

# Heritage News

NOVEMBER 2024

Curtin  
HERITAGE LIVING

## WHS Foundation Awards



On Saturday 26 October, four of our team attended the WHS Foundation Awards evening at Crown, representing Curtin Heritage Living as a finalist in the Leadership & Achievement category.

The WHS Awards recognise and reward individuals and organisations' efforts and achievements in improving health and safety.

Our award submission profiled the role of our Care team leaders in our organisation.

The Leadership & Achievement Award acknowledges and recognises a positive contribution of an individual or a leadership team that demonstrates outstanding leadership to influence and effect positive WHS improvement in a workplace.

Curtin Heritage Living Care team leaders have been instrumental in providing education to our care teams on the floor. They have also been undertaking team assessments for mandatory competencies including but not limited to manual handling and fire and evacuation procedures. Education and assessments of competencies are a core contributor to creating and maintaining a safe work environment for our people.

We are proud to share the work of our teams and are looking forward to the 2025 awards where we hope to win our category!

## Additional Services

As we move into the summer months, many of our residents would love to head outside and enjoy the sunshine.

If you have a current package and would like to incorporate walking outings and companionship, or if your curious to explore a new package all together, please email [coleenw@curtinheritage.com.au](mailto:coleenw@curtinheritage.com.au) to find out more.

## Sustainability News

Curtin Heritage Living is committed to promoting sustainability in ways that are social (SDG 3 good health and well-being), environmental (SDG 15 preserving life on land and SDG 13 climate action) and in governance (including strong financial management).

What we have done this month:

Our new procurement and supplier onboarding documents highlight the need to consider waste reduction, recycling and the impact to the environment before purchasing. We continue to work with our suppliers to reduce plastic usage and are investigating green and organic waste collections to reduce landfill.

Some easy to adopt tips on disposing of waste to minimise landfill can be found here:

<https://www.wastesorted.wa.gov.au/greatsort>

We have also completed the installation of a further 4 electric vehicle charging stations which are open to the public. In addition to the 3 charging stations in the Marine Views carpark there are now 4 charging stations in the commercial car park (entry from Gibney Street) which visitors and staff are encouraged to use.

Information on the electric care discount can be found here:

<https://electricvehiclecouncil.com.au/electric-car-discount>

Next:

We currently have 100kW of solar panels on the roof of Marine Views and are working with our contractor Ausuntech to install up to 100kW more. Our capital costs of installation are forecast to be paid back in the form of free, solar-generated electricity, within 4 years. We are hoping that the new panels will be up and running in time for summer!

## Meal Service at Marine Views Cottlesloe

At Marine Views, we are committed to providing residents and their guests with an enjoyable dining experience. In order for us to provide a seamless service, we kindly request, where able, visiting family and friends provide us with 24 hours' notice should you wish to join your loved one for lunch or dinner.

Each meal is priced at \$21 per guest, with a glass of beer or wine priced at \$10.50/glass.

Order forms are available from the reception team. You can pay via card, or opt to have the charges added to your family or resident account (preferred).

Our teams on the floor may not be able to help with your booking, so please direct all bookings through the reception team, who will ensure your request is actioned.

Thank you for your understanding and cooperation.

## AN-ACC changes and what it means for us!

On the 1st October 2024, the Government increased the funding associated with The Australian National Aged Care Classification (AN-ACC). The increase comes several months after care workers were awarded an increase in pay through the Fair Work Commission, service providers were mandated to apply the increase from July 1st 2024, however, the increase to funding applied by the Government this month will not be backdated to July to assist providers in covering the unfunded wage increase in July. Funding received from the Government subsidy can only be spent on care and nursing – this means that the funding does not support or cover our allied health team, catering, maintenance, domestic/housekeeping or admin teams.

For those who may be unaware, AN-ACC is the funding model used throughout the Australian aged care sector to assess the care needs of residents based across several clinically assessed domains, including mobility, cognition and complex care needs, each resident is assessed by an independent assessor and assigned a classification between Class 1 – 13. Each classification has a different value and allocation of prescribed care minutes. The changes to the funding model whilst welcomed are bittersweet as some classifications have increased while others have decreased, this has resulted in a mixed result in benefit for our homes.

The main increase has been applied to classes 2-9, and the classes 10-13 have seen a marginal decrease. This means that the benefit seen for those residents in the lower classifications have been somewhat undermined by the decreases to the higher classifications. Despite the mixed impact from the funding perspective, the care minute targets associated with all classifications generally increased.

