



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 people to be productively involved in daily life to the best of their ability with autonomy and passion, to create a positive experience for our residents and their families.

Our range of aged care services are personalised and include;

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

We encourage residents and their families to discuss their specific needs with the Kalyna Care team.



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, honouring and respecting them as individuals and 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 items 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 that help our residents stay connected to what they have always loved. Faith-based activities include weekly chapel services, and we celebrate the following 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
- Malanka
- Independence and National Days
- Ivana Kupala



Rooms are private and spacious

Our rooms are homely with modern décor, overlooking the courtyard or the garden. There are options to suite all tastes and budgets and rooms include;

- 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 air conditioning
- Built-in wardrobes and generous storage
- Bedside console
- Over bed table and chair
- Quality window coverings
- TV antenna point
- An electric hi/lo bed, with mattress and all linen

For the most update-to-date pricing information and explanation on how aged care fees work, please visit our website 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 private lounge & 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.

Konvalyia, Maja Hrudka, Sosna and Topolya Premium

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

Maja Hrudka, Sosna and Topolya Classic

Traditional homely rooms 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 your options are.

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.



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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