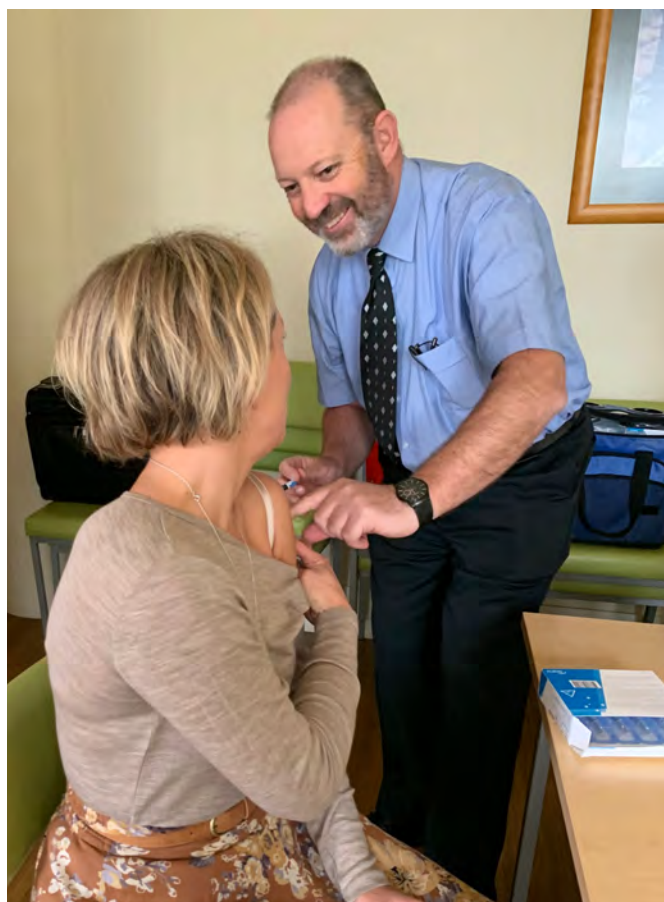


The Good Oil

Olivet Aged Care - Monthly Magazine



Winter is coming...

....and so is the 'flu season!

As part of our effort to ensure our residents stay well and avoid influenza, Olivet provides complimentary 'flu vaccines for all staff. Dr Mackay attended Olivet on Tuesday 28th May for us all to line up, roll up a sleeve and take this small step to ensure we reduce our risk of contracting or spreading influenza to those around us who are immuno-compromised.

Did you know that 26 Victorians have already died as a result of 'flu this year? Please chat to your GP about getting your 'flu vaccine - Australians who are over 65 or have medical conditions or are pregnant receive the vaccination free of charge.

Here at Olivet, we ask you to refrain from visiting if you have a cough or cold, or any other signs of being unwell. When you do visit, please remember to use the hand sanitizer which is found throughout the building to reduce the risk of spreading illness. Our elderly residents are vulnerable to illness, so we thank you for your help in keeping them healthy and well.

3 JOHN V2

"Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul."

A Note From Penny's Pen

Penelope West - Director of Nursing

We are now nearing the beginning of the new financial year, and with that comes the commencement of the new Single Framework for Standards in Residential Aged Care Facilities throughout Australia.

The Commonwealth Government have put together a short video of what the changes will mean to consumers - meaning you as a resident or family member. You can use the following web address to view the video - <https://www.youtube.com/watch?v=eYdDspfxJqMResidnetial>.

Each standard says what you, the consumer, can expect. Your aged care provider has to meet an "outcome" for you and they have to demonstrate how they are meeting that outcome.

There are eight standards, and each one is about an aspect of care that contributes to your safety, health and well-being. This graphic shows you which part of your care these standards relate to, or you can see the list below:



- 1 - Consumer dignity and choice
- 2 - Ongoing assessment and planning with consumers
- 3 - Personal care and clinical care
- 4 - Services and supports for daily living
- 5 - Organisations service environment
- 6 - Feedback and complaints
- 7 - Human Resources
- 8 - Organisational governance

The outcomes for you as consumers for each of the 8 standards are listed below, and we will endeavor to uphold each one of these expectations.

