



Mirrabooka staff sharing the cake following the opening event

MYVISTA Mirrabooka officially opened

MYVISTA celebrated the opening of its Mirrabooka Development with Board Chair, Tony Vallelonga, unveiling a commemorative plaque at a ceremony held in The Clubroom of the retirement living apartments.

Around 70 people attended the event including past and present members of the MYVISTA Board, life members of MYVISTA, staff members, residents of the new retirement living apartments and many others involved in delivering the \$65million development.

As it wasn't possible for all of MYVISTA's staff and customers to attend, a traditional Italian torte was cut by CEO Irene Mooney and Board Chair Tony Vallelonga and then shared afterwards with all Mirrabooka and Balcatta staff, aged care residents and customers.

The completion of the development is a significant milestone for MYVISTA which now offers a combined total of 214 residential aged places and 88 retirement

villas and apartments within the City of Stirling.

Board Chair Tony Vallelonga told those at the event that members of the six original ethnic clubs who formed MYVISTA could be very proud of what the organisation has grown to become. He also stressed that MYVISTA was a place for everyone from all cultural backgrounds and that it would continue to deliver on its purpose of providing culturally appropriate care for the aged.

MYVISTA CEO Irene Mooney spoke about how the word Mirrabooka is the Noongar name for the Southern Cross constellation and this had inspired the design of the building.

Many of the guests toured the buildings after the official

proceedings. Among the dignitaries who attended were the Federal Member for Stirling Vince Connelly MP, the Member for Mirrabooka Janine Freeman MLA, the Member for Balcatta David Michael MLA and the Mayor of the City of Stirling Mark Irwin.

The Mirrabooka development is also home to a hair salon, medical centre and physio gym which are all open the public and staff members from each business also came along to the event.



Board Chair Tony Vallelonga and CEO Irene Mooney cut the celebration cake

CEO Update

It's only April but already 2021 has seen a great deal happening at MYVISTA!

It was very gratifying to formally open the Mirrabooka development with a plaque unveiling event in March. Although staff, residents and commercial tenants have been on site since May 2020, we postponed holding an event to mark the occasion due to COVID-19 restrictions. The event gave us the opportunity to acknowledge the many groups and individuals who helped make the development possible and express our thanks to them. The population of MYVISTA Mirrabooka continues to grow daily with three of the floors of the residential aged care building now open, the busy MedOne medical centre drawing the community in to our site and the Physio Gym also open for business. I am also very happy to welcome the new residents of the retirement apartments to the MYVISTA community.

I commend our staff and families for their support and cooperation during the COVID lockdown in early February. The lockdown reminded us that we need to remain vigilant in protecting our community from infection. It also demonstrated the compassion and kindness of our staff who worked especially hard over this time to keep residents connected and occupied.

MYVISTA residents were among the first people in WA to be offered

the COVID vaccine and I am very grateful to all the eligible residents who elected to receive the vaccine for their contribution to keeping our community safe.

In March we celebrated Harmony Week with morning teas, craft activities and by taking part in the City of Stirling's Harmony Week event in Mirrabooka to promote MYVISTA and our commitment to multiculturalism. MYVISTA has had a cultural diversity charter in place for a number of years to support our purpose of providing culturally appropriate care for the aged and soon we will be beginning the process of updating and strengthening this charter. Our staff and also the families of those we care for will be asked to complete a survey that will provide us feedback on what everyone understands to be 'culturally appropriate' so we can continue to be develop and improve our services in this area.

From the 1 April, the Department of Health's Serious Incident Report Scheme (SIRS) will come into effect for all aged care providers in Australia. SIRS is a national framework for incident management and reporting of serious incidents in residential aged care and it is part of the government's response to the Royal Commission into Aged Care Quality and Safety. It will address the systems and processes aged



care providers have in place to respond to and manage incidents. MYVISTA will be working with staff, customers and families in coming months to inform them about changes to procedures in response to the SIRS. We will also update our website with information on this issue.

