

## MYVISTA'S 30 ANNIVERSARY CELEBRATIONS WRAP IN STYLE AT TWILIGHT MARKET



MYVISTA families enjoyed spending time together over food and music



**Families, food and music made up the celebrations for MYVISTA's first Twilight Market on the grounds of Mirrabooka on 17 March.**

The market was the final event of MYVISTA's 30th Anniversary celebrations and was designed to mirror the much loved Spring Fair event held in October 2022 at MYVISTA Balcatta.

Around 250 people came along and enjoyed a range of international dishes from the five food trucks that were there and entertainment from Luna Duo, Akwaaba African Drummers and Irish dancing display to celebrate that it was St Patrick's Day.

Many families took the opportunity

to spend the evening with a loved one living in MYVISTA aged care, while the members of the retirement communities enjoyed the great atmosphere on their 'front door'. It was also great to see lots of staff members come along with their families. The large open space at Mirrabooka enabled the whole MYVISTA community to be invited to attend.

Feedback after the event was very positive and it is hoped a similar event will be held next year.

**BACK FOR 2023!**



Get creative and win a prize in MYVISTA's Art Competition for primary and high school Students.

Ask your grandparent or other special older person in your life about a happy memory from their childhood and create a piece of art that is inspired by it.

Visit [MYVISTA.com.au/events](https://www.myvista.com.au/events) to find out more

# CEO Update

Hi everyone,

**On behalf of the Board I would like to thank you all for embracing and sharing in all the activities that we undertook to mark thirty years of care at MYVISTA.**



Among the celebrations were two key events, the Balcatta Spring Fair and Mirrabooka Twilight Market, which brought us all together at our aged care facilities where our aged care and retirement community residents, staff and everyone's families were able to spend time creating new memories together. We also engaged with our local community through our Art Competition for Students which fostered relationships and cultural appreciation between young people and their grandparents. As an organisation that was formed by members of the community in the Eastern suburbs of the City of Stirling, maintaining our connection to this community in which we operate is very important.

The feedback from these events has been very positive and we hope to bring them to you again as annual events, albeit on a smaller scale.

During our celebrations we were also able to highlight our achievements to the broader

community through a four page feature in The West Australian newspaper, providing an opportunity to bring focus on our contribution to aged care services. Finally, our special 30th Anniversary newsletter allowed us to delve more deeply into our history and acknowledge the achievements of some of the many people who are part of our story.

We now look forward to our next decade with great optimism, confident in our accomplishments and our capacity to support older people, especially those from diverse cultural backgrounds, to live well as they age.

COVID has been present in WA for three years now and is far less spoken about in the media. However, cases of it in WA are still in fact very high and it remains a threat to the health of those we care for. Please continue to support our efforts to keep our residents and customers safe by having all vaccinations available to

you, test regularly and wear a mask in aged care settings. Influenza also remains a serious issue and I strongly encourage everyone to have a flu shot and if you regularly visit our facilities, please let our reception staff know if you have been vaccinated so we can gauge the percentage of vaccinated visitors. Please respect our efforts to keep our residents and staff well by not visiting if you have a cough, cold or fever or other flu-like symptoms.

There is currently a lot of reform being undertaken within all areas of the aged care sector in which MYVISTA delivers services. We are monitoring this landscape closely and are involved in advocating for positive improvements through peak bodies such as the Aged and Community Care Providers Association. We will keep you updated of changes effecting you as they come into place.

*Kind regards  
Irene Mooney*

This newsletter is for the MYVISTA community to share its news and information about our aged care, home care and retirement living services. We welcome your contributions and story suggestions! Email [info@myvista.com.au](mailto:info@myvista.com.au) or send material to **The Editor, My View, 3 Doncaster Road, Mirrabooka 6061**

**Follow us on social for regular updates on life at**

**MYVISTA**





# Grant to enhance end of life care at MYVISTA

MYVISTA clinical staff have been enhancing their skills and knowledge around providing end of life care and support for aged care residents and their families.

In workshops they explored ways to approach talking with residents and their families about what preferences they may have about end of life or palliative care so that it can inform their care plan and provide a guide to staff.

Sensitive discussion and planning ahead of time can enable families to focus on spending precious time

with their loved one without the added stress of making confronting decisions as their loved one's care needs rapidly change. It can also provide an opportunity for everyone to talk through particular fears or worries they may have, such as around feeling pain or what will happen to a partner after they have gone. Talking through 'what is going to happen' can be reassuring and be a psychological comfort which gives the resident a sense of peace.

The training is being given as part

of the End of Life and Palliative Care Project that is currently underway within MYVISTA that has been funded by the WA Department of Health and the WA Primary Health Alliance. MYVISTA is one of only four aged care providers in WA to have secured funding to deliver this project.

