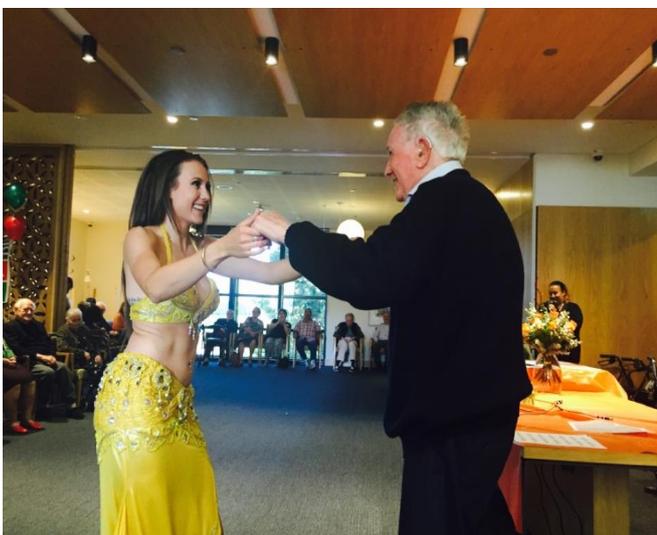


+

Rathdownne Place News



+

Cultural Diversity Festival

In late March this year, Rathdownne Place was proud to celebrate its very first Cultural Diversity Festival in conjunction with Melbourne's cultural diversity week and harmony week. Cultural diversity is such a big part of our facility and we were honoured to have the opportunity to celebrate all the cultures represented through our staff and residents here at Rathdownne Place. The day included a vast array of activities that catered for every guest. Guests were encouraged to dress in any vibrant cultural dress to add a flare of colour and excitement to the bustling festival atmosphere.



Cultural Diversity Festival

#everyonebelongs

Guest Speakers

The festivities commenced with several distinguished speakers such as Richard Di Natale, Craig Ondarchie, Ellen Sandell and Jane Lewis. Our wonderful speakers gave us an insight to some of their experiences of cultural diversity in our city and what cultural diversity means to them.

Entertainers

In the morning and the afternoon we were entertained by two very talented young artists, Jayden Lilyst and Tara Orders. Jayden indulged us in some country tunes on his guitar as well as a little insight into his past and heritage as an Indigenous Australian. Tara gave us a fabulous showcase of her talents in belly dancing. Everyone loved her performance and there was a great number of staff and residents who tried their hand at belly dancing with Tara.

Multi-cultural Food Stalls

The magnificent lunch options available were not for the indecisive. Our chef, Marcus Gildon and his team prepared a vast array of delectable cultural dishes. The main menu was inspired by Greece, India, Vietnam, China and Spain and the dessert menu was inspired by New Zealand and France.

Italian Bocce

Bocce is one of the most popular sports that we have regularly running here at Rathdowne Place. We have many seasoned players, all of whom are very competitive. It would not have been a festival without the likes of Italian Bocce.



World Mural Art with Ailsa

Our art therapist, Ailsa, ran a world mural art session for the budding artists to take part in. The vision of the art was to create a ‘harmony tree’. Ailsa and guests used a large sheet of calico and fabric markers to help them capture and express what cultural diversity meant to them and messages of hope and harmony.

Fun & Fitness with the Crazy Canadians

We are so fortunate to have such a fantastic team of physiotherapists here at Rathdowne Place to add to our festival. All guests who attended the fun and fitness session experienced energetic, entertaining and enjoyable activities to get their heart racing.

Ethiopian Coffee Club

Guests had the pleasure of indulging in some traditional African coffee brewed by the Horn of Africa women who visit us every Tuesday from the surrounding commission buildings. Guests very much

enjoyed watching the women and how they brew their unique coffee blends.

Australian Happy Hour

To conclude the festivities, guests were invited to sit back, relax and toast to the days success.

Overall, the festival was a wonderfully entertaining day that was enjoyed by all. We have no one else to thank other than all who participated and contributed to the day. We look forward to many more similar festivities to come.



General Managers Report

By Di Harrold

This will be my first and only contribution as Interim General Manager to the Rathdowne Place newsletter. I have been privileged to sit in the chair for the past seven weeks and work with a committed and dedicated team. It has been very rewarding to be involved in the day to day operations and working fulltime again. I have had the perfect job in the past, working 3 days per week in selected areas, such as Learning and Development; however knowing most of the staff, the model of care, and residents has allowed my transition to manager a little smoother and easier.

The growth and development over the last nine months has been immense and this was supported and validated last week, by the unannounced visit by the AACQA.

Four assessors spent one full day reviewing our systems and processes to ensure that we are giving our residents optimal care. The report was very positive and all staff should be proud to be part of the team at Rathdowne Place.

