

OLD COLONISTS'
ASSOCIATION OF VICTORIA

15 

Y E A R S



Annual Report
2021



OUR VISION

To be the benchmark provider of affordable, independent community living for elderly Victorians.



OUR VALUES

- Safety
- Dignity
- Openness
- Responsibility
- Continual improvement
- Affordability
- Diversity
- Inclusion



OUR MISSION

The Old Colonists' Association of Victoria is a charity serving elderly Victorians needing affordable, safe and dignified independent community living, together with appropriate and practicable continuing care.



OUR HISTORY

The Association was founded in 1869 and has been providing accommodation and care to elderly Victorians ever since. Today we have four villages: Braeside Park (independent and assisted living), Currie Park (independent and assisted living), Leith Park (independent living and aged care) and Rushall Park (independent and assisted living).

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FROM THE PRESIDENT

Renew and refresh have been very much the themes of the past year for Old Colonists' Association of Victoria. While it would have been easy to remain 'stuck' in the many lockdowns, we have used the time to picture what the future could be for our association.

Earlier in 2021, we committed to rebranding with a new name and logo to take us forward. Work has been progressing steadily and we thank our stakeholders for their input into the process. We anticipate launching our new brand early in 2022.

We have also been developing a new and ambitious vision which sets out our strategy for the next five years, building on our Vision 2020. The strategy embraces plans to broaden our service offering, deliver more affordable housing, improve the built environment within our villages and build a culture of innovation. All aimed at accommodating and enriching the lives of our elders.

The recent announcement of our move into Home Care services is a significant step forward for OCAV and one that is aimed squarely at maintaining the independence of our residents for as long as possible.

Throughout the year we have continued to utilise our knowledge and experience in retirement living and aged care to advocate for improved outcomes for older Victorians. Submissions to both Federal and Victorian governments calling for changes to legislation and policy regarding housing, finances, retirement villages and the Royal Commission into Aged Care Quality and Safety.

Our main calls have been for the Federal Government to commit to a timetable of aged care reform, clear milestone deadlines and associated funding. These include investing in a new Aged Care Act by July 2023 based on human rights; increasing the maximum rate of Commonwealth Rent Assistance and commit to consulting on a new model. We have also urged the Federal Government to allocate funding to social and affordable housing.

We contributed to the review of the Retirement Villages Act in Victoria. Our view is that any changes to the act should reflect the many ways that retirement villages operate, and that a clear purpose and set of rights and responsibilities should go a long way to protect both residents and operators.

This year we have welcomed three new councillors to our ranks, each of whom come with an extraordinary wealth of expertise, experience and genuine interest in the care and wellbeing of the elderly. **Dr Mary Britton** is a consultant Physician and Geriatrician; **Dr Philomena Horsley** is a medical anthropologist with particular interests in research ethics; ageing and aged care; and **Peter Slifirski** is a registered architect with 30 years in the architecture, property and construction industry. I look forward to working with them closely.

We farewelled **Ray Harvey** and **Carl Wood**, and thank them both for their extraordinary contribution to the affairs of the Association.

May I take this opportunity to thank all Councillors who give so freely of their time, and who share a vision for the care and wellbeing of our residents. I extend our gratitude to our supporters, donors, volunteers and residents, and our dedicated team whose commitment to each resident over the past year is appreciated all the more through these challenging times.



Kevin Neville
President

THE COUNCIL

PRESIDENT

Kevin Neville

VICE PRESIDENT

Leslie Wood

TREASURER

Carl Maissan

SENIOR STAFF

Phillip Wohlers,
Chief Executive Officer

Tim Scott,
Chief Operating Officer

Kerry Feistl,
Director of Nursing

Dennis Ly,
Financial Controller

Kim D'Angelis,
Volunteer Coordinator

Karen Ernest,
*Residents' Coordinator,
Leith Park and Currie Park*

Jacqueline Taylor,
*Residents' Coordinator,
Rushall Park and Braeside Park*

Jon Tupou,
Property Manager

THE COUNCIL

Kevin Neville

Leslie Wood

Carl Maissan

Dominique Horne

Jen Roche

Judy Sharp

Lyndsay Neilson

Ray Harvey

Carl Wood

Dr Mary Britton

Peter Slifirski

Dr Philomena Horsley

FINANCE AND AUDIT COMMITTEE

Carl Maissan

Kevin Neville

Lyndsay Neilson

Ray Harvey

CARE COMMITTEE

Judy Sharp

Dominique Horne

Carl Wood

Dr Mary Britton

GOVERNANCE COMMITTEE

Leslie Wood

Kevin Neville

Carl Wood

DEVELOPMENT AND INNOVATION COMMITTEE

Ray Harvey

Kevin Neville

Jen Roche

Lyndsay Neilson

NUMBER OF MEETINGS

6 of 6

6 of 6

6 of 6

5 of 6

6 of 6

6 of 6

6 of 6

5 of 5

3 of 3

1 of 1

1 of 1

1 of 1

NUMBER OF MEETINGS

4 of 4

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NUMBER OF MEETINGS

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NUMBER OF MEETINGS

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NUMBER OF MEETINGS

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2 of 2

Image (L-R):

Peter Slifirski,
Dr Philomena Horsley
and Dr Mary Britton.



FROM THE CHIEF EXECUTIVE OFFICER

This year heralded the start of the United Nations' Decade of Healthy Ageing (2021 – 2030), ten years of concerted and collaborative action to improve the lives of older people, their families and the communities in which they live.



