

grapevine

NEWS



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@themayflowergroup



ACTING CEO'S MESSAGE

Welcome to the Winter Edition of Grapevine.

I hope that you are all keeping safe and warm. The arctic blast arrived right on time this year, and it feels like we have some chilly months ahead.

It's been wonderful to see our Mayflower Communities return to normal activity over recent months, with some wonderful celebrations taking place for Easter, Mother's Day, Greek Independence Day, and my favourite, Valentine's Day.

We also held our annual volunteer luncheon in May, for the first time since the pandemic arrived. We are privileged to have such a generous and kind team of volunteers at Mayflower, and the luncheon is our small way of saying 'Thank You' for their time and dedication.

While COVID-19 remains stubbornly active, we are hopeful this winter will be much easier than last. We continue to monitor the situation closely, taking all precautions to protect our community.

You can help by remaining vigilant, keeping up to date with your COVID-19 vaccines, and staying at home if you are feeling unwell.

It's also flu season — so please get a flu shot. It's one easy step to keeping our community safe.

Finally, I would like to thank our Mayflower team. I feel honoured to be caretaking the role of CEO. Every day I hear inspirational stories of dedication and commitment, and I am looking forward to finding new ways to recognise and support each team member's incredible work.

I hope that you enjoy this edition of Grapevine.

Dione O'Donnell,
Acting 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 **1300 522 273** or visit **mayflower.org.au/home-care**



PICTURED ON COVER:
Elaine recently shared her life story during the Recognising Seniors Festival. See our Facebook page for more information.

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 socials are 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**, **Instagram** and **LinkedIn** for **@themayflowergroup**

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PICTURED RIGHT: Spritely and well-known Allen Wood turned 102 this year, and continues to be as active as ever. Here he is staining some wooden furniture for all to enjoy.



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PICTURED LEFT: Anna catches up with team member Genevieve, during the Biggest Morning Tea, and below, the donation jar started filling fast.

 **BRIGHTON**

Australia's Biggest Morning Tea

Raising funds and awareness together.

What do cupcakes, a morning brew, and the colours blue and yellow have in common? They come together to help create Australia's Biggest Morning Tea, raising much needed funds for people impacted by cancer.

The Mayflower Brighton Community banded together in late May, enjoying cupcakes and ample amounts of tea and coffee, amongst a sea of blue and yellow — digging deep for the worthy cause. The morning raised \$500, which has now made it's way to the Cancer Council. See more lovely images from the day on our facebook page, facebook.com/TheMayflowerGroup.





RESERVOIR

Easter fun

Our Mayflower Reservoir Community enjoyed some Easter fun, with lots of dancing, laughter, treats, a parade, and even a raffle.

A Mayflower Reservoir tradition was also enjoyed by many — making Easter bonnets. Residents were eager to join in an Easter Bonnet parade, for everyone to see their marvellous creations.

Lifestyle Coordinator Helen says our team got into the spirit as much as the residents and their visiting loved ones.

“Everyone loved seeing our team getting dressed up with bunny ears and Easter hats, and seeing team member Binod dressed up as the Easter Bunny.”

Big beaming smiles lit up the room, with plenty of laughter — rewarding everyone involved.

“I love seeing the enjoyment and excitement on everyone’s face, and the costumes and decorations can really brighten a person’s day,” says Helen.

“We really care about their wellbeing and happiness, and are willing to go that extra step to help each person feel special.”

PICTURED ABOVE: Concettina and her daughter Marisa, enjoying some quality time together.

RESERVOIR

Luck of the Irish

The luck of the Irish was with residents on St. Patrick’s Day, as they treated their senses to all things Irish and green.

Everyone had a jolly time kicking up their heels with St. Patrick’s Day festivities on their specially themed day.

Mayflower Reservoir sparkled with Irish fortune, Irish hats, shamrocks, rainbows — and of course, pots of gold.

Green jelly was a favourite treat, and the day was made complete with an Irish infused game of trivia.

Of course, our team got in on the fun, sporting the colour green, and making merry with some St. Patrick’s Day themed photo props.

PICTURED BELOW:

Husband and wife duo Walter and Annita had fun together at the festivities.





RESERVOIR

Opa!

Eager to kick up their feet, residents celebrated the 201st anniversary of Greek Independence at Mayflower Reservoir.

Each year, our team come together with residents to recognise the day that Greece officially shouted “Oxi!” (Or, ‘Ohi’ which means ‘no’ in the Greek language) and declared independence.

Everyone celebrated the day with a morning of Greek dancing, followed by Greek coffee and sweets, and a show of belly dancing.

Our cultural celebrations aim to give everyone the opportunity to try, do and taste something they haven’t before — with everyone welcome to join in.

Lifestyle Coordinator, Helen, believes that sharing important experiences helps bring the community closer together.

“I aim to ensure all backgrounds are catered for, to help boost residents’ sense of worth and belonging, and that is reminiscent of their own personal culture, faith and personal history,” Helen says.

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PICTURED ABOVE: Maggie, Tony, Takis, John, with team members Helen and Aman — showcasing the spectacular display of blue and white.



