

OpenDoor

Autumn 2015

A bright future for all of us at McKenzie Aged Care Group

McKenzie Aged Care Group is proud and excited to become the new owners and managers of seven Embracia homes and two retirement villages.



At a glance

McKenzie celebrates Valentine's Day

We enjoyed hearing stories of how residents met their partners and would like to share a couple of them here with you.

VIPs at Raffles

Many older Australians will find their eyesight deteriorating as they age. For some people this can mean losing their ability to participate in activities they enjoy and feeling excluded from the community they once felt a part of.

Busy hands

SandBrook residents in the Paris wing have been lucky enough to have had an amazing table covered with handles, locks and latches built for them by Phil, their handyman.

A bright future for all of us at McKenzie Aged Care Group continued

The seven residences are located across Victoria and Queensland in Reservoir, Lynbrook, Rosebud, Templestowe, Beerwah, Deception Bay and Bribie Island. There will also be two new retirement villages acquired, one on Bribie Island and one in Beerwah.

A project integration office has been set up to assist in the transition, and staff across McKenzie and Embracia will be kept up to date by monthly newsletters.

You can also visit the McKenzie website where there will be a special Embracia section with all the most up-to-date information.

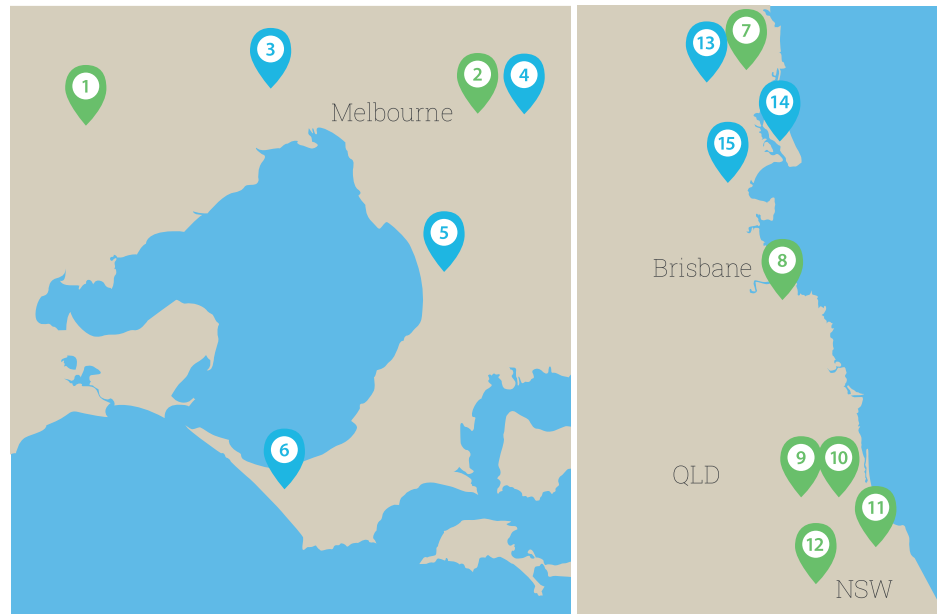
From the McKenzie family

When Embracia founders, Peter and Dawn MacKenzie, decided to step back from their business after nearly 30 years, we felt privileged to be able to grow our McKenzie family with a team that share our dedication and passion for providing the best possible care to older Australians.

We will use our combined experience and knowledge to strengthen our service and care. As always, we will strive to constantly improve, learning from one another and having confidence in our values.

We look forward to an exciting and rewarding road ahead. We are confident in our ability to continue to deliver great services and care in a positive

and supportive environment for our staff, residents, families and the local communities we work in.



Victoria

- 1 Sutton Park, Melton South
- 2 Newmans on the Park, Templestowe
- 3 Embracia on Ashley, Reservoir
- 4 Embracia in Templestowe, Templestowe
- 5 Embracia in Lynbrook, Lynbrook
- 6 Embracia on the Peninsula, Rosebud

-  McKenzie
-  Embracia

Queensland

- 7 Buderim Views, Buderim
- 8 Capella Bay, Capalaba
- 9 The Terraces, Varsity Lakes
- 10 Sandbrook, Burleigh Heads
- 11 Raffles, Tweed Heads South
- 12 Heritage Lodge, Murwillumbah
- 13 Embracia in Glasshouse, Beerwah
- 14 Embracia on Bribie, Bribie Island
- 15 Embracia on the Avenue, Deception Bay

VIPs at Raffles



Many older Australians will find their eyesight deteriorating as they age. For some people this can mean losing their ability to participate in activities they

enjoy and feeling excluded from the community they once felt a part of.

At Raffles, the VIP (visually impaired people) group is making an effort to educate visually impaired residents about their condition and give them strategies to feel more confident to participate in the activities they enjoy.

At the group's first meeting in February, a Vision Australia representative Tess, visited Raffles to help residents understand living with blindness and low vision and provide strategies to assist them.

Residents who attended the session all said how wonderful and informative the session was and couldn't believe the large range of low vision aids provided by Tess, such as magnifying glasses, large print books and audio book players.

Raffle's lifestyle coordinator Barbara Tsakmakis, said she greatly appreciated the effort Tess went to to include residents who could not make it to the session, by visiting them where they felt comfortable. Residents and staff look forward to putting Tess's advice into practice.

McKenzie celebrates Valentine's Day

We enjoyed hearing stories of how residents met their partners and would like to share a couple of them here with you.

Rex and Joan, Newmans on the Park

Rex and Joan have been married for more than 70 years.

