

# Heritage News

OCTOBER 2023

## Hello Spring!

Welcome to the October edition of the all-new Heritage News!

My name is Coleen Wright, the Resident Liaison at Curtin Heritage Living, and I am excited to be the one bringing you the Heritage News each month. Here at Curtin Heritage Living, we want to make sure we keep you up to date with all the latest news and happenings in our community – and we want the news to be interesting for you.

I have been a part of the team for nearly four years, and in that time I have had the privilege of getting to know many of you. You may remember me for my enthusiasm and my sparkly shoes, but what I am particularly passionate about is making sure that you, our residents and families are receiving the care and love you need and deserve.

I recently graduated with my degree in Dementia Care and look forward to using this experience to support you. I love spending time with all of you, particularly being involved in the fun activities that our teams create! I am here to be your advocate and your sounding board, so please feel free to reach out to me.

I am looking forward to connecting with you even more through the Heritage News, and if there is anything you would like to see feature in the newsletter – just let me know. You can email at [coleenw@curtinheritage.com.au](mailto:coleenw@curtinheritage.com.au)

## Holiday Season Celebrations

As the holiday season approaches, it's time to start thinking about how to make this year's Christmas celebrations extra special! To make sure you don't miss out on any of the festivities in our homes, we recommend booking your family gatherings and Christmas functions as soon as possible. We have limited space available for the next couple of months and especially for Christmas Day, so get in touch with us early to ensure you don't miss out.

Thinking of joining us for Christmas Day?

We want to make your Christmas Day a memorable one and are committed to ensuring it is filled with love and great food! If you would like to join us, please email [coleenw@curtinheritage.com.au](mailto:coleenw@curtinheritage.com.au) to secure your seat at the table - numbers are limited, so get in early!

Marine Views  
Cottesloe  
Level 1

Wednesday 6th  
December

Shine  
Community

Tuesday 5th  
December

RiverSea  
Mosman Park

Thursday 7th  
December

Marine Views  
Cottesloe Level  
2, 3, 4

Thursday 6th  
December

## We're now open all day, every day!

We know how important it is for you to be able to visit your loved ones at times that are convenient for you and for them. As such we were very happy to remove visitor restrictions to our homes as of August 1st, 2023.

Of course, we have a couple of requirements for entry to ensure a safe and secure environment for everyone. Our top priority is always making sure our residents are healthy, safe, and taken care of, and we will continue to maintain the necessary security measures. Where possible, please pre-book your visits via our Zipline website ([www.curtinheritage.com.au/visit](http://www.curtinheritage.com.au/visit)) or by phoning reception during office hours.

Please continue to sign in and out using the Zipline tablets on each and every visit and provide a negative RAT every 72 hours. Access is monitored electronically and audited, so please continue to follow the guidelines carefully. If you have any queries or need further clarification on visiting hours, please see one of our friendly team on entry.

### Access cards

All access cards should now be reactivated, if you are having problems with your card, please reach out to one of our team members for assistance. If you don't have an access card and would like one, this can be easily arranged for you. Forms are available at reception and new access cards are generally available within 24 hours for collection. There is a charge of \$16.25 per card.

A gentle reminder that cards are for the exclusive use of the person they are issued to. In the interest of safety please notify a team member if you have lost or damaged your card.

Whilst we have seen a decrease in COVID-19 activity in the community, we still need to be vigilant and we ask that if you are feeling unwell or have any of the symptoms of COVID-19, please cancel your bookings and visit another time. Please remember to sanitise regularly, cover your nose or mouth with your sleeve or tissue when coughing or sneezing, wash your hands regularly with soap and water.

## Marine Views Cottlesloe - Unlabelled clothing

We understand that losing clothing can be a source of frustration for residents and families. So we have listened to your feedback and put some processes in place to help. We have accumulated quite a collection of clothing items that are unlabelled and need to find their owners. To help us return the clothing to the owners, we are giving you the chance to come and have a look at the unlabelled items of clothing in the Marine Views Cottlesloe library on level four.

Clothing will be on display from Friday 27th October to Monday 30th October. We will have laundry markers available for you to label, or, even better, you can just pop them in the bags provided and we can take care of labelling them for you for a small fee.

