



Strathdon *Link*

Uniting Aged Care - Strathdon Community **newsletter**

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Linda Dover

Message from the Manager Integrated Services

Where have the months gone! As usual the last quarter has been a busy one despite the winter chill. Our intergenerational projects with the local schools are in full swing with our residents enjoying interactions and the sharing of their wisdom with several groups of students from local schools. A Teddy Bear's Picnic was held in Jack Faichney Memorial Hostel with Parkmore Kindergarten children and residents. The staff and residents had a great time collecting bears to hide in 'the woods' for the children to find.

Our Community Advisory Committee has held its inaugural meeting and elected its office bearers after twelve months of consultation through various forums. We welcome our committee members and look forward to working with the committee to build our services.

We farewelled our Chaplain Reverend Steve Crump at the conclusion of his placement and are now in the process of recruiting a new chaplain after the conclusion of a Uniting Aged Care and Uniting Church Committee review of chaplaincy services in Aged Care. I would like to thank all of the clergy who have assisted us in recent months; Reverend Kevin Dobson, Reverend Chris Duxberry, Reverend Christos Roberts and Reverend Clem Dickinson as well as our tireless group of Church Elders who have ensured that services and pastoral support has continued within our Strathdon family. Not the least was our Strathdon Remembrance Service which is held twice each year for the relatives of those that have departed, inspiringly lead by the Rev Clem Dickinson.

We have for some time been reviewing our care model and staffing structure in residential areas to ensure that we

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Grant enables expansion



Clients from the Therapeutic Activities Group using the 'Octaband'.

A grant of \$15,000 from the Ian Rollo Currie Estate Foundation was received for the renovation of the Therapeutic Activities Room in the Day Therapy Centre. The expansion of the room enables clients to more easily participate in activities and socialisation because of the additional space. A large table with chairs is set up for morning tea and lunch to be shared together. A suitable storage cupboard has also been added.

The 'octaband' (pictured above) is used for co-ordination and upper body exercise benefits. For more information, please contact Vicki John 9845 3138 (Mon, Wed & Fri).

Our bus has arrived

Residents were thrilled to see the new bus arrive in August.

'I think it is wonderful. It is a beautiful bus', said Ruth Corr.

'It is a big achievement and I hope we have many nice trips', said Edna Kemp.

'The bus will provide more opportunities to be connected with the community. Regular outings will be scheduled and this will be extended to include activities like live theatre performances at The Whitehorse Centre', said Lorna Vissaritis, Lifestyle & Volunteer Co-ordinator.



Residents and staff celebrate the arrival of the bus.

Sponsorship opportunities are available for signage. Please contact Ann Chan, 9845 3105.

Christmas in July



Betty Whiteside, Bonnie Hall and Jeannie Bellomo.

Some Mingara clients were fortunate enough to be invited to The Lord Mayor's Charitable Foundation function, 'Christmas in July' this year. They were 'blown away' by the enormity of the event. There were around 1500 guests and many workers and volunteers helping. Each guest received a Santa hat, and a beautiful gift. A sumptuous three course Christmas dinner was enjoyed, whilst clients were entertained by a variety of singers, including Darryl Braithwaite.

'We thoroughly enjoyed the day and can only cross our fingers and hope that they invite us again next year!', said Heather Barr, Mingara Day Centre Co-ordinator.



Stan Keast pictured with Princess Fiona.

'Investing in our future'

With this edition of the Link Newsletter a brochure is enclosed for the **Strathdon Community Perpetual Trust** that was established in 2006 in partnership with the Lord Mayor's Charitable Foundation. Your donation to the trust is an investment in the future of Uniting Aged Care Strathdon Community. Donations can be made using the form in the brochure or online at: www.lmcf.org.au. Enquiries: Ann Chan 9845 3105

Yernga News

There is great activity at Yernga at present. All of the windows in the units are being replaced from wooden to aluminium and they look magnificent. We have builders and painters moving around and this creates a lot of interest. There is also some landscaping taking place. In all, Yernga is starting to look very revitalised.

We have lost one of our valued residents Mabel Saxby who passed away recently. She attended every activity at the village and is sadly missed.

We recently had our mid year resident's dinner which was attended by most residents. We had a great evening with lots of food and good company. We were thrilled with our effort to raise \$1200 for the Cancer Council through our Biggest Morning Tea which was an amazing response from the 44 who attended.

The gardens are looking beautiful which gives us so much pleasure. More next time.

Noreen Webster

From page 1:
Manager Integrated Services

can meet the increasingly complex needs of our aged populations. A staffing re-structure has resulted in revised rosters, an increase in staff numbers and a leadership structure that provides a more skilled workforce as of August 8. I would like to thank all of the staff for their patience and understanding through these changes. An extensive consultative process through staff meetings, consultation with unions and individual meetings have been undertaken to ensure that staff are not disadvantaged and all of our residents needs are met. We very much look forward to working with all of our staff to continually improve the quality of our services.

