

Christmas 2023

AMANA *News*

Keeping you informed of Amana Living news, views and events



Amana Living
nurses honoured
Virtual world keeps
clients connected



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LIVING

part of the Anglican community



Chaplain's message **Reverend Jeni Goring**

My friend Josie celebrated her 100th birthday. Her family arranged a BIG party - lots of friends, plenty of food and champagne to toast the centenarian. Josie received a Royal telegram with congratulations. It was a wonderful occasion.

The goal of advances in health care and technology, as well as the result of good nutrition, has been to increase the average age. Life expectancy in Australia is currently 81.3 for males and 85.4 for females. One hundred years ago, it was only 62.28 years. These changes have transformed our community and we are thankful for the good life most of us live. But what does it mean for the individual? What are we doing in those extra 20 years?

Most people look forward to retirement and older age. However, for many, how to find meaning in this new phase of life is challenging. They may wonder how to describe themselves, what to do with their time and where to find hope as they enter their later years. These are questions that are important to a happy and purposeful life.

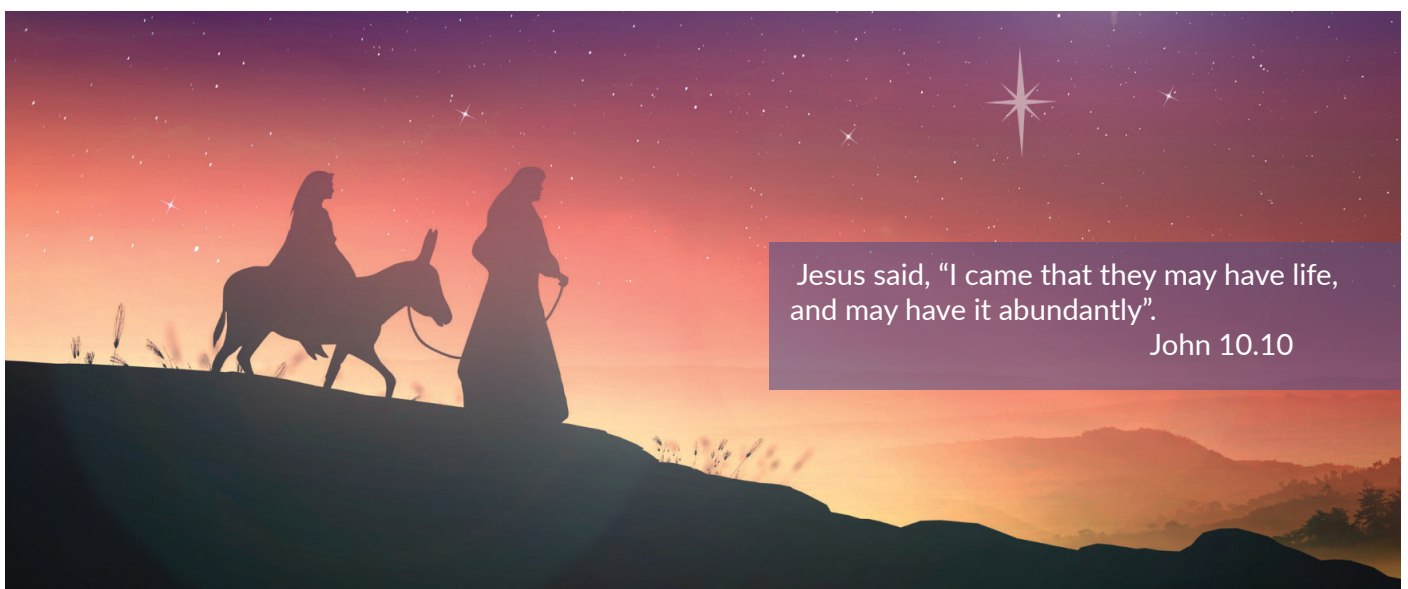
Amana Living is committed to holistic care; that is care for residents and clients in body, mind and spirit. Chaplains utilise a spiritual assessment to gain an understanding of how each resident makes meaning and finds hope in their life. Religion is one facet of a person's spiritual life; others involve what brings joy, how people make sense of difficulties and what their wishes are at the end of life.

When Josie was asked how she lived to 100, she (with a very dry wit) said, "I just woke up each morning".

The important part of ageing is what you do each day after you wake up. What brings you joy? Where do you find hope? What brings your soul peace and the courage for tomorrow?

Christmas is the time the church celebrates the birth of Jesus, God in human form, that confirms God's love for all humanity. Christianity teaches every person is a unique child of God, worthy of love and respect. Jesus said we should love God, love our neighbours and love ourselves. So each day we wake, let us live our lives in love.

God's blessings to you and yours this Christmas.



Jesus said, "I came that they may have life, and may have it abundantly".

John 10.10

CEO's message

Stephanie Buckland



Welcome to the Christmas edition of *Amana News*.

