



# Amana Life

Keeping you informed of Amana news, views and events.

## Message from CEO



*Chairman of Amana Living Peter Dawes, (left) and Chief Executive Officer Ray Glickman joined the Anglican Archbishop The Most Reverend Roger Herft, his wife Cheryl and 100 guests at a function held in the Archbishop's residence on 12th July, to launch Anglican Homes' new trading name.*

Christmas is a time when families and friends meet and share with each other, their experiences of the past 12 months, their aspirations, memories and joys.

Christmas is also the time when, as an organisation, we look back on everything that has been achieved over the past year...and for Amana Living, what an amazing year it has been!

2006 has seen our organisation re-born with a new trading name and, in the process, we have clarified our future direction – to be relevant to all people living the second half of life.

Our re-branding is now reflected in everything we do, which is why this newsletter has a new name, look and feel.

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part of the Anglican community

◀ Indeed, our name change from Anglican Homes to Amana Living, is part of a comprehensive strategic re-direction for us. The name change goes hand in hand with a large scale refurbishment and redevelopment program, which is detailed elsewhere in this newsletter.

However, although our name has changed, our mission remains very much the same. "Amana" means truth, integrity and nurturing - traits which embody the very essence of our organisation.

I am very proud of the incredible commitment from all of the staff at Amana Living. They have supported organisational reviews and many corresponding changes. It has been obvious that they are making a real difference in many people's lives, and without their dedication the numerous milestones that have been achieved this year would not have been possible. I pay particular tribute to all of the care and services

staff involved in this year's accreditation round, which has resulted in us achieving a maximum three year accreditation for all our sites.

In addition, the continued support we have received from our tireless volunteer contingent has helped us to strengthen the services we provide to the people for whom we care. Indeed, early on in the year we registered our 600th volunteer!

Special thanks must also be conveyed to our Board members. With their support and inspiration, Amana Living has a strong plan and a clear vision, and the future looks very positive indeed.

And so, as we reach the end of 2006 may I take this opportunity to wish everyone at Amana Living, our residents, staff, volunteers, partners and friends, a safe and happy Christmas and a peaceful new year. We look forward to an equally successful and exciting 2007.

## Keep on Trucking... two years on!



Residents at Edward Collick Home in Kalgoorlie were thrilled to learn in October that an event organised by the local trucking company Gould Transport has resulted in a \$25,000 donation to their centre.

Money was raised through the sponsorship of 114 trailers which were pulled by the trucks. The event was a Guinness world record and resulted in more than \$100,000 being available to donate to various goldfields' organisations, including the Royal Flying Doctor Service and Telethon.

Royal Flying Doctor Service fundraising team member Kelli Croxford with Edward Collick Home Manager Greg Scroop and residents, (left - right) Shirin Talasta, Fred Flynn, Dorene Norton, Brenda Steel, David Bailey and Agnes Johnsen.

Photo courtesy of the Golden Mail.

# Amana Life

## Nursing in Germany

National Red Cross day had special meaning to Wearne House resident Ethel Bloomfield who celebrated her 96th birthday this year.

The day provided an opportunity to remember and honour her commitment and dedication to the Red Cross, as Ethel spent many of the war years as a Red Cross nurse, working in Germany and the Middle East, before emigrating from the UK to Australia in August 1953.



*During a visit by the Red Cross to Wearne House, Ethel (seated) took out the many medals that she received when she helped in the underground during World War II.*

During her nursing years she cared for hundreds of survivors as well as assisting the Red Cross in Palestine in 1947. Ethel continued her voluntary work with the Red Cross when she emigrated to Perth in 1954 and joined the Red Cross in Murray Street to undertake voluntary work at the Blood Bank.

Another great supporter of the Red Cross and Amana Living, is our longest serving volunteer, Mandurah resident Rose Fowler. Rose was a founding member of the Mandurah division of the Red Cross in 1966, and received the Medal of the Order of Australia in 2002 for her ongoing commitment to helping others.

