



# Amana Life

Keeping you informed of Amana Living news, views and events.

Volume 42 : Winter Issue 2010

## A personal appeal from our CEO, Ray Glickman to support

### THE GRAND PLAN

***“A Federal election will be held on 21 August and we appeal to every person connected to Amana Living to make the neglect of the elderly an election issue.”***

#### Older Western Australians need your help!

Successive governments in Canberra have neglected the needs of the aged care sector so we need you to show your support by getting involved and spreading the word about **The Grand Plan**.

Amana Living strongly supports **The Grand Plan** – a national campaign supported by all the national aged care peak and faith-based bodies. The campaign is driven by community awareness and the website [www.thegrandplan.com.au](http://www.thegrandplan.com.au) is the main way of communicating with politicians and the community. Please log on and see how easy it is to send a message to the Minister and Members of Parliament.

Why is this campaign necessary? It's almost impossible for Amana Living and other operators to make ends meet running residential care facilities. This is leading to a crisis in WA. Operators can't afford to build or run new residential care beds and WA is already **2,500** beds behind what it needs for our parents and grandparents in the coming years.

The Federal Government's final slap in the face for older people was the recent announcement that base funding would be indexed by 1.7% when the WA CPI is twice that, wage increases are three times that and electricity charges have gone up ten times that.

We urge you to log on to **The Grand Plan** and to contact your local Federal MP and the candidates standing in your electorate to ask them what they propose to do to make sure that older people will have quality care at home and in residential facilities when they need it.

Authorised by Ray Glickman, CEO Amana Living, 541 Hay Street, Subiaco WA 6008  
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# Message from the CEO

## Looking ahead

At Amana Living, we are currently in the process of reviewing our strategic plan. We do this every two years to make sure that we are responding to the changing needs of our residents and clients and also taking up opportunities generated by changes in government policy.

There is no doubt that the world of health and ageing will undergo rapid change over coming years with many far-reaching reports having been handed down recently.

Our last strategic plan review was completed in 2008. It is pleasing to see that strong progress had been made against the vision including:

- rapid growth in In-Home care services;
- major refurbishment of four low cost retirement villages;
- commencement of a new retirement village in Treendale, Australind;
- enrichment projects undertaken in residential care facilities; and
- considerable progress in the development of new, innovative services for the future.

As part of the strategic plan process, Amana Living is currently identifying and developing new services to ensure that we remain at the forefront of the aged and community care industry. With predicted changes to the overall health system and an increase in people choosing to remain in their own homes, these new services will enable Amana Living to provide care and services to older Western Australians in new and creative ways. More information will be provided as these services develop.



*Ray Glickman*

A handwritten signature in black ink, which appears to read 'Ray Glickman'. The signature is stylized and written in a cursive-like font.

Ray Glickman  
CEO

# Amana Life

## Amana Living sets a new benchmark in retirement living at Treendale Estate

The first display villa at Treendale Estate near Australind was unveiled in late June 2010 – a move which is tipped to set a new benchmark for retirement living in the state's south west region.

The Estate, a three bedroom, two bathroom villa complete with quality appliances, air conditioning and double garage is set in natural bushland on the banks of the Brunswick River, just a short drive from Australind and Bunbury.



*Treendale Estate streetscape - artist's impression*

When completed, Amana Living Treendale will have 114 homes on a seven hectare site in a prime location at Treendale Estate, within easy walking distance of the proposed new shopping centre. Land has been reserved on the site for a potential residential care facility to be built in the future.

CEO, Ray Glickman, said the vision for Amana Living Treendale was for quality retirement living in a beautiful and tranquil environment.

“We are very pleased to launch The Estate, our first display home at Amana Living Treendale, which is going to be a very special place for people to enjoy their second half of life,” said Mr Glickman.



*Treendale Club - artist's impression*

The range of facilities at the Village's proposed leisure and social hub, The Treendale Club, encompass a heated swimming pool, spa, multi-purpose theatre, internet style café, dining room, activities area and library.

