

A Great Place to Live



'EVENTIDINGS'

Issue No 017

AUTUMN 2018

Welcome to the Autumn issue of 'Eventidings'

Well Autumn is nearly upon us, we look forward to seeing the leaves change colour and welcome in the new season. Over the past few months we have been busy working away through our Development Committee, with priority for building works being the upgrade to our hostel and Stage 2 of the Plantation.

It is a very exciting time, and while you are not seeing much progress yet, many of us are busy working in the background making sure that all of the necessary steps are being completed to begin our new building project .

It was decided at the last Board meeting to take the first step in installing Solar Panels on our roof. As the cost of electricity is set to rise dramatically, this is one small step in ensuring Eventide is financially viable into the future. We currently spend approximately \$60,000 per annum on power and hope to reduce this dramatically over the next 25 years through a solar system. Two houses will begin being built on the Plantation in the next few weeks, one of these is "For Sale". If anyone is interested, please do not hesitate to contact me.

We are currently at 100% occupancy in our hostel, seems the baby boomers are moving into Aged Care as predicted. I recently attended a conference in Albury and Team Leader Ashley Fell from McCrindle (demographics expert) interestingly quoted :-



Above: Board Of Governance Chair Julie Dunn, CEO Sue Blakey, Councillor Murray Emerson & Directors Reg Smith & Peter Greenberger discussing future plans for Eventide Homes.

In 1952	40 Centenarians received a letter from the Queen
Today	2,925 Centenarians receive a letter from the Queen
In 2027	5,401 Centenarians will receive a letter from the Queen; and
In 2047	25,938 Centenarians will receive a letter from the Queen

Gee the Queen is going to be busy in 2047!

This paints the picture for the future of Aged Care and the demand which will be put on our system over the coming years. We are very lucky to have pro-active Board Directors who have done an amazing job over the last 60 years and I'm sure will be up to speed with expansion requirements into the future.

Well the tennis season is nearly over, bring on the football.!

Sue Blakey
Chief Executive Officer

DIARY DATES

Friday 16th March

Bus Trip

Moyston Sheep dog Trials

Tuesday 27th & 28th March

BBQ Lunches

Bill Crowe Courtyard

Thursday 29th March

Easter Fun afternoon

Glyn Cashin Hall

Tuesday 3rd & 4th April

BBQ Lunches

Bill Crowe Courtyard

Anzac Day Service

To be Confirmed

Monday 7th May

Vintage Car Club

Friday 11th May

Mothers Day High Tea & Activities

Glyn Cashin Hall

Monday 21st - Friday 25th May

National Volunteer Week

Thursday 31st May

Biggest Afternoon Tea

Glyn Cashin Hall

Friday 29th June

Cinema Time

Glyn Cashin Hall

What's happening around the traps'

Resident activities have resumed for 2018.

Lifestyle and Activity staff and residents have been busy planning and implementing new and exciting programs for 2018 (page 6).

Eventide residents, volunteers, staff & family members once again participated in the Stawell Biz Christmas Street Parade. Everybody dressed up in Christmas costume and Eventide reindeer led the way for Santa's sleigh down main street. Residents exclaimed it was so much fun.



Above: Residents & staff participating in the Stawell Biz Christmas Parade

Our annual Valentines Day ball was held recently and residents literally waltzed the afternoon away. This year students studying Aged Care from South West Tafe participated in the event, which proved to be a huge success with residents.

We have several new staff members:

In Food services we welcome Alysha Dodd; and Corporate Services with Sarah Morris.

Newcomers to our Personal Care Worker Team include Magda Medina, Charlene Keddie, Joanne Wilson, Nicole Eagles, Katie Roberts and Rikki Kilner. All bring a variety of skills to Eventide and you are to see their smiling faces around Eventide.

We farewell employees Marilyn Hayward, Jenna Monaghan, Heather Oates and Lisa Johnston .

All the best on your future endeavours.

‘Staying Active’

Every resident is assessed by the physiotherapist on arrival, to ensure the appropriate amount of assistance with activities of daily life, like toileting, showering or walking to the dining room is received.

Daily stretching and balance classes are offered for residents who wish to attend.

Eventide is quite fortunate - Phil is also a Kung Fu master, and residents love the gentle exercises that have been adapted from Tai Chi and Wing Chun. These classes includes breathing and meditation exercises for stress relief.

Each morning Warne and Urquhart house residents enjoy a daily walk whilst listening to music (songs on request).

Walking in the mornings is a fantastic health habit , and it has become a very popular activity that generates a lot of smiles.

Physio is also responsible to assist with pain management, and few people reach a senior age without some Arthritis or other nagging chronic injury.

Many Eventide residents receive treatment daily, and depending on the condition, different modalities may be used, such as thermal, therapeutic massage, prescribed exercise programs, education, equipment prescription and other forms of treatment like TENS, a form of electrical simulation used to manage chronic pain.