This gives us the opportunity to reflect on our achievements to date and to look forward to the ways we can work to promote healthy and positive ageing rather than the usual stereotypes of old age.

The past year has been one of see-sawing through lockdowns while making the most of periods of calm. While it has been challenging, it has also been intensely rewarding to see the progress that has been made on several fronts.

We have completed the final stage of our developments at Leith Park, and have welcomed in new residents. They have adjusted well into their new 'downsized' life, albeit unable to make the most of the richness that life in an OCAV community offers.

In every village, staff, volunteers and residents have worked hard to support each other with many initiatives developed, many of which will remain. There is absolutely no shortage of ideas or solutions to perceived problems at the Old Colonists' Association of Victoria.

Partnerships have continued to grow throughout the year. We have continued to strengthen our ties with philanthropic trusts, research institutes, and community organisations.

One of the most exciting philanthropic grants has been to create a retro café at Liscombe House. The café is now the central hub for residents and staff and when lockdown lifts we look forward to welcoming back our families and our volunteers. It is not just a place to get a coffee; it is a meeting point, a place to connect, to inspire conversations, and to feel part of the community.

This sense of community has come through every village over the past year, whether in creative art projects at Currie Park and Rushall Park, gardening at Leith Park, or music and wellbeing at Braeside Park. We are indeed a living community.

There is no doubt that COVID-19 has affected all of us. We have had to change the way we work and connect with each other. We are also aware of the vulnerability of our residents across our villages and the trust placed in us by the families of our Liscombe House residents.

May I take this opportunity to thank everyone for their contribution to making OCAV a happy and vibrant place to live and work, for their commitment and resilience to soldiering on through the pandemic and all the other achievements we have accomplished together. I am immensely proud of what we have achieved during what can best be described as a gruelling year.

Phillip Wohlers
Chief Executive Officer

HIGHLIGHTS OF THE YEAR

The past year saw OCAV taking advantage of the lockdowns to plan and initiate new services, some of which came to fruition during the year: these included the completion of Melaleuca, the last multi-million-dollar development at Leith Park, restoration of the historic chimneys at Rushall Park, residents introducing different activities to encourage COVID-19 safe interaction; and the start of a rebranding strategy.

These positive measures were achieved alongside concentrated and successful efforts to keep Liscombe House and the four villages COVID-19 safe and free. These included regular communications with residents and Liscombe House families, intensive staff training about the virus, PPE, infection control, and providing staff with timely wellbeing support through the Black Dog Institute.

OUR RESIDENTS

Across all villages, residents have been immersed in finding ways to beat the lockdown blues and support each other. Regular COVID-safe walks were introduced in each village, cakes baked and sold to raise funds for communal projects, and artwork created. Keeping in touch with the outside world saw residents increasingly use technology to connect with friends and families across the world.

OUR VOLUNTEERS

While many volunteers were unable to continue their usual support efforts, many switched to being part of a pen pal program between Liscombe House residents and volunteers, working in the villages' gardens and taking part in helping residents write their life stories. This year's National Volunteers' Week was held during May – and during a break from lockdown. Volunteers across all villages enjoyed thank-you coffee mornings with OCAV staff.

OUR STAFF

We farewelled Shaaron Robilliard, Director of Nursing for 20 years, and welcomed Kerry Feistl, as the new Director of Nursing.

Several staff reached significant milestones in their careers with OCAV. Phillip Wohlers, CEO, notched up 22 years with the organisation. Others included: Leith Park, Karen Ernest (25 years); Desmond Nye (36 years); Rushall Park, Errol McKenzie (33 years); Liscombe House, Loretta Irani (26 years), Kathleen Tarry (25 years), Kerri-Ann Heers (25 years), Nadia Nikoloska (25 years) Ann Place (22 years), Theresa Marsh (22 years) and Katrina Garnsey (21 years).



ACCREDITATION

Liscombe House achieved a further year's accreditation from the Australian Aged Care Quality & Safety Commission. The organisation's commitment to continuous improvement and compliance with the quality standards were singled out by the Australian Aged Care Quality & Safety Commission.

POTS OF HOPE

Over 200 terracotta pots of hope now sit pride of place in residents' gardens across all four of OCAV villages thanks to sponsorship from the AMES community group (Oasis Horticulture, Seasol, Mr Fothergill's Seeds, Cycone, Nylex) and Northcote Pottery. The pots, handcrafted in Italy and perfect for container gardening, are part of an ongoing partnership which began when Liscombe House receptionist Jane Glynn won a national competition last year for a garden makeover at Leith Park. The sponsorship also included vegetables and flowers

SUSTAINABLE VILLAGES

OCAV continued its journey to become plastic and waste free. Braeside Park is well on its way to its goal to be plastic free within the next year, and has more plans to switch to reusable alternatives. In Rushall Park, residents and staff are involved in a cardboard collection service with the City of Yarra. The village is one of 50 sites chosen across the council's jurisdiction. The aim of the trial is to help determine whether a separate cardboard collection will improve the way the council manages cardboard recycling.

CHIMNEY RESTORATION

Fifty- seven heritage listed cottages at Rushall Park retirement village had their chimneys and facades restored during the year. The process involved the removal of old paintwork and areas of the chimneys and facades where water ingress had caused erosion and damage to the stonework. This project is of immense significance to the provision of affordable retirement living for vulnerable seniors. Repairing these cottages - some of which have been housing vulnerable seniors for the past 150 years - has assured their protection for at least the next 50 years. The Ian Rollo Currie Estate funded the restoration work.



