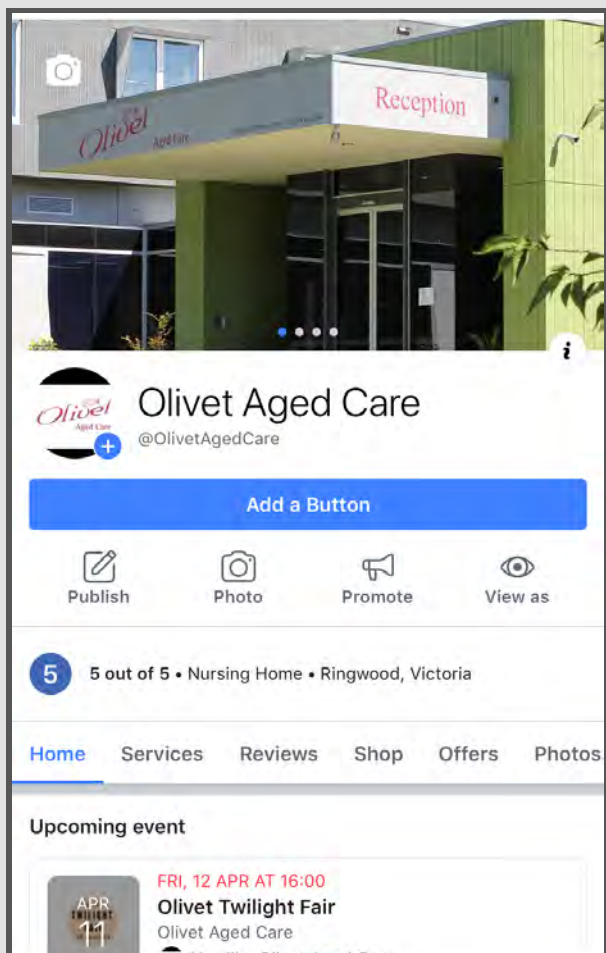


The Good Oil

Olivet Aged Care - Monthly Magazine



Did you know you can find us on Facebook?



← Head to Facebook.com/OlivetAgedCare and give us a "Like" so you can keep up with our events and happenings!

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★ ★
**TWILIGHT
FAIR**
12 april 19

Save the Date!

Our Twilight Fair is on this month, God Willing

As the warmer weather slips away here in Melbourne, we're seeing the season change in the leaf colours, the shortening of the days and dipping temperatures at night.

Our spirits won't dip with the temperatures though, because we're all looking forward to our Twilight Fair! You'll find details further on in the newsletter and we really encourage you to come along and have some fun. It's a fabulous and really inexpensive school holiday outing which will be fun for the littles, and will bring even more joy than usual through our doors...

...we can't wait to see you there!

ECCLESIASTES 3:1

"For everything there is a season, and a time for every matter under heaven..."

A Note From Penny's Pen

Penelope West - Director of Nursing

At the end of last year, I addressed attendees at a Thanksgiving Dinner for our Volunteers and Independent Living residents and spoke about the challenging year to come in 2019 following the announcement of the Royal Commission into Aged Care. I also spoke of the formation of the new Safety and Quality Commission which from 1st January was to have dual functions of overseeing both Quality and Complaints in aged care and that Aged Care Peak Bodies were advising providers about the change that would happen within the industry as the Royal Commission commenced its legal processes highlighting deficiencies in a very small number of facilities and how this would weaken public perception and confidence in aged care.

Since that evening, I can say it has been a very different start to the year than usual and the new building rising up out of the ground outside my office has attributed to a large degree the increasing busyness, however a number of incidents have occurred which highlight to me that there is unease in our local community.

Throughout March, we hold training days for all nursing staff and it has been necessary to re-educate staff on how to deal with conflict and the perceptions that some members of the community have about disrespecting healthcare workers. We spoke about how we, as aged care workers, are a special group of people and how we are dedicated in our role as Carers because we want to not only provide good care, but great care.

