

Spring 2019

myCasa *my home*

Celebrating Seniors Week

We opened the
doors to Portofino

Dementia care

Our flexible,
person-centred
approach

Circle of Men

Our secret
men's business

Our new CEO

Meet Julian
Casagrande

Lorocco

Introducing
Jen Whitlock



Contents

3 Vacenti Vibes

4 Our new CEO

An exciting new chapter for Vacenti

6 Dementia care

Our flexible, person-centred approach

8 Celebrating Seniors Week

We open the doors of Portofino

10 Circle of men

Vacenti's secret men's business

12 Esida & Esida Lodge

Update, lifestyle report and photos

14 Lorocco

Update, lifestyle report and photos

16 Marebello

Update, lifestyle report and photos

18 Casa Dámore

Update, lifestyle report and photos

20 Portofino Hamilton

Update, lifestyle report and photos

22 Con Noi

Update, lifestyle report and photos

23 Staff Profile

Lorocco's new manager, Jen Whitlock



We care like *family*

Welcome to the October issue of the My Casa (My Home) Newsletter.

It has been an exciting time at Vacenti with a lot happening over the last few months across all our homes. We have welcomed a lot of new faces into our family including both residents and staff. We welcome Jen Whitlock to the team as the new manager at Lorocco. Having previously worked for Vacenti, we are sure Jen will share her passion for Person Centred Care with the rest of the team and be welcomed back into the Vacenti family with open arms.

The Royal Commission into Aged Care Quality and Safety, which was established on 8 October 2018, continues to be at the forefront of the media. We eagerly await the Commission's interim report due by the 31 October 2019 and ultimately the final report by November 2019. Vacenti looks forward to the findings and recommendations that the Commission will put forward to the Government, to ensure quality care is provided to all senior Australians. The Royal Commission is a key milestone for the aged care industry and now is the time to enact change and innovation to secure the future of aged care.

In September, Casa D'amore and Marebello both went through their unannounced accreditations under the new Aged Care Quality Standards. Both homes received positive feedback from the Auditors and were praised for the care provided to our residents. This is a credit to everyone involved at Vacenti and we are proud to be part of it.

We hope you enjoy this edition of My Casa and the warmer months ahead.

Warm regards,
Mario and Louisa Casagrande



Dementia friendly community cafes

Our team is passionate about helping our residents with memory loss to remain as active and engaged as possible.

Many members of the community living with dementia are not so lucky. Instead of being engaged they become isolated.

Vacenti is hosting a series of dementia-friendly community events at each of our cafes over the coming months, designed to provide seniors and their carers with a friendly space to meet, share stories and connect with others who understand what they are going through.

Short-term respite care

Short-term respite accommodation gives caregivers the chance to have a break or go on holidays to recharge their batteries, knowing their loved one is being well cared for.

We are offering respite care in each of our Vacenti communities over the summer holidays.

If you have a friend or loved one who may need a break, they are welcome to call our Client Relations Team for information on (07) 3422 9300.

Joke of the Day

I hate it when people ask me, “where do you see yourself in two year’s time?”

Anybody would think I have 2021 vision.

– Courtesy of the men at Casa D’amore.

Spring menu

Our team of chefs have created some beautiful new meals, desserts and baked treats for our seasonal Spring menu. All of our dietician-approved meals are expertly prepared in our kitchens using fresh, nutritious ingredients.

Here are some of our most popular dishes from the new menu.

- Seafood Basket, with Panko Crumbed Prawns, Crumbed Calamari and Battered Barramundi Pieces
- Seared Salmon with Lemon Butter Sauce
- Chinese Beef and Vegetable Stir-fry with Noodles
- Slow Cooked Beef Cheeks
- Chicken and Pea Risotto (pictured)
- White Chocolate Caramel Tart (pictured)

We love it when our residents invite their family and friends to stay and share a meal – everyone’s welcome!



An *exciting* new chapter for *Vacenti*

As you may have read in the last edition of myCasa, Vacenti is a third-generation family-run business based here, in Brisbane. Dom and Lucy Casagrande first entered the aged care industry in 1973, building their first facility at Carindale.

Their son, Mario and his wife, Louisa, took over the reigns in 2000, Mario as Managing Director and Chief Executive Officer, and Louisa as Business Development Manager. Together, they led Vacenti to build and manage six communities around Brisbane.

Last month, Vacenti transitioned into its next phase, when Mario handed the role of CEO on to his youngest son, Julian.

Julian Casagrande has worked at Vacenti in a variety of roles since 2005, first cutting his teeth on the construction sites of new builds, before joining the finance team. After gaining his Bachelor of Commerce from The University of Queensland, Julian spent three years in the Audit and Assurance division of BDO Australia where he also qualified as a Chartered Accountant. With this important external experience under his belt, he eagerly returned to Vacenti in 2017, taking up the position of Chief Financial Officer.

