

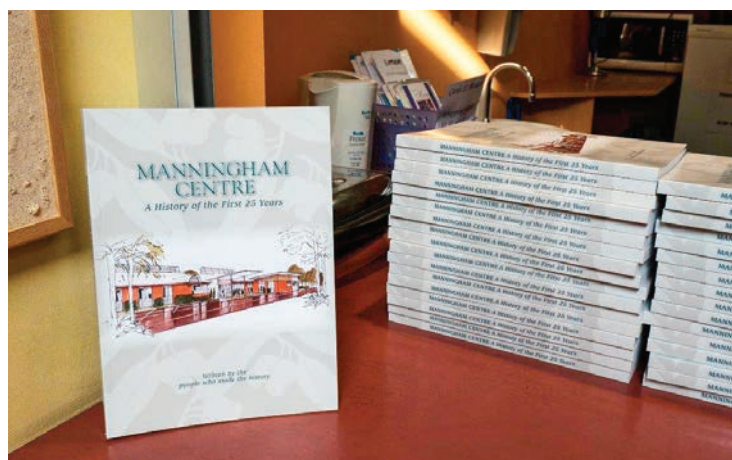
Volume 16 | Issue 1
Winter 2016 Edition

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

MCAnews



Years in the making, the History Project has culminated in a book, **Manningham Centre: A History of the First 25 Years**. This book immortalises the contributions and stories of the community by documenting the first 25 years of MCA. We gratefully thank Barry Mernagh and Bronwyn Shepherd who saw this project to its completion and we remember the late Bill Larkin who initially led this project with Barry Mernagh.



▲ Books on display for sale



▲ Former DONs Ruth and Barbara discussing book with Bronwyn Shepherd



▲ Barry and Carole Mernagh celebrating the completion of the book



▲ Staff Mei, Julie, Weiming and former Finance Manager Helen with Mayor Jennifer Yang

Excerpt from Manningham Centre: A History of the First 25 Years:

"This book is the vision of, and a tribute to, William Howard Larkin OAM. On his retirement as Chairman of MCA's Board, he requested I join him in ensuring the record of so many people's achievements in the Centre's first 25 Years be told. Bill wanted it to be a memory for them, and an inspiration for those who would continue to take the Centre forward...

Bill wanted the history to be written by the people who made the history. Therefore, volunteers, staff, carers and Council officers have provided much of what you will read. Their memories and insights make this a record of what can be achieved in the lives of its citizens by a caring and involved community"

Barry Mernagh

Your own copy of this book can be purchased from Cassia House or Doncaster Melaleuca Lodge reception areas for \$15.

Alternatively, email your request to:
manningham@mcentre.asn.au

The History Project was supported by Manningham City Council's Community Development Grant Program.



DML Staff Tracey, Charmayne, Lily, Jane, Abby, Anne, Roy (in-training), Zahra, Phurbu, Gina, Julia



DML Staff Tiana, Manager Shantel Innes, Charmayne, Kim



DML Chef Raj and Mali

Doncaster Melaleuca Lodge Re-Accredited!

After a thorough two-day audit on site by the Australian Aged Care Quality Agency, it is a pleasure to celebrate the assessors' recommendation that DML meets all 44 accreditation outcomes and will be recommended for a further three years accreditation.

Thank you to each and every staff member, volunteer and contractor at DML for your ongoing commitment to delivering exceptional care and services to residents. This outcome is a validation of the systems and processes in place at DML, as well as the passion and skill of everyone involved at DML.

The assessors received many positive comments about the staff from residents, which is a great acknowledgement of the work you do. Some of the comments included statements like "the staff here are life savers", "the staff are friendly and welcoming", "the lifestyle staff nourish our souls" and many more similar comments. Well done to each of you for making a positive difference in resident lives.

Over the past two years, DML has undergone significant change and continuous improvement under Shantel Innes' leadership, and the results have

spoken for themselves with no areas of concern identified by the assessors. In addition to the increased teamwork of staff, the assessors also passed on feedback from residents and relatives about management's approachability and responsiveness, which is fantastic feedback and demonstrates DML's client focused approach.

So a very big thank-you to the staff and congratulations on this well-deserved accreditation outcome.

Kate Karrasch

Operations Manager – Residential Services

GymActive

Who is GymActive for?

To be eligible for GymActive the client must:

- be assessed by a Physiotherapist or Occupational Therapist from Doncaster Rehabilitation Services (DRS),
- be over 65 or over 50 if from an Aboriginal or Torres Strait Islander background,
- live within the Manningham area or more broadly, the Eastern Metropolitan Region of Melbourne.

What is different about GymActive compared to a typical gym?

GymActive takes advantage of DRS's state of the art strength and cardio exercise equipment designed to meet the needs of older people. It also incorporates stretching, strengthening, balance and co-ordination exercises. This program will suit people who like to work autonomously and be able to self-direct their own gym program under

limited supervision. The program offers a more supportive environment than might be offered in a commercial gym.