Ethel, Rose and more than 600 other volunteers were acknowledged and thanked for their voluntary work and dedication to Amana Living during a special event at the Astor Cinema in May this year.

If you are interested in becoming a volunteer for Amana Living, please contact our Volunteer Service on (08) 9424 6348.

## A New Set of Wheels for Hale

'Have wheels – will travel' is the new mantra for residents at Amana Living's Hale Hostel in Coolbellup. That's because in May this year, residents were handed the keys to a brand new Toyota Hi Ace bus as a result of funding by Lotterywest and the Anglican Community Fund, of \$49,000.

As well, retirement living residents from Hale House and members of various seniors groups within the City of Cockburn, will have access to the new set of wheels which will provide added mobility for many older people.

The modified vehicle can accommodate up to 10 residents, as well as two wheelchairs, and has been fitted with an electric hoist.



*(left-right) Hale Hostel residents Nell James, Lorraine Wilson, Roy Gates, and Ella Hartley were on hand to see their new bus first hand.*

# Residents get physical



*Sundowner residents enjoying a session of Physio Chi.*

Residents at Amana Living's Sundowner Centre are set to get physical with the help of Perth-based Tai Chi expert and physiotherapist Moh Tapper, who is the founder of a new form of the traditional Chinese martial art - Physio Chi.

Physio Chi incorporates the best of traditional Tai Chi with more western physiotherapy exercise principles which are particularly suitable for people with arthritis.

After finding out more about this new form of Tai Chi and its associated benefits, Philippa Wharton, Manager

Clinical Governance, decided it would be ideal as a therapeutic exercise for residents at the Amana Living Centres.

"A focus for us is to try to embrace new ways of improving the physical and spiritual experiences for residents," she says.

"After researching its benefits we found that Physio Chi is easy to learn and suitable for people who are unable to stand for long periods, which is usually required for the traditional forms of Tai Chi.

"It can also be fun and each movement has a story, making it easier for people to recall the movement sequence and achieve results at their own pace."

Amana Living is in the process of rolling out a series of Physio Chi workshops, being held by Moh Tapper, at its Sundowner Centre. The training has been supported by a Stay on Your Feet Grant from the Department of Health, distributed by the Injury Control Council of WA. The workshops are aimed at training care staff in the method, with a number of residents already becoming involved with the exercises.

## Dedicated Noela connects Sundowner with South Africa

Noela Kirby (75) admits that she has been a knitter all her life, from the time she helped her mother make woollen polo sweaters and socks for sailors bound for far flung destinations during World War II.

Today, Noela who lives at our Sundowner Centre, is still sending her beautifully crafted designs overseas, this time in the form of dolls and toy animals for AIDS babies in South Africa. She has produced more than 300 dolls along with hundreds of toy snakes in the past 18 months and all have been shipped to orphanages in the Natal region of South Africa.

"I'm happy to be doing my bit to help because it makes my heart bleed to think of babies and children with AIDS in orphanages who don't have a possession in the world", said Noela.

"I've always been brought up to believe that what goes around comes around and I think that's what

life is all about, helping others who are less fortunate".

If you would like to help Noela by donating wool or helping to knit toys, contact her on 9384 1333.



*Knitters Noela Kirby (sitting) and Jan Raffaele in a sea of soft toys made for orphans in South Africa.*

*Photo courtesy of Western Suburbs Weekly.*

# Amana Life

## We're lifting Amana Living to new heights

Many of our readers will have received correspondence about our re-development plans which will revitalise our facilities and ensure they remain relevant to future generations.

For those who haven't heard about our plans, let us re-cap. Our \$300 million dollar strategic facilities plan has been designed to increase our retirement living units from 828 to approximately 1,100 over the next 10 years.