Now as newly appointed CEO, Julian will work closely with Mario as they continue to strengthen Vacenti's position and reputation in the marketplace.

One of their biggest plans is to expand on Mario's vision to give families an alternative to traditional aged care. This came to fruition with the creation of Vacenti's newest community, Portofino Hamilton. A revolutionary concept in aged care, Portofino offers the only apartments in Brisbane where couples can live together in luxury while receiving government-funded care.

Julian said, "Future Vacenti developments will follow the Portofino model, with larger, more luxurious accommodation options. We'll also continue to invest in our team and their ongoing training, ensuring that the care and service we provide our residents is at the absolute highest level."

"I'm extremely proud to continue my grandfather's and parent's legacy. I have a great respect for how they changed the way the aged care industry operates. They've always championed a truly person-centered approach, where respect, individuality and right to personal choice are paramount. Family values run deep at Vacenti."

When asked about their combined leadership style, Julian said, "We both believe in a collaborative decision-making approach. I've always followed my father's advice: it's not what you know that's important, it's who you surround yourself with."



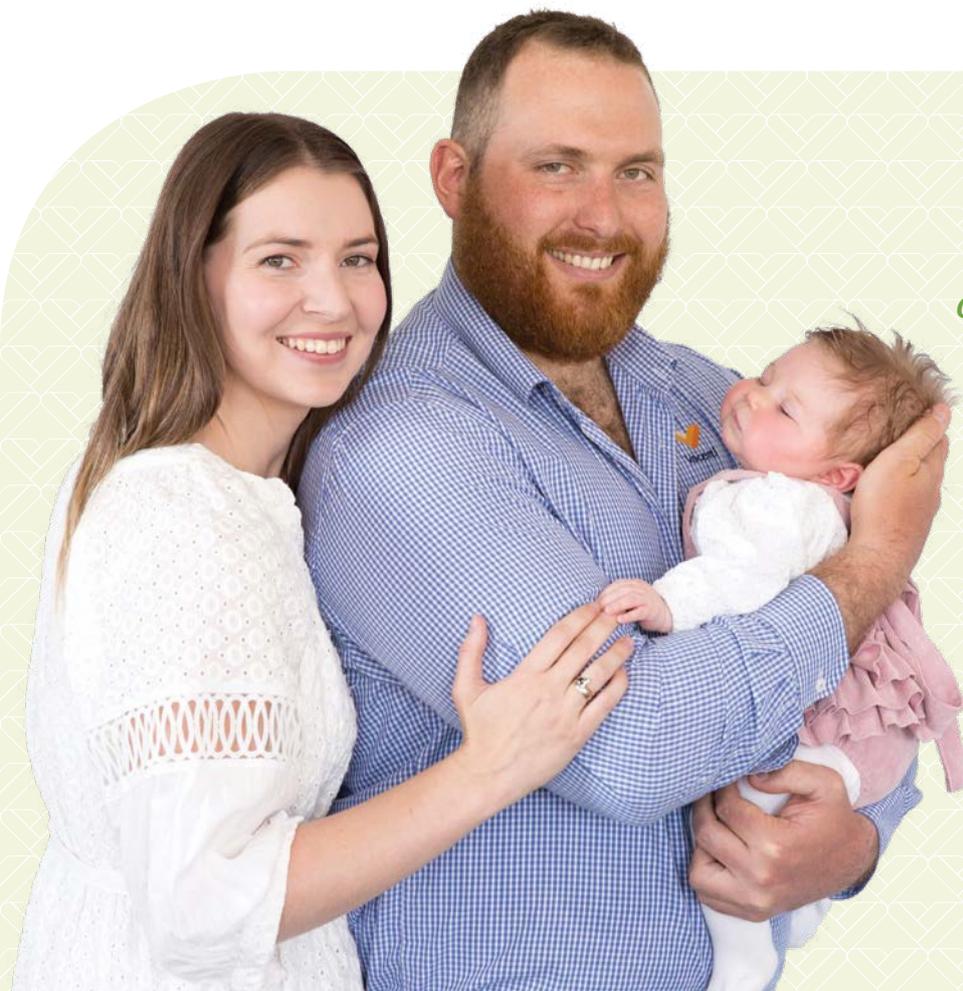
Julian Casagrande with Melanie at Portofino



Mario and Julian Casagrande

“I’m thrilled that Julian is stepping up to take over the operational side of Vacenti. As well as the financial acumen and considerable experience he brings to the role, Julian is committed to upholding the Vacenti values that we’re renowned for. He will continue to drive Vacenti forward as a family-run business that people can trust.”

Mario Casagrande



“At Vacenti, I’m lucky to have my parents and two brothers, our outstanding team and our wonderful residents. That’s a recipe for success.”

Julian and his partner, Georgia, welcomed their first daughter, Francesca, earlier this year. Louisa and Mario are now the proud grandparents to 8 grandchildren.

