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Winter 2014 Edition

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

# MCAnews



Home Care Packages and MCA FlexiCare Service Team. Photo by Mike Fard.

## HOME CARE PACKAGES

The Community Services team is busy working to roll out the recent Commonwealth Government changes to the Age Care Packages, which are now known as Home Care Packages.

The main change that will affect clients coming onto new packages is that packages will now operate on the principle of Consumer Directed Care, and clients will have the opportunity to decide the level of involvement they wish to have in the management of their package. This could range from involvement in all aspects of the package, including coordination of care and services, to a less active role.

By July 2015, all Home Care Packages are required to operate on a Consumer Directed Care basis, and the Home Care Packages team will be discussing how existing clients wish to move towards Consumer Directed Care when reviewing Care Plans.

We will be sending out more information over the next few months to all Home Care Packages clients about this exciting change.

## MCA FlexiCare has now commenced service!

**MCA** FlexiCare, MCA's new direct service arm, has now started to deliver services to clients from both the Grevillea NRCP Working Carers service and Home Care Packages.

MCA FlexiCare can provide a range of reliable and high quality support services within the City of Manningham, and the bordering Local Government Areas. It is one of a number of in-home service providers that may be chosen by Home Care Package recipients to deliver their services. MCA FlexiCare can also provide services to people who are not in receipt of a Home Care Package or other government-funded program, and who wish to purchase full fee services as private clients.

MCA is aware that it is important for clients to have regular and reliable assistance and to feel comfortable with the people who come into their home.

To meet this need MCA FlexiCare will match clients to a small team of Community Support Workers, to give continuity to both client and worker.

We will offer a range of services including: assistance with housework, meal preparation, assistance to shop and pay bills, help with personal grooming, home and garden maintenance, assistance with social and leisure activities, assistance with transport and with mobility, overnight support if help is needed during the night, and In-Home or Centre-based Respite.

MCA FlexiCare ensures that all of our staff who provide personal care services have a minimum qualification of a Cert III in Aged Care or Home and Community Care and that all staff have ongoing support and training.

### Keeping you up to date:-

#### **Current List of Board Members**

**Chairman:** David Meiklejohn AM

**Deputy Chairman:** Darrell Treloar

**Treasurer:** Sheena Kay

#### **Directors:-**

Ray Barrington

Ron Kitchingman OAM

Nusia Krolkowski

Ray Lewis

Erica Mounter

John Shaw

Lyn Sowersby

Cr Jennifer Yang



## PLAZA PARTY 2014



*Twenty Year Service Award recipient Barry Mernagh with his wife, Carole*



*Kim Hannan (in green) recipient of the Staff Service Award with her family and colleagues.*

On 7 May 2014, Manningham Centre Association hosted the annual Plaza Party to recognise the contributions of staff members and volunteers and educational attainment of staff members. MCA is privileged to have so many dedicated staff and volunteers. The Staff Service Award winner this year was Kim Hannan for her exemplary service at Doncaster Melaleuca

Lodge. She was nominated for her diligence, commitment to residents and colleagues, and her achievements in completing assessments, care plans and ACFI documentation. We would also like to acknowledge Barry Mernagh for his 20 years of voluntary service to MCA. We thank our photographers Kartini Tallasa and Mike Fard for their time and artistic contributions.



*Mayor Jim Grivokostopoulos, Manningham City Council Manager, Aged and Disability Support Services Keri Kennealy, CEO Ross Dawson and Chairman David Meiklejohn.*



*Five Year Service Award recipient Sajani Varghese with her family.*



*Recipients of the Volunteer Service Awards, Serafina Martino and Judy McDonald.*



*Colleagues, volunteers and association members mingling at the Plaza Party.*





25 YEARS OF NATIONAL VOLUNTEER WEEK  
12-18 MAY 2014

## National Volunteers Week

In honour of Manningham Centre Association's many committed volunteers, a luncheon for volunteers was held. This luncheon was attended by many volunteers including Directors and special guests Councillor and MCA Director Jennifer Yang, Councillor Stephen O'Brien and John Eren MP, Shadow Minister for Volunteers.

After the luncheon, the volunteers listened to a guest speaker, Pauline Cramer from La Trobe University who spoke on Ageing and Sexuality. MCA is extremely grateful for the support of our volunteers since its beginning.

