

Heritage News

DECEMBER 2023

Congratulation to Jennifer Brown from Built!

The National Association of Women in Construction (NAWIC) Awards showcase the achievements and industry advancements of women, men and organisations in the construction industry. NAWIC is a non-for-profit organization that seeks to promote and improve the construction industry through the advancement of women. We're very proud to announce that Jennifer Brown of Built was the winner of the "creating the best project" award at the recent event at Crown.

Jennifer says, "Winning the NAWIC WA award for creating the best project was special for me as it's been such a rewarding experience and having never worked on a project like this before it's a real honour to have been nominated for the work that's gone into it.

Being recognised in an industry where there are so many inspiring people is really humbling and I couldn't have done it without the support of my team and everyone who's worked on the project".

We're very proud, well done Jennifer!



Artwork @ Waterfront Cottlesloe

We are steaming along with the construction of Waterfront with our new residents moving in the coming weeks. Many of you have seen the murals in the undercover parking area of Marine Views, and we have commissioned local artist, James Giddy to paint some murals in the parking basement for Stage 1bc.

The murals are used as an interesting and attractive method of wayfinding (providing direction) and a way to identify key areas, for example lifts, entries and exits. They certainly brighten up the basement!





It's beginning to look a lot like Christmas...

Join us in celebrating Christmas with long table lunches with a very special visit from Santa. If you would like to join us for any of these events, please email marineviews@curtinheritage.com.au ASAP.

Shine Community

**Tuesday 5th
December**

**Marine Views
Cottesloe
Level 1 (on Level 1)**

**Wednesday 6th
December**

From 11am

**Marine Views
Cottesloe Level 2 (on
Level 2)**

**Thursday 7th
December**

From 11am

**Marine Views
Cottesloe Level 3 & 4
Lobby Lounge**

**Thursday 7th
December**

From 11am

**RiverSea Mosman
Park**

**Thursday 14th
December**

From 11am

COVID Boosters

It's that time again! We are seeing COVID-19 cases escalate in the community and the Department of Health have reintroduced mandatory masks in high-risk areas. It may be time to consider getting your free COVID-19 booster. The booster is a new vaccine that is targeting the latest strains.

For all adults 65 years and over and those adults aged between 18-64 years who have comorbidities that increase the risk of severity of COVID-19, the booster is highly recommended. If you haven't had COVID-19 in the last 6 months, it is recommended for you regardless of age.

Curtin Heritage Living strongly encourages all staff and visitors, where it is appropriate to your individual health circumstances, to maintain your immunity via regular boosters.

Please also don't forget to forward your certificate of vaccination to info@curtinheritage.com.au. If you have any queries or would like to discuss further, please let our front desk teams know and they will ensure you speak with someone who can assist you.

Thank you for keeping yourself, each other, and our residents safe.

Remembrance Day

One of the most important days where we take the time to acknowledge those who died while serving in wars, conflicts and peacekeeping operations.

Remembrance Day is observed at the 11th hour of the 11th day of the 11th month which is the anniversary of armistice that ended fighting with Germany in World War 1.

Across all our sites, we paused for a minutes' silence to remember the bravery and sacrifice of the men and women who lost their lives whilst serving Australia. Our team delivered a moving service where our residents paused to reflect on their loved ones.

Lest we forget.



November Events and Activities

As we approach the end of the year it certainly feels like we have increased the number and frequency of activities across the board. In November we celebrated Melbourne Cup, Diwali, Yugoslav Long Table Lunch, gardening groups, Sol Groove and a very special visit with Cooper, Jordan's pupper at RiverSea. In amongst the celebrations we took some to honour and acknowledge those men and women who served and lost their lives whilst serving Australia with our Remembrance Day services.

RiverSea Mosman Park

It's been a full month of learning and activity at RiverSea.

Earlier in October, we were privileged to have the specialist behaviour coaches from Dementia Support Australia (DSA) spend a week with us at RiverSea. The coaches worked closely with our carers and the wider team to provide us with strategies to best support our residents living with Dementia.

Behaviour management is unique to each resident and the guidance from DSA helped us gain a better understanding of how we can assist our residents on their journey.



Marine Views Cottlesloe

Melbourne Cup

The race that stops the nation, well Curtin Heritage Living at least! It was the first time we've held a large event across all 3 sites at the same time, and boy was it fabulous! Residents enjoyed a champagne whilst watching the race, a long table lunch and then down to the lobby lounge for the fashions on the field and a concert.

