

Letter from the CEO



Hello. I hope you and your loved ones are in good health and high spirits. As we embrace the changing seasons and the transition into the final stretch of the year, I am delighted to connect with you through our quarterly newsletter.

At MYVISTA we remain steadfast in our commitment to providing exceptional care, support, and services to our residents, families, and the community.

In each edition of our newsletter, we take great pleasure in shining a spotlight on the remarkable individuals who call MYVISTA home. Our residents are the heart and soul of our community, each with a unique story to tell and a lifetime of experiences to share.

You'll also find a wealth of information about the latest developments within MYVISTA and valuable resources to help you and your loved ones make the most of your retirement years.

As we look back at the past year and ahead to 2024, I want to assure you that we will continue to prioritise the safety, well-being, and happiness of everyone in our care. I encourage you to explore the pages of this newsletter, engage with the stories, and reach out to us with any questions, suggestions, or feedback you may have. Your input is invaluable as we strive for continuous improvement.

Thank you for entrusting us with the care of your loved ones and for being an integral part of the MYVISTA family. Together, we can look forward to a future filled with compassion, connection, and quality of life.

Latest Developments

2023 WINNER OF APARTMENT AWARDS FOR EXCELLENCE

MYVISTA Mirrabooka Apartments won the WinConnect Apartment awards for Excellence in the category of Ageing in Place. The award took in account design excellence, service provision, sustainability, and resident satisfaction.

MIRRABOOKA RAC ACCREDITATION:

Mirrabooka successfully achieved the full renewal of the Residential Aged Care accreditation by the Aged Care Quality & Safety Commission, with all criteria being met. This is a significant achievement for the team and MYVISTA.

PALLIATIVE CARE PROJECT:

Our customers/resident's comfort, dignity, and quality of life remain at the forefront of everything we do. Our goal is to provide compassionate care that resonates with the deepest needs and desires of our customers and their families. To meet this goal we have embarked on the End of Life and Palliative Care Coordination Pilot Project assisted by government funding from the WA Primary Health Alliance and WA Health department. It will also inform MYVISTA Advanced Model of Care.

At its core, this transformative initiative, spanning from January 2023 to June 2024, seeks to increase the competency and confidence of our clinical team members, nurturing their clinical skill and capacity in case conferencing for all Registered Nurses.



Art Competition For Students

MYVISTA held its 2nd annual art competition for school students with the aim to connect with the local community and encourage students to reminisce with their grandparents or significant elder about their childhood memories. Each student was tasked with creating a piece of artwork depicting the special memories and we had some amazing entries. Local artists Lucy Papalia and mural and community artist Melski McVee judged the artwork alongside CEO Irene Mooney. With so many great entries, it was a challenge selecting the finalists. The winners and participating schools received a gift card and finalists' artwork is available to view on our website. We thank all students for their entries.

www.myvista.com.au/events

1st



2nd



3rd



4th



FAQs section – How to apply for Home Care

Q1: WHAT IS HOME CARE, AND WHO IS IT FOR?

Home Care is a service designed to help and support eligible seniors who require assistance with daily activities due to age, illness or disability and who want to continue living independently in their own homes. It covers a wide range of services tailored to individual needs, including personal care, meal preparation, transportation, and more.

Q2: HOW DO I KNOW IF I OR MY LOVED ONE IS ELIGIBLE FOR HOME CARE?

Eligibility for Home Care is determined through an assessment by the government-funded Aged Care Assessment Team (ACAT). ACAT will then evaluate your care needs and help determine the level of support required. To initiate the assessment process, contact My Aged Care on 1800 200 422 or visit their website at www.myagedcare.gov.au. You can also ask our Home Care team or email info@myvista.com.au

Q3: HOW DO I APPLY FOR HOME CARE SERVICES ONCE I'M ASSESSED AS ELIGIBLE?

