

Christmas 2022

AMANA *Life*

Keeping you informed of Amana Living news, views and events



NODAC program

Give the gift of companionship

Staff shine bright

Annual 3R award winners and their contribution to Amana Living



**AMANA
LIVING**

part of the Anglican community



Chaplain's message **Reverend Jeni Goring**

Why do so many people love Christmas?

Christmas carols, Christmas trees, Christmas presents, Santa Claus, imitation snow, inflatable reindeer and lights - lots and lots of twinkling lights. What does Christmas represent in our community that people sing, dress and decorate for the "festive season"? Even those who are not Christian, indeed often especially those who would not call themselves Christian, spend an amazing amount of time and money decorating their homes, buying gifts and planning enormous meals. What are they celebrating?

HOPE. The birth of Jesus, the original story of Christmas, is the story of hope for all people and throughout all time and we are all drawn to hope.

In 1925, Europe was in the grip of despair; still experiencing the destruction from the "Great War". Mussolini had taken over as dictator of Italy and Hitler had just published *Mein Kampf*. Tornadoes and plagues wrought destruction in other parts of the globe. In response to this disastrous situation, Pope Pius XI created a new church feast day called Christ the King that reminded people of the sovereignty of God.

Christ is the servant king in Christian tradition, the one whose authority is declared by submitting to worldly authorities and whose death brings eternal life. The Church sought to remind people to find hope in a challenging world. The festival of Christ the King is the last Sunday of the Christian calendar. It is the final celebration before we turn our hearts and minds once again to the season of Advent, the four Sundays that are the preparation for Christmas.

As we prepare for Christmas this year, there are many in our community who seek hope. Not just in response to the ongoing impact of Covid-19 which continues as a spectre in our lives, but the many challenges and difficulties that we all face.

In whatever way people interpret Christmas, it is hope that is at the core. For those who do not know the story of the birth of Jesus, Son of God and Saviour of the World, Christmas still brings an experience of hope. In celebrating with family and friends or on one's own, there are trees and decorations and lots and lots of little twinkly lights bringing hope.

All glory to you, gracious God,
for the gift of your Son,
whom you sent to save us.
With the angels, let us praise your name
and tell the earth his story,
that all may believe, rejoice, and proclaim your love;
through Jesus Christ our Lord,
who lives and reigns with you in the unity of the Holy Spirit,
one God, now and for ever. Amen.

- A Prayer Book for Australia



CEO's message **Stephanie Buckland**



This is my seventh Christmas at Amana Living and those years have flown by given the amount of change we've experienced in aged care and, indeed, all aspects of everyday life.

2022 is vastly different to 2016, and there is a huge amount of uncertainty in the world that I've not experienced previously. There's the ongoing conflict in Ukraine, the soaring cost of living, and a virus that continues to impact millions of lives across the world.

It can be difficult to remain positive, but I take heart in the human spirit and the spark of kindness and love that happens when we come together.

There is a power in community and it's one that we've been harnessing at Amana Living since our formation 60 years ago.

Our two inspired founders, Archdeacon Frederick Guest and Jack Davies, wanted to find a loving, caring and serving way to provide for older people, many of whom lived in great loneliness. Thanks to their foresight, we now support more than 6,700 older people and their families, and I am privileged to witness the beauty of community every day.

I see it in our residential care centres where staff have become like family to residents. I see it in our villages where neighbours pitch in to help each other. I see it in home care as our teams traverse the length of Perth and the Goldfields to make sure older people get the care and support they need. And I see it in our

volunteers who selflessly give their own time to help others.

Community is what binds us together and we are grateful that you have chosen to become part of our community. We don't take for granted your support and belief in us and, in turn, I hope you know that you can rely on Amana Living to be there when you need help.

It's a wondrous thing to be part of something bigger than yourself and, as we move forward into a new year, I'm looking forward to seeing new communities spring to life in Amana Living.

