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MannaCare - Wider Choices for Older People



MannaCare news

Annual General Meeting

MannaCare's Annual General Meeting (AGM) was held on Wednesday 21st November 2018 in the Cassia House Plaza area.

Well attended by a cross section of the MannaCare community, guests were warmly welcomed to the 34th AGM of the Association by David Meiklejohn, Chairman of MannaCare Board.

David Meiklejohn presented his Chairman's Report highlighting the major item the Board and Management have been dealing with in 2018, which was the Cassia House Improvement Project. The Chairman reported that the project has progressed well and is on time and on budget, however, the demolished vacant rooms have had a substantial negative impact on MannaCare's finances.

Ross Dawson presented his CEO's Report which was the 15th AGM of Manningham Centre and now, MannaCare, which he has attended. In light of the challenging times for the aged care sector, including policy and funding complexities and the recently announced aged care Royal Commission, Ross highlighted all the



▲ CEO, Ross Dawson addressing the AGM

wonderful work MannaCare does for the community which is largely invisible. The programs at Grevillea House which provide respite for stressed carers; the rehabilitation work Doncaster Rehabilitation Services provides to clients who have had strokes, undergone knee replacements or general aging which allows them to remain living at home or having a better quality of life; or the work Home Maintenance Services provide to fit a ramp and handrail enabling people to remain in their home after a fall. Despite the negative media references to aged care which has been frenzied over the past 12 months, there is an overwhelming majority of dedicated and caring staff not only at MannaCare, but across the aged care sector generally.

Board members Ray Barrington, Ron Kitchingman, David Meiklejohn and Ian Waters were re-elected unopposed.

After the meeting's completion, guests were invited on a tour of MannaCare's newly renovated and recently opened sections of Cassia House.



▲ Chairman, David Meiklejohn AM speaking at the AGM

The Larkin Room

It was announced at the AGM 2018 that the Conference Room in Waratah House will be named the "Larkin Room" to recognise the enormous contribution that the late Bill and Helen Larkin made to the MannaCare community.

This was formally recognised on Monday 3rd December 2018 with the official unveiling of a portrait of the Larkins and plaque. This was attended by Bill and Helen's daughters Andrea and Leonie and son-in-law Peter. Also present were Councillors from Manningham Council, guests including past Board members, as well as current Board members and staff.



▲ Unveiling the photo and plaque

P.O.W.E.R

MannaCare Launches POWER – an Innovative Oncology Program

On 20th November 2018, MannaCare launched POWER – Program for Oncology Wellness and Exercise Rehabilitation.

Particular acknowledgement goes to Manningham City Council Mayor Paula Piccinini, Deputy Mayor Anna Chen and Councillors as well as Bendigo Bank Chris Cahir, Branch Manager, Carly Kluge and Paul Thompson Doncaster East & Templestowe Village Community Bank® Branch whose presence at the launch was greatly appreciated.

MannaCare would like to thank both Manningham City Council and Doncaster East and Templestowe Village Community Bank branches – Bendigo Bank for their financial support of this program.



▲ Germaine Tan, Jessica Freeman, Dharani Nagarajan, Sherry-Ann Bailey, Deputy Mayor, Cr. Anna Chen, Cr. Dot Haynes, Chris Cahir, Branch Manager – Templestowe Village, Bendigo Bank, Paul Thompson – Senior Manager, Doncaster East, Bendigo Bank, Mayor, Cr. Paula Piccinini, David Meiklejohn, Chairman and Ross Dawson, Chief Executive

POWER is an evidence-based exercise and wellness, 12 week supervised program that supports the individual to take part in safe physical activity during and after treatment for cancer. Having a cancer diagnosis doesn't mean you can't exercise; it just means that you have to exercise differently. As research shows, moderate intensity exercise is safe and optimal for combating the adverse side effects of cancer and its treatment.

The POWER program is being delivered by Doncaster Rehabilitation Services (DRS) as part of MannaCare's delivery of services. Team Leader at DRS and Program Manager for POWER, Dharani Nagarajan says "MannaCare is excited to be able to offer and deliver this innovative program with its stakeholders including LaTrobe University, Monash University and Belgrave Leisure managers of Aquarena Aquatic and Leisure Centre."

The aim of the program is to emPOWER, educate and connect those who take part.

With multiple stakeholders participating in this project, POWER Project Officer Jessica Freeman states, "The common goal is improving the lives of those who have gone through cancer treatment which has brought people together to offer their valuable resources and expertise. Running the program through a well-established and reputable service like MannaCare has helped engage stakeholders and build the trust needed to work together for the benefit of the clients."

The POWER program has drawn attention to the gaps in this very unique space. One of the challenges, reveals Jess "Is to continue to find ways and approaches of ensuring everyone has the opportunity to engage in an exercise and wellness program like POWER." The program has highlighted the need for more community based programs that work with local stakeholders such as gyms to bridge the evident gap that exists in the care pathway.

The MannaCare community will be hearing and reading more about the POWER program in the coming twelve months. It is a program we are extremely proud to be running and to have part of our organisation. MannaCare's Chief Executive Officer, Ross Dawson states, "This program has taken close to twelve months to bring to fruition. It has had total support of everyone involved and it has been a complete team effort. A huge thanks to all who have contributed so far."

Meet Jessica Freeman - Project Officer for POWER

Jessica or better known as 'Jess' is MannaCare's Project Officer. Her role is managing and coordinating the program which includes numerous stakeholders.