*Top Right: Volunteers Margaret Bethune, Mary Whincup, Wendy Harpham, and Delma Blessley at the National Volunteers Week luncheon.*

*Right: Volunteers Tahereh Mahboubi, Melissa Purdy, Jan Purdy and Mira Mehra enjoying the National Volunteers Week luncheon.*



*Left: MCA Chairman David Meiklejohn, Councillor Stephen O'Brien, Councillor and MCA Director Jennifer Yang, CEO Ross Dawson and MCA Director Ron Kitchingman.*



*Shadow Minister for Volunteers, John Eren MP delivering a speech to volunteers.*



*Hugo Kennedy standing in front of one particular shelf that he organised in the pantry.*

## Profile of Hugo Kennedy

– Volunteer

Hugo Kennedy is a new volunteer to MCA. He was referred to us by Echo Australia. Echo Australia/Box Hill assisted in providing financial/training assistance so that Hugo could find sustainable part-time employment as well as work on a volunteer basis with Manningham Centre. For more details about Echo see: <http://www.echoaustralia.com>

He has had several roles already here at MCA since he started in July 2013 namely in the Kiosk, Archiving and

now also working with Paul Munn on a Thursday assisting him with various maintenance tasks around MCA.

Hugo is punctual and reliable and always has a friendly word to say to everyone he meets. He has been a real asset to MCA.

When not at MCA he likes to write non-fiction (maritime history) typically of the Atlantic Ocean and would like to have these articles published one day. He is a slow long distance runner and prides himself on keeping up his fitness.



## Report from MCA CEO

For quite some time we have been working on plans to improve the physical amenity and operational effectiveness of our two residential aged care facilities. This has culminated in the appointment of a project manager and the engagement of a firm of architects, k20, to detail the designs. The first stage, expected to commence in June, is to construct a laneway to link the Lodge with Cassia House. This will be followed by the creation of a dementia specific area in the Lodge. Further stages will be implemented over the next 12 months.

There have been some significant changes in management and administrative staffing over the last few months. At the senior management level, I have consolidated our services under three positions. With the resignation of Bert Brown as Manager of Doncaster Rehabilitation Services, I took the opportunity to bring all our community services under an Operations Manager Community Services filled by Maree Lucas. Maree joined Kate Karrasch our existing Operations Manager Residential Services. A new position of Manager Corporate Services has been created and has been filled by John Farlow.

Creating this latter position rendered the Finance Manager position redundant, which sadly resulted in the departure of Helen Zhou. This new corporate structure will serve MCA well as we meet the many significant challenges posed by the Federal aged care reforms.

Another recent management change has been the resignation of Kim Greenham as Manager of the Lodge after working for MCA for the last 10 years. This position has been filled for the next few months by another of our long-serving staff, our Quality Systems Coordinator, Shantel Innes.

In response to the increasing competitiveness of aged care arising from the move to greater consumer empowerment, we have completely revamped the way we manage resident admissions to care. The admissions process has been recast much more broadly and consolidated in one position titled Client Liaison Coordinator. Marley Burke commenced in this future-focused role in late April.

The Board of MCA has welcomed the appointment of two new Directors in March. Nusia Krolkowski has a background in aged care management while John Shaw's background

is in business development and finance. The appointment of Cr Jennifer Yang as a representative of Manningham City Council has been extended to September 2016.

The Board has expended considerable time and effort over the last 6 months in assembling a 10-year business plan to guide the development of MCA through the many challenges of the next few years. This business plan also satisfies a requirement under our Services Agreement with Manningham City Council for Council to consider extending our management of the two aged care facilities well beyond June 2015.

In April, MCA underwent an exhaustive triennial audit for its ISO 9001:2008 certification, which was subsequently extended for a further three years. In other great news, the Federal Government advised that the funding for three of our services under the National Respite for Carers Program which were due to expire in June 2014 was extended to June 2015. This is to bring them in line with other national programs, which are due to expire at that time. Continuation of all these programs across Australia are subject to the aged care reforms process currently being rolled out.

## Profile on Raymond Bruce Barrington

### – Board Member of MCA

Raymond Bruce Barrington began his career working in a bank, transitioning into a finance manager and ended his career as a business owner. During his lifetime, his businesses included a landscaping business and a florist shop called Barringtons of Doncaster.

