

The Good Oil

Olivet Care – Monthly Magazine



Penny with Eva, the youngest of her 6 grandchildren

Farewell & Thank You

This year Olivet celebrates 70 years of service to the Christadelphian and local community. Across the years, we have changed and suited our services to meet the needs of the time; from the early years of transit accommodation for migrating families, to a hostel for widows and widowers, and now providing comfort and care when living at home is no longer possible.

When I reflect on the impact Olivet has had on our community and the good work our team does, it is the perfect opportunity to acknowledge our Director of Nursing, Penny West. Penny has dedicated a large portion of her life in service to Olivet and has been committed to providing support, care and love to the elderly community.

Over the years there has always been a new project in progress – expansion of residential care, independent living units, implementation of respite and day programs, and most recently the launch of our home care program – and Penny has been tireless in her work on these projects and maximizing their potential within the community.

In all her work, Penny has reflected the tenet Olivet has worked to uphold:

*"...therefore, as we have opportunity, let us **do good to all people**" (Galations 6:10)*

*"Stand up in the presence of the aged, **show respect for the elderly**" (Leviticus 19:32)*

This has been Penny's work for thirty distinguished years and she is now retiring to devote her time to her family, particularly her grandchildren. It goes without saying that Penny will be missed and we have big shoes to fill. I am sure you will join me in thanking her for everything she has done for Olivet, and wish her every success and blessing in the next phase of her life.

- Julian Simpkins
Chief Executive Officer

A Note From Penny's Pen

Olivet's New Care Manager & My Farewell

Penelope West - Director of Nursing

It is with great pleasure that we announce the appointment of our new Care Manager to Olivet. Meredith King has been welcomed by John Finnin, Board Chairman, with her appointment to commence 11th November 2019. The newly created position of Operations Manager has been advertised with the position expected to commence in the New Year.



Meredith comes with a wealth of knowledge, understanding, empathy and importantly passion for caring and ensuring Olivet's Mission of Compassion Kindness and Respect is upheld. Meredith is a Registered Nurse who has provided nearly 16 years of service to Olivet, commencing work within the Toorak Wing on 16th April 2003 when we opened our first memory support area. Meredith left Olivet for a short time returning in July 2018 taking on roles of replacing key staff for leave including an acting Director of Nursing role for 4 months this year. Since the announcement of Meredith's success in her appointment, there has been many expressions of delight from staff, residents and family members. Please welcome Meredith to this new position.

I wish to thank all staff, residents, family and members of our Olivet and Christadelphian Community for the thoughts, reminiscences and many wonderful memories that I hold dear over the 30 years I have been at Olivet.

I have always felt very blessed to be able to share my passion of caring and to be part of a community that can hold its head high in excellence of care and service for those we respect and love.

I especially want to thank my CEO Julian Simpkins and senior Leadership Team who contribute to the success of ensuring our Mission is upheld every day.

I also wish to thank the many residents who have grounded and inspired me with their wisdom and faith.

May God continue to bless and be with Olivet in the years to come until a world without pain, suffering and hurt comes with our saviour Jesus as King.

-Penny

Olive Grove House

How lovely to experience a couple of very warm days, a month to go and it will be summer. I think we are all looking forward to it, it seems to have been a long winter this year. Clocks went forward, lovely to have the longer evenings.

Important Notice

A friendly reminder that Olive Grove House will be CLOSED on the following dates:

Cup Day Tuesday 5th November

Christmas Day Wednesday 25th December

Boxing Day Thursday 26th December

New years day Wednesday 1st January 2020

BACK TO SCHOOL!

October was a very busy month in Olive Grove House, we celebrated our Theme "Back to School" The clients and staff had lots of fun reminiscing about our school days. A role call was called every morning, we participated in spelling b's maths, quizzes, sports etc . We also had an Olive Grove House class photo of each day.

I would like to thank the staff for making this time so enjoyable for the clients and all the work preparing the theme. The dress ups were great!



Olive Grove House



Olive Grove House

OCTOBER BIRTHDAY CELEBRATIONS

We celebrated Barry's, Denise and Cons birthday we hope you all had a lovely celebration with your family and friends.

We welcome back Fiona, who has been on holidays in Scotland, we look forward to hearing about her adventure when she presents her arm chair travel. We have missed our Princess Fiona.