My role has been to support staff and to oversee the daily operation of Rathdowne Place. I have however, been humbled by the support that has been given to me by staff, families and residents. I thank you all for that.

I will not be here for the annual celebration (you may have heard – I am going to France!) but look forward to catching up with you all on my return and working with you again in some capacity



Introducing Gavin Young



Through extensive interviewing for the role of general manager at Rathdowne Place, we are pleased to announce that Gavin Young has been selected for the position. Gavin will be commencing his role on the 15th of June 2015, until then Michelle Garita will be the interim general manager.

Gavin first started working in a finance position at Melbourne Private and then progressed to a regional financial role at Mayne Health.

He then joined St Vincent's Private Hospital Melbourne in August 2002 where he managed non-clinical departments. Gavin has graduate qualifications in management and leadership and he is currently studying an MBA at Swinburne University.

Gavin is very approachable and looks forward to working in a dynamic team environment at Rathdowne Place.

Clinical Care Managers Report

By Kimberley Miller



The clinical department has been working hard on updating care plans for the residents at Rathdowne Place. On completion of each care plan review the clinical team will phone the next-of-kin of the resident and discuss any changes or concerns. I encourage that if you have any concerns or queries please do not hesitate to contact the clinical team to book in an appointment to have a family meeting.

Please be advised that all out patient appointments must be coordinated with the relevant clinical staff. It is imperative that clinical staff are aware of not only the appointment but any changes to medications/care so this can be liaised with the doctor and care plans can be updated accordingly.

I would like to take this opportunity to welcome four new registered nurses to the clinical team, Cassie Abbott, Nick Coonan, Brad Roberts and Rosemary McHenry. These new team members have been welcomed with open arms by residents, families and staff. They come with an abundant wealth of industry experience and knowledge. They bring to the team a new dynamic approach and new dimensions to the clinical team.

As of June 17th to July 10th I will be on annual leave. During this time, one of our brilliant nurses, Maddie Harris will be stepping into the role of Clinical Care Manager. I ask that if you have any inquiries or requests during this time that you contact Maddie from Monday to Friday on 92407000 or alternatively email her via MHarris@australianunity.com.au.

I would like to take this opportunity on behalf of the clinical team to extend a big thank you to Di Harrold for all of her hard work, dedication and support to our clinical team and Rathdowne Place. We are so fortunate to have had the chance to work in close proximity with such an inspiring woman. We cannot wait to be able to work with Di again in the very near future.

Contact details for the Clinical team-

Phone: 9240 7000

Email: KMiller@australianunity.com.au (Kim Miller- Clinical Care Manager)

Care Report

By Mary Fromberger

In the recent months, new team members have been recruited to account for changes in care staff rosters. I am pleased to announce that agency usage within the care department has decreased significantly providing consistency between residents/staff.

Our Cultural Diversity Festival went really well. Many members of our team got involved by decorating each floor with festive decorations from different countries. Staff dressed in national costumes or orange to represent harmony. The food was fantastic- Spanish, Greek, Chinese, and Australian. The entire day was marvelous. We would like to thank all staff, residents and families involved.

For all care enquires please speak with the relevant senior care partner or Mary Fromberger.

Contact details for the Care team:

Phone: 9240 7000

Level 1 Email: CGasset@australianunity.com.au

Level 2 Email: CDinu@australianunity.com.au

Level 3 Email: AMosley@australianunity.com.au

Level 4 Email: RKaur@australianunity.com.au

Level 5 Email: CShakes@australianunity.com.au or

KTandon@australianunity.com.au

Care manager- Mary Fromberger Email:

MFromberger@australianunity.com.au

Learning, Development & Quality Report

By Michelle Garita



The Rathdowne Place team underwent an unannounced audit with the Aged Care Quality Agency and again, we received a stellar report based on the facilities ability to meet all the required standard and outcomes. Without a doubt, this is a benevolent milestone for us.

The Quality review for the months leading to March 2015 continue to focus on key topics such as resident care and clinical management, with particular attention paid to infection control, equipment maintenance and staff/resident satisfaction.

We also continue to focus on improvements based on resident, family and team member feedback and we found that there was:

- An increase in compliments paid to our staff and their service;
- Greater satisfaction with regard to the food, food quality and selections; and

- Interest in a variety of new activities, including a reading group, movie and discussion and a knitting club

As always, key to our success is a robust education program for Rathdowne Place staff and as we mature, education is focusing on the nuanced needs of our residents.

Conversely, our focus for education is shifting to consider how we can include residents and family and as such we will be running some sessions that extent to you in the coming months. These topics may include things such as food safety training for the Food Focus Group.

Please tell us about team members who are going above and beyond and providing outstanding standards through the **Tell Us About It Form** on each level by the lift.

Security at Rathdowne Place

By Michelle Garita

Over the past year, we have had numerous requests from residents and families about access to the facility outside of normal business hours. These requests have included residents and families receiving swipe cards or key pads being installed on the entrance and car park access points of the building.

