

The Good Oil

Olivet Aged Care - Monthly Magazine



The Wisdom of Age...

MATTHEW 19:14

'...but Jesus said, "Let the little children come to me and do not hinder them, for to such belongs the kingdom of heaven."

...and the joy of youth!

There are so many blessings we can see in the day to day life at Olivet Aged Care. Opportunities for laughter, friendship, reminiscence - chances to show compassion and love. One such blessing is our relationship with the students and teachers of Heritage College (The Basin).

Each fortnight, our foyer is filled with the chatter and happy noise of bright-eyed children who genuinely love coming to visit with our residents - our "Wise Ones". If you have the chance to be here during one of these visits, you will see what we witness each time - the benefit for both groups is equally valuable, and wonderfully joyous.

We hope you enjoy reading this months newsletter.

A Note From Penny's Pen

Penelope West - Director of Nursing

The Royal Commission into Aged Care Quality and Safety is progressing with daily updates made available through Aged Care's Peak Bodies.

At the beginning of the week, we received Update 39 in which a link was made available to a report entitled "Background Paper 1 - Navigating the maze: an overview of Australia's current aged care system".

We read with interest this 55-page report which provides an overview of aged care over the past 30 years with more detail provided over the past 10 years since there has been a more rapid increase in the aged population with accompanying media coverage and exposé.

During these early days of the Royal Commission hearings, each of the Peak Bodies have provided submissions with the CEO's of these companies personally fronting the Commission.

There are a few details which we feel are of interest to those of you who have a connection to Olivet as our stakeholders and why Olivet can hold its head high in performance and public approval.

The Peak Bodies state that 43% of aged care providers are making a loss. The background paper mentioned above states that only 7% of providers have diversified into different areas of care or service to the elderly. It also states that instability caused by changes to senior management because of the pressures of the job – namely meeting compliance and having to do more with less plus restructuring weakens public confidence and is a reason for under-performing in quality.

Olivet continues to be financially responsible and has a strong record of providing excellence in care and service while forward planning future needs, whether they be in accommodation or service. Over the years we have diversified as opportunity has permitted.

Olivet commenced 70 years ago this year as a house made available for immigrants which converted to providing accommodation for older people. The vision of purchasing land across the road in Rupert Street came to reality providing more permanent care by building a hostel and then a nursing home. Our diversification now includes you as a Resident, Family Member/Friend, Day Care Program Client, Respite or Home Care Client, Independent Living or Village Resident, Volunteer or as a person interested in Aged Care all being a testament to the growth of Olivet recognising and providing for a need.

Our senior management is strong and has longevity. We hold fast to our Mission which we revisit on a regular basis being the reasons why we strive hard to do what we do for our Christadelphian and local communities.

We also acknowledge that we have many challenges in balancing budgets, maintaining quality staffing and providing for our many stakeholders in an environment of constant change, however the diversity of our care and service and the overriding confidence we have that our God guides our every action and deed, are our strengths.

May God continue to be with us in our daily challenges as we, in confidence, move forward in our mission to provide Compassion, Kindness and Respect.

- Penny



LEFT - one of the earliest photographs we have of Olivet



BELOW - Olivet in 2016 before construction commenced on our "New Willows" building.

2018 Resident Satisfaction Survey

Each year, as part of our commitment to quality improvement, Olivet conducts a Resident Satisfaction Survey. There are many different ways that the survey may be completed. A staff member is made available to assist residents if required to help with the completion of the survey.

If Residents wished to complete the survey on their own, they were left with a copy that they could then give to Reception Staff. All Juniper and Willows families were mailed information about how to complete the survey online and included contact details if they wishes to complete the survey in person or over the phone. Our 2018 survey garnered responses from 44.9% of our residents (down slightly from 53% in 2017).

Responses were from the following areas:

Acacia - 6 Juniper - 11 Myrtle - 8 Willows - 13 - Not Specified -1

The full results of this survey have been posted on the noticeboard in each wing and staff room here at Olivet if you would like to read them in full. We have highlighted some of the information here for you.

The total percentage of responses which were favourable was 90%. This is an increase of 7% from 2017.

What is the best thing about living at Olivet?

"The girls", "Caring Staff", "Kindness and the care provided by the staff.", "Quality care and Christ like principles", "Design of the facility, quality and caring nature of staff", "Cleanliness and friendliness", "The way we are treated", "The feeling of family", "Pride of the Staff in caring for the Residents and the care with which they deliver this to Residents"

An area we have identified as an opportunity for improvement.

Our resident satisfaction surveys are a great opportunity to identify trends - areas in which we are excelling, and changes that many would find helpful.

