

grapevine

NEWS

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@themayflowergroup



CEO'S MESSAGE

Welcome to the Autumn edition of Grapevine.

Autumn is well and truly here. The leaves are falling, the temperature is cooling and the sun has taken on a special glow. As I write, I feel incredibly fortunate that we live in Australia, and that COVID-19 is being held at bay. However, we will not let our guard down. Mayflower continues to take every precaution to protect our community, and we are on the highest alert with the winter months approaching.

Our residents are due to receive the COVID-19 vaccine in May. We are hopeful that our staff will also be vaccinated before the month's end, and we urge everyone in the community to follow suit.

It's also time to get your annual flu shot. Vaccination is a safe and effective way to protect yourself from flu, but it also helps to protect other people, including vulnerable groups such as our residents.

Another pressing issue is the Royal Commission into Aged Care Quality and Safety and its recommendations. The Report puts older people at the centre of aged care and calls for a new Aged Care Act, a more restorative approach to care, enhancements to the workforce through education and training, remuneration, career pathways, and more sustainable funding.

The aged care industry has come together to provide a united voice to government as it considers and implements the Report. The industry vision is to achieve a sustainable, world-class aged care system that enables all older Australians to be valued, have choice, and lead a meaningful life.

We hope that the Government will deliver on the Report recommendations so that we can achieve this vision.

As always, I hope you enjoy this edition of Grapevine.

Rosa Ginevra, Chief Executive



Home care you can trust

Do you know someone who needs some support to continue living at home?

Mayflower's Home Care services can help you or your loved one enjoy a healthy and independent life, with personalised care and support.

With everything from simple daily chores to full nursing support, meals, transport and more, you can spend your days doing what you love while we look after the rest.

Let us help you enjoy your independence.

Call **9591 1100** or visit **mayflower.org.au/home-care**

PICTURED ON COVER:
Brighton retirement living resident Patsy, during a luncheon outing at The Gables. Read more, on back cover.



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 RIGHT: Gino, a resident of Mayflower Reservoir, lights the room with his smile and charisma, while receiving a special Easter treat.



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PICTURED LEFT: Foodies rejoice, as Perla pairs the perfect wine with your selection of culinary delight.



La Perla Wine Bar

La Perla Wine Bar at Mayflower Brighton is now open every Thursday from 4pm – 7pm.

The exclusive and enticing menu features a carefully selected range of wines, aperitifs, and cocktails, to be enjoyed with cheese and charcuterie platters, arancini, gourmet pizza and more.

Mayflower residents, families, staff and friends are invited to enjoy the La Perla experience. You can view the menu at **mayflower.news/Menu**



BRIGHTON

ANZAC Spirit

Anzac Day has become core to the identity of Australia itself. Each year, the Mayflower community commemorates Anzac Day with formal services at our aged care homes.

Last year when our traditional services were cancelled due to coronavirus, Brighton retirement village residents, Josie and Patsy kindly recorded a service to share with our community.

This year, we were delighted to be able to come together again to acknowledge all Australians who have served in war, or on peacekeeping operations.

Resident Frank helped deliver the Brighton service, reciting the Ode to the Fallen.

Frank served as a Navel Coder during the Second World War. He spent his 18th birthday behind enemy lines in Port Moresby working with the Coastwatchers.

Later Frank was assigned to duty on HR. MS. Abraham Crijnsen, a naval vessel known for its escape under the camouflage of hundreds of small trees and branches.

Read more about Frank's story at [mayflower.news/FrankRemembers](https://www.mayflowernews.com.au/FrankRemembers)



PICTURED ABOVE: Frank with Ron, a RAAF veteran, share in the garden, and right; medic veteran and centenarian, Allen.

BRIGHTON

It's your choice!

Mayflower has updated its lifestyle program to ensure that resident choice continues to be first and foremost in everything we do.

Every day we encourage residents to choose an activity that they would enjoy doing – and then we help to make it happen.

This approach empowers residents to make their own decisions about what they do, and tailors their daily program around their own preferences, personal needs, and interests.

It was a 'cuppa' and cake at Café Perla that was chosen by Ann and Lorne, who enjoyed their morning tea and each other's company recently, alongside Lifestyle Assistant Genevieve.

"I love taking requests, and tailoring activities around what residents really enjoy doing," says Genevieve.

PICTURED BELOW: After a leisurely walk, Lorne enjoyed her favourite cuppa - Earl Grey tea, just the way she likes - with a splash of milk, first.





BRIGHTON

Aussie cricket fun

Australia Day is the day to reflect on what it means to be an 'Aussie,' and to celebrate all the wonderful things we love about our beautiful country: our diverse and beautiful land, a sense of a 'fair go', a laid-back lifestyle, and most importantly - our people and culture.

Of course a big part of our culture is the love of sport, and nothing says "Australia Day" more than a friendly game of cricket with your mates.

At Mayflower Brighton, residents came together to have a fun afternoon on their very own cricket pitch.

The 'Big Bash' was planned impeccably and was held just a couple of days before the public holiday - to beat the hot weather that was soon to come.

Ann, a keen sportsperson herself, enjoyed getting out in the fresh air with friends while soaking up the sunshine, and she simply cannot wait for the next match.

"It was so nice to do something different, I can't wait to play it again," says Ann.

PICTURED ABOVE: Pam bowls to Shirley as the crowd looks on with anticipation, and right; Betty gets ready to bat.



BRIGHTON

Meet Birdie

Mayflower Brighton residents have been enjoying the company of a new feathered friend - fittingly named, 'Birdie'.

Watching animals can bring back fond memories and can help residents and team members form bonds over the experience of taking care of a pet, while also reminiscing together.