 **170**
staff

 **137**
staff are women

 **33**
staff are men

 **194**
volunteers

 **3,592**
hours contributed
by volunteers

 **147**
volunteers are women

 **47**
volunteers are men

 **75**
volunteers at
Rushall Park

 **93**
volunteers at **Leith Park**
and **Liscombe House**

 **12**
volunteers at **Currie Park**

 **14**
volunteers at
Braeside Park



RESEARCH IN ACTION



Residents from Liscombe House and Leith Park took part in three research projects overseen by the National Ageing Research Institute.

HEALTH AND WELLBEING OF AGED CARE RESIDENTS LIVING WITH DEMENTIA

Residents living with dementia have been taking part in a program using the purpose-built exercise park outside Liscombe House. It is the first research of its type to test and apply an outside exercise program to people living with dementia. The research has been funded through the international arm of the Alzheimer's Association.

An estimated 365,000 Australians had dementia in 2017, 99% of whom were aged 60 and over. The total number of people affected by dementia is projected to rise to 900,000 by 2050.

The feasibility randomised controlled trial focuses on mobility and strength

in a group setting, emphasising socialisation and enjoyment. Each participant is undergoing a 12-week structured supervised program using the equipment followed by 12 weeks of independent exercise. There is also a control group.

The Seniors Exercise Park was installed at Leith Park in July 2019 in partnership with the National Ageing Research Institute (NARI) with funding from Perpetual's 2018 IMPACT Philanthropy Program and Gandel Philanthropy. Lark Industries supplied the eight exercise stations tailored to older people, designed to improve strength, balance and mobility.

LEITH PARK RESIDENTS ENJOY THE EXERCISE PARK

Research findings into ENJOY, a physical and mental health and wellbeing program which included Leith Park residents have been published in BMC Geriatrics.

The findings showed that those who regularly exercise enjoy significant improvements in physical strength and functional mobility, which were sustained long term.

OCAV Leith Park residents took part in the ENJOY program alongside residents from Whittlesea City Council and Wyndham City Council.

The program has been supported through Gandel Philanthropy.

BEFRIENDING AGED CARE RESIDENTS

Liscombe House residents have been taking part in an Australian-first study to provide better evidence for ways to support the mental health of older people in aged care.

BEFRIENDAS consists of randomised controlled trials to investigate the impact of befriending, provided by trained volunteers, on levels of depression, anxiety, social support, and loneliness in older people living in residential aged care.

During COVID lockdowns, the intervention was adapted to include contact via video, phone or letters as well as face-to-face visiting. Qualitative research with volunteers showed they could adapt their connections using different technologies, and while face-to-face contact was preferred, other connections can still be valuable.

The program is supported Beyond Blue, the National Health and Medical Research Council (NHMRC) and Perpetual Impact.



INDUSTRY LEADERSHIP



OCAV continues to make submissions to the Federal and Victorian governments, and to collaborate across the retirement village and aged care sectors on issues important for older Victorians.

Submissions this year included the **Royal Commission into Aged Care Quality and Safety on COVID-19**, the **Victorian Royal Commission into Mental Health**, the **Ten-Year Social and Affordable Housing Strategy for Victoria**, the **Victorian Retirement Villages Act**.

ROYAL COMMISSION INTO AGED CARE QUALITY AND SAFETY

OCAV welcomed the six recommendations in the final report from the Royal Commission into Aged Care Quality and Safety, but urged the Federal Government to act on its pledge to implement them.

The six recommendations include a new National Aged Care Act to be introduced by 2021, funding for more staff, a national aged care strategy, better infection control and training, and improved access to allied health and mental health services for aged care residents. The Federal Government responded with a \$17.7 billion commitment in its most recent budget.

ROADMAP TO REFORM

OCAV took part in a Roadmap to Reform campaign to effect change in aged care. Its expertise in retirement living was drawn on in an industry panel to discuss how to improve the sector and make it more sustainable, compassionate, accessible and fit-for-purpose. OCAV used the panel to highlight the need for tailored grant programs to drive research and innovative programs.

HOUSING

OCAV made several submissions on affordable housing throughout the year including the Victorian Government's Ten-Year Social and Affordable Housing Strategy in which it called on the government to reinvest in the independent living retirement village sector and to make it easier for not-for-profit providers with a successful housing track record to become community housing providers. It also argued that all levels of government should treat affordable housing as essential infrastructure.

In its response to the Victorian Inquiry into Homelessness, OCAV welcomed the recommendation to include the right to housing in the



1.05m

Victorians aged 65+ as of 30 June 2020



2.13m

Victorians aged 65+ by 30 June 2051

Victorian Charter of Human Rights and Responsibilities, as well as the need for new mechanisms to deliver more affordable and social housing like inclusionary zoning, and priority use of surplus Government land, as well as ongoing direct investment by Government.

RETIREMENT LIVING

Our submission into the Victorian Retirement Villages Act argued that the current scope is too narrow and too focused on the Deferred Management Fee /commercial model. OCAV supports a rights-based framework with one crucial caveat: there needs to be greater clarity around resident rights and resident responsibilities.



LIVING ACROSS OUR VILLAGES



Over the past year, residents have steered their way through the long lockdowns with humour and resilience. Each village developed different initiatives to ensure every resident was supported. Against the backdrop of COVID-19, residents continued to contribute within and outside their villages, volunteering their time and fundraising for many different groups including Probus, Rotary, Lions and local churches.

