

# The Good Oil

*Olivet Aged Care - Monthly Magazine*



~ Taking Time for Tea ~

## Patience and Gratitude

The virtues of patience and gratitude have been forefront in my mind over the past few weeks. Regardless of how hard we strive, they are two areas in which we can always progress.

Presently, patience for warmer weather is a challenge for those of us who miss the blue skies and long days; and finding gratitude when the routine of the middle portion of each year sets in can also be tricky.

However, if we take a moment amidst the hum-drum of life, we can almost always find something to be thankful for, and when gratitude sets in, patience seems to naturally follow.

It may be in noticing the wattle that has started to bloom (a sure sign of the continuous change of season), or perhaps in using your best china to set the table for a meal or afternoon tea (like in our photograph above), wearing your 'best clothes' for an every day shopping trip and acknowledging the blessing of fresh food we have in abundance.

We have beautiful photographs and stories to share this month showcasing these moments of joy - and many opportunities coming up this month for you to share with our residents. We hope to see you soon!

### COLOSSIANS 3:14

Regardless of what else  
you put on, wear love.  
It's your basic, all-purpose  
garment.

Never be without it.

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# An Important Message From Our CEO

Julian Simpkins

It's with some sadness that I share the news that Penny West, our DON, will be leaving Olivet with effect from 8 November this year. I know that this announcement will also be received with sadness by many of you, with Penny having been an enormous part of Olivet for the past 30 years. Penny has had an extremely positive impact on the lives and work of so many of us and just as importantly the residents that have passed through our doors over the years.



Penny has been at the forefront of ensuring we have maintained the necessary standards required to pass a countless number of accreditation audits as well as many significant developments and continuing expansions for Olivet over her time: introducing Day Care and Respite Care services which have been pivotal in promoting the name of Olivet and the Christadelphian name into the community. Penny has become expert in opening the new wings of Olivet, taking on the constantly growing responsibilities in her stride.

However just as important as the role Penny has played, is the way in which she has played it. An upholder of the Olivet culture, and a mentor to so many. Penny balances her responsibilities of overseeing the care aspects of our operations with a generosity of spirit and a genuine kindness. Like many of you, I've benefited enormously from her perspectives, advice and personal support over the many many years we've worked together.

As we enter the next phase of Olivet's development, and after a few months of discussion and contemplation, Penny has decided that the end of this year is the right time for her to step back from the fast lane of full-time work and enjoy the benefits of being able to spend more time with family. It goes without saying that Penny will be missed, and we have big shoes to fill. I know that you will join with me to thank her for everything she has done for Olivet and to wish her every success in the next phase of her life.

An announcement regarding a replacement for Penny will be made in the months to come, and further details of farewell celebrations for Penny will be shared over the coming weeks.

Julian



# Olive Grove House

Hello and welcome to this month's copy of The Good Oil!

A big thank you to all of our wonderful staff who decorated the room with props from the colonial era to make it such a success. We had a couple of 'extra guests' this time who I'm sure scared a few people as they were so life-like! We had a Lieutenant, a Bush Ranger and a Convict. I'm sure that everyone enjoyed hearing and researching the history of the colonial times.



## JULY BIRTHDAY CELEBRATIONS

This month we celebrated the birthday of Marilyn who turned 80. We hope she had wonderful celebrations on this very special milestone surrounded by her family and friends.

## WELCOME TO OUR NEW CLIENTS!

We would like to welcome our new clients Val and Denise to Olive Grove House. I am sure they will be made to feel welcome by all! We also welcome Barr back to the group after a break.

# Olive Grove House

August is set to be busy as we organise Fathers' Day gifts and preparations for the Grand Final! The main focus for September is all about football, and Scott has been busy collecting everyone's football tips each week and we will announce the winners (who will receive a trophy!) in September. Our room will be set up with team colours, and party pies, hot dogs and chips will be on the menu! So during September come dressed in your team colours to celebrate.

## REMINDER

Please note in your diaries that Olive Grove House will be **closed** on **Friday 27th September** for the Grand Final Eve public holiday. We will send out a notice as a reminder closer to the date.