Our Community Bus has just arrived and we are all enthusiastic about having this important addition to the services we are able to provide for residents and clients. The lifestyle staff have had training in manual handling and hoist use. We are seeking volunteer drivers to assist our lifestyle staff – contact Lorna Vissaritis, Lifestyle and Volunteer Co-Coordinator (9845 3130) if you would like to have some fun days out.

In focus



Life is full of beginnings and endings and if we thought about it we wouldn't have it any other way. While change is often challenging and a little frightening it would be a dull world if nothing changed. What we need to do is celebrate achievements, learn from them and use these lessons for the next step.

All this is getting at is the end of the Strathdon fete (at least for the time being). I don't wish to mourn its loss but rather celebrate how much the hard work of those volunteers involved, especially Netta Fuller, achieved. Yes we will miss it but the Foothills Auxiliary Committee is more to be commended for the energy that went into it for its life and how much this added value to the Strathdon community.

There will be other opportunities to raise money, reinforce community and have fun; they will just be different.

So well done to Foothills and all involved, thanks.

Carol Fountain
Regional Manager East Victoria

BEAUTY SERVICES Monday 9:30am to 4:00pm

- Eyebrow waxing \$10
- Eyebrow wax & colour \$12
- Upper lip waxing \$5
- Manicure & hand massage \$20
- Scalp massage or hand massage \$10
- Manicure & hand massage with herbal masque \$25
- Facial Treatments \$40

Contact Reception for an appointment 9845 3111

Beauty Services provided by Sue.
Enquiries 0415 584 312



Meet our new Advisory Committee

We warmly welcome the following people to the Strathdon Community Advisory Committee. Staff will elect their representative in September.

The purpose of the committee is to facilitate communication across all stakeholder groups associated with Strathdon Community in a spirit of connectedness and community. The committee will provide support and advice to the management team, assist in identifying and pursuing shared goals, advocate for others and uphold the vital work that contributes to the well-being of residents and clients in the spirit of Christian care.

We encourage you to get to know the members. Meetings are held bi-monthly and the Minutes will be posted on noticeboards.

Jenny Gibbs

Jenny is a regular visitor to Strathdon as her Mother is currently a resident. Since moving to the Bellarine Peninsula 13 years ago after retiring from full-time employment in the health industry, she loves to travel, is a keen photographer, has a large garden, grows many vegetables and enjoys the challenges of The Age cryptic crossword, Kenken and Kakuro puzzles. She has had previous voluntary experience in aged care and is currently involved in a number of voluntary activities on the Peninsula.

Judy Hall

Judy joined Strathdon in 2005 as an Occupational Therapist. Initially working in the Day Therapy Centre, she has since worked in our Community Programs and residential facility. She was also appointed as Assessment Officer for the Mingara Socialisation Program. In 2009 Judy was appointed Co-ordinator of the Day Therapy Centre and Mingara. Judy is also an active member of the Rotary Club of

Warrandyte-Donvale and enjoys yoga, gym, walking her family dog, working in her large garden and reading.

Kenneth McKenzie

Ken is currently a resident of Strathdon and has had a loving family life with his wife Kathleen (dec 2010). He is a member of the Box Hill Golf Club and has had a career which expands from teaching, plumbing and construction to managing a radio station and being employed as a Senior Engineer for PMG (Telstra), planning telecommunications services in remote areas of Australia for mining companies and for services to NASA tracking stations. He has also served in the Military Light Horse Regiment units (supplies) and was an elected Elder of St Andrew's Presbyterian Church.

Mima Mitchell

She has experienced living in both city and country. After working in the city, she married a wheat and sheep farmer from the Mallee and lived there for 39 years. Mima is a widow and since 1959 worked for the Presbyterian and then Uniting Church, retiring from pastoral work in 2008. She has raised two children and has two grandsons.

Noreen Webster

Noreen moved to Yeronga Village 11 years ago, after living in Morwell, Gippsland for 20 years where she was a book keeper for an office supply company. She is presently the Ministry Assistant at Inala Chapel, assisting the Minister in all activities of her Church, including preaching and conducting Sunday Services. Her hobbies are reading, knitting, puzzles and trying to outdo her grandchildren at Playstation. She has a history of care for the elderly and helping people in all circumstances of life.

Liz Garraway

Liz left the workforce in 2010 but is not willing to concede that she has retired yet. Her association with Strathdon began when her father became a resident two years ago and her mother also lives at Strathdon in an independent living unit.

