

# Heritage News

AUGUST 2023

Curtin  
HERITAGE LIVING

## Daffodil Day



### Daffodil day

Daffodil Day is a day for Australians to give hope to those affected by cancers by [DC1] donating to support a cancer free future. In 2022 Daffodil Day activities Australia wide raised close to \$2.5 million for cancer research. This year the Cancer Council hopes to exceed this. The Cancer Council funds research, treatment, and support for those impacted by cancer. If you would like to support their work, head to the Daffodil Day website to learn more. <https://www.daffodilday.com.au/>

### Why the Daffodil?

The Daffodil is recognised as the symbol of hope for all people affected by cancer. The bright and happy flower was chosen as the emblem of cancer councils worldwide as it heralds the return of spring, pushing its way through the frozen earth after a long winter, representing new life, vitality, and growth.

## August highlights

### RiverSea Mosman Park

Date: Thu 31 August

Time: 10:30am

Event: Daffodil Day High Tea

Where: Resident Lounge

### Marine Views Cottesloe

Date: Thurs 17 August

Time: 2:00pm

Event: Adam Penn Concert

Where: Lobby lounge

### Shine Community Care

Date: Tues 15 August

Time: 12pm - 2pm

Event: Tastes of Italy

Where: Shine Day Centre

# RiverSea Mosman Park

## Understanding Dementia - University of Tasmania

Understanding Dementia is an open online course offered by the University of Tasmania. It offers university-quality education about the latest in dementia research and care.

The course is free and provides an opportunity to engage with local and international communities. There are no exams or assignments.

Understanding Dementia addresses the foremost issues surrounding dementia, providing avenues for discussion as well as rich global networking opportunities. The course provides knowledge designed to maximise quality of life for people living with dementia along with their families and caregivers.

Anyone can apply to do the course. It is designed for anyone who has an interest to learn more about dementia and those who are caring for someone living with dementia.

You can learn more about the course by visiting the website [www.utas.edu.au/wicking/understanding-dementia](http://www.utas.edu.au/wicking/understanding-dementia)

Our RiverSea Service manager, Jordan Ryan is happy to meet with any of our community who may like to know more about dementia or how they can access helpful resources.

You can contact Jordan by emailing him at [jordanr@curtinheritage.com.au](mailto:jordanr@curtinheritage.com.au)

## Dementia Liaison - Mandy Banks

Mandy Banks (pictured right) is a registered nurse and is the Curtin Heritage Living dementia liaison. Mandy works across both RiverSea Mosman Park and Marine Views Cottesloe. She supports our team and our families to enhance the quality of life for our residents who are living with dementia.

Mandy was recently supported by Curtin Heritage Living to attend a conference in Melbourne focused on dementia care. On return, Mandy has spent time sharing information and new forward-thinking ideas presented at the conference with our community.

In her role, Mandy is the primary contact for our partner agencies who contribute to the well-being of our residents living with dementia. Our community is fortunate to have someone with Mandy's experience and passion. We are proud of the positive difference Mandy and our team make to the lives of people living with dementia and the support they provide to families and loved ones.



Mandy and Roger at RiverSea Mosman Park

## Marine Views Cottesloe

### Marine Views Cottesloe Resident Choir

Led by Curtin Heritage Living physiotherapist Nicole Mudford, a group of Marine Views Cottesloe residents have formed a resident choir.

Gathering once a month, residents are rehearsing with the goal of performing for their fellow residents at Christmas time. Spending time together, remembering old favourites and learning new songs, residents enjoy the positive environment singing together creates.

If you would like to join the choir, you can let any of our team know and they will be sure to add your name to the choir list!



### Celebrating Christmas in July



The Lobby lounge at Marine Views Cottesloe was at capacity with residents and their loved ones celebrating Christmas in July. Staff decorated the Lobby Lounge and kept the Christmas treats and bubbly flowing for the event. Guest musician Robert entertained guests with suitably Christmassy tunes and some other favourites. Perhaps our Marine Views Cottesloe choir will be the guest performers at our 2024 event!

## Shine Community Care

Shine clients headed over to Marine Views Cottesloe to attend a cultural talk on Aboriginal art interpretation by Curtin University Associate Lecturer Marleigh Zada.