## HOLIDAY TIME!

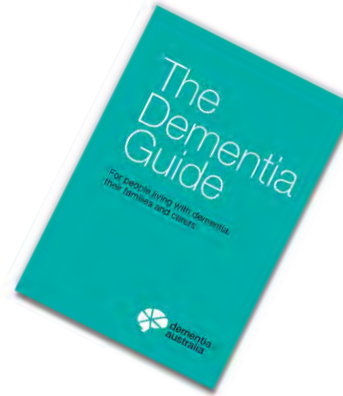
Ann is currently overseas in Vietnam with her husband and friends travelling all around. She has been to Hanoi and visited Halong Bay, spending two days cruising the river. She's been off to Centra Beach, Da Nang and Hoi An.

The weather there is very hot and humid, and we can't wait to have Ann back and hear about all her adventures. She is certainly enjoying the food and local beverages!

## INFORMATION

If any family members, carers or clients would like more informatino for people living with dementia, we have three copies of a book called "The Dementia Guide". This book is for anyone who has been impacted by dementia and can be helpful for families, friends and carers to have a better understanding of this disease as well as the treatments, supports and services available and planning for the future.

Simply contact me (Cathy) if you would like a copy.



## MEMORY LANE CAFE - RUN BY DEMENTIA AUSTRALIA

The Memory Lane Cafe programme is available for people with dementia and their family members. These cafes provide an opportunity for people with dementia and their families to enjoy time together with some refreshments and entertainment, in the company of people in a similar situation to themselves. Dementia Australia counselling staff and trained volunteers also attend.

The Memory Lane Cafe is held in several different locations:

South Eastern Metropolitan - Wheeler's Hill  
Northern Metropolitan - Preston  
Southern Metropolitan - Frankston  
Eastern Metropolitan - Bulleen (Veneto Club)  
Western Metropolitan - Albion  
Regional Victoria - Geelong and Bass Coast

TO JOIN A MEMORY LANE CAFE,  
or for more information, contact  
the National Dementia Hotline on  
1800 100 500



# Olive Grove House



Just a few of the fun activities at  
Olive Grove House this month



## CARING FOR THE CARER - OLIVE GROVE HOUSE CAN HELP

Do you know someone providing care at home for a loved one?

The care and support role can be all-encompassing, and can be hard for others to understand unless they've ever walked in those shoes.

Olive Grove House provides an caring environment for those with physical or cognitive support needs in a safe and fun environment, and regular chance for carers to have a break, get some jobs done and re-charge their batteries - paramount to being able to carry-on.

Please call Cathy Honan on 9131 5500 to talk more about this service and how we can help.



# Leisure & Lifestyle

We have learned a lot in the month of July, with the anniversary of the landing on the moon, and armchair travel Africa with Alison Caudery. How lucky we are to have such talented staff who can share knowledge with us!

Due to the school holidays we have had some students in helping which is always lovely and very much appreciated.

Mac has also been busy giving away some cuddles and of course cleaning the floors!



We had a new entertainer visit during July named Sarah, and as much as we would give her an A for Effort, well, let's just say we don't think we will ask her to return!

July was also the combined residents meeting (which everyone is invited to attend). It is a good forum to learn a few things about the new building and everything else that has been going on within Olivet.

We were fortunate enough to have the Heritage Junior School kids come in to visit on Wednesday 17th after their school holiday break - they were a little upset that Mac wasn't at Olivet that day but they soon forgot about him and enjoyed playing a game with the wise ones.



# Leisure & Lifestyle



Our last entertainer for July was Cath Connolly. She is an amazingly talented lady who plays the harp. She had us all spell-bound with the beautiful music she can create with her instrument.



Now, for August! The last month of winter - although we are already (gladly!) seeing some lovely colour in the garden.

We have Canterbury Ecclesia coming in to entertain on Saturday 10th, Ringwood Secondary School Vocal Class visiting to play games and chat with our wise ones. Meg Symes is singing for us on the 27th (we always enjoy her visits).

Of course we have Heritage College visiting each fortnight, Catie's Capers on the last Friday of the month and Book Club on the first Friday of the month. Our movie for August is "Jailhouse Rock - a classic Elvis Presley flick!

