

Heritage News

NOVEMBER 2023

Curtin
HERITAGE LIVING

Waterfront Cottesloe re-development



We are sure many of you in our community have noted the progress of stage two of our redevelopment. The project is alive with tradespeople at present and remains on schedule.

The hoarding has been removed along Marine Parade, and in front of the Heritage buildings giving the community an opportunity to see more of the transformation. It is a delight to come into the Marine Views Cottesloe driveway and see our beautiful old buildings being brought back to life.

Large mature ornamental pear trees were planted in some of the new gardens in late October and they have certainly enhanced the aesthetics of the area – not to mention the cool shade they will provide for our community when accessing the gardens.

We have been talking to our team about the re-development for so long, it is exciting to now be able to take small groups on tours of the site. Being able to walk around the spaces they will eventually perform some of their work is much more exciting than looking at a floor plan! The first cohort of stage two Waterfront Cottesloe residents will begin moving into their homes in early December – which is just a few short weeks away. This will certainly be a busy and exciting time for our team as we help our residents settle into their new homes.

Holiday Season Celebrations

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 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

Marine Views
Cottesloe Level
2, 3, 4

Thursday 7th
December

RiverSea
Mosman Park

Thursday 14th
December

Christmas Shoebox Appeal

We are partnering once again with 360 Street Doctor to assist them in supporting their clients during the festive season. 360 Street Doctor team are wanting to spread some Christmas cheer by providing Christmas Shoebox gifts filled with useful items and some Christmas treats. The packs will be for men, women and children. We have made a list below of suitable items (must be NEW) to make it easy for you.

We hope you will join us in supporting the 360 Street Doctor team once again!

You can support this appeal in two easy ways:

1. By donating complete shoeboxes (or backpacks!)
2. By donating items that will be sorted into shoeboxes

Suitable items for shoeboxes:

- Body wash, body lotion
- Makeup, face wash, face wipes
- Lip balm
- Deodorant or perfume / cologne
- Nail polish, hand cream
- Socks, thongs, slippers
- Brush, hair accessories
- Shampoo, conditioner
- Non-perishable food items (NO CHOCOLATES or NUTS)
- Notebook, pen, book or gift vouchers Water bottle or thermos
- School stationery, reading books
- A small toy - ball, puzzle, soft toy Water bottle
- Colouring in books and pencils
- You are able to leave your donations with the reception team at our homes and at Shine Community Care.



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 17th November to Monday 20th November. 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 11th November 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

October Events and Activities

October was an amazing month for Curtin Heritage Living! Our teams across all locations had a whopping 221 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, long table lunches, trips to the zoo and celebrating Oktoberfest. Below is a snapshot of our team doing all the things!

Marine Views Cottlesloe

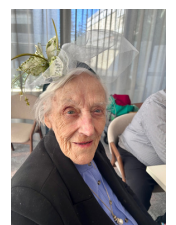
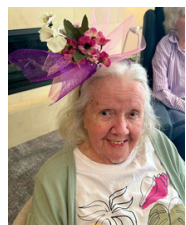
Melbourne Cup Preparations

Wow, what a month we had at Marine Views Cottlesloe! We had something for everyone this month, from spring gardening, concerts, visits to Perth Zoo and lots of exercise.

October was also a month of celebration, with Oktoberfest giving us the chance to sample some delicious German food and beer. The highlight for many was our Melbourne Cup Fascinator Making afternoon – it was so much fun and a great way to build relationships. We have so many amazing creations from the workshop, and we can't wait to show them off during the Melbourne Cup parade on Tuesday 7th November!

Of course, we can't forget Halloween! The Pavilion was transformed into a Spooktacular Movie Theatre for residents to enjoy some good old fashioned spooky movies 😊

If you have any suggestions for activities and events over the coming months, please send your suggestions through to coleenw@curtinheritage.com.au



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.

The feedback from our colleagues at DSA about our team was outstanding. The coaches specifically mentioned our Carers and Nurses and how well they knew residents – their individual needs and how they can be best supported.

Facility Manager Jordan Ryan says, “to say I am proud is an understatement. While we know how committed our team are to our residents, it is always nice to have that recognized by others.

Here, there and everywhere!

We had a wonderful month of outings in October here at RiverSea. Our residents enjoyed exciting bus trips to Kings Park, Fremantle and the Claremont Museum. We also hosted our first Intergenerational Play Group. It was so lovely to see our residents and the children enjoying each other's company.

Bhutanese cuisine anyone?