- 1 - I am treated with dignity and respect, and can maintain my identity. I can make informed choices about my care and services, and live the life I choose.
- 2 - I am a partner in ongoing assessment and planning that helps me get the care and services I need for my health and well-being.
- 3 - I get personal care, clinical care, or both personal care and clinical care, that is safe and right for me.
- 4 - I get the services and supports for daily living that are important for my health and well-being and that enable me to do the things I want to do.
- 5 - I feel I belong and I am safe and comfortable in Olivet's service environment.
- 6 - I feel safe and am encouraged and supported to give feedback and make complaints. I am engaged in processes to address my feedback and complaints, and appropriate action is taken.
- 7 - I get quality care and services when I need them from people who are knowledgeable, capable and caring.
- 8 - I am confident Olivet is well run. I can partner in improving the delivery of care and services.

We will be providing more information about these consumer outcomes and Olivet's commitment to engaging with all of you in upcoming Good Oil offerings. If you have any questions, please do not hesitate to contact us.

May God continue to bless and be with us

- Penny

Juniper Jottings

Beautiful quilts bringing warmth and colour to our residents



We would like to take a moment to thank Heather and Rachel, friends of Juniper Wing who regularly create and donate these beautiful quilts for our residents.

The lovely lap quilts which are donated are the work of these talented ladies who finish off incomplete quilting projects, or use leftover fabric from other quilts - helping not only our residents but the environment too!

Heather and Rachel have said that if anyone has any unfinished quilting projects lying around the house, they'd be thrilled to have them to finish off and make into a quilt which will be donated to the residents in Juniper and Olivet.

If you would like to donate an incomplete quilt to these beautiful, generous ladies, please contact the Juniper Wellbeing office via telephone (9131 5500) or email juniper.wellbeing@olivet.com.au.

A big thank you once again for the generous work of our quilters!



**The Wellbeing and
Clinical Team in Juniper Wing**

Juniper Jottings

Resident Profile - Mr Jim Smith

Harold James Smith (known as Jim) was born in Sydney on 18 February to parents Hal and Mena. One of his ancestors was a convict who built the first church at Bathurst. Jim grew up in Bankstown. He attended Fort Street Boys High School and subsequently studied chemical engineering at the New South Wales Institute of Technology (now NSW University) in the evening whilst working full time.

Jim's first job was as a junior in a chemical laboratory. There he was asked to clean up the lab, which he did - washing flasks etc. Unfortunately Jim was fired after he threw out the contents of an un-labelled flask. It had contained liquid platinum!

Jim met his wife Patricia (Patty) when he was 22 and she was 16. When he was dating Patty, Jim had a much loved MG car which he remembers fondly. Jim and Patty married on 15 January 1955. Theirs has been a very happy marriage. They had four boys - Evan, Paul, Brendan and Andrew.



The family moved to Mt Isa between 1960 and 1966 when Jim worked as an engineer for Mt Isa Mines. Jim loved his job at Mt Isa and is happy to talk about it at length.

Jim then took a job with the international construction company, Bechtel, which meant a move for the family to Melbourne. Jim continued to work for this company until his retirement. During this time he worked on and managed projects in various parts of Australia, New Zealand (for about 20 years from 1974 where he managed projects such as the building of the coal mine to support the Huntly Power Station, a refinery to convert gas to gasoline). He then managed various infrastructure projects in Nigeria for four years between 1994 and 1998.

Three of Jim's boys have made the law their career and one has followed Jim into science related work, joining the RAAF as an instrument fitter dealing with F1-11 fighter planes. Jim and Patty have 8 grandchildren in Australia and New Zealand.

Jim's leisure activities centered around his family. He enjoyed BBQs, picnics, drives and was once Santa! He fed generations of wild birds in his garden. For the past two years Jim has resided at Olivet in the Juniper wing where he enjoys the company of staff and other residents.