Just a reminder that I am always here to talk with you, or you can email me at [leisure.lifestyle@olivet.com.au](mailto:leisure.lifestyle@olivet.com.au)



# Leisure & Lifestyle

On Tuesday 31st July, a few of our residents headed up to Healesville to "The Big Bouquet" - which is a gerbera and alpaca farm! Whilst it was a little chilly, everyone enjoyed seeing the flowers and animals and a lunch out amongst friends.





# ACTIVITIES FOR August

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!



<b>Friday 2nd</b>	<b>10.45am</b>	<b>Sing-A-Long (Willows)</b>
<b>Friday 9th</b>	<b>10.45am</b>	<b>Hymn Singing (Willows)</b>
<b>Saturday 10th</b>	<b>2.00pm</b>	<b>Canterbury Ecclesia Entertainment and Afternoon Tea (Collins Room)</b>
<b>Friday 16th</b>	<b>10.45am</b>	<b>Sing-A-Long (Willows)</b>
	<b>2.00pm</b>	<b>Movie Afternoon "Jailhouse Rock" (Willows)</b>
<b>Tuesday 20th</b>	<b>10.45am</b>	<b>Puppets Alive (Willows)</b>
<b>Friday 23rd</b>	<b>10.45am</b>	<b>Hymn Singing (Willows)</b>
<b>Tuesday 27th</b>	<b>9.30am</b>	<b>Library (Acacia)</b>
	<b>10.45am</b>	<b>Singing with Meg (Willows)</b>
<b>Friday 30th</b>	<b>10.45am</b>	<b>Hymn Singing (Willows)</b>
	<b>3.30pm</b>	<b>Catie's Capers</b>

## Reminders

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





# Juniper Jottings

All of Olivet enjoyed Pyjama Day this month, and Juniper Wing was no exception! Here is an acrostic poem which the residents wrote together!



**P**yjamas are cosy  
**Y**ou wear them to bed  
**J**uniper Pyjama Day  
**A**ll day long  
**M**ilo and munchies  
**A**nd another cup of tea  
  
**D**reaming of love  
**A**nd snuggly beds  
**Y**a forgot to put the bins out!



It was obviously an inspiring day - our resident Glenda also wrote a poem about Pyjama Day and we're pleased to share it with you below...

I started preparing a week ago,  
T'was on Monday I recall.  
Next Friday was to be the day of great  
pyjama partee.  
Friday dawned, just another day,  
Until Zoe's head appeared mid-shower,  
(Looking like an alien from Mars!),  
She announced, "don't forget the  
Pyjama Partee!"

I quickly finished shower and changed  
sartorial plans,  
On went the prepared rigout,  
Away went the "ordin'ry" laid out one ,  
On time and ship-shape I appeared at  
the Pyjama Partee.

My forgetting didn't matter.  
Zoe made the difference.







# Juniper Jottings

Our Juniper residents have been enjoying folding clothing protectors. This help is greatly appreciated by our Laundry staff.



Our residents (and staff) were spellbound by the beautiful harp music provided by our visiting entertainer.





# New forms from Centrelink / DHS

Just a few weeks ago, Centrelink and Department of Human Services released new forms for assessing the cost of residential aged care prior to entry.

Previously the only option was to complete a 28-page document known as "SA457 Assets and Income Assessment for Residential Aged Care". This was a challenging form to complete, and caused more than a few headaches for those completing it!

Newly released forms and systems for assessing the cost of aged care are now available. If you are receiving an income-tested payment from Centrelink or DVA (such as a pension), and do not own any property, you can activate an assessment for the costs of care with a simple phone call. If you receive a Centrelink or DVA payment and do own property, you simply complete a short form called "SA458 Residential Aged Care Property Details". Only those who do not receive a Centrelink or DVA payment must complete the full SA457 form to provide asset and income details for this assessment.

