

# Heritage News

JULY 2022

Curtin  
HERITAGE LIVING

## Winter Solstice



Marine Views Cottesloe and RiverSea Mosman Park 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.

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.

Our community is looking forward to celebrating the winter solstice with a Christmas in July lunch later in the month at both RiverSea Mosman Park and Marine Views Cottesloe.

### Christmas in July Lunch

#### RiverSea Mosman Park

**Dates:** Mon 25 July and Tues 26 July

**Time:** 11:45am

**Event:** Christmas in July Lunches & Singalong

**Where:** RiverSea resident lounge

#### Marine Views Cottesloe

**Date:** Friday 22 July

**Time:** 11:45am

**Event:** Christmas in July Lunch

**Where:** Level 2 Dining room and Pavilion area

## Parking at Marine Views

We would like to ask Marine Views Cottesloe guests refrain from parking in the pedestrian paths and the slip bay on the roundabout adjacent to the bench seats.

This area needs to be kept free for official patient transport vehicles, ambulances and our Curtin Heritage Living transport vehicles.

Thank you.

## Visiting hours

#### RiverSea Mosman Park

Monday - Friday: 10am - 4pm

Weekends : 10am - 2pm

Phone: 9382 7500

#### Marine Views Cottesloe

Monday - Sunday: 10am - 4pm

Phone: 6458 7000

## RiverSea Mosman Park

We hope you enjoy these photos of RiverSea residents enjoying outings and activities during the month of May. After navigating COVID-19 restrictions and protocols in the last month, residents are looking forward to enjoying more activities out in the community in the coming month.



A concert for two!



Raquel and June all rugged up and off for brisk morning walk



Picnic at Piney Lake Sensory Park



Out for a morning drive to North Mole Lighthouse in Fremantle



Afternoon bingo in the courtyard

## Marine Views Cottesloe

It is always interesting to spend time with our residents and hear about their lives before joining our community. We hope you enjoy reading an article featuring Mary Sellick, a resident of Marine Views Cottesloe, who joined our community in July 2021.

**Mary may have finished her career as the person in charge of approximately 1800 state employed nurses, but her working life began quite differently! Read on to enjoy part one of our conversation with Mary.**

Mary was born and lived in London until her father's work took the family to live in Glasgow. She enjoyed her school years in Glasgow and graduated from the University of Glasgow in 1954 with an MA with first class honours.

Once completing her university education, Mary sat the Civil Service Exam and was recruited by the government to be an income tax inspector. She was relocated by her new employer and began her professional life in Newcastle upon Tyne. After working in this role for close to three years, Mary decided to make a change and take her career in a new direction.

"I didn't enjoy being away from home, and it was a very male dominated environment. My sister was working as a nurse, and I felt that was the kind of work I wanted to do".

In 1957 Mary commenced her education to become a nurse. Her younger sister was working at the highly regarded St Thomas teaching hospital in central London, where Mary would commence her training and her nursing career.

Mary graduated as a registered nurse and completed her stage one studies in midwifery in 1966. On graduation she began her new career as a nurse educator. Mary enjoyed working with the nurses and this role set the course for Mary's future career.

In 1967 Mary relocated from London to Western Australia to join her sister and family. Prior to leaving London, Mary had secured employment at Royal Perth Hospital as a Senior Administrative Sister. Mary was quickly promoted to Assistant Matron, where she interacted with all health professionals in the hospital. This role required her to 'feel the pulse of the nursing team' on behalf of the Matron. She was able to identify any gaps in patient care, trouble shoot, facilitate training and do what was needed to keep the wheels in motion, including team recruitment.

It was during her time at Royal Perth Hospital Mary met and befriended go-getter casualty department nurse Jan (pictured with Mary). Jan herself enjoyed a successful and varied career, working in senior nursing roles that took her all around the world.



Mary (left) and Jan have been friends for over five decades.

**Part 2 to come in August!**

# What is antimicrobial resistance and what does it mean for you?

Antibiotics are powerful and precious drugs. We have all experienced or observed the benefits of antibiotics when we or someone we know has been unwell.

Some of us may have also experienced a situation where a bacteria has developed a resistance to an antibiotic. If used incorrectly, or too many times, antibiotics may not be effective and may actually allow the growth of antibiotic resistant bacteria commonly known as super bugs.

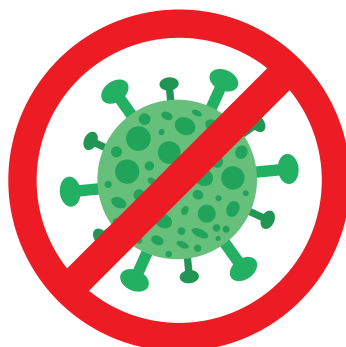
Side effects such as nausea, stomach upset, and skin rashes are common in older people receiving antibiotics. Particularly relevant to older people, the life-threatening infection called C.difficile diarrhoea (or 'C. diff') can be caused by antibiotics.

