

# grapevine

## NEWS



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@themayflowergroup



#### CEO'S MESSAGE

## Welcome to the Summer edition of Grapevine.

Sadly, it has been a devastating start to the New Year which has been dominated by news of the catastrophic bushfires around Australia. Many homes and lives have been tragically lost and our hearts go out to the communities affected. While the impact has been heartbreaking, the response has been heart-warming, with donations flowing in from across the world.

I would like to acknowledge my colleagues at the many facilities impacted by the crisis. We understand at least 30 providers were directly touched by the fires with around 750 residents evacuated to other facilities. These providers and their amazing staff worked around the clock to keep residents safe, and their determination to protect frail older Australians under extraordinary circumstances is a credit to our industry.

Over the past year there has been a focus on Aged Care and we have heard many stories from a variety of individuals which have not shed a good light on our industry and the people who work so hard and diligently to care for, and enrich, the lives of our residents.

The Royal Commission Interim Report has been released and its contents highlights the need for change. It is hoped that the Final Report and accompanying recommendations delivered in November 2020 will support us working together to improve care delivery and meet the challenges that will, no doubt, result from this process.

Not-for-profit providers like Mayflower are optimistic about the constructive change that will come from this important work. This goes to the heart of Mayflower's vision to provide person-centred care without compromise. I am extremely proud of our staff and volunteers during this challenging time, and I want to take this opportunity to acknowledge their hard work and professionalism. Each day I see our values of compassion, excellence, integrity and respect demonstrated through high quality care.

I hope you enjoy this edition of Grapevine.

**Rosa Ginevra**, Chief Executive

## Consumer Advisory Committee

Feedback and advice from residents and family members is important to us.

In late January, Mayflower's newly established Consumer Advisory Committee held its first quarterly meeting. The Committee is one of the many ways Mayflower can gain essential feedback and suggestions from residents and family members, so we can continue to develop, personalise and improve the services we deliver.

The Committee is comprised of eight resident and family representatives who are keen to provide a customer voice in decision making at Mayflower. Members include Shirley McKecknie, Don McKenzie, Rose Capri, Christina Anderson, Pamela Rivers, Frank West and Brigitte Tenni. The first meeting focused on customer service, lifestyle activities and getting to know each other.

The Committee is an important component of Mayflower's Consumer Engagement Framework. This framework aims to ensure our residents, clients and their families are engaged and supported in the development, delivery and evaluation of our care and services.

Key elements of the Consumer Engagement Framework include:

- Regular resident and family meetings
- Consumer representative on Quality and Safety Committee
- Appointment of a Consumer Advocate
- Regular customer focus groups
- Annual resident and relative feedback surveys
- Pulse surveys for residents and relatives
- Mayflower Continuous Improvement System feedback forms
- Mayflower Consumer Advisory Committee

If you have any suggestions on how we can improve our services, we'd love to hear from you. We encourage you to provide feedback either verbally to a staff member, by talking to committee member or by completing a continuous improvement feedback form.

## DUTCH TRIKE

There's nothing quite like the feeling of hopping on a bike and getting some fresh air, feeling the sun on your face and the wind through your hair.

A big 'Thank You' to everyone who has donated funds towards our Dutch trike. We have nearly reached our target amount, and just need to raise another \$1,000 to make this dream possible! **Please see our back page for more information.**



**PICTURED ON COVER:** Dr Lindsay Jones  
a resident from Brighton enjoying an Independent Living social function.



## CONNECT WITH US!

Facebook is a great way to stay 'in the know' and to network with others in your community, and The Mayflower Group Facebook page is no exception!

We share inspiring stories and photographs of our wonderful residents, as well as helpful information and resources to help you better understand aged care and ageing.

You can find, 'like' and share our page by searching on Facebook for **@themayflowergroup**

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**PICTURED OPPOSITE:** Reservoir Lifestyle Coordinator Helen with residents Tony and Norma out and about at Melbourne Zoo.



## Sensory garden

The new Margaret Beynon House courtyard in the heart of Mayflower Brighton is well underway.

