

The Good Oil

Olivet Care - Monthly Magazine



Time for Tea

Taking a moment to enjoy the sunshine, the stillness, the sound of birds - it's something that we are very fortunate to enjoy - and of particular note as we head into "Earth Month" focusing on the environment around us.

With an outlook over the Mullum Mullum Creek Trail, beautiful trees and plants here at Olivet, you could be forgiven for forgetting you are in a suburban Ringwood street!

Julian and Barbara recently took a moment to enjoy the weather, on the decking of Acacia Wing. This spot overlooks our Sensory Garden Walk and is a lovely leisurely spot. If you're not sure how to find the gardens at Olivet, or spots to enjoy - have a chat with the care team or one of our friendly receptionists. We'd love to share with you the best place to enjoy the afternoon sun, or the morning light.

And above all, take a moment to pause and enjoy the present moment. It's a blessing.

"Let us be good stewards of the Earth we inherited. All of us have to share the Earth's fragile ecosystems and precious resources, and each of us has a role to play in preserving them. If we are to go on living together on this earth, we must all be responsible for it."

KOFI ANNAN

From Meredith's Desk

Such a lot has happened this month and is going to continue to happen until moving day. Residents who are moving across to the new building have attended a meeting about the moving day and all have a floor plan to show where their room will be.

The power connection to the new building has just happened on the 26th February, and we had a lovely "treat" lunch of fish and chips that day with power coming back on in the afternoon.

Furniture samples for the new building have begun to arrive and can be found in The Collins Street Room (next to Main Reception). Residents in Myrtle Court have all trialled the chairs and voted on their favourite and the most comfortable. Please feel free to come and have a look at the chairs. The temporary wall connecting reception to the new building has also now been removed, and we can see the lift and entry point! The lift is not operational until we are ready to move in - but this is an exciting development.

We have conducted a survey asking all residents, staff and available family whether we should adopt a uniform here at Olivet. There have been a few who have said no, and a few who have said they don't mind, but the majority have said yes, as the residents and family feel it is good to be able to easily identify staff. Staff feel it makes it easier to dress and come to work also. One gentleman, with tongue in cheek, suggested we go back to white dresses, red capes and veils! The next step in the process is for the feedback to go to the Committee of Management as we explore our options.

As the new building is completed, the next stage of development at Olivet will be a new cafe in Reception. You will be able to purchase coffee, cakes and light meals, and it will be a lovely place to spend time when visiting Olivet.

I want to thank everyone for their patience, particularly about finding parking during the construction phase we have been in. In the new building there will be forty car parking spaces which will make a huge difference!

Exciting information is coming about times to view the new building closer to our opening day, so keep your eyes peeled for dates and times, and we'll keep you informed.

Meredith King

Olive Grove House

Welcome to the March Good Oil! It has been lovely to experience some beautiful weather giving our clients the chance to enjoy the courtyard and sensory garden here at Olivet.

Mind you, on many occasions this month we've also needed a very strong umbrella to cope with the rain and storms!

IMPORTANT REMINDERS

Olive Grove House will be closed on **Monday 9th March** for the Labour Day Public Holiday. We apologise for any inconvenience caused.

ACTIVITIES IN OLIVE GROVE HOUSE

We are now proud to present our Cultural Wall in Olive Grove House - a map of the world displayed representing the clients and staff who are part of our program. Our first cultural theme was Australia and we had our first BBQ lunch which was enjoyed by all. A very big thank you to Ken who cooked the snags and burgers to perfection, and to the Kitchen Staff who provided beautiful salads along with dressings. Our clients participated in thong throwing, and there was healthy competition throughout the room!

During February we have celebrated our new focus on the cultural wall - Italy and Carnevale!

We have had lots of fun including Italian music, quizzes and food tasting. How lucky is OGH to have our beautiful client Carmela who was happy to teach us traditional pasta making - so much more appealing than packet pasta! Also, the clients made mini-pizzas for morning tea and these were enjoyed together.



Many of our clients are loving a game of carpet bowls. Due to client requests this is going to be an ongoing activity in OGH - alternating between Tuesday and Friday each week. I think the competition between the teams will be fierce and fun!

