
Heritage News

APRIL 2026

Curtin
HERITAGE LIVING

Embrace the Season – Wellness and the Outdoors



As the seasons change, it's the perfect time to refresh your routine, enjoy the outdoors, and focus on wellness. Spending time outside offers both physical and mental health benefits, from gentle exercise to boosting mood and vitamin D levels. Even a short walk in the gardens, a morning stretch on your balcony, or simply sitting in the sunshine can help reduce stress, improve circulation, and lift your spirits. Incorporating outdoor time into your daily routine also provides opportunities to connect with nature, friends, and the community.

Seasonal changes also remind us to listen to our bodies. Adjusting your clothing, staying hydrated, and pacing activities appropriately can help you enjoy the outdoors safely and comfortably. At Curtin Heritage Living, we encourage all to make the most of this beautiful season. Join a group walk, enjoy a morning coffee in the garden, or try gentle stretches in the fresh air—small steps that contribute to overall wellbeing.

Tip: Even 10–15 minutes outside each day can boost your mood and help you feel more energised.

NEWS

Support at Home Program

At Curtin Heritage In Home Services, we understand that maintaining independence means having support that grows and adapts with you. Our services extend well beyond the essentials. Alongside domestic assistance, meal preparation and social support, we are equipped to respond to more complex care needs. This includes medication administration, personal care and reliable transport to appointments. Should your needs change, our team can also coordinate Nursing and Allied Health services, all delivered in the comfort of your home.

To support this comprehensive approach, we are pleased to welcome two new members to our office team: **Ebony Waru, Support at Home Care Partner**, and **Naz Syed Ismail, Scheduler**. Together, they will help ensure your services run smoothly—keeping appointments on track, care consistent, and your wellbeing our highest priority.

If you have any questions, please do not hesitate to contact our team Monday to Friday, 8:00am – 4:00pm.

Your Premium Services. Made Simple.

Recent changes to **aged care legislation** mean optional services are moving to a new arrangement called the **Higher Everyday Living Fee (HELFF)**. This approach ensures all services are clearly listed, individually selected, and only charged once they are provided.

Over the coming months, families will be contacted by **Georgia Watkins, our Premium Services Coordinator**, to review current services and support a smooth transition where needed. There is no immediate requirement to make any changes, and Georgia will guide you every step of the way.

Service Spotlight: Drinks Packages

For residents who enjoy a wine, beer, or other beverages with their meals, we offer optional drinks packages. These can be selected for lunch, dinner, or both, providing a simple and consistent option to include as part of your daily routine.

If this is something you'd like to explore, Georgia is happy to talk you through the options and help select what works best for you.



You can contact Georgia via email:
georgiaw@curtinheritage.com.au

NEWS



Pain Management Everyone Has a Role to Play

Pain is not a normal part of ageing, yet it is common among older adults. At Curtin Heritage, we take a proactive approach to recognising and managing pain to support comfort, mobility, and quality of life.

Identifying pain can be challenging, especially for people with cognitive impairments such as dementia. Our teams look for changes in “normal” behaviour that may indicate discomfort, including agitation or restlessness, withdrawal or disengagement or reduced appetite or food intake

We use evidence-based assessments, close observation, and structured reporting to ensure no signs of pain are overlooked. Management may include non-pharmacological strategies such as heat packs, gentle exercise, massage, and positioning, collaboration with GPs to advocate for residents’ needs, regular medication reviews by an independent consultant pharmacist and guidance from pain experts or services such as MPaCCS (Palliative Care Consultancy Services) for complex cases

When pharmacological treatment is recommended, we seek consent and provide clear information to help you make informed decisions. Prompt communication from clients or their representatives ensures pain is addressed quickly and effectively. You play a vital role in pain management. If you have concerns, please reach out to your care manager or care partner.

April Falls Month Staying Safe, Staying Independent

April is Falls Awareness Month, highlighting the importance of preventing falls and maintaining independence for older adults and those with mobility challenges.