**In order to reduce the risk of antibiotic resistance or illness caused by antibiotics, the Curtin Heritage Living care and clinical team, and allied health teams will:**

- Consider any safe alternatives to an immediate antibiotic prescription e.g., if a person has an infected sore, some wound dressings with natural antimicrobials can help clean and heal the wound.
- Try to manage symptoms without antibiotics e.g., if a person has a urinary tract infection, the use of natural remedy that lowers the acidity of urine reduces the burning symptoms when going to the toilet.
- Where possible use diagnostics to inform treatment decisions. Testing the wound to determine the type of infection before prescribing an antibiotic means that the correct medicine is used and reduces the risk of antibiotic resistance.
- Apply great infection prevention and control by limiting the spread (e.g., vaccination, good hygiene, and hand washing)

**How can residents and loved ones help us to minimise risks to our community:**

- Understand that antibiotics only work against bacteria. They do not work for colds and flus which are caused by viruses
- Drink plenty of water and encourage others to as well
- Prevent infections and spread by not coming to our homes if you are unwell
- Washing hands frequently and thoroughly
- Keep up to date with required vaccinations



## Waterfront Cottesloe - stage two update

Stage two works continue to forge ahead, with our construction partners Built making the most of every rain free day. The tower crane was installed as scheduled last week and marks the progression to the next phase of works.

All piling works are now complete and the final bulk works excavation have commenced. The temporary supports for retaining (in the north east corner), known as whalers, have been installed allowing for the basement level digging to continue. Foundations for two of the lifts have been completed, while works continue on the pad foundations and footings on the west of the site.

Trades have also been busy in the heritage buildings, with roof carpentry and strengthening works the current priority.



Final day of installing the tower crane



Bulk earthworks - looking north west



## This crane needs a name!

Our construction partners Built would love to give their crane a name - and they would like to hear from you!

The team are running a competition to name the tower crane on our site and are looking to our Curtin Heritage community for suggestions.

The name will be selected by members of the project team in late July and there will be a prize for the winning name.

So get your thinking caps on and email your suggestion to: [sherrynr@curtinheritage.com.au](mailto:sherrynr@curtinheritage.com.au)

## Shine Community Care

Winter is the perfect time to be making and enjoying big hearty soups and that is exactly what our Shine social club are doing each week. Soup Club runs over eight weeks at our Cottesloe centre. Clients assist in the preparation of the vegetables. Michelle our social coordinator, then puts her talents to work and creates a delicious soup for everyone to enjoy. Sitting with friends and enjoying a nice, nutritious, warm soup served with fresh bread rolls sounds like a fantastic way to spend an afternoon!



## Seated exercise classes

Seated exercises are a great way for our older community members to keep active and improve flexibility.

Shine's seated exercise classes are quite popular. Clients enjoy the option to exercise from a seated position as they feel safe and confident when undertaking the exercise movements. Also, because the exercises are low impact and there is minimal pressure on joints, there is little to no discomfort.

## Resident food focus discussion group up & running again!

Food and mealtimes are an important part of our lives. Sharing meals with friends and enjoying favourite foods provide us with some of our most enjoyable experiences.

Food Services Manager, Aaron and his team work closely with our clinical team and dieticians to ensure residents individual nutrition needs are met. However, it is also important that we hear directly from our residents about their likes and dislikes.

Last month we recommenced our Food Focus Group where residents provided feedback on the current menus and input into future menu planning. The meeting was well attended, with residents providing compliments and constructive input for Aaron and his team. Minutes were taken by our Head of Care and Lifestyle Pele Reeve to ensure all the feedback and ideas were documented and would be considered for future menu planning. Thank you to all of the residents who participated and provided feedback.

## Farewell to Marine Views Cottesloe Care Manager - Beth Fry



Last week we said a fond farewell to Beth Fry, one of our care managers at Marine Views Cottesloe.

Beth will be a familiar face to many of you, having joined the Curtin Heritage team over two years ago. She has been an integral part of our team and will be missed.

Beth's passion for her work and commitment to our residents was always evident and we are thankful to have had her as part of our team.

We wish Beth all the very best in her next career adventure!

## Resident, Family & Friend Meetings - August 2022

## 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.

### Team Recognition Awards

- Sheeba Ayyapan - Marine Views Cottesloe
- Debra Nevill - RiverSea Mosman Park
- Marina Broderick - Shine Community Care

### Years of Service Milestones

- Serena Stanton - 10 years

### Upcoming meetings for RiverSea Mosman Park

- Thu 25 August at 3pm in the RiverSea cafe

### Upcoming meetings for Marine Views Cottesloe

- Mon 22 August at 2pm in the Lobby lounge

## 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 once complete.

Please feel free to contact our Finance Manager, Sarah Gosling via [accounts@curtinheritage.com.au](mailto:accounts@curtinheritage.com.au) if you have any queries regarding your annual statement.