SELINA'S LAST DAY

We had an afternoon tea for Selina to say farewell and good luck with her studies to be a nurse, we are so happy to announce Selina will remain on bank so we may get to see her in the future next year as she will fill in when staff are absent.

Selina will be a huge loss to Olive Grove House, the clients and staff were all very sad to hear she was leaving. The clients enjoyed the craft activity when Selina was away on placement, they individually made her a little craft gift (A Heart) to remember them by. This was an emotional time for Selina but a lovely memory for her.



NOVEMBER - ANOTHER GREAT MONTH COMING UP!

Soon the room will be redecorated for cup festivities and spring with the flowers in bloom. Olive Grove House will be celebrating Cup Week, all about horses, we will have a special afternoon tea on Friday 8th, please join in the fun with the staff and come dressed to attend the races during cup week remembering we will be closed on Tuesday 5th for Melbourne Cup Day. We also will have a special visit from a pony named Malibu who is very sweet and visits many aged care facilities.

Where has the year gone, looking ahead into December, staff look forward to dressing up the room for our traditional Christmas theme. This is always a beautiful time of the year, listening to the Christmas carols and reminiscing about family traditions.

Leisure & Lifestyle

Hello everyone! Welcome to another month, hope this finds you all well and enjoying some nice weather.

We have had a very exciting month with the arrival of the chickens! They are so cute, and the residents in Myrtle Court have done a wonderful job of looking after them and watching over them.

The Heritage School children came to visit on Wednesday 23rd October and we all had a lovely time with the chickens. (Although, our Mac was a little bit naughty...or rather a little bit too interested in the chickens!

It definitely has been an animal month - with our mobile farm visit on the 1st of October - we had wonderful weather that day and a lot of visitors to enjoy the animals with us. We thank everyone who came along to the farm day and BBQ lunch, it's always lovely to see so many happy, smiley faces.

We have also enjoyed the Spring Sensory Garden Morning Tea - the weather that day was a little cool, but quite a few people were able to get outside for a walk in the garden to find the hidden letters and solve the puzzle of the 9-letter word. Thank you to Wendy Hermann for her assistance on this day to get our minds working, and thank you to Andrea Green for the very yummy morning tea.

During this month we have also been educated on what to do in case of a fire in the building and we thank Lindsay for coming to talk to us all.

Due to the "busy-ness" of this time of year, we have had to make some changes to the program, so October had two birthday parties - one for the October babies, and one for the November babies!

From all accounts, the Olivet Spring Fair was a great success (despite the cold weather!) and everyone who attended enjoyed the day. We thank Ringwood Ecclesia for coming to visit and entertain the residents.

Thank you to Barbara Clementson for coming to entertain us and the Time Steppers for showing us some reat dancing and making us all feel a bit lazy!

We are getting to the very busy time of year - the "Silly Season"- and the Melbourne Cup, the race that stops a nation and gifts us a public holiday for a horse race!



Our hatched chicks brought so much joy!



Heritage College students also came to visit and spend time with us



Leisure & Lifestyle

DATES TO REMEMBER FOR NOVEMBER & DECEMBER

Friday 8th November in the Acacia Lounge at 3pm we will have a Farewell and Afternoon Tea for Penny West. This is for residents, staff and family members to come and give their best wishes to Penny.

Tuesday 12th November at 10.15am in the Acacia Lounge - our Christmas Stall. We have the wonderful help from Lyn Turner and Lyn Saxon who shop all year round to provide things for our residents to purchase. Please feel free to come in on this morning to assist your loved one to do a bit of Christmas Shopping. Or of course you can email us with advice about what or who your loved one is to buy for. Please remember these gifts are a token gesture, this is not a fundraising event and we keep prices to a minimum to cover costs. All gifts are wrapped and we can assist with writing cards.

Friday 15th November in the Willows at 2pm, our movie for the month is "Black Beauty" and all are welcome.

Saturday 16th November at 2.30pm in the Collins Room we have the Olivet Annual General Meeting.

Tuesday 3rd December at midday in the Willows Day Room is our Willows Christmas Party - for all Willows residents and two family members or friends. This is a finger-food lunch and a small fee is asked from our guests (as per the invitation in our last newsletter). Please RSVP to Reception as soon as possible so we can cater adequately.

