

THE **BAYSIDER!**

We listen. We respect. We care.

MESSAGE FROM OUR CEO

Dear vibrant Fairway community,

As we welcome winter, I find myself excited to share some updates and extend my warmest wishes to each one of you. While winter may not be everyone's cup of tea, it holds a special place in my heart as my favourite season! I hope this message finds you all in good health, warmth, and comfort.

With the onset of colder weather, we are mindful of the increased risk of **influenza and COVID** cases. Unfortunately, Fairway has also experienced its share of COVID-related challenges this month. However, I am immensely grateful that despite these hurdles, our dedicated team has ensured the well-being of our residents. Your hard work and dedication have not gone unnoticed, and I extend my sincerest appreciation to each one of you.

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CEO MESSAGE

The unpredictable nature of the virus remains a concern as we strive to keep our community safe. I kindly urge everyone to refrain from visiting Fairway if feeling unwell and to consider taking a COVID test before your visit. Our administration officer can provide tests upon request. For the safety of all, we are currently implementing **mandatory mask-wearing and COVID testing** until we see an improvement in the overall community situation. Your cooperation and understanding in this regard are invaluable and deeply appreciated.

On a brighter note, our **expansion projects** are progressing smoothly. The completion of our new bedrooms marks a significant milestone, offering a glimpse into the exciting developments underway. Some of you may have noticed that piling works have already started, too. Within the next month, our main projects are on relocating our internet line, fixing and relocating our gas services, and completing the move of our Business / Finance department office into the new and temporary office between houses 1 and 2 courtyard. Should you wish to speak with either Terry or Lianne, you can always go to reception or any of our staff to request for them to meet when convenient. A pathway to this courtyard has been reopened, and you can see it via the hallway leading to house 2 (next to the current staff room).

As we embrace change, I must share bittersweet news about two cherished members of our team. Our **Lifestyle Coordinator, Margaret Maher**, and **Clinical Care Coordinator, Dinesh Sharma**, will be departing from Fairway. Marg has chosen to take some time off from work to personally recharge and spend more time with her family. Dinesh, on the other hand, has purchased his first home and is moving closer to his family in regional Victoria. Marg's last day at Fairway is on 4 July, while Dinesh will be with Fairway until end of July. We are actively working to ensure a seamless transition and will keep you updated on our farewell plans for them.

I am also taking this opportunity to gently remind everyone that no parking is allowed in the **Bayside City Council car park** (except those that are considered Fairway bays) between the hours of 8:30 am and 5 pm Monday to Friday. Parking in the Council car park (other than the Fairway bays) can only occur outside the displayed permit zone hours indicated on the signages.

Your ongoing support and engagement make Fairway the vibrant community of care that it is, and for that, I am truly grateful. Please feel free to reach out with any questions or simply to say hello. Your presence and participation enrich our Fairway family, and I look forward to continuing this journey together.





Hello residents, family and friends,

I can't believe another month has passed and we are already in Winter. Who cares about the weather though when we are snuggled up inside or on the bikes with our blankets and hoodies to keep us warm. We are always up for fun in Lifestyle so please enjoy our look back on May's activities.

Shoes On The Go

Shoes On The Go returned to provide our residents with the opportunity to purchase new footwear. We could tell that everyone had Winter on their minds by the number of cosy slippers that were sold on the day. A big thank you must go to Hannah who provided first class service and displayed such kindness and patience, in the process.

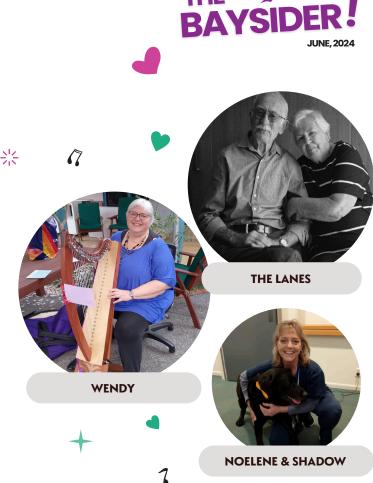
Entertainment

Student Oisen O'Riley entertains us on the grand piano

We were delighted when Judy, a local piano teacher, made contact regarding one of her students, Oisen O'Riley. Oisen was due to take an exam the following week and Judy was keen for him to practice in front of an audience. Well, we were not going to turn down an opportunity like that!