It is Amana Living's longer term vision to expand our coverage across the metropolitan area, Kalgoorlie and the South West and to also fully integrate our aged, health, and lifestyle services.

In addition, we will also build capacity by cutting vacancy rates and moving to fuller occupancy as we refurbish our existing units to bring them up to modern standards.

As well as working to improve the standard of our accommodation, Amana Living is looking to enhance the independence of our residents with greater lifestyle choices and also enrich the living experience of as many of our current residents as possible.

We recognise that our development program will require some residents to be relocated, however we would like to once again assure the people for whom we care that nobody will be rushed in this transition period.

We can give surety to all of our residents that we will remain true to Amana Living's Anglican mission and values and are committed to working with and supporting our residents at all stages through these changes for the better.



*The Amana Living Retirement Team (back left to right) Geraldina Rossi, Lesley Henley, Suzanne Wright, (front left to right) Leah Tapping and Noelene Dunstan are available to assist with your enquiries. Contact (08) 9265 0300.*

Our new plans include:

- Refurbishment programs for existing retirement villages at Inglewood, South Perth, Shenton Park, Coolbellup, and Kalgoorlie.
- Redevelopment of three retirement village sites at Cottesloe, Lesmurdie, and Menora.
- Development of additional accommodation and residents' amenities at Kelmscott.
- Acquisition of greenfield sites for new retirement living and residential care facilities, with a key focus in Perth's north, south and eastern suburbs, and the Peel and South West regions.
- Continuing assessment of other centres to incorporate into an upgraded general ongoing maintenance program.
- In addition to the building programs completed at Bayswater, Duncraig, and Salter Point in the past year we are currently adding 32 new residential care beds at Salter Point, and additional retirement living units are planned for Karrinyup.

# Around the World in Two Hours!

Early in September a very talented group of students from Deanmore Primary School in Karrinyup, under the guidance of their teacher Irene Byrne, presented a superb international concert to residents at Moline Hostel.

Indeed, the concert was so well received that Amana Living's Occupational Therapist Elizabeth Oliver approached the principal of the school Jeanette Metcalf for permission to take the show 'on tour'.

Armed with instruments such as castanets, banjos and guitars and wearing a variety of international costumes made in their art classes, including daring hula skirts, swirling flamenco dresses and wooden clogs, the choir wowed audiences at James Brown House, Lady McCusker, The Sundowner Hostel and Dorothy Genders Hostel.

The children took residents on a round the world trip during the two hour concerts singing songs from many

different cultures including *Hey We're Going to Barbados*, *When Irish Eyes Are Smiling* and *I Still Call Australia Home*.

Many residents attending the concerts were born overseas and really enjoyed the songs, which they said brought back childhood memories. There was certainly a great deal of toe tapping, hand clapping and singing along and many people commented that it was a great cultural experience for all.



Sundowner residents (from left) Bonnie Zeck, Noel Weir and Mary Edwards are joined by some of the Deanmore Primary School choir.

## Mouth watering meringues



Ninety one year old Win Fletcher's meringues are legendary around Mandurah.

Photo courtesy of Mandurah Coastal Times.

Win Fletcher has quite a reputation when it comes to her specialty dish - her mouthwatering meringues, which are said to be legendary around Mandurah.

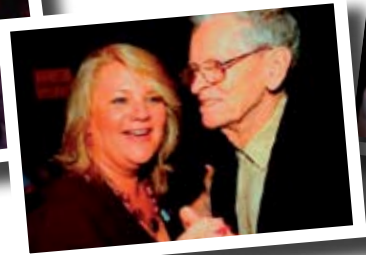
And friends say the 91 year old Wearne House resident could currently rival Jamie Oliver in the kitchen when it comes to the energy she put into making her special dessert, to help raise funds at The Wearne House fete which took place in November.

As well as a gourmet cake stall, Wearne's infamous lemon butter and special marmalade was on sale together with home made pickled onions and a variety of other mouth watering morsels.