In the middle of 2023, we will open the new Kinross Care Centre to provide much needed care and accommodation for older people in Perth's northern suburbs. This is part of our commitment to enabling older people to maintain their individuality, providing what is needed to support a fulfilling life.

And we will do it against the backdrop of ensuring every older person is honoured and valued and advocating for the same across all aspects of our society. This is our promise to you.

As you come together with family and friends this Christmas, I hope you have a moment to enjoy the power of community too.

I wish you a very Merry Christmas, and a safe and happy New Year.

Fulfilling lives for 60 years

Amana Living was formed on 14th September 1962 by a dedicated group of Anglicans who were driven to help older people to remain in their community, supported by professionally trained staff.

Six decades later, we continue to realise the mission of our founders by supporting more than 6,700 older

West Australians to lead fulfilling lives.

This year, we came together with staff, residents and clients to share the story of our past and to celebrate the contribution of every member of the Amana Living community over the last 60 years. Here's a snapshot of some of the celebrations that took place.



Club Alexander Heights



Parry Care Centre



St George's Care Centre



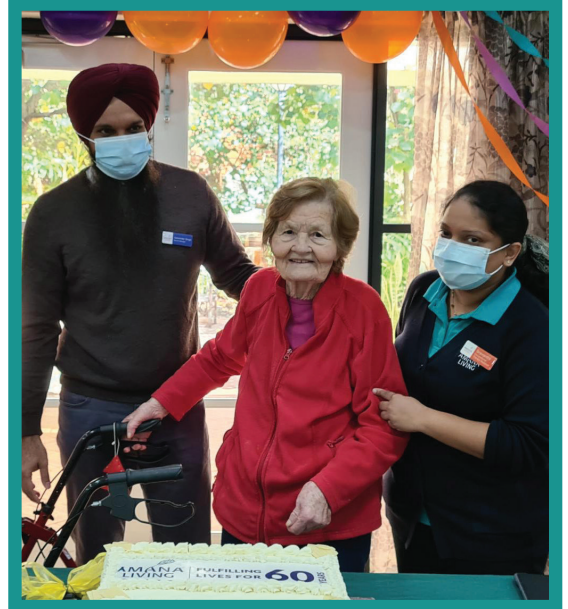
Wearne House



James Brown Care Centre



Club Kalgoorlie



Peter Arney Care Centre



Dorothy Genders Village



Transition Care Mosman Park



Lefroy Care Centre

Become an end-of-life companion

Can you imagine dying alone?

It is the reality of many older Australians who are faced with a lonely death. This could be because they don't have family or friends nearby, relationships have broken down, or other commitments make it difficult for someone to be with them 24 hours a day.

In 2020, Amana Living introduced the No One Dies Alone Companion (NODAC) program. It was inspired by the No One Dies Alone program founded at Sacred Heart Medical Center in America.

The program involves volunteers providing companionship to an Amana Living resident at the end of their life. This is different for every resident, but it can include holding a conversation, reading to them, playing music, or giving comfort simply by being there.

NODAC volunteers provide support in three-hour blocks over a 24-hour period. The role complements the high-quality clinical and personal care delivered by Amana Living staff, ensuring there is always someone with the resident.



Kelly Frausin, NODAC volunteer

Amana Living needs more volunteers who want to support a person in their final moments by providing vital reassurance and human connection.

To become a NODAC volunteer, you need to have empathy, good communication skills, resilience, a willingness to commit to training, and your own mobile phone and transport. You also need to be able to commit to at least one, three-hour shift per month. If you become a volunteer, you can select the care centre you visit and the time you have available. You'll be fully supported by Amana Living's NODAC Coordinator.

Kelly Frausin is a No One Dies Alone Companion (NODAC) volunteer. She joined the program because she wanted the opportunity to give back.

"My grandmother had passed away and our family was with her the whole time," Kelly said. "After reading an article about the program, it made me realise that many aged care residents don't get visitors and aren't as lucky as my family. I decided the NODAC volunteer position would be a way for me to give back."