We were stunned when we heard him play the most challenging classical pieces. Our admiration increased when we learned that Oisen had only been playing the piano for four years. Oisen is the most impressive student Judy has taught throughout her career of several decades. Residents and staff felt so privileged to have experienced what we felt was the beginning of a stellar career.





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Paul McCarthy

What can I say about Paul? He's our hidden treasure! An ability to play Mozart one minute and Abba the next combined with his engaging personality renders him a hit every time.

Harp therapy 🚟

Wendy is undertaking her training mentored by Anna who used to entertain us on the harp for many years until she moved away. What a wonderful connection.

Wendy's performance was challenging to say the least as the planned power outage was in full flow. Although the outage was planned, we were blindsided by the noise that accompanied it. We managed by holding the session in the courtyard with the heaters on and using our cosy crocheted blankets.

Wendy was the ultimate professional who entertained us all not only with relaxing beautiful music but explained the science behind this successful therapy. House 5 residents enjoyed their session before the power outage which was lucky. We certainly hope to have Wendy back to entertain us very soon.





High Tea

Jan has set a high standard for the monthly high teas. With gorgeous china cups and saucers, delicious home baked delicacies prepared by Jan and interesting local speakers it is fast becoming a resident highlight.

May's speaker was Malcolm Brand who spoke about his long career working as the Administration Officer at Sandringham hospital then practice manager of the Bluff Road medical centre. Since he officially retired, he doesn't appear to have slowed down. Some of his current duties are working on the accounts for a local medical company, working as a volunteer guide for Black Rock House, and running scout groups. Malcolm has promised to return soon as his audience are keen to hear more. As many of our residents have lived in the bayside area most, if not all, of their lives they were able to relate and reminisce with Malcolm.

Memorial / James Brooks (Jim) 🚬

Just a couple of days shy of his 103rd birthday Jim Brooks passed away on March 30th. A memorial was held on May the 9th attended by Jim's daughter Jennifer.

Jim was respected and loved by everyone, and this was reflected in the number of residents and staff who attended to pay their respects and share personal memories of Jim. Suzy, a recent employee of Fairway Lifestyle department, and a favourite of Jim's, utilised her skills as a funeral celebrant to say farewell Jim with love and a perfect depiction of his long and interesting life. To those whose lives he touched at Fairway he will always be remembered and hold a special place in our hearts.





St Leonard's Students

Alex and Eleanor visited us again bringing youthful enthusiasm and a willingness to assist. This included adding the finishing touches to Mother's Day gifts, working on a jigsaw with residents, and assisting in activities with residents in house 5. They bring with them a breath of fresh air which residents love. We are so delighted that we can participate in their community program. We look forward to welcoming two more students in term 3.

Mother's Day

We commenced celebrations for Mother's Day early this year on Friday at Happy Hour with bubbles, crackers and cheese and chocolates. Our ladies each received a gift of beautiful roses from Buxton's (company working on the extension); what a generous and thoughtful gesture.

On Mothering Sunday, our ladies enjoyed an afternoon tea and received a gift of a china teacup and saucer which contained a cactus planted by Tina (from Lifestyle) and generously supplied by Bill. They were wrapped beautifully in cellophane and tied with great skill by Eleanor and Alex from St Leonard's.

Paint 'n' Sip

What a fun afternoon. We had bubbles to drink, and tiles to decorate to use as coasters. Using coloured sharpies, a little alcohol, and some sealant we transformed patterns from a tad boring to a gorgeous array of colour. We had a ball and uncovered a couple of closet pyromaniacs along the way!! Shush! Don't ask!

The Bee Man

Now, this was a surprise hit! Pete is a local man who has an ordinary day job, but his passion is looking after his bees. Pete became involved with apiculture after what he thought was a swarm of blowflies around his compost turned out to be bees. He was advised to exterminate them, but Pete was aware that bees are good for the environment. To cut a long story short he enrolled in a course to become educated about beekeeping and the rest is history.