Across all sites we had a lot of happy winners (and some not so happy losers!), with many of our residents enjoying some dancing and more bubbles after the race.



Diwali - Festival of Lights

Diwali is India's biggest and most important holiday of the year! It is the Hindu festival of lights that celebrates the triumph of light over darkness, good over evil and the human ability to overcome. There are five days of Diwali, two days before the main festival day, it's considered good luck to buy a metallic kitchen implement, such as a steel ladle, or, if budget allows a more extravagant kitchen appliance.

The day before Diwali is known as 'chotti Diwali' (or 'little Diwali'). Traditionally, it was a day for getting on with preparations for the big day, but now it's also an opportunity for last-minute errands and gift exchanges. It's also a time when intricate floral and geometrical designs, known as 'rangoli', are created on floors using coloured powders, rice flour and flower petals.

The third day is the main Diwali celebration. As the sun sets, prayers are said then dozens of clay lamps are arranged around the house. Firework displays follow, but in recent years these have been scaled back due to noise and air pollution concerns. This doesn't dampen the party spirit, though – especially as there's a lavish dinner to enjoy.

Activities on the day after Diwali will vary across different regions. In north India, for example, the morning is dedicated to worshipping the tools of work. Chefs will pay homage to their kitchen implements, businessmen will venerate their ledgers, and artists will offer gratitude for their paints and palettes.

On the fifth and final day of Diwali celebrations, sisters pray for the well-being of their brothers, and receive sweetmeats and gifts in return.

Whilst we didn't quite celebrate for 5 days, residents at Marine Views Cottlesloe enjoyed a celebration with food and drinks in the Lobby Lounge accompanied with many of our care team dressed in traditional clothing.

We are fortunate to have people in our community from a variety of cultural backgrounds and we are glad to celebrate special and significant dates with them.



Shine Community Care Melbourne Cup

Shine Community Care celebrated Melbourne Cup with plenty of champagne, delicious food, entertainment and of course the sweepstakes. Featured below are some very happy winners plus the ladies showcasing the fascinators made last month. As you can see, it was a fantastic event organised by the team and the feedback has been exceptional! We look forward to celebrating more events.



Team recognition



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.

Jenna Berry - Lifestyle & Care Assistant - 5 years

Akira Agok - Carer - 5 years

Jemma Seery - Registered Nurse - 10 years

Kyron Timms - Hospitality Assistant - 10 years

Melanie Pace - Physiotherapist - 10 years

Marine Views Cottesloe

Elizabeth Kelly

Liz was instrumental in delivering our recent Wellness Expo and we are thankful for her ongoing work and willingness to "go the extra mile" with everything she is involved with. Liz is 100% resident focused and many of the team enjoy the constant supply of treats supplied by Liz.

RiverSea Mosman Park

Dechen Zangmo (0399)

Dechen is kind and caring, responsible and a team player. She is always considerate and takes pride in her work and working with her team members. The residents appreciate her gentle nature and appreciate her support in daily activities.

JustIN Mobile Key access - Marine Views Cottesloe

A little reminder for family members that use the JustIN Mobile Key Access for Marine View Cottesloe that the access fee is due for renewal in early December. It is a yearly subscription with prices increased to \$9.50. Charges will be added to the resident billing in the upcoming cycle. If you wish to transfer the mobile access over to an access card there will be a once off fee of \$16.25. If this is not suitable for your needs, we also have a small device for key chains at a cost of \$21.50. Should you wish to obtain any of these options, please organise payment via reception.

If you would like more information relating to access to Marine Views Cottesloe, please speak with our team members at reception.

Reminders and Upcoming Events

Marine Views Cottesloe

Level 1 Christmas Party - Wednesday 6th December from 11am

Level 2, 3, 4 Christmas Party - Thursday 7th December from 11am

Champagne & Christmas Carols - Monday 11th December from 2pm in the Lobby

Perth Symphony Orchestra Christmas Concert - Tuesday 12th December in the Lobby from 10am, cost \$20

New Years Happy Hour Celebrations - Friday 30th December

RiverSea Mosman Park

Intergenerational Play Group - Wednesday 6th December from 10.30am

Lindsay Lovering Concert, Flute and Piano - Friday 8th December from 1.30pm

Christmas Party - Thursday 14th December from 11am, includes sing along with Lucy

Piano Concert with Peter - Friday 15th December from 10.30am

Christmas Carols with The Waratahs - Wednesday 20th December from 1.30pm

Shine Community Care

Christmas Party - Tuesday 7th December from midday

End of Year Wrap Party - Friday 22nd December from midday

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

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