Amana Living urgently needs NODAC volunteers to support residents at Wearne House in Mandurah, Parry Care Centre in Lesmurdie, and Thomas Scott Hostel in Camillo. There are also opportunities available at other locations in Perth and Kalgoorlie.

If you'd like to give the gift of companionship, contact Amana Living on 08 9424 6335 or email volunteers@amanaliving.com.au. You can also visit www.amanaliving.com.au/nodac for information on how to apply.

Congratulations Mildred

Wearne Village resident Mildred Underwood won the national 2022 Volunteer Achievement Award at the annual Anglicare Australia Conference in September.

Mildred was recognised for her 39 years of unwavering support and dedication to the residents of Wearne Village and Wearne House.

Congratulations Mildred!



Mildred Underwood with Jenny Williams, Chief Operating Officer

Amana Living staff shine bright at annual awards

It's always a privilege to recognise staff contributions to the wellbeing of residents and clients at the annual Amana Living staff awards and ball.

This year's ball was themed "Shine Bright Like a Diamond" in honour of Amana Living's diamond jubilee. Hundreds of staff came together to celebrate and to acknowledge their colleagues who were presented with a 3R Award.

Anh-Tam Tran-Ho

Tam drives an Amana Living shopper bus and he was nominated by a group of residents at Moline Village in Karrinyup.

Tam received a long list of accolades, all of which echoed just how wonderful Tam is. The residents praised the extra care and attention he gives to the residents, on and off the bus. They appreciated the effort he makes to include everyone, going out of his way to make extra stops to pick up residents, and working longer hours so residents can enjoy a night out.

All the residents were grateful to have Tam as their driver. They appreciated his helpful, caring and reliable nature, and his good humour that adds a special dimension to their trips.

Mira Stoichev

Mira is a client service manager in home care responsible for coordinating nursing and care services for around 60 home care clients.

Mira was nominated for her perseverance in seeking medical attention for a client whose pendant alarm went off overnight. Mira contacted the client and discovered they had suffered an injury after falling over.

Mira arranged an ambulance, however, the client refused to have the wound tended to by the paramedics. On hearing this news, Mira visited the client's home and encouraged the client to go to their local GP clinic. Given the extent of the injury and the client's medical history, Mira's actions saved this client's life.

The 3R Awards are based on nominations from colleagues, residents, clients and family members, and they recognise the staff who are the right people, doing the right thing, in the right way. This year we were delighted to present the 2022 3R Awards to the following staff members:

Jasvir Erice

Jass is a care coordinator at Lady McCusker Home responsible for overseeing the clinical care for all residents and providing leadership for the nursing staff. She was nominated by a family member who praised Jass for making his wife's transition to Lady McCusker as smooth as possible, while showing compassion and empathy along the way. The family member wrote:

"I have found Ms Jass Erice to be both skilled and knowledgeable in delivering a balance of customer service and aged care outcomes, wrapped in a kindly environment of management, warmth and compassion. I commend Amana Living for having such an outgoing, enthused and competent man-agement member."

As well as acknowledging the winners of the 3R Awards, we congratulated the following finalists:

- Andrea Fitzpatrick - Development Manager
- Catherine Holme - Community Support Worker
- Chris Baker - Maintenance Officer
- Dawn Timmerman - Business Improvement Analyst
- Jacky Thoburn - Community Support Worker
- Jill Lyndsey - Client Service manager



Deputy Chair Tim Urquhart, Anh-Tam Tran-Ho, Mira Stoichev, Jasvir Erice and CEO Stephanie Buckland

Christmas blessings from the Chaplaincy team



Revd Jeni Goring



Revd Georgie Hawley



Revd Ruth Harrison



Revd Dave Russell



Lloyd D'Souza



Revd Ros Fairless



Revd Jill Gleeson



Revd Bob Milne



June Ormerod



Revd John Jones



Revd Cathie Broome



Revd Elizabeth Smith



Father Ian Mabey



Revd Jacqui Chelsey-Ingle

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