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Autumn 2019 Edition

A seasonal publication of
MannaCare - Wider Choices for Older People



MannaCare news

Innovation Award Finalist 2018

MannaCare was delighted late last year to be a finalist in The Innovation Award as part of Volunteering Victoria State Awards 2018, held at Queen's Hall in Parliament House.

The award nomination was for the Menz Den group that is run at MannaCare's Grevillea House on Thursdays. It was attended by our great volunteers who run the program and the staff members who support it: Kellie, Philip, Milton and Ken.

The Volunteering Victoria Awards celebrate the outstanding work and impact of Victoria's volunteering sector, showcasing the leadership and impact of volunteering programs as well as diverse volunteering involving organisations.

Well done everyone!



▲ Philip, Kellie, Ken and Milton.



▲ All nominees, finalists and recipients, including the MannaCare team!

Sausage Sizzle at Bunnings Nunawading

MannaCare is excited to be holding several Bunnings sausage sizzles in the coming months. Our volunteers will be working hard to raise money for the Cassia House Monthly Sunday Concerts (so they can continue next year); as well as a new fridge for the Cassia House Café once reopened. We would love your support so spread the word, come along and buy a snag or two!!

Keep these dates free:

- **21st February** (Thursday),
- **21st March** (Thursday),
- **25th April** (ANZAC Day) and **24th August** (Saturday).

Details as follows:

Bunnings Nunawading

250 Whitehorse Road, Nunawading VIC 3131

From 7:45am – 3pm



Menzies Community Australia Day Award Recipient

One of MannaCare's long serving volunteers was recognised on Saturday 26th January with a Menzies Community Australia Day Award presented by local Federal Member, The Hon Kevin Andrews MP.

Geoff Chandler has been volunteering at MannaCare for nearly thirteen years. He came at the request of his long-time friend Margaret (also a volunteer). Someone was needed to assist with Church Services at Doncaster Melaleuca Lodge; and Margaret, knowing Geoff was recently widowed, knew that he possibly had the skills required and also that he potentially had time on his hands.

Tanya Warm, Volunteers' Coordinator, says "It was great to witness Geoff finally being recognised in a public arena for his community volunteering and, the dedication he has given to MannaCare Doncaster Melaleuca Lodge residents for over 11 years."

Geoff has been providing pastoral care to our frail aged residents who cannot attend church services; the tradition being passed down to him by his father who was a Lay Anglican Minister. He is always kind, courteous and respectful of people from all religions spending a lot of his time visiting residents and talking to them individually to help them feel less socially isolated and depressed. The residents all look forward to his visits and show their trust in him by confiding in him because he listens and is non-judgemental.

Now that Norma has passed away, Geoff can be seen in the company of his new companion, a Schnauzer dog named 'Charlotte', whom he walks every night and takes everywhere. Leisure and Lifestyle Coordinator, Margaret Holland reveals, "Geoff cherishes his dog Charlotte, his faithful companion! And his positive approach to life has a ripple effect, lifting the spirits of those around him."

Still keeping active through tennis, football and golf, Geoff is very involved in the lives of his children and grandchildren as well as keeping in close contact with his nieces and nephews.

Geoff continues coming to MannaCare because he enjoys the company of elderly people saying, "It is a privilege to speak with them."

Although it clashes with Probus meetings, MannaCare is the priority as "MannaCare is in need more than Probus and I miss it when I don't come here."



▲ Geoff Chandler with Hon Kevin Andrews, MP



▲ Geoff Chandler with his family

Heat stress and heat-related illness

- Heat kills more Australians than any natural disaster.
- Heatstroke is fatal in up to 80% of cases.
- During the 2009 Victorian heatwave the number of deaths increased by 374 people.
- Heat-related illness can be prevented.
- Keep cool, avoid vigorous physical activity in hot weather, and drink plenty of water and other non-alcoholic fluids.
- Never leave children, older people or pets unattended in a car.
- Call Triple Zero (000) if a person shows any signs of heat exhaustion or heatstroke.

For more information:

<https://www.betterhealth.vic.gov.au/health/healthyliving/heat-stress-and-heat-related-illness>



When it's hot, checking on others can save a life

Authorised by the Victorian Government, 1 Treasury Place, Melbourne



Royal Commission into Aged Care Quality and Safety

On the 9th October 2019, the terms of reference for the Royal Commission into Aged Care Quality and Safety was announced by Prime Minister Scott Morrison. The Honourable Richard Tracey AM RFD QC and Ms Lynelle Briggs AO have been appointed as Royal Commissioners.

Over the past months as negative stories have saturated the media these damaging accounts have been depressing and horrific for us all. All these reports devalue our sector and our hard working community who care for our residents every day.

MannaCare fully supports the Royal Commission. The Board and our Management Team will categorically not tolerate abuse of residents and clients. If you do observe a resident or client being abused then please report this immediately to a supervisor or to the service manager.

For all those staff who do the right thing in caring for our residents, thank you from the Board and Management Team. Your contribution to providing a quality service is greatly appreciated.