It is exciting to see the new gazebo, sensory garden beds and recreation area come together. The courtyard will contain oversized percussion musical instruments and an outdoor setting for residents and their families to enjoy together.

The courtyard is expected to be completed by early March 2020.

## Handyperson volunteer needed

Mayflower Brighton is looking for a volunteer to help us keep our facilities in good condition by undertaking various odd jobs, light gardening and maintenance. Tasks may include general tidying up (trimming, weeding, planting), repairing garden furniture and other minor maintenance.

As a Mayflower volunteer, you'll be joining a friendly, caring team of people who give their spare time to support the Mayflower community. You'll be surprised at just how much your time and skills can help.

What we're looking for:

- Experience or skills in gardening/maintenance
- Friendly, enjoys a chat with residents and staff
- Likes the outdoors
- Can do attitude, resourceful and self-motivated
- A hands-on approach to dealing with issues
- Able to work independently, and as part of a team

We are looking for a commitment of one shift per week but are happy to discuss what works best for you. For more information please call Christina Devine on **9591 1100**.



📍 BRIGHTON

## Jeany turns 100!

Jean McNeil is Mayflower Brighton's most recent centenarian, turning 100 in December 2019.

Jean, who is more affectionately known as 'Jeany' by friends and family, has just reached the impressive milestone of 100 years young.

Born and bred in Melbourne, Jean was never going to be the sort of person to stay in the same place for too long, living all around Australia as well as travelling across the world many times.

Jean's first big move was to Sydney when she was just shy of 19. It was Cup Day Eve and she had met a handsome man by the name of Jim Tolmer at a ball the night before. They instantly fell in love and ran away the very next day to be married. Dismissing speculation of a shot-gun wedding, 11 months later their first daughter Jan was born. Twelve months after Jan was born, their daughter Helen was born and again, another 12 months later, Douglas was born.

Jean and Jim enjoyed wedded bliss for 24 years before his sudden passing at age 52. Jean was fortunate to find love a second time around, marrying Stuart McNeil.

Quite the socialite, Jean is well known for her vivacious personality, the incredible effort she makes to make people feel valued and important, and the roaring parties she threw that saw friends and family having a great time.

Jean was also a fabulous cook, never needing a recipe or help in the kitchen. Daughter Helen says Jean's cooking kept the whole family close to home. "We would all invite our friends for a great meal," she said. "There was never any reason to leave the house for a fun party!"

As the children grew into adults, they followed in Jean's travelling footsteps, and she in turn followed theirs. When Douglas moved to Italy, Jean followed him visiting many times and enjoyed snapshots of the culture and fabulous Italian food and wine.

Before Stuart's passing after 24 years of marriage, Jean and Stuart lived with Helen and her family in country Victoria, helping run a restaurant and tourist attraction on their farm. Daughter Helen recalls with affection, "Jeany would always be dancing with a glass of wine in her hand while singing 'The Chocolate Soldier' by Mario Lanza, and she would always get the words wrong. Jeany would talk to anyone and everyone at the restaurant and make them feel welcome!" Later, Jean moved to Noosa in Queensland to live with Jan for several years.

With the love of her family and children her number one priority, Jean continued to travel the globe so she could meet all her grand-children. Jean's first grand-child was born in London, the second in Ireland and her third in France! Since then Jean has had the pleasure of welcoming nine great grand-children to her family.

As the years moved on, it seemed that there was nothing that could slow this strong and independent woman down, with Jean sailing around the Whitsundays in a yacht while in her seventies!

Jean may be a little quieter now, but she still maintains the beautiful warmth and energy that draws people to her. So, it was no surprise that the sun was shining for her 100th birthday celebration.



**CLOCKWISE FROM LEFT:** Mayflower Brighton's most recent centenarian, Jean; Jean as a toddler; Newlyweds Jean and Jim; and, Jean conquering the Whitsundays.





