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SEPTEMBER 2023 NEWSLETTER

About Communities would like to acknowledge the Wurundjeri, Bunurong and Taungurung People of the Kulin Nation who are the Traditional Custodians of the Lands on which we work and live. We pay our respects to ancestors and Elders, past and present. We are committed to honouring Aboriginal and Torres Strait Islander peoples unique cultural and spiritual relationships to the land, waters and seas and their rich contribution to society.

FROM CARL MAISSAN, ACTING CEO

Welcome to our latest quarterly newsletter. It's been a busy but very productive last couple of months here at Abound Communities.

The selection process for a new Chief Executive is underway. In early August we invited resident representatives from each of

our villages to contribute their perspectives on what we should be looking for in our next CEO. A big thank you to those who participated. Our senior managers also had a chance to contribute and ask questions from the recruitment team. The selection process is being led by the Governance subcommittee of Council, notably Dr Philomena Horsley and Prof Maggie Abernathy.

I'd also like to express a warm welcome to our newest Council member and our new Treasurer, Niraj Bhojani. A brief bio on Niraj (and indeed the rest of Council) can be [found here](#).

Our refurbishment of the Liscombe House aged care facility is progressing well, with the first batch of residents about to move into brandnew rooms. Works will continue into the first quarter of next year, by which time over 40% of our rooms will be either entirely new or substantially renovated. There's been a huge amount of logistics going in behind the scenes, so a big thank you to our Director of Nursing Kerry Feistl, our property manager Jon Tupou, builder Eastern Property Services, and the staff and residents for their patience during the works.

Other projects also continue apace, from the mundane but important (e.g., refreshing our fire & evacuation procedures across our villages and roadworks at Leith Park) to more exciting but slower-burn projects (e.g. developing our strategy to "get off gas" and to make our units more comfortable to live in, cheaper to operate and more energy efficient), and a hundred other things in between.

Finally, Abound Communities is proud to affirm its support for the Uluru Statement from the

Heart and First Nations recognition. Further detail is provided below.

Thanks as always for your support of Abound Communities and we wish you all a great spring.

Best wishes,

Carl

Don't forget to follow us on social media and keep up to date:



Need assistance with our newsletter, website or social media?

Email: [michellea@aboundcommunities.org.a](mailto:michellea@aboundcommunities.org.au)

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This email is best opened in modern web browsers.



THE VOICE TO PARLIAMENT

On Saturday 14 October, Australians will be asked to vote in a referendum on recognising Aboriginal and Torres Strait Islander people in the Constitution through the Voice.

The referendum is a response from the Commonwealth Government to the Uluru Statement from the Heart, which can be found here: <https://ulurustatement.org/the-statement/>. The Statement asks Australians to support initiatives that will enable First Nations to make representations to Government on policies and issues that directly affect their communities and calls for “the establishment of a First Nations Voice enshrined in the Constitution”. The Voice would be a Constitutionally-enshrined independent body that provides advice to Government on issues that affect First Nations communities. Its composition and powers would be defined by Parliament.

Abound Communities’ governing Council supports the implementation of the Uluru Statement from the Heart, including a First Nations Voice to Parliament.

Council considers the Statement from Heart a generous invitation from First Nations people to “walk alongside” them, and that enshrining a Voice in the Constitution is one important step – alongside Treaty and Truth – towards reconciliation and addressing the serious health and welfare challenges that First Nations peoples continue to face, as well as offering Australians an opportunity to formally recognise the value and importance of the world’s oldest continuous living culture.

Taking a position of support for the Voice to Parliament aligns with the objectives stated in our Act of Parliament, namely “to promote the advancement of native-born Victoriana”. It’s also consistent with Abound Communities’ stated values, in particular: The Voice aligns with Abound’s commitment to Respect – ‘We appreciate, embrace and celebrate our differences’. The aims of the Uluru Statement to improve the lives of First Nations People and to offer hope for the future aligns with our value of Kindness – ‘A shared passion to support people to live fulfilling lives’

Voting in the referendum is compulsory for all Australian citizens aged 18 years and over. The Australian Electoral Commission distributes the official referendum guide and pamphlets from the “Yes” and “No” campaigns. These will be physically delivered to all residents at Abound Communities, and we have given all of our staff resources to understand the process.

Beyond the referendum and irrespective of the outcome, Abound Communities is committed to engaging with and “walking alongside” the First Nations of Victoria.

[READ MORE](#)



Pictured above: Janet Faulkner working on her mosaic artwork

MOSAIC WORKSHOP

The August mosaic workshop run by Bunnings, in the hall for our Leith Park independent living residents was a huge success. The energy in the room was amazing as residents became fully immersed in the activity. It was all heads down and let's get into it, as their creativity took over.

