

CHRISTMAS AT MYVISTA



Christmas lunch at Mirrabooka 2020

Christmas at MYVISTA is enjoyed by residents and staff

Christmas is a special time at MYVISTA and is celebrated in many different ways across the organisation, giving everyone lots of opportunities to be involved in the festive season and the many traditions within our community. One of the first signs Christmas is near at MYVISTA is that decorations begin to appear in our residential aged care facilities in Mirrabooka and Balcatta. At Balcatta this involves making sure there is a Christmas tree in every wing and in the reception area, while at Mirrabooka there is a tree on every floor and in the foyer. The residents often make Christmas decorations as part of their activities for the month and these feature around the building and Christmas music is played for them. Many residents appreciate the opportunity to be able to continue

their practice their faith and take part in a special Christmas church service. A range of services are held at both facilities to accommodate everyone. Many MYVISTA residents are Christian Orthodox and so Christmas celebrations continue until January 7th, which is Christmas Day in the Orthodox calendar.

Staff at Balcatta have traditionally made a Christmas gift for each resident and this tradition has continued at Mirrabooka. Some residents will be taken out by their loved ones so that they can take part in family celebrations, however for those who are here on the day, a traditional Christmas lunch will be served.

Residents of the Balcatta Retirement Village have established their own traditions as well with the main one being sharing a special

Holiday Season Visiting Hours

Christmas weekend

25 December - 10am - 6pm
26 December - 11am - 4pm
27 December - 11am - 4pm
28 December - 11am - 4pm

New Year weekend

1 January - 11am - 4pm
2 January - 11am - 4pm
3 January - 11am - 4pm

catered Christmas dinner together in The Clubhouse and placing gifts for the Salvos under the tree they have there. This will be the first Christmas at Mirrabooka Retirement Living Apartments so new traditions are still to be made but some residents are planning an informal get-together. MYVISTA staff play a huge part in making Christmas special for residents. They enthusiastically take part in activities and reindeer horn headbands and Santa hats are a common sight at this time of year. We are especially grateful to our staff who work over the Christmas holiday period to ensure residents continue to receive the highest standard of care. Staff enjoy celebrating the festive season in early December at the staff end of year party, where the Employee of the Year is announced and the Board and CEO will acknowledge their hard work.

CEO Update

It has been a year of growth and change for MYVISTA and we can't wait to continue on this journey with you in 2022.

It has been a full year as we have learnt to get comfortable with our new living environments and understand what normal now looks like for us in aged care services. How we manage things like welcoming visitors into residential aged care or support service workers into our homes has all had to be evaluated and adjusted to fit new COVID guidelines. Despite these conditions which have included three COVID lock downs during 2021, we have managed to welcome back into our residential aged care facilities our valued volunteers and students on placements and residents have been able to have loved ones visit them for much of the year.

Thank you to everyone who has reported their influenza and COVID vaccinations to us. First dose COVID vaccinations for aged care staff will be mandatory from September 18, however our workforce has been very proactive with most having already received at least their first shot.

Our residents were among the first people in WA to be offered the COVID vaccine and we are now encouraging them, along with all our other customers and our staff, to be

among the first to receive a booster vaccination. Once the borders to WA do open early next year it is likely we will see cases of COVID emerge in the community and we want to ensure those in our care stay safe and the current levels of access we're enjoying continue.

We recently had our Balcatta Residential Aged Care accreditation involving a comprehensive 3 day audit carried out by the Aged Care Quality and Safety Commission. The results of this audit will not be known until late December 2021, but we would like to thank all residents and families for their time with the assessors, and for the positive and constructive feedback provided. Congratulations to Mya Daw Sein, Director of Nursing, and her dedicated team for the caring and professional way they deliver care and services at Balcatta and for the standards they maintain every day.

The Mirrabooka residential aged care building is now very close to full occupancy and we have recently welcomed a new Residential Aged Care Manager, Sarah Saeedi, to our team. Sarah joins us with extensive experience in aged



On behalf of the Board, we wish everyone at MYVISTA a very happy Christmas. To our wonderful residents and customers and their families, thank you for choosing to be part of the MYVISTA community and for your trust in the care we provide you. To our valued staff, thank you for all that you have contributed to MYVISTA during 2021. We hope you all have the opportunity to share time with your loved ones and experience the joy of the festive season. We look forward to the year ahead as we continue to provide aged care that supports you to live life to the fullest.



Merry Christmas from Tony Vallelonga, Board Chair and Irene Mooney CEO

care and looks forward to meeting our residents and their families over coming weeks. As Mirrabooka has filled we have come to appreciate how much we really are an organisation where people's cultural heritage is valued. As well as caring for many people who were born in Australia, we are privileged to care for people who have migrated here from countries such as Spain, Vietnam, China, Iran, India and Southern Europe. In 2022 we will commence a project to better understand what valuing different cultures means to people and how we can build on our expertise in this area.