Residents were extremely interested in Pete's presentation and were excited to be able to purchase his home-made honey and jam.







Volunteers Party

What a joyous occasion it was and a privilege to provide our generous volunteers with a party to remember. Volunteers add richness to residents and staff alike who live and work at Fairway, we must never take them for granted.

After we had enjoyed the food and drinks, we settled in to enjoy an hour-long concert from one of our favourite entertainers. Claire got the party going with her skilled performance and amazing vocals. A good time was had by all. Thank you, Claire, for also giving your time afterwards to pose for photos with residents.

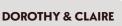




THE

BAYSIDE

JUNE, 2024



ROBIN & ROBIN

CLAIRE

MALCOLM, MATT & ROY

Ouestion for the residents: who would you like to invite for dinner (dead or alive)?

Valerie - Dame Edna Everidge/Barry Humphries: we went to

the same state school.

Robin - Andre Rieu: so, you don't have to talk.

Peggy - Neil Diamond: because he reminds me of my late husband.

Yvonne - My brother: he is famous to me and the most interesting person I know.

Maurice - Bing Crosby: he's an alright singer.

Lizzie Ash Barty: she would be interesting.

Marie - Dean Martin: I like the way he sings.

Ruth - PM Albanese: so that I can ask him his views.

Greta - Florence Nightingale: she set the standard.







Fay was born in Perth with the surname Sweetapple. Her parents separated when she was a child which meant that her Mum had to find a job. The only position available was as a barmaid. Due to the antagonistic nature of her father, he gained custody of Fay only to place her in a convent as he did not have the means to care for her.

Fay enjoyed being with other girls of her own age and thrived for the two years she was in care.

Fast forward and Fay with three friends moved to Melbourne to experience a bit of adventure. Two friends suffered from homesickness, but Fay and her friend Pat saw an opportunity to travel and work in New Guinea. Fay had a wonderful time working as a typist for the government but more importantly spreading her wings and enjoying life with other young people. It was here that Fay met her future husband who was setting up the local hospital.

Fay had a wonderful marriage and had two daughters and a son.

Following is the result of a chat Fay and I had today.



What is a childhood memory that still brings a smile to your face?

My uncle had a chocolate factory! One time I made my half-brother an Easter egg. I remember clearly having to put my hands under the fan to cool them before managing the chocolate.

What is a skill or hobby you have always wanted to learn but have not had the chance?

My grandma used to crochet, and I would have loved to learn from her. I also started learning the piano and regret not pursuing it.

How do you navigate challenges in your personal life?

I accept them and find a solution.

Are there any life lessons or advice that you would like to share with others?

In marriage there must be give and take. You do not always have to win.

What is a place you find serenity or solace when you need it?

My room.



Q & A WITH OUR STAFF MEMBER NOELENE WILSON





Q. What inspired you to work in aged care?

A. I looked after my mother for 3 years prior to starting in aged care. This experience motivated me to consider the needs of older people and how I could contribute to improving their quality of life.

Q. How long have you been working in your current role?

A. I have been working in House 5 at Fairway for 17 years.

Q. What do you enjoy most about your job?

A. I enjoy partnering with relatives and residents to ensure we provide the best experience possible for everyone.

Q. Are there any hobbies or interests you are passionate about outside of work?

A. I love the St Kilda footy club and attending as many games as possible.

Q. How do you manage stress or challenging situations at work?

A. Not that I am advocating for people to consume alcohol, but I do enjoy a stiff gin and tonic when required.

Q. What training or courses have you found most beneficial in your career?

A. Learning how to navigate the complexities of dementia and we as clinicians can make a difference to the lives of each individual.

Q. Do you have a favourite aspect of Melbourne that you enjoy during your free time?

- A. I love Thai and enjoy dining out with friends and family on a regular basis. Then I don't have to cook!
- Q. Is there a particular aspect of aged care that you find most rewarding?
- A. It's the little things, such as putting a smile on someone's face.
- Q. What's a goal or dream you have that you haven't yet achieved?
- A. Retirement
- Q. What's a place you find serenity or solace when you need it?
- A. I love the water. When I feel stressed or need time on my own to think I head to the beach.