Mosaics are an art form that should be considered as a great and useful activity. By building mosaics, the elderly continue to develop and keep their concentration- levels, fine motor skills, pattern recognition, focus, and teamwork. And most importantly, they have fun.

We had ten residents who took part with many others dropping in to have a sticky beak, some of whom wished they had taken up the opportunity too. They may just get their chance because Lisa (from Bunnings) also indicated that she loved the session and is keen to come back and conduct future workshops with our residents who she enjoyed working with. This makes us incredibly happy to have a great activity that residents truly enjoy and benefit from.

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CHRISTMAS IN JULY OUTING

Braeside Park residents had a bus trip to Caldermeade farm for their "Christmas in July" celebration, which was a great success. All attending residents enjoyed the morning melodies sing along on arrival. They were able to view and feed some of the smaller farm animals if they wished. This was followed by a delicious roast lunch which included, roast

beef, leg ham and all the trimmings. They also had plum pudding with custard and it really did make everyone feel like it was Christmas in July!

Residents were also able to purchase locally made produce including jams, chutneys, cookies which were taste tested and, we have been told they have all been very tasty.

After lunch the residents headed off to the Gurdies Winery for a wine tasting afternoon and to take in the beautiful views of the surrounding countryside.

It was a wonderful day all round. The weather was very kind to our Braeside Park residents and "Rod" the bus driver was informative and kept everyone entertained for the entire trip. It will certainly be a day to remember.

"It was such a lovely day out, the farm animals were so clean and well looked after. The views from the winery were fabulous we could see right across the beautiful green farmland to the bay" Jean Davies, Braeside Park resident



Pictured above: Jean Davies feeding some animals on the excursion day

Your donation will help us to continue to provide support and accommodation for older Victorians.

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SPRINGTIME EXHIBITION

Veronica, our creative Rushall Park resident, is staging an exhibition to showcase a selection of

her textile art & creations.

Original pieces will be on display as well as available for purchase and residents, staff, volunteers and their invited guests are welcome.

September 16th to October 1st (except Thursdays) open daily 1 to 5pm

For more information:

veronicaandrew9@gmail.com



LISCOMBE HOUSE REFURBISHMENT **UPDATE**

The dramatic changes to the double bedrooms in Currie Wing at Liscombe House are nearing completion, with an expected opening date later this month. The new rooms are all singles with their own ensuites and are bright and fresh with modern tiled bathrooms. The works have gone smoothly so far, despite a few days of earth-shaking concrete cutting and grinding,

and every effort has been made to minimize the impacts to residents and staff. Stage 2 commences toward the end of the month with the older rooms in Liscombe Wing being refurbished with a new layout, fresh colors and new ensuites.

The refurbishment is part of our continuous improvement framework as we strive to deliver a better living and working environment for our residents and staff. Thank you all for your support.

Please reach out if you have any questions:

[\(03\) 9433 1100](tel:(03)94331100)

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AN UPDATE FROM TEGWEN

Spring into gardening!

‘I’ll just pull out that one’ is a phrase that is usually muttered at the beginning of an unplanned weeding frenzy that grips many home gardeners. They spy one weed, then another and another and before they know it they’re repeatedly pulling, twisting, turning, yanking, heaving, dragging, ripping, tossing, flinging and hauling plant material all over the place. Despite these repetitive movements causing them pain, these gardeners often plough through to either get the job done or leave a mess because they are too exhausted to clean up. The next day they may suffer from a sore back, neck, shoulders, arms and legs and consequently the feeling of frustration

because they cannot get back into the garden again until their bodies recover.

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R U OK? Day.

R U OK? is calling on all of us to let the people you care about know "you're here, to really hear

them". This years theme really gets us thinking about active listening.

By starting a conversation and commenting on the changes you've noticed, you could help that family member, friend or workmate open up. If they say they are not OK, you can follow our conversation steps to show them they're supported and help them find strategies to better manage the load. If they are OK, that person will know you're someone who cares enough to ask.

Follow the R U OK? four steps:

1. Ask R U OK?
2. Listen with an open mind
3. Encourage conversation
4. Check in

R U OK?Day 2023 was on Thursday 14th September and is a national day of action when we remind Australians that every day is the day to ask, 'are you OK?' and start a meaningful conversation whenever they spot the signs that someone they care about might be struggling with life. For more information please visit: <https://www.ruok.org.au/>

Don't forget, before you can look out for others, you need to look out for yourself. And that's OK. If you're not in the right headspace or you don't think you're the right person to have the conversation, try to think of someone else in their support network who could talk to them.

Lifeline: 131 114

Beyond Blue: 1300 224 636

Pictured below:

R U OK? Cupcakes and a Staff workshop at Rushall Park discussing inclusivity, diversity and asking R U OK?