Once you've been assessed as eligible for a Home Care Package, the next steps are as follows:

- **Contact MYVISTA Home Care:** Reach out to us to discuss your specific requirements, preferences, and any questions you may have.
- **Care Planning:** We will work with you to create a personalised care plan that outlines the services and support you'll receive.
- **Service Commencement:** Once the care plan is finalised and agreed, services will commence as per the agreed-upon schedule. You'll have regular reviews to ensure your needs continue to be met. Some of these are reviewed as per the Home Care regulated requirements.

Q4: IS THERE A COST ASSOCIATED WITH HOME CARE SERVICES?

The cost of Home Care services can vary based on your financial situation. The Australian Government subsidises a portion of the cost, but the exact fees will be discussed and determined during your assessment and care planning process.

If you have more questions or need further assistance regarding the application process for Home Care, don't hesitate to reach out to our dedicated team at Home Care via email info@myvista.com.au or calling 08 639 31000. We're here to help you navigate this important decision and provide the support you or your loved one needs to age comfortably at home.



Annual General Meeting

Our Annual General Meeting (AGM) was held on 30th October where we gathered to reflect on the past year, discuss our future goals, and celebrate our shared commitment to providing exceptional aged care, home care, and retirement living services.

KEY HIGHLIGHTS:

- 1. Community Engagement:** The AGM reaffirmed our commitment to prioritise the well-being of our residents and customers above all else, ensuring that their needs, comfort, and safety are always at the forefront of our purpose.
- 2. Financial Transparency:** We presented a comprehensive overview of our financial performance, demonstrating our dedication to maintaining a sustainable and accountable approach to our operations. MYVISTA remains focused on ensuring the long-term viability of our services.
- 3. Quality Care:** Our management team highlighted the numerous aged care reform initiatives implemented in the past 12 months to monitor and review quality of care trends and improvements. Members, Board and CEO thanked our staff for all their great work and care, and acknowledged that our staff are the key to our continued success.
- 4. Future Endeavours:** The AGM affirms our vision for the future of MYVISTA, ensuring that our customers continue to have access to high quality safe services.
- 5. Community Feedback:** The Associations members provide feedback and suggestions to help us continuously improve, which is always welcomed and helps to shape the future of MYVISTA.

The AGM was an opportunity to express our gratitude for your trust and partnership. It is your continued support and involvement that enable MYVISTA to thrive as a not-for-profit provider dedicated to delivering the highest standard of care.



Special celebrations

We would like to give a special mention to our MYVISTA Balcatta resident **Mr. Vasilis Radis** who received a **Medal of the Order of Australia (OAM)** in the King's Honours list of 2023.

Mr. Radis was awarded "For service to the Macedonian Community of Western Australia." Mr Radis has been a life member of the Macedonia Community of WA since 1983 and has been a committee member, Vice President, and President. He was also the founding member and President of the Stirling Macedonia Soccer Club, Secretary of the Macedonia Veterans Association, life member of the Labor party and Justice of the Peace.

From everyone here at MYVISTA, we congratulate Mr. Radis on receiving such a well-deserving honour.

Fun in the Sun



MIRRABOOKA SPRING FESTIVAL





BALCATT SPRING FAIR



Health & Wellbeing: Managing Arthritis Pain

In each newsletter, we will be focusing on a health and wellbeing topic to help you stay happy and healthy. In this edition, we're taking a close look at Arthritis; a common health concern affecting millions of individuals worldwide. It's important to understand this condition and how to manage its symptoms effectively to maintain a good quality of life.

WHAT IS ARTHRITIS?

Arthritis is an umbrella term for a group of conditions that cause inflammation and pain in the joints. The most common types of arthritis among seniors are osteoarthritis and rheumatoid arthritis.

- **Osteoarthritis (OA):** This is the most prevalent form of arthritis and is often associated with wear and tear on the joints over time. OA primarily affects the cartilage, causing pain, stiffness, and reduced joint flexibility.
- **Rheumatoid Arthritis (RA):** RA is an autoimmune disease that occurs when the immune system mistakenly attacks healthy joint tissues, leading to inflammation, pain, and joint damage.