The image displays two forms from Centrelink and the Department of Human Services (DHS). The top form is the 'Residential Aged Care Property details for Centrelink and DVA customers (SA458)'. It includes sections for 'About this form', 'Fee Estimator', and 'For more information'. The bottom form is the 'Residential Aged Care Calculation of your cost of care (SA457)'. It features a flowchart titled 'When to use this form' that guides users based on whether they receive a means-tested income support payment and if they own property. The flowchart leads to either the 'Home Care Package Calculation of your cost of care (SA456)' form or the 'Residential Aged Care Property details for Centrelink and DVA customers (SA458)' form. Both forms include detailed instructions and contact information for further assistance.

**Residential Aged Care Property details for Centrelink and DVA customers (SA458)**

**About this form**  
We understand that entering into aged care can be a sensitive time. If you are entering an aged care home, the Australian Government may subsidise details of your home so we can calculate the amount you will pay towards your residential aged care. A simpler digital version of this form is available online by going to [humanservices.gov.au/forms](http://humanservices.gov.au/forms) and selecting 'Aged Care Calculation of your cost of care'.

**Fee Estimator**  
You can get an estimate of the amount you may be asked to pay towards your residential aged care by going to [myagedcare.gov.au](http://myagedcare.gov.au) and searching for 'fee estimator'. You can talk to a Financial Information Service (FIS) officer who will give you information about the financial aspects of aged care. Call us on 132 300 and say 'Financial Information Service' when we ask why you are calling.

**For more information**  
Go to our website [humanservices.gov.au/agedcare](http://humanservices.gov.au/agedcare) or call us on Freecall™ 1800 227 475. To speak to us in your language, call us on 131 202. Call charges may apply. If you have a hearing or speech impairment, you can contact the TTY service Freecall™ 1800 810 586. If you receive a Department of Veterans' Affairs (DVA) payment, and would like to discuss your assessment you can call them on Freecall™ 1800 555 254.

**When to use this form**  
Do you want an assessment for residential aged care?  
Yes: Are you receiving a means tested income support payment (e.g. Age Pension, Service or Disability Support Pension)?  
Yes: Complete this form.  
No: Do you own or do you own or part own your home (including in a retirement village) at the date you entered or are applying for aged care?  
Yes: Complete this form.  
No: If you do not own or part own your home, we can automatically complete an assessment for you when you enter residential aged care. Do not complete this form. If your income and assets have not been updated in the last 2 years or have changed since you last made an update, please go online through myGov or call Centrelink on 132 300 or DVA on 1800 555 254. This assessment is valid for 120 days from when we first notify you of your outcome. If you do not receive a means tested payment from Centrelink or DVA, you will need to complete the Residential Aged Care Calculation of your cost of care (SA457) form instead. Note: Age Pension (Blind), Disability Support Pension (Blind) and War Widowers payments are not means tested. Please see the next page for a full list of means tested payments. If you require a pre commencement fee letter, please call Centrelink on 1800 227 475 or DVA on 1800 555 254. Keep these Notes (pages 1 to 4) for your information. Notes—1 of 4

**Residential Aged Care Calculation of your cost of care (SA457)**

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**When to use this form**  
Do you want an assessment for residential aged care?  
Yes: Are you receiving a means tested income support payment (e.g. Age Pension, Service or Disability Support Pension)?  
Yes: Do you agree to provide your income and asset details?  
Yes: Complete this form.  
No: If you receive a means tested payment from Centrelink or DVA, do not complete this form (see the next page for a list of payments). Instead: If you own or part own your home including in a retirement village: Complete the shorter Residential Aged Care Property details for Centrelink and DVA customers (SA458) form. If you do not own your home: We can automatically complete an assessment for you when you enter residential aged care. If your income and assets have not been updated in the last 2 years or have changed since you last made an update, please go online through myGov or call Centrelink on 132 300 or DVA on 1800 555 254. If you need a pre commencement fee letter please call Centrelink on 1800 227 475 or DVA on 1800 555 254. Keep these Notes (pages 1 to 4) for your information. Notes—1 of 4

If you need assistance with seeking permanent residential aged care, or the requirements to calculate the costs, please don't hesitate to contact Community Liaison, Rebekah Funder on 9131 5500 or [R.Funder@Olivet.com.au](mailto:R.Funder@Olivet.com.au)