Ray is an active community member. Since the time his children were in kinder he actively participated in various school committees. He has been a member of the Jackson Court Traders Association since 1999. His involvement with MCA began as a member of Manningham Centre Fund Raising Committee and after retirement he had more time to devote himself as a board member of Manningham Centre Association. He is also a board member of Manningham Community Enterprises Ltd, which is

the franchisee of Doncaster East and Templestowe Village Community Bank Branch Bendigo Bank.

Ray has also been involved with various theatre groups working on set design and construction, as well as behind the scenes in lighting. He enjoys fishing with his son-in-law. He is a motor sport enthusiast and owner of a 1974 Holden Monaro GTS Sedan and HSV CoupeE4. He enjoys caravanning in Australia and now that he is retired, enjoys



*Ray Barrington on a fishing trip up north*

travelling overseas with his wife of 42 years, Christine. He is a proud father of two and has two grandchildren.





*Wendy and Ann Craig, mother and daughter duo playing ANZAC songs during the April FOM Sunday afternoon event.*

## FRIENDS OF MANNINGHAM

"The Friends" are a support group of people who have all experienced being a relative of someone in residential aged care. Our focus is on residents, families and friends.

We have regular dinners at local restaurants. We also organize trips e.g. The Archibald Prize, which is held at Morningson this year and a popular coach trip to Box Stallion Winery for wine tasting, lunch and entertainment by the Blue Tone Jazz Band.

We have organized entertainment for the last Sunday of each month in which residents, families, friends and volunteers can enjoy. Many thanks to the volunteers who give up their Sunday afternoon to work in the kiosk.

For any enquiries contact: Wendy Harpham, Secretary of Friends of Manningham (9848 8983 or [wendyharpham@hotmail.com](mailto:wendyharpham@hotmail.com))

### Upcoming Sunday Music Program

29 June	Bellbird Choir
27 July	Tony Temple-singer guitarist
31 August	Christine & Loretta-pianist and singer
28 September	Swing Masters-flutist, singer and saxophonist
26 October	Melbourne Singers-choir
30 November	Blue Tone Jazz
7 December	Christine & Loretta-Christmas Special

## Mural Art Competition

The Manningham Centre Board under the direction of Chairman David Meiklejohn commissioned a Mural Art Competition in the City of Manningham. Year 9 and 10 students currently enrolled in schools in Manningham were invited to work to an Artist Brief. The brief asked the students to investigate the 1930's, 40's and 50's being the years when the current residents of Doncaster Melaleuca Lodge and Cassia House were teenagers themselves.

The winning school, Templestowe Secondary started producing their mural design in the grounds of the Centre towards the end of April under the direction of a well-known community mural artist. Residents will be able to watch the students create the mural, reminisce upon their own youth and share those memories with both the students, as well as their own family and friends.



*Initial stages of creating the mural*

A special link between the youth of Manningham and the Manningham Centre's older residents will be formed and the mural will be a unique art installation sure to create much interest.

*Lyn Sowersby, Conveynor  
Promotions Advisory Committee*



*Views of the gardens around Doncaster Melaleuca Lodge.  
Photo by Mike Fard.*



## THE HISTORY OF MCA

A small team led by Bill Larkin, former Chairman of the Board has continued to gather material for the History of MCA. As well as wishing to record the development of buildings and programs, it was agreed that there was a need to capture the spirit of the place. There are contributions from a wide range of people associated with the Centre over the last 30 years. Relatives, past and present staff, volunteers and community members all had a part in creating that spirit of involvement in the caring, dignity and social wellbeing of residents and others who came to MCA for support.

The Board of MCA has agreed to underwrite the employment of a professional writer to develop and present these contributions in an

attractive format for the community and all those associated with MCA to enjoy and reflect upon. Both as a book and in electronic format the history of MCA will be a fitting tribute to those who created and developed the Centre. Samantha Schelling (The Word Co. Pty. Ltd) has agreed to produce this outcome and the project team is looking forward to working with her.

There is still plenty of time for anyone who wishes to make a contribution to do so. Be it a reminiscence, memorabilia or photographs they will be most welcome.

*For further information contact*

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Barry Mernagh: 9848 2478,  
[bcmerna@aapt.net.au](mailto:bcmerna@aapt.net.au)

### MANNINGHAM COMMUNITY RAFFLE!

Thank you to our many supporters who have sold \$2,944 in raffle tickets this year. For each \$2 ticket sold, MCA will receive 75% with the remaining 25% going to the Manningham Charitable Trust. This means that MCA will receive \$2,208 and an additional \$60.10 in donations. All proceeds raised will be directed to the needs of MCA residents and clients, which are not met by other funding sources.