Australian Unity and Rathdowne Place take security very seriously and as such the request for swipe cards or key pad access can not be provided.

Home safety is paramount for our residents and we want them to feel safe at all times.

Opening swipe card and key pad access to residents and families could compromise this safety. We wish to point out that this would *not be from any fault of the residents or their families*, rather from circumstances where swipe cards are lost or stolen or passers by manipulate the key pad access points and gain access to the building.

We are continuing to work through the access challenges some residents and families have experienced and will continue to update you about these.

Events & Functions Coordinators Report

By Ciara Matthews



This is my first and only submission to our seasonal newsletter as events & functions coordinator at Rathdowne Place as I am moving into the 'big smoke', to our South Melbourne Head Office and transitioning roles to our marketing team. I have thoroughly enjoyed my time working here for the past twelve months, I've grown to love so many of the residents and staff here and I am so appreciative to have had the opportunity to work in such a supportive and nurturing environment. I can take solace in the fact that I am still part of the Australian Unity family and will still have a hand in the continued development of the Rathdowne Place precinct.

Reflecting on the last three months, our biggest event was our Cultural Diversity Day, an important day to acknowledge the diverse cultures within our residents, relatives, staff and local community. I found it particularly poignant that, it was this day that Malcolm Fraser sadly passed away, a prominent figure that has driven the celebration of multiculturalism in Australia to where it is today.

When we commenced preparation and planning for our Cultural Diversity Festival, we initially had the vision to include a cultural day at our facility as well as engaging with the surrounding Carlton community.

Chefs Report

By Marcus Gildon

The kitchen team and I are currently fine tuning the new menu, which will be ready to roll out on 1st of June. Our aim is to have a variety of meals over the course of four weeks. With the new format we will be offering the choice of two main meals for lunch and dinner. Also on the menu we have added Italian and Italian inspired meals for example, spaghetti with peas, bacon, herbs, olive oil and parmesan.

Cultural diversity and our community are two major areas that we try to incorporate into our day to day running of the events programme. With this in mind, we started to frame the concept of our cultural diversity festival. As a Rathdowne Place team, we were delighted to see our hard work transferred into such an exciting, engaging and enjoyable event.

Over the past few months we have incorporated new activities into the programme such as Tai Chi, language lessons and salsa classes. There are quite a few other activities in the pipeline so watch this space.

As always, our programme is developmental, we welcome any suggestions, comments or improvements because it is first and foremost for the resident and we want you to be content and satisfied.

Finally, I wish to extend a huge thank you to the residents, their relatives and the team at Rathdowne Place that have made such a huge contribution to the development of our department over the past year.



I also would like to thank you for your support and feedback, I will be soon coming to dine with you on all of your floors, and would welcome any of your special recipes, and if you like we may run them as a special.

Thank you again

Bon Apetit!

Administration Managers Checklist

By Joanne Trickey



- We will no longer be offering the dry cleaning service for residents at Rathdowne Place as there was not a high enough demand for it. If your loved one requires dry cleaning it will be up to the family/NOK to organise this.
- Please ensure you are signing in and out of the floors when you are a visiting. This will help ensure if there is an emergency we know who is in the building at the time.
- In the case of an emergency please listen to the Fire Wardens on each of the levels, they will give you directions of what to do and where to go. The safety of you and also the residents is our primary concern and we will do everything in our power to make sure everyone is safe and well.
- We have a code of conduct for visitors to Australian Unity sites, please ensure you have a read through the code and also abide by what has been set as our standard of behaviour. We will not tolerate any shouting, swearing or making threats of any kind to staff. If you have any questions regarding this code please see reception so that a meeting with the general manager can be organised.
- Reception hours are 9am-5pm Monday to Friday and 9am-3pm Saturday and Sunday.

Code of Conduct

For Visitors

We want to be Better Together

Australian Unity wants all employees, residents, families and friends of residents, volunteers, contractors, sub-contractors, tradespeople and other visitors (collectively, **Visitors**) to an Australian Unity site to be Better Together. Accordingly, Australian Unity has put together this Code of Conduct (**Code**) to outline the terms and conditions of entry to this Australian Unity site. The Code is principally about setting expectations about reasonable behaviour.

The Code is designed to provide protection to all persons on site from potentially inappropriate and offensive conduct and treatment by Visitors who enter any Australian Unity site. Australian Unity requires its visitors to conduct themselves in a way that promotes resident, staff and visitor health, safety and wellbeing and which fosters respect and co-operation between all people on site.

What is being Better Together?