Q. Can you describe a moment when you felt truly content and at peace?

A. When I am surrounded by my beautiful family.

Q. How do you approach building rapport with the elderly residents?

A. I believe being able to actively listen to others' is imperative. We need to understand what makes people tick to be able to care for the individual.



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Q. What's a favourite memory from your childhood?

- A. Starting primary school and starting to make friends.
- Q. Describe a hobby or passion that brings you joy.
- A. Music and footy and I support Saint Kilda even though they only have one premiership.

Q. Share a valuable lesson you've learned in life.

A. Holding accountability and not letting things go that will get to you in the future

Q. Talk about a place you've travelled to that left a lasting impression.

A. Mundi Mundi music festival and going to Broken Hill in Australia and being part of the Guiness World Record Nutbush dance ever, that was the best.

Q. Discuss a book, movie, or song that has had a significant impact on you.

A. Summer of 69 it's just one of those songs that you love banging out to.

Q. Share a funny or memorable experience from your work in aged care.

A. I just love going there and seeing everyone and having a chat.

- A. Getting into hospitality and learning about different types of drinks and learning the ropes.
- Q. Talk about a goal or dream you're working towards.
- A. My goal and dream at the moment is moving out of home. I've always wanted to.

Q. Share a tradition or ritual that is meaningful to you.

A. We go to the Myer Christmas windows every year very early and then have breakfast after, it is a bit of a family thing.

Q. Discuss a person who has been a major influence in your life and why.

A. Mum and dad have always supported me in any other way shape or form, always known what my needs are and what I've always wanted to do job wise.



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Embracing Work-Life Balance 'All work and no play makes Jack a dull boy'

This well-known proverb, first recorded in James Howell's "Proverbs" in 1659, remains highly relevant in the 21st century. It serves as a timeless reminder that without a balance between work and personal life, our professional lives can become overwhelming, stressful, and monotonous.

Achieving a good work-life balance involves creating a harmonious relationship between your work and personal life. This balance is about consciously managing your time and energy to meet both professional and personal commitments while prioritising self-care and well-being. As Allaya Cooks-Campbell from BetterUp highlights, it is crucial to nurture both aspects of our lives to maintain overall health and happiness.

How to Rebalance Your Life

Set Boundaries: Clearly define the separation between your work and home life. Avoid letting work-related tasks spill over into your personal time.

Time Management: Allocate specific times for work responsibilities and personal pursuits. Ensure you spend quality time with family, engage in hobbies, or work towards personal goals. **Stress Management:** Incorporate strategies such as mindfulness, regular exercise, walks outside, and taking regular breaks to manage stress effectively.

Book a Holiday: Plan and take regular vacations to recharge and reset.

The Importance for Healthcare Workers

Healthcare workers often face high-stress situations and heavy workloads, which can lead to burnout and mental health issues. It is vital for those in the healthcare sector to take care of their mental and physical health to perform their duties effectively. Maintaining mental strength can also contribute to physical well-being.

In conclusion, let's embrace the wisdom of 'All work and no play makes Jack a dull boy' and strive for a balanced life. Seize the day – carpe diem – and make a positive change now.

Susan Manners

HR and Payroll Coordinator / OH&S Committee Chair







1. World Capitals Puzzle:

Match these world capitals to their corresponding countries:

- a) Paris
- b) Tokyo
- c) Rome
- d) Moscow
- e) Canberra

2. Mountain Riddles:

- a) I am the tallest mountain in North America. What am I?
- b) I am famous for my pyramidal peak. What mountain am I?

3. Ocean Trivia:

- a) Which ocean is the largest on Earth?
- b) Name the five oceans

4. Famous Landmarks Quiz:

- a) A white marble mausoleum in India.
- b) An ancient wonder in Egypt with a lion's body and human head.
- c) A famous tower in Italy known for its leaning position.
- d) A colossal statue located in Rio de Janeiro, Brazil.
- e) An iconic bridge in San Francisco.