A bowling green, caravan parking bays and a village workshop will also be part of the Village. And when completed, the new district shopping centre will include a Woolworth's supermarket, numerous specialty shops, a national discount department store, excellent parking and office accommodation.

House sizes at Amana Living Treendale range from 166.5sqm to 187.5 sqm. They include three bedrooms, a mix of one and two bathrooms and two toilets as well as a mix of single and double garages and convenient driveway parking for visitors.



*Dining and kitchen view of The Estate villa*

## Archbishop blesses Amana Living's 'truly green' new office

The Archbishop of Perth and the Governor of Western Australia officially opened the state-of-the-art office building ECO 541, the new home of Amana Living in Subiaco.

The building, which has been registered for a Five Star rating with the Green Building Council of Australia, reflects Amana Living's commitment to environmental sustainability and energy reduction.

The building is set to become a local landmark for its sustainable development, with features including bike racks and showers to facilitate a healthy working environment, recycled timber and reinforcement material, bio degradable carpet, light harvesting mechanisms and external insulation panels.

Amana Living fitted out its new home with a generous grant from Lotterywest.

"Our new corporate office building reflects our



*Archbishop Roger Herft and HIs Excellency Dr Ken Michael*

commitment to reduce energy and water use and to provide our employees with a modern and comfortable place to work," said Amana Living CEO Ray Glickman.



*Amana Living Corporate Office, 541 Hay Street, Subiaco*

# Amana Life

## New technology for sporting seniors

Residents at Amana Living's Moline House in Karrinyup have been trying their hand at wakeboarding – or, more accurately, Wii wakeboarding.

Amana Living purchased Nintendo Wii Fit packages and televisions for several of its residential facilities, thanks to a \$41,000 grant from Lotterywest.

And now residents are surfing along behind virtual boats, and competing in virtual tennis and bowls tournaments.

Wii Fit is a video exercise game. Pronounced wee, the program plays on a TV screen. Players respond to on-screen cues by, for example, trying to hit balls with a hand held device that looks like a TV remote. This unit, containing a motion sensing mechanism, is strapped to the wrist and swung like a tennis racket, golf club or other sports equipment. Its internal metres sense the motion and relay the information to the TV.

The Wii Fit packages introduces residents to cutting edge technology in a bid to increase their social interaction, coordination and, most importantly, their fun.

“Amana Living is focused on enriching the lives of people we care for and that means, amongst other things, improving self esteem and confidence with modern technology,” says Kylie Mathieson, Amana Living's Wii Co-ordinator.



*St Francis Court residents Kathy McGennity (left), Heather Addison, Yvonne Durkin and Emily Ng (front)*

“Research suggests that Wii technology is beneficial for physical rehabilitation and cognitive improvement for older people, which is why we are introducing it. And we're aiming to provide residents with a great deal of enjoyment in the process.”

The Wii project was trialled at Moline House and St Francis Court in May and a program of sports activities will be introduced over winter, spring and summer. Residents will be cycling and boxing as the months progress.

Administrative staff from Amana Living's corporate office in Subiaco volunteered to participate and will help deliver the program.



*Betty Beck (left), Kylie Mathieson and Eunice Fitzgerald at Moline Hostel*



## Supporting people to stay at home



Support worker Aubrey Pereira assisting Max Poole at home

Did you know that Amana Living Community Services offer a wide range of services to people choosing to remain in their own home?

These services are designed to meet the individual client's needs to enable them to maintain independence. Due to government funding, services are provided at minimal cost to the client and include domestic

assistance, gardening, social support, meal preparation and nursing care. In addition, day respite services are available to enable carers to take a break.

Services are available across the metropolitan area and Kalgoorlie.

Following an enquiry, each client's needs are individually discussed with an experienced Community Services Coordinator who is able to tailor services for the required level of support.

A recent satisfaction survey conducted by an independent researcher showed that over 98% of our clients would recommend Amana Living services to family and friends.