We have already begun to further increase our resources and apply additional staff across a selection of identified peak times and areas, this includes nursing, care and food service. We believe that these additions will further improve our industry leading staff ratios whilst exceeding our care minute targets.

For more information, please reach out to Tom McConnell General Manager Clinical & Care Services [tomm@curtinheritage.com.au](mailto:tomm@curtinheritage.com.au)

## A little reminder about Scabies

As a reminder, scabies is an itchy skin condition caused by a tiny mite. It is very common, is highly contagious and can spread if not treated. Remember – signs of infection and itching can remain for up 4-6 weeks in some people because of an allergic reaction to the scabies mite.

Scabies is spread by prolonged skin-to-skin contact with a person who has scabies. It can also sometimes be spread by contact with items such as clothing, bedding or towels that have been used by a person with scabies, but this spread is uncommon unless the affected person has crusted scabies. Scabies is not life-threatening but can be irritating. It is important that any visitor that has a rash or itching be treated for scabies and to stay away from out home until they are treated. It is generally treated by either (or in some cases both) oral and topical medications, hot wash of clothing, linen and towels etc and regular cleaning including vacuuming.

We understand that there is a certain stigma with scabies, being associated with poor hygiene or cleanliness. We want to reassure you that this is not the case.

You can find out more about scabies at <https://www.healthdirect.gov.au/scabies>

Please reach out to your Care Manager if you have any questions or concerns.

## Marine Views Cottesloe

The pace is starting to pick up at Marine Views Cottesloe kicking off the month with an Oktoberfest Long table lunch and ending with Halloween! In between, residents enjoyed the Sculptures by the Sea Workshop, a performance by the St John Choir, many bus outings and the very popular Melbourne Cup fascinator making workshop. We celebrated our unsung heroes throughout National Carers Week and enjoyed some fun and laughter with the children who attended The Heritage Collective School Holiday Festival early in the month.



## RiverSea Mosman Park

RiverSea residents enjoyed a special visit to Boola Bardip – Perth Museum to see Gwynn Perera’s portrait, which is finalist of The Lester 2024 portraiture prize. Gwynn, a resident of RiverSea, had her portrait drawn by her granddaughter, Mia. Mia named the portrait ‘Is it Christmas?’. Gwynn, was all smiles when she saw the exhibition.

In addition to a visit to the museum, residents enjoyed bus outings, plenty of musical concerts, a Sculptures by the Sea Workshop and a Celebration of Life Ceremony with Wendy.



## Shine Community Care

October has been a big month at Shine with clients enjoying an Oktoberfest luncheon of bratwurst, sauerkraut, schnitzels and of course German beer tasting! They enjoyed a bus tour of Patsy Durack's Rose Garden in the hills and enjoyed Devonshire tea on the heritage verandah. Clients participated in a floral fascinator workshop with facilitator Diane, spending the afternoon crafting their fascinators for the upcoming Melbourne Cup luncheon in November.

Throughout Mental Health Week, clients from the social club participated in a mental health project which took them outside in the sunshine enjoying activities that promoted good mental health, exercise and connecting with other. All the photos from the activities are displayed at the Social Centre and everyone is loving trying to find photos of themselves!



## Waterfront Cottlesloe

Residents love taking part in water aerobics in our heated swimming pool. Come rain or shine they're out there twice a week, getting a great workout and staying fit!



# Krystyna Marzec : Symbol of hope and bravery

## A story by Damcho Zam

In past editions of the Heritage News, we have shared articles written by both our residents and our team. This month we are delighted to share something written by one our Marine Views Cottesloe carer's, Damcho Zam, with the subject of the piece being Marine Views Cottesloe resident, Krystyna.

Thank you Krystyna for sharing your heartfelt story and thank you Damcho for taking the time to craft such a beautifully written piece, that kept those of us who have read it, enthralled right from the start. Please take a moment to enjoy the end result of a lovely collaboration.

In the small town of Dubno, nestled in western Ukraine (Poland previously), lived a bright-eyed girl named Krystyna. Krystyna was only seven years old, but she possessed a fierce spirit and a boundless curiosity. Her family lived in a modest house near the town square. Although her mother passed away when she was about three days old, the rest of her family continued to cherish their simple life, filled with love, laughter, and the occasional treat from the local market.

It was 1941, and the world was engulfed in the chaos of World War II. Dubno, like many towns in Eastern Europe, was caught in the crossfire of the conflict.

One chilly winter morning, the tranquillity of Dubno was shattered by the sounds of distant artillery and the rumble of military vehicles. The Russian army had advanced into the region, and life as Krystyna knew was about to change drastically.