**BRIGHTON**

## Flights of fancy

A group of Mayflower residents took flight to the RAAF Museum in Point Cook for a close encounter with some iconic aircraft from Australia's military history.

The day started with a lovely drive along the beach to Williamstown. Residents were very excited it was their first time visit to the museum.

Point Cook is the birthplace of the Australian Flying Corps (AFC), renamed to the Royal Australian Air Force, following its success in World War One. RAAF Base Point Cook was the Air Force's only base from 1912-1925, when RAAF Base Richmond and RAAF Base Laverton were built.

Today, the RAAF Museum pays tribute to the history of the Air Force and houses an extensive collection of memorabilia and stories of Australia's military aviation expeditions.

Residents were warmly welcomed by the museum staff, before embarking on a leisurely stroll through the exhibits. With so much to see, time went quickly as they explored the fantastic collection of aircraft, missiles, medals, uniforms and other collections.

Mayflower staff were on hand to assist less ambulant residents, and to help read some of the history about the planes, which was sometimes printed in small writing.

Lifestyle Assistant, Puneet, said the museum was well set up for residents to get up close and personal with the great collection of planes and memorabilia.

"There was so much to see, with planes dating back to the early 1900s," he said. "Residents really enjoyed looking at the museum displays and then admiring those huge planes, helicopters and missiles."

After a spot of plane viewing alongside the tarmac where residents could watch young pilots training and practising, the group enjoyed a picnic lunch on the grounds of the RAAF Base.

After a fully packed day at the museum, residents and the Lifestyle team headed back to Mayflower Brighton, with a quick stop for a McDonalds soft serve cone!

**PICTURED ABOVE:** Thomas, Eddie, Gwen, Barbara and Ray along with Lifestyle Assistant Puneet and Assisting Volunteer Brian admire the impressive sights.



**BRIGHTON**

## Horsing around

Residents living at Mayflower Brighton had the chance to horse around when Percherons, Wednesday and Wazza came clip-clopping in as part of a touring equine therapy program.

The ladies and gentlemen were able to pat, hug and feed the horses in sessions that have proven to help ease conditions commonly faced by the elderly, such as cognitive impairment and depression.

"It's important to us that our residents continue to enjoy new and fun experiences," said Maria Bernardo, Executive Officer of Mayflower Brighton.

"These visits are especially important for those who have conditions that affect their mobility or cognitive abilities and aren't usually able to get out and socialise. They help our community to step out of their routine and connect with each other in a different environment."

Mayflower Brighton resident Frank West enjoyed the visit, recalling fondly his experiences riding ponies in his youth. "I was blessed to have a friend with a car back then," said Frank.

"He would drive us out to apple orchard country in Box Hill to ride ponies. It was a wonderful experience. They were quiet little animals and stood so placidly as we were helped onto their backs."

Pamela Hasset, a former member of the Melbourne Racing Club — Mornington, also loves horses, having passed her lifelong passion onto her son. "We took a day off kinder when he was about four, so I could take him to the Caulfield races. It's been his hobby ever since."

"I get so carried away about horses," she said. "It was lovely having Wednesday and Wazza come to visit."

You can view a video of the day at [mayflower.org.au/news/latest-stories/horsing-around/](https://mayflower.org.au/news/latest-stories/horsing-around/)

**PICTURED ABOVE:** Pamela has always loved and admired horses.





## 📍 BRIGHTON

### Gone fishin'

Residents of Mayflower Brighton enjoyed a scenic and interactive trip to the Australian Rainbow Trout Farm.

Fishing is a great way for Mayflower residents to exercise both body and mind, build their confidence and maintain their independence in their day-to-day activities.

On a bright and sunny day in late October residents from Mayflower Brighton boarded the bus destined for a fun, active and relaxing day of fishing.

The trout farm, located in Macclesfield, is set amongst the rolling hills of the Dandenong Ranges, just outside Emerald, in picture-perfect scenery fit for a postcard!