There were also more than 300 potted plants, a white elephant stall, hand made jewellery, a book stall and a reflexologist on hand for those who needed a spot of pampering.

Alexis Denness from Wearne House says, "The fete is a real tradition and dates back to 1974. Everyone comes along and has a good time and usually finds a bargain or two. Funds raised this year will go toward a number of specialized pieces of equipment to make life just a little easier for our residents".

# Amana Life



## Oh What a Party...

One of the most anticipated events at Amana Living, the Annual Party, was held at the Burswood Convention Centre Ballroom on 27 October - and what a time was had by all.

More than 750 guests were entertained throughout the day by a variety of talented performers, including students from the Presbyterian Ladies College Choir and the St Hilda's Jazz Band.

Amana Living's very own Marita Sealey, who works for Care and Services, also wooed the audience with her dulcet tones and there was a great deal of finger clicking and toe tapping as a result.

The very popular Tod Johnston won many hearts as Master of Ceremonies, and kept guests singing in the aisles with his own renditions of popular songs.

Also spotted 'strutting their stuff' were Sandy and Danny from the famous movie Grease (or at least their look-a-likes).

Even special guest the Hon David Templeman MP, Minister for Community Development, Seniors and Volunteering got into the party spirit and onto the dance floor.

Archbishop, The Most Reverend Roger Herft was also on hand to offer the opening prayer as were dozens of our volunteers and staff who worked tirelessly to ensure that our residents were treated to a very special day out.

This special annual event can only take place with financial assistance and we again thank the Anglican Community Fund for their continued generosity.



Others who supported the Party include:

### Sponsors:

Ambrosia Foods  
Araluen Botanic Park  
Burswood Conventions and Events  
Buttercup Bakeries  
Cannon Foods

Captain Cook Cruises  
Coffee & Tea Supplies  
Corporate Express  
Delbasso Smallgoods  
Foodlink  
Fremantle Prison  
Global Importers  
Granny's Pies and Cakes

Harvey Fresh  
Kallis Bros  
Mahogany Creek Distributors  
Mike's Multi Service  
Perth Tram Company  
Peters and Browne's Group  
Providores Kitchen  
Stanlee WA

The Perth Mint  
The Smart Security Company  
Total Catering Solutions  
Total Meat Solutions  
Ward Packaging  
West Australian Symphony Orchestra  
Zimbulas Fruit and Veg

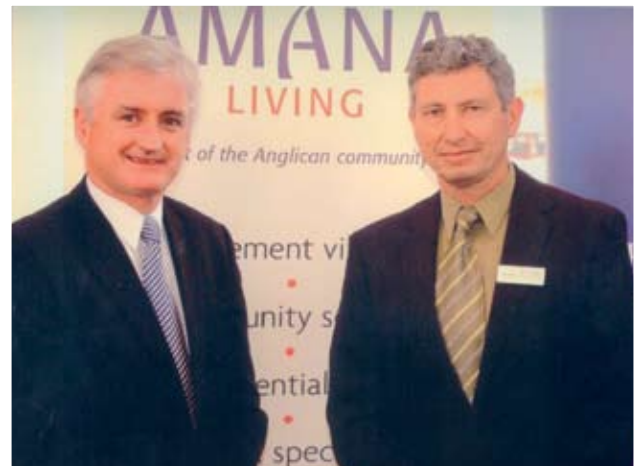
# Federal funding puts dementia research on the agenda

Amana Living has been granted funding of more than \$148,000 over two years to develop and implement the 'First Intervention Dementia Service' which will provide a personalised, community based service to people with dementia and their families.

What is so exciting for us is that we are the only aged care organisation in Western Australia to receive the federal funding to develop a unique service for people who are newly diagnosed with dementia and have limited social networks.

Clients of the service will be visited in their home or other locations convenient to them by a designated 'Link Person'. The service will provide emotional support immediately post-diagnosis, which will enable the individual and family to start future planning.