Within the three principles of Better Together, Australian Unity seeks to protect the following rights:

	The right explained	What this means for you
We respect:	<p>All persons are entitled to be treated with respect including privacy.</p> <p>Our site is our resident’s home. Taking photographs, filming or otherwise recording the activities of our residents and staff is a direct breach of their rights to privacy and dignity.</p>	<p>If you wish to take photographs or film or record any person or activities occurring on site, prior written approval of the Facility Manager must be obtained. Whether we grant approval may be dependent on obtaining the consent of the individuals involved.</p> <p>It is of course ok to take photographs of your family member so long as those photographs do not include any other resident or any member of staff.</p>
We connect:	<p>All residents have the right to continue their cultural and religious practices and to freedom of speech.</p> <p>All residents have the right to complain and take action to resolve disputes and can do so without fear that there will be any compromise to their care or services or any other sort of retribution.</p>	<p>Australian Unity welcomes any and all feedback including complaints. You can provide this feedback in writing or verbally.</p> <p>Australian Unity also has ‘Tell us about it’ forms. Please feel free to use these forms as another way to communicate with site management if you wish to provide any sort of feedback, including making a complaint. These forms are available from reception.</p>

<p>We make it possible:</p>	<p>All persons, including our residents and our staff, have the right to be safe and secure on Australian Unity sites. We owe strict legal obligations to our residents and staff to take all reasonable steps we can to ensure our sites are free of harassment, fear, discrimination or victimisation</p>	<p>Our principal obligation is to ensure the health and well-being of our residents. We cannot tolerate any behaviour by visitors that amounts to harassment, discrimination or victimisation of them.</p> <p>We also have specific legal responsibilities to take reasonable steps to provide a safe workplace for staff, contractors and volunteers as well as for friends and families of residents and visitors.</p> <p>If Australian Unity fails to provide this safe workplace we are, at a minimum, at a significant risk of losing these valued staff, contractors and volunteers which incurs a loss of knowledge, expertise and engagement.</p> <p>If any visitor behaves in any way that places any of our residents or staff at risk we may ask that person to leave the site.</p>
------------------------------------	---	--

What does Better Together mean for visitors?

Visitors have a responsibility to treat all persons on site in accordance with the Better Together principles and in a way that promotes or to treat all other persons on site as outlined in the table above.

The following behaviour falls outside our Better Together principles and will not be tolerated on site:

- × Shouting
- × Behaving in an abusive, aggressive or belligerent manner
- × Making threats of any kind
- × Swearing
- × Making unreasonable demands or threats
- × Not following the reasonable directions of Australian Unity staff about behaviours on site
- × Removing or causing any damage to property belonging to Australian Unity or another person without their permission
- × Making unwanted physical contact with another person
- × Being intoxicated or appearing to be affected by an illegal drug

To minimise the risk of our residents becoming ill, if you have reason to believe that you have a contagious illness or disease please let staff know prior to entering an Australian Unity site.

If a visitor does behave in a way that falls outside the Better Together principles or as described above, Australian Unity may:

- Ask that person to leave immediately – including calling the police if required and using any reasonable force necessary to remove that person
- Ask that person to complete a “Tell Us About It” form to put any complaint in writing and that matter will be dealt with in accordance with Australian Unity complaints procedures
- If the behaviour persists or there has been a significant incident of inappropriate behaviour, seek to limit access of that visitor in future.

Finally, visitors to Australian Unity sites may be filmed on CCTV cameras installed in public areas of our sites.

Visiting hours

Visiting hours are established for the comfort and safety of our residents. Unless otherwise approved, you may only visit an Australian Unity site between the hours designated by site management.

Agreement

By entering this site, you acknowledge that you have read and accepted the terms of this Code of Conduct which sets out the conditions of entry to the site. By entering the site, you agree to be legally bound by the terms of this Code of Cond

Senior Care Partners Report

By Carlos Gasett- Level One

I have been on level one for three months and I can say that our level has been improving significantly, thanks to all our professional and dedicated staff (AM, PM and ND). During this time we have faced so many challenges, but with the excellent dedication from our staff we have done a great job. It is so rewarding to see the changes and improvements we have been achieving during these months.

By Connie Dinu- Level Two

Level two residents have thoroughly enjoyed the last few festivities that we have celebrated here at Rathdowne Place. We have celebrated our first St. Patricks day and cultural diversity day. There was such a wonderful effort made by all the team and residents on level two for the Cultural Diversity Festival. Residents such as Peter Sirianni, put in an extraordinary amount of effort and made his own costume. Paris-Belle Dinu, was our photographer for the day and captured some wonderful moments. We had an amazing day and were thrilled to host the afternoon entertainment for the Cultural Diversity Festival on level two.

By Adel Mosley- Level Three

The last few months on level three has been greatly enjoyed by the residents with special activities and events such as cultural diversity day, Easter and Anzac day. A special thanks to Di King for all her support and effort that went into setting up the lunch tables, wanting to extend our thanks and appreciation to Di King's mum for also putting in time in making the decorations. We would like to welcome our new residents Barrie and Betty Lade, we hope you enjoy your time with us all on level three.