Christmas is a time for reflection, togetherness, and spreading love and joy. It's also the perfect occasion to express our gratitude for your trust in us.

We appreciate that you have chosen Amana Living to be a part of your life and we don't take our role for granted. Ultimately, we exist so you can lead a life that is full of meaning and purpose.

This means we are constantly seeking ways to improve and grow the services and accommodation we provide so we can offer you even more support.

This year, we took major steps forward with the opening of the Kinross Care Community in August. It was a momentous occasion as it was our first residential care development in more than a decade but, more importantly, it also signified the expansion of much-needed accommodation and care services in Perth's northern suburbs.

Our home care services continue to grow as we offer more services to older West Australians so they can live the life they want at home. For example, this edition of *Amana News* shares a great story about a new pilot project that helps socially isolated seniors remain connected through technology. You can also read about a new role we've introduced to help retirement village residents navigate the home care system.

Our outstanding staff and volunteers continue to exceed our expectations and those of their peers. In this issue, we celebrate two exceptional Amana Living nurses who were recognised for their contribution to the nursing profession at the WA Nursing & Midwifery Excellence Awards in October. Fittingly, one of the nurses was nominated by a family member of an Amana Living resident.

As we approach the festive season, I want to take a moment to convey my warmest wishes to each and every one of you. We look forward to continuing our journey together, working tirelessly to enhance the quality of life for our cherished residents and clients.

Your trust in Amana Living is the driving force behind our commitment to providing exceptional care, innovative solutions and a warm sense of community.

Thank you for being a part of the Amana Living family. We wish you a joyous and peaceful Christmas and New Year.



Enjoying time with Moline House residents

Spiritual nourishment in aged care

Caring for the wellbeing of residents doesn't just mean meeting their physical needs. It also means looking after their spirituality too.

The Amana Living chaplaincy team has developed a spiritual assessment tool that involves the chaplains spending time with each resident to discuss their spiritual and religious beliefs, exploring what gives them hope and comfort, and how the chaplains can support them.

Senior Chaplain, Reverend Jeni Goring, said: "Our chaplains have a unique skill set and use their empathy and understanding to gather information about each resident as their relationship and trust grows. It's an organic process and develops naturally over time, with the insights gleaned from the tool allowing us to understand and connect with each resident at a deeper level."

The spiritual assessment tool has been used by Amana Living chaplains for three years, primarily within residential care. Now, Amana Living's frontline care staff can access the results of the spiritual assessment as part of their care planning.

"The knowledge gained from the assessment is our contribution to the holistic care for residents by our multidisciplinary team," Reverend Jeni explained. "It demonstrates our commitment to providing personalised support and enriching the quality of life of those we serve."



Reverend Lloyd D'Souza, Chaplain, with resident Trevor Muller

Help to navigate home care

Amana Living retirement village residents and Commonwealth Home Support Program (CHSP) clients can now access the expertise of a dedicated client services coordinator.

Sandra Khan has taken on the newly created role to help village residents and clients get the support they need to maintain their independence at home and continue doing the things they love.

With five years' experience in Amana Living's retirement living team, Sandra has supported many residents to transition to a new stage of life within our villages. In this fresh capacity, Sandra will help guide residents and clients through the intricacies of the home care system.

Explaining her new role, Sandra says, "For any of our current village residents or CHSP clients looking to explore the possibilities of home care packages,

I am the person who will walk you through every step of the journey. From obtaining referrals to kick-starting your home care with Amana Living, I'm here to assist you every step of the way."



Sandra Khan, Client Services Coordinator, Home Care

If you're a current village resident or CHSP client who would like help with understanding how home care works or need assistance with My Aged Care, feel free to contact Sandra.

Send an email to skhan@amanaliving.com.au or call **0467 594 887** or **1300 26 26 26**.

Amana Living nurses honoured at awards

Amana Living has employed nurses since we opened our first nursing home in 1968. Today, hundreds of dedicated nurses provide essential clinical care to our residents and home care clients, as well as clinical leadership and support to their fellow team members.

Two exceptional Amana Living nurses were recently celebrated at the prestigious 2023 WA Nursing and Midwifery Excellence Awards.

Sharon Maitland, Service Manager at Wearne House in Mandurah, was honoured with the Consumer Appreciation Award. Sharon began her journey with Amana Living as a graduate nurse in 2002 and is a cherished member of our community.

Sharon's remarkable dedication was recognised through a heartfelt nomination by Leng Saw, whose parents and mother-in-law have all lived at Wearne House. Leng said, "Sharon inspires her staff to do their best every day. She is loving, caring, diligent, compassionate, involved and persevering. I thank our lucky stars that my parents and mother-in-law are cared for by Sharon and her team. Sharon is special and I can think of no one else more deserving of this award."