Tuesday 10th December at midday in the Acacia Dining Room we have our Christmas Lunch for residents in Myrtle Court and Acacia Wing. Once again we ask the each resident restricts their guests to just two people, and again there will be a small fee for guests to cover the cost of food. RSVP for this event is also made to reception.

These are just the important RSVP events coming up - please check our full activity list later in the newsletter for information on all the activities you can join us for.

And, as ever, feel free to contact me via email "Leisure.Lifestyle@Olivet.com.au" at any time.



These warmer springtime days and some new outdoor furniture provided via a donation to Olivet have allowed for some lovely al-fresco dining!

Leisure & Lifestyle



Fun and games at our
Annual Mobile Farm and BBQ Day!

Leisure & Lifestyle



A visit from the Time Steppers is always such fun!



A beautiful day for an outing to the Rhododendron Gardens to see the new spring blooms



OLLIE THE CHICKEN

A TRUE STORY OF BRAVERY, PERSISTENCE AND LOVE - BY ANDREA GREEN

One day, four chickens and one dozen eggs were delivered to Olivet. The eggs were in an incubator to keep them warm, and the chicks were in a pen with a heat lamp, food and water. Every day some of the eggs hatched. On Monday, three eggs hatched. On Tuesday, one egg hatched, and then two on Wednesday, Thursday and Friday.

Little chicken Ollie was in the last egg, due to be hatched on Friday. All week long he had heard his brothers and sisters chipping and pecking their way out of their eggs, and now, finally, it was time for him to make his way out of his egg and into the world.

Ollie set to work. He pecked around the shell with his beak, and finally made a small hole. Daylight flooded in, Ollie blinked and looked around. He could see his brothers and sisters playing nearby and there was one other egg which had not hatched at all. He pecked the egg some more, and had a crack nearly all the way around. Ollie pushed and wriggle and pushed some more, but the shell was very strong and Ollie was so tired.

After a long rest, he tried again. Push, push, kick, kick, but he could not get out of that egg. "Cheep cheep, help help," called Ollie, but the other chickens were cheeping loudly too, so no-one heard Ollie calling for help. It was nice and warm so Ollie had another rest. He tried and tried for two whole days to break out of his egg, but instead of being wet, and able to move around, he was starting to get all dry and sticky. His feathers were getting stuck together so he couldn't move his head, his wings, or his legs anymore. He couldn't push at the shell any more, all he could do was wait, and hope.

After two days, Ollie heard somebody say, "These eggs will not hatch now, I will take the incubator away." Ollie was frightened, he hadn't hatched, but he was still alive, he just couldn't get out of his egg. But now, he was being taken Away, what could he do? He was very tired, but there was only one thing he could do. "Cheep cheep, help help," called Ollie again and again. Finally, now he was away from the other noisy chickens, he could be heard, a tiny voice cheeping for help.

The people who heard him knew he needed help to get out of his egg. Nurse Sharon helped pull off the shell, very gently so as not to hurt him where the feathers were stuck. They had to use warm water to separate his feathers, but he was so stuck together they eventually had to put him in a little bath.

It was wet and warm, just what Ollie needed, he drank some of the water and felt better. At last, he could uncurl, move around and kick his legs. He was finally free!

It took a couple ore days for Ollie to get on his feet, and even now he is not too steady - but that's okay! He's not the only one here at Olivet who needs a little help. Ollie is just happy to be alive.



CLOSING THE GENERATIONAL GAP

"OLD PEOPLE'S HOME FOR PRIMARY SCHOOL KIDS"

Having just had my heart warmed once again by Watching the beautiful interaction of young and old and the benefits for both through the recent social experiment televised on the ABC, "Old People's Home for 4 Year Olds", I feel I must add our story into the weight of evidence of the benefits of the interaction between young with old.

At Olivet Care we have been blessed to have a strong relationship with Heritage College, The Basin - a small private Christian based school whose Principals were and are willing to encourage interaction of the students with the elderly,



Our first "shared choir" began in 2014 with 12 students from grades 4 – 6 who were in the school choir and happy to participate. We "buddied" the children up with 12 residents who also were happy to be involved, initially not knowing quite what it entailed. The aim of the program was to encourage a relationship between young and old through sharing morning tea together and learning and singing songs with plenty of "music and movement" and interaction between buddies. The initial shyness soon wore off and turned into laughter and fun. The children were encouraged to think of a

couple of questions before they arrived to ask of their "wise ones". The program usually ran in term 2 or term 3 and ran for 6 – 7 weeks culminating in a concert which took place at Olivet along with families and friends of all involved.

