



FULFILLING
LIVES FOR **60** YEARS

A message from Stephanie Buckland, CEO



This year marks the 60th anniversary of Amana Living, or Anglican Homes for the Aged as we were known at our formation in 1962.

Our beginnings stem from the Christian desire to support those in need. For 60 years, Amana Living has played an important role in the community as a provider of accommodation and care, an employer, an advocate, and a spiritual guide.

From opening our first retirement village in Karrinyup in 1965 to building WA's first dementia-specific accommodation in Bull Creek to pioneering music and art therapy, we've been at the forefront of delivering what older people need to lead fulfilling lives.

This is the common thread through all our work, and this year we've created a new vision and mission that reflects our origins and unites us all behind a common purpose.

Our new vision is to create a community where every older person is honoured and valued. It was developed based on staff feedback, and it is strongly tied to the

fourth Anglican Mark of Mission to transform unjust structures. It challenges ageism, the very construct in society that places limitations on older people.

This links to our role, and our new mission which emphasises helping residents and clients to maintain their individuality, providing what is needed to support a fulfilling life. Through the services we design to the way we interact with people on a daily basis, everything we do centres on helping residents and clients live their best lives irrespective of age or illness.

Thank you for choosing Amana Living to be a part of your life. We are grateful for your continued support and we appreciate you being a part of the Amana Living community.

Thanks also to our staff and volunteers who work so hard to make a positive difference to residents and clients.

Please enjoy this special 60th anniversary edition of Amana Life.

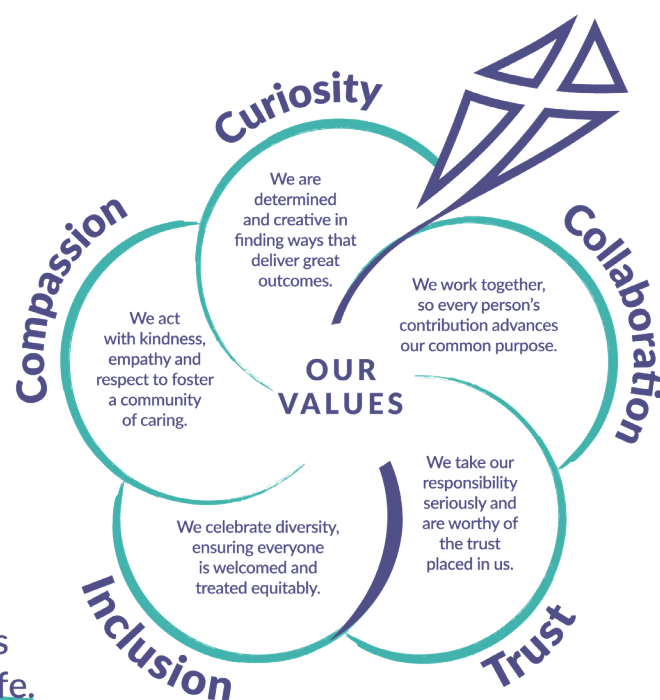


OUR VISION

A *community* where every older person is honoured and valued.

OUR MISSION

Together, we enable older people to maintain their *individuality*, providing what is needed to support a fulfilling life.



From one staff member to hundreds

On 4 July 1962, the Reverend Frederick Guest and Mr RJ Davies wrote in a report to the Perth Anglican Diocese: *"Aged people should not be moved away from the particular area in which they have resided for the greater part of their lives."*



Rose-Marie McNamara, inaugural head of home care, speaking at an Anglican Homes event

While this ambition related to accommodation, it set the scene for the creation of Amana Living's home care services 30 years later. Rose-Marie McNamara, who set up the team in 1992, said: "We had one coordinator and about 20 clients who lived in the northern suburbs of Perth. We employed part-time staff and they provided personal care, prompted clients to take their medications, and cooked meals. Occasionally, I'd ask the nurses from our hostels to help with clinical care like daily injections."

The home care team has since flourished. Amana Living now employs more than 280 home care staff including care workers, nurses, physiotherapists, occupational therapists and social workers, who provide services to more than 3,200 clients. In addition, clients can enjoy activities at a day club, outings via the Kites program, and access therapy through short-term restorative care and transition care in the community.

While much has changed over 30 years, the client remains at the heart of the service. Sue Pettigrew, who was the first clinical nurse employed by Amana Living's home care team, said: "The clients are absolutely at the centre of everything we do. They are the decision-maker, and we work with them to make sure the care we provide meets their needs."

Genuine care drives 20-year career

Alison McGregor was among the first community support workers (CSW) employed by Amana Living. For 20 years, Alison has worked hard to contribute to our clients' happiness and safety in their golden years. The role is more than a job for her.

"This job has kept me going. We are our clients' confidante and they trust us, which is so important when you're going into their homes and personal space. We become close to them because often we are the only ones they see every day, since they don't have family or friends nearby."

Spending a third of her life working for one organisation has made a big impact on Alison.

"I love what I do because I get to see people I genuinely care for every day. I've also made amazing friends, and the team I work with is wonderful."