Geoffrey Willis

Geoffrey has been associated with Strathdon since its establishment, as a member of the original Elders' Council and has assisted as a volunteer organist in the Nursing Home and the Chapel

He formerly worked as an Executive of Telstra's Research Laboratories and represented the Presbytery of Maroondah on the Communication and Fundraising Committee and the Presbytery of Yarra Yarra on the former Strathdon Facility Council.

He is a member of Mountview Uniting Church, Mitcham, where he is principal organist, a member of the Church Council, and is the Congregational Liaison Officer. He was also the Secretary of the former Presbytery of Maroondah and now assists the work of the Presbytery of Yarra Yarra as a member of its Ministry Formation Committee. At the Uniting Church Synod level, he is the Secretary/ Convener of the Committee for Discipline and a member of the Legal Reference Committee.

Linda Dover

Linda was appointed as the Integrated Services Manager at Strathdon in 2009, having previously worked here in the early 1990's. She has come from an organisational role at Southern Cross Care Vic and prior to that, was the Quality Manager for Aged Care and Rehabilitation of Eastern Health, where she had contact with Strathdon's Transition Care Staff.

Pictured L to R: Jenny Gibbs, Judy Hall, Kenneth McKenzie, Mima Mitchell, Noreen Webster, Liz Garraway and Geoffrey Willis.

Do you wish to save paper?

You can receive the Strathdon Link newsletter via email.

Please email strathdon.fundraising@uacvt.org.au to update your mailing options.

This newsletter has been printed on ISO14001 certified, chlorine - free recycled paper.

Upcoming Events

Bunnings Nunawading Sausage Sizzle
 9 October 9am to 4pm
 250 Whitehorse Road, Nunawading
 Please support Strathdon and come down, say 'hi', stock up on your handyman supplies and buy a sausage for a good cause. Volunteers are needed for 1 or 2 hours. If you can help, please contact Ann on 9845 3105.

Unframed Painting Exhibition & Sale, Quilting Display & Christmas Goods
 2 December 10am to 7pm
 Admission \$5

All proceeds from these events go to Strathdon Community.
Event information: 9845 3105
www.strathdon.org.au

Visiting Retailers:

In Paris Clothing
16 September 10:30am

Intimo Bra Fitting
7 October 10:30am

Moore Shoes
14 October 10:30am

Perrenial Clothing
28 October 10:30am

Raffle Winner

Children's Art Competition & Show 12 August 2011. Winner of the Wii Mario Kart Bundle, Casey Leonard. Casey also won the Year 5/6 category for 'Two Faces' painting, Vermont Primary School.



Staff & volunteers



We welcome new staff members: Sarah Jupp (top left), Adminstration, Respite Services; Pauline Knoetzen (top right), Adminstration, CACP's and new volunteers in Mingara Day Centre: Yani Liauwardy and Thida Lwin (L to R).



We recently farewelled Emma Petterlin after eight years as a staff member at Strathdon. Emma worked in the Nursing Home Administration area and she will be missed along with her faithful friend, 'Teddy' the silky terrier. Pictured L to R: Tracey Atkin, Maureen Malone, Emma Petterlin and Rose Zelinka.

Uniting Aged Care Victoria and Tasmania is the largest not-for-profit provider of quality aged care services in Victoria and Tasmania. We are an organisation of the Uniting Church in Australia, continuing the Church's long history of providing care to older people. We are also a part of the Uniting Church's national UnitingCare network.

Regional Manager East Victoria: Ms Carol Fountain

Reception / Admissions
 17 Jolimont Rd, Forest Hill 3131 8.30am-4.30pm Mon-Fri
 Phone: 9845 3111 Fax: 9894 3489

Residential Services
 Nursing Home and Transition Care: 9 Jolimont Rd, Forest Hill
 Hostels: 15 & 17-23 Jolimont Rd, Forest Hill
 Independent Living Units:
 10 Cheryl St, Forest Hill | 1 Quentin St, Forest Hill
 Yernga 32-42 Larch Cres, Mt Waverley

Community Services
 Community Care Packages, Day Therapy Centre & Mingara Day Activity Centre: 9 Jolimont Rd, Forest Hill

Email: strathdon.info@uacvt.org.au
 www.strathdon.org.au www.uacvt.org.au

Events



Yarra Valley Water corporate volunteers assisting with the June Link Newsletter mailout.



Congratulations to Steph Mayes, Burwood Heights P.S. who's artwork won an individual prize and the major school prize at the Children's Art Competition & Show.



Congratulations to Jessie Williams who celebrated her 104th Birthday with family and friends.



Belgrave Heights Christian School held a concert for residents in June.



A Teddy Bear's Picnic was held in Jack Faichney Hostel and Parkmore Pre-school children enjoyed many activities. Aidan is pictured decorating his teddy bear biscuit.