With kangaroos, chickens, sheep and other farm animals roaming the grounds, residents were taken back to a time when they enjoyed farm life or fishing in the great outdoors. Resident Betsy Reynolds recalls fond memories of her childhood in South Australia. "I grew up on a farm near the Murray River, and we had chooks of course, and would often go fishing and swimming on the Murray," said Betsy.

Once the fish were caught, each resident had a turn cooking their very own 'catch-of-the-day' on the BBQ provided on the grounds, and after sampling their catch, spent time exploring the many fish ponds and animal pens.

Lifestyle Assistant, Alex, loved seeing residents enjoying the great outdoors.

"It was something new for me, and it was not only an enriching experience for residents, but for staff also. It makes me so happy seeing residents smile during special outings that are based around their interests," said Alex.

He was also very impressed with the catch-of-the-day. "I never knew cooking in the wild would taste so good!" he said.

Brighton Lifestyle Assistant, Puneet, remarked, "it was so, so, so beautiful there, and so much fun we will definitely have to go again!"

Due to popular demand, another trip to the Australian Rainbow Trout Farm is planned for this year.

Visit [mayflower.org.au/news/latest-stories](http://mayflower.org.au/news/latest-stories) for more photos of the day.

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**CLOCKWISE FROM LEFT:** Lifestyle Assistant, Alex, and Betsy spot their own 'catch-of-the-day!'; Marj enjoying the sights and sounds of the farm; and, Betsy, Alex, Marj, Shirley and Lifestyle Assistant, Puneet, cook up a storm on the supplied BBQ!







## 📍 BRIGHTON

# Social connection matters

Developing new social connections is a key reason many retirees move to Mayflower Brighton, and with just over 100 residents living in the village, there are plenty of people to get to know.

Fortunately, there are lots of things to do, with residents taking an active role in developing the social calendar which includes bus trips, movie nights, happy hour, lunch outings, cards and games groups.

Cocktail functions are always a big hit, providing the perfect opportunity to mingle in a relaxed environment. More than 50 residents came together recently for a special evening of drinks, canapés, conversation and laughter.

Mayflower hosted the evening to celebrate the end of major renovation works and thank residents for their patience and understanding while the works were underway. It was also a great opportunity to welcome new members to the community, make some new friends and spend time with old ones.

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**PICTURED ABOVE:** Independent Living resident Joan had a fabulous time at the cocktail function.



## 📍 BRIGHTON

# Time for a tune

Music is a great way to connect with others, which proved to be true when some of our Brighton Retirement Living residents recently popped in to perform for our Brighton aged care residents.

Patty and a few close friends entertained residents with a collection of songs and ukulele renditions. For the first time, members of Vocally Wild joined Patty as part of the performance. Vocally Wild is a successful, long-standing, community choir based in Sandringham that aims to bring the joy of singing to the wider community.

Commencing with a specially written song about the welcoming nature of Mayflower, Patty and her performers played through a canon of favourites.

Ever the entertainer, Patty explained to attending residents the story of her unique ukulele shirt, which was sewn together from tea towels. A friend transformed the tea towels into a shirt after Patty couldn't bear to use them when she was given them as a gift.

Aged care resident Pam Rivers particularly enjoyed the performance and thanked Patty on behalf of the residents. The afternoon finished with a rousing chorus of Waltzing Matilda and another specially written farewell song.

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**PICTURED ABOVE:** Patty and friends from Vocally Wild can really play a tune!



## MACLEOD

### Distant relatives

Mayflower Macleod Residents Bob Bird and David Roberts first met back in 2009 when David moved into Crystal Brook Caravan Park in Doncaster East.

A chance comment at a BBQ a few years later revealed that the two men were in fact related. Distant fourth cousins, they shared the same great, great, great, great grand-parents, Nathaniel Lucas and Olivia Gascoigne.

Nathaniel and Olivia travelled to Australia on the First Fleet as 'indentured servants' and due to their 'character and vocation' were selected along with 13 others to accompany Lieutenant Governor Phillip Gidley King to form a colony on Norfolk Island, thereby securing the small island for the British Empire.

