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A seasonal publication of
Manningham Centre Association Inc.
Support Services for Older People

MCAnews



Building Works Update

In March this year, Manningham Centre's Board of Governance, with the approval of the Manningham City Council, awarded a contract to Circon Constructions to undertake a \$2 million refurbishment project. Upgrading has taken place in these areas:



Cassia House

Acacia lounge & dining room
Acacia covered deck
Erica dining room & staff base
Centralised laundry facility
New public toilets



Doncaster Melaleuca Lodge

New dementia unit
New dementia area veranda & pathways
Centrally located staff base
Larger front entrance canopy

Circon has completed this work close to their estimated time frames and we thank them for the consideration and respect they have shown to residents and staff during these months of disruption. We would also like to extend our appreciation to all the staff, volunteers, residents, clients and relatives for their patience during this time. We would like to offer a guided tour of the newly constructed areas if there is enough interest. Contact Stephanie Krigsman at: 9856 1287 or manningham@mcentre.asn.au to register your interest.

Australia's Oldest Living Test Cricketer... Lives Here!

Leonard Maddocks is a resident at the Lodge. He was born 24th May 1926 in Beaconsfield, Victoria. He had two brothers: one older and one younger than him. Better known as Len Maddocks, he is the oldest surviving Australian Test Cricketer.



After getting a cricket set for Christmas when he was five years old, the brothers spent many long hours playing cricket in the paddock next door or out on the road. However, he has never confessed to breaking any windows! Len was a wicket-keeper of distinction who, despite his slight frame, was very agile and capable behind the stumps. He played first class cricket for Victoria & Tasmania from 1946 to 1962 and in 7 Tests from 1954-56.





Getting to know our staff: Marley Burke

Residential Client Liaison Coordinator

How did you get into aged care?

I had no plan for working within the Aged Care sector; it seems to have just happened!

I have grown up in the Aged Care environment all my life, thanks to my mother who has worked in the sector for 38 years. During school holidays, she would take me to work with her, and I would empty rubbish bins and collect laundry bags from resident rooms, or just sit in the library and talk with the residents.

Describe your professional experience in aged care.

I have worked in the sector for 7 years now, across multiple roles.

My first role was with the Aged Care Standards and Accreditation Agency, where I worked in the operations team for 3 years. I then sought a role that was more involved with residents and so I worked as an Office Manager in a Facility for 2 years. After that, I was given the opportunity of working within HR, mostly in Learning & Development. Before starting at MCA, my role saw me travelling interstate every few weeks (a big change for someone who rarely leaves Victoria!) training staff across various Facilities on non-clinical topics.

What attracted you to this role at MCA?

I was most attracted to the interaction this role has with residents making the life changing move to enter aged care. Having experienced the process of looking for residential care for my grandfather, I know the emotional toll it can have, not only on prospective residents, but also on their loved ones. My role allows me to make a difference (no matter how small) during this time.

What do you love about working at MCA?

I love many things about my job and working at MCA. The most appealing aspects are the people I work with, the involvement MCA has with the wider community, the resources and effort that go into continuously improving the services that are provided, and the interaction I have with current, new, and potential residents (their life stories / experience is something to pay attention to!)



What does your role entail?

The main objective in my role as Client Liaison Coordinator is to coordinate admissions at Cassia House and Doncaster Melaleuca Lodge.

This includes providing information to prospective residents and their families on the requirements for entry into residential aged care, what their options are for care, providing financial information that is accurate and easy to understand, and guiding them through the process of making an application right through to admission.

Remembering Anna Luciani

Nerida Quin, Diversional Therapist Team Leader, Banksia Unit

Anna was born in Italy on 12th February 1923 and migrated to Australia in 1957. She became part of Cassia House family in June 2006 where her love of Elvis, talkback radio, watching movies, eating pasta and socialising was evident. Banksia staff remembers Anna as a 'wonderful lady' who enjoyed love and support from her daughters, families and friends. Treats of home cooked meals and special cakes were part of her family celebrations keeping her Italian heritage alive and close to her heart.

Anna passed away in August 2013 and with her passing, she left a legacy of embracing life, culture and family connections.

Upon Anna's passing, her family members too left their legacy in the form of a \$2000 donation to benefit residents in Banksia Unit. The purchase of a sensory fibre optic



wall carpet is proving to be a wonderful asset to residents living with dementia. This valuable gift from the Luciani fam-

ily will bring hours of diversion and tactile pleasure to many people for years to come.

CHAIRMAN'S REPORT



It was great to catch up with many of you at our recent AGM. Although there is a legal requirement for us to hold this meeting, it does give us the opportunity to speak directly with many of the people involved with MCA.

At the meeting, I again acknowledged the great contribution Bill Larkin made to MCA and also thanked Helen Larkin for her support both of Bill and of the Centre. I also acknowledged the contributions made to the success of MCA by our staff and the many, many volunteers who give a great deal of their time to MCA activities. In this volunteer group, I include members of your Board who also give of their time and extensive expertise to assist the on-going operation and viability of our facilities and services.