If you would like more information for yourself or someone you know, please contact:

Amana Living Community Services  
Telephone: 9424 6825

Email: [communityservices@amanaliving.com.au](mailto:communityservices@amanaliving.com.au)

Website: [www.amanaliving.com.au](http://www.amanaliving.com.au)

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## Amana Living leads the way in measuring aged care

Amana Living has developed an innovative model to assess the energy usage and carbon emissions across its sites throughout Western Australia.

The model calculates carbon emissions connected with the use of gas, electricity, water consumption, transport and other necessary services and has been created with assistance from two other WA aged care providers – Brightwater and United Church Homes.

Developed over six months, the model now forms an integral feature of the organisation's

approach to environmental awareness and will be used as the catalyst to drive improvements.

CEO Ray Glickman said Amana Living set a target of reducing wastage associated with energy use and carbon emissions to ensure maximum resources were devoted to care and services, and to improve environmental performance.

"Amana Living takes the climate change challenge seriously and we have been committed to finding ways of reducing our carbon footprint," he said.

# Amana Life

## Senior geriatrician joins the board

Dr Peter Rudolph, who joined the Amana Living Board at the beginning of 2010 brings the experience of a long career in aged care.

“Geriatric medicine is my professional interest,” he explains. “Joining the Board gives me the opportunity to use that experience to help others in a different way.

“Amana Living has a very good reputation. Its reason for doing things are based on providing a service and care – rather than pursuing a profit. Providing my time and experience under those circumstances is very rewarding.”

Dr Rudolph was brought up in Victoria where he trained in medicine before working in NSW and then moving to Western Australia.

His Victorian roots are reflected in his support for the Richmond Football Club, something he feels able to admit now that they have won some games.



*Dr Peter Rudolph*

## carbon footprint

Installing Aquaponics systems at two Amana Living centres has enabled the residents to be involved in the organisation's drive to improve environmental awareness.



*Aquaponics at Hale Hostel*



*Residents feeding fish in aquaponics system*

## Alcoa employees help Wearne Home residents



*Len Wakeman enjoying the comfort of his new mattress.*

Residents at Amana Living's Wearne Home in Mandurah will have an even bigger excuse for an afternoon catnap following a \$10,000 donation from Alcoa of Australia to purchase 12 pressure relieving mattresses.

The donation from Alcoa's employee charitable fund PEACH will also pay for a specialised wheelchair.

Sharon Maitland, Care Manager at Wearne Home, says Amana Living is extremely grateful to the Alcoa employees who contribute to the PEACH fund through their payroll each month.

"The generous \$10,000 donation will have a huge impact on the comfort and wellbeing of residents in our care," she said.

"This is not the first time that Alcoa staff have supported us. Two years ago they helped us purchase five electric beds and mattresses. We very much appreciate their continued generosity and support."

## Volunteers - a wonderful asset

Volunteers are a wonderful asset, says Amana Living's Volunteer Coordinator Debbie Ward.

"People like Marie Bloomer make a great difference to the lives of our residents through their voluntary work," she said.

Marie plays the organ and keyboard for residents at St George's House in Bayswater in a regular afternoon sing-along, accompanied by two other volunteers who play and sing.

Debbie was commenting after an event to recognise Amana Living's volunteers during National Volunteer Week in May.

Nearly 100 of Amana Living's 325 volunteers received special recognition at the event, held at the Cygnet Cinema in Como.

"National Volunteer Week is an ideal opportunity

to thank people like Marie," Debbie said.

"They add to the quality of life for our residents, providing variety and comfort in so many different ways."



*Debbie Ward (left) and volunteer Wendy Wheildon.*

# Amana Life

## Bush tucker garden for Kalgoorlie residents

A bush tucker garden has been created at Ngurra Karmpi – a residential unit at Amana Living's Edward Collick Nursing Home in Kalgoorlie that caters for Aboriginal people.

“We wanted to create an environment for families to be comfortable visiting their relatives, where they can sit and talk and the children can play,” says Andrew Hirst, Amana Living's Service Manager at Kalgoorlie.

“We have half an acre devoted to the Bush Tucker Garden, with men's, women's and family areas and a barbecue, so residents can spend time outside with their families.

“We wanted to provide something that our elders could pass on to young Australians.