This year, one area which was mentioned several times was difficulty in reading information on our noticeboards. Large screen televisions have been purchased to be an adjunct to the notice boards. Programming will include activities for the day, upcoming activities, menus, photographs of activities and other items of interest.

This change was discussed and presented at our most recent Resident Meeting, and we're excited to see this improvement in communication throughout Olivet.

Food and Menus

Sharing a meal, enjoying food and the importance of good nutrition is a vital and important part of life. Of course, there are many varied tastes and preferences in food choices, and these were highlighted in our survey also.

Olivet provides a varied menu overseen by a dietician. Individual likes and dislikes are taken into account as much as possible. Residents can become involved in menu planning meetings with the dietitian and catering manager who will make themselves available to a resident upon request.

A little further on in our newsletter this month, you will see information of our next "Menu Suggestion Group". This is an important opportunity for residents, staff and families to be involved in discussions with our Dietitian and Catering Manager as we work on the Autumn/Winter Menu. We'd love to see you there!

We invite you to take the opportunity to view the full results of our survey, available on noticeboards throughout Olivet. If you have any specific concerns or questions, please chat with the Clinical Nurse in your area, or any of our Management Team.

Leisure & Lifestyle

Allison Lazenby |

leisure.lifestyle@olivet.com.au

Hello everyone, and welcome to Autumn, a beautiful time of year with the colours of the trees changing. We hope you have survived summer and can now enjoy some cooler nights and some good sleep.

We have had a lovely February with everything getting back into full swing and we are getting use to new routines. Carpet bowls is working well at present being played on a Monday, with Musical memories or school days each Wednesday morning.

Let me explain our School Days. Once per fortnight the children from Heritage College visit us for a class. They are split into two groups - the older children in Acacia Hall with our "Wise Ones", myself and Mac, and the younger children in The Willows. In Acacia Hall we talk about new and old things, for example a hand beater and an electric beater. We talk about how things have changed and the children bring in things to share with us - a bit like "Show and Tell". The younger children have been playing games and may even try some simple maths or science experiments in the future. It is absolutely wonderful to watch the interaction between the generations, and of course our beloved Mac.

We thank Boronia Ecclesia for coming to entertain on Saturday 9th February - this was thoroughly enjoyed by all! Other fun days this month have included the visiting library, and our Hawaiian Themed Day on 19th February. It was lovely to see the bright colours around the Willows and a big thanks to staff who embraced the theme and dressed up. Our team did a great job with knowledge of Hawaii, food that sounded Hawaiian (for example pizza, cheese cake, lollies and drinks....all Hawaiian of course).



Fun and games with
the gang from
Heritage College!



Our team getting into the
"Hawaiian Theme"!

Leisure & Lifestyle

March is looking busy and that is great. With a public holiday on Monday 11th, two Ecclesias entertaining during the month, a concert with Baz Baker and some retail therapy all scheduled!

Please note - the shopping day on 26th March is a great chance to come and assist your loved one with their shopping for clothes or shoes. If you cannot be there, please contact us with an idea of what they would like or need and a budget, and we will help them on the day.

Please also pop a note in your diary for our Twilight Fair on Friday 12th April. This is a family event from 4-7pm, and a fundraising event. If you have anything you would like to donate or can offer some assistance, please contact Andrea Green or myself.

Presently Alison Caudery is away on leave and enjoying her time in South Africa - we hope she has a wonderful break and look forward to her safe return.



A big happy birthday to
Ada who celebrated her 95th
Birthday this month!

Alison enjoying her overseas
adventures! We can't wait to hear
all about it on your return.



Friday 12th April (4.00pm - 7.00pm)

Keep a note in your diary to come along to our upcoming family fundraising event - the Twilight Market - a collaboration between Leisure & Lifestyle and Olive Grove House! We are looking forward to a wonderful evening spent with our residents and their loved ones for this special event.

If you can help with donations, or if you'd like to offer assistance and get involved - we'd love to hear from you!

Contact Andrea Green or Allison Lazenby
via telephone (9131 5500) or email (leisure.lifestyle@olivet.com.au)



Olive Grove House

Well isn't 2019 flying by - March already!

Firstly, an important reminder that Olive Grove House will be closed on **Monday 11th March** due to the Labour Day Public Holiday. We'll be open as normal from Tuesday 12th March.

You'll no doubt be aware that each day we run programs designed to accommodate different groups of clients, with different care levels and needs. Presently, our activities on Mondays and Wednesdays are aimed at catering to those with cognitive changes or decline.

We have recently become aware that other Day Centres in the area run similar programs on these same days, and this has led us to re-assess our weekly schedule. The aim is to provide greater choice, greater access and support for all community clients.

Therefore, we have made the decision to keep our Monday session as is, but to switch our Wednesday "cognitive support" session to Thursdays.