In late February the government released the Royal Commission into Aged Care Quality and Safety final report, which has 148 recommendation on how best to improve the safety and efficiencies of the aged care system. It is our understanding that the Morrison government will be reviewing the report over the coming months to determine which of the recommendations they will resource and fund. The full report can be found at <https://agedcare.royalcommission.gov.au/publications/final-report>

As we head into the cooler months, I would like to remind everyone to continue to play their part in keeping our community safe by receiving a flu vaccine, COVID vaccine when it becomes available to you and continuing to follow infection control protocols.

*Fondest regards
Irene Mooney*

MYVISTA residents among the first in WA to receive COVID vaccine

Residents at both Balcatta and Mirrabooka were amongst the first in aged care facilities in WA to be offered the COVID-19 vaccination as part of the Australian Government's Phase 1A national vaccine roll out. A clinical team from the Australian Health Department visited both sites during the first week of March to administer vaccinations to those who chose to have one.

After learning last week that MYVISTA was to be one of the first sites visited in the rollout, MYVISTA staff worked quickly to support residents and their families so they could make an informed decision about giving their consent to receiving the vaccine.

Residents could join an online webinar COVID-19 Vaccine - What You Need to Know which

was hosted by the Older Persons Advocacy Network team and included a question and answer session.

Residents welcomed the webinar and felt that it had been a great opportunity to learn about the vaccination and to help them decide whether or not to consent to it.

The very first resident to receive the Pfizer/BioNTech vaccine was Mirrabooka resident Dorothy who believes it is simply something that needs to be done. MYVISTA is very grateful that our residents will now be safer having received the COVID-19 vaccine.

The webinar was an hour long and can still be accessed at: <https://vimeo.com/503229758>



Dorothy was the very first MYVISTA resident to receive the vaccine



Vick receiving the vaccine at Balcatta



Sylvia from Balcatta receiving the vaccine



New look Newsletter

We've given the newsletter a fresh new look, but it will still be filled with the stories and photos you love. We welcome your contributions and story suggestions!

Email info@myvista.com.au

or send material to **The Editor, My View, 3 Doncaster Road, Mirrabooka 6061**

Fun and Activities



Crafts and treats



Luna New Year

Mirrabooka Residents marked Luna New Year by making paper lanterns

Valentines Day





Fresh air fun

Balcatta residents took advantage of the summer weather and enjoyed fun and relaxation outside.



Birthday celebrations



Happy 98th birthday to Roy Napier



Happy 98 birthday to Marika Gorgievsk



Urszula with resident Filomena

Staff Profile **Urszula Della Primavera**

Urszula is a long-standing, well respected MYVISTA employee. She is an Enrolled Nurse and the supervisor of Garden Wing at Balcatta. Along with her many attributes, she speaks five languages: Polish, German, Russian, Italian and English. This is invaluable given the multicultural nature of MYVISTA's residents.

Urszula was born in Poland in a village where she grew up with her parents, two sisters and one brother. After leaving school, Urszula attended technical college where she learned all there is to know about railways, their complex networks and train stations. With her training complete, she worked on the business class intercity train from Poland to Germany, a demanding but interesting job in which she spoke her native language, Polish and enhanced her skills in Russian and German.

Urszula studied Italian for just two months before moving to Italy where she lived for five years and met her now husband Giuseppe. While living in Italy she worked in aged care until she and Giuseppe moved to Australia in 2006. She spoke Italian at home but had

no English. She acquired Certificate 1, 2, 3 and 4 in English, and now speaks it fluently.

Urszula commenced work at MYVISTA in August 2008 and completed Certificates 3 and 4 in Aged Care. In March 2013 she qualified as an Enrolled Nurse. Five months later her son Luca was born.

With no extended family here, Giuseppe and Urszula worked their shifts so that one of them could always be with Luca. When they have time together as a family they love to ride their bikes together, walk and enjoy nature.

Urszula is happy in her job. She loves the residents, giving them attention, caring, spending time with them and ensuring that they feel valued and a part of what has become known as the MYVISTA family.

Home Care – flexible to meet your changing needs

Some time ago, Roberto was assessed for Home Care at Level 4 due to his high needs. He had daily support to shower and dress and the Home Care budget allowed him to hire a special bed to suit his needs.

