our Juniper men.



Former students of our music teacher resident Jan came to sing Christmas Carols on Christmas Eve. What a testament to a wonderful teacher, and what a gift to Juniper!





# Juniper Jottings

We were visited by a harpist who held us spellbound with her beautiful music.



## Staff Profile

### Kim Pittaway

Kim came to Australia with her parents and two older brothers when she was a very small girl. She had her first birthday on the sea voyage! The family settled in Seville where Kim's parents bred and showed Abyssinian cats. Kim lived with hundreds of cats!

Having older brothers who teased her mercilessly perhaps led her to become involved in athletics. She became a champion sprinter and still holds the under-7 long jump record. Great achievement Kim.

After leaving school she worked for a time in a hardware store before starting a family. She has two sons, two grandsons and a brand new baby granddaughter born in January.

Kim enjoys looking after elderly people and it was the time she spent caring for her Nanna which inspired her to train as a Personal Care Worker. She worked in Blackburn for 13 years and came to Olivet in 2018.

When not at work, Kim likes to spend time with her two malamutes (a far cry from hundreds of cats!); watch action movies, tend to her vegetable garden and go fishing and camping to Eildon.





# Juniper Jottings

## Resident Profile - Marta Kristan

Marta was born on the 21 October 1927 in the small village of Jur Sce (9km from Pivka St Peter) in Slovenia, which at the time of her birth was occupied by Mussolini's Italy. Slovenia was continuously occupied by various nations from 1805 until gaining independence in 1991.

Marta was the only daughter of four children to Anton and Josphine Kalister. She had three brothers: Mario, Dargo and Milan.

When Marta was one, her father left for Argentina to find work (it was the beginning of the great depression) and he did not return for another 18 years. Like many Slovenians he got stuck in Argentina because of the Great Depression and World War 2. To add to her family's struggles, her uncle kicked her mother and her out of their home and they went to live with her grandparents.

World War II came early to Slovenia when it was occupied by Germany. Marta's village was constantly bombed and harassed by German soldiers as they fought the Yugoslavian Partisan freedom fighters, who were nestled in the nearby forest. The villagers often struggled to find food and were so poor that her mother could not provide her with an education beyond the age of twelve. Her closest brother Milan died in the last few months of the war. The effects of the war lasted her lifetime.

In 1947 at the age of 19 she moved to Pivka where she worked in the local Javor mill during the day and in the evening was housekeeping at Janis & Louise Zele family home and restaurant for board and food, it was a 16 hour working day.

Marta found love in Pivka, firstly to a young man named Frank but unfortunately he died in a rail accident in 1949. During that same year her father returned from Argentina but died the following year. However she found love again with our father Anton Kristan from Pivka in 1950. They courted for 4 years, before he fled to Italy, escaping communist Yugoslavia and his family, seeking independence from his siblings and to start a new life of his own, as far away from Europe. Thus choosing Melbourne Australia as his new home.

It took Anton over 4 years to arrange for Marta to legally come to Australia. In August 1959 she boarded an Italian ship in Trieste Italy bound for Australia. She sailed to Greece, Malta, Yemen, Colombia and finally Melbourne Australia arriving September 1959 and they officially married at St Joseph Catholic Church in Port Melbourne on the 14th November 1959.

They lived together in Albert Park and Port Melbourne in shared accommodation, saving for a deposit on a new house, enjoying the beach and the local cinema. Marta found work at the Guest Biscuit factory in North Melbourne. She insisted that she contribute to their new life in Australia and she was the force behind them saving enough money to purchase their first Australian home in Glenroy in 1961. (It was her first home and she loved it so much) They had two children Joseph born 1962 and John in 1964.

Marta's family enjoyed the area as it was full of Southern European immigrant families and she devoted her time to raising her two sons. In 1972 when her sons were both settled in primary school she went back to work. She first worked for Nabisco Biscuit factory in Broadmeadows and then later Ingham's chicken factory in Bayswater.

Anton accepted a good offer to go and work at the new Dunlop rubber factory in Bayswater, which the family moved to in December 1975.

In 1987 Anton & Marta retired. They went back to Slovenia for the first time in over 30 years. They visited all their brothers, sisters and cousins, travelled to Russia and Spain and then never returned to Slovenia. The remaining travelling years were in the Pacific islands and Australia.

Marta is a very social person, who loved cooking and baking, she was the backbone of her family; her home was her palace, where she nurtured and loved her family. She was a loving wife and supportive mother to Joseph, John and their wives Linda and Vanessa and her only granddaughter Brittany and her great granddaughters Edee and Isla.

Shortly after Anton's death in 2015, Marta broke her hip and then had a mild stroke leaving her unable to walk and escalating her Alzheimer's. Following her discharge from hospital Joseph and Linda continued to care for Marta at home with the assistance of carers and Olive Grove House until July 2018, when she became a permanent resident at Olivet Aged Care Facility.





---

# Olivet Community Care (OCC)

We recently welcomed Rob Crispin into the OCC Coordinator position. Rob joins our Case Manager, Jackie Beer, and the team of home carers to develop this program in the local community.

OCC assists older persons to remain living in their own homes with services provided including nursing, assistance with daily living tasks, and house and garden maintenance. Some of these services are available to younger persons and their families on a fee for service basis.

Government or fee for service funding supports the program, and referrals and enquiries can be made via Olivet Reception

**9131 5500 / [reception@olivet.com.au](mailto:reception@olivet.com.au)**



Community Care Coordinator  
**Rob Crispin**



Community Care Case Manager  
**Jackie Beer**



---

## Building Update

The underground car park has had the final section of the concrete slab completed.

The next section of the ground floor is getting ready for concrete, and the columns are being boxed up in preparation. These columns will support the first floor, so the "New Willows" is slowly creeping sky-ward. The building is presently about two weeks behind schedule, but now that the holiday period is over there should be no more delays, weather permitting.

Come into the Reception area and have a look at the construction through the viewing windows - it is very interesting to watch the building come together.