In line with its mission to support research into dementia, Amana Living, also provides funding to the Centre of Excellence for Alzheimer's Disease Research and Care, which was recently officially launched by the Premier of Western Australia, the Hon Alan Carpenter.

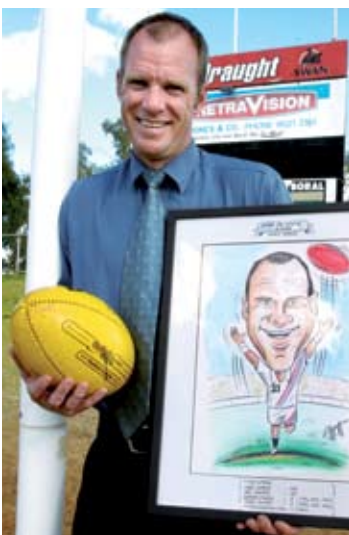


*Amana Living's CEO Ray Glickman with the Premier of Western Australia the Hon Alan Carpenter at the Centre of Excellence launch.*

The Centre is a unique collaborative research venture between a number of partners, including Edith Cowan University, and McCusker Learning and Development which is the training arm of Amana Living.

For more information about Amana Living's service to people with dementia, please contact the Information and Service Centre on (08) 9424 6363.

# Manager inducted into WA's hall of fame



Good umpires have much in common. They are critical thinkers who can make decisions in the heat of the moment while maintaining their poise. They are able to act as peacekeepers and negotiators, and they have ample patience.....just like a Manager of an Amana Living centre!

It is these traits that resulted in the manager of Edward Collick Home in Kalgoorlie being inducted into the WA Football League Umpiring Association's 'Hall of Fame'.

Greg Scoop was involved with AFL football as an umpire for 12 years and was presented with a caricature of himself detailing his achievements at a glittering ceremony in Perth recently.

He still umpires every week in Kalgoorlie although he admits he is still keen to stick to his day job.

"I'm getting a bit old to be running around like I used to," says the 39 year old.

Greg has donated the caricature back to the Association where it will be given pride of place in the league's social rooms in West Perth.

*Edward Collick Home's Manager Greg Scoop has been added to the WA Football League Umpiring Association's hall of fame.*

*Photo courtesy of Kalgoorlie Miner.*

# Amana Life

## Showing we care with WeCare

Amana Living is one of the first organisations in WA to embrace a new high tech communication system called WeCare and is now the largest user in Australia with 1,000,000 actions being "ticked off" each week across our organisation.

The \$700,000 communication network, which has been implemented with Nortel technology, will replace the piecemeal network with a single consolidated network infrastructure.

Ten centres have had WeCare implemented with the remaining five centres being connected within the next seven weeks.

Amana Living's IT Manager, Peter Mildenhall said the company decided to take advantage of new technology and upgrade its various voice and data networks in order to provide our staff with just a single device which they could carry around with them and which was easy to use.

Staff can now get information faster and more efficiently and the information supports more specific care for each resident thus allowing staff time to focus on the individuals requirements.



*Wearne House Enrolled Nurse Katrina Clarke and resident Doug Machin demonstrate the new computerised communication system.  
Photo courtesy of Mandurah Coastal Times.*

## Time out!

Amana Living's Community Services Manager Michelle Bilson recently attended the annual Aged Care Services Australia conference which took place on the Gold Coast.

During the busy conference, she and a number of fellow West Australians managed to take time out to try their hand at shuttle board, and in the process joined forces to pitch their skills against other states.

This year's annual conference revolved around the future of aged care, including a focus on community care, and the Minister for Ageing, Santo Santoro, addressed the conference on the first day. Mr Santoro took this opportunity to announce a review of the structure of the Australian Government's community programs which, he said, would focus on reducing gaps and on achieving a better alignment of community aged care services with residential care.