An exercise physiologist by profession, Jess is essentially an Allied health professional specialising in exercise and movement for the prevention and management of chronic disease and injuries.

Qualifications: Masters degree in Exercise Physiology from Deakin University Burwood.

Why an exercise physiologist? Having always lived an active lifestyle (athletics, tennis), I was interested in the effects of exercise on the body and various conditions and diseases. I wanted to help others and I love that by increasing your activity levels you can have such a positive impact on your health.

Passionate about: Using exercise as a medicine for those who have been affected by cancer.

Aspirations: I hope to develop exercise wellness programs in the community to raise community awareness and increase accessibility of exercise and health programs.

Professional interests: Community health and improving clients' transition from the healthcare system into the community.

Personal interests: You'll find me at the beach stand up paddle boarding or camping in the bush.

Besides being POWER's Project Officer, Jess is also a Project Coordinator at Deakin University on an NHMRC cardiac exercise rehabilitation study; as well as being a committee member of a charity called Strike Out Stroke that is raising awareness around the signs and symptoms of stroke.

MannaCare is very happy to have Jess working for us!



▲ Jessica Freeman

Kindness and dedication go a long way when volunteering



▲ Volunteers Linan and Susie

Our volunteers never cease to amaze us with their dedication and commitment; and their generosity is always appreciated.

Linan and Susie are no exceptions. As international students from China, they have called Melbourne home for the past couple of years.

Susie has graduated from Monash University, majoring in accounting with Linan recently graduating from Melbourne University in the field of Data Analysis.

Living in the city, it is not the easiest commute to get to MannaCare. And this is where their enthusiasm shines through. Depending on traffic and the bus timetable, they travel approximately 2 hours as a round trip to get to MannaCare and then back home again. That is commitment!

Both Linan and Susie volunteer at Doncaster Rehabilitation Services and assist clients with their rehabilitation exercise every Thursday morning.

"It is simple but meaningful work, and I think the best part of it, is that the work gives me a sense of fulfilment. I feel happy when I see elderly people happy," states Linan.

When Susie was asked by a job supervisor, why she volunteered in aged care as it was not relevant to her study, she responded by saying, "I like to help people. Elderly people also like to talk to young people which can assist in refreshing their memory. I can communicate a lot with them and share stories. I think it is very meaningful work."

Linan initially volunteered because he wanted "To have more interaction with Australian society. But as times goes by, he thinks it is simply "because it makes me happy since I'm able to help other people during the volunteer work."

At the moment, they are both enjoying volunteering as well as meeting numerous people from different countries and backgrounds along with learning many things in the process. The final word goes to Susie "Just join us! You will find that volunteering is easy and interesting, and you get a lot more out of it than you think."

For more about volunteering at MannaCare, contact the Volunteers Coordinator

Tanya <https://mannacare.org.au/contact-us/>

Cassia House Building Project Update

Renovations in Cassia House which commenced in January 2018 are progressing steadily. The Banksia north extension has been completed and reoccupied. It is an impressively light and airy design and all who have viewed it have commented favourably. It is now home to 13 residents with dementia who previously resided in Banksia south. This move has allowed the builder to demolish almost everything under the roofline in Banksia south in preparation for the construction of 17 new single rooms with private ensuites plus a family room. Reconstruction of Banksia south is not expected to be completed until mid-March 2019.

Work has also been finished on Acacia east. This completely renovated area comprises a lounge, dining room, activity rooms, reflection room, consulting room, staff base, two new single rooms with private ensuites and offices for the facility manager and Clinical Care Coordinators. It is a little crowded at present because the builder has taken over the Erica lounge and dining room, staff base and 2 shared bedrooms ready for the next stage of renovations. This means that for the next two months Acacia east must host Erica unit residents for meals and recreation.

Concurrent with the work on Erica unit the builder is also renovating the Plaza area in two stages. The back half of the Plaza is expected to be completed before Christmas.

I extend my sincere thanks to residents, visitors, volunteers and staff for their tolerance and understanding during the great disruptions posed by the various stages of our building program. I think we are all looking forward to its completion in April 2019.



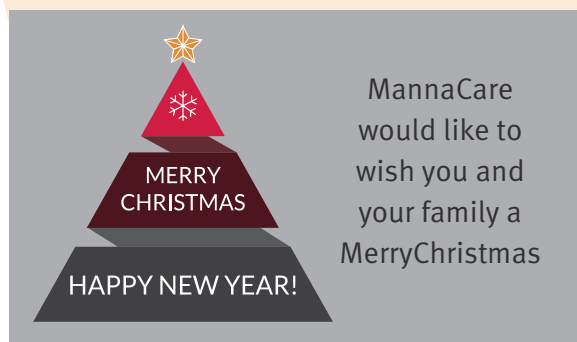
▲ Banksia Unit Balcony



▲ New Dining Room in Banksia Unit



▲ New Bedroom in Banksia Unit



MannaCare
would like to
wish you and
your family a
MerryChristmas

Visiting a relative with dementia?

Relatives and carers can sometimes struggle to come up with different topics of conversation or activities to share and connect with those living with dementia. To help with this, Dementia Australia has released a new free app called 'A Better Visit' aiming to help families and loved ones connect and communicate with those living with dementia. This may be something that relatives might like to try. 'A Better Visit' is available for iPad only and can be downloaded for free from the Appstore.