The Royal Commission's interim report is to be provided by 31 October 2019, and its final report no later than 30 April 2020.

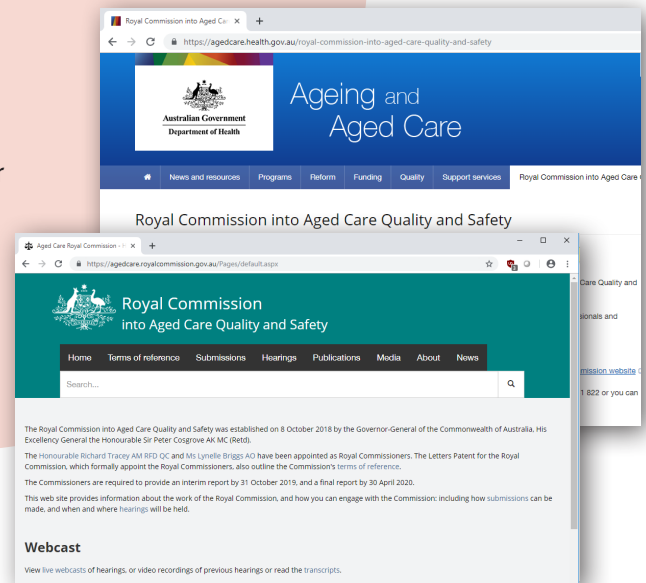
The following websites provide more information about the work of the Royal Commission and Terms of Reference.

Australian Government Website

<https://agedcare.health.gov.au/royal-commission-into-aged-care-quality-and-safety>

Royal Commission Website:

<https://agedcare.royalcommission.gov.au/Pages/default.aspx>



Aged Care Quality and Safety Commission

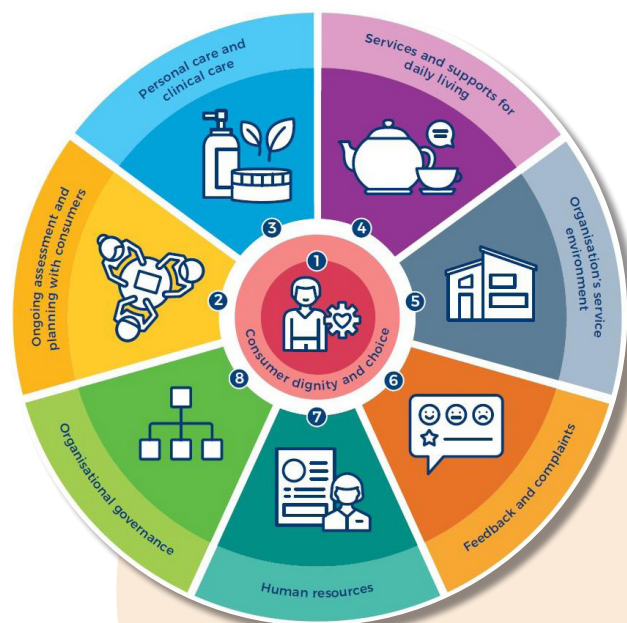
In October 2018, the Federal Government announced the appointment of a new Commissioner to lead the Aged Care Quality and Safety Commission. This came into effect on 1 January 2019.

Ms Janet Anderson will oversee the establishment of and lead the new independent Aged Care Quality and Safety Commission, which will be responsible for aged care regulation, compliance and complaints.

The new Commission will bring together the functions of the Australian Aged Care Quality Agency, Aged Care Complaints Commissioner and aged care regulatory functions of the Department of Health together under one agency.

The aims of the commission is to increase transparency and sharing of information, providing a single point of contact for aged care recipients and their families and drive better coordination among all involved in aged care.

For further information <https://www.agedcarequality.gov.au/>



▲ Standards Graphic 2019

2018 Staff Christmas Luncheon

Doncaster Melaleuca Lodge hosted the festive spirit for the Staff Christmas Luncheon on Wednesday 19th December.

Our hard working staff enjoyed a BBQ lunch providing an opportunity to slow down and chat with fellow employees about their plans over the summer.

Well attended by staff throughout the two hour period, Ross Dawson (CEO) as well as Board members. Christmas gifts were provided to employees who attended as a small token of appreciation.

A nice time was had by those who attended. MannaCare takes this opportunity to say thank you to all our dedicated loyal staff; and wishes everyone in the MannaCare community a positive and healthy year.



▲ Adam and Mali



▲ Jenny, Sue, Ling and Fehmare



▲ Anita and Dharani



▲ Mia, Kellie & Ken



▲ Frankie, Shantel, David and Jenni

Bendigo Bank's Ongoing Support

MannaCare warmly acknowledges the Bendigo Bank Doncaster East and Templestowe Village Community Bank® branches for their incredible support of the local community. The 2017/18 year saw the branches provide a cumulative \$3.3 million in community contributions, a significant input. These monies assist local disadvantaged, aged, youth and sporting organisations in the Manningham Community.

MannaCare thanks the branches for their financial support for MannaCare News and our POWER Program (Program for Oncology Wellness and Exercise Rehabilitation).

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