A flexible, *person-centred* approach to Dementia *care*



Dementia Week

Dementia Action Week was held 16 – 22 September and this year's theme was: 'Dementia doesn't discriminate. Do you?' Designed to encourage the community to join in a conversation about dementia, the Action Week aims to raise more awareness and understanding of this illness.

According to statistics published on the Dementia Australia website, someone in the world develops dementia every three seconds, and currently an estimated 447,115 Australians are living with this condition. It is also estimated that 52% of all residents living in residential aged care facilities have some form of dementia.

At Vacenti, our expert dementia care program supports each individual to be as engaged as possible in the things they love. From the high-level of nursing and medical care, through to the carefully curated room decorations designed to spark conversation and memories, and the range of enjoyable weekly experiences and outings, Vacenti is leading the way in person-centred dementia care.

Flexible care thoughtfully customised to each individual

Every person diagnosed with Dementia has a different life story, a different memory and health support needs. Our qualified nurses and carers take the time to engage and connect with each person on a level that suits them. We find out what interests them, what they respond positively to, and how we can best support them to enjoy each day as much as possible.

An important part of our care approach is not imposing a regulated structure or regime on our residents. We see our role as facilitating each person to embrace their own personal choice, with us there to help guide and support.

Care in partnership with families

We work closely with our residents' loved ones, holding regular care consultations to ensure they are kept informed of health and progress. Our staff understand how difficult dementia can be for the families, and we encourage loved ones to visit at any time. There are no set visiting hours, and we'll happily arrange a spare bed for those who'd like to stay the night.

An experienced and qualified multidisciplinary team

Vacenti's multidisciplinary team comprises doctors and allied health professionals, such as occupational therapists, music therapists, physiotherapists, podiatrists, massage therapists and dieticians. Our thorough recruitment process is designed to select carers who are aligned with the Vacenti values, and who possess the right attitude and skills to deliver exceptional dementia-specific care.



Our special care Memory Support Unit

A full program of outings and activities

Our dementia residents are encouraged to join their community's regular program of planned activities as much as possible. If a resident is not able to join the regular program, we arrange small-group activities where they may feel more comfortable.

Residents can enjoy a range of weekly experiences, such as music therapy, enjoying the lovely outdoor spaces, visits from local school children, entertainers, pet therapy, cultural evenings, local outings, exercise programs and visits to the on-site hairdresser.

Continuity of care

All our Vacenti communities cater for residents with dementia care. Three of our communities offer secure dementia care: Lorocco at Carindale, Marebello at Victoria Point, and Portofino Hamilton. Should a resident's dementia prognosis decline, there's great comfort in knowing they will continue to be cared for by our expert team.



Celebrating Seniors Week at *Portofino*

Every year, Seniors Week is a fantastic opportunity to bring a community together, regardless of age, to enhance connections, share experiences and encourage intergenerational relationships.

And what better way to celebrate Seniors Week than by opening the doors of Brisbane's only aged care apartments – Portofino Hamilton!

Members of the local community came to enjoy a host of entertainment, activities, tours and a delicious barbeque at the Portofino Open Day. Held in the open-air Piazza in lovely sunny weather, the day was a great success.



Hamilton State School students painted umbrellas



Students from St Rita's College entertained

School children delighted the residents and the community

Children from Hamilton State School kicked off the Open Day with a fabulous singing and dancing performance. The children then painted and decorated their own paper umbrellas, watched keenly by their teachers and community members. Attendees were also treated to a lively jazz performance by the talented St Rita's College strings band and choir. The students' music was so enjoyable, it drew residents out onto their balconies to listen!

Vacenti's new CEO cooks up a storm

Julian Casagrande, our very own CEO, assumed the important role of Barbeque Chef and displayed his excellent cooking skills. Attendees enjoyed a lovely complimentary lunch of fresh salads, burgers, sausages and seasonal fruits.



Everyone enjoyed celebrating in the open-air Piazza

Entertainment by Hans

Hans van der Drift, the iconic founder of Hans Continental, kept everyone entertained by singing his repertoire of popular covers. The Open Day coincided with Hans' 88th birthday, so he was in especially high spirits!

Displays and giveaways

The Ascot Garden Club and the Society for Potted Plants brought along a great collection of plants to purchase, and the on-site Medical Centre put together a fabulous selection of healthy, gluten-free food for people to sample. The raffles were very popular, with the lucky winners taking home prizes including Dendy movie tickets and a range of vouchers for coffees, fitness classes, and hair and beauty treatments.

Perhaps the Open Day was best summed up by one of Portofino's residents, who said, "It's like living in a resort here! There is always something happening and the staff are so wonderful. I loved being able to show Portofino to the wider community, especially the school children."

Tours of Brisbane's only aged care apartments



One of the most popular events of the day were the tours of the luxury apartments, penthouses and single suites. People were able to see first-hand just how spectacular the accommodation options are at Portofino, and marvel at the many sweeping and iconic Brisbane views.

