

Winter 2016

Out of the Blue

2016 Chase Perfection, Capture Excellence



BlueCross
community & residential services



Cheers to our residents and clients celebrating at the annual 97+ Birthday Party

Every year, we host a number of special events for our residents, clients and staff. One that is very dear to us is the 97+ Birthday Party, where we celebrate the life and achievements of our oldest residents and clients.

This year we honoured more than 6000 cumulative years of life, love and wisdom with 62 guests-of-honour attending the celebration. The party was held on the 14th of April at the Hawthorn Arts Centre and included high tea, live entertainment and champagne!

We reflected on some of the world altering changes our guests have witnessed over their lives, the discovery of penicillin, vaccines, radio, television and in more recent times the internet. It's hard now to imagine a world without these things and yet this is the world into which they were born.

Back then the average life expectancy for a man was 56 years and for a woman it was 59. So it is truly a remarkable achievement to reach this milestone in 2016, and one that we are proud to be able to celebrate with them.

Our oldest guest in attendance, Mary Ward Breheny, 101, was given the honour of cutting the birthday cake. (Pictured below left with Craig Bardrick, Acting CEO.) Many recognized Mary from her role as Mum Brooks in the TV series Prisoner and for her role as Dee Morrell in Sons and Daughters. After cutting the cake she told other guests 'I've had so much fun, I'll be back again to cut the cake next year!'

For Xavier and Patricia Carroll (pictured below centre) the event was particularly significant as it happened to also be their 66th wedding anniversary. 'It has been a great journey of 66 years of sharing' said Xavier.

The couple met when they were playing at the St Kilda Tennis Club and for Xavier it was love at first sight. They both credit their long and happy marriage to sharing experiences such as raising their children and being active in the community through their participation in various clubs.

Sisters Lillian and Doreen, (featured in the Summer 2015 edition of Out of the Blue) were also in attendance – yet another milestone these sisters and best friends were able to share together. (Pictured below right.)

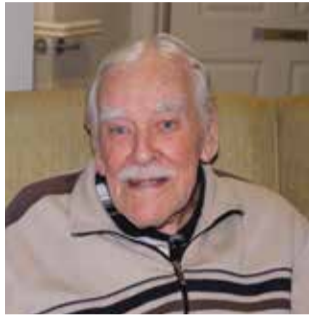
At BlueCross, we understand the importance of celebrating living longer and better with our residents and their families. BlueCross is acutely aware of the significance of ageing positively and continues to develop innovative and person-centred programs to enrich the lives of our clients and residents.



Anzac Day – honouring our servicemen and women

April 25th 2016 marked the 101st anniversary of the landing at Gallipoli; it is a day when we stopped and remembered those Australians who have served our country in war.

Across our residences and in Care at Home, we acknowledged Anzac Day and in particular our residents and clients who served in the wars, both at home and abroad, and helped to shape our nation. We remembered the sacrifices made to protect our future and the freedoms we now enjoy. Below we are honoured to share a brief insight into the roles some of our residents at BlueCross Gardenia played during the war.



John Adams

Flight Lieutenant Adams was a spitfire pilot. He was stationed in England, Egypt, Libya and Italy. His spitfire planes have been a lifelong love.



Daphne Marven

Daphne was an Australian Army Captain, based in Northern Queensland. Her husband, John was a Sergeant cook but was a prisoner of war for four years.



Noel Robbilliard

Noel joined the RAAF in 1944. He served in Papua New Guinea as an aircraft engineer and worked on the Wirraways planes.



Mavis Forbes

Mavis was a Decoder at the Monterey WRANS, Port Melbourne. Mavis' husband, Delno, was a US Naval Petty Officer, from Texas and also a Decoder. They met when his ship was in port.



Charles Collison

Charles was a mechanic in the Army, based in Darwin.



Eva Bathard

Eva was a Signal Officer and worked in the Records of Officers in Signals. Eva was a Corporal and also worked at Faulkner Park Hospital. She recently discovered that she and Mavis (pictured left) worked in the same building!