The concert showcased what the buddies had been doing but more importantly showcased the relationship that had been made between young and old. Students who had been very shy were actively talking and smiling with their elder buddy and keen to introduce their parents to them. In one case this was the last activity a resident had participated in before she passed away; she loved the shared choir and hadn't been interested in coming out of her room for other activities. Whilst death is a hard topic to discuss and comprehend particularly for young people it is a reality that has had to be tackled in the context of the program; for the children they can see that they have brought happiness to a "wise one" even days before they passed away.

Some residents and school children alike have participated in a number of choirs and so a deeper relationship has been made so much so that when a resident has passed away "buddy" children have attended the funeral with their parents. After the success of the first choir the principal (John Fry) encouraged all students who were keen to participate to write a letter of application; encouraging them to think about why they might like to be involved in such an activity and to help them to think about the benefits and joy they can bring to others. The program couldn't have run without the blessings of two wonderful volunteers who were also keen to get involved; Meg; a music and drama student already working at Olivet in another capacity and Felicity; a mum with children at the school who was already involved at the school as a volunteer piano accompanist.

This year instead of the shared choir, the whole school has been involved in visiting Olivet regularly as part of their "intergenerational" curriculum. They have also been working hard on their school production "Forgotten Stories" written and directed by Meg who was already involved in the interaction between young and old. The production was based on the visits of the school to Olivet and stories gleaned from the "wise ones". This has "helped the students learn about important historical events that have impacted some of the wonderful people whom they regularly visit at Olivet Aged Care" says Ross Melles (Principal). The students learnt about incredible heroes such as Sir Nicholas Winton, who supervised the rescue of 669 children from Czechoslovakia just before world war 11. "

The production and the shared choir are wonderful examples of the inter-generational relationship that can be of benefit of a small school working together with an elderly community; a win-win experience for all involved.

Alison Caudrey
Volunteer Coordinator



**HERITAGE
COLLEGE**

ACTIVITIES FOR November

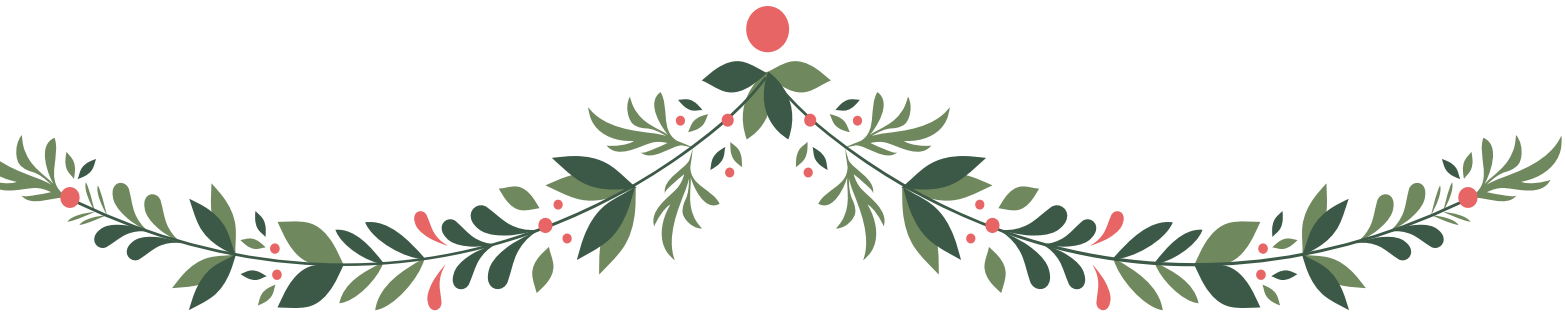
These activities will proceed, God Willing, this month. If you would like to get involved, please don't hesitate to contact our lifestyle and leisure team!