By Rupinder Kaur- Level Four

Well it has been an incredible five month journey with all the residents and our wonderful team on level four. I would like to give a special thanks to all residents and staff for their support. Level four would not be the way it is without the nurturing values of our team.

By Chris Shakes- Level Fiver

All the residents on level five very much enjoyed their Cultural Diversity Festival. They were very happy to see our way and how we celebrate the things like Australia day and Easter.

I would like to mention the quality of care and support that our team has been providing to our residents has been outstanding, but we can always improve. We have to remember that in front of us we have a long way to go and we must be vigilant where needed so we can get to the next level. It will take time but I am very sure that the team will reach the desired and valued goal.



Residents loved getting up to dance with the belly dancer, even I got to have a dance.

Easter was also another celebration, cherished by level two residents, it's another time of the year (another excuse), where the Italians share wonderful dishes, express best wishes with a special mass service held by one of the local priests.

I would like to thank all my level two team for the great care they continue to share with their residents. The fun, energetic and infectious atmosphere of level two continues to flourish.



We are currently in the process of enticing residents to contribute to decorating the floor to make it their home. The staff and I are enjoying our time with all the residents that have become like a family to us. Let us continue to prosper together as one family.



I would like to extend a warm welcome to the new residents on level four, Leoni Williams, Sheila Koska, Edith Ranthe and Helena Blass. Welcome to the Rathdowne Place family! Residents are having a quality time by staying here, and I'm so honoured to be a part of the team.



Some of the residents said that they feel like they are a part of a family. Recently, we have had a new resident join us, Elizabeth Tribe. She is welcomed by all the residents and the team on level five.





By Megan Fisher



Fitness Frenzy

In March, Transform Physio and Rathdowne Place held a fitness competition called the Fitness Frenzy. Each level (residents and staff) as well as the clinical team competed against each other to be the most active level. It was great to see such a high level of participation from everyone. Residents attended extra exercise classes run by the physiotherapists as well as the walking and exercise groups run by the events staff. Residents also took the initiative to walk more and complete their own exercises. The hope is that everyone continues with this active lifestyle!

Ways to stay active

It is important for everyone to complete exercises. The following list gives suggestions for types of exercises that may be applicable to you. For a more specific program, please ask a member of the physiotherapy staff and we would be happy to provide one for you.

Range of motion

Active- keeping the joints moving is a good way to prevent contractures and keep the joints lubricated which in turn prevents pain. If you have arthritis, you might find that your joints are stiffer and more painful after periods of rest, such as when you first wake up in the morning. Doing some gentle movements can help loosen the joints up.

Passive

If movement of a joint is not possible to do on your own, there are still options. Firstly, you can have someone help you move the joint. This person should support your limb and move the joint in the available range without forcing the movement. Secondly, you can assist yourself with the movement. For example, if the right shoulder is stiff, the left arm can assist with moving the right arm up and down.

Strengthening

It is important to keep the muscles strong to maintain mobility. Strength training can be done with weights or against gravity. There is also evidence that weight training can help with preventing osteoporosis.

Cardiovascular training

Getting the heart rate up is important for a number of reasons. It helps keep the heart muscle strong and it helps the vascular system stay healthy. Cardiovascular exercise helps the body manage glucose which is important in diabetes and weight management.

Balance

Performing balance exercises is best done with supervision. It is important to complete balance exercises as part of a fall prevention program. We have different strategies to maintain our balance including using the muscles in our ankles, hips, and by taking a step. Balance training helps these reactions become automatic.

WELLBEING CENTRE

The wellbeing centre is located on the ground floor of Rathdowne place. It is run by transform physiotherapy. The centre has private treatment rooms, a hydrotherapy pool, and a gym area. We offer individual and group sessions as well as pilates classes. We have new hours, and encourage anyone who is interested to drop by and speak with us regarding having an assessment and treatments. Please note that the services at the wellbeing centre are available to residents, family, staff, and the general public.

Hours

Monday 12:30-5:00

Tuesday 8:00-12:00

Wednesday 12:30-5:00

Thursday 8:00-5:00

Friday 8:00-12:00

Osteoarthritis (OA)

Unfortunately, osteoarthritis is a common condition in the ageing population. It occurs when the cartilage between two bones wears away and the bones start to rub on each other. It is common in weight bearing joints including the knees, hips, and spine.

Management can be difficult as there is no cure for OA besides replacing the joint. It is generally advisable to hold off on surgery for as long as possible as surgery comes with its own set of complications. It is important to have a team to manage this condition. The team can include, but is not limited to a GP, occupational therapist, pharmacist, dietician, and of course, a physiotherapist. The roles of the physiotherapist can be as follows.