Thanks to the care he received, Roberto's health improved and he no longer had need for intensive personal support. He chose to use his Home Care allowance to enhance his social life outside the home. First, he bought a scooter from the accumulated funds so he could travel short distances by himself, and then

he joined the local Men's Shed. It wasn't long before the men at the Shed realised that Roberto had a skill that he could teach other members – welding!

Occasionally Roberto has a decline in his health and returns to receiving personal care support when it is required. He can add services and cancel them according to his condition at the time.

Roberto's wife, Magdalena, was also assessed for Level 4 support and has been able to employ a local lady who was happy to get an ABN and liability



Vickie and clinical nurse Bec share a joke



Resident Profile **Vickie Vassiliou**

Vickie grew up with her parents, three brothers and a sister on a country farm in Macedonia. When she was 17 her aunt brought her to Australia where she worked hard in a market garden in Wanneroo. In her own words, she was young and strong like Tarzan. She could easily carry 10 or more cabbages in a sack on her back.

At 18 years old, Vickie married the boy next door. Chris was a stonemason and played the clarinet. Vickie often accompanied Chris when he played at birthday parties, weddings and other celebrations.

Chris and Vickie had a happy marriage and two sons, John the eldest and George. Vickie has three grandchildren and three great-grandchildren. Her sons call by every day and the others visit regularly. Vickie lives for her family. She loves them dearly and she knows they love her.

When Vickie's husband Chris, died ten years ago, Vickie lived in a unit alone and became very independent. However, in recent years, she started to have falls and the last one put her in hospital for 12 days. After much thought, she decided to go into

residential care and her two sons went searching for a suitable place for her. At MYVISTA Mirrabooka they found that one of the two existing residents in our newly opened facility was a Macedonian lady who Vickie knew from the Macedonian Club she frequented. Vickie became MYVISTA Mirrabooka's third resident.

MYVISTA, Vickie says, is more than home. The nurses are all lovely and shower her with care and attention. As Vickie is nearly blind, she appreciates the help she gets from carers which enables her to participate in all the activities. With their help, she'll try anything. She particularly enjoys the exercises, ball games and bingo.

Vickie describes her home at MYVISTA as paradise.

insurance and a police clearance. They contracted the price per hour of service and she now regularly provides help around the home.

Now Roberto and Magda also have transport assistance. Care support worker Molly takes them shopping every week and Magda also attends two different day centres: one for Spanish speakers and another for an internet class. Occasionally, Roberto even accompanies his wife to one or the other day centres or shopping.



Magda and Roberto out shopping with Molly

Employees of the Month



December 2020 - Susmita Gurung

“Polite and the best carer”.



January 2021 - Warren Corbett

“Warren is always gracious and very quick to respond”



Thanks to our sponsors



Proudly supported by
North Perth
Community Bank® Branch

Bendigo Bank

Employee of the Year

Zangmo Tshering

Congratulations to Zangmo for being selected as Employee of the Year 2020 at our staff end of year celebration.



Retirement Living

Happy to be part of the Balcatta community

On 28th April 2008, my husband and I moved into our brand-new unit at MYVISTA Retirement Village in Balcatta. It was a move that we have never regretted. Living in the Village has been a very happy experience.

We have made a lot of lovely friends and feel very much at home with our “new family”, a feeling experienced and expressed by everyone in the Village.

This year’s social events started with celebrating Australia Day with traditional pies, pasties and lamingtons. Two weeks later

we got together for our regular Happy Hour, sharing nibbles and fellowship. Shortly after that we held our annual traditional Summer Surprise event, a fully catered for meal served in the Club House.

During the recent lockdown, we all kept in contact by ‘phone to keep us from feeling isolated. No-one was overlooked. In the Village we all look out for each other.

With a couple of units vacant, we are looking forward to welcoming new residents into our Village.

Nola Dines (Social Secretary)

Residents & Relatives meetings

(Currently scheduled but subject to change)

BALCATT A

Held on the second Wednesday of the month at 2:00pm

Garden Wing

12 May, 14 July, 8 September, 10 November

Vista Wing

14 April, 9 June, 11 August, 13 October, 8 December

MIRRABOOKA

Held on the second Tuesday of the month at 11:00am

13 April, 8 June, 10 August, 12 October, 14 December