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Support Services for Older People

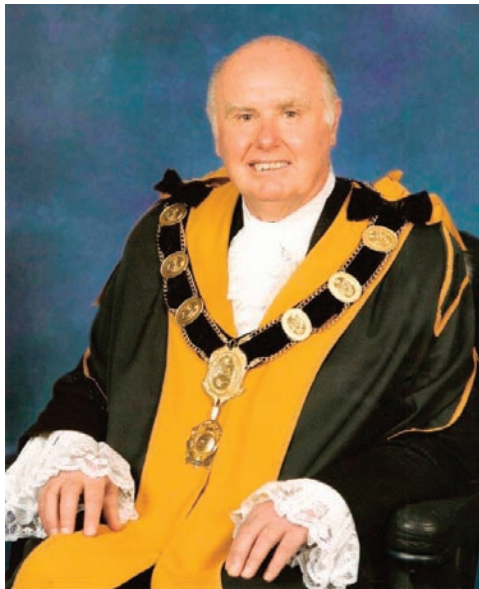
# MCAnews



## Tribute to William (Bill) Howard Larkin OAM

**20 November 1933 ~ 7 December 2014**

*Written by Ron Kitchingman OAM, MCA Director*



*Bill Larkin - Mayor*

All at the Manningham Centre were saddened by the sudden death of Bill Larkin OAM. The immediate past chairman of our facility. Bill passed away peacefully on the 7<sup>th</sup> of December 2014.

The Manningham community has lost one of the most respected, dedicated and much loved residents. Bill has been involved in the community for in excess of 50 years. He has been a tireless achiever for many community projects.

Over a period of approximately 30 years, Bill served as a Councillor and Mayor for the City of Doncaster and Templestowe and the re-named Manningham City Council. He was elected Mayor on three occasions, and was awarded the honour of Freeman of the City in 2011.

Bill had historically been involved in and supported many facilities but the establishment of the nursing home, previously named the Doncaster and

Templestowe Nursing Home and Day Care Centre has always been the prime objective of Bill's efforts.

Around 1982 whilst serving as a Councillor and under the advice of The City of Doncaster and Templestowe Social Planner, Frances Warren, Bill determined the need for a nursing home for the area to provide care for the growing number of aged residents. In the ensuing years, he was able to involve the Council and Commonwealth Government to support and contribute to this project. The Steering Committee formed a committee of local residents for fundraising purposes. With the combination of these three sources of funding, Council then formed the Board of Management in 1984. Bill was elected Chairman of the board and this was a position he held until his retirement in 2011.

Under Bill's leadership, the nursing home continued to expand in the ensuing years. In 1982 we were granted 30 bed licenses, followed by another 30 in 1991 and in 1999, 51 low care bed licenses were obtained. In 2004 another 15 low and high care bed licenses were obtained and again in 2005 an additional 9 were added

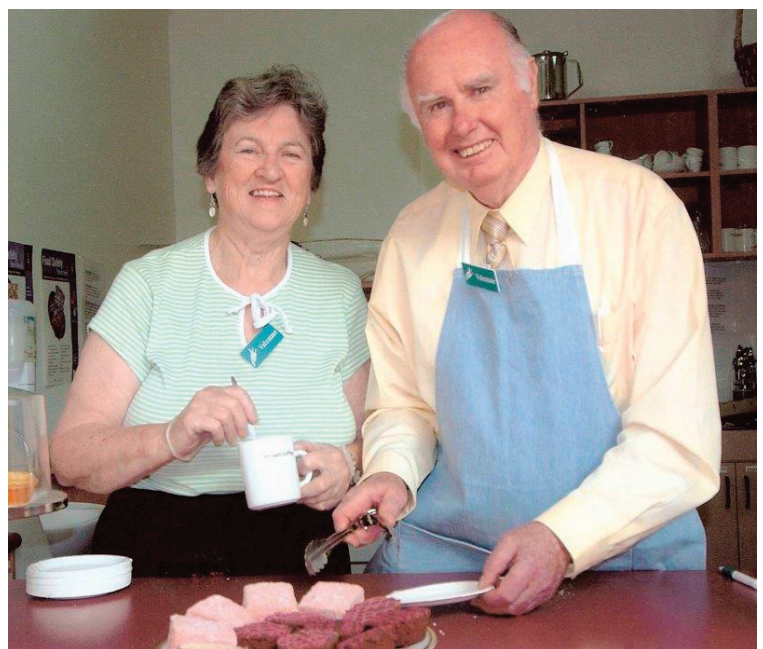
to the facility. Apart from the bed licenses, many other services such as rehabilitation, home maintenance, respite and home care were also added. The Centre continued to expand and provide services during Bill's enthusiastic term of office.

For the many women and men who had the privilege of serving as either a board member, a staff member or a volunteer during Bill's term of office, there are fond memories of his enthusiasm, friendship, ability and courteousness during his term at the Manningham Centre.

All at the Manningham Centre offer our sincere sympathy to Helen and all the Larkin Family.