1. Pain relief strategies- these can include hands on work, positioning suggestions, and other therapeutic modalities.
2. Strengthening- often the muscles around an arthritic joint become weakened, and a good strengthening program can assist with improved function.

3. Range of motion- maintaining the movement in the joint is important for proper function.

Keeping people moving is the main goal of a physiotherapy program. Physiotherapists will conduct an assessment and develop a treatment plan. The treatment will include a home exercise program as it is important to be able to self manage chronic conditions. A gym or hydrotherapy program may also be recommended.

If you are interested in finding out more about what physiotherapist can do for your osteoarthritis or other conditions, please drop by the wellbeing centre or contact us a 9240-7090.

+ New Activities



Tai Chi

with Averil

After many great reviews, our new Tai Chi class is here to stay. Averil Lewis, our Tai Chi instructor has carefully formulated a class that specifically caters for seniors. The classes begin with warm-up exercises and finish with cool-down exercises. Participants are encouraged to work within their comfort level at all times. Classes run on a fortnightly basis for approximately one hour. If you are interested in trying out this class, please wear loose, comfortable clothing and flat-soled shoes suitable for exercise.

Day: Friday (on a fortnightly basis)

Time: 11.00am

Where: Day Respite Centre, Ground Floor

Spanish Classes

with Carolina

Our team has recently welcomed our new volunteer Carolina Rincon on board. Carolina has been very kind to offer her time and expertise by holding one Spanish class per week for residents. Why not add another language to your repertoire of skills and join us in learning Spanish? Classes run between one and two hours. If you are interested in taking advantage of this fantastic opportunity, make sure you bring a pen, paper and an eager mind to learn.

Day: Tuesday

Time: 2.30pm

Where: Activities Room, Level 3

Salsa Dancing

with Jasbleidy

We have been very fortunate to welcome Jasbleidy Ovieto to the team. Jasbleidy is one of our fresh faced volunteers who is currently running a beginner salsa class in conjunction with Danielle's gymnastics class. Jasbleidy is eager to start her very on class at a new time slot, so make sure you make your way down to level two to show your enthusiasm and get this class moving.

Day: Thursday

Time: 11.00am

Where: Activities Room, Level 2

Documentary Club

with Michelle

We have recently introduced the 'Documentary Club' to the cinema on a Wednesday. If you have a keen interest for the world around you please join us to watch a short documentary and engage in a thoughtful discussion with Michelle Garita afterward. If you have any particular requests on which documentary you would like to view, please do not hesitate to fill out a 'tell us about it' form and let us know.

Day: Wednesday

Time: 1.30pm

Where: Cinema, Level 1

Book Club

with Anne-Maree

In the upcoming weeks, we are hoping to kick start a 'Book Club' for residents and relatives that are interested. If you are an avid reader, and enjoy discussing an array of genres please let your interest be known to Anne-Maree Wilton in the Day Respite Centre. We hope our introductory book club meeting will begin the foundation of the books we intend to delve into. As of yet, there is no set time or day for the book club. However, please make sure you show your interest so we can get back to you on when it will all take place.

Written by John McGeachen



Composers of Great Note

Left—J.S.Bach—1685—1750.

Right—Dmitri Shostakovich—1906—1975

Reasons for these two later.



Music at Rathdownne

1 I must say that the evolution of Music came from noise, beating two sticks together, or similar, could have been for warning or communications. Very possible. To evolve from this there had to be a number variations on the simple beat.

2. Beat, cadence, tempo, time, pace, pulse, throb, lilt, swing. Definitions of these musical words can take up a lot of time but let us have a quick look at a few.

3. Tempo—Beats per minute.—A capriccio—Beat music
Rhythm—Rhythm of his breathing—rock music thumped.
Melody— Sweet music— Tunefulness.

Fugue— Interweaving repetitive elements—themes introduced and interwoven through different instrumental parts.

The two composers mentioned above are separated in time by 200yrs. I would say that they were kindred brothers, in the art of the Fugue. That is, 24 prelude-fugue pairs) for solo piano. Dmitri Shostakovich, 200yrs. later than Bach. That is not to say, others did not compose Fugues—Beethoven Op. 133 .Grosse-Fugue Which was in String Quartet form. in B-flat, Op. 130. This Quartet, had its last movement, which is 16mins long, taken from 130. We have 133-1movt. The complete 24 prelude-fugue pairs of Shostakovich, takes about two and a half hours to perform. It is considered one of the greatest examples of music written in all major and/or minor keys. Hence the reference to

The Composers of Note.

Music is Life, Life is Music

with John

We are very lucky to have our very own resident from level 5, John McGeachen facilitating his own music appreciation activity. John has a great deal of passion for classical music and its composers, so please take the opportunity to make your way up to level five and support John.