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Spotlight on Occupational Therapy

MYVISTA residents are cared for by a multidisciplinary team of professionals who enrich their life everyday



If you receive Home Care you may have heard that there has recently been a change to the way your funds are managed. Instead of unspent funds being held by the provider managing your care – in this case MYVISTA – these funds will now be held by the Department of Services and the provider will claim them as they are used. For most of MYVISTA's Home Care clients this won't change how you receive your service, but it will bring about efficiencies to Home Care services which currently have more than \$1.8 billion accrued in unspent funding across the country!

At both Balcatta and Mirrabooka we have welcomed many new Retirement Living residents in recent months and look forward to getting to know them over the coming year.

We know that word of mouth is our best form of advertising and marketing, and we thank those of you that have shared your positive stories with your friends, family and networks. MYVISTA exists to support older people within the community and welcomes your referrals and contacts.

Once again, we wish everyone a wonderful festive season and a happy new year.

*Fondest regards
Tony Vallelonga and
Irene Mooney*

Occupational Therapists or OTs are qualified health professionals who work with people of all ages, including in aged care. MYVISTA employs two OTs, and their main goal is to enable residents to participate as fully as possible in everyday life.

When a resident starts their next chapter of life at MYVISTA, an assessment is completed by the OTs. They utilise the information gathered by our Lifestyle Coordinators that includes life history, background, interests and what the resident's needs, wants and preferences are. From here an individual plan and program is designed to provide interventions and assistance to support goals, promoting quality of life.

The OTs work alongside our multidisciplinary team of Lifestyle Coordinators, Physiotherapists, therapy staff, nursing staff and carers. With the team working together on the programs, it means they can be flexible and easily modified. The therapy and activity programs focus on four different areas that are either group settings or one on one sessions.

Cognitive sessions – including activities such as bingo, memory games, crosswords, reminiscing time, small talk, current affairs and reading.

Physical sessions – group exercise, gross and fine motor activities, floor games, ball games, art and craft, social walking, and pain management.

Sensory stimulation sessions – hand massage, music, pet therapy, smelling and touching different textures, and gardening.

Social, cultural, spiritual and recreational sessions – happy hour, concerts, cooking club, special events, culture days, bus outings, and religious services.

We continually see a positive difference in residents mental and physical wellbeing after they participate in their programs. It's rewarding for the residents, their families and our staff.

We welcome suggestions on our programs and activities and encourage residents and their families to provide feedback.

Follow us on social for regular updates on life at MYVISTA



Fun and Activities

Melbourne Cup

Everyone dressed up at Balcatta and Mirrabooka to watch the race that stops a nation



Mental Health Week

Balcatta residents were pampered and learnt new exercises during Mental Health Week



Mirrabooka Retirement Living BBQ

Some of the new residents got to know each other and MYVISTA staff at a BBQ in the plaza



Walking Groups

Here are our residents getting out for some exercise and socialisation



Birthday celebrations



Nada Celima 90th Birthday



Kathleen Wilson's birthday celebrations



Happy birthday David Thomas

Home Care

The team has welcomed new clients and a new Home Care Scheduler, Linda Kelly

A big hello to everyone from the MYVISTA Home Care team. Home Care has been busy as usual and has recently seen the introduction of a new scheduler, Linda Kelly. Linda has taken to the role “like a duck to water” and has settled into the rigors of scheduling seamlessly. Please be kind to her and she will no doubt be able to satisfy all of your scheduling requests.

MYVISTA Home Care has most recently seen the addition of a new client from the Mirrabooka Retirement Living Apartments which is very exciting for us. As many of you are aware, a large percentage of our Home Care clients reside

in the village in Balcatta, and it is therefore with great excitement that we add a client from the Mirrabooka Apartments to our roster and look forward to that community coming together and being represented amongst the Home Care clients.

Home Care is a wonderful way to support people to remain independent at home and our team are always happy to answer questions about all of our services such short term respite residential care.

As mentioned by our CEO, the recent change to Home Care funding should not make any

Chemist at Mirrabooka to open soon

Superchem Pharmacy is set to open this month, joining MedOne and Avanti Physio, Superchem will open Monday - Friday 8.30am - 5.00pm for prescriptions and a wide range of health care needs.

change to the care available. The unspent funds will still be accrued by the government and hopefully will result in more packages becoming available for the increasing number of elderly people that make up such a large part of our population. If any of you would like a more complete explanation of the changes, please feel free to contact our Customer Service Team.



Keep safe, keep moving

Please do not park in the entry verandas at Mirrabooka and Balcatta Aged Care. These areas provide a sheltered area close to the entry door for families and carers to safely and easily assist residents to and from vehicles, including ambulances. If you need to leave your car to assist a resident inside, please allow room for other vehicles to pass around yours and return to your car within five minutes.