Community support worker Alison McGregor

A decade of friendship

John Boden was first introduced to Amana Living in 2008 when his wife Jean was diagnosed with frontal lobe dementia. He continues using Amana Living services more than 10 years later and has developed strong bonds with the staff who visit him.

"We were living in Carramar when the girls from Amana Living first started visiting Jean. They would get Jean up in the morning, help her bathe and dress, and then spent time with her," John said.

"Jean's face used to light up when they walked through the door. They understood each other, they had a love for her, and they respected her and our faith. They had a beautiful working relationship."

John and Jean moved from Carramar to Chittering, so Amana Living recruited a local community support worker, Sonia, to support Jean.

"Every girl who came through the door struck a relationship with Jean that wouldn't break."

Sadly, Jean passed away in December 2011.

"Jean was struggling to eat so I took her to the doctor who said Jean was on her last lap of the race," John said. "I rang Sue Pettigrew at Amana Living, who moved like greased lightning to get us a hospital bed to make Jean comfortable."

"Jean's last day on earth was spent with Sonia, and I was grateful she was with Jean when she took her final breath."

After Jean's death, a new Amana Living care worker, Anita, came to help John and became an extended member of the family.



John and Jean Boden



Home Care client John Boden and support worker Alys

"Anita took me shopping, we pottered around the garden together and did little bits and pieces around the house," John said.

"She helped me find a place at Amana Living's Parry House and helped me move to where I am now. And it was Anita who insisted I needed a cleaner after I fell over at home. She's been there for me when I needed help."

Anita has since retrained as a physiotherapist and John now has help from support worker Alys.

"Alys does the vacuum cleaning, mops the floors, and generally keeps the place spotless. It's wonderful to see her face."

Amana Living has now been supporting John for more than a decade.

"When I needed help, Amana Living was there to give it to me. It's been a happy relationship in the main, and this comes down to the girls who have come through my door."

"Being a care worker is more than a job, it's a dedication, and the staff have become like friends of the family."

New role in residential care

A new role to help older people ease into residential aged care is being trialled at Amana Living.

The resident liaison role is being piloted at St George's Care Centre in Bayswater with Gaya Wijesekara Ekanayake Mudiyansele starting in the position in January this year.

Gaya is the first point of contact for older people and their families exploring St George's as a care option. "I coordinate the welcome tour, explain the services we provide, and spend time with the residents to understand their background, needs and expectations," she explained.

Once the resident moves in, Gaya focusses on developing a deep understanding and knowledge of their history, personality and preferences. In the first three months, Gaya spends time with the resident, gathering information including what they like to do every day, favourite topics of conversation, what helps them to relax, as well as their childhood, hobbies, and family background.

"I share the information with the rest of the team so we can better tailor the care and experience to them. It's been wonderful because the residents know someone is taking an interest in their lives. It helps them to realise they are valued," Gaya said.

If successful, the new role will be introduced at the new Kinross Care Centre in 2023.



Gaya with residents Sarah and Jim

Kinross Care Campus to open in 2023

Amana Living's first major residential care development in more than a decade will open in Kinross the middle of 2023. The 96-bed, multi-storey building will provide dementia-specific accommodation, high care and a new day club.

According to Rita Sheridan, General Manager of Property and Retirement Living, the new building is spacious with interior design focussed on creating a happy and homely environment.

"Good architecture and interior design help facilitate happiness and enjoyment of spaces," said Rita. "We're working with experts to design a home that will benefit

residents' health and overall wellbeing. For example, we'll use colour, objects, and artworks to help residents navigate their way around the building. These triggers connect them to where they are and to where they want to be, supporting independence and dignity."

The new campus provides intimate spaces to relax and spend time with friends and family, as well as communal areas where residents can enjoy time with each other. The landscaping enables the simple pleasures of life, like going for a walk or enjoying the garden.

We look forward to welcoming residents to their new home.



Artist's impression of Kinross Care Centre



The Amana Living Board site tour

Community spirit alive in Treendale Village

Amana Living's Treendale Village was the organisation's first retirement living village in the south west. Opened in 2010, Treendale was purposefully designed with wide open streets, spacious homes with double garages, caravan parking, and a resort-quality leisure centre. It is now home to 100 residents.

Jenny and Dave Spence traded in suburbia in Joondalup for country living at Treendale in April 2013. The sense of community has kept them there ever since.

They were introduced to the village by Jenny's brother, Peter, and his wife, Julie, who had moved to Treendale with the assistance of Jenny and Dave. They immediately liked the Treendale concept.

"We had been looking at other villages but we didn't like prefab houses. Treendale had lovely standalone homes and wide-open streets," said Jenny.

They decided to make the move after Jenny had a workplace accident and could no longer work, bringing forward their retirement.

Dave said: "Jenny was home alone while I was at work,

so she was effectively isolated in suburbia. We had a two-storey house, but Jen couldn't get up and down the stairs. I had had enough of work, so we decided to make the move."

According to Jenny, one of the biggest benefits of the Treendale lifestyle is the camaraderie and community spirit.

"Treendale is a good size village and people look out for each other. I pop in to see the lady next door for a cuppa and a chat. And we know the neighbours will look after the fish if we take the caravan away."