Friday 1st	10.45am	Sing-A-Long (Willows)
	3.00pm	Book Club with Wendy (Acacia)
Tuesday 5th		MELBOURNE CUP PUBLIC HOLIDAY
Friday 8th	10.45am	Hymn Singing (Willows)
Saturday 9th	2.00pm	Clayton Ecclesia Entertainment & Afternoon Tea (Collins Room)
Tuesday 12th	11.00am	Christmas Stall (Acacia)
Friday 15th	10.45am	Sing-A-Long (Willows)
	2.00pm	Movie - "Black Beauty" (Willows)
Saturday 16th	2.30pm	Olivet AGM (Community Centre)
Tuesday 19th	9.30am	Library (Acacia)
	10.45am	Ian Kent Concert (Willows)
Friday 22nd	10.45am	Hymn Singing (Willows)
Friday 29th	10.45am	DVD (Willows)
	3.30pm	"Catie's Capers" (Willows)

Reminders

Daily Bible Readings in Acacia Hall 2.00pm
Bible Class Tuesday evenings at 7.00pm in Acacia Hall



OLIVET CHRISTMAS CELEBRATIONS!

REMINDER

RSVP CLOSES 22 NOVEMBER 2019!



WILLOWS RESIDENTS: Tuesday 3rd December, 2019
High Tea Luncheon in The Willows Dining Room



ACACIA AND MYRTLE RESIDENTS: Tuesday 10th December, 2019
Traditional Lunch in Acacia Dining Room

Places are limited to two guests per resident.
BOOKINGS FOR GUESTS ARE ESSENTIAL

9131 5500 or reception@olivet.com.au



Juniper Christmas Party

The Juniper Christmas Party for
residents and families is planned for
**Friday 13th December from
4.30pm to 6.30pm**

Please RSVP to Juniper Wellbeing Team
juniper.wellbeing@olivet.com.au

Counsellor Supporting Olivet Home Care



Olivet Home Care has engaged Louise Jardine as a professional counsellor. Louise is available to assist and support residents within the Olivet complex and also those in the community.

There are many reasons to speak with a professional counsellor; the death of a loved one, a change of life situation, health concerns, relationships, family violence, financial worries, isolation, the loss of a beloved pet, anxiety and depression.

A qualified counsellor and psychotherapist, Louise offers a confidential, non-judgmental and safe space to talk. Louise has broad life experiences to draw on when working with clients. Louise will work to address immediate concerns such as conflict, grief and anger and explore any causes of stress and anxiety.

Sessions can be held in a private office at Olivet, and in some cases sessions can be arranged in your home (depending on individual circumstances and location). Louise is offering a discounted fee to the Olivet Community and Home Care Package recipients. Recipients of government home care packages may be able to have these fees included within their budget.

Please contact Olivet Home Care for an indication of costs or to make an appointment on 0428 570 194.



HEALTHY NEWS UPDATE

INFLUENZA UPDATE - OCTOBER 2019

Olivet's consultant pharmacist has advised us that there have been 296,517 cases of influenza to date this 'flu season in Australia. In addition to an increased risk of pneumonia, hospitalisation and loss of life, a person with influenza is **six times** more likely to have a heart attack in the week following the 'flu compared to the year before or after the infection. 'Flu vaccines have been shown to reduce the risk of heart attack by up to 45%.

A reminder - if you haven't yet had your 'flu vaccination, it is not too late as the spring/summer season last year saw an increase in influenza cases. Please speak with your GP for more information.

NEW WORLD HEALTH ORGANISATION (WHO) DEMENTIA GUIDELINES

The new guidelines released by the WHO for Risk Reduction of Cognitive Decline and Dementia issued this year favours a healthy lifestyle over supplements to reduce cognitive decline and dementia. The executive summary and summary of recommendations are an interesting read, and they are available at:

<https://apps.who.int/iris/bitstream/handle/10665/312180/9789241550543-eng.pdf?ua=1>



review: fire awareness for residents



Earlier this year, after our Resident Satisfaction Survey, it was identified that our residents would like further information on what to do in an emergency - particularly a fire.

On the 8th October, Lindsay Forbes from the CFA came and spoke to our residents about the safety of Olivet and the alarm systems that alert the fire brigade in case of an emergency. The take home message from Lindsay's talk was that if an alarm is activated, then all residents must stay where they are and await further instruction from the staff.

Almost every week the fire alarms are tested, this is necessary particularly with our new building. If an actual fire were to occur then sprinklers and fire doors would activate. The fire brigade, once alerted, has 90 seconds to be in their truck and on the road to the fire. 3 trucks with 4-5 personnel would be sent to Olivet. We are fortunate at Olivet to have both a fire and an ambulance station just minutes away.

It is very reassuring that Olivet is a very safe facility.