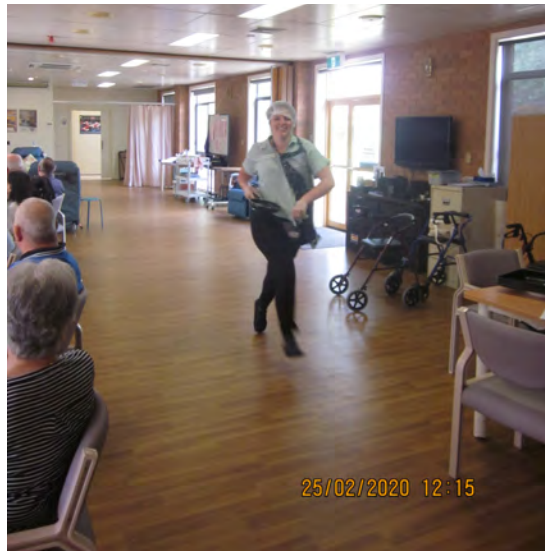
We celebrated Pancake Day this month as well, which is always an excuse to eat yummy food - thanks to the staff for making our morning tea that day.



Olive Grove House

BIRTHDAY CELEBRATIONS

We celebrated Dorothy, Val, Kim, Zoe and Scott's birthdays this month. We hope you all had wonderful days celebrating with family and friends.



WELCOME TO OUR NEW CLIENTS!

We would like to welcome our new clients, Ian, Theresa, Norma, Joyce and Marilyn to the Olive Grove House family. We are so lucky to have such beautiful families who attend our program.

CLIENT OF THE MONTH

Marilyn was our client of the month for February. She brought in some beautiful items from home that she had made herself over the years, and many photos to share with the group. The staff and clients loved the opportunity to get to know Marilyn better and enjoyed her life story.

THINKING OF ROSEMARY AND HER FAMILY

Sadly, Jenny, who was a beautiful lady who loved attending our program each Friday, passed away recently in her sleep. She always arrived with a smile on her face and brightened the room. She will be sadly missed by the staff and clients, and will forever be in our memories. Rest in peace Jenny.

Leisure & Lifestyle

Hello Everyone!

We hope that this edition of the newsletter finds you well. We have had a wonderful month in February with lots of birthdays to celebrate at our monthly party. We like to share the celebration with our residents, so you'll see birthday's listed on the internal big-screen televisions, and all those celebrating birthdays receive a card on their special day.

This month we've enjoyed a fantastic concert with Steph (who plays the piano and sings *anything* we request from her large list of songs). We also welcomed back the Heritage College children in our regular program - visiting students each fortnight (alternating from the Junior and Senior schools). One of our great activities with the students has been making badges together to help us remember each others' names. The students from Heritage refer to our residents as the "Wise Ones" and it is a joy to watch the interaction between the young ones and wise ones. Heritage College is a small Christadelphian school presently based in The Basin, but soon to be moving to new premises in Ferntree Gully.

Our annual pancake day kicked off with the race - this year between the Willows Team and the Leisure and Lifestyle Team. Sadly, the trophy and bragging rights were taken by Willows this year - but amongst the noise, laughing and cheering it was clear that everyone enjoyed watching (and racing!). We also enjoyed eating lots of pancakes and had a chat about why we have Pancake Day "Shrove Tuesday".

This month a few residents also enjoyed an outing to the Stonehouse Cafe in Warrandyte, which was enjoyed by all.

In the coming month (March - already!) we are moving into "Earth Month". This will mean focusing on the environment, recycling matters and how things have changed over the years. Our wise ones have always been so much better at recycling than the present generations, so we can learn a lot from them.

Ecclesial Entertainment will take place on both the 14th and the 28th of March - it is so special to have the groups come and visit with us, sharing their talents, their time and some afternoon tea. A big thank you to those who continue to visit and entertain us!

As March is also the month for St Patrick's Day, we will be celebrating the Irish - so if staff and residents can wear a touch of green, Andrea and Alison intend to cook us something special (so far, a surprise!) - we will all get into the spirit!