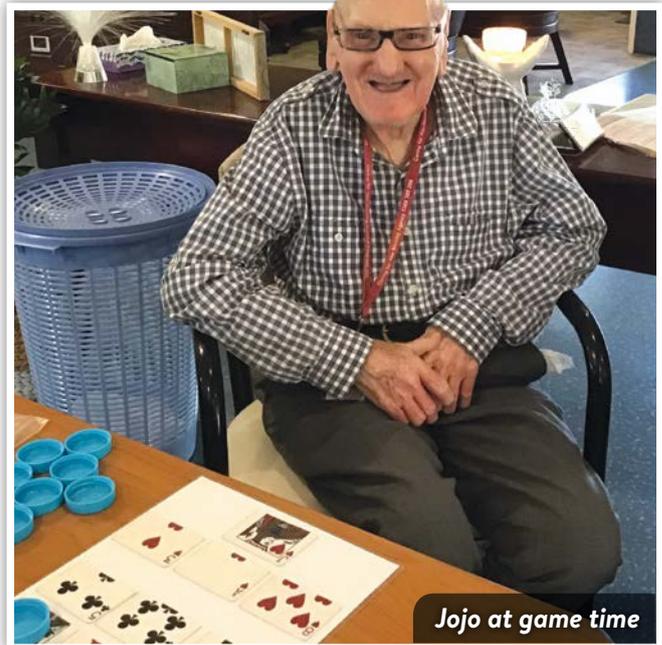
Lifting the lid on *Secret* *Men's Business!*



Men's Shed Portofino

While the majority of Vacenti's planned activities are open to all our residents, we also like to offer certain activities that specifically bring our male residents together to share stories and laughs, and enjoy the odd beer or two.

Vacenti communities are committed to fostering environments where our residents feel supported and engaged. Our carefully curated Lifestyle programs are informed directly by what our residents enjoy doing and experiencing, and some of our planned activities offer male residents a social and entertaining opportunity to bond as a group of men.



Jojo at game time

Here's a quick insight into what goes on.

Casa Dámore

The wonderful volunteers from Circle of Men visit Casa Dámore every Tuesday. Gathering in the bar area, interested male residents chat about everything from the latest sports results to what's been happening in the news, or just whatever topic comes to mind. These unstructured meetings are a lighthearted chance to swap life experiences and memories. While only scheduled for one hour, once the conversation gets going the meetings often run for twice as long. Every three months, the Circle of Men meetings are upscaled to a BBQ or pizza day.

Portofino

Every second Friday, some of Portofino's male residents choose to gather in our specially made Men's Shed. Enjoying a beer and the chance to have an uninterrupted chat, the group reminisces about their past travels, and talks about their family news and of course the all-important football results. Portofino men also love to attend the weekly Happy Hour, and the Friday afternoon movie in our theatre-style cinema room. Putt Putt Golf is another popular activity with our male residents, as are the outings to City Hall and the Sea Grill Luncheon.

Marebello

Circle of Men meets at Marebello each Wednesday morning. Keenly attended, this group engages in lively discussions about a range of topics like politics and football, and other times they'll sing songs or read stories aloud. This chance to come together and build male camaraderie is a much-anticipated event on our activity schedule. We are soon introducing a regular fishing trip to Victoria Point that promises to be just as popular.

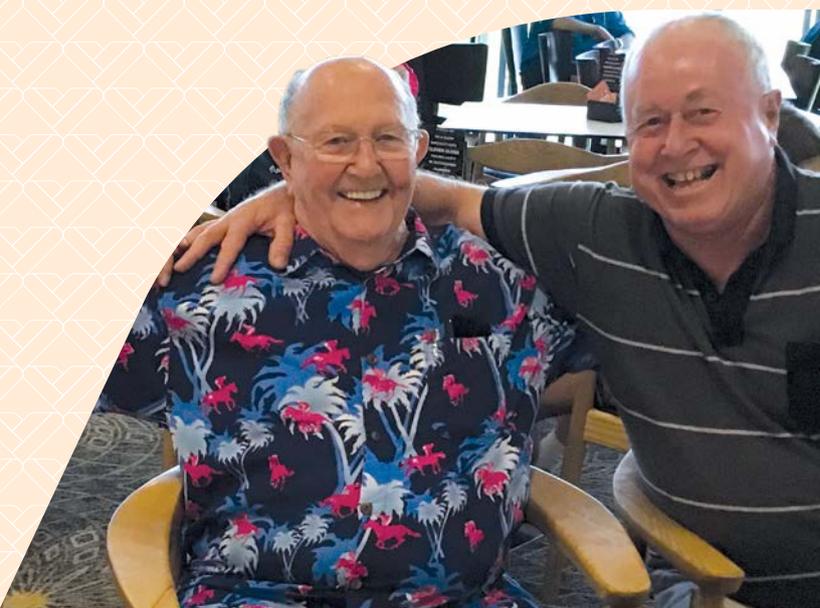
Esida & Esida Lodge

Two regular mens' activities are held at Esida & Esida Lodge. Our Men's Workshop runs every fortnight and gives our male residents the opportunity to get their hands dirty making or fixing things or just tinkering on the tools. Circle of Men meets every Friday where residents enjoy relaxed conversation and share interesting stories. Our regular Bocce games are always well attended by the men of Esida & Esida Lodge, and they also love coming along to our Happy Hours, concerts and cultural events.