CEO Irene Mooney said although end-of-life care is a difficult subject to discuss, ensuring that staff are equipped to do so was beneficial for everyone. "Our staff care very much about the residents and want them to live as well as possible right until the end. Personal preferences are very important, and as a multicultural organisation, part of our care is to ensure people's cultural practices around end-of-life are recognised.

"We want everyone who comes into care at MYVISTA to be able to live well and continue to make individual and family memories in the time that is left and for their families to feel supported along the way."



Some of the MYVISTA staff at the workshop to enhance their skills in Advanced Care



## Lets's talk about... **ANTIBIOTIC RESISTANCE**

Antibiotic resistance occurs when bacteria change to protect themselves from an antibiotic. The more we use antibiotics, the more chance bacteria have to become resistant to them.

### What you can do:

- Prevent infections by washing your hands regularly and
- keeping up to date with vaccinations.
- Prevent food-borne infections by washing fruit and vegies and cooking food properly.
- Understand that antibiotics only work against bacteria. They do not work for colds and flu which are caused by viruses.
- Don't pressure your health professional for antibiotics if they say you don't need them. Ask for other ways to relieve your symptoms.
- Only take antibiotics when they are prescribed for you, don't use or share leftover antibiotics.

# Fun and Activities

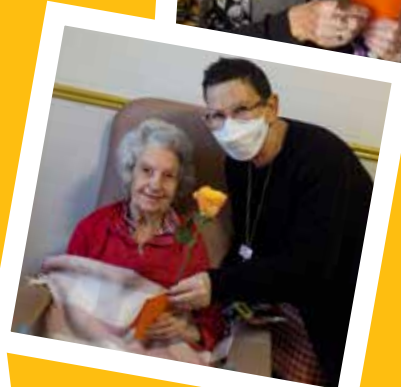
## Visit to Childcare Centre

Aged Care residents from Balcatta visited Discovery Kids Early Learning Centre where they enjoyed spending time with the young children and staff there.



## Mother's Day

Mums at both Balcatta and Mirrabooka were honoured for Mother's Day.







## Mad Hatter's Tea Party

Mirrabooka Retirement Living Residents staged a fun Alice in Wonderland themed afternoon tea in the Clubroom in April.



## Celebrating Easter

Aged Care residents at Mirrabooka enjoyed some Easter treats



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Amanda Zucal and Karena Timmins from MYVISTA's Home Care team

## Staff profile **Karena Timmins and Amanada Zucal**

**Home Care Coordinator Karena Timmins and Scheduler Amanda Zucal work together to manage delivering this important MYVISTA service that supports older people to stay living independently in their own home.**

### **What do your roles involve?**

*Karena* – I meet with new customers and help them navigate the Aged Care system and explain how the program works. I will visit them at home to talk with them and their families to gain an understanding of their needs and then design a service package that will best support them. From there I oversee their Home Care budget and stay in touch with them to regularly review their needs and make adjustments.

*Amanda* – Once a person becomes a customer, I am the link between them and the support workers. I coordinate the times a support worker will visit them and manage the administration of their package. Support workers will let me know if they feel a customer's wellbeing has declined in some way and I will let Karena know so we can respond to these changes.

### **What led to you work in aged care?**

*Karena* – My background is in community service organisations in administration roles before moving on to coordination roles. I've coordinated service delivery in the mental health, disability and aged care sectors. Working for MYVISTA has enabled me to specialise in understanding the complexities of the Home Care funding system and use that knowledge to help customers get the most from their package.

*Amanda* – I've worked in admin and client facing roles for a number of community service organisations, particularly those involved providing housing and

supporting people to continue to live independently. I really appreciate the importance of home care support for older people to enable them to stay in their home.

### **What do you enjoy about job?**

*Karena* – I like seeing the difference I can make for people by linking them to the services they need. It's great to be able to work in partnership with customers and their families to promote the idea of 'wellness' and explore strategies for maintaining independence. It's very satisfying. I love visiting our customers in their homes and learning about their lives and their culture. We support people from many different backgrounds and I enjoy hearing their unique stories and gaining an insight into what their lives are like.

*Amanda* – I enjoy working as part of a small team. We have a relatively low case load to coordinator at MYVISTA so it allows us to really get to know our customers, their families and our support workers.

### **What keeps you busy outside of work?**

*Karena* – I have just signed up to run the Sydney Marathon in September, so I am busy training for that. On Saturdays I do a Park Run event with friends and we enjoy catching up afterwards.

*Amanda* – Spending time with my family and friends and also travel. I've just been on holiday to Darwin. I loved seeing different kind of lifestyle they have in the top end.