*Helen and Bill Larkin serving in the Cafe*



## Sheena Kay

– **Treasurer**

*What does your role as Treasurer entail?*

- Chair of Finance and Audit Committee, which is tasked to assist the Board by:
- Oversight of financial assets of the MCA
- Oversight and advice on the financial activities of MCA and its financial reporting process
- Monitor and review the effectiveness of the MCA's internal controls and the conduct of the independent audit process.

*What do you hope to accomplish at MCA?*

Streamline the accounting function and its reporting to the Finance and Audit Committee and Board.

*Where did you begin in your career and how did your career evolve over the years?*

I started in the Audit Division of a large accounting firm. After qualifying as a Chartered Accountant, I specialised in the field of taxation. I spent the last 20 years of my career as a Tax Partner with KPMG in Melbourne advising some of Australia's largest financial institutions on their tax affairs. Over the last 8 years, I specialised in large Superannuation Funds, advising them on domestic and international property, private equity and infrastructure acquisitions. I retired from the KPMG partnership at the end of August 2014.

*Tell us about an interesting hobby or interest you have.*

I am a keen golfer and aim to use my retirement to reduce my golf handicap. I am also a keen bridge player and hope to play more often in my retirement. Also, my husband and I love to travel.



## Montessori Method of Dementia Care at the Manningham Centre

Alzheimer's Australia Victoria in partnership with the Australian Centre for Evidenced Based Aged Care awarded Grevillea House Planned Activity Group funding and assistance to implement a pilot project on the Montessori approach in the engagement of people with dementia. As part of this study, staff and carers received training on practicing the Montessori methods. The overall feedback from this training session was that the information was very helpful and gave attendees new insights on how to improve their interactions with clients or loved ones.

*What is the Montessori Method?*

The Montessori Method as applied in aged care draws out the capabilities and talents remaining of the persons living with dementia. It is often the case that while a person's verbal memory has deteriorated, some of their procedural memory remains intact. This method attempts to engage a person based on their background and interests using a number of sensory cues. An example might be arranging flowers with someone who was an avid gardener.

The Montessori Method was developed by Maria Montessori, the first Italian female physician. After obtaining

her medical degree, she worked with children with disabilities and became interested in their learning development. Her methods led to astounding results in her students' educational achievement and drew attention widely.

In the mid-nineties, Cameron Camp, an American researcher in the field of cognition and ageing began applying the Montessori Method on people diagnosed with dementia. He found that many principles underlying the Montessori were also best practice principles in dementia care. When he began to practice the Montessori Method in residential homes, family members who observed the staff and resident interaction requested training. The family members reported that the quality of their visit was improved and their relative was more focused when they were able to engage with an activity tailored to the individual's interests and background.

Over the years and in many countries, Montessori methods in aged care have shown effectiveness in better engagement, fewer agitated behaviours and increased quality of life. Keep in mind that the Montessori Method is merely one of many methods,

albeit one that shows promise. The development in care practices of people living with dementia is constantly evolving. However, feel assured that this particular method has been grounds-tested over the last twenty years and is not just a fad that we are trialling.

Source: Camp, Cameron J., "Origins of Montessori Programming for Dementia", *Non-pharmacological Therapies for Dementia* 2010; 1(2): 163-174.

### *Making a Memorial Gift*

We hear that people really appreciate having the opportunity to honour the memory of their deceased family or friends by donating in their name.

Memorial giving is a wonderful and special way to remember a loved one. It also helps Manningham Centre continue our mission of assisting older people to live meaningful lives.

*For more information on how you can help, please visit:*

**[www.manninghamcentre.com.au](http://www.manninghamcentre.com.au)  
or phone: 03 9856 1201**





## Meet Paro!

Paro is a robotic seal invented in Japan that has been shown to reduce challenging behaviours in people, particularly people living with dementia. Paro is more widely used in Japan and Europe and many studies have shown Paro to be an effective tool to reduce anxiety or challenging behaviours. Over the course of three weeks, MCA was given an opportunity to trial Paro. Paro went on to visit residents and clients of Cassia House, Cassia Day Respite, Doncaster Melaleuca Lodge and Grevillea House. Paro was greeted with mixed responses from residents and clients. Paro works similar to animal therapy, and naturally, if a person does not like animals, one would not like Paro either. In the short time that Paro was with us, staff have witnessed Paro bond with residents and clients and reduce some difficult behaviours.

MCA is in the process of evaluating the overall effectiveness of this new method based on documentation of Paro's interactions over the last three weeks. A robotic seal designed with the latest technology comes at a high price and so we will also have to contemplate how to fund Paro, if we decided to adopt Paro as permanent addition to MCA. If you would like to learn more about Paro, or how to support MCA's purchase of Paro, please contact Angie Lee: ([angelia.lee@mcentre.asn.au](mailto:angelia.lee@mcentre.asn.au) or 03 9856 1260).