To find out more about the range of activities offered at each Vacenti community, visit www.vacenti.com.au and download the Activity Calendars.

Lorocco

At Lorocco, our Men's Club is held every Friday afternoon and involves a sausage sizzle and a good old chinwag. Regular attendees engage in spirited conversation while they enjoy some food and a quiet beer. Our male residents also enjoy playing Bingo on Mondays, and our planned outings are always popular – especially the trips to Carina Leagues Club to watch Morning Melodies.



Esida & Esida Lodge Update

By Katherine McSpadden

Acting Facility Manager
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Thank you to everyone for being so welcoming on my return to Esida & Esida Lodge. It's been lovely to see so many familiar faces again and meet some of our new residents.

Spring is finally here, and with the warmer weather we are encouraging residents and their families to spend some time enjoying the fresh air. Winter unfortunately brought a few ailments and there's nothing better than being outdoors to keep bugs at bay. A reminder to families that if you are unwell, please consider delaying visits until you're back to full health.

To make our outdoor areas even more enjoyable, we've recently replaced some furniture in the breezeway, and added some lovely new plants. This has created a calm and relaxing space for residents and families to enjoy.

With the change of season, families may be purchasing some new warm-weather clothing. Please make sure any new items are given to Belinda at reception or the Team Leaders for labelling.

In September, we recognised R U OK? Day by encouraging our staff and residents to wear something yellow. We were delighted to help promote the importance of connecting and checking in with friends and neighbours.

Our staff members are a very important part of our community and we recognise their achievements with our monthly Vacenti Star and Vacenti Clinical Awards. If you'd like to nominate someone for an award, please complete a 'Share your Experience' form available from reception.

Lifestyle Report

By Zoe Hall

Lifestyle Coordinator
Esida.Lifestyle@vacenti.com.au



Spring is definitely in the air at Esida & Esida Lodge and we are making the most of it by enjoying a variety of activities that bring us closer to nature.

Our wonderful chicken-hatching program has brought joy and entertainment to the whole Esida & Esida Lodge community. It was great to have our home filled with little chicks chirping, and so lovely to know that our feathered friends were all adopted into loving family homes.

We also recently celebrated Father's Day with a special concert and BBQ lunch with our friendly volunteers from Circle of Men. They say that the way to a man's

heart is through his stomach, so it was wonderful to see so many of our male residents enjoy good food, refreshing drinks and great company.

October will certainly keep us busy with the introduction of some new activities, entertainers and exciting outings. We will be visiting the Queensland Art Gallery, hosting trivia games and celebrating October birthdays. Friends and families are always welcome to join in on the fun, and I encourage you to provide feedback or make any suggestions to our lifestyle program.

To keep up to date on the planned activities, simply visit vacenti.com.au to download our monthly program or pop by reception for a hard copy.

Esida Spring *memories*



Anna and Macia with her portrait



Outing to City Hall concert



Harold dancing up a storm



Happy Father's Day



Celebrating Carol's birthday



Lola and Rae dancing



Making Spring flower bouquets



Didgeridoo performance



Hilda's portrait

Lorocco Update

Thank you for the warm welcome to Lorocco. It's been great getting to know many of you over the last few weeks.

As I'm a new addition to the Lorocco team, let me tell you a little bit about myself. I hail from Dublin, Ireland and studied nursing in London. It was here that I met my Aussie husband and we moved to sunny Brisbane in 1996, shortly after I graduated.

I'm a Registered Nurse of 24 years, and have worked in ICU and neonatal ICU. I've also been a Clinical Facilitator educating student nurses. I worked at Carindale Brook as a casual nurse approximately five years ago and I remember some of you from there! It has been wonderful reconnecting with you.

By Jen Whitlock

Facility Manager
Jen.Whitlock@vacenti.com.au



It's also been wonderful seeing the new enhancements that have been happening around Lorocco. You'll have noticed the painting and decorating, and the new lounge and outdoor furniture, particularly in The Terrace. These improvements have really refreshed our community and I hope you're enjoying them. We're also expecting delivery of new bedspreads for all our resident beds.

I look forward to continuously improving the Lorocco service to you and your families. If you have any concerns or have anything you'd like to discuss or suggest, my door is always open. Or if you would rather, you can complete a "Share Your Experience" form available throughout the facility.

Lifestyle Report

The last few weeks have been jam-packed with fun celebrations at Lorocco. Here's just a taste of what's been happening.

