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# Heritage News

JULY 2021

Curtin  
HERITAGE LIVING

## Winter Wonderland



Residents are invited to celebrate the passing of the winter solstice with a Christmas in July lunch. The winter solstice is an astronomical phenomenon that occurs each year as the Earth orbits the Sun. It is the shortest day of the year and the longest night; and the point at which the earth begins her long, slow turn towards the light.

In Australia the winter solstice fell on June 22. From this day, the days in the southern hemisphere will continue to get longer as the Earth continues to orbit the sun, getting closer to the Sun each day until it

reaches the December summer solstice.

The solstice has been observed for many thousands of years, as long as people have marked time by the skies, and it's a wonderful time of year to retreat inwards and reflect on the wonders of nature. Many traditional cultures used winter as a time to slow down and reconnect with the natural world. It's a great time to gather friends together for a hearty, warming meal to recognise and feel part of this ancient tradition. Residents will celebrate the passing of the winter solstice with a special Christmas in July lunch.

### Winter Wonderland Events

#### RiverSea Mosman Park

Date: Thursday 29th of July

Time: 12:00pm

Event: Christmas Lunch

Where: RiverSea Cottages

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#### Wearne Cottesloe

Date: Wednesday 28th of July

Time: 12:00pm

Event: Christmas Lunch

Where: Dining Rooms



## Playgroup time again! This time with some furry friends.

It is always a lovely morning when our little friends and their families come to visit.

This month the playgroup and our residents spent a morning in the sunshine while enjoying a chance to feed and pet some rather cute visitors from the baby animal farm.

## From the desk of... Fred Stone, Wearne Resident

### GROWING UP IN ENGLAND - Part 1

This month we feature Part one of Fred's memories of growing up in England. We get a peek into the life of Fred and his family just after World War Two.

*Growing up near an English village after the war was quite different from growing up in Australia.*

*Take swimming lessons, for example. We had six lessons a year at primary school. The first two were held at school without the use of water and the rest would then take place in the nearest town which had a swimming pool.*

*I was used to splashing around in water. The bath water laboriously prepared by my Mum. Mum would fill the*

*copper in the scullery, carrying one water filled bowl at a time from the only tap in the house. She chopped the kindling and lit the coal fire under the copper. The tin bath would be carried from the outside and Mum would then scoop up hot water to pour into the bath. All this effort meant that our full bathing ritual was weekly - there were no quick and easy showers then!*

*I had been able to visit the coast and, peering through coils of rusty barbed wire defences, had seen the sea. However, I had not set a toe in the ocean.*

*During our school swimming lessons, we had low benches long enough for two of us to lie across on our tummies. Our stalwart teacher demonstrated the breaststroke. Lying across our forms, we copied her arm movements and practised frog kicks. Finally, we raised body and feet, doing hand and leg movements simultaneously - with varying degrees of success. Thus began our journey to learn to swim - without water!*

## Annual Bond / RAD Statements

Each year we are required to provide a detailed statement to residents who have paid an Accommodation Bond or Refundable Accommodation Deposit (RAD). We will be sending this to each resident (or their legal representative) in the coming month.

We will also be providing a statement of compliance to each bond or RAD paying resident following our independent audit of prudential compliance in late October.

Please feel free to contact Sarah on 6458 7555 or [sarahg@curtinheritage.com.au](mailto:sarahg@curtinheritage.com.au) if you have any queries regarding your annual statement.

## COVID-19 Vaccine Update

The second dose COVID-19 vaccination clinics have now been completed at RiverSea on 16 June and Wearne on 23 June. Our residents and team were amazing, and the second round clinics were much faster than the first. Whilst we had a few people with a mild reaction, we are fortunate to have had no significant reactions to the vaccine to date.

We will stay in close contact with WA Primary Health Alliance (WAPHA) and Aspen Medical to ensure if any opportunities arise to make it easier for any remaining staff and residents to be vaccinated, we will certainly grasp those options. For now, anyone who has not yet been vaccinated but would like to be should make an appointment at your GP or via the VaccinateWA website <https://vaccinatewa.health.wa.gov.au>

**Wearne Cottesloe**  
Beth Fry & Amisha Patel  
Ph: 08 6458 7500

**RiverSea Mosman Park**  
Mandy Banks  
Ph: 08 9382 7500

## Respect, thorough assessment, and appropriate support

can drastically reduce the distress that incontinence can cause a loved one



Curtin Heritage Living Care Manager, Beth Fry provides some valuable insight into how we can ensure our older community members can be provided with the care and support required to manage continence issues.

Did you know more than 5 million Australians have some form of incontinence and those affected range from young children to older adults?

Understandably, most people find the idea of discussing bladder or bowel control problems awkward. However, when an issue is stigmatised and not accepted as a part of our humanity, it can create negative outcomes that otherwise could be avoided.

In the case of continence, if the issue is a 'no-go' subject within our community, we allow room for underlying illnesses to remain untreated. It also means the problem may be incorrectly managed due

to a lack of information about the symptoms being experienced by an individual.

As an aged care service provider, the team at Curtin Heritage Living are trained to support our residents with their continence management. This begins with undertaking an assessment when a person joins our community.

Our team are trained to work with our allied health care partners, our residents, and their families to ensure any continence problems are dealt with discretely, respectfully, efficiently, and appropriately with our desired goal to provide effective continence management.

Like all physiological conditions, before incontinence can be accepted, a thorough assessment needs to be undertaken. Many conditions including diabetes, arthritis, prostate problems, constipation, and dementia can impact bladder and bowel function. There are many things to be considered before an accurate diagnosis related to continence is accepted. Without this thorough assessment, older adults can often be provided inappropriate care and less than optimal treatment options with the issue being accepted as 'normal' for their stage of life.

Medication management and diet can assist to reduce the risk of constipation therefore reducing the instance of urinary incontinence. Or a specific management plan may be implemented to promote continence needs such as specific toileting regimes. It is important that management plans and the care needs are reassessed and reviewed regularly to ensure the treatment continues to meet the need and is effective.

Inappropriate care and treatment can result in distress for the person dealing with continence issues and for their loved ones. We must remember that while our older community members may require additional support and care, they deserve to be involved in any decision making process and be provided with the best of dignified treatment methods and care options that they are comfortable with.



## Resident, Family & Friends Meetings

### Upcoming meetings for RiverSea:

- Tuesday 10th August, 3:30pm - 4:30pm

### Upcoming meetings for Wearne:

- Wednesday 11th August, 3:00pm - 4:00pm

## Team Recognition Awards

Congratulations to all our team members who have reached milestones and those who have been recognised by residents, family or their fellow team members for going above and beyond. We are very proud of your achievements.

### Team Milestones

- Debbie Ihebunachi - 5 years
- Gavin Herbert - 20 years

### Team Recognition Awards

- Debora Mocelin from Riversea
- Blainy Gwarada from Wearne



## A note for our Wearne residents and families

Do you have some questions relating to your or a loved ones room in our new Marine Views Cottesloe facility? Would you like to discuss what room upgrade options are available to you?

Resident Liaison Coleen Wright will be booking appointment times with residents and families to meet during the month of August to discuss room selection. Contact Coleen Wright to find out more.

P: 08 6458 7555 E: [coleenw@curtinheritage.com.au](mailto:coleenw@curtinheritage.com.au)