That Olivet is first and foremost the home of our Residents and the reason we come to work each day, is to share compassion, kindness, love and respect with our elders and uphold their dignity and that our care to them centres around the daily goals documented in their plan of care and service. During this training, we emphasized that aged care workers need to proudly talk about their roles to their friends and others in the community who may denigrate aged care in front of them and provide examples of how they make a difference in the life of an older person.

We also reinforced to our staff, that aged care workers have the right to work in a supportive workplace where communication from all needs to be positive and we have again reiterated the contents of Olivet's Code of Conduct for Families and Visitors to Olivet.

Please visit Olivet's website and read this Code of Conduct if you have not done so.

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

Olive Grove House

Our gardens finally welcomed the rain over the weekend - although the cold snap was a shock to us all!

Firstly, an important reminder that Olive Grove House will be closed on the following dates for Easter and Anzac Day public holidays.

Friday 19th April - Good Friday

Monday 22nd April - Easter Monday

Thursday 25th April - Anzac Day

We would like to wish you all a very Happy Easter and hope you enjoy this special time with your families.

Olive Grove House will also be closed on Wednesday 17th April for our yearly spring clean. It is a difficult decision to close for a day as we realise the impact that this has on families. We sincerely apologise for any inconvenience, but we really look forward to providing our clients with a bright and extra-clean room!

Sadly we will be saying Farewell to our beautiful staff member **Yvette Infanti**, Her last shift in Olive Grove House will be Thursday 4th April. Yvette has worked in our department for 4 years and in this time has been an asset to our team. Her enthusiasm and loving approach will be missed by the clients, families and the staff. We would like to thank her for her creativity, her support and friendship. We wish her well in her new adventure and hope that she will keep in touch. You will be sadly missed Yvette. If you would like to say farewell to Yvette please pop into Olive Grove House Wednesday 3rd April at 2pm for her farewell afternoon tea.

Yvette's shifts in Olive Grove House will be taken on by Kerrie, Katrina, Ann and Lisa.

March Birthday Celebrations!

This month we celebrated birthdays with Patricia who turned 89 years young! We hope she had a wonderful day with her family.

Welcome to our new clients!

We're thrilled to welcome new clients Anne and Helen to Olive Grove House. We hope you're enjoying being part of our little family!



Our twilight fair is approaching quickly! Our clients have enjoyed assisting our team in preparation by potting plants and spending time in the sensory garden.



From all the staff in Olive Grove House!

Olive Grove House



Lovely time spent in the garden with our clients this month, planting and potting in preparation for the Twilight Market!



Olive Grove House



Even in the wet weather
we can keep active and
have a laugh or two in
Olive Grove House!
Balloon tennis is a firm
favourite



Leisure & Lifestyle

Hello everyone!

Another month down and Summer has finished. Personally, I felt it was a very hot Summer and I am now enjoying the cooler mornings and evenings. I hope that this newsletter finds you all well - we are all fine! As one of our Willows residents informs me, we mustn't say we are "good" as this may be telling a lie! Ha!

During March we managed to get everyone popping with the music and entertainment of Baz Baker. He brings an amplifier and it can get a little bit loud, but is so fun for our residents and staff to sing along. We also had our shopping event, with lots of eager shoppers lining up for new clothes and shoes.



Baz Baker bringing music and fun to our morning!





Another lovely visit from Heritage College saw our residents enjoying time with their younger friends, fun, laughs and games!
Thank you again for visiting kids!



Leisure & Lifestyle

March has been a lovely month here at Olivet. We have enjoyed two ecclesias coming in on weekends to entertain. We thank the Dandenong Ranges and Boronia ecclesais for giving us their time on weekends. A big thank you to Barbara and Naomi who regularly join us and play the piano for Friday Sing-A-Longs - we really do appreciate the wonderful volunteers who do so much to support us at Olivet. This includes the running of Hymn Singing, our volunteer Hairdressers on Wednesday mornings, Carpet Bowls assistants, Musical Memories, Library, Crosswords (or happy words as I call it!) and Yarn Club. I must of course mention the ladies who help with morning and afternoon tea and those who help with Bible Readings on a daily basis. We also have a number of volunteers who are wonderful pastoral carers, who walk with our residents or come and help with our big events. There are many, many willing helpers - I hope I have not forgotten anyone! We thank you and appreciate the time you share with us. Olivet is a better place with the help and assistance of you all.