We all enjoyed getting together for a Father's Day BBQ. Along with the thoughtful gifts from their families, our wonderful dads also received a gift of socks and hankies from the Lorocco team.

Everyone's toes were tapping when new entertainer, Hans, came to visit. He covered some favourite tunes by Elvis, The Beatles, Pat Boone, Doris Day and many others. The only disappointment was that it was over all too soon, but we're happy to report that Hans will be visiting Lorocco as a regular entertainer from now on.

We hosted a Dementia Awareness Morning Tea in September. As we enjoyed tea and delicious treats,

By Sandy Kaur

Lifestyle Coordinator
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we all participated in informative discussions about how this still relatively unknown disease affects our loved ones' social behaviour and self-awareness.

It's fantastic to see an increasing number of residents joining our popular outings to the Wynnum foreshore for fish and chips, as well as the Carina Leagues Club for Morning Melodies. These outings keep our residents' connected to the broader community, provide valuable interactions and create fun memories.

We've been lucky to have Social Work students join us from late September, and they will be assisting our Lifestyle team for several months. These students are utilising this experience to complete a research project as part of their studies, so please make them welcome if you see them around.

Lorocco Spring memories



Irene having fun with the Mother Duck kids



High tea with Ruth



Viv, Rosalie and John at Dementia morning tea



Visit from Sing Australia Choir



Mens Shed trip to Esida



Joan enjoying a visit with her son



Beatrice enjoying high tea



Rachel celebrating her birthday



Leo enjoying Sing Australia Choir



Gino catching up with Jen & Rebecca

Marebello Update

By Karren Martin

Facility Manager
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Marebello is blooming with colour and the sweet fragrance of flowers. We're all glad to be enjoying some warmer weather as we head towards the end of the year.

September was a busy month and we were visited by the Quality Agency for our re-accreditation. Thank you to all residents, representatives and staff members for speaking with the assessors and providing valuable feedback. We always welcome constructive feedback to improve our service, and our 'Share your Experience' forms can be found in the front reception pamphlet stand.

I would like to remind all visitors and staff members that Cleveland Redland Bay Road is an extremely busy road. Please take care when entering and exiting the driveway or the road to remain safe and avoid any incidents.

We recently received delivery of our new outdoor furniture and we've been busy distributing this to all the balconies to replace the orange settings. Our café has also had a spruce up with some great new tables and chairs. This has created a wonderful fresh look that really lightens up the space.

The next few months leading up to Christmas will be busy! We would love your ideas and suggestions about how we can festively decorate our reception area this year, or any other festive celebrations. If you have an idea, or would like to be involved in decorating Marebello, please let us know. The more the merrier!

Remember that my door is always open and I hope to catch up with you soon.

Lifestyle Report

By Jo Fazio

Lifestyle Coordinator
Marebello.Lifestyle@vacenti.com.au



It's been a busy calendar at Marebello, with lots of activities and celebrations. Let us share some of our memories with you.

In September, we celebrated with a special Father's Day morning tea that included paper aeroplane competitions. After using our expert skills to make these paper planes, we then launched them in the sky – some more successfully than others...!

There was a great turnout for our Tournament of the Minds event that focused on inventors and inventing. We all learned many new things and had a fun time doing so.

Armchair travels saw us venture to Japan. Those of us who had visited Japan shared stories, and we sampled green tea and viewed some beautiful scenic pictures of the countryside.

For Dementia Action Week, Liza from our Shared Services Office joined us as a guest speaker at our Forum. Karren, Ivy & Belinda were all in attendance to answer questions and provide suggestions on how we can contribute to those living with Dementia. I also presented some of our Lifestyle plans, which included the trial of specialised music therapy.

Clare's 100th Birthday was celebrated with a High Tea. Clare was thrilled to have her family join us, and a special delivery from Local Member, Kim Richards, really made her day.

The coming months are proving to be just as busy. You can collect a copy of our monthly activities calendar from Reception or download it from the Vacenti website.

Marebello Spring *memories*



Father's Day with Peter's family



Richard at the piano



Tournament of the Minds



Fun on Show Day



Jack with family on Father's Day



Clare celebrating her 100th birthday



Painting in Wisteria



Anne Marie doing sensory therapy



High Tea in Gardenia



Exercise in the fresh air



Kim with a birthday surprise for Clare

Casa Damore Update

By Jenny Wright

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I would like to say thank you to everyone who has welcomed me to Casa D'amore, and back to Vacenti.

Casa D'amore has seen some changes over the past few months, including the painting of the exterior that was completed in time to welcome the new outdoor furniture. With the warmer weather, it's lovely to sit on the balconies to enjoy the fresh air and spectacular views of the city.

We've introduced some new initiatives at Casa D'amore. Meal with the Manager is held monthly with a special guest from Shared Services, as well as Rhiannon, our Head Chef. Our Open-Door Kitchen Tours are held for residents and families each Monday between 1pm and 2pm. Please book your tour with Shebby at reception.