MANAGING ARTHRITIS PAIN

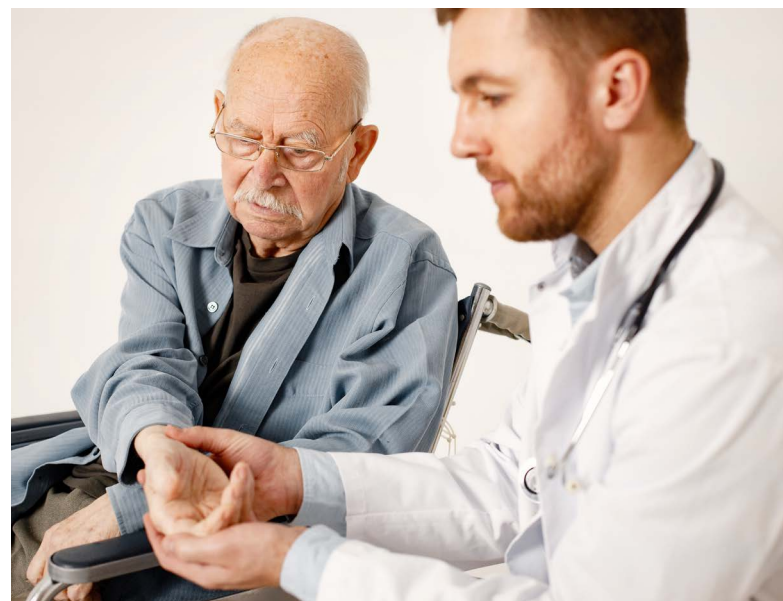
While there's no cure for arthritis, there are many ways to effectively manage pain and improve mobility:

1. **Medication:** Your healthcare provider may prescribe pain relievers or anti-inflammatory medications to help alleviate arthritis symptoms. It's essential to take these medications as directed and discuss any potential side effects.
2. **Physical Activity:** Gentle, regular exercise can help improve joint function and reduce pain. Activities like walking, swimming, and tai chi are often recommended.
3. **Weight Management:** Maintaining a healthy weight is crucial for managing arthritis, especially in weight-bearing joints like the knees and hips. Weight loss can reduce stress on the joints and decrease pain.
4. **Hot and Cold Therapy:** Applying heat or cold to affected joints can provide temporary pain relief. Heat helps relax muscles, while cold can reduce inflammation.
5. **Joint Protection:** Use assistive devices like braces or splints to support affected joints. Ergonomic modifications in your home can also reduce strain on your joints.
6. **Balanced Diet:** A diet rich in anti-inflammatory foods, such as fruits, vegetables, and omega-3 fatty acids, may help reduce arthritis symptoms.

7. **Stress Management:** High levels of stress can exacerbate arthritis pain. Practicing relaxation techniques like meditation and deep breathing can be beneficial.
8. **Medication Management:** Follow your medication regimen carefully and discuss any concerns or side effects with your healthcare provider.
9. **Regular Check-ups:** Keep up with regular check-ups and consultations with your healthcare team to monitor your arthritis and make any necessary adjustments to your treatment plan.

Remember that arthritis management is highly individualised, and what works best for one person may differ for another. Always consult with a GP to create a personalised approach to managing arthritis and improving your overall quality of life.

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SPOTLIGHT ON

Nikki Jacobs: Assessment and Care Plan Coordinator

CAN YOU SHARE A BIT ABOUT YOUR BACKGROUND AND WHAT LED YOU TO A CAREER IN HOME CARE AND AGED SERVICES?

I am originally from the Philippines and was working in hospital setting before coming to Australia. I started working in Residential Care when I came to Australia and then went on to home care nursing and since then I have always been in a community setting.

WHAT ADVICE WOULD YOU GIVE TO FAMILIES NAVIGATING THE DECISION-MAKING PROCESS WHEN CONSIDERING HOME CARE FOR THEIR LOVED ONES?