To celebrate our Bhutanese team members, we enjoyed a Bhutanese themed long table lunch, complete with traditional food. Some of team also chose to wear their beautiful traditional clothing for the event.



Shine Community Care Welcome Sparrow Childcare Centre

This month at Shine was extra special! We welcomed the children from Sparrow Childcare Centre for our Intergenerational Playgroup to join us for an incredible afternoon of fun. We enjoyed singing, dancing, and playing together. Our members and the children had a blast introducing themselves, talking about what they love to do and sharing their ages. The looks on the children's faces when one of our members announced she was almost 102 were priceless!



Waterfront Congratulations Don Young

Congratulations to Don Young, a member of our Waterfront Cottesloe community, who has been inducted into the Orienteering Australia (OA) Hall of Fame.

Don has made an outstanding contribution to the development of orienteering in Australia. Don was a founding member of Orienteering WA in 1974 and soon took on major leadership roles. In 1979 he was elected OAWA President and held that position until 1984. Under his leadership the OAWA Council was expanded and substantial improvements in mapping, coaching and competition organisation took place. These initiatives resulted in several Western Australian orienteers reaching Australian representative standard in 1985.

Don also made a significant contribution at a national level, where he filled many roles with the Orienteering Federation of Australia, including president from 1994 – 1997.

As well as being a hard-working administrator, Don has excelled in orienteering competition. His passion for orienteering has seen him compete in 16 countries and he has represented Australia in Australia New Zealand Challenge competitions. In 1997 Don received the Silva Award for Services to Orienteering and in 1998 was made a Life Member of OAWA.

Induction into the OA Hall of Fame is a fitting recognition of Don's initiative and significant contribution to the development of orienteering in Australia. Congratulations Don!



A gentle reminder...

There have been recent reporting in the media regarding the increase in COVID cases within the community and unfortunately, we have had cases in our Marine Views Cottesloe home. We understand this can be a challenging time for everyone in our community and we thank each and every one of you for your patience and doing your part in keeping our home safe.

We are now well on the way to getting back to our regular operations.

- A gentle reminder that COVID-19 is transmitted by the virus coming out from an infected person's nose or mouth when coughing, sneezing, and even speaking. To help us keep our community safe, we have listed a few reminders below, as well as some links to more information. Maintain your vaccination schedule, including boosters [Find a health service | healthdirect](#)
- Stay home if you are feeling unwell or have symptoms such as a runny nose, sneezing, cough, headache, congestion, sore stomach [COVID-19: Coronavirus Symptoms - WA.gov.au \(www.wa.gov.au\)](#).
- Wear a face mask properly [COVID19-How-to-put-on-a-face-mask.pdf \(healthywa.wa.gov.au\)](#).
- Practice good handhygiene [final_version_5momentsofhandhygieneinagedcare_poster_colour.pdf \(safetyandquality.gov.au\)](#).

Please let us know if you contract COVID-19 or are a close contact with someone who has tested positive for COVID-19. If you need any further information, or would like to speak to one of our team about COVID-19, please reach out to our Care Managers. You can contact them by calling Marine Views Cottesloe during office hours on 08 6458 7500.

Team recognition

Thank
• you.

CHL Shared Services

Patricia Hamilton

For her ongoing work and willingness to "go the extra mile" with everything she is involved with. Her accuracy is always spot on and she is always happy to step up and take in new tasks.

Marine Views Cottesloe

Larisa Andoh

is amazing in the Laundry. It would have to be one of the worst jobs in the company, but she always has a smile on her face, never complains, gets on well with all the staff. Since taking on the lead role in the Laundry in the last few months, Larisa has excelled. The Laundry runs so much more smoothly, and we've had very few incidents with clothing being shrunk.

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.

Ray Glickman - Board - 5 years

Manjinder Dhillon - Lifestyle & Care Assistant - 5 years

Chloe Kuser - Carer - 5 years

RiverSea Mosman Park

Ashleigh Wheatley

she is a calming and positive team member who never shies away when faced with challenging behaviours. She cares for our residents and is quick to advocate and support their needs whilst thinking outside the box to find solutions when things don't quite go to plan! Congratulations Ashleigh.

A note about the air conditioning at Marine Views Cottesloe

As the warmer weather approaches, please see below a couple of reminders in relation to air conditioning in the common areas and individual suites.

Common areas: During summer, the temperature is set to 24 degrees and the 'cool' function is in operation. These are under a central control.

Your suite: You can adjust the temperature in your suite. Just keep in mind, the minimum temperature is 18 degrees and the maximum temperature is 25 degrees. Even if you "turn it up", it will self adjust to attain the maximum temperature.