We continue to hold resident and relative meetings each month, so please check the activity calendar for the date. We've enhanced the format of the meetings to include PowerPoint presentations on the TV, making it easier to read the minutes and share pictures with you.

As you may be aware, we recently had a visit from the Aged Care Quality and Safety Commission to assess the level of care we provide our residents. The auditors were very happy with the care provided, and we'd like to say thank you to everyone who assisted during this time to make it such a positive experience. We are dedicated to ensuring that the service we provide is always of the highest standard.

Lifestyle Report

By Marieann Edgell

Lifestyle Coordinator
Casa.lifestyle@vacenti.com.au



The last couple of months have really flown by! We've had some very special events and celebrations here at Casa D'amore and we're delighted to provide a snapshot of what our residents have been enjoying.

We recently purchased two iPods and noise-cancelling headphones so that we can download songs for our residents. We hope that this music will not only be relaxing and fun for our residents, but may also help some experience memory and cognitive recall and improvement.

The Casa Fair was held in August and was thoroughly enjoyed by residents and families. Attractions included Viv's baby animal farm, a strawberry ice cream stall, show bags and Bubbles the Clown and his incredible

balloon sculptures. We also hosted a Greek dinner, with Rhiannon and her relative, Vakina, cooking a traditional three-course Greek meal for residents and their guests.

Father's Day was celebrated with a visit from the Austin Healey Cars Club of Queensland and a BBQ lunch. The vintage cars were much admired, and some residents were lucky enough to enjoy a spin around the block!

Our lovely resident, Molly Egan, was involved in the Centenarian Portrait Project by Teenagers. This uplifting initiative matches 100 teenage artists with 100 of Queensland's oldest residents. Molly shared her story with the artist who then painted her portrait for entry into the project.

There's lots more planned for the next couple of months, so if you'd like to see the monthly planner, visit vacenti.com.au or collect a copy from reception.

Casa Damore Spring *memories*



Monica's family at Greek Night



Karen and Joan at the Manly Yacht Club



Houng having fun at Casa Show Day



Kerry at Show & Shine



Chris & Vincey enjoying Father's Day



Coral loves chocolate milkshakes



Making craft for Casa Show Day



Chris Catsoulis with Vicky & Micheal Prineas at Greek night

Portofino Update

By Ian Byron

Facility Manager
lan.Byron@vacenti.com.au



We've made it through cold and flu season relatively unscathed, but it's still timely to remind all family and friends to please postpone your visits if you're unwell, and continue to use the hand sanitiser as you enter and exit the building.

In other news, I am happy to announce that My Medical and Dental, located on the ground floor of our building, has a new female Doctor called Linda Perkins. Her appointment now gives residents a choice between two visiting female Doctors and two male Doctors.

It's my sad duty to report that our Head Chef, Selena Argentati, has resigned for personal reasons. Although we'll miss her, we are thrilled to announce that her replacement is Joseph Conroy who joins us with excellent restaurant and facility cooking experience. If you would like to meet with Joseph, please make an appointment through reception.

We also welcome Joie to our Lifestyle team on Mondays, Tuesdays and Fridays. Joie will be assisting Karen and Julia and has the special task of establishing a resident and staff choir. If you would like to be involved, please contact Joie or Karen.

Portofino will be holding a Manager's Lunch each month, and residents and family members are invited to dine with Joseph and myself. While sharing a delicious meal, it's a great forum to provide feedback about the food and dining experience.

For anyone driving to Portofino, a reminder that Allen Street is blocked off at Seymour Rd northbound until the end of November.

Lifestyle Report

By Karen Matthews

Lifestyle Coordinator
Portofino.lifestyle@vacenti.com.au



Last quarter saw a double celebration of Seniors Week and the Portofino Open Day. This was a fantastic day of food and entertainment in the Piazza, visits from school groups, and guided tours of our community.

We kicked off September by celebrating Father's Day with lots of family members joining their dad for coffee in the Café. The residents ended the day enjoying a Sunday afternoon movie in our cinema room.

Our residents loved having another visit from the wonderful Hamilton House Childcare, especially playing games and interacting with the children.

Some of our lovely families generously donated a selection of art materials, and our residents have been designing and creating all sorts of cards and posters.

Our Italian Luncheon held on the third Wednesday of each month is always a great success and continues to grow in numbers. The residents catch up and chat in Italian, enjoy a meal and spend time with our Italian residents visiting from Casa D'amore.