Joseph Radalj in front of a painting of the village in Croatia where he is from.



Joseph and wife Dragica

## Resident Profile **Joseph Radalj**

**Joseph Radalj is aged 91 and has lived in his Osborne Park home that he built and raised his family in since 1967. He hopes to remain living there independently for as long as he can.**

Joseph has lived alone since his wife Dragica passed away five years ago, but his children and grandchildren remain close and visit him regularly to help him around the house and to get out and about. Although still mentally sharp, Joseph admits that he was beginning to struggle a little due to mobility issues and so recently he - a little reluctantly - agreed with his family it was time receive some extra assistance through a home care service.

Joseph has strong ties to the local Croatian community and so MYVISTA was a comfortable and familiar choice to manage the services he now receives to help him stay living in his much loved home. A support worker visits him three times a week to check in with him and help with personal care, and this complements the help his children and granddaughter already provide.

Accepting help did not come easily to Joseph who is more used to helping others, as for many years he volunteered his time at the Stirling Adriatic Club, of which he is a founder, past president and life member.

Joseph was born in a small village in a region of Yugoslavia that is now Croatia, and served in the army as a young man. He migrated to Australia alone in 1956 and worked hard as bricklayer and labourer for two years to save money so his wife Dragica, daughter Dianne and his brother Tony who were still in Yugoslavia could also travel here and finally join him in a new life. He and Tony began working in market gardens on King Edward Road in Osborne Park and continued as market gardeners for over 50 years in Woodvale and Kingsley, growing everything from tomatoes and carrots to parsley.

He and Dragica had two children who were raised in the house and the family remain very involved in his life. His son-in-law John says the home care service is working well because it allows them to spend time caring for Joseph in other ways, such as taking him to appointments, with meals and helping him to stay on top of his garden.

Joseph says his home has always been known for the beautiful flowers he grew each year in his front garden, and it is only in this last year that he has decided not to plant out flowers. He still enjoys attending the Stirling Adriatic Club from time to time to catch up with friends and watch cards being played. Still very much enjoying life on his own terms, Joseph says that an afternoon siesta is the best medicine!

# Employee Recognition



**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 they receive a prize pack thanks to our sponsors. You can nominate a staff member via our website or forms available in our facilities. Well done to the following staff:

- Dec - **Rosita Ferraris** (*Balcatta*)  
January - **Michaela Guest** (*Balcatta*)  
- **Esori Dhungyel** (*Mirrabooka*)  
Feb - **Tshering Zangmo** (*Balcatta*)  
- **Dorothy Nyunt-Aung** (*Mirrabooka*)  
- **Karena Timmins** (*Corporate*)  
March - **Zurmith Lepcha** (*Mirrabooka*)  
- **Say Kyi** (*Balcatta*)  
April - **Vinka Dabo** (*Balcatta*)  
May - **Maria Jacinto** (*Balcatta*)



Esori Dhungyel, January's employee of the month

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OUR SPONSORS



## 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 July, 13 Sept, 8 Nov

#### Vista Wing

14 June, 9 Aug, 11 Oct, 13 Dec

### MIRRABOOKA

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

20 June, 22 Aug, 17 Oct, 5 Dec  
(scheduled but subject to change)

## Retirement Villages Act Updates

The West Australian Government is currently revising the Retirement Villages Act 1992 with the aim of making retirement village living fairer and easier for seniors, while supporting the long-term viability of the sector. As an experienced industry leader, MYVISTA CEO Irene Mooney has been working with the relevant industry bodies and the WA Department of Mines, Industry Regulation and Safety (DMIRS) to assist and support those involved in making recommendations. Legislation around the reforms is expected to be passed by the Parliament of Western Australia by next year and come into effect mid to late 2024.

The amendments are broad ranging

and will bring changes right across the journey of leasing, living in and leaving a retirement community.

They primarily address:

- The information that is provided to consumers about the retirement product to make the process clearer.
- How the retirement living product is advertised and marketed.
- The requirement for operators to pay exit entitlements to former residents within 12 months of a lease ending.
- The requirement for operators to have a five year capital asset plan detailing what is to be

spent in the village.

MYVISTA welcomes these amendments to the Act as they will provide greater confidence and certainty to village residents. Further information about the act is available from the DMIRS website.

[www.commerce.wa.gov.au/announcements/next-step-fairer-retirement-village-laws](http://www.commerce.wa.gov.au/announcements/next-step-fairer-retirement-village-laws)

**MYVISTA Mirrabooka Retirement Living Apartments are finalists in the "Ageing in Place" category in the 2023 WINconnect Apartment Awards for Excellence. The winner will be announced in mid June.**