Happy First Birthday Mac!

April will start with our monthly birthday party, when we celebrate anyone with a birthday in April. We will also have a belated celebration for our little Mac who turned 1 on the 23rd of March.

Easter is late this year, towards the end of April, so we have a few public holidays this month. Just a reminder to our beloved family members and friends of residents that our activity team are not available on public holidays, so things can get a bit quiet at Olivet. This is a great opportunity for you to visit and spend some time with your loved one here at Olivet.

During April we will have new entertainer Peter Szikla performing on the 9th - fingers crossed we enjoy his talents! The Unforgettables (a firm favourite) are in on Monday 15th and we will enjoy carpet bowls on the Tuesday after Easter (due to the Easter Monday holiday). Our wonderful Alison Caudery is returning to us in April and we can't wait to share Arm Chair Travel to Africa on Tuesday 30th April.

Until next time, stay safe and well, and remember you can always contact me for a chat or to provide suggestions and comments - Leisure.Lifestyle@Olivet.com.au.

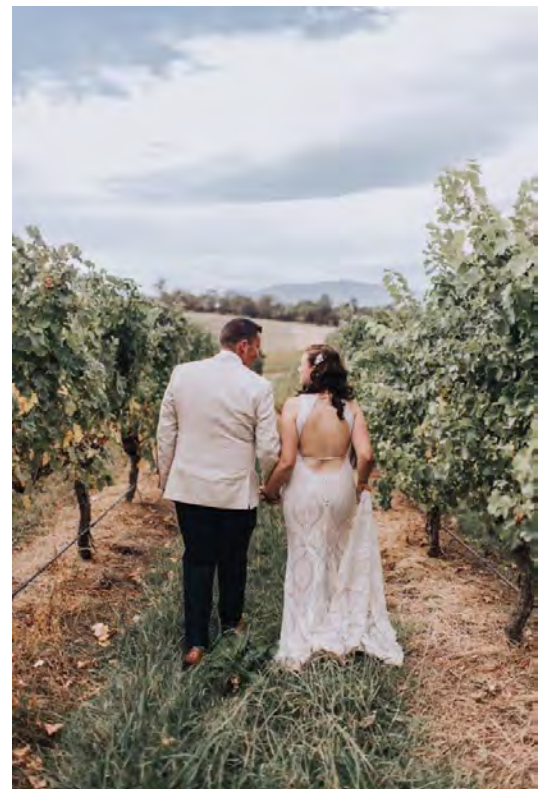
Allison Lazenby
(Activities Coordinator)



On Wednesday 27th March we sent Naomi off with our love and best wishes for her upcoming wedding...



....and next minute we had these beautiful shots of her happy day. We pray your marriage and walk together is blessed, joyful and strong.



STAFF TRAINING DAYS



Twice each year we provide training days for our clinical care team. This is a chance for our team to consolidate existing skills, widen their knowledge, and enjoy talks from guest speakers on different topics. We thought it would be great to share some snaps from this weeks activities. Thanks to all who attended, and to all who helped make these days successful!



ACTIVITIES FOR April

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 2nd	10.45am 1.15pm	Birthday Party (Willows) Community Church (Willows)
Friday 5th	10.45am 3.00pm	Sing-A-Long (Willows) Book Club (Acacia)
Tuesday 9th	9.00am 10.45am	Library Peter Szikla - Music Duo (Willows)
Friday 12th	10.45am 2.00pm 4.00pm	Hymn Singing (Willows) Movie - Elvis (Willows) Olivet Twilight Fair!
Monday 15th	10.45am	The Unforgettables (Willows)
Friday 19th		Good Friday Public Holiday
Monday 22nd		Easter Monday Public Holiday
Tuesday 23rd	10.45am	Carpet Bowls for All (Collins)
Thursday 25th		Anzac Day Public Holiday
Friday 26th	10.45am 3.30pm	Hymn Singing (Willows) Catie's Capers
Tuesday 30th	10.45am	Armchair Travel to Africa! (Willows)