Meg, one of our ward assistants with a penchant for singing will be sharing her wonderful voice with us in a concert on the 31st of March - we're so fortunate to have her! And our movie for the month will be Happy Feet, continuing with our Earth Month focus.

Another special event you will see on the calendar is our visit from Clothing and Shoe companies for some retail therapy for our residents. Feel free to come along and join your loved one to choose something special, or contact our care team if you would like us to help them select something they want or need.

Leisure & Lifestyle



An Outing to Warrandyte



Time with our
Heritage friends
is always enjoyed!



Leisure & Lifestyle

Some exciting things to think about as we move toward the opening of our new wing, in Leisure and Lifestyle we will have some new L&L staff, new activities, new times and of course new venues! We thank you for your patience already, and ask for your continued support as we move through these changes - and please continue providing feedback. Our focus here is to enrich your lives and we will listen to you and assist you in any way we can to do the things you enjoy.

An update on our special friend, Mac

After almost two years being a part of the Olivet family, I thought it would be a good time to look back at the first time I introduced Mac to us all...

"Introducing Mr Mac Lazenby. I was born on 23 March 2018 to my Mother a West Highland Terrier and my father a Scottish Terrier. I had two sisters but they were adopted quickly and I was left. The lady who fed us said it was because I wasn't all white and I am a "runt". But now I am a very lucky boy, because I was adopted when I was twelve weeks old and came to live with my new Mum, Allison, and my big brother Kyle.



They say I have turned the house upside down (whatever that means), and that I have very big shoes to fill because their last dog lived here for 16 years and was very special. I am trying my very best and learning quickly with everyone being so patient with me.

Soon I will come to Olivet to work regularly, learning how to be a therapy dog. I get very tired with all the rules and my little legs have to walk so far to see all the lovely people at Olivet! Sadly, everyone has found out that I'm not allowed human food, so no one is sharing their biscuits or cakes with me."

Now Mac is almost two, and I can confidently say he is much-loved here at Olivet. He comes to spend the day most Wednesdays, and is even provided with a special meal of some roast meat from the kitchen! Mac struts into Olivet in the morning with a swagger in his step and a wag in his tail - full of joy at the attention he receives from staff, residents, visitors and school children.

As his owner, I am very proud of his response to everyone - he is gentle and friendly. Looking back at this old photograph I can see he has definitely grown into his ears, and out of his trolley! He is now a healthy 9kg!

Mac has a bath before attending Olivet, goes to the groomers every 8 weeks to keep him looking tidy and his nails fresh. A lot of investment into this little pup, but well worth it for the joy he brings at home and to us all at Olivet.

Lastly, I would like to thank the Lifestyle and Leisure team for all that they do. Not only in looking after our residents, but for the support they give me. I really do appreciate you all!

From the L&L Team,

Allison Lazenby, Alison Caudery, Andrea Green, Lisa Atley, Catie Ancan and Mac!



Juniper Jottings

This month in Juniper we've had a range of lovely activities which were enjoyed by our residents. We hope you enjoy these pictures as a window into the fun we get up to here in Juniper!c



Janet made some biscuits last week -
Delicious!



We commenced a monthly program of "Inter-Generational Music". Residents, pre-school children and their parents enjoyed songs, movement and games led by a music therapist.



Juniper Jottings

Staff, residents and loved ones alike were mesmerised by the music from our visiting harpist.



It was a musical month!
We also enjoyed playing a "Tongue Drum" which makes a beautiful chiming sound.