Changes will commence just after the Labour Day holiday (week commencing Monday 11th March).

If you were previously attending a session on Wednesdays, this will move to Thursday (and vice versa!). We have communicated this change to all of our affected clients and we're so grateful for the positive response and understanding we've received about this change.

If you have any concerns about these changes, or you are a Wednesday/Thursday client who has not yet confirmed your place in the new sessions, please contact me via email or telephone (c.honan@olivet.com.au / 9131 5500).

We would like to give a warm welcome to our new staff member Nim, who will be working as part of our wonderful team replacing staff during periods of leave. Nim has had many years experience working in aged care and will be an asset to our team. Please make her feel welcome!



February Birthday Celebrations!

This month we celebrated two very special birthdays with Les and Daphne both turning 90 on the 24th February! We also celebrated with Kim (9th), David (26th) and staff members Scott (16th) and Yvette (26th).

We hope you all had a wonderful day!



Welcome to our new clients

It has been a very busy time for me with new clients coming on board to our wonderful programme.

We would like to welcome, **Paul, Mary, Ken, Jeanette and Helene.**

A sad farewell to Allan who has entered permanent residential care, Vera and Erika who have both moved into permanent care here at Olivet - so we will still get to see them and enjoy their company!

Over the coming weeks we will be arranging a Spring Cleaning Day in Olive Grove House. This is an opportunity for us to close OGH for a day, and thoroughly clean the furniture and sort our resources out so we can continue to provide a beautiful, fun environment for you all. No date is set yet, but we will give you plenty of notice so you can make alternative arrangements for your loved ones on that day.

Keen an eye out for this logo with more information to come regarding the Twilight Market to be held on 12th April from 4-7pm.

Can't wait to see you there!



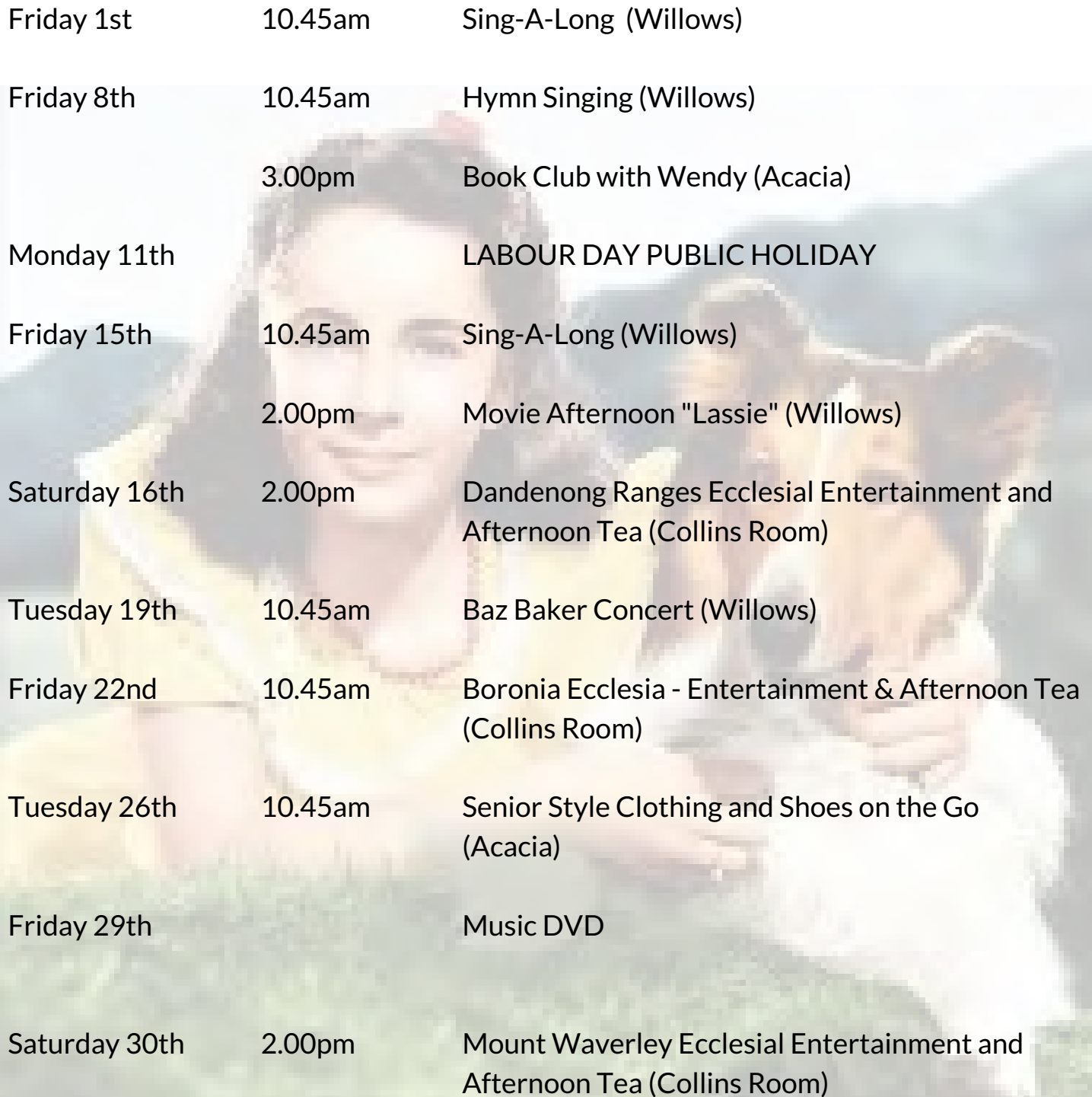
From all the staff in Olive Grove House!