Reminders

Daily bible readings in Acacia Hall 2.00pm
Bible Class Tuesdays at 7pm in Acacia Hall



SAVE THE DATE - our annual Biggest Morning Tea fundraiser for the Cancer Council on **Tuesday 21st May** at 10.15am

Why pets are so special in Aged Care

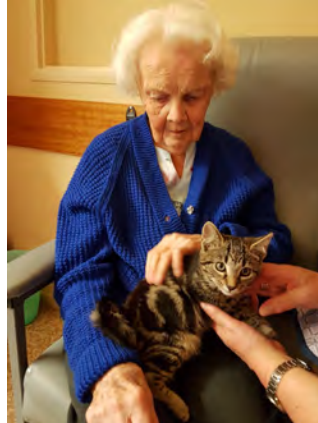
Many of you will have met and become friendly with lovely little dog Mac, who has been visiting with Allison (Lifestyle and Leisure) each Wednesday for almost a year now!

Watching the faces of our residents light up when he struts into the room is so very special. Many residents look forward to seeing Mac each Wednesday when he comes in, and are so disappointed when (for whatever reason) he can't make it.

The bonds people create with animals are astounding, and can be particularly rewarding for older individuals. Spending time with pets has been shown to help reduce symptoms of depression, reduce fatigue, increase social interaction, combat loneliness, reduce stress and increase enthusiasm and interest in day to day life.

The laughter and smiles we see when pets visit are just priceless.

Pets are welcome to visit here at Olivet - there's just a couple of things to remember. Pets must be on a lead, and not be brought into food / eating areas. We also ask that you chat with the Clinical Nurse or Team Leader in your area prior to the pets' first visit.



The benefits of holding hands

This week I read quite a beautiful article on the benefits of the simple act of holding hands. As I read, it occurred to me how often our residents reach out a hand to hold - whether walking together somewhere, or sitting for a chat, you will often see a staff member, family member or friend holding the hand of a resident.

Did you know that there is scientific evidence to show that holding someone's hand can trigger the release of oxytocin which increases feelings of trust, generosity, compassion and reduces feelings of fear and anxiety?

Holding hands with gentle pressure in the touch has been shown to reduce blood pressure and increase relaxation.

Of course it is always important that touch, such as holding hands, is an invited and welcomed interaction - but what a great reminder of the benefits of simply holding a hand.

oliv^et
**TWILIGHT
FAIR**

12 april 19

4.00 - 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!***

Community Information



Steps to Wellbeing

stepstowellbeing@neaminational.org.au
P 03 8691 5450 | F 03 9459 5399



The "Steps to Wellbeing" Program is a government funded initiative, provided completely free of charge to members of the local community. You can access the program on an individual or group basis without the need for a referral, confidentially, and completely free of charge.

Whether you are a family member, carer, or employee in a support role, caring for others can be both a meaningful and challenging experience. Carers, according to the Australian Unity Wellbeing Index, have the lowest wellbeing of any large group in Australia.

In the northern and eastern suburbs of Melbourne, Steps to Wellbeing is providing free and confidential support to people wanting to improve their wellbeing and to address anxiety, stress and depression.

Steps to Wellbeing is delivered by community mental health provider Neami National, and funded by the Australian Government under the Primary Health Network program.

The program uses an evidence-based approach to help people identify their strengths and values, and to consider realistic and meaningful goals for wellbeing. Over a period of up to six sessions, and through a supportive working relationship, wellbeing coaches help people to explore and gain clarity on their thoughts, feelings and experiences, and develop strategies to improve resilience and self-care.

The program offers a range of support options, from one-on-one coaching to group sessions and phone or video conferencing.

People accessing support from Steps to Wellbeing may be experiencing increased life stressors, a period of transition, or showing signs of anxiety or depression. These signs can include low mood, feeling overwhelmed, low energy, feelings of hopelessness, fear, nervousness or worrying, and social isolation.