Finding love on the voyage, Nathaniel and Olivia were married within weeks of their arrival in a civil ceremony. They were married by the island's surgeon, Thomas Jamison, as there was no minister on the island at the time. The later solemnised marriage resulted in 13 children with their first child, Ann, believed to be the first child born on Norfolk Island.

After 15 years on the island, the family moved to Sydney with two prefabricated windmills, one for the Government and one for themselves. As a result, Nathaniel is known as the first miller in Australia.

Bob Bird, a descendant of Nathaniel and Olivia's sixth child, Olivia, became aware of his ancestry in 2001 with the publication of the first edition of the book *A Nation Within a Nation: The Lucas Clan in Australia*, edited by a relative, Peter McKay.

David Roberts, a descendant of Nathaniel and Olivia's eighth child, James, was unaware of his ancestry until 2004 when a chance discovery by his first cousin, Judith Lagstom, revealed the genealogy of the family.

Since then, Bob and David both moved into independent living units at Mayflower Macleod and enjoy celebrating their shared past and distant family connection.

The Lucas Clan in Australia, as descendants of Nathaniel and Olivia are generally known, is recognised as one of the largest clans in Australia. In 2001, the known living descendants of this family reached 25,584 representing 0.16 per cent of the Australian population in that year. Imagine remembering all those birthdays!

In 2008 David, who is quite proud of his family's past, joined a group of 150 people to visit Norfolk Island to re-enact the first landing at Emily Bay and celebrate his heritage.

David is particularly active in the Macleod community, editing the resident's newsletter and assisting with the gardening around the community hub.

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**PICTURED ABOVE:** Bob and David discovering their shared ancestry.







## RESERVOIR

### A zooper day!

The zoo is a wonderful world where childhood memories are made and remembered.

Melbourne Zoo is a not-for-profit organisation, aiming to inspire animal lovers of all ages by strengthening the connection between people and animals from all around the globe, and our residents are no exception.

Residents from Mayflower Reservoir enjoyed a much-anticipated trip to the zoo on a lovely sunny day in late Spring. As residents explored the many habitats, they were able to witness exotic and endangered species such as snow leopards, lions, red pandas, Sumatran tigers, gorillas, as well as the resident Asian elephant family and orang-utans.

As the exploration continued residents enjoyed the magnificent sight of giraffes and zebras as well as native Australian species including the southern cassowary and Tasmanian devil, now known to be critically endangered where they were once a common sight.

The Butterfly House, which houses Australia's native tropical and subtropical butterflies in a warm and humid glasshouse, was quite the hit. Hundreds of dazzling butterflies fluttered about, landing from plant to plant, and on staff members and residents alike.

With a smile, resident Bruce Stansbury said, "I really, really enjoyed the zoo!"

The group spent time reminiscing about their day and childhood over lunch at the popular café, remarking, "what a lovely day it turned out to be! Not too hot, not too cold, just right."

The zoo visit is one of many events on the Mayflower Reservoir calendar, which aims to deliver a choice of activities and outings to inspire active minds and active bodies. Residents and their families are encouraged to offer ideas to help ensure that each individual resident can be engaged in what they enjoy most.

The sights, sounds and scents will remain a fond memory for all who attended.

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**PICTURED ABOVE:** Tony enjoying all that is Melbourne Zoo.



## RESERVOIR

### Opal!

Celebrating all things Hellenic, residents at Mayflower Reservoir delighted in a 'Greek Day' themed happy hour recently.

With Hellenic music and traditional Greek-style dancers, residents at Mayflower Reservoir had a fun-filled time at their culturally themed happy hour.

Many residents living in Mayflower Reservoir originate from culturally diverse backgrounds, particularly from Greece and Italy and celebrating their cultures is as important to Mayflower as it is to them. Our Lifestyle team ensures these special days are embraced, with individuals kept in mind for each occasion.