Everything in the garden is indigenous to the Goldfields. A lot can be eaten or used for medicine, like the cancer bush. Nursing home residents have been able to help us with Aboriginal names for the plants and how they were used. The garden will take two to three years to mature.



*Phil Stanley (left) plants bushes while residents Bertha Thomas and Karli Davis look on*

“It will be a wonderful thing if a resident can sit under a tree that reminds them of when they were a young fella in the bush.

“It's a real community effort. The local arts society is working with Wongutha Birni Cultural Centre on a project with Indigenous Australians, many of whom are Edward Collick residents. They have made about 50 mosaics with Aboriginal designs which will be cut into the barbecue area. Local schools are doing paintings along the walls.

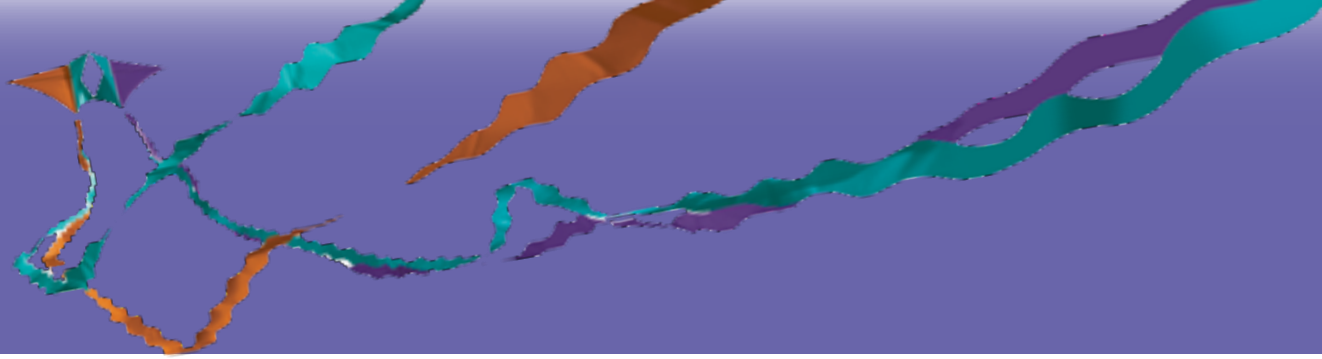
“We've done everything with consultation and permission of Wongai elders.

“Indigenous residents at Ngurra Karmpi come from all over – the Kimberley, south west, Wongai from the Goldfields, and Ceduna in South Australia.”

The garden was established with funding from the WA Department of Health and the City of Kalgoorlie-Boulder's community linkage package.



*Chairman Peter Dawes (left), Ray Glickman and Edward Collick resident Elaine Prayta*



## A melodious musical get-together

Nearly 800 people converged on the Burswood – many dressed up as characters from their favourite musicals of the 1940s, 50s, 60s and 70s – to celebrate the music, dance and nostalgia of past eras.

It was the annual residents and clients party and members of the Amana Living community – some in wheelchairs – came from all over the metropolitan area and as far away as Mandurah for the joyful celebration.

CEO Ray Glickman said the event gave residents and clients the chance to take a trip down memory lane and reminisce about musical classics.

“It also celebrates people living the second half of their life to the max,” he said. “Amana Living is dedicated to enriching the lives of residents every day and special events like this are a big part of that commitment,” Mr Glickman said.

“We want to thank our partner organisations, including Anglican Community Fund, Northerly Group, John Hughes and a host of other smaller but no less valuable contributors, who helped to sponsor the party.”



## Can you help?

Amana Living is planning its next party, to be held at the Burswood on 4 November 2010 – and we need your help.

If you can help us as a sponsor of the event, with a donation or in kind assistance we'd love to hear from you.

Wine hampers, pharmacy hampers, food hampers – almost any kind of hamper – will go towards prizes for best dressed residents at the party and most creative work on posters and decorations.

If you would like to help – as a sponsor or donor – please call Carol Draper on 9424 6330.



# Amana Life

## Seniors create little jumpers for little penguins

More than a dozen residents at Amana Living's Sundowner Hostel in Cottesloe knitted jumpers with a difference during May and June.

