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 MannaCare - Wider Choices for Older People



MannaCare
news

Building Update – Ross Dawson C.E.O

Since the last edition of MannaCare News in December 2017, the Board has approved the appointment of Devco Project and Construction Management Pty Ltd to undertake widespread major building works in Cassia House aged care facility. This work is expected to cost in the vicinity of \$10 million comprising consultants fees, construction costs and a contingency.

The first stage of the works is in Banksia unit. Residents in the northern half of the unit had to be relocated within Banksia unit or to other parts of Cassia House. The builder then took possession of this part of the unit in January and demolition followed. From that point to present most of the work has been at ground level or below as storm and waste water pipes were laid and then the concrete slab was subsequently poured.

Meanwhile residents, staff, visitors and volunteers in the remaining part of Banksia unit have had to endure less than ideal temporary lounge/dining facilities and the noise of an adjoining building site. On the positive side though they have had front row seating to view the daily activity of the builders as they progressed the demolition and steady emergence of a new structure from the ground!

The first part of the new Banksia unit (16 new bedrooms with private ensuites) is due to be completed and handed over for reoccupation in October 2018. Work will then commence on demolition and reconstruction of the remaining part of the unit with an aim to be finished in February 2019.

Concurrent with the work in Banksia unit, in May the dining room in Acacia unit was demolished internally in preparation for it to be turned into three new resident bedrooms with private ensuites. These rooms are due to be completed by the end of July 2018.



▲ Arrival of frame



▲ Commencement of frame works

Congratulations to our Volunteer Tianna

One of our amazing volunteers Tianna De Silva continues to impress with her dedication, her wisdom and intelligence.

Regularly coming in to volunteer and spending time with our residents making coffee and engaging in conversations with the ladies at Grevillea House, she is also in her final year of a Law/English Degree at La Trobe University.

She signed up to volunteer several years ago because she “wanted to make a contribution”. Tianna flourishes naturally in the setting with residents. “I spend a lot of time with my grandmother and her friends, so I’m kind of used to it in a way. They’re in their late 70s and 80s. They’re still at home and I play bingo with them and sometimes go out with them”.

Now she can add something else to her already hectic schedule!

Tianna has been selected for the ICC Asia-Pacific Consumer Mediation Competition representing La Trobe University. This allows students in Australia and in the Asia-Pacific region

“To gain mediation and collaborative problem-solving skills in order to meet the dispute resolution needs of international businesses,” says Tianna. The competition involves two parties to a commercial dispute that must use mediation skills to represent the parties’ interests and to reach an ideal settlement.

Tianna applied for the competition and was selected after a rigorous process. The selection was centered on “academic transcript, experience, and genuine interest in mediation.”

She will be in a team with two other final year La Trobe law students and “We will be competing in two rounds in Melbourne at the end of July; and if successful, we will attend the international competition in Paris in 2019.”

Tianna is “very excited to participate in the competition. I think it is an invaluable opportunity to experience a cross-cultural setting, and to develop mediation skills that are crucial in most business and commercial settings. I am also looking forward to the training



▲ Tianna De Silva

sessions, since I will be learning under two professors at La Trobe University who have extensive experience in mediation.”

MannaCare wishes Tianna the best and we look forward to hearing about her experiences.

Grief and Loss Session

On Monday 16th April, Doncaster Melaleuca Lodge hosted a Grief and Loss session for its staff and volunteers.

The well attended session provided an opportunity to dispel myths about the grieving process as well as allow individuals an opportunity to reflect on their role at MannaCare.



▲ Grief and loss session

Our facilitator was Goldie Zyskind, a professional counsellor with a Bachelor of Social Work and Associate Membership of the Victorian Association of Family therapy, who is an accredited grief and loss counsellor. Her experience working for the Australian Childhood Foundation, Support after Suicide, Australian Centre for Grief and Bereavement provided a range of experience and expertise from different perspectives.

Her insights were valuable and well-received by everyone that attended. We thank Goldie Zyskind for facilitating the session.

Staying Healthy - Winter Checklist

With winter fast approaching, these **5 tips** may help to beat the winter blues!