Any clothing not claimed by Monday 30th October will be donated to a local charity.

If you have any queries about having items labelled, you can direct them to [marineviews@curtinheritage.com.au](mailto:marineviews@curtinheritage.com.au)

## September Events and Activities

September was an amazing month for Curtin Heritage Living! Our teams across all locations had a whopping 210 events and activities to keep everyone entertained and enjoying life. It was a month full of fun activities from exercise to games, BBQ's, pub lunches, bus trips, charity events, art exhibitions and walking amongst the tulips. Below is a snapshot of our team doing all the things!

### Marine Views Cottesloe

#### Araluen Day Trip

Our annual trip to Araluen was enjoyed by many. Araluen Botanic Park is 14 hectares of extraordinary beauty nestled deep within a valley in the Perth Hills. Araluen was first established in the 1920's with the mission "to create a unique world-class botanic park of natural beauty and tranquillity which is accessible to and remembered by all who visit". The park consists of over 30 heritage buildings and structures and thousands of species of flora and fauna that thrives all year round due to high rainfall and sunshine in the Perth Hills.



#### Brazilian Dancing, Music Therapy, Bus Trips and so much more!

Enjoy a couple of snaps from our recent activities. Featured below is Sandra, a fabulous samba dancer who joined us to celebrate Brazilian Independence Day and Jonathon our talented Music Therapist who encourages our residents to sing and play all sorts of musical instruments.



## RiverSea Mosman Park

In recognition of World Alzheimer's Day and supporting the theme of Creativity in Dementia, we were so proud to share an Art Exhibition showcasing the work of our beloved resident, Betty Campbell. Betty has been a part of the RiverSea family for a number of years, we are so blessed to have an artiste amongst us and enjoy the regular visits from her beloved, Robin.

Betty has created some amazing artwork over the years and with the family's permission, we are very excited to share these with you. The exhibition was the brainchild of Mel Pace, our dedicated physiotherapist at RiverSea. Together with our lifestyle team, Mel worked closely with Betty's family to bring the exhibition to life which included a enjoying a beautiful afternoon tea in the sunshine. We are especially grateful to Robin and family for providing Betty's artwork, and for the amazing gift of a painting that Betty completed some time ago of the 1909 Heritage building on our Marine Parade site.

For those of you who attended, we hope you enjoyed the exploring Betty's artwork. Thank you for joining us to celebrate the creativity of those living with dementia.



*Front L to R - Betty and Robin Campbell*

*Back L to R - Daughters Jo and Andrea, granddaughter Ruby, Karen and Matt Campbell.*



### Do you recognise this building below?

Betty painted the old Wearne Hostel site in the late 1980s. Robyn and family have kindly donated this to Curtin Heritage Living.

You'll see this take pride of place on our walls soon.



# RiverSea Mosman Park

## Introducing Asha Smith, RiverSea Care Manager

As many of you are aware, Asha Smith has joined the RiverSea family as Care Manager. Asha will oversee clinical care and will work closely with Jordan Ryan, RiverSea Service Manager, to provide a happy and safe environment for your loved ones.

Many of you will know Asha, as she has been working with us as a Registered Nurse on and off for the past 7 years. Asha is passionate about dementia care, and recognises that the dementia journey is unique for each and every person.