The talented seniors created warm winter jackets for the injured Little Penguins at Phillip Island in Victoria, the largest Little Penguin colony in the world.

Occupational Therapist Jan Telfer, who organised the knitting initiative, said the penguin jumpers would be shipped off to rangers working at Phillip Island in July, where they would be used to help injured penguins stay warm during their rehabilitation period.

"All of our residents are real animal lovers and this has been a really enjoyable project for our knitting group to work on," says Jan.

"The project was inspired by the terrible oil spill that occurred in the US, but after doing some research we discovered that the Little Penguin colony in Victoria also needed help, and so that's where the residents have dedicated their efforts. The jumpers help rehabilitate penguins caught up in oil spills.

"This project has brought a great deal of fun and laughter to our residents who have enjoyed knitting the jumpers, knowing that they are doing something very worthwhile to help injured animals."



*Dorothy Harris (left), Barbara Cook and Qwenda O'Hagen of Sundowner Hostel*

Little Penguins (sometimes known as Fairy Penguins) are the smallest penguin species in the world. They breed in colonies along the southern coast of Australia, as far north as Port Stephens in the east and to Fremantle in the west.

Oil spills kill large numbers every year. The penguins are captured, cleaned and given medical treatment.

Feathers are important for penguin survival. Oil destroys the natural oils that keep penguins warm and waterproof, and is toxic if swallowed when the penguins preen.

## What's happening?

July is party month as Amana Living celebrates its 4<sup>th</sup> birthday. It fell on 12 July - but we'll be celebrating all month.

Although the organisation has been around for a long time, we'll be celebrating the date we changed our name to Amana Living.

*Amana* means truth, integrity and nurturing, and *Living* represents our philosophy of helping our

residents and clients optimise their quality of life, with an emphasis on personal enrichment.

Celebrating our anniversary is part of living life to the full – enriching the mind, body and soul. There will be birthday celebrations at residential facilities and the corporate office all through the month of July.

So to all Amana Living residents, clients and staff – happy birthday and enjoy living the second half of life.

# How can I support Amana Living residents and clients?

There are a number of ways you can help us ensure that the life of each individual resident and client is enriched:

## Donations

(see the donation form below)  
Payroll Deduction Program  
Sponsorships  
Gifts in Kind  
Tel: 9424 6330

## Wills & Bequests

You can help provide for the important older people in our lives.  
Tel: 9424 6330

## Volunteering

Become an Amana Living volunteer  
Tel: 9424 6348

## View Amana Life 'online'

Visit [www.amanaliving.com.au](http://www.amanaliving.com.au) and head to the Amana Life Newsletter under "What's On" to read our newsletter online.

# Yes, I would like to donate and make a difference!

Specific Donation (your choice of Amana Living Centre). Please specify: \_\_\_\_\_

General Donation to the Amana Living Anglican Foundation

I would like to make a donation:

\$25     \$50     \$100     \$250     \$500 or \$ \_\_\_\_\_

Regular Donation to the Amana Living Anglican Foundation to be drawn automatically from my credit card (until I choose to discontinue)

Monthly     Bimonthly     3 monthly     6 monthly     other (please specify): \_\_\_\_\_

Each credit card payment of:

\$25     \$50     \$100     \$250     \$1000 or \$ \_\_\_\_\_

Please send me information about helping Amana Living through a Will or Bequest

Please include me on the Annual Report mailing list.

I would prefer not to receive any further information from ALAF

Bankcard     Mastercard     Visa

Name: \_\_\_\_\_

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Address: \_\_\_\_\_

Amount: \_\_\_\_\_ Expiry Date: / \_\_\_\_\_

Email: \_\_\_\_\_ P/Code: \_\_\_\_\_

Cardholder Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

Signature: \_\_\_\_\_

Profession: \_\_\_\_\_ Age: \_\_\_\_\_

Donations over \$2.00 are tax deductible

Cheques should be made payable to the Amana Living Anglican Foundation, PO Box 933, Subiaco WA 6904