RESERVOIR

Celebrating women

There were smiles galore as the Mayflower Community came together to celebrate women for Mother’s Day at Mayflower.

At Mayflower Reservoir, a sumptuous high tea was in order and featured tasty favourites, including ribbon sandwiches, light and fluffy scones, cupcakes, custard tarts, and other glorious treats. Each treat was prepared by our in-house chefs, delivering only the freshest of culinary delights.

A live performance was enjoyed by all at both functions — with many residents kicking up their heels to popular songs.

And what Mother’s Day celebration is complete without a few bubbles or a nice hot cuppa to drink, to cap off the afternoon of great fun!

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PICTURED ABOVE: Janis and Lifestyle Coordinator Helen hit the dance floor together during their fun-filled function at Mayflower Reservoir.



📍 BRIGHTON

A legacy of peace

Christina loves nothing more than going for a stroll in the garden and spending time amongst nature. Christina finds it gives her a sense of peace, and allows her the space she needs to meditate and ponder.

With the lockdowns of 2021, Christina found she couldn't celebrate her milestone birthday with her loved ones the way she hoped, so she came up with a plan to celebrate in her own way. 'Christina's Garden Project' was the result.

The garden serves a double purpose — creating a space for everyone to enjoy, while also being legacy that future generations can cherish.

Working closely with our in-house landscaper Adam, the pair designed a space filled with symmetry, balance, and love — joyfully filled with Australian natives.

One of these native plants holds a double meaning, to honour Christina's birthday. "I chose the Banksia Birthday Candle plant to celebrate my birthday," she says.

Christina believes the many shades of green will give a wonderful sense of tranquillity. "It is a peaceful place to sit comfortably, spending time in reflection and meditation," she says.

Read more about Christina's garden journey here mayflower.news/peace.

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PICTURED ABOVE: Christina has generously donated funds to create a new peaceful space.

📍 BRIGHTON

Pancakes galore

Flipping isn't just for gymnastics, it comes in handy on Shrove Tuesday, too. You might know 'Shrove Tuesday' as 'Pancake Day.'

Traditionally, Shrove Tuesday is a religious celebratory day, to use up ingredients before fasting. The special day has become popular among sweet teeth around the world, as a great excuse to have a stack of pancakes without the guilt.

Residents at our aged care homes enjoyed home-made pancakes, with plenty of options for toppings. The most popular choice? Lemon and sugar, of course.

Crowds gathered as the enticing aroma of pancakes filled dining rooms, with everyone eager to enjoy the afternoon treat while listening to some happy music and chatting with friends.

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PICTURED BELOW: Lotte and Elaine enjoying their sweet treat together.





📍 BRIGHTON

Be my Valentine?

Valentine's Day at Mayflower Brighton was a joyous and lively occasion.

The room was filled with good conversation, and the traditional colours of red and pink as far as the eye could see.

Jan provided the music with a live performance — followed by champagne, and high tea delicacies.

Sweets included a crowd favourite, prepared by our chef — strawberry and vanilla custard tart.

Swooning to the live performance, residents kicked up their heels and enjoyed a dance to some favourite tunes, while enjoying their time with friends and our team.

If you would like to see more photos in a video, visit mayflower.org.au/news/latest-stories/vday.

PICTURED ABOVE: Elizabeth enjoyed chatting with friends and took delight in seeing the tower of high-tea delicacies served on each table.



📍 BRIGHTON

Karkarook picnic tales

Our 'mini-bus' trips have well and truly recommenced, with residents keen to enjoy scenic outings again — and queuing up to climb on board.

It was perfect weather, not too hot, and not too cold, when this group of residents from Mayflower Brighton chose to go on a picnic, at Karkarook Park wetlands.

The group fed their bellies with freshly made sandwiches and a fruit platter. They also filled their hearts and souls with friendly conversation and gorgeous views of the lake.

Previously a sand mine, the stunning wetlands now provide a refuge for many types of water birds, a home to plenty of fish, and native plants.

What a pleasant way to spend an afternoon!

CLOCKWISE FROM RIGHT: Anna, Lorne, Frank, and Mary chose to go on a picnic and enjoyed a leisurely stroll — at Karkarook Park wetlands.



Join our volunteers

We are looking for more marvellous volunteers to help brighten residents' days.

Gardening — Potting some blooms or veggies with a garden-loving resident or two will really make their day.

Lifestyle activities — Helping with craft group, reading with and to residents, running Bingo, and walking groups.

Cooking — Are you known for making the best lasagne or have a secret recipe? Share your cooking skills with residents who love cooking.

Companionship — This includes having a cuppa and a chat, building new connections, and forming some extraordinary friendships.

Do you speak another language? For many residents living with dementia, speaking in their mother tongue can be a true comfort.

Music and singing — Providing musical entertainment, either in a small group setting or during one of our special occasions.

Mini-bus driver — Community outings on our mini-buses are the hottest ticket in town, and demand for more outings has grown.

To find out more call **1300 522 273** or email info@mayflower.org.au.