BRAESIDE PARK

A highlight of the year was the start of a Music and Wellbeing program, funded through the City of Casey. Led by volunteer Lynette Occhipinti, a group of residents met as often as possible to play instruments and listen to favourite singers such as Neil Diamond, Gene Kelly, and The Seekers.

Enabling residents to feel safe at night has also been paramount at Braeside Park with new street lighting installed throughout the village. Ramps have also been installed in and around the communal and assisted living areas as part of OCAV's ongoing falls and trip hazards removal program.

CURRIE PARK

Residents may not have been able to leave Australia but thanks to funding for virtual reality experiences from Ian Currie Rollo Estate Foundation's Caring for Rural Australians program, they have been able to have a go at skydiving, visiting China, London, and outer space.

The virtual reality experience is the brainchild of Melbourne-based start-up SilVR Adventures and involves training OCAV staff to guide group sessions with residents, who each wear a VR headset, through a range of scenarios. SilVR is working with two Sydney-based universities to research benefits from the virtual reality adventures. Results so far show that the technology has helped to improve memory and help mobility.

The residents' arts group, led by Gillian Coates, has begun work on three mosaic panels which, once complete, will adorn one of the walls in Currie Park. The panels will be a welcome addition to the sculptural garden art which is already in place near the village's fish ponds.





LEITH PARK

A highlight of the year has been the ongoing work to renew the common garden areas throughout Leith Park. The gardening team, with help from volunteers and residents, have been planting vegetables, fruit trees, bulbs and shrubs throughout the village. Cover crops have also been introduced to manage the soil structure.

A plan for the dry creek area has been prepared which includes native grasses and ground covers, the establishment of a water source and more habitats for native animals. The team has been assisted by Bruce Smith, a Liscombe House resident. The Men's Shed has put new equipment purchased through the Victorian Men's Shed Association to good use. Members have built bowling boxes for Liscombe House residents. The Shedders have also received support from Bunnings Eltham.



100
are women



40
are men



12
people aged
90 plus

RUSHALL PARK

The year of the lockdown is how many Rushall Park residents viewed the past 12 months. Those memories were put to good use in the publication of *2020: A Creative response during the year of the COVID-19 pandemic*, spearheaded by Rushall Park resident Marie-Louise Anderson.

The publication was launched by Carolyn Fraser, senior curator from State Library of Victoria in early February 2021. She is responsible for collecting material on COVID-19 to go into the State Library's archives.

The publication contains 30 reflections from residents together with artwork and photographs.

The Honesty Basket project, an initiative of resident Jennifer Barden, started after the closure of the much-loved Kiosk due to the pandemic lockdown. Rather than give up, fourteen bakers, now known as The Basketeers, committed to providing homemade delicacies weekly for residents to buy.

The concept of a recipe book entitled *'Rescue Remedies'* emerged from the Honesty Basket project. The book was launched in late 2020. In all there are 40 recipes covering cakes, slices, savouries, and everything in between.



157
are women



34
are men



18
people aged
90 plus



The past year has been like no other in Liscombe House due to the extended Victoria-wide lockdowns which barred visitors entering the aged care home. Staff and volunteers were scarcely recognisable with the compulsory wearing of face masks and face shields. The three wings were kept separate to minimise infection.

Despite this backdrop, residents were kept connected with their families and friends through window visits, regular phone calls, zoom, skype and facetime calls all made possible through the lifestyle team and volunteers.

The clinical care team navigated the various aged care directions, paying special attention to the wellbeing of residents and staff. Staff were kept up to date with training and the COVID-19 latest advice as well as ensuring business as usual work was maintained.

DIRECTORS OF NURSING RETIRE AND JOIN

Towards the end of 2020, Shaaron Robilliard retired. She joined OCAV in 1980 as a unit manager. Her last nine years were spent as Director of Nursing. Some of the initiatives she oversaw included a new IT system, a varied and expansive education and training program, and connecting in with researchers investigating nutrition, exercise and virtual reality.

These initiatives, as well as her attention to infection control, best practice dementia management, and the increasing role of palliative nursing, have resulted in four successful accreditations for Liscombe House, national awards, and a loyal team.

In early December 2020, Kerry Feistl joined OCAV as Director of Nursing. Her word mantra is to care, listen and learn - words she says apply to everyone associated with Liscombe House.

Kerry started in the nursing profession as a Personal Care Assistant and worked up her career ladder to becoming an enrolled nurse, registered nurse, clinical care coordinator and then into the position of Director of Nursing.

TRAINING HOURS

Over the past year, 1,727 training hours were recorded. Much of it was done on-line due to lockdowns. Training included Infection prevention and control, delivered by Aspen; Aged Care Learning Solutions delivered training in the new aged care standards, chemical restraint, deterioration, hearing loss, medication, delirium, falls, antimicrobial stewardship, partnering in care, nutrition and dehydration, responding to abuse, infection prevention and control, dignity and respect, SIRS, depression, customer service, Covid-19, fire safety, and manual handling.

A highlight of the training year was Dignity of Risk, an online program delivered by former OCAV Councillor Professor Joseph Ibrahim to Liscombe House staff, senior managers and the OCAV Councillors. Dignity of risk describes the right of all individuals to choose to take risks when engaging in life experiences. The issue is crucial to the way in which providers manage an individual's dignity in a heavily regulated industry.