Physiotherapists do not prescribe medicines, but they do have a very diverse range of physical treatment modalities, that can help with Cardio, Neurological and Musculoskeletal conditions.



Above: *Physiotherapist Phillip Walker and June McClure.*

“Phil the Physio” says....

Being able to walk is something we take for granted, however as life progresses it can become impossible.

The keys to protecting your own independent mobility are pretty simple –

- You **MUST** stay physically active, if you wish to keep walking. Nothing beats a daily walk in the mornings to prepare your body for the day.
- Stay safe: which means don't take risks you might have when you were young, as injuries are a lot harder to heal when older.

Have fun ! It is important to enjoy your physical activity. Few people like exercise for its own sake.

If you are noticing your balance and/or mobility are not what they used to be, seek professional medical advice early – as these problems are best dealt with before they become serious issues that detract from your quality of life.

“One of the best exercises is smiling”

Phillip Walker
Physiotherapist

Staff Profile

Stephen Fenwick, Grounds & Maintenance Supervisor

Each newsletter edition we will be introducing you to one of the many brilliant staff members we have working at Eventide Homes. There are a broad range of roles across the organisation and every staff member does an amazing job.

This edition we meet Grounds & Maintenance Supervisor, Stephen Fenwick. Stephen has been working with us here at Eventide Homes for just over 30 years.

Born in Stawell, Stephen completed his education at Stawell Secondary College, before commencing a Gardening & Horticultural apprenticeship at Eventide Homes.

Once qualified, Stephen's duties evolved into a combination of both maintenance and gardening.

A position in which Stephen has now supervised for the past six years.



Stephen's duties include maintenance of all buildings and grounds at Eventide Homes, and he is also the Occupational Health and Safety Representative for Eventide Homes & educates staff regularly with fire training sessions.

“ Maintaining standards ”

Stephen particularly enjoys having a yarn to the residents and the variety of jobs on any given day.

My hobbies include getting away for weekends of camping and fishing, and spending time with my family.



Pictured above & left: Stephen Fenwick

'The Sound of Music'

"It was a family affair" when resident Beryl Woodhouse's granddaughters recently visited Eventide Homes to perform to a full house in the Glynn Cashin Hall.

The talented trio consist of sisters Lauren, Johanna and Caitlin, who between them have become mastered in playing the piano, violin and the cello, Caitlin also enjoys singing.

The sisters love of music was evident in their early years. Whilst only a youngster, oldest sister Lauren was taught the basics of piano, who then went on to teach Johanna and Caitlin, this then motivated them to learn how to play both the violin and cello through lessons. Soon after, singing also added to the repertoire, these lessons instructed via skype sessions.

The girls played a variety of tunes, including classics from The Sound of Music which had everybody singing along in their seats. Beryl was beaming from ear to ear with pride.



*Right:
Beryl Woodhouse
with granddaughters
Lauren, Caitlin
& Johanna*

*Above:
Sisters Lauren,
Johanna & Caitlin
entertaining
residents at
Eventide Homes*

'Care & Lifestyle News'

Since Catherine Potter has commenced as Care and Lifestyle Manager at Eventide Homes there has been quiet a lot of discussion regarding the current activity program offered and how we can improve the program in 2018.

Earlier this month Catherine was fortunate enough to attend a conference and listen to several speakers regarding activity programs offered in nursing homes in which they work. Several of the speakers gave fantastic examples of successful programs which most of the residents ran with supervision from staff and volunteers which they all reported as highly rewarding for the residents as they each were involved in meaningful activity which gave them purpose.

Upon return from the conference Catherine was excited to share these ideas with activity staff Grace and Wendy who have planned and implemented a new and exciting program for 2018.

This new program will focus on integrating the residents in Warne House with the hostel residents

twice a week.

The residents from Warne will arrive at the hall in the bus for activities run by the hostel residents and will provide the residents involved meaningful jobs whilst delivering entertainment for Warne House residents.

Dawn Scott has taken on the role as the postman for Eventide. Each day Dawn reports for duty and proudly delivers the mail to residents at Eventide and the Independent living units. Dawn is waiting on a delivery for a new 'postwoman' uniform. (Stay tuned for this preview next month).

Cliff Maybery has been busy creating a vegetable patch at Eventide which keeps him busy. Cliff is extremely proud of his vegetable garden and enjoys chatting about this project as well as supplying the kitchen with beautiful fresh produce.

The next few months will be an extremely exciting time at Eventide watching residents grow into the roles.