Juniper Jottings

Biggest Morning Tea

A delicious morning tea was enjoyed during May as we raised money for the Cancer Council. Thank you to all who came along and shared this lovely day with us.



Vegetable Gardening
We have grown carrots and some herbs in our courtyard garden.

**The Wellbeing and
Clinical Team in Juniper Wing**

Olive Grove House

What a sudden change in weather we are having with this cold snap!

All of our staff have now had their 'flu vaccinations and we remind you that clients who are unwell are asked to stay home until their symptoms clear, to help prevent infection from spreading. As we are a community-based program we are more susceptible to "sharing" our illnesses!



Olive Grove House is proud to say we raised \$60 for the cancer council during our **Biggest Morning Tea** celebrations. Some of our clients had a wonderful time developing their skill decorating cupcakes, which we got to enjoy for afternoon tea.

IMPORTANT NOTICE TO WRITE IN YOUR DIARY!

Olive Grove House will be closed on Monday 10th June for the Queen's Birthday public holiday. We will also be celebrating during the rest of the month by decorating our room with all our finery - silver wear, royal crowns and enjoying high tea and tea-tasting to celebrate. Start your research on the royal family so you can answer and win our royal quizzes!

MAY BIRTHDAY CELEBRATIONS

Happy birthday to Betty, Lisa, Derek, Paula, Katrina, Gaye and Margaret who celebrated their birthdays in May. We hope you enjoyed your celebrations!



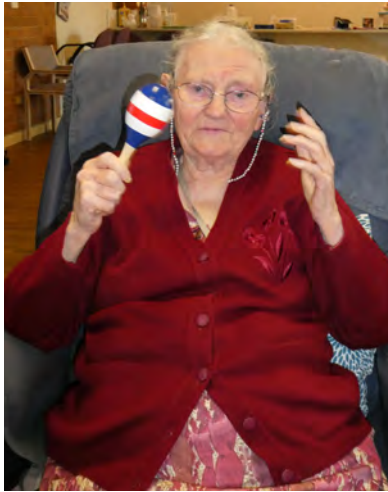
WELCOME TO OUR NEW CLIENTS!

We would like to welcome our new clients, Shirley, Con, Sheila and Alexandra to the Olive Grove House family. We know you'll all make them feel welcome.

We send our best wishes to Patricia, Gwynnyth, Helen and Bill who have all been unwell and wish them a speedy recovery.

We also say a very sad farewell to Tony, who has been a part of our program and family for a long time, and we send our condolences to his family.

Olive Grove House



Alzheimer's Poem - Don't Ask Me To Remember

Do not ask me to remember
Don't try to make me understand,
Let me rest and know you're with me,
Kiss my cheek and hold my hand.
I'm confused beyond your concept,
I am sad and sick and lost,
All I know is that I need you to be,
With me at all cost.

Do not lose your patience with me,
Do not scold or curse my cry,
I can't help the way I'm acting,
Can't be different though I try.
Just remember that I need you,
That the best of me is gone,
Please don't fail to stand beside me,
Love me till my life is done.

If you, or someone you know, needs more support or information about Dementia, please call the Dementia Australia Helpline on **1800 100 500**

They can provide support and services for those living with dementia, carers, family, friends and health professionals.

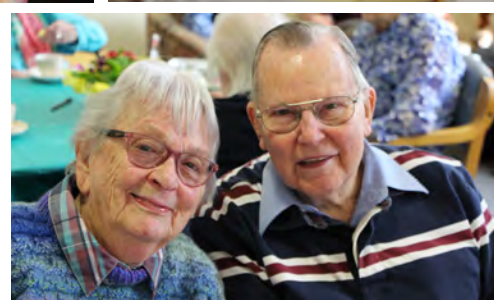
Leisure & Lifestyle

Hello everyone and welcome to June...and winter! We can hope to have some fresh, crisp wintery days. Autumn has been lovely, with some great weather and beautiful colours in the trees. We hope that this newsletter finds you all well.