One of the most effective ways to prevent falls is through regular physical activity. Adults of all ages and abilities should aim for 30 minutes of exercise on most days, including exercises that specifically improve strength and balance. Research shows that regular exercise of any type can reduce the risk of falling by 23%. Poor balance and reduced strength can significantly impact mobility and increase the risk of falls. This is especially important for people living with neurological conditions such as Multiple Sclerosis, Cerebral Palsy, Stroke, and Parkinson’s Disease, as these conditions often affect coordination, muscle strength, and movement control. By focusing on strength and balance, individuals can lower their fall risk and reduce the chance of serious injury. Medical factors can also contribute to falls. Medications, vision impairments, and other health conditions may increase the likelihood of a fall.

At Curtin Heritage, our teams across Residential care, Independent Living, and In-Home care are committed to supporting falls prevention through exercise programs, home safety checks, and education. Taking small steps now—like improving balance, strength, and awareness—can help everyone maintain independence and confidence in daily life.

NEWS

Beat the Flu Before It Hits

Soleil Health Medical Centre provides high-quality, patient-centred care to support your health at every stage of life. Their experienced GP focuses on preventative care and managing both acute and chronic conditions, with tailored support for older patients including health assessments, medication reviews, and personalised care planning.

Soleil Health Medical Centre also offer a range of services including family medicine, weight management, iron infusions, skin health, chronic disease management, immunisations, and annual health checks.

Flu Vaccinations Now Available

Influenza vaccinations are now available for patients aged 65 and over. The vaccine provided is specifically designed to offer stronger protection for older adults, helping reduce the risk of serious illness during flu season.

GPs recommend vaccination from mid-April to ensure peak protection through winter.

Health assessments and flu vaccines are bulk billed. To book your flu vaccination or an appointment, please call 6388 4442 or visit soleilhealth.com.au.

Celebrating Care, Connection, and Community

In February, over half of the compliments we received recognised the outstanding efforts of our team. Our in-home clients have shared how much they appreciate the care, dedication, and support provided by our amazing staff.

Quality Corner - February 2026



47

New Compliments Received

- Half the compliments received were for In-home services!



16

New Suggestions Received

- We love the movie suggestions, keep them coming!



20

New Complaints Received



27

Open Complaints (Total)



10

Complaints Closed During the Month

Our Community Movie Nights have been a huge hit! Residents and local community members enjoyed great films, popcorn, and a glass of sparkling wine, creating fun, social evenings full of laughter and connection. The Monday Coffee Club entertainment and Valentine's Day celebration were standout events, bringing joy, engagement, and community to our residents. We've heard from our in-home clients about challenges reaching team members. Our IT team is working with telecommunications partners to enhance voicemail access and make it easier to get in touch when needed.



Tell us what you think

At Curtin Heritage Living, we're committed to high-quality care and a welcoming environment for clients, families, and visitors. Your feedback helps us improve. Please share your thoughts or suggestions using the QR code or by speaking with any team member.

NEWS

European Insights, Local Impact



In March, Managing Director David Cox and RiverSea Service Manager Jordan Ryan completed a **European Dementia Research Tour** —an important initiative that will help shape the future of our new care community in Mosman Park and how we deliver dementia care in our Marine Views home.

Pictured here with Marni, a resident at the care farm ‘De Eilandstal’ in The Netherlands, David and Jordan navigated a jam-packed itinerary exploring world-leading models of care, innovative design principles, and integrated community approaches that support people living with dementia. Their journey included visits to care farms, aged care homes, hospitals and other specialist settings.

The insights gathered will directly inform master planning for our new development and care delivery in our homes. From small-scale household living to thoughtfully designed outdoor spaces and strong community integration, the team has been inspired by some of the most progressive dementia care communities. Many of these learnings have been both thought-provoking and, at times, surprising.

Stay tuned for next month’s newsletter, for key insights, reflections, and how these ideas will help shape our vision.

Advancing Autism Awareness at Curtin Heritage

In March, we had the honour of facilitating an **Advances in Autism Symposium** in the Theatre, in collaboration with The Kids Research Institute. Our special guest, Professor David Trembath, Head of Autism Research at CliniKids, shared the very latest insights in autism research and discussed how these findings are shaping support for autistic people, their families, and carers.