Krystyna's father was taken into Russian custody called to serve with the local resistance and to disclose some important documents related to the then Polish government. But he returned home the same day later in the evening. Her sister, who was then fifteen years old, though frightened, tried to shield Krystyna from the worst of the news. However, as the days went by, it became increasingly difficult to ignore the growing tension, raids and fear that gripped the town.

One day, as she was playing in the small garden behind her home, she noticed a commotion near the town square. "My curiosity piqued, I wandered closer and saw a group of Russian soldiers setting up checkpoints and patrolling the area" Krystyna remembers. Her heart raced, but she knew she needed to stay calm.

The soldiers began rounding up townspeople for questioning, and the atmosphere became heavy with dread. Krystyna, hiding behind a door, watched as her father was arrested again and taken away followed by her sister and her.

Food was scarce, and the cold was biting while the three of them were being transported to Russian border as prisoners. Like them, many of her friends, their families and neighbours were in the same train where the environment was filled with agony and starvation. Morning frost and ice on the only window merely quenched people's thirst. People were fighting for a little piece of bread that the guards threw amongst the crowd.

After hardly surviving on the train for few days, there was their refugee camps where her father was taken before his feet could even touch the ground. "Suddenly a dark cloud appeared and my heart started racing as the news of my father's death arrived to our shelter. Devastated as I watched an ocean of tears rolling down my sister's rosy cheeks and entering the cracks from extreme chills." Krystyna recalls. Although the news came as a bombshell, she had to lift up her spirit to move on. Tears start as she reminisces the moments where she had to pull her frock forward to collect fallen breadcrumbs to satisfy her hunger. She recalls surviving on bread and "fish water" which still makes her sick by the thought of it.

Weeks later, she and her sister were admitted into an orphanage where there was not an abundance of food. Her sister had to move on with her life and Krystyna with hers where the future didn't seem any brighter. "I spent around two years in the orphanage and then moved to Kenya in Africa with my sister who got married to a Polish man. However, my life didn't get any better being a refugee and living in a shelter was the greatest testimony of my life as I spent about eight years relying on my sister." Krystyna said.

Amidst despair, hope arrived in the form of Australian government representatives, who came seeking selective refugees from Kenya to help build their nation and she was one among them in 1950. After travelling for days, when the ship finally docked in Perth, Western Australia, Krystyna could hardly contain her excitement. The town was unlike anything she had ever seen. The sun-drenched streets and the unfamiliar flora were a stark contrast to the war-ravaged lands they had left behind.

Since then, her destiny has been closely tied to Perth as she never moved out of the state until now. Krystyna could hardly understand an English word and not to mention about speaking, reading or writing which were beyond her reach. Nevertheless, she was as determined as a marathon runner at the final stretch and never gave up looking for a job. After wandering for days along the streets of Perth, Krystyna found a job as a housemaid that mainly involved washing dishes followed by another job as a wait staff. Among multiple jobs she had taken, having to work in a dungeon, she calls it, still appears intimidating to her. Krystyna worked as a laundress at a hotel in Perth located along Hay street where she had to soak garments and linens in a huge copper tub of her height, and had to beat them with a bat larger than both of her arms together.

However, Krystyna's fate took her all the way to Albany after she married to her husband when she was 19. They fell in love while they lived in their refugee camps. Although their camps were miles apart, destiny brought them together when they fell for each other at first sight. They were then gifted with two beautiful boys whom she holds dear to her heart. Her husband contributed his labour in building a bridge around the ocean in Albany (possibly Kalgan Bridge) and they moved back to Perth after its completion.

Krystyna never stopped working until the age of 57 and she last served at catering department with Qantas. She retired to look after her four grandchildren and she doesn't regret a moment spent with them teaching values that she learnt through hard ways.

Nonetheless, Krystyna's life threw her a huge blow when the news of a breast cancer hit her heart like an arrow in 2008 pierced by another, eight years later (skin cancer). Her once-bright world, after consistent struggles, seemed dim, and the future felt uncertain. But Krystyna was not one to succumb easily. As the months passed, her treatment began to show promising results. The cancer went into remission, and though the journey was far from easy, she had reached a pivotal milestone. She not only survived both the cancers but fought back two episodes of stroke. Every blow thrown at her in her life was a testament to her resilience and hope. Krystyna calls it a miracle of self-determination and hope which never left her side.

Krystyna is now content that all her children are doing well and that her life is worth living. Tears started rolling out of her stunning eyes as she spoke proudly of her children, a legacy left behind by her and her husband, who passed away in 2021. She was then lonely and couldn't think of any plans until her younger son came bearing the greatest news.