5. River Riddles:

- a) I am the longest river in the world. What am I?
- b) I flow through Paris and have inspired countless artists. Which river am I?



6. Country Capitals Challenge:

Match these country names to their capitals:

- a) Brazil
- b) Australia
- c) Canada
- d) Egypt
- e) Japan
- f) France
- g) Russia
- h) India

7. Island Puzzle:

- a) Which island is known as the "Pearl of the Indian Ocean"?
- b) Name the largest island in the Mediterranean Sea.

8. Desert Trivia:

- a) Which desert is the largest in the world?
- b) Can you name the desert located in Africa that stretches across multiple countries?

ANSWERS

1. World Capitals:

France Japan Italy Russia Australia

2. Mountain riddles: Mount McKinley (Denali) Matterhorn **3. Ocean Trivia:** Pacific, Atlantic, Indian, Southern (Antarctic), Arctic

4. Famous Landmarks Quiz: Taj Mahal Great Sphinx of Giza Leaning Tower of Pisa Christ the Redeemer Golden Gate Bridge

5. River Riddles: Nile River Seine River

6. Country Capitals Challenge: Brasília Canberra Ottawa Cairo Tokyo Paris Moscow New Delhi

7. Island Puzzle: Sri Lanka Sicily

8. Desert Trivia: Sahara Desert Kalahari Desert











KEY UPDATES

July 2024:

Commencement of construction of two new house 5 bedrooms

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- Continuation of piling works
- Gas service relocation

October 2024:

• Completion of two new house 4 bedrooms

June 2025:

• Anticipated completion of new basement parking, ground level expansion, and house 6

July 2025:

 Anticipated commencement of internal upgrades in houses 1–3 and ground floor communal areas

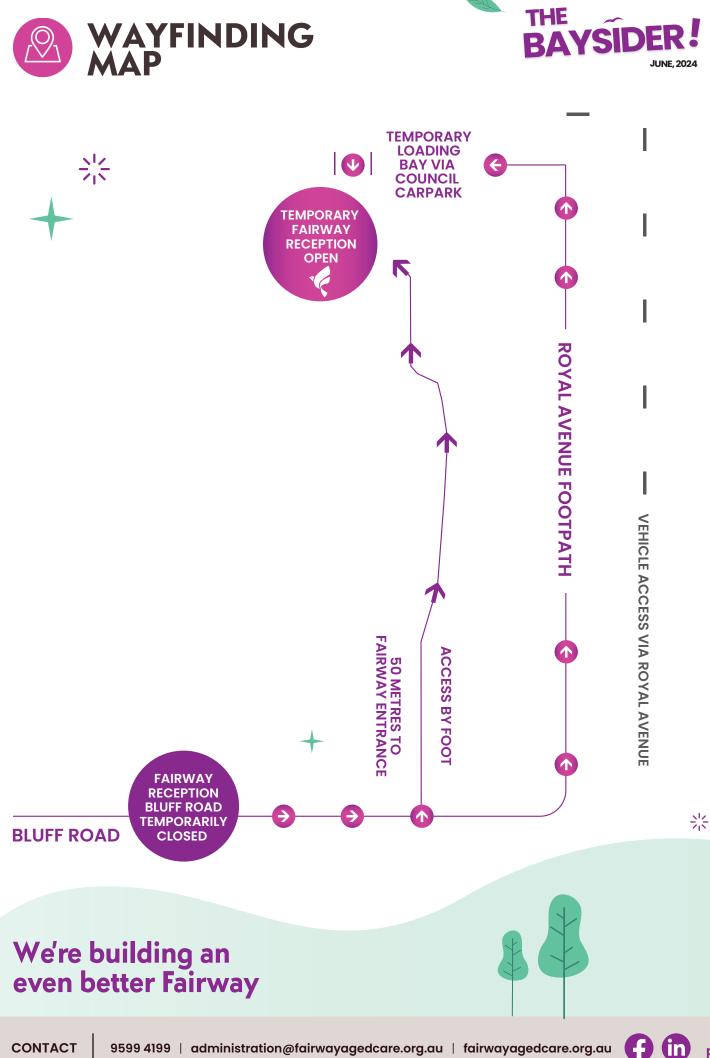
December 2025:

 Anticipated completion of internal upgrades in houses 1-3 and ground floor communal areas

https://fairwayagedcare.org.au/expansion-project/

We're building an even better Fairway

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We would love to hear from you – be it constructive feedback, compliments, or suggestions/recommendations.

