



Kalyna Care

# Aged care that feels like home





## Your home, your culture

Kalyna Care is a not-for-profit aged care organisation caring for older Victorians since 1984, delivering compassionate and personalised services with a special emphasis on European traditions.

While many of our traditions are Ukrainian, we embrace the cultures of all our residents from especially the Slavic cultures of Poland, Czech Republic, Slovakia, Belarus, Croatia, Bosnia and Herzegovina, Serbia, Bulgaria, North Macedonia, Montenegro, Slovenia and other European countries.

## AGED CARE WITH PASSION, RESPECT AND EUROPEAN AMBIENCE

We believe in providing a flexible and compassionate approach to aged care that respects and embodies cultural diversity. We encourage residents to be productively involved in daily life to the best of their ability with autonomy and passion, to create a positive experience for all.

Our range of aged care services are personalised and include;

- ◆ Residential aged care
- ◆ Respite care
- ◆ Dementia care
- ◆ Palliative care
- ◆ Allied health services

The Kalyna Care team welcomes residents and their families to discuss their specific needs.



# An East European ambience creates a strong sense of belonging

A European ambience throughout our home provides comfort and familiarity, with cultural and traditional décor. Our Lifestyle Program runs every day and encompasses the social, physical, emotional, intellectual and spiritual aspects of our residents lives. We honour and respect the individual for what they bring to their community, regardless of age or ability.

We support our residents to participate in activities which may take them out of their comfort zone, and love to hear them say that they are “so happy to learn something new”.

Popular activities include;

- Arts and crafts
- Music, dancing, concerts and ‘zabavy’
- Gardening and cooking produce grown at the home
- Beauty treatments, hand massage and manicures
- Viewing family photographs
- Games and puzzles
- In-home pets and visiting animals
- Festive activities like baking ‘Paska’ traditional Ukrainian Easter bread and painting ‘Pysanky’ eggs



## WE BRING YOUR STORY TO LIFE

When you come to Kalyna Care, we record your life story for you and your family to share. Traditions are an essential part of the way of life at Kalyna Care and the Your Story program helps us get to know you, connecting to your heritage and way of life.

## MEALS BRING JOY AND CULTURE TO LIFE

Our Hotel Services Manager creates seasonal menus based on the feedback of our residents, and their families. Everything is cut, chopped and prepared in our kitchen.

We cater to our residents' traditional and cultural tastes, and have numerous European-based dishes on the menu.

Here are some of our most popular dishes.

- Borshch soup.
- Fish and chips.
- Chicken Kyiv.
- Varenyky (Pierogi).
- Deruny.
- Shopska salad.
- Fried prawns with aioli sauce.
- Salt and pepper squid.
- Beef Stroganoff.
- Nalysnyky with berries.





## Spirituality and faith are celebrated

We support cultural activities and festive days, helping our residents stay connected to what they have always loved. Faith-based activities include weekly chapel services, and we celebrate festive and cultural days with our residents and their families.

- Christmas and New Year activities including Orthodox Christmas.
- Sviata Vecheria.
- Ukrainian Catholic Christmas Mass.
- Blessing of the Baskets at Easter.
- Christian Easter.
- Independence and National Days.



# Rooms are private and spacious

Our rooms are homely with modern décor, and overlook the courtyard or garden. There are options to suit all tastes and budgets, and every room has comprehensive features.

- Private, fully-equipped ensuite.
- Handrails in the shower, and next to the toilet.
- Nurse-call buttons in the bedroom and ensuite.
- Quality floor coverings and window furnishings.
- Individually-controlled heating and ceiling fans, or reverse-cycle airconditioning.
- Built-in wardrobes and generous storage.
- Bedside console.
- Over-bed table and chair.
- TV antenna point.
- An electric hi/lo bed, with mattress and all linen.

**For the most up-to-date pricing information and explanation on how aged care fees work, please visit our website [www.kalynacare.com.au](http://www.kalynacare.com.au) or call our Client Liaison Officer on 9116 4100.**

**We welcome you to tour and ask as many questions as your like.**

## OUR RANGE OF ROOMS

### **Konvalyia Suites**

Spacious suites, with a private lounge and kitchenette area, which have direct access to a private courtyard shared by only four other residents.

### **Konvalyia Couples Retreat**

Two adjoining rooms can be made into one larger space. Ideal for a lounge and bedroom area.

### **Konvalyia, Maja Hrudka, Sosna and Topolya Premium**

Spacious rooms with modern décor with views of the courtyard or large garden areas.

### **Maja Hrudka, Sosna and Topolya Classic**

Traditional homely rooms that have courtyard or garden views.

## **Need help arranging an aged care assessment?**

An aged care assessment is required for all admissions, either respite or residential permanent care. A member of the Aged Care Assessment Team (ACAT) will talk to you about your current situation and help work out what options are best for you.

To find your local ACAT or for more information about ACAT assessment, call My Aged Care on 1800 200 422 or visit [myagedcare.gov.au](http://myagedcare.gov.au).



# Kalyna Care – aged care that brings the culture and traditions of Europe ‘to life every day’

Kalyna Care is fully accredited. Our commitment to continuous improvement supports ongoing compliance with all regulatory requirements and best practice standards.

Our aim is to surpass the standards in providing a person-centered care model.



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