The news of Curtin Heritage Living was a turning point in her life which she considers as a reward for all the hardships she experienced in her life. She says her prayers have been answered as she is living the best days of her life since the day, she became a part of Marine Views. Krystyna says this is the best decision she has ever taken her entire life and that she remains grateful to her sons for choosing this place for her. Today she proudly says that she is living a life and wishes to be surrounded by caring staff for the rest of her life. She believes that patience, hope, resilience and courage lead to a brighter path. Krystyna giggles and says selling my house which I held dear for about 60 years to come here was like trading gold with diamond.

Krystyna is now a happy 91-year-old woman who loves being in her room most of the time and enjoys watching cooking shows on TV every day. She is passionate about cooking, especially her favourite Polish dish, Pierogi (dumplings). With a gentle curve on her lips, Krystyna's eyes sparkled and her face glowed with a smile as she started speaking about some other polish cuisine she enjoyed cooking. It is not only cooking that delights her soul but also dressing up and looking stunning as she always has. Krystyna's wardrobe is filled with beautiful colourful collection of clothes and jewelleryes which she prefers changing every single day.

Krystyna is a symbol of hope and bravery and a reminder that even in the darkest times, the light of courage and compassion can make a world of difference to ourselves and for people we love.

Written by Damcho Zam, Marine Views Cottesloe Carer

## Team Recognition

### RiverSea Mosman Park - Sharon Sunny

Sharon was demonstrated strong and supportive leadership in supporting residents, families and staff through a challenging period at RiverSea. Sharon has a positive approach to her work and is highly regarded by our RiverSea community. Thank you, Sharon!

### Marine Views Cottesloe - Isabelle Bridger

She works incredibly hard, is organised, pro-active, and juggles supporting her team and students very well. She provides an excellent level of clinical skill, knowledge and care for our residents.



## 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

Julie Keene, Board Member

Tom McConnell, GM Clinical & Care Services

### 10 years

David Perera, Marine Views Care Team Leader

## What's On in November

### RiverSea Mosman Park

Tuesday 5th November, 11am - 1pm, Melbourne Cup lunch  
Wednesday 6th November, 1.30pm, The Waratah's concert and happy hour (Darryn is on holiday)  
Friday 8th November, 2.00pm Remembrance Day service with Wendy  
Monday 11th November, 1.30pm Celebrating Senior's week afternoon tea  
Friday 15th November, 1.30pm, Dick and Henk on guitar  
Wednesday 20th November, 1.30pm, International Men's Day – Games and happy hour in the lounge  
Wednesday 27th November, 1.30pm, Dick and Henk on guitar

### Marine Views Cottesloe

Tuesday 5th November, 11am - 2pm, Melbourne Cup celebrations and runway show  
Friday 8th November, 10.30am, Remembrance Day Service in the Lobby Lounge  
Tuesday 12th November, 2.00pm, Movement and Dance with Swaroop  
Wednesday 13th November, 2.00pm, Qi Gong with Michael Ho  
Tuesday 26th November, 10.00am, Birthdays of the month celebration  
Friday 29th November, 2.00pm, Happy Hour music performance by Janie O

Special Bus Outing - Pub Lunch at the Ocean Beach Hotel is held on Friday 22nd November - bus will be leaving Marine Views at 11.30am. \$30 per person + food and drink purchased at the OBH.  
Please RSVP to reception by 21st November (limited spots available).

### Shine Community Care

Tuesday 5th November, Melbourne Cup Day Luncheon - We are preparing for an exciting day of watching the race and parading our newly-crafted fascinators for Shine's annual Cup Day Fashion Parade!

Shopping Safari - The Shine Monday Ladies Social Group will be heading out for a shopping safari to get ahead of their Christmas Shopping.

Bus tours are planned to Wanneroo Botanic Gardens and the Mindarie Marina.

## The Heritage Collective

Wednesday 13th November, 9-12.30pm, Christmas Wreath Making with a twist

Thursday 14th November, 2.00pm, Seniors Week Movie' - The Sapphires in the Heritage Theatre

Friday 15th November, 3.00pm, Seniors Week Sundowner in the Heritage Club Lounge

Both these events are free, but bookings are essential - please book in with Marine Views reception.

Saturday 16th November, 10am - 1pm, Create a Bathing Machine using upcycled materials

Tuesday 26th November, 10.30am, The Beatles: Get Back Concert at the Heritage Collective Theatre  
\$20 per person includes refreshments. Please book via reception.

For a full list of events, please visit <https://heritagecollective.com.au/upcoming-events/>