A traditional Greek-style dancer from the Belly Dancer Kaylah company, donned in a bright and colourful dress, swept across the dance floor in style and grace, encouraging residents to try on the costumes and join in the dancing. Lifestyle member Helen also took to the dance floor in a traditional Greek-style costume. As the lively music played the occasional and familiar cry of 'Opal' echoed through the air.

'Opal' or 'όπα!' written in the Greek alphabet is an expression most well known as an expression used during a party or dance, while breaking plates or to bring attention to the lively dancing on the dance floor.

Resident Tony was up and dancing with the dancers before we knew it and said he had a wonderful time.

"I enjoyed watching the belly dancer moving to the rhythm of the Greek music," he said. "It took me back to my younger days in my homeland of Greece."

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**PICTURED ABOVE:** Josef dancing with dancer Kayla.





## A month of Christmas

Christmas at Mayflower is a wonderful experience, filled with good cheer, good times and lovely memories to be made and shared, with each facility enjoying numerous festive events throughout December.

At Mayflower Reservoir, Lifestyle Coordinator Helen dressed as Mrs Claus while staff member Gautam and his son Sid dressed as Santa and Santa's little helper. The vibrant trio spread some Christmas joy handing out a gift to each resident who received their gift with a with a warm smile and joy, reflecting the essence of the season.

Leading up to Christmas, our Reservoir residents had the pleasure of being entertained by singer Sam Milan, joining in Christmas caroling with the local school children as well as enjoying fabulous Christmas themed games and bingo.

Helen said, "Our residents really look forward to our Christmas celebrations, particularly the special visit from Santa and entertainment by Sam Milan. It was so rewarding seeing everyone get into the Christmas spirit."

At Mayflower Brighton, residents relished a private performance from Buddy England of Seekers fame and sang and danced to some of the Seekers greatest hits such as 'Georgy Girl,' 'Five Hundred Miles' and 'California Dreamin'."

On Christmas Day staff and visitors helped residents get into the spirit at each location, donning festive costumes, t-shirts and reindeer antlers galore. A traditional Christmas lunch was served, and the Christmas bon-bons were a hit amongst friends and family. Even the visiting dogs got into the spirit!

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**CLOCKWISE FROM LEFT:** Margaret with friend Eileen and Reservoir Lifestyle Coordinator Helen; Anna with Brighton Lifestyle Coordinator Teresa; and, visiting dog dressed as 'Santa's Little Helper'.







#### MAYFLOWER TIPS

## New room, new home

Moving into an aged care home can pose a challenging time for both residents and their loved ones alike.

Here at Mayflower we aim to make this transition as easy as possible. It is important to us that you feel comfortable and a real sense of homeliness in your new space, and we encourage you to personalise your room with familiar possessions until that contentment is reached.

Below are a few tips to help your new space have a lovely sense of home:

**Give those walls some colour and interesting texture.** By adding colourful tapestries, a small corkboard with memos and cards from loved ones, memorabilia of milestones such as special birthdays, framed photos that help tell your story and your favourite artwork, you can really make bare walls sing. At Mayflower, our maintenance staff will be happy to help you hang these safely. Soft furnishings such as quilts, familiar doona covers, doilies and table runners can really soften and personalise a space. You may also want to put up some colourful drawings or notes from younger members of your family such as artwork from the grand-children on your wall.

**Familiar items can make all the difference.** Some of us find nothing better than to cosy-up with a favourite book or catch up with current affairs in the daily paper. Bringing in your favourite armchair to relax in, if it is still practical for you to use, can be a great piece of furniture to add to your new home. Don't forget to bring in plenty of clothing that you feel comfortable in and can wear throughout the seasons. Sometimes just putting on a warm cardigan you have worn for years is just the comfort you need.

**Bring a little extra life in to your new home.** By adding a living indoor-plant to your décor scheme you can really add some life and beauty to your room, helping you feel more relaxed and at-home. Plants help clean the air in a room by removing carbon dioxide and ozone and releasing oxygen. Studies have shown that indoor plants can reduce stress, boost mood and creativity, and deliver positive changes in the brain's electrical activity, muscle tension and heart activity. You may also wish to consider having a pet fish in a small tank such as a goldfish – away from sunlight and power-points, of course!