BRIGHTON

A pooch a day

Our generous team are known for bringing in their pet dogs to 'share the love' with residents.

And, most recently, volunteers from the Delta Therapy Dogs program have returned to Mayflower Brighton, visiting people in their rooms, the lounge, and wherever they feel most comfortable.

These adorable pooches have gentle, calm natures and love being patted and being told how good they really are!

A doggy treat and a smoochy pooch are all the ingredients needed for this recipe of smiles and love.

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PICTURED BELOW: Resident Bruce and his wife Janice, of Retirement Living — enjoying every minute.





Recognising our team

Mayflower Brighton Lifestyle Assistant Debbie, and Mayflower Reservoir Enrolled Nurse Theresa have been nominated for the ACSA (Aged and Community Services Australia) Recognition Program.

Debbie was nominated for Acts of Kindness — and nothing could be truer. Debbie is one of the most generous, kind, and hard-working people you will ever meet, and we are proud to say she has been with Mayflower Brighton for 16 years. Read about her bringing comfort to new residents at mayflower.news/Debbie.

Theresa was nominated for the ACSA award 'Unsung Hero' — and she truly is. Theresa goes above and beyond to learn new languages and provides exceptional care in our memory support unit at Mayflower Reservoir. Read more about Theresa and her incredible contribution here mayflower.news/Theresa.



CLOCKWISE FROM LEFT: Theresa, affectionately known as Reesi, with Grazia, walking through our olive grove; and, Debbie has made countless cushions, throws and beanies.



Rosalie & Pamela

Rosalie and Pamela have become great companions since Pamela began working at Pascoe Vale Gardens Retirement Village providing home care last year.

Human connection is important for our overall wellbeing. Strong, healthy relationships protect against social isolation, depression, and anxiety, and may even increase longevity.

A highlight for Rosalie is the weekly cooking afternoon. Rosalie enjoys sharing her favourite recipes and wealth of knowledge while Pamela enjoys sharing her traditional Brazilian cuisine.

Whether it's a leisurely stroll with other walking enthusiasts, a cultural celebration, planting flowers in the garden, or cooking — being with people who share your interests feels good.

This is just one example of the great work our home care team are doing at Pascoe Vale Gardens Retirement Village and how important it is to provide activities that help empower and support independence, social engagement, and wellbeing.

PICTURED ABOVE: Pamela and Rosalie enjoy their cooking sessions together.



ANZAC Day

Residents across Mayflower came together to pay tribute and acknowledge all Australians who have served in war, or on peacekeeping operations for Anzac Day. Here are Mary and Margaret catching up with Elaine over a cuppa, at Mayflower Brighton.

Lyn & Callan

In this lovely snapshot, Lynn and in-house Osteopath Callan are spending time together working on Lynn's strength training regime at Mayflower Brighton. We love that Mayflower's person-centred model of care means people in our care can receive the services they need, where they feel most comfortable.



Bingo & Joy

We love including everyone in our activities, helping people of all abilities get the most out of life. Here is Joy, taking part in a hearty game of Bingo, with a little help from team member Kalsang — at Mayflower Brighton. Bingo is a fantastic way to socialise with friends, stimulate the mind, and to have a little fun.



Stella, Rosalie, & Vilma

There's something special about having a good cuppa and a long chat with friends. Here are Mayflower Homecare friends Stella, Rosalie and Vilma enjoying their time together.



Brighton mums

The Mother's Day celebration at Mayflower Brighton was an afternoon of fun, complete with floral arrangements, champagne, high tea, a live singer, and dancing. Pictured here is Elizabeth with Lifestyle team member Debbie, serving the tower of delicacies.



Cruising with coffee

Here is Max enjoying a hot cuppa on one of our scenic bus drives around our bay. One of the areas toured was St Kilda, where Max shared some of his childhood memories, and gasped when he saw one very familiar face — 'Mr Moon' the Luna Park entry.

Volunteer Week

For National Volunteer Week, we celebrated the wonderful volunteers who give of their time so generously with a luncheon. We are so grateful for all they do across Mayflower, making a significant difference in the lives of those in our care. Here is long-time volunteer Kathleen, of the Mayflower Brighton Gift shop.



Happy 100th Birthday, Dorothy!

Dorothy celebrated a very special milestone birthday in May. She celebrated the special day with family and received a gorgeous bouquet — filling her room with a lovely floral scent. The Mayflower Community wished Dorothy an incredibly happy birthday, on our Facebook page, and looks forward to sharing her next milestone with her.

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:

\$ _____

Donations to Mayflower are tax deductible.

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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



Social Songs

Our choir social group is blossoming at Mayflower Brighton.

Here is Barbara sharing some of her most important memories with the group during the reminiscence part of the session.

Our very own Registered Music Therapist Romy and Shirley are also pictured here, listening intently.

The Ducas Paul Foundation provided a grant for this music therapy program which has helped us deliver more engagement services — and we are forever grateful.

All donations made to Mayflower are tax deductible and go directly to helping enhance residents' lives. Contact us on **9591 1100** to donate.