Over the past year, we have been undertaking a program of significant capital improvements to our residential facilities. I apologise again for the disruption and inconvenience that has occurred during the construction period but am sure that when we see the quality of the finished products you will agree that the inconvenience was worthwhile.

We have a large number of other major projects on the drawing board, which will substantially alter and improve the facilities we offer in both Cassia House and Doncaster Melaleuca Lodge. We are waiting to finalise our Management arrangements with Council before we can commence these projects but hope that this decision is imminent.



Again, I thank all of the people who have contributed to the success of MCA during 2015 and look forward to your continuing support in the year ahead. We do have a great future ahead of us and the Board sees many opportunities for us to improve and expand the wide range of services we currently provide to all of our residents and clients.

In conclusion, I wish each of you and your families a happy and safe Festive Season and importantly a prosperous and healthy New Year.

David Meiklejohn AM



Celebrating 69 Years of Marriage and a Legion of Honour Medal



Margaret with Ken proudly holding his 'Legion of Honour Medal'

Married at Wattle Park in Surrey Hills 69 years ago, Margaret and Ken Munro enjoy life as if they are still in the throes of youth. Ken now lives in Applewood and visits Margaret who is now in Banksia unit, Cassia House. Together they share their beautiful stories, plan their future dates (such as their anniversary cele-

bration) and talk about friends present and long passed. They have so much to talk about. They met in England during WWII where Ken navigated mesquite planes over France. He was recently awarded a Legion of Honour Medal, a French Order, at the Shrine of Remembrance from the Ambassador of the French Government.

THE OLDER PERSONS GYM

Takes advantage of Doncaster Rehabilitation Service's state of the art strength and cardio exercise equipment designed to meet the needs of older people. To join, one must be over 65 or over 50 if from an Aboriginal or Torres Strait Islander background, and be able to self-direct your own gym program under limited supervision.

It will suit people who like to work in a more supportive environment than might be offered in a commercial gym.

Currently the **Older Persons Gym** is available to former and current clients but we hope to open this up to the public in the near future.

For further information contact us on: 03 9856 1209 or Email: rehab@mcentre.asn.au



Friends of Manningham



We "The Friends" would like to take this opportunity to say thank you to all who have supported us through 2015: the Board, Ross Dawson, staff, volunteers and friends. Without your support, we would not have achieved our goals for the Manningham community such as running the Sunday afternoon entertainment, Archibald Prize trip and a Trivia Night. The money raised at Trivia Night (\$2500) enables us to continue with our support for the Centre in 2016.

We are looking forward to continuing the Sunday monthly concert afternoons and are planning on an Art Show for 2016. The Art Show will feature many successful local artists from Doncaster & Templestowe Art Society and Heidelberg Art Society. We wish you and your families' best wishes for Christmas and the coming New Year.



CASSIA HOUSE FIRE DRILL

Rest assured! We will ensure safe evacuation of all residents, clients, volunteers, staff and relatives in the case of a real fire.

MCA Bus...

The **current MCA Bus** is nearly eighteen years old and is becoming unreliable mechanically. The cost of repairs is increasing and many replacement parts are no longer available.

We were therefore delighted to receive a grant from **WCF Thomas Charitable Fund**, to help with the purchase of a new bus. Having a reliable and comfortable bus will facilitate the delivery of our quality of life program in our residential and community services for older people living in the Manningham municipality. This program aims to use the bus to take clients, residents, carers and volunteers with staff on planned activities and outings. These outings promote socialisation, stimulation, community links and enjoyment and go to places of interest to residents and clients. We are continuing our fundraising efforts for this purchase.

Thank you WCF Thomas Charitable Fund

Thank you too to...

Manningham Charitable Trust, a charitable fund account of the Lord Mayor's Charitable Foundation and the Aged Persons Welfare Foundation, for grants to buy new exercise machines to equip the "Older Persons Gym" project at Doncaster Rehabilitation Services. The project aims to help older people maintain their physical and/or mental health and reduce their exposure to physical risks associated with deterioration in their state of health.

All donations big or small are greatly appreciated.

MCA on YouTube

MCA now has a **YouTube** Channel (<http://bit.ly/MCAchannel>) with two videos: MCA FlexiCare <http://bit.ly/MCAFlexiCare> and a video created about MCA Volunteers: <http://bit.ly/MCAvolunteers>

We're here to help!

Do you or someone you know need to access more services to provide support for living at home? As you may know, the Australian and Victorian governments are very supportive of older people but with so many services available it can be confusing to figure out where to look.

MCA's Operations Manager – Community Services, Maree Lucas has offered to give guidance if you are at a loss for where to begin. (maree.lucas@mcentre.asn.au)

Please note that most of MCA's community services are primarily available to people living in Manningham municipality.

Make a difference ...

Help Manningham Centre with a bequest or donation

Support the continuous improvement of our services through the purchase of furnishings and equipment for the direct benefit of residents.

For more information about leaving a bequest, contact the Chief Executive, Ross Dawson.

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We wish you all a very Merry Christmas and a safe & happy New Year!