**Bring in some activities to keep your mind and hands busy.** By bringing in some books you would love to read, knitting or craft supplies, word puzzles and word games, computer or tablet, or subscribing to your favourite newspaper, you can keep your mind and hands busy while you settle in.

For more information visit [mayflower.org.au/news/latest-stories](http://mayflower.org.au/news/latest-stories)



#### BRIGHTON

## Mayflower fashions in the dining room

Oaks Day celebrates all things beautiful, stylish and feminine and there was no shortage of ladies from Mayflower Brighton celebrating spring racing with flair and grace!

Oaks Day, known as 'Ladies Day' is held on the Thursday after Melbourne Cup and is a customary celebration of spring fashion and style.

The ladies of Mayflower Brighton dressed in their finest spring attire, pinned on a fascinator or donned an elegant hat, all while enjoying a lovely glass of wine with friends.

The horse racing carnival was almost a distant memory as residents enjoyed a chat and the warm, friendly atmosphere of the afternoon while enjoying a stylish and sweet high tea of club sandwiches, chocolates, macaroons and of course cupcakes.

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**PICTURED ABOVE:** Lifestyle Coordinator Teresa and Ann share a laugh together.

## OUR SUMMER APPEAL

Mayflower would not be the organisation it is today without the financial support of individual donors, community groups and schools, businesses, philanthropic trusts and foundations. We are grateful to these benefactors for contributing much needed funds to Mayflower.

As a not-for-profit charitable organisation we rely on the generous financial support of donors. All money raised is directed to helping enrich the lives of our residents.

## Yes, I want to make a gift to Mayflower:

\$ \_\_\_\_\_

Donations to Mayflower are tax deductible.

### My details for payment

☐ Cash or cheque enclosed  
(made payable to 'Mayflower')

OR, please debit my: ☐ Visa ☐ MasterCard

Card number:

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Name on card:

Signature:

Expiry date:        /

### My details for receipt

Title: \_\_\_\_\_

First name: \_\_\_\_\_

Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

**Thank you sincerely for your generosity.**

### PLEASE RETURN TO:

Mayflower  
7 Centre Road, Brighton East VIC 3187  
T: 03 9591 1100  
E: info@mayflower.org.au



## Generous donation delights the senses

Mayflower was delighted to receive a generous donation of nine beautifully hand-made sensory blankets and quilts recently. The carefully crafted blankets were donated from a very talented local knitting and sewing group who were keen to do something special for older Australians.

A sensory blanket is a great resource for residents living with dementia. They help provide comfort in the form of a warm lap and gentle pressure, while also provide something for restless hands and minds to focus on, reducing boredom while soothing and stimulating the mind.

Mayflower residents, Marjorie and Betty, were delighted to try them out. And the verdict? We think the smiles on their faces say it all.

We would like to thank our dedicated volunteers, Marion and Sue, for bringing these in for us, just in time for Christmas! We are very grateful for your generous contribution.

**PICTURED ABOVE:** Betty and Marjorie enjoying the new sensory blankets.

## More support needed

There's nothing quite like the feeling of hopping on a bike and getting some fresh air, feeling the sun on your face and the wind through your hair.

A big 'Thank You' to everyone who has donated funds towards our Dutch trike. We have nearly reached our target amount, and just need to raise another \$1,000 to make this dream possible!

The Dutch cargo passenger trike has been specifically designed to allow older residents to get out and about in the local area. All it needs is some willing passengers and a little pedal power from our Lifestyle team who are looking forward to improving their fitness!

Your support in helping us reach this fundraising goal would be much appreciated. As a not-for-profit charitable organisation, the generous support of donors is invaluable in helping us in our mission to deliver Care without Compromise.

Special thanks goes to Lady Marigold Southey, John King Family Foundation, Dr Vera Bowen, Nannette Lowth, Walter Fisher, Edward Oldham and Sigrid Bode for your generous donations.