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 6th | 10.45am | Sing-a-Long (Willows) |
| | 3.00pm | Book Club with Wendy (Acacia) |
| Monday 9th | | LABOUR DAY PUBLIC HOLIDAY |
| Tuesday 10th | 9.30am | Library (Acacia) |
| Wednesday 11th | 10.45am | Heritage School Visit (Willows) |
| Friday 13th | 10.45am | Hymn Singing (Willows) |
| Saturday 14th | 2.00pm | Dandenong Ranges Ecclesia Entertainment and Afternoon Tea (Willows) |
| Friday 20th | 10.45am | Sing-a-Long (Willows) |
| | 2.00pm | Movie - "Happy Feet" (Willows) |
| Tuesday 24th | 10.45am | Senior Clothing Shop (Acacia) |
| Wednesday 25th | 10.45am | Heritage School Visit (Willows) |
| Friday 27th | 10.45am | Hymn Singing (Willows) |
| Saturday 28th | 2.00pm | Mount Waverley Ecclesia Entertainment and Afternoon Tea |
| Tuesday 31st | 10.45am | Concert with Meg (Willows) |

Reminders

Daily Bible Readings in Acacia Hall 2.00pm
Bible Class commences Tuesdays 7pm Acacia Hall



MENU SUGGESTION CLUB

NEXT MEETING - Monday 2nd March at 1.15pm

To be held in the Acacia Lounge with Alison (Dietitian) and Caroline (Catering Manager). Open to all residents, staff and families.

We are aiming to tailor our menu to residents needs, likes and dislikes with your help and input. Come along and tell us your thoughts about what worked and what didn't for the Spring/Summer menu, and provide suggestions for the Autumn / Winter menu.

If you cannot come along, but have a suggestion - please leave your comments at Reception for Alison or Caroline.

Thank you!

A DELICIOUS MIDDAY MEAL!



We recently received lovely feedback - with a photograph - from one of our Olivet community members about the delicious meals at Olivet, and a suggestion to share more of this in our monthly newsletter.

"I couldn't help but remark on the superb midday meal yesterday - it warranted a photo!"

Main - Roast beef, horseradish sauce, Yorkshire pudding, roast pumpkin, potato, broccoli and gravy. Dessert was mousse with yoghurt....

the subject (of meals in aged care) is constantly in the press and NEVER do they mention 5 Star Meals such as enjoyed at Olivet."

Thank you!

Congratulations to Averil Embury, who was recognised with a Citizen of the Year award for her work knitting Trauma Teddies with the Australian Red Cross.

Averil is a member of our Independent Living Unit community, and has volunteered at Olivet for over twenty years, particularly using her skills to mend and sew needed items.

Well done Averil!



Important Updates and Reminders

We're coming into that nasty time of year again, with colds, 'flu and viruses affecting those around us.

Our elderly residents are at higher risk with these viruses, and we ask for your help to reduce the spread.

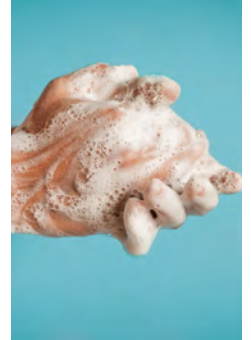


IF YOU ARE UNWELL, OR HAVE SYMPTOMS

Please do not visit. We know it can be tough, but if you are sneezing, coughing, have a fever or feel unwell, please stay home until you are completely clear of symptoms.

PREVENTION IS THE BEST OPTION

When visiting Olivet or any elderly or at-risk friend, please ensure you wash your hands thoroughly (alcohol wash is available at all entries and exits).



ACACIA WING ACCESS

A reminder to our visitors and friends of Acacia Wing that we have made some changes to access of Acacia Wing.

The external entry and exit point for Acacia is now **only** the door near Acacia Hall. There is no entry allowed through the door at the dining room. This is to support the feeling of home in the wing, to reduce traffic through the residents' dining room and to improve safety and security as multiple entry and exit points can increase risk.

Thank you for your understanding and acceptance of this change.

Tell Us About It

At Olivet, we always welcome feedback. Whether you'd like to tell us what we're doing well, offer a suggestion for a new initiative or activity, or let us know where we can improve, we'd love to hear from you!



SPEAK TO US

Either in person or by calling 9131 5500.
Our Reception Team will direct you to the right person.



WRITE TO US

You can complete a "Your Thoughts" form (located in each wing next to a submission box), or simply jot down your feedback and pass on to Reception, your Clinical Manager or our Care Manager.



SEND US AN EMAIL

Emails can be sent directly to the Department Head or Clinical Manager if you have their contact details, or send through to Reception@Olivet.com.au and we'll direct to the right person.