Steps to Wellbeing is a free service available to all people aged 16 or over who live, work or study in Banyule, Boorondara, Knox, Manningham, Maroondah, Monash, Nillumbik, Whitehorse, Whittlesea, and part of Murrindindi, Mitchell and Yarra Ranges. People can refer themselves, or be referred by a health professional. Go to www.stepstowellbeing.org.au for more information or call 03 8691 5450.

Steps to Wellbeing is funded by the Australian Government as part of the Primary Health Network Program.



Community Information

DHS Financial Information Service

For a number of years now, Department of Human Services have provided the free Financial Information Service at most Centrelink Offices, to support Australians from all ages and life stages with information and help managing their finances.

This assistance is provided via an individual, hour-long appointment held with a FIS consultant (who is usually very experienced and well-qualified in the financial sphere).

DHS has provided a free resource for those needing support with planning for parenting and family payments, planning for retirement, pension asset testing and aged care asset and income assessments.

We've just been advised that the FIS now have a specialised branch dedicated to helping with **aged care finances**. This can relate to planning for permanent residential aged care, information on the impact of a decision to keep or sell property on both aged care fees and the pension, and many other aspects.

Whilst the FIS cannot give financial advice, they are a valuable source of information about the consequences of different decisions in financing aged care, and can provide facts specific to your individual circumstances.

If you'd like to book a **FREE** appointment, contact the Financial Information Service on 132 300, and mention that you'd like help with aged care.



DEVENISH LAWYERS

Each year we are contacted by local law firm, Devenish Lawyers, with an offer to update or prepare wills for our residents (both permanent care and independent living village) without professional charges.

John Scott-Mackenzie will make himself available for this purpose during May 2019.

If you would like to take advantage of this offer, please contact Devenish Lawyers receptionist on 9879 1711 and make an appointment. John can meet with you in your unit, or here in one of Olivet's meeting rooms.

Information regarding this offer has been posted on each noticeboard in Olivet, and at Main Reception.

Olivet Community Care

Individuals who independently hire a private home caregiver to support someone in their own home are advised to consider the associated risks with their choice such as:

Risks to the care recipient that may include physical harm due to poor training or uncaring attitude or other forms of abuse by the carer.

Financial risks if Award rates or National Employment Standards are not met.

Physical risks to the caregiver where the private employer could be held liable for injuries or communicable diseases sustained by the worker whilst on the job.

Moral and legal risks – Employees and/or private employers who fail to declare their income to the ATO, pay GST and superannuation and/or the Medicare Levy are defrauding the government.

Advantages of using a professional organisation such as Olivet Community Care:

- Olivet Community Care takes responsibility for payment and benefits including regular and overtime pay.
- Olivet Community Care manages claims for worker's compensation.
- Olivet Community Care handles all tax and superannuation matters.
- Olivet Community Care provides background and criminal checks and checks references.
- Olivet Community Care provides a substitute or replacement caregiver if the regular worker fails to show.

Disadvantages of hiring an independent caregiver:

The employer takes full responsibility for:

- Illnesses and injuries
- Paying the minimum wage
- Paying overtime
- Finding substitute care when needed.

Savings that employers receive by independently hiring a private caregiver can end up costing them more in the long run and it's not worth the risk of hiring a private caregiver.

It is reasonable to conclude that it's far more cost-effective to use a home care organisation such as **Olivet Community Care** than to navigate all the legal and ethical challenges on their own.

Olivet Community Care is a professional organisation that relies on its quality of service and good names to provide care for the local community and keep clients happy. **Olivet Community Care** will show Compassion, Kindness and Respect.

Clocks | Pre-Order Available!

We presently have a clock displayed at Reception which has been specifically designed for clients with low-vision or dementia (however it would be great in any home). Olivet Community Care is taking orders for these clocks, at a price of \$67.00 each.

This clock allows for alarm setting for specific days and times with directions such as "Meal", "Medicine" or "Shower", to remind for specific tasks. If the power goes out, the clock will display the correct time when the power resumes. The clock can be wall mounted, or stand on its own.

If you would like one of these clocks, please order at reception prior to Friday 26th April, 2019.