Music for the Ages

A four-piece string ensemble from the West Australian Symphony Orchestra (WASO) recently played to our Mirrabooka residents as part of their Music for the Ages program.

The program brings the beauty and emotion of live classical music to older Australians in the comfort of their own place of residence who are unable to attend a concert.

Music can play a fundamental role in our identity,

culture and heritage and it can evoke powerful memories and emotions. It can also have a strong influence on our mindset and wellbeing.

At both our Balcatta and Mirrabooka residences music plays an important role in our therapy programs. From enjoying live performances to having music playing in the background of communal areas, at MYVISTA we see that music can encourage movement, improve socialisation and simply add to the atmosphere.



Alida De Pellegrin in her Mirrabooka apartment



Resident Profile **Alida De Pellegrin**

Moving to a familiar neighbourhood, close to family is what Alida loves about living at the MYVISTA Retirement Living Apartments.

Moving into MYVISTA's Retirement Living Apartments has given resident Alida De Pellegrin the opportunity to start a new chapter in her life while remaining in a familiar neighbourhood close to her family. It's a decision she says she is happy she has made and she is enjoying her new apartment.

Alida and her late husband Angelo came to Australia from northern Italy in the 1990s with their three teenage children. After a several years living in Kununurra, the family moved to Perth and bought a home in Dianella, not far from where she lives now. Their home had a large garden and Angelo loved to look after 'outside' while Alida looked after 'inside'. After Angelo passed away two years ago, caring for the garden was becoming too much for Alida and she made the decision to downsize. After three visits to view apartments, Alida decided to make the move. One of her daughters now lives in the family home and

they see each other regularly. "I still do lots of cooking for everyone," says Alida, who has gotten used to her new kitchen and using the induction cook top!

One of the things she appreciates about the apartments is that her GP made the move with her. "I used to cross Yirrigan Drive to the doctor (where the practice was previously located) and now they are here on the ground floor (at MedOne). I also see Frank the physio and Mimi the hairdresser who are also here. Everyone is so lovely."

Alida says she also feels very secure in the apartments, "I also feel very safe. It feels good to be here."

WASO's performance was met with tapping feet, swaying hands, loud applause and a room full of smiling faces. The beautiful music even saw our staff stop work to come and listen.

Thank you to Lifestyle Coordinator Zulli Aleman for organising this event and to the West Australian Symphony Orchestra for bringing the music to our residents.



Mirrabooka residents enjoying the WASO string ensemble

Employees of the Month



MYVISTA's Employee of the Month awards recognise and reward our employees for exceptional service. One winner is drawn from all the nominated employees within a given month and receives a prize pack thanks to our sponsors.

If you have seen a staff member excel in their role here at MYVISTA please let us know by nominating them for Employee of the Month using the nomination forms available at our reception counters or our website.

Congratulations to the following staff for being our Employee of the Month

- June - **Thawtu Say** (Cook, Balcatta), **Lyn Sabanal** (OTA, Mirrabooka)
- July - **Lily Saroim** (AIN, Balcatta), **Analiza Saloria** (RN, Mirrabooka)
- August - **Perihana (Hana) Demiroski** (Cleaner, Balcatta)
- September - **Kinlay Bidha** (AIN, Mirrabooka)
- October - **Skye Abdullah** (EN, Mirrabooka)



One of MYVISTA's Employee of the Month recipients, Thawtu Say from Balcatta

THANKS TO OUR SPONSORS



Retirement Living

A warm welcome to all the new residents

It has been wonderful to welcome many new faces at both the Balcatta Village and Mirrabooka Apartments over the past few months. Balcatta is a well established community with some members having been there since it's beginning in 2008. Residents are a great source of support to each and over coming months there will be plenty of opportunities for new members to get involved in village life. Everyone is welcome to events like the Christmas dinner (Dec 6) and their regular schedule of happy hours and dinner nights.

Residents there recently enjoyed an exhibition of ballroom dancing and a trip to the Tivoli Theatre. There is a lovely tradition in the village of

residents getting together to put up a Christmas tree in the Clubhouse with everyone invited to place a gift underneath and these are then passed onto the Salvation Army for those in need. The next CEO Lunch will be held on Monday 13 December in The Clubhouse. Check the notice board there for further information.

At the Mirrabooka Apartments, Irene Mooney hosted a BBQ for residents in the plaza on the third floor. It was a lovely opportunity for everyone to connect and use the plaza space which has recently had some lovely outdoor furniture added to it. Residents there have begun to plan further activities.

RESIDENTS' & RELATIVES' MEETINGS

We warmly invite you to attend and give your feedback.

BALCATT A

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

Garden Wing

12 January, 9 March, 11 May

Vista Wing

9 February, 13 April, 8 June

MIRRABOOKA

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

8 February, 12 April, 14 June

(Currently scheduled but subject to change)



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