If you would like more information relating to the heating and cooling system at Marine Views Cottesloe, please feel free to contact us.

A lovely piece from Anne Newton, Marine Views resident

Ageing gracefully...

My intention in writing this article is to acknowledge and pay tribute to the carers and staff who have assisted me so graciously. I am thankful. Please be aware that this opinion is mine alone, probably biased, but based on my personal positive experience. Who says you are too old to learn something new? Not!! I would like to tell you what I have learned about in the past year. Gross National Happiness (GNH) and Gross Domestic Product (GDP): which do you think is the most important? Have you heard that the Nordic countries are the happiest in the world? This is true, but it is based on the Bhutanese model. The fourth king of Bhutan introduced the concept when he decided upon the four pillars of governance of Bhutan in the early nineteenth hundreds. This model also forms the basis of the Nordic model. It is a unique and wholistic model, not based solely on monetary value.

My introduction to Gross National Happiness and Gross Domestic Product has been a hands-on learning experience taught to me in my daily living at Marine Views Cottages. Here I have learned so many life principles and I would ask you to please consider... Service with a smile. I have met with smiles at every turn from the Bhutanese people who work here. Most residents comment on the staff with a positive response, for example "the staff are so lovely", "they are so pleasant, so willing". Ask yourself dear resident or reader how you would respond to the thousand daily requests for help, e.g. "where is my newspaper", "help me to the toilet", "can I have a cup of tea", "my slippers"? "Close the door" - "open the door", "bring me a jumper", "help me with my hearing aids". Which do you ask on a daily basis? We're we thankful and grateful for the graceful manner with which our needs are met, or is it our critical eye most used? Where is the Gross National Happiness in all of this? Interestingly it is found in the underlying principles of Buddhism which underlies the philosophy of the country.

Let me introduce you to Bhutan. Bhutan is a small landlocked country bordered by India and China. It is near Tibet and Nepal. As previously mentioned, it was the fourth king of Bhutan introduced the policy of Gross Domestic Happiness. Gross Domestic Happiness is a unique and wholistic measure attained by measures other than GDP. The majority of the population are Buddhist. It is a developing country. Although education, medical care and medicine are free, many people decide to come to Australia to further their education. They come to experience the lifestyle and have a sense of adventure. Many people have the same name so it can be a little confusing. One of the reasons for this is that in the past, it was the tradition that the Lama (equivalent of priest or holy man) would give the name from a selection that he had. The naming ritual and choice of names is done by the Lama. The names usually have a meaning, and this quality would be imbued in the person. For example, Dechen means 'peace', Sangay means 'enlightenment', and Sonam means 'luck'. There is a complex and complicated method for naming someone. It is a holy ritual and beyond my knowledge!

The underlying idea of Gross National Happiness should be viewed as an export, as we see in our Bhutanese community members each day as they exude happiness with their attitude to work. One of the workers told me of her experiences as a carer for people living with Dementia. The staff member was so calm, serene and accepting of the those in their care that it practically stunned me. Her attitude to the situation was so interesting to me. The majority of the staff that I have spoken with, seem to see their work as an opportunity to serve the elderly. If I had a bucket list, I would put a visit and stay to this country on my list. Let us be the importers and exporters of that elusive emotion – happiness! Part two to follow next month.

Any suggestions?

We welcome contributions to our newsletters each month. If you have something you would like to share, please email coleenw@curtinheritage.com.au.

Reminders and Upcoming Events

Marine Views Cottesloe

Melbourne Cup - 7th November from 11am

Includes a long table lunch followed by fashions on the field.

Remembrance Day Service – Friday 10th November from 10.30am

Diwali Festival of Lights Happy Hour – Friday 17th November from 2pm

Monet in Paris – Wednesday 29th November, tickets \$90

RiverSea Mosman Park

Melbourne Cup – Tuesday 7th November from 11am

Includes a long table lunch followed by fashions on the field.

Remembrance Day Service – Friday 10th November from 10.30am

International Men’s Day Happy Hour – Wednesday 22nd at 1.30pm

Yugoslav Long Table Lunch – Thursday 30th November at 12 noon

Shine Community Care

Melbourne Cup – Tuesday 7th November from 11am

Includes a long table lunch followed by fashions on the field and hat competition.

Seniors Week Celebration – 13-17th November in conjunction with Mosman Park Council

Sparrow Childcare Centre – Intergenerational play date on 20th November

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