*Community Services Manager Michelle Bilson (right) and her shuttle board team members at the recent Aged Care & Services Australia conference.*

The conference was particularly relevant for Michelle as, back at Amana Living, she manages a group of staff who provide help to older people who decide to stay in their own home, by delivering a comprehensive range of community services within their home environment.

This assistance may take the form of helping a person get dressed in the morning, helping them with cleaning, washing or preparing meals, or even taking them shopping or to a doctor's appointment.

Alternatively, the service provides a welcome break to a carer whose loved one has dementia, by enabling that person to stay at one of Amana Living's three dementia-specific day centres. Here, they are able to meet new people, try different activities and learn new things, during which time the carer can take a well deserved break.

If you are interested in learning more about the many community services which Amana Living can provide, please contact 9440 7000.

## Trio of residents celebrate birthday milestones



*Elsie Kyrwood enjoys cake at her 103rd birthday.*

Congratulations to the many Amana Living residents who celebrated milestone birthdays this year. Amongst them were Iris Hodges from Moline Hostel who celebrated her century with lots of friends, family and flowers. Iris was born in England and emigrated to Australia in her 80's where she lived independently until moving into Moline in October this year.



*Iris Hodges celebrates her 100th birthday.*

Best wishes must also go to two residents from St George's Home in Bayswater. Jean Rowe turned 101 on 14 November and Elsie Kyrwood had a party to welcome her 103rd birthday four days later. Elsie was even granted her five minutes of fame by being featured in the West Australian newspaper, stating that her active mind was due to reading the paper from cover to cover every day!

Congratulations to all our residents who reached milestone birthdays this year.

## A trip down memory lane

A 'memorabilia' fashion show recently held at Lefroy Hostel in Bull Creek really had it all when it came to beautiful models, stunning outfits and songs of yesteryear being played on the gramophone.

Staff became models and strutted their stuff on the catwalk. As well as funky fashions from the 60's and elegant ball gowns from bygone eras, a highlight of the event, especially for the many English residents, was the 'pearly king and queen' outfits.

The special event was organized by the staff, for residents and their families, and raised funds for the Alzheimer's Association.



*Beverly Bickford and Peter Neville looked a picture of perfection in the pearly king and queen outfits.*

## Kinross Music Makers



*Members of the The Kinross Music Makers.*

So good is the Kinross choir that they have been booked to perform at other Amana Living centres!

Eight residents from the Kinross Care Centre who share a passion and background in music performance joined together in October 2005 to become the *Kinross Music Makers*.

They began their career singing at functions which were held at the centre, but word has quickly spread about their talents, and they now regularly go 'on tour'.

# Amana Life

## Riley House Celebrates 38th!



Enjoying the celebrations were guests Angela Burton (left), Marjorie Thoms (standing) and Joyce Beamish.

The Anglican Church commissioned the building of Riley House in Shenton Park, and it was officially opened by Miss Pauline Riley (the daughter of the then Archbishop Charles Riley) on the 10th November in 1968. Thirty eight years later, to the day, residents and friends of the centre gathered to celebrate the anniversary.

The function room was decorated with beautiful floral arrangements designed by resident Lloyd Hare. Guests enjoyed a delicious meal (including a giant chocolate cake) and a number of very talented residents entertained guests with an original presentation of "Cinderella".

## Generosity to a Tea

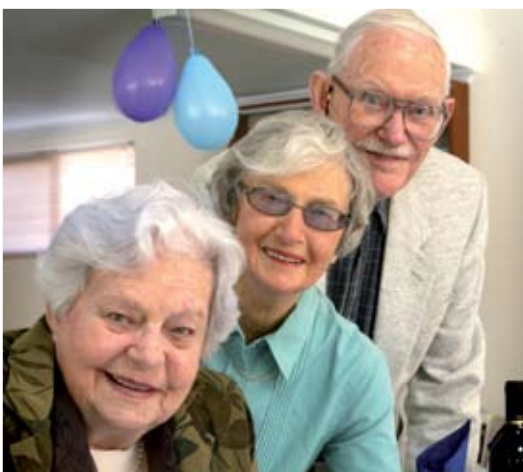
A grand total of \$700 was raised for the Cancer Council of WA at an afternoon tea (they couldn't manage the morning), at the Sundowner centre in Cottesloe, in support of the World's Biggest Morning Tea.