Joined by Marine Views residents, Shine clients enjoyed the opportunity to learn more about Australia's indigenous history and people. Marleigh's presentation was informative and interesting, explaining the purpose of indigenous art. The fabric art pictured below was created by Shine clients as part of NAIDOC week.



Who doesn't enjoy sharing a delicious meal with friends? Our Shine clients love heading out to try new lunch venues. Travelling together in the Shine bus with some of our team, the journey is often just as much fun as the destination!

Last week it was off to Canning Vale for lunch, travelling down to "The Last Local".

The Local is a popular venue and is quite charming with it's stone floors and exposed beams. Our clients and team commented on the fantastic atmosphere, with lots of people dining and enjoying good company.



# Managing chronic pain

Chronic pain affects approximately one in five Australians, with older individuals being more susceptible than younger people. However, it is essential to debunk the misconception that pain is a natural part of the aging process. Pain should never be overlooked or under treated based on a person's age, and it requires proper evaluation and treatment, just like any other age group.

## Be aware

The challenge can lie in the fact that older people may not always communicate their pain effectively. Healthcare professionals must conduct thorough assessments using standardised tools, especially for those with communication difficulties, such as those who are living with dementia. By paying attention to changes in behaviour, restlessness, grimacing, or altered mobility, we can better identify and address pain in older adults.

De-conditioning is a common concern among the elderly, making it crucial to focus on restoring and maintaining their physical function to help manage pain effectively. Apart from medication, other non-pharmacological methods of pain relief, such as heat, massage, TENS (transcutaneous electrical nerve stimulation), manual therapy and acupuncture, can significantly complement treatment plans and reduce reliance on medications with that have potential side effects.

## How can you help?

Promoting relaxation, engagement in meaningful activities, and providing coping strategies are invaluable in managing pain for older individuals. Other strategies, such as, use of aids and postural supports to aid comfort, and addressing any co-existing conditions like depression and anxiety can further enhance pain management outcomes.

When it comes to medications, healthcare professionals take a holistic approach, incorporating various treatment modalities. Analgesics such as paracetamol, NSAIDs (like ibuprofen), and opioids, may be prescribed, but always with careful consideration of potential side effects and individuals health conditions.

Our Lifestyle team actively supports older individuals with exercise programs to maintain their functional abilities and overall well-being. We can also provide extended individual programming through our Additional Service options. By adopting a comprehensive and multidisciplinary approach, which includes various strategies, therapies, and treatments, we can effectively manage pain.

If you or a loved one are experiencing pain, it is crucial to seek assistance from a healthcare professional who can create a personalised pain management plan. Remember, pain should never be ignored, regardless of age, and there are compassionate professionals ready to provide support and relief.

More support or information, please talk to your Care Manager. They can assist with accessing the relevant health professionals to assist you.

## #thanksforcaring

Did you know our team are part of a 150,000 workforce that provides care to over 1.5 million older people in their homes, in residential care and retirement living environments? Where would we be without our aged care workforce?

**During the month of August, we invite our residents, their families, and friends to take a moment and acknowledge the work of those who care for you or your loved one.**





## Team Recognition

### RiverSea Mosman Park - Chimi Lhamo

Chimi has been recognised by her team for positive approach to everything. She exudes wonderful energy. Chimi loves caring for others and her spirit uplifts her colleagues and contributes to the overall positive morale at RiverSea.

### Marine Views Cottesloe - Asha Smith

Asha is one of our Registered nurses and has been recognised for her flexibility and willingness to assist her colleagues. Asha provides support across both Riversea and Marine Views in times of need. Thank you Asha!

### 5 years

David Cox - Managing Director

Veronica Warioba - Lifestyle & Care Assistant

### 10 years

Chia Pin (Luke) Lu - Registered Nurse

## Service milestones

Thank you to the wonderful people who have worked with us for five and ten year terms. We appreciate your hard work and continued support and care for our clients.



## Keep in touch!

Marine Views Cottesloe: 08 6458 7500

RiverSea Mosman Park: 08 9382 7500

Shine Community Care: 08 9253 5555