TECH SUPPORT AT CURRIE PARK

From what started as a request for a tech support volunteer by one of our Currie Park residents, has now turned into a partnership opportunity as Community Learning Euroa extends its 'Digital Literacy and Digital Skills' Programs.

The first session took place on 7 September 2023 at 10:30am, with volunteers ready to support residents with your tech needs at the Community Hall in Currie Park. 'Be Connected' is one of the digital literacy programs offered which focuses on supporting people aged over 50 years old to encourage use of tech devices namely laptops, getting accustomed to emails and other technological support. The first sessions took place on the 7th September and 14th September 2023 and will continue to take place on a fortnightly basis from 21/9 onwards.

We will do our best to update the dates ([click](#)

[here](#) for schedule) on a monthly basis. To this, we say welcome 'Community Learning Euroa' and thank you for collaborating with us. To our residents, happy learning!



**A NOTE FROM GEOFFREY
PUTNAM, RP RESIDENT**

96.5 Inner FM has been broadcasting 24 hours a day from the Warringal Shopping Centre in Heidelberg since December 1990. Currently our station has 50+ volunteer presenters who produce more than 100 hours of live in-studio broadcasting during a normal week. Some of our presenters have been with 96.5 Inner FM since day one.

Early in 2022, I applied to be a presenter with 96.5 Inner FM at the suggestion of fellow RUSHALL PARK resident Peter Wells. Peter hosts GROOVE CITY every Thursday between 9am – 11am. Since May 2022, I have presented MONDAY MAGAZINE weekly, also between 9am-11am. Please take time to look at our extensive program guide at <https://www.innerfm.org.au/guide/>

Search for us on Facebook and Instagram.
Hear us live on FM radio, your favourite internet
radio device, or via our
website <https://www.innerfm.org.au/>

Many of our programs are also available as
PODCASTS for catching up at a time to suit
you <https://www.innerfm.org.au/podcasts/>

In future editions of the Abound Communities
Newsletter, I hope to bring you regular 96.5
Inner FM updates, program details, presenter
profiles, impending outside broadcasts, and hot
news about your local community radio station,
96.5 Inner FM.

Geoffrey Putnam
Presenter
96.5 Inner FM



POSITION VACANCIES AT ABOUND COMMUNITIES

Abound Communities, formerly Old Colonists
Association of Victoria is a leading not-for-profit
provider of retirement living and aged care,
offering a continuum of care from independent
living to assisted living and aged care in

Victoria. Our four villages across Victoria – including Euroa, St Helena, Fitzroy North, and Berwick and Euroa are home to 500+ older Victorians.

Why YOU should join our Abound Communities team:

Work-life Balance – Enjoy job security, work close to home, flexible hours

Professional Development – Increase your knowledge and skills, as well as receive ongoing support from key stakeholders.

Caring and Engaging Culture – inspirational vision for team success, in a supportive, collaborative and high performing team. Work with a team who want to see you succeed!

Here are the positions vacant at the moment as mentioned below:

1. Registered Nurse

Part time position in St Helena

Responsible for implementing, and evaluating a plan of care, in partnership with the Resident. Systematically assesses the resident, analyses data and identifies the resident's nursing needs.

2. Food Service Assistant

Part time position in St Helena

Preparation, serving, presentation, and delivery of food and refreshments in accordance with the Food Safety Program (FSP)

3. Home Care Support Worker

Casual position in St Helena, Berwick, Euroa, North Fitzroy

Promote consumer's choice and control in their daily lives.

Provide social support and supporting

consumers to be an active part of their community.

4. Personal Care Worker

Part time position in St Helena

AM, PM, and night shifts (morning, evening and night shifts) are available during weekdays and weekends.

Patient, caring and empathetic natural ability to build relationships with diverse range of residents

5. Cook

Part time position in North Fitzroy

Prepare and cook a variety of meals, adhering to menu specifications, portion sizes, and dietary requirements for residents.

If this sounds like the role for you, click on **[APPLY NOW!](#)**

For additional information or to request a copy of the **Position Description**, please contact Shivani Tripathi, People and Culture Consultant on shivanit@aboundcommunities.org.au.

To find out more about us and the wonderful work we do, please visit us <https://aboundcommunities.org.au/>

STAFF DIRECTORY

Name

Carl Maissan

Darren Schier

Dennis Ly

Faduma Miad

Jacqueline Taylor

Jannette Fleming

Jon Tupou

Kerry Feistl

Michelle Ashjaee

Mila Hodgson

Nabila Yusof

Position

Acting CEO

Resident Relationships Manager

Financial Controller

Executive Assistant

Residents' Coordinator

Home Care Manager

Property Manager

Director of Nursing

Communication Officer

People and Culture Manager

Community Engagement Officer

Your donation will help us to continue to provide
support and accommodation for older

Victorians.

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