

Heritage News

FEBRUARY 2024

Curtin
HERITAGE LIVING

We are on the move!



We are delighted to let you know that Built, our construction partner, is on track to hand over Waterfront Cottesloe and the Heritage Collective (heritage buildings) to us on Thursday 15th February. You will start to see the temporary fencing come down and a lot of removalists arriving. Our Waterfront Cottesloe residents will be moving in over the coming months, and you will also notice several of our staff changing locations.

Many of our dedicated shared services team who are the secret superheroes keeping the premises running smoothly, will be unpacking their boxes in our heritage buildings from the end of the month. This switch means the office behind reception will be the new hub of our nursing staff. Oh, and that's not all – all allied health and lifestyle team will be setting up in the gym located on the ground floor. Plus, The Retreat on Level 3 is coming back as a bespoke and dedicated resident lifestyle space.

Are you eager to explore the refurbished buildings?

We've got you covered!

We will be running guided tours throughout the day on Friday 8th March.

Keep an eye on your emails and on our event signage in the coming weeks for more details.

RiverSea Mosman Park

RiverSea is also undergoing some environmental changes. We have taken on board your feedback and we'll soon be returning to each cottage having use of their own dining areas. RiverSea Mosman Park is designed to provide a safe home-like environment for people living with dementia.

The guidance for best practice in dementia care indicates having more space has a positive impact on the overall dining experience, reducing noise and instances of overcrowding spaces. For people with dementia, maintaining good nutrition and hydration can be challenging which makes mealtimes extremely important for residents. The small home-like kitchen and dining spaces simulates home, it provides a more relaxed approach to dining which impacts social and nutritional well-being.

As a result of the changes recently made, our residents are now able to dine in smaller, more intimate groups with more space.

We are also working hard on improving the physical environment with some new beds arriving, new carpet, and other new furniture items arriving soon. We look forward to sharing more about this in the coming months.

If you have any queries or concerns, please see Jordan Ryan jordanr@curtinheritage.com.au

Introducing Dr Ram Shrestha (Dr Ram):

We are pleased to introduce Dr Ram to our community as an additional GP who will commence visiting our homes. Dr Ram has assisted us previously by providing holiday relief to Dr Rehka and is keen to contribute more to our community.

Dr Ram graduated from the Kathmandu University, Nepal and have also completed Masters of Science, Population Health from the University of Wollongong, NSW.

He has over 5 years' experience working in various specialties at St John of God Subiaco Hospital, Swan District Hospital, St John of God Murdoch Hospital, Royal Perth Hospital and St John of God Midland Hospital.



Dr Ram has special interest in chronic disease management, skin cancer surgery, acute medicine and comprehensive care.

Please join me in welcoming Dr Ram to our community. If you would like to learn more our visiting GPs, please speak with our Care Managers.

Shine Community Care

Australia Day Celebrations

Shine Community Care celebrated Australia Day on Thursday 25th January with a BBQ and pool party! Clients enjoyed many games, a BBQ lunch cooked by the team and even a dip in the pool!



Marine Views Cottlesloe

Over the month of January we had a number of celebrations including the Australia Day BBQ across all floors, plenty of musical concerts and a beautiful baby shower for Amisha Patel (Care Manager Level 3 & 4) and Nicole Mudford (Physiotherapist). Residents enjoyed a variety of outings and plenty of entertainment.



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Are you having trouble hearing?

You're not alone, in fact, around one-third of older adults experience hearing loss. Hearing loss is a lot more common than you think! It can be caused by loud noise, ageing, disease and genetic variations. It can be a natural part of the ageing process, but there are steps we can take to help.

Signs of Hearing Loss

If you are experiencing difficulties yourself, or you are having some troubles with communicating with your loved ones, please reach out to one of our staff members, we're here to help.

It may not be obvious, but look out for these signs;

- Are you having trouble with understanding people on the telephone?
- Are you finding it hard to follow conversations when two or more people are talking?
- Are you often asking people to repeat what they are saying?
- Is your TV so loud that everyone else can hear it?
- Does the background noise in the dining areas cause you concern?
- Do you think we mumble when we talk to you?
- Can you hear children and higher pitched voices clearly?

Hearing loss can affect other health aspects

Studies have shown that people with hearing loss have a greater risk of developing dementia. Cognitive abilities (including memory and concentration) decline faster in older adults with hearing loss and research suggests that those who use hearing restorative devices (hearing aids) have a lower risk of long-term cognitive decline compared to those that simply put up with hearing loss.

Hearing loss can also affect your mood and psychological well-being, it can cause you to withdraw from others and become socially isolated and lonely as you may be feeling frustrated or embarrassed that you can't hear. Hearing loss, even in small amounts is also linked to increased falls.

Coping with hearing loss

If you notice signs of hearing loss, you should;

- Let your family, friend or loved one know
- Let any of our staff know
- Ask people to face you and to speak louder and more clearly. Ask them to repeat themselves or reword what they're saying.
- Pay attention to what is being said and to facial expressions or gestures.
- Let the person talking know if you do not understand what was said.
- Find a quiet location to listen. Place yourself between the speaker and sources of noise or look for quieter places to talk.