Joan recalls when she first met Rex. She saw him leaning against the wall at the Hanney's Dance Hall in Oakleigh, Vic and said to her girlfriend, "I'm going to ask that chap for a dance". So she walked up to him and said "you've been standing here all night, come and have a dance with me".

He looked surprised because a lady didn't ask a man for a dance usually, but he agreed and that was the beginning of their friendship. Rex learnt how to dance and they danced together for the next five years in competitions at the dance hall, particularly enjoying the foxtrot. They then got engaged and married in 1944.

Rex and Joan have 3 daughters, 5 grand children and 8 great grand children and are still very much in love.

Harry and Tose, Raffles

Harry and Tose have been married for more than 65 years.

Tose says it was love at first sight when she met Harry at a carnival in Holland. "It was so funny, Harry had had a little too much to drink so I had to call his father to come and take him home." Two years later, Harry and Tose were married in Venray, Holland and two years after that, they immigrated to Australia.



Top: Rex and Joan shared Valentine's Day together in their home at Newman's on the Park. Bottom: Photos from Harry and Tose's scrapbook.

The boat trip from Europe took six weeks, which was particularly difficult for Tose who was pregnant at the time. Nevertheless they survived and set up their first home in Chester Hill, NSW. Harry and Tose have two children, four

grand children and three great grand children.

They say their secret to a long and happy marriage is that they're best friends and they never argue.



Keith's Column

A life of service

I've been reading what the author, Richard Foster has to say about a life of service. He suggests that there is a form of service that is self-righteous and which seeks recognition and reward. There is another form that springs spontaneously from a heart of compassion and is characterised by humility and hiddenness.

I witness and often hear stories of thoughtful and helpful acts of service that happen in our Homes, sometimes offered by staff who go beyond the call of duty, and sometimes between residents.

It's not surprising that the songs most often requested by residents in our music programs are about people being there for one another. One such favourite is "Little Things Mean a Lot." The song includes the words:

*"Give me your hand when I've lost the way,
Give me your shoulder to cry on;
Whether the day is bright or grey,
Give me your heart to rely on..."*

We also like the song "You Needed Me," made popular by Anne Murray:

*"I cried a tear, you wiped it dry,
I was confused, you cleared my mind,
You held my hand when it was cold,
When I was lost, you took me home."*

Some further thoughts about service from Richard Foster:

"True Service finds it almost impossible to distinguish the small from the large service..."

True service is free of the need to calculate results

True service serves simply and faithfully because there is a need.

True service is a lifestyle. It acts from ingrained patterns of living. It springs spontaneously to meet human need."

Keith Cameron-Smith

Resident and Staff Support Officer

Busy hands

SandBrook residents in the Paris wing have been lucky enough to have had an amazing table covered with handles, locks and latches built for them by Phil, their handyman.

Of particular benefit to residents with dementia, the familiar objects on the table give comfort and pleasure by providing an orientation cue to help inspire their memories from the past, with the added bonus of keeping their fine motor skills in practice.

The tray tables are just one of a number of methods SandBrook and other McKenzie residences use to keep residents, especially those with dementia, engaged and leading full and happy lives.

The Sunshine Club has been running for around two years at SandBrook and residents look forward to seeing the Lifestyle team in their colourful outfits. Colour, particularly bright colours can have a positive influence on people both physically and emotionally and the lifestyle team use it in the weekly Sunshine Club to bring a fun spirit to the activities.

SandBrook has also recently introduced a weekly Sunshine Sensory Club, for those residents who may no longer be able to participate in the Sunshine Club. The Sunshine Sensory Club members benefit from a more passive sensory stimulation, including aromatherapy, massage and music. Even residents who aren't in the club are enjoying the flow on effects of the aromatherapy and music in the area!



Activities Tour



Terraces' residents and staff enjoying Australia Theme Day together.



Terraces' residents enjoyed their first Mahjong lesson under the kind guidance and expert eye of volunteer Diane so much that they played for two and a half hours.



Resident's at The Terraces have been enjoying fun-packed 'Brain Gym' sessions.



Newmans on the Park residents enjoyed Australia Day with a BBQ in the garden, entertainers singing Aussie classics and of course, some Aussie tucker.



Denise Mortimer and Marie Robinson held a staff afternoon tea and gave out certificates and flowers to recognise staff who have worked at Raffles for five or 10 years.



Joyce, Carrie and Eva enjoying each other's company on a relaxed day at Heritage Lodge.

Activities Tour



Sutton Park residents and staff spent New Years Eve thinking about their wishes and dreams for the year. They tied them to balloons and let them go outside, sending their wishes for 2015 into the sky.



Sutton resident Alan enjoys challenging their wonderful volunteer Mary each week with his request for artists on YouTube.



Charles is one of Sutton Park's many residents enjoying different activities for men. Charles' group refurbished old photo frames, which are now for sale in the resident's Op Shop.



SandBrook residents enjoyed the morning they spent making candles. Even those with very limited sight were able to achieve the desired finished product.



Karen Robinson and Keith Cameron-Smith put out an informative and entertaining presentation about Waitangi Day for Raffles residents.



Staff at SandBrook have enjoyed planning lots of picnics and BBQs over the summer and residents especially loved the day out at Jacobs Well north of the Gold Coast.



Far left: Buderim Views residents enjoyed nursing and feeding the baby animals during a visit from Old Macdonald's Farm.

Left: Jo getting some last minute tips for Heritage Lodge's cricket game against SandBrook.