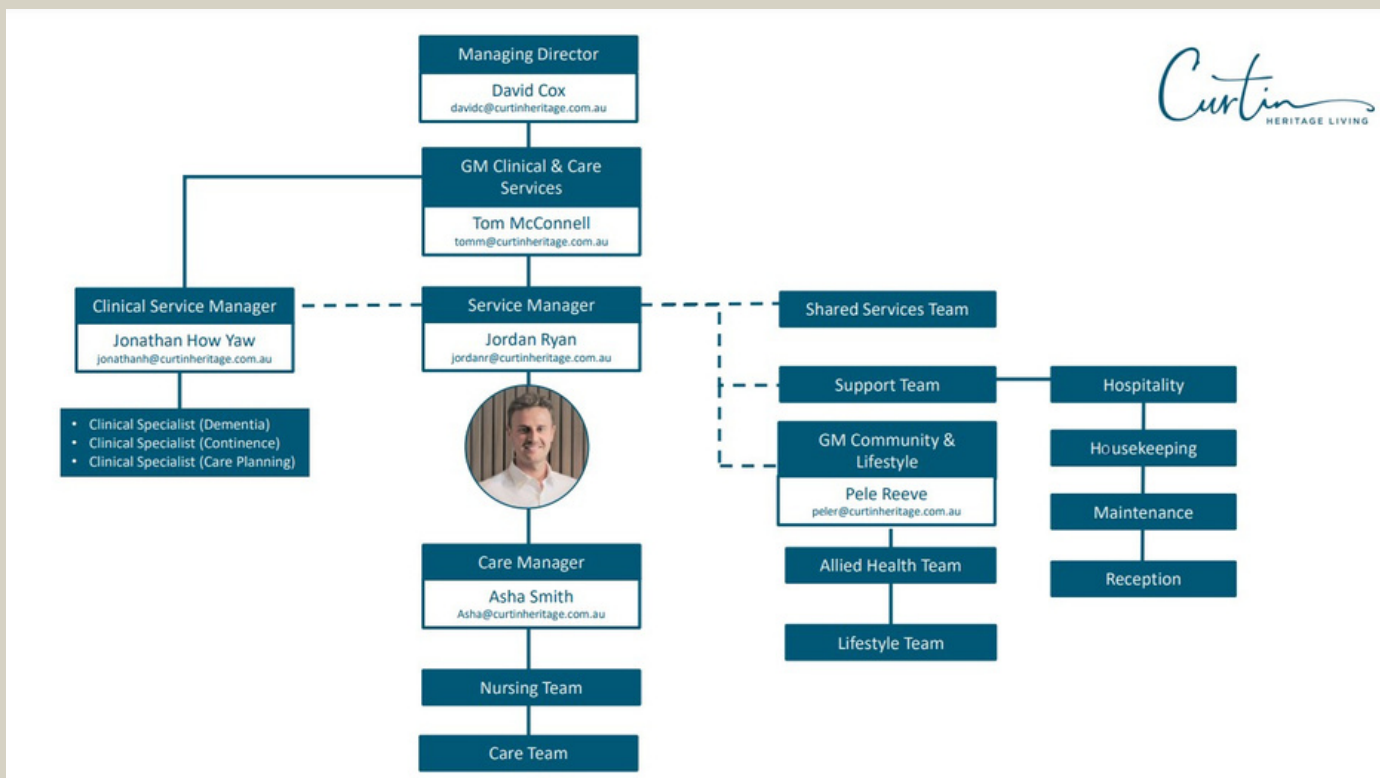
Out of office hours Asha is a mother to two very strong-willed little ones. She absolutely loves all the furry friends that come into reception and her door is always open for a little pet therapy, or just a general chat.

Asha is thrilled to be working at RiverSea and looks forward to making time to spend with each and everyone of you in the near future! She will be at RiverSea Monday to Thursday, if you would like to reach out to Asha, please call RiverSea reception on 9382 7500 or you can email Asha at [ashas@curtinheritage.com.au](mailto:ashas@curtinheritage.com.au)



*Asha says: "RiverSea is a community, and we understand that everyone needs to feel love, trust and safe in their home. The staff really know how to inspire and capture the small moments in time, and you can see the joy and pride our team take in their daily roles".*

## RiverSea Organisation Chart



## Shine Community Care

Did you know that approximately 57 people are diagnosed with breast cancer each and every day across Australia?

October is Breast Cancer Awareness month and to help raise funds for life saving research the team at Shine hosted a ladies' high tea. It was a wonderful gathering with many people in the room having been touched by breast cancer. The event allowed everyone to share stories and show support for those who have fought or who are currently fighting the disease. Staff and clients worked together to make some beautiful colourful bras, while also raising an amazing \$500 for Breast Cancer WA.

All in all, the total amount raised for this important cause across the whole of WA was an incredible \$90,321 - a great result for a worthy cause!