Day: Monday

Time: 11.00am

Where: Lounge Area, Level 5

+ A Snap Shot of Outings Past

February

Morning Melodies

Lunch at Fairfield Boathouse

Grants Picnic Reserve



March

Lunch at Beasley's Nursery

Lunch at Ripponlea

Scenic Bus Trip to St Kilda



April

Warrantina Lavender Farm

Shrine of Remembrance Tour

Blackburn Lake





Key Dates Celebrated

February



Ovarian Cancer Awareness Month

In Australia, four women are diagnosed with ovarian cancer each day. To show our support, Rathdowne Place wore a touch of teal on teal ribbon day to raise awareness for the disease. There was also an afternoon tea available for residents on each floor.

Chinese New Year



To celebrate Chinese New Year this year, Rathdowne Place hosted a Chinese traditional tea club in conjunction with coffee club as well as a Chinese inspired lunch for all the floors. The art and craft activities for the day involved making Chinese lanterns to celebrate the New Year.

Shrove Tuesday

To recognise the beginning of Lent, pancakes were made on each level to celebrate Shrove Tuesday.

March



Valentine's Day & Red Feb

In conjunction with Valentine's Day, staff and residents were encouraged to wear a touch of red to recognise heart disease as well as Valentine's Day.

St Patrick's Day

We were very lucky to have the pleasure of watching the girls from Christine Ayer's School of Irish Dancing perform. It was a fantastic way to celebrate St Pat's day at Rathdowne Place for the very first time. Many staff and residents made sure that they wore green and decorated their floors to celebrate.

April



Cultural Diversity Festival

To celebrate Cultural Diversity week this year, Rathdowne Place was proud to host their first festival for residents, relatives, staff and the Carlton Community.

Easter

To recognise Easter this year, there was a Catholic Church service available on Easter Saturday and a non-denominational service available on the Wednesday leading up to Easter Sunday. Easter inspired art and craft activities were also available.

+ Upcoming Key Dates

+ May

- 1st Labour Day (Italy)
- 10th Mother's Day
- 12th International Nurse's Day
- 14th Ascension Day (Christian)
- 24th Pentecost (Christian)
- 24th Whit Sunday (Christian)
- 26th National Sorry Day
- 28th Australian's Biggest Morning Tea
- 31st Trinity Sunday (Christian)

+ June

- Bowel Cancer Awareness Month
- 2nd Republic Day (Italy)
- 4th Corpus Christi (Christian)
- 7th Sette Giugno (Malta)
- 8th Queen's Birthday
- 20th Chinese Dragon Boat Festival
- 21st Scottish Father's Day
- 24th The Patron Saint of Turin (Italy)
- 26th Red Nose Day
- 29th Saint Peter and Paul (Italy)
- 30th Social Media Day

+ July

- 4th Independence Day (America)
- 5th - 12th NAIDOC Week
- 12th - 18th Diabetes Awareness Week
- 14th Bastille Day (France)
- 24th Stress Down Day
- 21st Scottish Father's Day
- 25th White Ribbon Night

+ Life at Rathdowne Place

With Rex O'Bree



"I don't have time to read anymore because of all the activities."

Rex O'Bree is one of our keen participants of the programme at Rathdowne Place. He thrives on trying something new, and always enjoys having his hand in every activity that is available to him.

'I like the fact that there are plenty of activities available to me. I like to be kept busy. My favourite activity would have to be a toss up between the outings or walking,

I also love bocce, I enjoy companionship and being with likeminded residents who enjoy competing.'

Currently, Rex is taking advantage of the Spanish classes offered.

'I find it a little bit difficult, but it's something different, a challenge. I love languages. I studied German at school and it was my best subject,' said Rex.

With all the activities that Rex so actively takes part in, he no longer has the time to read his books. Rex is an avid reader and enjoys books of the historical genre. Rex is very eager for the book club to start so that he can reconnect with his love of reading.



FITNESS FRENZY



THANKS TO EVERYONE FOR YOUR PARTICIPATION IN THE MARCH FITNESS FRENZY.

A SPECIAL CONGRATULATIONS TO OUR WINNERS:

LEVEL 4



Volunteer Recruitment

We are very lucky to have the helping hand of many generous volunteers here at Rathdowne Place, but there is always room for more. We are currently desperately in need of volunteers for the following:

- To drive the bus for outings Monday-Friday, or alternatively to assist by attending outings

- To teach beginner Italian classes
- To facilitate an intelligent and thoughtful discussion on topics of a political and economics nature

If you or anyone you know is willing to assist please forward your expression of interest to Anne-Maree via awilton@australianunity.com.au

+ Hall of Fame

Rathdowne Place would like to get to know its team better. We would like you to write something about yourself, your interests and your career objectives. If you have not done so already, please email dsimmons@australianunity.com.au with a photo and something you have written about yourself. We would love to hear all about you and the person you are.