PALLIATIVE CARE

During the year, 18 residents were palliated at Liscombe House. Residents choose to 'die at home' rather than in hospital. Staff in the palliative team received online training through the program of experience in the palliative approach (PEPA).

DEMENTIA

Dementia education is a priority program for Liscombe House as OCAV continues its journey to becoming a dementia-friendly organisation. Staff undertook training through Dementia Training Australia, which focussed on everyone's needs.

RESEARCH

Nurses Josephine Katite and Katrina Garnsey took part in national research into managing end of life better. The research, funded through the Australian Government's Department of Health and led by the University of Technology in Sydney, involved the development of a digital dashboard to support care monitoring and reporting. The End of Life Directions for Aged Care (ELDAC) dashboard includes information, guidance and resources to health professionals and aged care workers to support palliative care and advance care planning to improve the care of older Australians.

LISCOMBE HOUSE RESIDENTS

There were many highlights during the year for residents including celebrations to mark Elder Abuse Day, Anzac Day and Daffodil Day.

On International Older Persons' Day, residents took part in a snap survey about becoming older and what they would tell the Prime Minister to do for older people.

Pam Wanless urged him to educate older people on how to spend money so they can live a happier life. Peg Willcocks urged him to listen more carefully to older people and Tony Carroll said the Prime Minister needed to put more funding into the allocation of pensions.

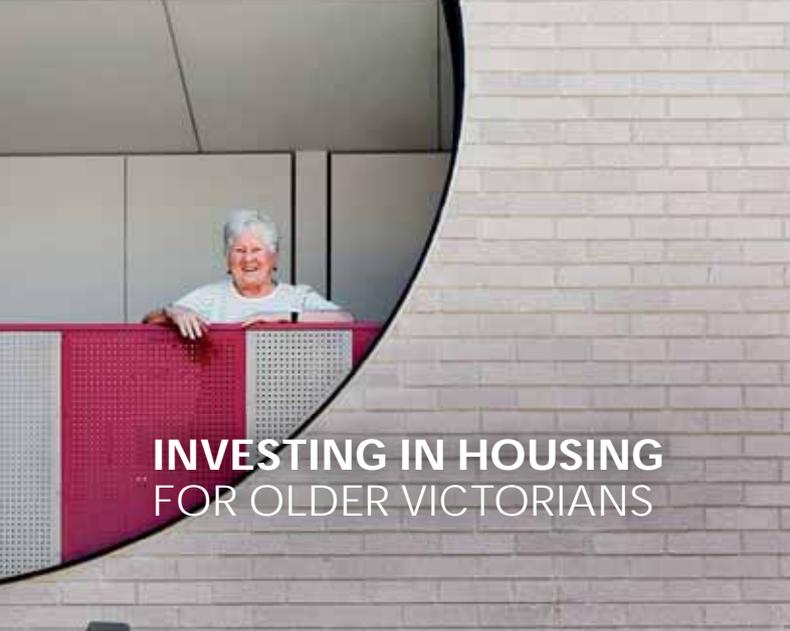
Don Simpson, Liscombe House resident and OCAV's sole centenarian, attended the 80th anniversary of the Siege of Tobruk. Don is one of the original Rats of Tobruk, serving in the 2/32nd battalion.

WELLBEING PROGRAM

Thanks to a grant from the Perpetual IMPACT Philanthropy program, a holistic creative arts therapy program was rolled out through the year. The program, which included painting, craft work, and music, was led by Anna Paddock and Michelle Morgan. While it was meant to have been held face-to-face, much of it was held virtually including arts therapy training for volunteers.

Renowned music therapist Rachael Martin led weekly music sessions with residents in the break between lockdowns. Funding came from Banyule City Council and Perpetual Impact. The music sessions included workshops with volunteers, one on one sessions with residents living with dementia and group workshops.

Puppet performances, through Puppets Alive, were held as often as possible across Liscombe House. The performances are designed to engage residents of various cognitive abilities and impairments by use of live music, visual cues, and humour. Each performance is followed by a personal interaction with a puppet from the show for each attendee.



INVESTING IN HOUSING FOR OLDER VICTORIANS



The past year has seen OCAV's latest developments at Rushall Park and Leith Park receive international and national architectural accolades. Melaleuca, the final development at Leith Park is now complete and fully occupied. A detailed renovation program across all villages was initiated and is well underway.

THIRD LEITH PARK APARTMENT DEVELOPMENT FINALISED

Melaleuca, the latest apartment development at Leith Park, was completed in late 2020, providing 19 one and two bedroom apartments for older Victorians. All apartments were occupied by early 2021. Each apartment is built to dementia and age friendly guidelines - a commitment made by OCAV which is a Victorian Government Age Friendly Community. They also follow the Liveable Housing Design Guidelines' gold standard design principles, and enjoy a six-star energy rating. The developments have been designed by the award-winning MGS Architects.

ARCHITECTURAL AWARDS

Two of OCAV's major housing projects were recognised in the **Victorian Architecture Awards** in the Residential Architecture Multiple Housing category.

Rushall Park received a Commendation and Leith Park, an Architecture Award with the Jury citing: "At a time when aged care is in the spotlight, this project presents an uplifting example of the typology. The most successful move is in the form of oversized, connecting, covered walkways which expand to form seating opportunities. These comfortable, open air spaces encourage unplanned interactions and are just one example of the client and architects' great sensitivity in considering the residents' needs."