Olive Grove House



ACTIVITIES FOR March

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 (Willows)
Friday 8th	10.45am	Hymn Singing (Willows)
	3.00pm	Book Club with Wendy (Acacia)
Monday 11th		LABOUR DAY PUBLIC HOLIDAY
Friday 15th	10.45am	Sing-A-Long (Willows)
	2.00pm	Movie Afternoon "Lassie" (Willows)
Saturday 16th	2.00pm	Dandenong Ranges Ecclesial Entertainment and Afternoon Tea (Collins Room)
Tuesday 19th	10.45am	Baz Baker Concert (Willows)
Friday 22nd	10.45am	Boronia Ecclesia - Entertainment & Afternoon Tea (Collins Room)
Tuesday 26th	10.45am	Senior Style Clothing and Shoes on the Go (Acacia)
Friday 29th		Music DVD
Saturday 30th	2.00pm	Mount Waverley Ecclesial Entertainment and Afternoon Tea (Collins Room)

Reminders

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

Shopping Day

Tuesday 26th March, 10.30 - 11.45am in the Acacia Lounge

We're thrilled to be hosting, once again, Senior Style and Shoes on the Go here at Olivet for our shopping day!

This is an opportunity for residents, families and loved ones to shop for good quality shoes and clothing (including adaptive clothing for both men and women), in a range of prices (including the very affordable).

If you aren't able to attend with your loved one, feel free to get in touch with our Leisure and Lifestyle team. If you suggest some items you are wishing to be purchased for your loved one along with a budget, we will assist with shopping on the day.

SENIOR STYLE



Menu Suggestion Group

Our Menu Suggestion Group is up and running once again in preparation for our Autumn/Winter Menu!

We invite residents, families, staff and loved ones to join us and share any suggestions for this menu which is set to commence in April.

Monday 4th March, 1.15pm in the Acacia Lounge.

Coordinated by Andrea and Caroline

If you are not able to be there on the day, please feel free to leave your suggestions at Reception, attention Caroline Wallace (Catering Manager),

Thank you

Olivet Community Care

Seniors

The majority of senior Australians wish to maintain quality of life and independence in the comfort of their own homes. However, some folk will need support and practical assistance to achieve this.

Some of the signs that may indicate a reason to call Olivet Community Care to enquire on how we can assist in supporting older persons in their own homes could include:

- * Household bills piling up
- * Declining driving skills
- * Missed appointments
- * Unkept house
- * Reluctance to leave the house
- * Declining personal hygiene.

Younger Persons/Families

OCC services are also available to support families and younger persons with disabilities who need practical support in addressing some of life's challenges.

OCC services may include nursing, assistance with daily living tasks, and house and garden maintenance. Some of these services are available on a fee for service basis or are funded through the Government's Home Care or NDIS programs.

**Referrals and enquiries can be made through
Reception: Ph 9131 5500 or
reception@olivet.com.au.**



oliv^et
**TWILIGHT
FAIR**

12 april 19

4.30 - 7.00pm

**Join us in for our Twilight Fair to be held, God willing,
in Olive Grove House and the shared Courtyard!**

*Bring along your children and grandchildren for
some school holiday fun and enjoy an evening meal with us.*

- Sausages in Bread
- Jacket Potatoes and Coleslaw
- Ice Creams, Desserts, Cold Drinks
- Cakes, Slices and Preserves
- Lolly Stall
- Easter Eggs,
- Craft, Art and Activities
- Competitions
- Garden Stall
- Quality coffee

Amazing Balloon Twisting!
(a gold coin donation is appreciated)



Donations of craft items, white elephant, preserves, biscuits and cakes (no cream) would be greatly appreciated!

***Please label all culinary items with ingredients used, date of preparation and name of cook,
and leave at Reception on the day of the Fair!***