Jim has developed a special connection with 'Birdie'.

"It's such a happy little bird, and always hops around and comes right up to me," says Jim.

"We always had animals growing up," says Jim, "we had 50 chooks, 10 dogs, and other animals too."

Watch the video and get a closer view: mayflower.news/Birdie

PICTURED ABOVE: Jim loves chatting to Birdie, "it's such a happy little bird!"



📍 **MACLEOD**

53 years and counting

Rex and Lorraine have been married for 53 years. Their story began when they were just little tikes, and it keeps getting better.

Rex and Lorraine went to the same kinder and then onto primary school in Sydney – before forming a strong bond when they met again as young adults.

Their courtship began when Rex and his best mate Peter were cruising their local area, looking for dates, as young men did at the time. Lorraine was a tender 18-year-old woman, and Rex 21.

“We would burn up and down the street and see if any girls would want to go out with two young blokes,” says Rex.

“My mate met a girl and she suggested we visit her friend – little did we know the surprise that was instore for us all!”

“Rex arrived unexpectedly at my doorstep with his mate”, says Lorraine, “I took one look at him and said, ‘What the hell are you doing here?!’” says Lorraine.

“Gee I got in trouble that night when I got home. Dad said, ‘don’t ever greet someone like that again,’ but he didn’t know I already knew Rex.”

The foursome then made their way to the local drive-in theatre for a romantic double date. Lorraine wasn’t quite so smitten with Rex at this stage.

“Lorraine sat and did her knitting while the others made out in the back of the car,” laughs Rex. Rex felt differently - and couldn’t get Lorraine out of his mind.

“From then on, I just kept annoying her,” he says, “I had the engagement ring for 12 months, and we kept going out, and she kept saying no.”

But all was not lost, and Rex’s persistence eventually paid off.

“I got the blessing from her dad and kept asking until she finally said yes.”

Rex and Lorraine moved to Mayflower Macleod in 2018, after 12 years travelling Australia.

You can also read more about their travels at mayflower.news/Travels

You can also visit mayflower.news/7Tips to read their 7 tips for a successful marriage.

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PICTURED ABOVE: Rex and Lorraine enjoy each others company, “we really have had a wonderful life together,” says Lorraine, and right; love abounds on their wedding day.



RESERVOIR

Greek Independence Day

Everyone was eager to put on their dancing shoes, as they celebrated the 200th anniversary of Greek Independence at our Reservoir residence.

It was on 25 March 1821, when Greece officially declared its independence and began the revolution that would eventually give the nation its freedom after 400 years.

Residents celebrated the day with a morning of Greek dancing, followed by Greek coffee and sweets, and reading about the significance of the day.

Lifestyle Coordinator, Helen, presented the reading, which has a special meaning to her.

"My mum and dad emigrated from country towns in Florina, Greece," says Helen, "so I've celebrated this special day every year of my life."

Many of the people living at Mayflower originate from different cultural backgrounds - and celebrating each of their cultures is as important to us as it is to them.

"I aim to ensure all religions and denominations are catered for, to help boost residents' sense of worth and belonging, that is reminiscent of their culture, faith and personal history," Helen says.

But the celebration wasn't just for Greek residents - our cultural celebrations aim to give everyone the opportunity to try and taste something new. Opa!

You can watch the video at: mayflower.news/Greece

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PICTURED ABOVE: Chris enjoys dancing to the rhythm and motion of Greek music, showing us all how it is done.



RESERVOIR

Easter eggstravaganza

You are never too old to enjoy a visit from the Easter Bunny!

Easter is double the fun at Mayflower Reservoir with celebrations for both the Western Easter and Orthodox Easter.

Our Western Easter party brought smiles all round, with Easter bonnets, Easter eggs, an egg and spoon race, and a visit from that one special Bunny.

For Orthodox Easter residents busy dying hard boiled eggs and making their very own Koulourakia - Greek Easter biscuits. A video is available on our Facebook page.

Lifestyle Coordinator, Helen, loves how celebrating different cultures enriches residents' lives.

"Sharing in traditions helps bring us together," says Helen, "Residents really enjoy reminiscing and sharing about their cultural experiences."

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PICTURED ABOVE: Alexandra and the Easter Bunny, who share a special interest many of us enjoy - the pleasure of eating chocolate.

OUR WINTER 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:

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Donations to Mayflower are tax deductible.

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Thank you sincerely for your generosity.

PLEASE RETURN TO:

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7 Centre Road, Brighton East VIC 3187

T: 03 9591 1100 | E: info@mayflower.org.au



The Gables delights all senses

Mayflower Brighton retirement village residents enjoyed a real treat recently.

Boarding our minibus, the beautifully dressed ladies and gentlemen headed out for a 3-course lunch at The Gables.

The Gables mansion is a historical landmark in Malvern East, that boasts Queen Anne style architectural flair. The beautiful gardens are reminiscent of the period it was crafted, and were designed by landscape architect William Guilfoyle, who is well known for designing the Royal Botanical Gardens.

As the group entered the aptly named 'Tea Room', they were in awe of the exquisite peacock wallpaper and leadlight windows.

"We all felt very special, and we couldn't stop talking about how nice it was," says team member, Teresa.

Mary, a retirement village resident, could not agree more, "it was just beautiful," she says.

The atmosphere was humming, and the delicacies and conversation didn't disappoint - with many laughs throughout the afternoon, which meant the day flew by.

"I really enjoyed it," says Mary. "We had great food and I had a super day."

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PICTURED ABOVE: From left to right - Marion, Barbara, Patsy, Seniors Living Manager Merridy, Josie, Alex, Mirella and Mary - in front of The Gables mans.