Thank you to our wonderful volunteers

Recently, BlueCross was delighted to thank our volunteers at the annual BlueCross Volunteer event held on 12 May, during National Volunteer Week.

More than 80 volunteers and BlueCross staff enjoyed morning tea followed by a movie at the Rivoli cinema in Camberwell. While not all our volunteers were available to attend, a heartfelt thank you was extended to all volunteers for their generosity, time and dedication to helping others in their community.

Our volunteers bring with them a myriad of skills, expertise, hobbies, passions and life experiences that enhance our leisure and lifestyle programs.

So for providing this wealth of new experiences and activities for our residents, we say thank you.

Improving our volunteer program

Volunteering is a two-way relationship and BlueCross has recently adopted the National Standards for Volunteer Involvement to help improve our volunteer experience and ultimately the wellbeing of our residents and clients.

The other way we are seeking to enhance our program is by finding new volunteers. So if you would like to share your time and join the BlueCross family, we would love to hear from you. Please contact Nadia Gudic, Volunteer Coordinator at 9828 1200 or email volunteercoordinator@bluecross.com.au

Join our Facebook community



BlueCross is pleased to announce we have launched our official Facebook page.

We will be sharing positive stories from our residences and Care at Home, updates of what's happening at BlueCross and promoting innovation and positive ageing.

Visit our Facebook page – www.facebook.com/bluecrossagedcare and Like us, invite your friends to Like us, and join our online community.

BlueCross Care at Home

Supporting people in the community who need additional care and services.

The Livingstone Day Centre was opened in November 2015 as a new service to clients and their carers living in the community. Based at the Livingstone Gardens aged care residence, it is designed to complement our Care at Home and residential services.

The Centre runs a specialised program for people requiring care during the day, such as when their usual carer (often a family member) is unavailable or needs a respite break.

This program brings clients from the community together to participate in a variety of activities tailored to suit their needs. Clients can also access the activities and services offered by Livingstone Gardens such as hairdressing, movies and physiotherapy.

Our clients have a variety of needs, and where appropriate they benefit from our STARLife dementia program.

John* was the first client to attend the day respite program to allow his wife a break. This is how Day Respite has impacted their life.

John has dementia, and is cared for at home by his wife, with the support of their children. John struggles to join in group activities but our team have found ways of including him by creating activities that relate to his interest in numbers and accounting. His wife has been so pleased with these activities that she has taken some of them home to use.

His wife recently shared how the Centre has helped her and her family:

'My big concern from the start was the transition from home care to full time residential care in a new and strange environment. It was very important to me that he should be going to live in a place with which he already felt familiar, happy and comfortable.

The Day Centre at Livingstone Gardens has answered all those worries.

He enjoys his day there and is in no hurry to leave when I come and pick him up.

He knows the place – walks comfortably from the car, through the doors and to the day rooms. When it comes to the point of him staying overnight, the transition will be so much easier than it might have been without this security blanket of existing familiarity.

I cannot speak highly enough of the standard of friendly, loving care he receives in his day visits and I feel confident now that when it comes to full time care, he will be just as happy.

Thank you for filling the gap so well.'

** Name changed to protect his privacy*



Contact BlueCross Care at Home today to find out more about the Livingstone Day Centre or respite care.

☎ 1300 133 414

🌐 www.bluecross.com.au

Staff Conference 2016 – celebrating innovation and care

At this year's Staff Conference, held on May 14, we presented the annual STARFish awards. These awards recognise staff for their adoption of the STARFish principles in their everyday work.

The STARFish principles are:

- be there
- choose your attitude
- have fun
- make their day.

This year's winner, Katelyn Budrys, a personal carer from Karinya Grove was awarded for 'being there' and 'make their day'.