*Pictured above & right:
Cliff Maybery proudly showing off his vegetable
garden and with fresh produce ready for the kitchen.*

*There is always something happening
at Eventide Homes*

'Christmas Celebrations'



Jean Black & Marg Pietsch



Mavis Potter



Glad Bolitho



Ann Jenkins



Ken Stewart & daughter Gayle



Harold Blake & daughter Rosalie

*There is always something happening
at Eventide Homes*

'Christmas Street Parade'



Residents & staff enjoying the parade



Dawn waving to the crowd



Eventides very own Santa



Eventide Homes residents, volunteers, staff & families



Giovanna & Monica



David & Edna Osborn, Clem Palmer & Pam Morris

'Valentines Ball'

*There is always something happening
at Eventide Homes*



Kim Guerrero & Dorothy Wright



Robert Cresswell & Casey Rickard



Neil & Sheila Thornton



Pam Morris & Elaine McCracken



Irene McCarthy & Rachael McCormack



Would you like to dance?



Bett Penny & Cliff Maybery



Grace Rethus & Betty Smith



Dorothy Wright & Tom Carson

*There is always something happening
at Eventide Homes*

'Valentines Ball'



Shona Podmore & Karen Tangey



Marie receiving a valentine rose



David & Edna Osborne & Clem Palmer



A full dance floor!



Ebony Jenkins & Nancy



Jennifer McIntosh

WORD PUZZLE

STAWELL GIFT WINNERS

S C O E R N E S T G E O R G E J C Y R S
I L Z S B O C M D U D V B K O H B E C E
M A Z B I S A A R F D U O S R G P O R I
O R I B L N S I Q D G Z H I I O T I S D
N R R U L I R L N Q M R S R O T H A E Z
M I W T T B E L B Z O K Y C A S A T S X
C E E S W O V I M S I R H N T C N L A T
I H H N O R E W S N R C T L D U D R M O
N E T O M Y K L G A N O I U H R R A J M
T A T R E L U L H Y N W N N N O E E A B
Y R A A Y L L E L I W M O T Y N W N M U
R N M A G I Q H T E A S T Z H M R N I R
E M S Z V B J C H L A P Y N X C O I E B
T M C X R Z H T L J V Z S I W C B K S I
B D K Y H N T I I G G G Q V E A I Y O D
W I L L I A M M I L L A R D N N N B N G
U X W E M N A T H A N A L L E N S B X E
M I O C N A I B O P A C N A E D O O F X
M U R R A Y G O O D W I N P A G N B P G
G M J W D R A L L I M L E I N A D V Q U

AARON STUBBS

ANDREW ROBINSON

BILL TWOMEY

BILLY ROBINSON

BOBBY KINNEAR

CHRIS KING

CLARRIE HEARN

DANIEL MILLARD

DEAN CAPOBIANCO

ERNEST GEORGE

HARRY RIGBY

ISAAC DUNMALL

JASON HUNTE

JOSH ROSS

LUKE VERSACE

LYNCH COOPER

MATTHEW RIZZO

MATTHEW WILTSHIRE

MITCHELL WILLIAMS

MURRAY GOODWIN

NATHAN ALLEN

RON MCCANN

SAM JAMIESON

SCOTT ANTONITCH

SIMON MCINTYRE

TOM BURBIDGE

WILLIAM MILLARD

'News from the Board'

Eventide Homes are seeking the community's support of the proposed extension to our retirement village and further development of "The Plantation". We are keen to get the second stage underway as soon as possible and look forward to working closely with the community.

Our vision is to build what people want, a Retirement Living survey is currently ready for the general public to complete so as we can gauge what prospective residents are wanting. Board of Governance Chair Julie Dunn said "We are seeking advice from the Stawell community on what desired requirements and services they expect for in retirement living; House or Unit?, 1 or 2 bedroom?, carport or garage?etc. We actively encourage you to complete this survey, as we want to build what you the community wants in retirement.

The Eventide Homes Retirement Living questionnaire can be accessed from www.eventidehomes.com.au or via our [Facebook page](#). Hard copies are also available from reception at Eventide Homes.

Preliminary site plans, house plans and sketches for Stage 2 of "The Plantation" will be drawn up once results of our survey are compiled. We are working closely with the Northern Grampians Shire to approve infrastructure, drainage and development in principle. We are also seeking a safe crossing across Patrick Street to Eventide Homes.

The site will be secure and comfortable and provide a relaxed independent lifestyle. The village will be governed by the "Retirement Villages Act" and will cater specifically for people aged over fifty-five years and not working full time.

With over sixty years of experience in Independent Living Units and Aged Care, we believe we are well placed to take on this property development. Our existing aged care facility on the adjacent site will provide a continuum of care for residents in the same location.

At present here at Eventide, we offer 35 one bedroom rental units and 8 lease agreement units on site. We are currently building a Display home at "The Plantation" due to the healthy waiting list for this type of accommodation.

We are very excited to formalise this forthcoming development at Eventide Homes.

Our objective is to provide a secure living environment on "The Plantation" which is essentially a community for the Seniors of Stawell and District.



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