Rushall Park was one of five Australian architectural shortlisted in the **World Architecture News Awards**, and the only one in the best affordable housing

section. The 35 one and two-bedroom independent living units showcase the innovation being applied to contemporary social and affordable housing while complementing the heritage village.

The new development - with three distinct buildings named after well-known benefactors Lucy Coppin (daughter of the founder George Coppin), Bryan Blythe (a Life Governor and former Councillor and President) and Jean Stewart (a generous donor) - does not have Dutch gables nor highly ornate chimneys of the original homes. This is intentional and follows the direction of Coppin who wanted the village to evolve in its own style and in the architecture of the day.

OCAV commissioned MGS Architects to design the new developments.

RESTORATIONS AND RENOVATIONS

Two major heritage home restorations were finalised last year at Rushall Park, including one in Sumner Avenue built in memory of Melbourne business legend Randal Alcock. A Life Governor of OCAV, Alcock made his fortune in wholesale grocery and shipping operations. He resisted requests to stand for election but, influenced by service, took a keen interest in politics and actively supported Federation. He died in 1927, his estate valued for probate at £865,816. The Alcock cottages were completed in late 1929. The other major restoration was 28 Coppin Avenue, one of five cottages built in memory of notary and travel writer, James Hingston. The restorations were fully funded through OCAV and have been approved by Heritage Victoria.



VOLUNTEERS ARE THE BACKBONE OF OCAV



OCAV continued to attract people of all ages to volunteer in Liscombe House and the four villages. The last year has seen the number of volunteers grow to 194, with many more young people becoming involved and a strong contingent of residents volunteering their time in different ways. The volunteers are aged from 18 to 92, and are working in music therapy, one-on-one visits to residents, pet therapy, men's groups, outings, church services, exercise, IT support, meditation, and so on the activities go.

Diane O'Connor

Currently volunteering at **Leith Park**, there is no typical day for Diane. She takes residents for appointments, works in the kiosk, and welcomes new residents. She is also support person to a 102-year-old Liscombe House resident. Most recently she has set up a small craft group for residents who find it difficult to get out socially.



Christine Dang

Christine is volunteering at **Braeside Park** on the Life Stories' project, which involves her supporting residents to put their memoirs on paper and leave behind a legacy for their children and grandchildren. When she is not volunteering, Christine works full-time as a credit analyst.

Julia Jones

Julia began volunteering at **Currie Park** after leaving the world of corporate work. In between lockdowns, she has worked alongside the residents in the community vegetable garden, started coordinating the village's Virtual Reality program and is part of the planning an Open Day for the village in Autumn 2022.



Peggy and Rose

Peggy, a Lagotto (an Italian retriever) has been a regular face on Sundays around **Rushall Park** over the year when COVID-19 has allowed. Together with her owner Rose Hiscock, Peggy was spending about 15 minutes of pet therapy time with three to four residents each week. There is more to pet therapy than patting. Peggy has proven to be a wonderful conversation starter for residents who otherwise have little contact with family.

Images (clockwise from top left): Christine, Diane, Rose with Peggy, and Julia.



THE IMPACT OF PHILANTHROPY



Residents, staff and visitors to Liscombe House have been enjoying trips to cafes in Italy without having to fly overseas thanks to the arrival of a pop-up retro café funded by Collier Charitable Fund.

The idea for a retro café, made by coffee enthusiast Joe Piazza from 30ml Shot, was conceived during lockdown last year when the Liscombe House lifestyle team was looking for ways to help residents socialise and live as normal a life as possible.

Since opening, the café has become the most popular place in Liscombe House. It has become particularly effective at engaging residents who usually keep to themselves, and residents who typically eat little but who have a nutritious snack when it is accompanied by a hot brew.

Funds from the sale of coffee are reinvested into coffee beans and other barista essentials.

By the end of last year, every resident in Liscombe House had a personalised health kit hanging behind their bedroom door thanks to grants from the **City of Banyule** and **Tobin Brothers**.

Each kit is made up of the essentials of daily nursing care, including a specialised thermometer, blood pressure cuff and stethoscope.

These personalised kits mean that Liscombe House is now a step ahead of hospitals and other aged care homes where items are shared.

Renovations to independent living units at Currie Park continue to make a huge difference to residents. The latest upgrade has been funded through the **Marian and E H Flack Trust**. The unit is now lived in by Alan Ely, a keen cook, who moved into the village after residing

in a men's boarding house. He described the grant as a real gift not only for me but for others who will live in the unit after me."

Music therapy and singing have been the focus of two grants during the past year. The **City of Casey** funded a one-year music for wellbeing program for Braeside Park residents. The program, led by volunteer Lynette Occhipinti has been extended for a further six months because of lockdown restrictions. The program focuses on music making and singing.

In Liscombe House, the **Perpetual Trustees Impact Fund** enabled the start of a musical therapy program for people living with dementia. Led by renowned music therapist Rachael Martin, one-on-one and in group sessions have been held with residents, along with training sessions for staff and volunteers. Although dogged by lockdown, initial signs are that the program is bearing fruit with many residents responding well to the sound of music.

The Men's Shed at Leith Park will be rebuilt next year thanks to funding from the **Ian Rollo Currie Estate**, **Perpetual Trustees Impact Fund**. The shed is used by around 40 residents, and provides a safe place for the men to tinker and build, as well as socialise, and attend educational workshops on a range of topics including mental and physical health, diet and nutrition. The new shed has been designed by architect Thy Tran. It provides more space for men to work on joint and individual projects, space to store tools, more worktop benches, larger windows for natural light, and heating and cooling.