Katelyn goes out of her way to make the residents and her colleagues feel

special. An example of this STARFish spirit included visiting a resident who was in hospital with a bunch of beautiful roses. This act of kindness was greatly appreciated by the resident and their family and made them feel truly special. Katelyn does this not for accolades but because she loves to care for others.

We shared inspirational staff stories like Katelyn's with all 450 staff who attended. We learnt new skills from our keynote speaker, Andrew Horabin and shared a laugh with our MC Brian Nankervis.

Many staff were amazed when they tried the new virtual technology therapy that

is being trialled at The Boulevard. This technology is exciting for our residents, as it opens the door to experiences previously outside of their reach, like world travel or hobbies such as fishing.

For others it was the first time they met Sammy, a cute interactive robotic seal that has been designed to reduce stress, stimulate interaction and improve socialisation particularly for people living with dementia.

It was a great day of celebrating innovation, and sharing our passion for aged care and providing the very best we can offer to the people we support.



Celebrating Mother's Day at Darnlee

Residents and families enjoyed a special Mother's Day celebration with an opera performance, followed by afternoon tea.

Mother's Day was a wonderful event this year, enjoyed by all the mothers, grandmothers and great-grandmothers at Darnlee. Families were invited to join us and spend the afternoon with loved ones while Katrina, an opera singer, regaled everyone with songs.

It was lovely to see everybody happily conversing over a cup of tea and petit fours and indulging in the beautifully decorated cake, 'made with love', by our Chef Manager, Marion.

All the residents received a gift to celebrate either being a mother or to reflect on their own mothers. This gift was also 'made with love' – this time by our lifestyle team to acknowledge the value of mothers everywhere.



Joining in the fun of the Biggest Morning Tea

Residents and staff at Chelsea Manor and Riverlea had a fantastic time raising money for the Cancer Council at their own events as part of the Australia's Biggest Morning Tea!

Australia's Biggest Morning Tea is an annual event across the country designed to raise funds for cancer research as well as awareness of the need to minimise the threat of cancer through prevention, early detection and treatment.

At Chelsea Manor, to show their support, staff wore a variety of yellow items including, yellow shirts, ribbons, armbands, bow ties and one even wore a vivid yellow wig.

We also held a raffle and an auction so, amidst the laughter and frivolities, we raised and donated more than \$400.



Victorian Police Pipe Band visits Baradine

The Victorian Police Pipe Band recently paid a visit to Baradine to entertain our residents.

Dressed in traditional Scottish kilts, the band included four men on the bagpipes and two on percussion (including a big bass drum!); so it was a very noisy affair, but one that the residents thoroughly enjoyed. A number of tunes were played by the talented band to which the residents were able to bop along.

One resident was cheeky enough to use her walking stick to see if the young police piper really did have nothing under his kilt (per Scottish tradition). Fortunately, the piper had a great sense of humour and laughed along – but still wouldn't give up the truth!



Antique teddy bears roadshow at Riverlea

Our Hospitality Manager, Liz Goldsmith, is known for her private collection of antique teddy bears and other toys. So it was a lovely gesture when she visited Riverlea with her precious collection for the residents to enjoy. (Pictured right.)

It was wonderful to see the faces of the residents light up as they remembered happy times from their childhood with similar teddies and toys. Many chose a favourite to cuddle as Liz shared her knowledge about the history and stories behind the toys – so our residents were delighted to even learn a thing or two.

Liz has inspired the staff and residents at Riverlea to put on similar kinds of displays in the future as many residents have collections of their own to share.



BlueCross is going smoke free

BlueCross is committed to providing and maintaining a safe healthy environment for everyone who enters our residences.

From 1 July, all BlueCross residences will be non-smoking environments.

Where a residence has a designated smoking area, this is for the residents' use only. A resident's right to smoke is protected by the Charter of Resident's Rights.

Visitors who wish to smoke will need to do so before or after their visit.

Thank you for your support in helping to make all BlueCross residences smoke free.

For all BlueCross enquiries call **1300 133 414** or www.bluecross.com.au