To trial it early, so staff can build a good relationship and understanding of their loved ones. It is important to find the right fit and determine what is best for your loved ones and you.

DO YOU HAVE A FAVOURITE MEMORY OR MOMENT FROM YOUR TIME WORKING IN HOME CARE THAT HAS LEFT A LASTING IMPRESSION ON YOU?

I was able to support a customer stay in their own home for as long as possible until he passed away. To build a friendship and respect his wishes during his last days is something I will always treasure.

OUTSIDE OF YOUR ROLE, WHAT ARE SOME OF YOUR INTERESTS OR HOBBIES THAT YOU ARE PASSIONATE ABOUT?

Travelling, although this is something I have not really done for a while. I also love watching movies and exploring the great outdoors with my boys.



YOU SAID YOU ENJOYED TRAVELLING, WHAT TRAVEL DESTINATIONS ARE ON YOUR BUCKET LIST, AND WHAT DRAWS YOU TO THOSE PLACES?

Japan and Greece. I was into Greek mythology when I was young.

CAN YOU SHARE A FAVOURITE QUOTE OR MANTRA THAT INSPIRES YOU BOTH PERSONALLY AND PROFESSIONALLY?

Do not judge a book by its cover.

WHAT IS A BOOK, MOVIE, OR SONG THAT HAS LEFT A LASTING IMPACT ON YOU AND WHY?

The Green Mile. It sits close to my mantra. You cannot judge a situation/someone without looking into it and getting to know a person. You just don't know what they have been through or are going through.

IF YOU COULD GIVE YOUR YOUNGER SELF ONE PIECE OF ADVICE, WHAT WOULD IT BE?

Be more kind to yourself and be patient. Everything always falls into place eventually.



THROWBACK TO 1953

Let's take a nostalgic journey back in time to 1953, a year filled with notable events, music, and cultural moments. Whether you remember this year firsthand or are discovering it for the first time, it's a chance to revisit the past and appreciate the unique charm of that era.

HEADLINES FROM 1953:

- **Coronation of Queen Elizabeth II:** One of the most iconic events of the year was the coronation of Queen Elizabeth II on June 2nd. Millions watched as she was crowned at Westminster Abbey, marking the beginning of her historic reign.
- **End of the Korean War:** On July 27th, the Korean Armistice Agreement was signed, effectively ending the Korean War, although a formal peace treaty was never signed.
- **James Watson and Francis Crick:** In April, scientists James Watson and Francis Crick announced their groundbreaking discovery of the double helix structure of DNA, a pivotal moment in the history of genetics.

TOP SONGS ON THE CHARTS:

- "Vaya Con Dios" by Les Paul and Mary Ford
- "You, You, You" by The Ames Brothers
- "Don't Let the Stars Get in Your Eyes" by Perry Como
- "I'm Walking Behind You" by Eddie Fisher
- "That's Amore" by Dean Martin



POP CULTURE HIGHLIGHTS:

- Marilyn Monroe, one of the most iconic Hollywood stars, graced the silver screen in "Gentlemen Prefer Blondes" and "How to Marry a Millionaire."
- The first colour television sets became commercially available, revolutionising how people experienced entertainment in their homes.
- The classic science fiction film "War of the Worlds," based on H.G. Wells' novel, captivated audiences with its thrilling depiction of an alien invasion.

1953 was a year of transition, innovation, and cultural milestones. Whether you remember it fondly or are discovering it now, it's a reminder of how history shapes the world we live in today.



What's On

BALCATTa

- 11th December Christmas light bus outing for Garden wing residents
- 12th December Christmas light bus outing for Vista wing residents
- 22nd December Residents Christmas Party 13.00 - 14.30

MIRRABOOKA

- 13th December - Volunteer Choir Concert at 14:00
- 14th December - Sudbury House Early Learning Mini Christmas Concert
- 20th December - Armchair Travel to Hawaii
- 22nd December - Residents Christmas Party