**POWERED BY
PHILANTHROPY**



Throughout last year, OCAV has been able to upgrade cottages, initiate services and programs, and purchase vital equipment for Liscombe House thanks to the generosity of trusts and foundations.

Partner	Amount	Project
Ian Rollo Currie Estate	\$70,000	Men's Shed rebuild for Leith Park
Marian and E H Flack Trust	\$20,000	Renovate one unit at Currie Park
Aged Persons' Welfare Foundation	\$17,350	Equipment for Liscombe House
Collier Charitable Fund	\$10,082	Retro pop up café at Liscombe House
Tobin Brothers	\$4,560	Personalised equipment for Liscombe House
City of Banyule	\$3,615	Music therapy program, Liscombe House
City of Casey	\$3,130	Music program at Braeside Park
Victorian Men's Shed Association	\$2,000	Equipment for Men's Shed, Leith Park
Australian Men's Shed Association	\$1,609	Weights set, first aid training and first aid kit, Leith Park

“

The pop-up café draws out even the shyest of residents – because of the smell of the coffee and the sound of the music. It is bringing joy and improving everyone’s mental health and wellbeing.

”

- Mandy Williamson

STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME FOR THE YEAR ENDED 30 JUNE 2021

	2021	2020
	\$000	\$000
Income		
Government subsidies	6,413	5,495
Independent living fees & charges	2,530	2,233
Ingoing donations	2,495	1,666
Residential care fees & charges	1,647	1,652
Assisted living fees & charges	570	593
Donations & bequests	210	595
Other government grants	208	100
Interest & investment income	131	222
Residential Care lease income	169	168
Miscellaneous income	130	122
Gains on changes in fair value of financial assets	59	33
Total income	14,562	12,879
Expenses		
Employee expenses	(8,609)	(8,032)
Depreciation & impairment losses	(2,368)	(1,969)
Food expenses	(363)	(368)
Repairs & maintenance expenses	(279)	(285)
Finance expenses	(291)	(261)
Rates & services expenses	(264)	(255)
Utilities expense	(220)	(254)
Services & contract expenses	(193)	(159)
Professional services expenses	(104)	(123)
Insurance expenses	(138)	(115)
Medical expenses	(273)	(103)
Cleaning & laundry expenses	(63)	(62)
Audit & other services	(47)	(49)
Printing, stationery & postage	(47)	(41)
Other expenses	(448)	(561)
Total expenses	(13,707)	(12,637)
Surplus (deficit) before tax	855	242
Income tax expense	-	-
Surplus (deficit) for the year	855	242
Other comprehensive income		
<i>Items that may not subsequently be reclassified to profit or loss:</i>		
Changes to fair value of financial assets	460	(85)
Total other comprehensive income (loss)	460	(85)
Total comprehensive income (loss)	1,315	157

STATEMENT OF FINANCIAL POSITION

AS AT 30 JUNE 2021

	2021 \$000	2020 \$000
Assets		
Current		
Cash & cash equivalents	3,103	5,833
Trade & other receivables	2,115	466
Financial assets	152	152
Prepayments	90	69
Total Current Assets	5,460	6,520
Non-Current		
Financial assets	3,801	3,881
Property, plant & equipment	62,043	62,478
Total non-current assets	65,844	66,359
Total assets	71,304	72,879
Liabilities		
Current		
Trade & other payables	5,037	6,381
Borrowings	620	6,137
Employee provisions	2,156	2,009
Deferred revenue	2,547	2,110
Total current liabilities	10,360	16,637
Non-current		
Borrowings	1,568	-
Employee provisions	308	278
Deferred revenue	14,141	12,352
Total non-current liabilities	16,017	12,630
Total liabilities	26,377	29,267
Net assets	44,927	43,612
Equity		
Accumulation account	44,206	43,126
Fair value reserve	575	340
Permanent fund	146	146
Total equity	44,927	43,612

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 30 JUNE 2021

	2021	2020
	\$000	\$000
Cash flows from operating activities		
Receipts from government subsidies	6,541	5,771
Receipts from residential care, assisted & independent living services	4,691	4,650
Receipts from interest and investments	141	247
Receipts from donations & bequests	290	595
Payments to suppliers & employees	(11,033)	(10,430)
Interest paid	(25)	(15)
Net cash generated by operating activities	605	818
Cash flows from investing activities		
Receipts from sale of plant & equipment	33	2
Payments for property, plant & equipment	(1,991)	(12,030)
Receipts from sale of investments	605	-
Payment for Investments	-	(500)
Net cash used in investing activities	(1,353)	(12,528)
Cash flows from financing activities		
Receipts from bank loans	391	10,065
Repayment of bank loans	(4,412)	(8,330)
Receipts from ingoing donations	3,227	11,412
Receipts from refundable accommodation deposits	1,100	3,929
Payments of accommodation bonds & refundable accommodation deposits	(2,263)	(1,537)
Interest paid	(25)	(78)
Net cash provided by financing activities	(1,982)	15,461
Net increase/(decrease) in cash held	(2,730)	3,751
Cash and cash equivalents at beginning of year	5,833	2,082
Cash and cash equivalents at end of year	3,103	5,833