- ✓ **Boost your diet**
Increase your intake of foods rich in antioxidants, high in vitamins B, C, D, E and low in sugars.
- ✓ **Exercise Regularly**
Maintain your routine workout in the winter months. It can boost your immune response.
- ✓ **Wash your hands**
With extra sneezing and coughing likely, frequent hand washing can limit spread of nasty bugs.
- ✓ **Drink plenty of water**
During the colder months it is important to keep hydrated for healthy skin and flush out toxins.
- ✓ **Sleep well**
Aim for set times for bed and to rise, including weekends. Avoid using technology before bed.

Team MannaCare - Raising Funds and Awareness for Dementia



▲ Team MannaCare

Early Sunday morning on 22nd April a group of MannaCare staff gathered at Westerfolds Park, Fitzsimons Lane, Templestowe for the Dementia Memory Walk and Jog to help raise funds for the 'Get Active. Beat Dementia' Campaign.

Starting as a small community event in 2004, the campaign now brings together tens of thousands of people each year with multiple event across Australia. It is one Dementia Australia's biggest fundraising campaigns.

Team MannaCare arrived eager and raring to go. After some brief formalities and warm-ups our group headed off for the 5km walk with hundreds of people of all ages, shapes and sizes.

The squad started as a group and then branched into pairs as they progressed at their own pace. All finished in reasonable times coming in with the first batch of early finishers.

The walk was followed by a picnic brunch, drink and good conversation. It was a fantastic morning thoroughly enjoyed by all. A big shout out and thank you to Short Stuff Screen Prints and their team in Box Hill for providing T-shirts and caps for our participants to use. Their contribution was invaluable.

MannaCare was proud to be part of the 'Get Active. Beat Dementia' Campaign helping to raise money for a debilitating disease. We look forward to being part of the next one.

MannaCare's GymActive

In February, an article about MannaCare's GymActive service appeared in the local publication Manningham Matters. Thank you to all involved and clients who agreed to be interviewed.



GYMACTIVE AT ALL AGES!

As you get older, keeping physically active and engaged is crucial to maintaining general wellbeing, however standard exercise programs may not suit everyone.

The GymActive program run by Doncaster Rehabilitation Services at MannaCare has been operating close to two years with an array of regular clients.

"The GymActive program takes advantage of Doncaster Rehabilitation Services' state of the art strength and cardio exercise equipment designed to meet the needs of older people," said Doncaster Rehabilitation Services Team Leader, Dharani Nagarajan.

"It also incorporates stretching, strengthening, balance and co-ordination exercises," he said.

"The staff are lovely, friendly and professional," said Gifford Hatfield, a local who has used GymActive since it started.

Clients can access the gym multiple times throughout the week on Monday, Wednesday and Friday.

Clients must be assessed to see if they are eligible for GymActive. For more information contact Doncaster Rehabilitation Services. ■

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▲ Manningham Matters article on MannaCare's GymActive Service

National Volunteer Week



During National Volunteer Week, 21 – 27 May 2018, MannaCare hosted a breakfast at Grevilliea House to say thank you to its volunteers for their contributions over the past 12 months. The Volunteer Breakfast has become a MannaCare tradition and was well attended by guests, volunteers and staff. Many thanks to our special guests who attended including Cameron Manassa, representing Hon Kevin Andrews MP for Menzies, the Mayor of the City of Manningham, Cr Andrew Conlon, Deputy Mayor Cr Michelle Kleinert, Cr Anna Chen, Cr Dot Haines, David Meiklejohn AM, Chair, MannaCare Board, John Shaw, Ian Waters and Ron Kitchingman, MannaCare Board members, Ross Dawson, CEO and staff. Our two special speakers: Mr Brian Isaacs and Mrs Nicole Evered OAM both spoke from the perspective of residents and clients of MannaCare. They each gave the volunteers a personal thank you and described how much they appreciated the help the volunteers gave to each them for their own programs.

Years of Service certificates and badges were also presented including a special 30 year award to volunteer Pat Wheeler to honour the commitment she has given in assisting with church services at DML.

Well done Pat!

Making a Memorial gift

We hear that people really appreciate having the opportunity to honour the memory of their deceased family and friends by donating in their name. Memorial giving is a wonderful and special way to remember a loved one. It also helps MannaCare continue our mission of assisting older people living meaningful lives.

For more information on how you can help visit www.mannacare.org.au or phone 1300 90 20 23.

"Instead of flowers, a gift in memory" envelopes are available at our reception offices.

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