## Shantel Innes

– **Facility Manager at Doncaster Melaleuca Lodge**

*How long you've been working in aged care and how many of those years at MCA?*

I completed my Division II Nursing just before Christmas 1997 and started worked in a 40 bed Nursing Home in Tongala, country Victoria before leaving the Dairy farm for the big smoke in early 1999. I started working at Cassia House the Easter of 1999 while I supporting myself through a Bachelor of Arts degree. I have worked in various roles here at MCA over the last 15½ years including Division 2 Team Leader and Endorsed Enrolled Nurse (Division 2) in Banksia unit, Auditor, Quality Systems Coordinator across all MCA programs and now officially as of August Facility Manager at Doncaster Melaleuca Lodge.

*What are the challenges in residential care that you face as a Facility Manager?*

Being new to any role presents one with a number of challenges, and I have plenty. The changes in the industry have been significant over the last ten years

but I think the last twelve months and the next twelve months present some of the biggest challenges ahead for the industry and as managers. The biggest challenge for us at DML is the transition from the old low care mentality to understanding residential services and ageing in place. Ongoing education is the key to help us stay relevant and confident with change.

*What you hope to accomplish as a Facility Manager at the Lodge?*

I hope to have a positive influence on the culture and care at DML, build a strong team and an environment that promotes teamwork. Ultimately, everything we do, every required role is for the residents benefit and should be our priority. Having worked in aged care for almost 15 years and seeing all the changes I am excited about what we can achieve going forward and with the amazing staff at DML we are already on our way.



It has been a hard year for us all with the sudden death of my Mum in a car crash in April. Not a day goes by that we don't miss her. My mum and I were best friends and did everything together. I have to be honest that some days are harder than others are but the staff of MCA has been incredibly supportive. Mum had many friends here at MCA and on behalf of my family, we thank you for your support with a special thank you to the team involved in the Memorial Garden and Service.

## Manningham Promoting Character Award

Cassia House volunteer Kuna Kanagasabapathy was awarded a Manningham Promoting Character (MPC) Award on 10<sup>th</sup> December at the Manningham Council. She is pictured below with MCA CEO Ross Dawson and MPC Committee Member Joel Solomon.

Kuna won this award for her reliability, her sensitivity to others she works with, and for being an excellent role model for new volunteers, especially those from backgrounds where English is their second language.



## Leaving a Bequest to MCA

This is a thoughtful and lasting way of sharing your blessings in a way that last and benefits many.

## Cheque Presentation from Freemason Public Charitable Foundation

On 6 March 2015, David Gibbs of the Freemason Foundation Victoria Limited presented MCA CEO with a grant to purchase a Leg Press Rehabilitation Machine for Doncaster Rehabilitation Service. The new leg press will replace an old machine which is no longer meeting the changing needs of clients. Doncaster Rehabilitation Service aims to assist clients in maintaining and improving their health so they may continue living independently at home. The equipment will also be accessible to a wider range of people from the community including younger people with neurological conditions.



David Gibbs presented the cheque to Ross Dawson, MCA CEO after a visit to DRS

## Upcoming Friends of Manningham Sunday Music Programs

The Friends of Manningham are a group of relatives and volunteers who aim to support the Centre and relatives. Every month they put on a music program in Cassia Plaza and invite residents and relatives to join. Many relatives bring a picnic lunch to enjoy the entertainment with residents. Please join us in Cassia Plaza at 2pm on the following dates:

- 29 March Blue Tone Jazz Band
- 26 April Ann & Wendy Craig – flutist and singer
- 31 May Christine & Loretta
- 28 June Tony Temple – singer guitarist
- 26 July Franc & Robert – visual music
- 30 Aug Blue Tone Jazz Band
- 27 Sept Ann & Wendy – flutist & singer
- 25 Oct Tony Temple – singer guitarist
- 29 Nov Christine & Loretta
- 6 Dec Franc & Robert – visual music

## MCA HISTORY PROJECT

With the passing of Bill Larkin, former Chairman of the Board, some may wonder whether the project to write the history of MCA over the 25 years of his Chairmanship will come to fruition. Originally planned to be published in December 2014, a great deal of work has been completed. A researcher, Bronwyn Shepherd, has been engaged to finalize some areas and progress has continued.

The history will be completed and published as a tribute to Bill Larkin's vision and achievement.

For further information, contact Barry Mernagh on: 9848 2478 or at: [bcmerna@aapt.net.au](mailto:bcmerna@aapt.net.au).

## News from MCA Home Care Packages

MCA's Home Care Package team: Zoe Campbell, Sajani Varghese, Annette Newton, and Michael Mannix.



We welcome Michael Mannix, our new Care Advisor to the Packages team. In the Aged Care Approvals Rounds 2014, MCA's Home Care Package service was awarded an extra 30 packages to add to our existing portfolio of 40 packages.

With these 70 packages, MCA now offers packages in Level Two, Level Three and Level Four.

Please call us on 9856 1218 to find out how you can access a package for yourself or your loved one.

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