May has been a great month here at Olivet, starting with baby Tahlia, daughter of our Physiotherapist Fatima, coming in to have a bath. And what a delight she is! Just perfect!



We celebrated the May birthdays, had a great concert with Ian Kent who was once in the Marbry Dance Band and visited us regularly. We also had our huge event of the Biggest Morning Tea, raising funds for the Cancer Council of Victoria. Andrea Green did a wonderful job organising, running and decorating for the event - everything looked fantastic! A very big thank you to everyone who came for the morning and donated. We raised a wonderful **\$683.70** including contributions from Olive Grove House (\$60), Juniper Wing (\$108) and the Auxiliary Craft Group (\$120). **What a fantastic effort for such a worthy cause, close to the hearts of many.**

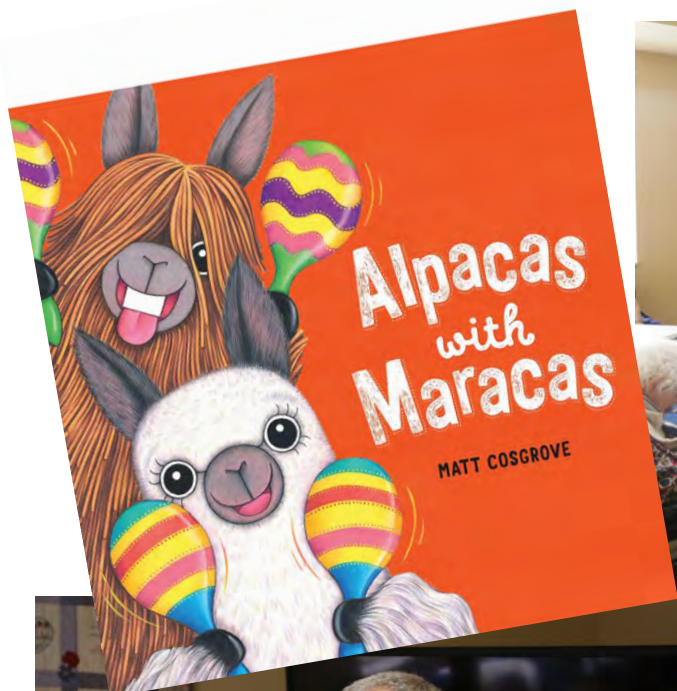


Leisure & Lifestyle



Leisure & Lifestyle

On Wednesday 22nd May we had the younger children from Heritage College come to visit us, and we participated in the National Simultaneous Storytime, where children at schools all around Australia stop at the same time to read the same book! This year we read "Alpacas with Maracas" by Matt Cosgrove.





June is looking to be very exciting with a public holiday for the Queen's Birthday (though it's not really her birthday haha!) on Monday 10th June - so that week Carpet Bowls (such a popular activity) will be moved to Tuesday so we don't miss out. During the first week of June, Andrea will be having some time off - so you might see some changes to the schedule to fit in with staff availability, but we will endeavor to provide a great program even with these changes!

Andrea and Alison also intend to put on a science show during June, so keep an eye out for that on the activity listings - they've run this activity before and we had so much fun!

The month of June will round out with a musical concert from Stephanie. Of course the usual activities will be running and the Heritage College school kids will attend once per fortnight. Our movie for June will be "Fatty Finn" showing on Friday 21st June in The Willows at 2pm.

You will have, no doubt, seen the structural changes happening outside at Olivet with our new building progressing - but we also have other changes with how things are done here at Olivet. Part of this change will involve our daily activities being posted on the new digital screens in each dining room. As always, it is your choice whether or not to attend activities, but we hope that this information showing each day will help everyone to know what is on!

I would love to hear from you and your families about what you like to do, what activities you'd like to see more of and how we can assist in making life great for you. My office is in the Acacia Wing, or you can email through to leisure.lifestyle@olivet.com.au or telephone 9131 5500.