Following the symposium, a morning tea in the MCL Room provided a wonderful opportunity for guests to speak with Professor Trembath in more detail.



Many thanks to Waterfront Cottesloe resident, Harvey Coates for his initiative hosting this important event.

THE MONTH IN REVIEW

MARINE VIEWS COTTESLOE

Marine Views residents enjoyed a festive **St. Patrick's Day long table lunch**, featuring delicious fish bites and traditional Irish stew. The celebration was made extra special with a lively Irish dance performance by lifestyle team member Erin, delighting residents and guests alike.



The **Marine Views International Women's Day High Tea** offered an elegant afternoon of canapés and sparkling wine. Residents engaged in open conversations about influential women who had shaped their lives—a meaningful opportunity for connection, reflection, and sharing stories.



THE MONTH IN REVIEW

RIVERSEA MOSMAN PARK

RiverSea celebrated **St. Patrick's Day** with a festive Irish-themed lunch and a wonderful afternoon of entertainment. Residents enjoyed live music from Charlie Bray. The celebration was made even more special with the help of volunteers Riley and Molly, who assisted with hair, makeup and outfits—helping residents look and feel their very best for the occasion. It was particularly meaningful to share the day with a number of our Irish residents and their families, who joined in the festivities.



THE MONTH IN REVIEW

RIVERSEA MOSMAN PARK

This month at RiverSea, we launched our very first **Men's Group**, led by Jack, a dedicated volunteer sharing his time and skills. The group meets fortnightly and offers our men a chance to come together, socialise, and get hands-on as they work on building an ice-cream cart. It's a fun and practical way to connect, learn, and enjoy each other's company.



CAREALOT BUSSELTON



March marked the exciting debut of the **F.C Cup at the Friendship Club** —a fun, friendly competition already proving a highlight.

Participants earn points through games and activities, with the top scorer taking home the weekly cup.

Mal Hamersley made history as the first winner, dominating across Bingo, golf putting, and Bingo 2.0 to secure an unbeatable lead. Who will be next?

Busselton Friendship Club

Wednesdays & Fridays, 10:00am – 2:00pm, The People Place, Busselton

Staying connected with others becomes more important as we get older — regular social time, whether it's catching up with friends, joining a club like our Friendship Club, can do wonders for both mental and physical health. Having those regular moments of connection make difference to our happiness and overall wellbeing.

THE MONTH IN REVIEW SHINE COMMUNITY CENTRE

March at Shine was filled with creativity and connection. The **St. Patrick's Day luncheon** was a highlight with Irish stew, Guinness, and live music from The Lost Chords, which had everyone up dancing. Clients also enjoyed a lively **indoor hockey match**, and explored painting using palette knife techniques. Preparations then began for the much-anticipated **Easter Bonnet Parade**, with clients designing beautiful creations for the big day.

Other outings included visits to **Sculptures by the Sea**, **AGWA**, and local favourites in Cottesloe, as well as a special celebration at **Molly's Irish Pub**—complete with dancing, face painting, and plenty of festive spirit.



THE HERITAGE COLLECTIVE

WHAT'S ON

APRIL MOVIES IN THE THEATRE



Evita

Thursday 23 April 2026

Doors open: 5.30pm. Film starts: 6.00pm (duration: 2h 15m)

Prosecco and Popcorn - \$15.50 (including Trybooking fee)

Book now: <https://www.trybooking.com/DKMRX>

Starring Madonna and Antonio Banderas, this lavish musical tells the extraordinary true story of Eva Perón, who rose from humble beginnings to become one of the most powerful and beloved women in Argentina's history. Filled with sweeping music, stunning costumes, and unforgettable songs including Don't Cry for Me Argentina, it's a feast for the eyes and ears. Whether you're a longtime fan of the musical or coming to it fresh, this is a film that stays with you long after the credits roll.

Dead Poets Society

Thursday 30 April 2026

Doors open: 5.30pm. Film starts: 6.00pm (duration: 2h 15m)

Prosecco and Popcorn - \$15.50 (including Trybooking fee)

Book now: <https://www.trybooking.com/DKMSD>

Robin Williams is at his very best in this beloved classic, playing an inspiring English teacher who encourages a group of young students at a strict boarding school to think for themselves and embrace the joy of poetry and literature. It's a warm, funny, and deeply moving film that explores the power of words, the importance of living fully, and the difference one person can make in the lives of others. A firm favourite for many, it's the kind of film that reminds us — no matter our age — to seize the day.