We thank Wendy Harpham for her voluntary input during this annual initiative in managing the ticket sales.

We thank you for your participation and support.



*We want to thank our many donors for their support this year:*

- Doncaster East Community Bank, Bendigo Bank for their continued sponsorship of our publications
- The William Angliss (Victoria) Charitable Fund for raised herb and vegetable gardens at DML
- Manningham City Council Small Grant Program for DRS's Parkinson Support Group
- A Pledge from Pratt Foundation towards new equipment for residents at Cassia and DML
- The Honda Foundation towards new equipment for residents at Cassia and DML.

### Manningham Centre



### The new 2014|2015 Entertainment™ Book

For **only \$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.

Discover thousands of valuable 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 either purchase the 2014 | 2015 Entertainment™ Book at Cassia House Reception or order your Entertainment Digital Membership online by visiting <https://www.entertainmentbook.com.au/orderbooks/183y617>.

*Thank you for supporting Manningham Centre with your purchase.*

### *Rest in Peace*

Our condolences go out to the family and friends of several MCA staff members who have passed away this year.

Colleen Fernie was a valued staff member at Grevillea House for 5 years. She retired in December 2012 due to illness. Colleen passed away peacefully surrounded by her family on January 2<sup>nd</sup> 2014.

Penny Annan was a nurse who worked in the Banksia unit of Cassia House. She lost her battle with cancer and passed away on 8<sup>th</sup> February 2014.

Julie Innes was a long-serving staff member who worked in both Doncaster Melaleuca Lodge and Grevillea House. Her sudden death in a car accident on 8<sup>th</sup> April grieves us all.





## Mr. Green and his Electric Car

By Helen Zhou

Nicholas Green works in MCA's Home Maintenance Service and provides emergency gardening for the elderly residents in our community.

Nicholas is a great fan of "Green Energy". A couple years ago, he installed a solar electricity system on the roof of his house. Recently, after having a car accident, his car was written off by the insurance company. To replace it, he eventually picked an electric motorcar, the Nissan Leaf. He paid \$40,000 for the "Leaf" and it is 100% electric. You never have to put a single drop of petrol in it. It can run 170km on a full charge. It produces zero carbon dioxide tailpipe emissions – in fact, it doesn't even have a tailpipe. Electric vehicles will help us to keep the air clean.

In the first week that Nicholas drove the "Leaf", he was very keen to show me his new car.

"Wow, this is the first electric car that an MCA staff member has owned and driven!!" I said with surprise with my eyes opened wide. A big smile was on his face; clearly he is very proud of his choice.



Nicholas Green with his Nissan Leaf

## CHANGES AROUND MCA



The front entrance of Cassia was refurbished with slate grey tiling.



In response to a "Have Your Say", we installed reflective raised pavement markers down the entrance to remind drivers to keep left.



The main sign for Doncaster Melaleuca Lodge has been rejuvenated to, amongst other things, incorporate a change in the street number from 395 Manningham Road to 383 Manningham Road.



MCA added a speed bump before the main entrance of Cassia House to slow down traffic as a safety measure.



## VOLUNTEER TRAINING SESSIONS

As part of our obligations to our residents and clients, it is important for all MCA volunteers to be equipped with various skills and knowledge to facilitate their volunteering role.

To this end we have regular training sessions for volunteers. One such recent training session was on the topic of safe food handling and swallowing disorders in aged care.

These photos show a number of MCA volunteers learning about how food is handled and stored, about cleaning and temperature control, illness and recognising food safety issues. This was conducted by Kylee Zimmer, a registered trainer. The training on swallowing disorders was given by a consultant speech pathologist, Olga Birchall. The session concluded with the volunteers and also a family member, taste testing our vitamised and soft serve dishes, and our thickened fluids.



*Training sessions for volunteers*



### ***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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**MANNINGHAM CENTRE**  
***Support Services for Older People***



*These photos depicting our residents and clients during leisure and lifestyle activities were taken by our volunteer photographer, Mike Fard.*

*If you would like to receive an electronic copy of the MCA News in the future instead of a paper copy, please e-mail Stephanie Krigsman: [Stephanie.Krigsman@mcentre.asn.au](mailto:Stephanie.Krigsman@mcentre.asn.au)*

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