STATEMENT OF CHANGES IN EQUITY FOR THE YEAR ENDED 30 JUNE 2021

	Accumulation Account \$000	Fair Value Reserve \$000	Permanent Fund \$000	Total \$000
Balance at 30 June 2019	42,777	532	146	43,455
Surplus for the year	242	-	-	242
Other comprehensive income (loss)		(85)	-	(85)
Total comprehensive income (loss) for the year	242	(85)	-	157
Transfer to accumulation	107	(107)		-
Balance at 30 June 2020	43,126	340	146	43,612
Surplus for the year	855	-	-	855
Other comprehensive income	-	460	-	460
Total comprehensive income for the year	855	460	-	1,315
Transfer to accumulation	225	(225)	-	-
Balance at 30 June 2021	44,206	574	146	44,927

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 30 June 2021

Note 1 Basis of preparation

The concise financial statements, including the financial statements and specific disclosures included in the concise financial report, have been derived from the full financial report of the Old Colonists' Association of Victoria.

All amounts are presented in Australian dollars and all values are rounded to the nearest thousand dollars (\$000) unless otherwise stated.

The full financial statements have been prepared in accordance with the Old Colonists' Association Act 1955 (as amended), Australian Accounting Standards- Reduced Disclosure Requirements (including Australian Accounting Interpretations) and the Australian Charities and Not-for-Profits Commissions Act 2012 in order to satisfy the entity's financial reporting requirements.

A full description of the accounting policies adopted by the Association is provided in the 2021 financial statements. Notes to the accounts are available on the website. (www.ocav.com.au)

THANK
YOU



Our donors are vital to our work. Without them our mission would not be realised. We also thank our volunteers for their contribution and commitment to OCAV.

The past year, we have had two successful community fundraising campaigns. The first, the **2021 End of Tax Year Appeal**, has received support from many avid gardeners for an edible garden in Liscombe House where residents can go to enjoy, plant vegetables, and enjoy the produce.

The second, the **2020 Christmas Appeal**, has supported the building of a tailored retro pop-up café at Liscombe House. Together with the philanthropic grant from Collier Charitable Trust, the café is doing a thriving business with funds raised from coffees sold being used to purchase more coffee beans.

BEQUESTS LARGE AND SMALL MAKE A DIFFERENCE

Dr Isabella Younger Ross enjoyed a 12- year relationship with OCAV. She joined the Council in 1944 and for three years was a member of the Building and Medical Sub-Committees. In her will in 1956, she left 500 pounds to OCAV to be spent at the organisation's discretion.

Although Dr Isabella Younger Ross was better known for her infant welfare work, including the establishment of the first drop-in baby health clinic in Richmond, she was a keen gardener and composter.

BEQUESTS AND OCAV

If you have included Old Colonists' Association of Victoria in your will, or would like further information, please contact OCAV on: 03 9481 9300.

She was vice-president of the Victorian Compost Society in the early 40s where she met OCAV's former Secretary-Superintendent Richard Weller in her capacity as vice president of the Victorian Compost Society. She visited Rushall Park several times, before being voted onto the Council, to learn more about composting. The North Fitzroy village had become a showpiece and demonstration site for composting techniques. The compost was used to fertilise the village's extensive flower gardens.

PHILANTHROPY

Aged Persons' Welfare Foundation
Australia Men's Shed Association
City of Banyule
City of Casey
Collier Charitable Trust
Marian and E H Flack Trust
National Ageing Research Institute
Perpetual Trustees Impact Fund
Tobin Brothers
Victorian Men's Shed Association

SPONSOR

Joe Piazza, 30ml Shot
Bunnings, Eltham
Bunnings, Shepparton

BEQUESTS

Arthur Blannin Estate
Estate of Edward Davies
Henty Louisa Estate
Joseph Kronheimer Charitable
Thomas Payne Trust
WM Ievers and Sons
William Leitch Estate
William Russell Trust Fund

HOW YOU CAN HELP

The Old Colonists' Association of Victoria is a not-for-profit organisation providing village-style accommodation and support services for older Victorians. OCAV works to ensure its residents enjoy a positive experience of ageing, from independent living through to high-level care.

Donations, gifts and bequests are all valuable sources of income that allow us to provide added services and amenities to enhance the quality of life for our residents.

We receive no government assistance for the construction, maintenance or upgrade of our independent and supported living homes, or to provide support to those living in our accommodation.

All donations over \$2 are tax deductible and all bequests are exempt from State and Commonwealth duties.



MAKE A DONATION

Your donation, no matter how large or small, will help us fund new programs and buildings, or upgrade our independent and assisted living homes. Donations may be made online at: www.ocav.com.au



VOLUNTEER

Gain new skills and experience while giving back to the community. Meet new people and discover a new passion. The benefits of volunteering are endless!



LEAVE A BEQUEST

Leaving a bequest to the Old Colonists' Association of Victoria is a special way of leaving a gift for generations to come. It also allows us to plan for the long-term future with a greater degree of certainty.



IN MEMORIAM GIFTS

An In Memoriam Gift to the Old Colonists' Association of Victoria is a thoughtful and practical way to remember a relative or friend. These gifts will help ensure that we are able to continue to provide support and accommodation for future older Victorians.



PARTNER WITH US

With villages, residents and staff in regional Victoria and metropolitan Melbourne, we can offer a diverse range of activities for business to engage with our work. This includes enhancing your profile by aligning with our brand, pro-bono work, helping to build staff motivation through volunteering and fundraising work, workplace giving and more.



MORE INFORMATION

For further information, please contact Old Colonists' Association of Victoria:

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