"We have an Amana Girls Facebook Messenger group and people will pop a message up if they're going for a swim and invite others along. Or someone might say they've left free lemons in the club room."

"There's always something going on. We walk to the shops for a coffee on a Saturday morning, and there's cards that afternoon. Craft is on a Wednesday, and there's a monthly curry night. You can take part in as much or as little as you like. There's no pressure."



Treendale residents, Jenny and Dave Spencer

From Matron to long-time volunteer and resident

Mildred Underwood has dedicated more than half a century to Amana Living.

It started in 1970 when Mildred was employed by Anglican Homes, now Amana Living, to provide nursing care to the residents at Wearne House in Mandurah. A year later she was promoted to Matron, managing a team of around 12 staff.

“We cared for around 18 residents which increased to 24 when they expanded Wearne House in 1974. At the time, Wearne House was the only nursing home in the area, so I got to know all the older people in Mandurah.”

Mildred’s love for the residents and the staff moved her to volunteer a great deal of her time outside of work. This included establishing a fundraising body, the Wearne House Auxiliary Group, in conjunction with the local Red Cross.

When Mildred retired from her role as Matron in 1983, she continued volunteering for Anglican Homes, and moved into Wearne Village in 1995. Over the years, Mildred has been involved in facilitating group enrichment activities, fundraising, event management, pastoral care and social visits, to name just a few.

Mildred retired from her volunteering role earlier this year after a 52-year association with Wearne House, and a total of 39 years volunteering for Amana Living. But she has not disappeared. At 97 years old, she continues to visit the residents in Wearne House, who have become her long-term friends, providing them with valuable companionship and support.



Mildred Underwood

Human connection keeps Amana Living’s first volunteer pastoral carer involved

Pam Middleton was one of the first volunteer pastoral carers at Amana Living. Pam, who turns 83 later this year, continues in the role to this day.

“In October 2010, Senior Chaplain, The Reverend Deborah Joyce, asked me if I was willing to spend time with some of the residents at St Francis Court, who were lonely or isolated, so I began to visit two or three residents on a regular basis,” explained Pam.



Volunteer Pam Middleton

Pam’s role was formalised in 2012 when Deborah created Amana Living’s volunteer pastoral care program and invited Pam to join.

“It involved taking an extensive course, covering communication skills, active listening, aged care, pastoral care, supporting those in mourning, death and dying, dementia, reminiscence, spirituality, and holistic care.”

After completing the course, Pam volunteered as a pastoral carer at St George’s Care Centre before returning to her role at St Francis Court. “Developing a relationship and friendship with people and knowing that I’ve helped them in some way has kept me going,” said Pam.

Nourishing mind, body and soul for 40 years

The origins of Amana Living are entrenched in the Christian ethos of responding to human need by providing loving service, so it is unsurprising that the organisation has a deep commitment to providing spiritual and emotional support to residents and clients.

This spiritual care has been provided by the organisation since the beginning, but it only came into formal practice when a full-time chaplaincy service was established in 1980.

The first chaplain to be appointed, the Reverend Les Goode, was based at St George's Nursing Home, now St George's Care Centre. He was supported by a 'welfare sister' who visited residents living in retirement villages, helping them to settle in, as well as providing general assistance. The need was strong. In 1981, the welfare sister made a staggering 1,300 visits to residents.

As the Anglican Homes community grew, a number of part-time welfare advisors were employed. They interviewed potential residents, settled them in, attended residents' meetings and functions, and generally made themselves available to residents and relatives.

The chaplaincy team expanded under the stewardship of the Reverend Stuart Good who was appointed Senior Chaplain in 1985 and remained in the position for 20 years.

Reflecting on the chaplaincy role, Reverend Good said: **"We are here to ensure people are cared for holistically. This means looking after their spiritual needs, not just their bodies and minds. And spirituality isn't just about religion, it's knowing what is important to people so you can respond to their deeper needs."**

The chaplaincy team has always been in demand, so a Volunteer Pastoral Care Program was introduced in 2012 and continues to this day. The volunteers boost the organisation's capacity to provide quality pastoral care to all residents, clients and families, regardless of background or beliefs.

Today, the chaplaincy team is led by Senior Chaplain Reverend Jeni Goring, and we are blessed to have a team of ordained and lay chaplains. We also have the support of a number of parish priests who provide chaplaincy services at every Amana Living location. This includes our regional centres in Kalgoorlie, Mandurah, Australind and Albany.

The COVID-19 pandemic has seen the chaplaincy team focus on residential care centres to support those residents in isolation, as well as staff faced with challenging times. Families have appreciated the chaplains spending time with their loved ones when they have not been able to visit.

Summing up the importance of the chaplaincy team's work, Reverend Jeni Goring said, "We provide chaplaincy services to every part of the organisation, from residential care to villages. The chaplains provide a listening ear, a calm presence and spiritual counsel. It is an integral part of delivering holistic care to older people, as well as looking after the well-being of our staff."



Senior Chaplain, Reverend Jeni Goring, giving service

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