There's a number of ways you can let us know.

- Fill out a feedback (pink) form located near reception. It can be dropped off in the feedback box across the reception;
- Inform a staff member;
- Scan the QR code above to raise your feedback; or
- Send an email to: qem@fairwayagedcare.org.au

If you are unhappy with how Fairway responded to your feedback despite partnership efforts, you can contact the Aged Care Quality and Safety Commission by calling:

- 1800 951 822 for general complaints
- **1800 844 044** for food, nutrition, and dining related complaints.



For any new clothing, please ensure they are clearly labeled.

For any food items, please register at the reception and ensure they have a clearly labeled use-by date.

Please ensure that any electrical items undergo testing and tagging. If an item lacks testing, we can arrange for the necessary assessment. Please submit the item to the administration for testing. Untagged items must not be used to mitigate the risk of fire.



If you wish to get a copy of your care plan, please request it from any of our Clinical Care Coordinators by emailing:

ccc@fairwayagedcare.org.au

Our team will make every effort to deliver it to you within one week. Ideally, we prefer to schedule it after a care consultation to provide more context to its content.





For free, confidential, and independent support to understand and exercise aged care rights, seek aged car services, and find solutions to issues any resident or representative is experiencing, you can contact the Older Persons Advocacy Network (OPAN).

You can contact them by calling:

1800 700 600

8 am – 8 pm (Monday to Friday); and 10 am – 4 pm (Saturday).

Should you need translation and interpreting support, you can also call Translating and Interpreting Services

• (TIS) at 131 450.







You are encouraged to attend the upcoming meetings:

Meeting	Date and Time	Location
Resident – Representative Meeting	3 July 2024 (Wednesday) 1.30pm - 3.00pm	Activities Room
Staff Meeting	4 July 2024 (Thursday) 1.30pm - 3.00pm	Activities Room





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CONSUMER ADVISORY BODY (CAB) MEMBERS





YULIA PALEY MANAGEMENT



KATHY EGERTON CARE REPRESENTATIVE



RAY WHITER CONSUMER



FAY MATTHEWS CONSUMER



SANDY MAY CATHY GLUYAS CONSUMER REPRESENTATIVE CONSUMER REPRESENTATIVE

QUALITY CARE ADVISORY BODY (QCAB) MEMBERS



YULIA PALEY MANAGEMENT



RAY WHITER CONSUMER



KATHY EGERTON CARE REPRESENTATIVE



FAY MATTHEWS CONSUMER



CATHY GLUYAS CONSUMER REPRESENTATIVE









If you or someone you know is interested in becoming part of our exceptional team of staff and volunteers, here's a list of the individuals we are seeking:

Personal Care Attendant (Permanent Part-Time or Casual)

https://fairwayagedcare.org.au/personal-care-attendant-permanent-part-time-or-casual/

Registered Nurse (Permanent Part-Time or Casual)

https://fairwayagedcare.org.au/registered-nurse-permanent-part-time-and-casual/

Contact our Lifestyle Coordinator regarding specific ads for Volunteers by calling: (03) 9599 4199 or use the contact form on our website.

CONTACT US

Fairway general line: 9599 4199

RN houses 1 - 4: (03) 9599 4171

RN house 5: (03) 9599 4173

Charles Crisostomo | Chief Executive Officer ceo@fairwayagedcare.org.au

Yulia Paley | Director of Care doc@fairwayagedcare.org.au

Terry Coleing | Business and Finance Manager finance@fairwayagedcare.org.au

Dinesh Sharma and Sheila Bautista | Clinical Care Coordinators ccc@fairwayagedcare.org.au (houses 1-3) and ccc2@fairwayagedcare.org.au (houses 4-5)

Aparna Pal and Kate Kirby | Administration Officers administration@fairwayagedcare.org.au



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