The most important thing you can do if you think you have a hearing problem is to seek professional advice. Our visiting GPs are a great place to start. They can refer you onto the appropriate professionals so we can manage any signs and symptoms you may be having.

What we can do to help

By raising your concerns with our staff, we are able to instigate a number of processes;

- Firstly, we'll check the ear canals for any excess earwax or foreign objects
- We'll then refer you on to a medical profession, this may be your GP, audiologist or Connect Hearing (our recommended provider for older persons hearing)

How to talk with someone who has hearing loss

Here are some tips you can use when talking with someone who has a hearing problem:

- In a group, make a point to include people with hearing loss in the conversation
- Find a quiet place to talk to help reduce background noise, especially in restaurants and at social gatherings
- Stand in good lighting and use facial expressions or gestures to give clues
- Face the person and speak clearly. Maintain eye contact.
- Speak a little louder than normal, but don't shout
- Try to speak naturally and at a reasonable speed
- Do not hide your mouth, eat, or chew gum while speaking
- Repeat yourself if necessary, using different words
- Try to make sure only one person talks at a time
- Be patient. People with hearing loss may also be frustrated by their condition. Stay positive and relaxed.
- Ask how you can help.

If you have any questions or concerns regarding hearing loss, please reach out to your Care Managers or Registered Nurses.

Parking at Marine Views Cottesloe

We love having visitors to Marine Views Cottesloe and we know that parking can be challenging at times. That's why visitors will soon have access to more parking! There will be additional parking in the undercover area plus additional parking bays along Warton Street. You can currently see these being constructed.

While we have allowed cars to be parked in the roundabout during construction, we will soon require visitors to only park in allocated bays or on the street. There will be more people walking around the roundabout, and in and out of the heritage buildings and gardens. Parking cars in the entry driveway and roundabout presents a hazard to residents, staff, and visitors. Please keep the walkways and thoroughfares clear for everyone to enjoy.

February Important Dates and Events

Marine Views Cottlesloe

February 7th – Concert with Darryn in the Lobby Lounge, everyone welcome

February 9th – Chinese New Year Happy Hour, 2pm on Level 2 in the Pavilion. Everyone welcome, please reply your RSVP to reception by Monday 5th February

February 13th – Concert with Jo Fergusson on Level 1. Everyone welcome, please reply your RSVP to reception by Friday 9th February

February 14th - Valentine's Day Long Table Lunch with Harpist from Harmany Sounds @ 12pm in all dining rooms. Families welcome at \$25 per guest. Spaces limited. Please RSVP to reception by Thursday 8th February

February 15th – Nutrition and Hydration in Dementia Care Education Session with Dietician Andrea Ortiz at 10.30am in Level 2 Pavilion. Families and friends are encouraged to attend. Please RSVP to reception by Monday 12th February.

RiverSea Mosman Park

February 7th – Concert with Darryn at 1.30pm, everyone welcome

February 9th – Piano concert with Peter at 10.30am

February 12th – Dick Haynes Concert at 2pm

February 14th – Valentines Day High Tea – everyone welcome

February 28th – Intergenerational Playgroup at 10.30am, come and join in the fun!

Shine Community Care

February 6th – Waitangi Day, this will be an New Zealand themed week with the special luncheon on the 6th

February 20th – it's Breakfast at Tiffany's theme this month! Fancy dress encouraged and welcome 😊

Curtin Heritage Living Calendars

We still have some Curtin Heritage Living calendars available.

If you would like to purchase a calendar, please email coleenw@curtinheritage.com.au or ask the team at reception. Calendars are \$20 to purchase and will all proceeds going back to creating more exciting activities for residents to participate in.



Team Recognition

RiverSea Mosman Park - Mandy Banks

Mandy works across both sites in her dementia liaison role. She provides support to staff and families in the coordination of strategies to assist residents living with dementia.

Mandy has been a tremendous support to her colleagues and continues to advocate for the best possible care for our residents. Day in, day out, Mandy gives her all and passionately advocates for the residents she works with. Thank you Mandy.

Marine Views Cottesloe - Gai Crone

Gai was nominated by one of our dear residents on Level 4, Anne Newton and we couldn't agree more! I have no way of expressing gratitude to Gai Crone for her ongoing care and concern except to let management know that she is constantly going above and beyond what she needs to do for me and all the other residents.

I have no idea of what or how to reward Gai - give her a "bonus". Give her a day off, take her to a special lunch - just say "thank you".

Service milestones

Thank you to the wonderful people who have been acknowledged below. Thank you for your hard work and continued support and care for our clients.

5 years

- Suhaima Faizi - Marine Views Cottesloe, Lifestyle & Care Assistant

10 years

- Beth Lewis – RiverSea Mosman Park, Enrolled Nurse
- Tsvakai Mahohoma – RiverSea Mosman Park, Carer

20 years - Amela Maric RiverSea Mosman Park, Carer

Amela is one of dedicated carers in Grevillea cottage, she is larger than life, wears her heart on her sleeve and is 100% resident focused. We are so privileged to have such a dedicated team member, Amela is a much-loved by staff, residents and families. Please join us in congratulating Amela on her 20 year milestone with Curtin Heritage Living.