Initial operating hours:

- Monday 10:45am-12pm,
- Wednesday 9:30am-12pm and
- Friday 12:00pm-2:15pm

Costs to access GymActive:

- Casual rate - \$7 per day
- 10 sessions - \$65

To learn more, call **9856 1210** or email: rehab@mcentre.asn.au

Dharani Nagarajan

Doncaster Rehabilitation Services Team Leader

Patti Hall - Artist & Volunteer

Over twenty years ago, Patti retired and began volunteering at Manningham Centre Association. She has lived in the Manningham since 1959 when the Council Chambers was the end of the suburbs. After living in Manningham for so many years, she decided she "might as well do something for (my) community." She began by taking minutes for MCA's Auxiliary when they hosted film days and car boot sales. Since the Auxiliary disbanded, she now volunteers at the café.

Patti also fulfilled her retirement dream by learning how to paint. She calls her volunteer work at MCA her "do good bit" and painting her "selfish bit." She is a member of the Heidelberg Artists' Society and Templestowe Artists Society and has held every office position at the Heidelberg Artists' Society. Patti has tried all sorts of mediums including: oils, watercolour, pastel, pen and wash and mostly paints in acrylic these days. In terms of her subjects, she will try everything.

In the sample of her artwork, there were floral paintings, modern abstract and landscape painting. Patti said, "Painting is a marvellous hobby, I never feel lonely."

Patti and local artists will exhibit their work at Friends of Manningham's Art Show in Cassia House Plaza on 25-26 June from 10-5pm. Proceeds from the sale of the paintings will benefit Manningham Centre.



Free as a Breeze

Acrylic, based on photograph of grandchildren and friend's grandchildren ▼



◀ *Me 'N' Dad*

Acrylic, based on photograph of son-in-law and grandson (currently exhibiting at Bright)

ALZHEIMER'S AUSTRALIA MEMORY WALK

On Sunday 17th April, a group of MCA staff participated in Alzheimer's Australia Memory Walk held in Ruffey Lake Park. The event raised \$51,948, which will fund carer support groups, community information seminars, National Dementia Helpline and many other resources provided by Alzheimer's Australia.

MCA Staff Tracey, Tanya, Turina, Annette, Michelle, Ross, Stephanie, Narelle, Kate and Anita



MCA Staff Michelle, Narelle, Turina and Anita complete the Memory Walk



ENTERTAINMENT BOOK 2016|2017 NOW AVAILABLE @ MANNINGHAM CENTRE

Still just \$65 you'll receive over \$20,000 worth of valuable offers! PLUS you'll be helping Manningham Centre because \$13 of the Book purchase price goes towards supporting our services to residents and clients.

Containing thousands of up to 50% off and 2-for-1 offers for many of the best restaurants, arts, attractions, hotels, travel, shopping and much, much more.

You can purchase the 2016|2017 Entertainment™ Book at Cassia House Reception or online at: <http://www.entbook.com.au/183y617>. Offers valid until June 2017.

Highlights of Offers:

25% Off

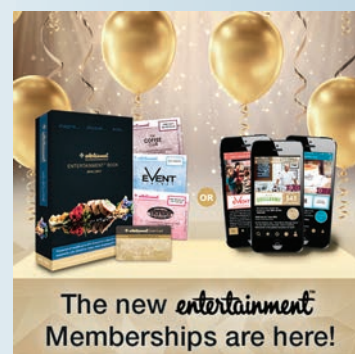
Groove Train
Cherry Hill Tavern
Eastern Court
Templestowe Living Room
PJ's Mexican Restaurant
Altair
Thyme by the River
Vanilla Orchid Thai
Beau Monde

Brunelli Bar Restaurant
Clearskin Clinic
Crust
Zero95 Pizza Wood Fire

Buy one get one free (Local offers)

TGI Friday
Movenpick Ice Cream
Bing Boy
The Blue Dog Café Restaurant

IMAX Melbourne
Ashcombe Maze
Australian Chamber Orchestra
Collingwood Children's Farm
Eureka Skydeck 88
Melbourne Aquarium
Melbourne River Cruises
Palace Cinemas
Rod Laver Arena Guided Tour
Queenscliff Ferry



Easter Raffle

Rosemary Smith, wife of Cassia resident drew the raffles. She is also best friends with MCA's former DON, Bernadette Scammel.

Elsie Murdock won the top prize and came to claim it with her daughter. We thank Eva and Eugene Apostle for donating the top prize and A Cleaner World for the three prizes.



Elsie Murdock

MCA Allocated 27 Extra Home Care Packages!

The Home Care Package Team has been allocated additional Level 3 and 4 Packages to serve the Manningham community.

Home Care Packages customises the services necessary to keep clients living at home for as long as possible. These services are heavily subsidised by the Commonwealth Government.

To see how you can access a Home Care Package or to learn more, call us at 9856 1218 or email: homecare@mcentre.asn.au

COMMUNITY RAFFLE 2016

\$2 per ticket, MCA receives \$1.50

1st prize is a \$5000 Coles/Myer voucher

Six 2nd prizes of \$1000 Coles/Myer vouchers

This year all proceeds raised, will again be directed to purchase equipment at Doncaster Rehabilitation Services for use by older people living in the community.

Your support will be much appreciated. Drawn on Friday, 24th June 2016 at Manningham Council Library.

CORRECTION ON PREVIOUS ISSUE

In the summer edition of MCA News, we reported some incorrect dates in regards to the late Anna Luciani's life. Anna was born on 15th February 1923 and passed away on 21st December 2013. We sincerely apologise for these errors.

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