Allison Lazenby
(Activities Coordinator)

Yarn Club

More than just a chance for a chat!

The "Yarn Club" here at Olivet is a lovely opportunity for our wool-inspired crafters to get together and work on a project either knitting or crocheting. It's also a great opportunity to socialise and share the love of a good yarn (in both senses!).

We recently received a thank you letter from Uniting Wesley Homeless and Support Service in Ringwood thanking the Yarn Club for their donation of assorted hand knitted blankets. As we come into the winter months, these donated blankets will be put to good use keeping those less fortunate in our community warm and cosy. We hope they will also convey some of the love that has been stitched into them by these willing and kind hands.



Maroondah Healthy Ageing Network

The Maroondah Healthy Ageing Network meets quarterly to share information ideas and resources between groups providing services and support to people over 50 in the City of Maroondah.

The Healthy Ageing Network also publishes a quarterly newsletter containing information, news and a calendar of events. This newsletter can be viewed online by simply heading to www.healthyageing.org.au/chatterbox.html.

The current Autumn issue is now online and includes information about social activities, ways to keep physically active in the community, IT clinics to further your knowledge and confidence in computers and technology, and much more!

If you would like help printing a copy of the newsletter, please chat to one of our friendly Reception team-members.

ACTIVITIES FOR June

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!



Saturday 1st	2.00pm	CYC Entertain and provide Afternoon Tea (Collins)
Tuesday 4th	9.30am	Library (Acacia Hall)
	10.15am	Birthday Party Soiree with Tintern College (Acacia)
Friday 7th	10.45am	Sing-A-Long (Willows)
	3.00pm	Book Club (Acacia)
Monday 10th		QUEEN'S BIRTHDAY PUBLIC HOLIDAY
Friday 14th	10.45am	Hymn Singing (Willows)
Tuesday 18th	10.45am	Science Show (Willows)
Friday 21st	10.45am	Sing-A-Long (Willows)
	2.00pm	Movie - "Fatty Finn" (Willows)
Tuesday 26th	10.45am	Concert with Steph (Willows)
Friday 28th	10.45am	Hymn Singing (Willows)

Reminders

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



olivet library
located in the acacia activity room

tuesday 4th june, 9.30am

all are welcome to join us - there are a range of
books and audio books available to borrow, and
requests are welcome!

finish your visit with a cuppa at the acacia cafe

Steps to Wellbeing - a FREE service

We recently held our Volunteer Support Group meeting and training, with a visit from Kirsten and Bec from "Steps to Wellbeing". This is a government-funded service which provides free and confidential support to manage stress, anxiety, depression and improve wellbeing.

We found this to be an incredibly beneficial morning, full of information we could all apply to increase wellbeing.

Steps to Wellbeing work on an individual level, or in small groups and can also come to workplaces and community groups to run programs.

We would encourage all those needing a little support, or wishing to improve their sense of wellbeing to contact the team on 8691 5450 or at stepstowellbeing.org.au for more information.



Feeling sad, worried
or isolated?

neami
national
Improving Mental Health
and Wellbeing

Steps to Wellbeing
can help

Steps to Wellbeing is a government-funded service that provides **free** and confidential support to manage stress, anxiety, depression, and improve wellbeing.

Our experienced coaches can support you with stress, relationship and family problems, social isolation, grief and loss, and help you set practical goals to get you back on track.

Support is available face-to-face or over the phone.

Make positive changes now.