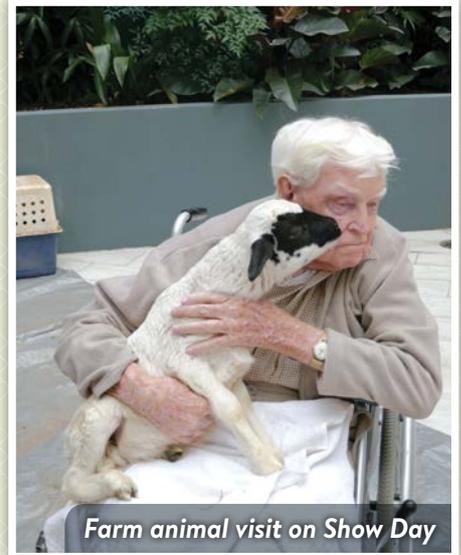
There's also been a range of excursions and in-house activities that have been very popular. Residents have been enjoying visits to GOMA, the Lord Mayor's City Hall Concert, Luncheons at Sea Grill, Happy Hour, Friendship Morning Teas, Shopping trips and Aqua Fitness. And who could forget our weekly Putt Putt Golf and Ten Pin Bowling competitions with trophies awarded for the winner. We certainly have some competitive players at Portofino!

You can collect a copy of our monthly activities calendar from Reception or download it from our website www.portofinohamilton.com.au

Portofino Spring *memories*



Fun on Portofino Show Day



Farm animal visit on Show Day



Mary passing the bowling trophy to Lyn



Anna meeting a goat on Show Day



Art Classes



Creating beautiful memories



Deb & Pam at Aqua Fitness



Catching up with friends

Con Noi Update

By Jeffrey Nutter

Retirement Living Manager
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After a relatively cold winter, our wonderful Con Noi residents have been busy springing into the full range of activities available at the village.

First up, we enjoyed a barbeque on a lazy and warm Sunday afternoon - nothing like the smell of sausages and onions to bring the residents together to enjoy the outdoors! We played a new game, called Finska, on the lawn in the shade of the big gum tree. This was very popular, and some residents showed an extremely competitive streak. Those who play lawn bowls had the edge, however, using their well-developed aiming skills to win. I'm sure Finska will become a regular feature at our barbeque functions.

On a more serious note, RACQ visited the village to deliver their Years Ahead program. This program tackles the issues that more mature motorists can

face on the roads everyday, including changes to road rules. It also helps people prepare to transition to other forms of transport if it becomes no longer safe to drive themselves. This was one of the best-attended sessions of the year, however I suspect the morning tea that was served afterwards might have added to the numbers.

Finally, our Spring fashion parade was a tremendous hit with the ladies. More than 60 residents and visitors turning up to see the latest fashion garments and indulge in some retail therapy. Our resident ladies just love the opportunity to model the beautiful clothes and accessories supplied by Portofino.

Until next time, if you'd like to speak with me about anything, or have a tour of our retirement apartments, please contact me directly on 0418 588 468.

Con Noi Autumn *memories*



Shopping for Fashions at Con Noi



BBQ in the Park



Fashion Parade



RACQ Meeting



Catwalk



Fashion Stalls at Parade

Staff Profile:

Jen Whitlock



Meet our new Lorocco manager

Jen Whitlock took on the role of Facility Manager at Vacenti's Lorocco community in September. Jen has been a Registered Nurse for 24 years with experience in Intensive Care, Midwifery and Neonatal Intensive Care. She developed a passion for aged care after working for Brisbane universities that trained nursing students in this area. Jen loves her new role at Lorocco and is making a positive impact on the lives of our residents.

Describe yourself in 3 words.

Enthusiastic, energetic and caring.

What's your favourite book?

The Alchemist by Paul Coalo is a book I have read a few times and enjoy delving back to every few years.

What are your guilty pleasures?

Champagne and chocolate!

What is your favourite quote or advice to live by?

My great-grandmother used to say, "A little help is better than a lot of pity". That is such a true saying and I have lived by this in my personal life and in my career.

Tell us about your family

I am from County Dublin in Ireland. I did my nursing training in Surrey (England), where I met Jamie. We have been married for 19 years now and have 3 boys, Ronan 18, Ciaran 15 and Luca 13. Our weekends are filled with being on the sidelines of sporting matches, with active boys playing soccer and basketball.

What do you like to do in your spare time?

Spare time? Spare time is a luxury! I am currently studying and at the tail end of a Masters of Nursing (Clinical Leadership). So most weekends I am studying! I am working on a scoping review at the moment with an aged care focus. I am hoping to publish my findings next year. One day I will get to have my weekends back and I looking forward to going horse-riding on the beach!

Why did you choose to work in Aged Care?

I used to teach nursing students. A few years ago I was on placement with students at Carindale Brooke Aged Care Facility. It was my first time to work with students in an aged care setting. I normally worked in the ICU or emergency department. I loved working in aged care and decided from then to change my focus from education to aged care.

Do you have any pets?

I love all animals, but horses and dogs would have to be my favourites. We rescued a beagle and her two week old pups a few years ago. We also have a Maltese Shih-Tzu called Walter and my son Luca has a bearded water dragon called Zeus.



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