THE HERITAGE COLLECTIVE

WHAT'S ON

Sunday Classics at Heritage

Join violinist Akiko Miyazawa and Cygnus Arioso for an afternoon of classical music, bold in vision and refined in execution, in the Club Lounge at The Heritage Collective.

Sunday 12 April 2026

2.30pm: Pre-drinks | 3.00pm – 4.00pm: Performance



Tai Chi Classes with Margaret Bostaille

Practice Tai Chi in the Club Lounge with experienced teacher Margaret Bostaille. With over 40 years of practice and teaching — both internationally and in Melbourne — her work reflects depth, refined expertise and a strong commitment to authenticity. Beginners welcome. Open to all levels.

Classes are held in the Club Lounge every Thursday from April 23

Cost: \$30 per class. RSVP to reserve your place. bostaille.margaret@gmail.com



Paint a Sardine with Rosie Nixon

Spend a creative morning by the sea with artist Rosie Nixon in this relaxed, step-by-step painting workshop.

Inspired by the Mediterranean, participants will paint a striking sardine in acrylic on a 20 x 25 cm canvas. Rosie demonstrates each stage before guiding you as you paint, making the class suitable for both beginners and experienced artists.

Thursday 16 April \ 10:00 am - 2:00 pm

Cost: \$120 (inc materials, morning tea & finished artwork)

Book now: <https://www.trybooking.com/DKNRV>



First Friday Makers' Club

Bring your portable project, such as mending, stitching, journaling, painting, or knitting, and enjoy the inspiration of fellow makers.

1 May

10:00am - 12:00pm

Makerspace

The Heritage Collective

Reserve your free space now: elizabethc@curtinheritage.com.au



TEAM NEWS

Meet Our Team: Kylie Wauldron



What is your role at Curtin Heritage Living?

I work in scheduling, coordinating services and supporting our clients' daily needs. It is a really busy role - go, go, go!

What do you enjoy most about working at Curtin Heritage Living?

The people I work with and connect with each day —and you can't beat the ocean view.

What does a typical day look like for you?

My day mainly involves answering phone calls and rostering services for clients, ensuring everything runs smoothly. It can be challenging, but we are always trying our best to meet the needs of our clients.

What qualities do you think are important in your role?

Empathy, being approachable - you need to put yourself in the shoes of the client. And knowing when a good laugh can make all the difference!

What's something people might not know about you?

I love Barry Manilow and singing—although I'm pretty sure I'm tone deaf!

What motivates you in your work?

Making people happy as much as possible.

Milestones

- 1 year: **Lizzie Brown**, In Home Carer / **Michelle Hager**, In Home Carer
- 3 years: **Kristie Sleator**, Scheduling Coordinator
- 5 years: **Julija Vilima**, RiverSea Carer / **Luke Sheehan**, Marine Views Physiotherapist
- 15 years: **Victoria Matemadombo**, Marine Views Care Team Leader

Employee of the Month

Mandy Banks, Dementia Liaison, has received countless compliments across Marine Views and RiverSea for her exceptional support of residents, staff, and families. In her dual role, she is also recognised by visitors for her warm welcomes and reassuring presence. We feel very fortunate to have her on our team. Thank you, Mandy, for all that you do!

Stay in Touch

Residential Care

Marine Views Cottesloe – (08) 6458 7500 / RiverSea Mosman Park – (08) 9382 7500

In-Home Services (Shine Community Care / Carealot)

Metro – (08) 9382 7550

Regional – (08) 9469 0060

Independent Living (Waterfront Cottesloe & RiverSea Village)

(08) 9382 7555

General Enquiries & Accounts

(08) 6458 7555

Facebook: www.facebook.com/curtinheritageliving

LinkedIn: www.linkedin.com/company/18479825

Website: www.curtinheritage.com.au

Email: info@curtinheritage.com.au