Call us on **03 8691 5450** or visit **www.stepstowellbeing.org.au**

Community Information



Menu Suggestion Group

WE WELCOME RESIDENTS, FAMILIES AND
STAFF TO JOIN US FOR THE NEXT MENU
SUGGESTION GROUP AT OLIVET

WE ARE SEEKING FEEDBACK ON THE
AUTUMN/WINTER MENU, AND
SUGGESTIONS FOR THE UPCOMING
SPRING/SUMMER MENU

MONDAY 17TH JUNE | 2019 | 1.15PM | ACACIA LOUNGE

Olivet Community Care

Advocacy for Older Persons Receiving Aged Care Services

The National Aged Care Advocacy Program is funded by the Australian Government. The program provides free, independent and confidential advocacy support and information to older people (and their representatives) receiving, or seeking to receive, Australian Government funded aged care services. Such services provided by Olivet include residential services; day centre program; and home-based support services.

Advocacy services ensure that consumers are assisted and empowered to make informed decisions about their care.

The Older Persons Advocacy Network (OPAN) delivers the advocacy program on behalf of the Government. To speak to an advocate, call the National Aged Care Advocacy line on 1800 700 600 (free call) or visit the OPAN website at <https://opan.com.au/advocacy/>.

Olivet Community Care is an Olivet service area that is committed to support older persons to continue to live independently in their own homes. We can assist those receiving, or seeking to receive, our services to work through the complexities of the Aged Care system and we welcome any involvement by the OPAN advocacy program.

Referrals and enquiries on Olivet Community Care or another Olivet service may be made. through Olivet Reception: Ph 9131 5500 or reception@olivet.com.au

The 'English' Version of Waltzing Matilda

Dr Hugh Newton-John wrote this "English" version of Waltzing Matilda in about 1963 or 1964 when he was Assistant Ship's Doctor to the liner Strathaird, whilst travelling from Australia to the UK for further medical training. He wrote it just for fun, and sang it at a ship's concert, playing the chords on his guitar. Hugh said he did not formally write the words out, but may have given a copy to one of the ship's nurses (there was a proper ship's surgeon who got paid, but Hugh only received a shilling for the one-way trip to make his appointment, as Assistant Ship's Doctor, legal).

Some forty years later, in about 2005, a copy of "The Young Liberal's Newsletter" appeared in Hugh's letterbox at his Melbourne home, and there on the front page was his song, reproduced word for word!

Hugh passed away peacefully at Olivet earlier this month at the age of 79. Hugh had a gentle, quiet, kind and creative soul and loved to laugh. He graced many an Olivet concert playing his recorder or singing, and was skilled at playing many instruments. Below is his "English" version of Waltzing Matilda.

Once a jolly Englishman camped by a lily pond,
Under the shade of an old oak tree,
And he sang as he watched and waited 'til his kettle boiled,
"Who'll come a-dancing the foxtrot, with me?"

Dancing the foxtrot, dancing the foxtrot,
"You'll come a-dancing the foxtrot with me"
And he sang as he watched and waited 'til his kettle boiled,
"You'll come a-dancing the foxtrot, with me".

Down came a rabbit to drink at the lily pond,
Up got the Englishman and grabbed him with glee,
And he sang as he stowed that rabbit in his haversack,
"You'll come a-dancing the foxtrot, with me".

Dancing the foxtrot, dancing the foxtrot,
"You'll come a-dancing the foxtrot with me"
And he sang as he watched and waited 'til his kettle boiled,
"You'll come a-dancing the foxtrot, with me".

Down came the squire, mounted on his thoroughbred,
Up came the peelers, one, two, three,
"Where's that jolly rabbit you've got in your haversack?"
"You'll come a-dancing the foxtrot, with me".

Dancing the foxtrot, dancing the foxtrot,
"You'll come a-dancing the foxtrot with me"
And he sang as he watched and waited 'til his kettle boiled,
"You'll come a-dancing the foxtrot, with me".

Up got the Englishman and jumped in to the lily pond,
"You'll never catch me alive," said he,
And his ghost may be heard as you pass by that lily pond,
"Who'll come a-dancing the foxtrot, with me?"

Dancing the foxtrot, dancing the foxtrot,
"Who'll come a-dancing the foxtrot with me"
And he sang as he watched and waited 'til his kettle boiled,
"Who'll come a-dancing the foxtrot, with me".