Lisa Studholme was acknowledged as a finalist in the Excellence in Residential Care Award. Her professionalism and focus on building profound relationships with staff, residents and their families have cultivated a warm and familial environment at the Kinross Care Community.

Both Sharon and Lisa exemplify the highest standards of nursing excellence and reflect the core values of Amana Living. They are an integral part of a tight-knit team that caters to the physical, emotional and social wellbeing of older Western Australians.



Leng Saw, Sharon Maitland and Jenny Saw



Stephanie Buckland, Sharon Maitland and Lisa Studholme

Embrace the allure of Mandurah

Meadow Springs Village is a cosy and affordable village ideal for anyone looking for a friendly place to call home.

One of Mandurah's smaller villages, it is the perfect size to get to know your neighbours or simply enjoy the peace and tranquillity of your own home.

Avis and Donald Flynn have lived at Meadow Springs Village for two years, moving from Silver Sands after downsizing from a two-storey home.

Avis explains, "It was getting too difficult to use the stairs and we had a very steep drive. We looked at several villages, but we kept coming back to Meadow Springs. The unit was spacious, bright and airy. Plus, it fitted our budget!" Donald adds, "We just loved it."

Since moving into the village, Avis and Donald have made a close group of friends and they enjoy regular get-togethers. "We have drinks and nibbles on the lawn outside of our unit every Friday. People just pop by with their own seats and a drink. It's nice and relaxed," said Avis.

Adding to the relaxed lifestyle, all homes are within walking distance of the village's resort-style amenities which include a swimming pool, bowling green, gym, games room, barbeque area and hair salon. Plus, all village residents have private access to the Meadow Springs Golf Course and Country Club, known for the ancient tuart trees lining the fairways.



Avis and Don Flynn with Willow the cat

Sonia Witham's unit backs onto the golf course. She regularly hears the thwack of a golf club hitting a ball and the accompanied groans or hurrahs depending on where the ball lands.

"I was attracted to the village by the abundant signs of life, from the sounds on the fairways to the open car bays and the beautiful gardens. In contrast, other villages were just a sea of houses," she said. "I live alone, so it's nice to see and hear people around. I feel safe. I've also made quite a few friends and it can take me an hour to walk to the office because people want to chat."

According to Sonia, village life is what you make of it. "There are a diverse group of people in the village and it's important to come with an open mind and be respectful of others' opinions. People are welcoming and supportive but not nosy. I feel very lucky to live here."

As well as spacious accommodation, the village offers peace of mind and convenience. It is located just minutes away from the local shopping centre, medical facilities and transport links. The heart of Mandurah and its aquatic playground are on the village's doorstep too.

Start your new life at Meadow Springs.

Contact the Village Sales Manager on 0459 819 169 or 1300 26 26 26.



Sonia Witham

Virtual world keeps clients connected

How do you socialise with friends or meet new people if your mobility or ill-health prevents you from getting out and about?

Amana Living's home care team has developed a new technology-based social support group called The Virtual World Project. The aim is to reduce social isolation among older people who are confined to their homes or would prefer to socialise from home.

The pilot project began in August with clients joining the virtual social group via a software program called Microsoft Teams. An Amana Living facilitator supported clients to take part in activities that ranged from virtual tours to online games.

Pam Rose was one of the Amana Living clients invited to take part in the project and she enjoyed the experience. "I met new people and I visited places I've never been before, such as the Vatican, thanks to the technology. It was fascinating," Pam said. "We had fun playing bingo and taking a quiz, plus my knowledge of the British Royals was tested too! It's a worthwhile project."

The project is one of many ways Amana Living is seeking to keep older people connected. The pilot is currently being evaluated to determine if it will be introduced to more clients in the future.



CSW Tammy Wilford facilitates Virtual World Pilot session



Pam Rose

Taking time to say thank you!

We've introduced a new reward and recognition program to celebrate our staff and volunteers called Amana Life. The goal is to reinforce our values of compassion, curiosity, collaboration, inclusivity and trust.

Now, you can get involved too.

We'd love to hear your nominations for our incredible team members. It's a great way to show appreciation but also inspire and motivate them to continue providing exceptional care.

Please take a moment to nominate an Amana Living staff member or volunteer who has made a positive impact on your family. All you need to do is speak to your Service Manager, Client Service Manager or Village Manager.

Each Amana Living location will recognise an Amana Life monthly award winner, and they will go into the running to win the annual Amana Life Award.

Christmas blessings from the Chaplaincy team



Revd Jeni Goring



Revd Georgie Hawley



Revd Ruth Harrison



Emmeline Brinkworth



Revd Lloyd D'Souza



Revd Ros Fairless



Revd Jill Gleeson



Revd Bob Milne



Revd Lorna Green



Revd John Jones



Revd Cathie Broome



Revd Elizabeth Smith



Father Ian Mabey



Revd Jacqui Chelsey-Ingle

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