+ Staff News

+ Welcome to Rathdowne Place

Over the past three months we have had some new faces to the team. Please take the time to extend to them a warm welcome.

Usha Thapa
Trudy Leigh
Louise Evans-Mirabile
Nick Corroale
Bjorn Mayrina
Raksha Lama
Isaac Kabochi
Eryn Moore
Sharon Russell
Justin Dougherty
Tess Reyes

Marthes Harrington
Sukhjinder Romana
Ruma Rahim
Helen Fibbins
Ann Wijerathne
Charlotte Talatau
Jacinta McGowen
Deanna Simmons
Cassandra Abbott
Tania Grubisic
Mulenga Sangana

Anupama Karki
Emma Houghton
Eileen Ibanez
Olivia Kyomugisha
Rosemary McHenry
Zubeyda Ahmed
Stuart McDonald
Paola Faoro
Talent Nemaunga
Kamana Proudell
Trishnala Krishna

Arti Singh
Nicholas Coonan

+ One Year Forward

We are quickly approaching our one year anniversary here at Rathdowne Place, and we could not be more excited. We have so much to recognise and be thankful for. We have accomplished so much over the past year and have really solidified our place in the Carlton community, but we have so far yet to go. For now, we would like to take the time to recognise and thank the incredible team at Rathdowne Place for all of their hard work and dedication. We are hosting a cocktail party for all staff and their partners at the Kent Hotel on Friday the 22nd of May. It will be a wonderful night and we would love to see as many of you there as possible. If you are interested in attending, please make sure you forward your RSVP to reception by Monday the 11th of May.



Congratulatory & Farewell Messages

Shanae Sewell

Shanae Sewell was appointed Events Coordinator at Rathdowne Place in late April, 2014 just before Rathdowne Place opened its doors. Since then, she has worked with her team to develop and implement an events program that excited, engaged and supported the ideals of the socially driven Better Together model. Shanae and her team were incredibly passionate about engaging residents in exciting activities and giving them the opportunity to socialise and participate in meaningful and exciting events that created a warm and inviting environment. Shanae was incredibly proud of the work she did at Rathdowne Place and the relationships she made with residents, relatives and staff. In early March, Shanae was offered an opportunity to take on a new challenge and was promoted and moved over to work in the Home and Community Care business unit at Australian Unity in the position of Community Liaison Manager for the Grampians region.

We wish Shanae all the best in her new role, and have no doubt that through her hard work and dedication she will exceed in all her future career endeavors.

Di Harrold

Recently we have had the pleasure of working with Di Harrold as our interim general manager of Rathdowne Place. Di was very generous to offer her time and expertise to assist us and we are all very grateful. We thank Di for all of her hard work and dedication toward the ongoing development of our facility.

We wish Di a relaxing and enjoyable holiday in France.

Ciara Matthews

Ciara Matthews has worked at Rathdowne place since April, 2014. Ciara was initially employed to work Saturday and Sunday on a permanent part-time basis. After five months, Ciara was offered to work at a full time capacity Monday to Friday. Together with Shanae, Ciara assisted to craft and develop the events department to be in line with the vision of Australian Unity. In early March this year, Ciara was offered Shanae's position as Events and Functions Coordinator. Roughly two months after being in this role, Ciara decided to try her luck at applying for a position in the marketing division of head office. Management immediately recognised her talent and she was offered the position of marketing coordinator shortly after.

Ciara will be sorely missed at Rathdowne Place. We thank her for all of her hard work and wish her all the best in her new position.

Katie Kinden

In early March, 2015 we said good bye to Katie Kinden. In the upcoming weeks following Katie's departure, she was due to have her second child. Katie was initially employed on a one year contract as Workforce Management Administrator. Her role was dedicated to assisting the facility to get up and running after its grand opening in May 2014. Katie is very thankful to have had the opportunity to work alongside such a great team.

We wish Katie the very best with her newest addition to her family and on all her future career opportunities.

The Senior Team

At Rathdownne Place



Interim General Manager
Michelle Garita



Clinical Care Manager
Kimberley Miller



Admission Nurse
Jade McGaw



Funding Manager
Gwen Milne



Administration Manager
Joanne Trickey



Care Manager
Mary Fromberger



Events & Functions Coordinator
Ciara Matthews



Chef
Marcus Gildon



Day Respite Manager
Anne-Maree Wilton



**Level One
Care Partner**
Carlos Gasett



**Level Two
Care Partner**
Connie Dinu



**Level Three
Care Partner**
Adel Mosely



**Level Four
Care Partner**
Rupinder Kaur



**Level Five
Care Partner**
Chris Shakes



Weekend RN
Jo Oster



Laundry Supervisor
Davina Brown



Maintenance
George Boscolo

+

Please note: Under no circumstances is smoking tolerated here at Rathdowne Place. If you wish to smoke, please do so outside at least ten metres away from the facility.