Staff, residents and sponsors organised a superb array of fare as well as dozens of raffle prizes, and residents Rita Mitchell, Regina Pass and Esme Towing entertained the guests with stirring renditions on the piano.



Jane Jury, Amana Living's Human Resources Consultant joined with residents in the celebration and assisted in serving tea.

## Commemorating 25 Years Young



Olive Brewer, Pam Beall and Don Fisher at Dorothy Genders Village, Mosman Park.

It is common knowledge that many residents at Dorothy Genders Village in Mosman Park like to party. In fact, they are known to regularly meet in their function room to socialise and generally enjoy life!

And in August this year everyone had a special reason to bring out the champagne when 38 residents gathered to enjoy a delicious spread of gourmet food and the very best in beverages.

Guests Don Fisher, Pam Beall and Olive Brewer were original residents when the building was constructed in 1968 and all admit that when they moved into their brand new independent living units at the village, little did they think they would be helping to celebrate its 25th anniversary in 2006.

The centre was named after Dorothy Genders, or Sister Dorothy as she was known to many, who dedicated her life to assisting the poor and underprivileged and the 25th anniversary was a fantastic occasion to celebrate her legacy and also the achievements of the centre.

# Amana Life

## Corporate Services has a new boss



Phillip Schmaal, new Director of Corporate Services.

Phillip Schmaal recently joined Amana Living as Director of Corporate Services, taking over from Toni Stampalija who left the organisation in July after 10 years of service.

Phil, as he likes to be known, comes to us with an impressive business record and a comprehensive background

in accounting. Before joining the not-for-profit Cancer Council as Director of Corporate Services, he worked in a wide range of senior positions in private consulting and government organisations.

In his spare time, Phil sits on the board of Greening Australia (WA), the Mental Health Law Centre (WA) and the Public Health Association of Australia. He is married to Jo and has a daughter named Libby. He keeps fit by kayaking and walking the dogs and spends endless hours cooking on the wood fired pizza oven which he built!

Phil has an eclectic taste in music and enjoys early baroque 1600 classics by Vivaldi and Bach through to Deep Purple and Led Zeppelin. Of his favourite Australian rules football team, Carlton, he says "I only admit to barracking for them under pressure".

Welcome aboard Phil!!

## How Can I Support Amana Living Residents?

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

### Donations (see the donation form below)

Corporate Programs  
Payroll Deduction Program  
Sponsorships/Gifts in Kind  
Tel: 9424 6334 or 9383 1088

### Volunteering

Become an Amana Living volunteer  
Tel: 9424 6348

### Wills & Bequests

You can help provide for the important older people in our lives.  
Tel: 9424 6334 or 9383 1088

### Receive Amana Life "online"

By registering your email details with us, we can forward you Amana Life online, and save Amana Living a considerable mail cost. Please complete the coupon below or email your details directly to: rhendrie@amanaliving.com.au



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

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

General Donation to Anglican Homes Foundation

I would like to make a donation:  \$25  \$50  \$100  \$250  \$500 or \$ \_\_\_\_\_

Regular Donation to Anglican Homes 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 \$ \_\_\_\_\_

Payroll Deduction (please contact us about taking a regular donation from my salary - also applicable to non-Amana Living staff)

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 AHF

Bankcard  Mastercard  Visa

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

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

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

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

Donations over \$2.00 are tax deductible

Cheques should be made payable to the Anglican Homes Foundation, PO Box 63, Cottesloe WA 6911