## Sustainability Day - 25th October

Sustainability Day reminds us all to consider how we can reduce our impact on the environment. At Curtin Heritage Living we are continually looking at ways in which to reduce our environmental footprint.



### Energy

Marine Views currently has 100kW array of solar panels on the roof which supplements our energy usage and makes the most of our sunshine hours. This not only reduces our emissions but also saves on our energy costs. Our team have also spent time analysing where our energy usage is high and how we can find ways to reduce our consumption.



### Recycling and waste

We are in the process of reviewing our consumables to ensure that, where possible, we are using products that are biodegradable or can be recycled. You may start to see some colourful new bins appearing in- these will enable us to maximise our recycling of paper, bottles and cans, separating these waste items out from general landfill.



### Raw Materials and Packaging

The production of continence aids can use significant amounts of materials, processing and packaging. The materials used in the high-quality products we buy from our supplier are sourced mainly from certified sustainable forests and use chlorine free bleaching methods. They are also packaged in cardboard boxes that consist mainly of recycled fibers.

### Electric Vehicle Charging Stations

EV Charging stations have been offered to our Waterfront Cottesloe residents and we are also hoping to install some for the use of staff and visitors. Watch this space!

## Any suggestions?

If you have some suggestions for our us, we would love to hear from you. Please send your ideas through to our General Manager of Finance and Sustainability: Sarah Gosling at [sarahg@curtinheritage.com.au](mailto:sarahg@curtinheritage.com.au).

## Team recognition



### RiverSea Mosman Park - Paulette Baldwin

Although new to Riversea, has shown huge growth and has developed in a short space of time in her role. Paulette continually rises to challenges and has a real 'can do' attitude. Our residents and their families are very thankful Paulette has chosen Riversea.

### Marine Views Cottesloe - Jennifer Dawson

Always gives her all, so reliable and dependable, a strong advocate for resident needs and teamwork. A real asset to have in the team.

## Team service

Thank you to our staff who have served our community. We appreciate your commitment to our residents and your team over the past five years.

---

**Yiyang Shi** - Carer - 5 years

**Harwinder Gill** - Carer - 5 years

**Ziniya Afrose** - Carer - 10 years



## 25 years!! What an amazing milestone.

A special mention to our amazing Care Team Leader, Moka Tasic. Moka started with us in 1998 and has dedicated her time and energy in providing ongoing care and love to your loved ones. Moka was recently nominated for our Excellence in Dementia Care Award at our recent Gala Ball. She is an amazing baker and we're quite often spoilt with her sweet and savoury treats. If you would like to congratulate Moka, you'll find her most afternoons on Level 1.

Congratulations on a fantastic achievement Moka!

## Reminders and Upcoming Events

### Marine Views Cottesloe

Visiting Optometrist – Monday 9th October

Just a quick reminder that on Monday 9th October Marine the Optometrist will be onsite at Marine Views Cottesloe providing comprehensive eye examinations for residents across the facility.

Perth Zoo Picnic – Wednesday 11th October

\$110 per person which includes Perth Zoo visit, morning tea and private dining experience at Marine Views.

Oktoberfest – Tuesday 17th October, 12 noon

Feel free to come along in traditional dress and enjoy the German traditions!

Rockingham Foreshore Bus Trip – Thursday 26th October

\$70 per person which includes the Castaway Sculptures Awards Tour and picnic morning tea followed by a private dining experience at Marine Views.

### RiverSea Mosman Park

Oktoberfest – Thursday 12th October, 1.30pm

Feel free to come along in traditional dress and enjoy happy hour!

Carers Week Celebration – Wednesday 18th October, 1.30pm

Come and celebrate our team with a lovely high tea in the courtyard.

Bhutanese Long Table Lunch – Thursday 19th October, 12 noon

Enjoy a long table lunch celebrating the Bhutanese culture.

## Like to join us?

If you or your loved ones would like to be involved in any of our upcoming events, please email [marineviews@curtinheritage.com.au](mailto:marineviews@curtinheritage.com.au)

## We'd love your suggestions!

If you have any suggestions regarding activities, or news that you would like to read in the monthly newsletter, please send through your contribution to [coleenw@curtinheritage.com.au](mailto:coleenw@curtinheritage.com.au)