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MannaCare - Wider Choices for Older People



# MannaCare news

## Annual Menzies Community Australia Day Awards

Congratulations to Volunteers Coordinator, Tanya and to MCA FlexiCare Support Officer, Malihe. Both received a 2020 Menzies Community Australia Day Award from Kevin Andrews MP. The ceremony was well-attended and held at the Manningham Function Centre on Sunday 26th January 2020. Their nomination and subsequent selection for an Award reflects the excellent work they do for people living in the Manningham community.



▲ Kevin Andrews MP with MCA FlexiCare Support Officer, Malihe



▲ Kevin Andrews MP with Volunteers Coordinator, Tanya

## Café 371 Opening Soon

MannaCare has decided to reopen the café under our own management, following Hudsons decision to close their outlet after a 6 month trial period. The café is a valued service and provides a positive promotional opportunity for MannaCare. Based on growth over the past couple of months management believes the café could be financially viable. These factors were all considered when making the decision to reopen.

We recently completed a 'café naming' competition with Café 371 coming out on top. Congratulations to Anna Newman and Tanya Warms for jointly coming up with the name! Both win 20 free coffees when the café opens. The café will provide excellent espresso coffee, a variety of additional refreshments as well as an assortment of food, all at reasonable prices.



We are anticipating to reopen the café in early March, with operational hours of 9 am to 3 pm Monday to Friday. Outside the above hours MannaCare is putting in place an automatic coffee machine to replace the one removed by Hudsons. It will dispense a range of coffees as well as hot chocolate at \$2.00 per cup with payments made by PayWave/PayPass/credit card.

## Social

Help us to build our community online and spread our reach. Like our Facebook page and follow us on LinkedIn!



## Caring for your Hands

Our hands play an important and vital role in our lives. We use them in so many ways, to express ourselves, to show affection and to complete our regular day-to-day tasks. So, the ability to use our hands effectively is fundamental to enhancing our independence.

As we get older, wear and tear, pain or a combination of both can make simple everyday jobs more challenging. Yet, the simple reality is that an injury can strike at any age and can impact on things that we take for granted each and every day. An individual doesn't realise how valuable their hands are until they are unable to do the things they used to do.

Anita, one of MannaCare's Occupational Therapists from Doncaster Rehabilitation Services works with individuals who have an injury, pain or altered use or function of their shoulder arm or hand impacting their ability to do the things they want or need to. Predominately, clients have a variety of injuries or conditions including:

pain, arthritis, musculoskeletal injuries, neurological or post-surgery.

Says Anita, "A goal is set by the person with the injury. For some it might be, being able to hold a pen without pain, or to pour a kettle or hold their cup of tea. For others it could be to reduce their pain, improve their strength, continue gardening or carry the shopping (or the washing basket)." These are everyday activities which can challenge anyone with a hand injury.

For those who have an injury or pain, Anita explains "occupational therapy can provide exercises that will help you but also provide a wide range of strategies and aids that can assist you to keep doing things when your shoulder arms and hands aren't doing what you want them to. Small aids can help you cut up food, open a can or jar, or turn on a tap." However, even for those that don't have an injury or pain, looking after your hands is valuable.

For all our MannaCare Staff who use their hands at work in a variety of ways,



Anita has a few tips to minimise strain depending on the role. For those who are on their feet "posture and positioning" is important. How well the hand arm and shoulder works is highly dependent on posture and positioning." Staff who spend all day in front of their computer, it important to remember that "your feet should touch the ground".

Regardless of what your role is, Anita emphasises "If you find yourself staying in the same position for most of the day it's really important that you take a 2-3 minutes break to change your position." So every small step you take to improve your posture, will benefit your arms and hands.

## Bunnings Sausage Sizzles in 2020

After a successful string of Bunnings Sausage Sizzles in 2019, MannaCare have again been allocated a number of spots at Bunnings Nunawading for the first half of 2020.

The Upcoming dates are as follows: **Thursday 27th February, Monday 9th March and Thursday 26th March** with spots also in April and May.

A big thank you to Don and Liz who have established a good association with Bunnings in Nunawading. Well done! A special mention and thank you to Cr Anna Chen from Manningham Council who is coming again to help out.

### Helpers Needed

Volunteers are need on the day to man the tent, cook sausages and serve customers. It is a fun day and community atmosphere so show your support and help out for an hour or two.

Please contact  
Tanya Warms, Volunteer Co-ordinator:  
[Tanya.Warms@mannacare.org.au](mailto:Tanya.Warms@mannacare.org.au)



▲ Volunteers and Staff helping out last year's Bunnings Sausage Sizzle

## Staff Christmas Luncheon

As we moved towards the end of 2019, MannaCare celebrated with a Staff Christmas Luncheon on the 19th December. Held in Cassia House Plaza, staff and colleagues enjoyed an assortment of food: tasty platters consisting of cold freshly roasted meats, continental meats, leg ham and roast chicken, a selection of tasty salads and a variety of yummy desserts. It was very well deserved by staff who had worked extremely hard in what was a challenging year for MannaCare in 2019, and the aged sector in general.

The luncheon is always well attended. And Cassia House Plaza was buzzing with a constant stream of people filtering through for a bite to eat including staff, MannaCare Directors and management. A lot of conversation, food and enjoyment was had, and it was a wonderful way to celebrate the closing of the year.

Thank you to Sandy for organising the day, the food and Christmas gifts for staff and for managing the smooth transition throughout the day. There were many helpers who assisted and a big shout out also goes to them. Well done to everyone!



▲ Staff enjoying Christmas lunch



▲ DRS and Accounts Staff at lunch

## Volunteers' Christmas Lunch

MannaCare's Annual Volunteers' Christmas party was held on Friday 13th December at the Lower Templestowe Community Centre. Well attended by a large number of our volunteers, it was a great way for MannaCare to say thank you to our volunteers for the work they do throughout the year.

With Christmas cheer and a festive spirit, a sit down roast lunch was had with volunteers being presented with gifts. Peter Smith from Channel 9 was again the keynote speaker and he entertained the guests with stories and tales from his illustrious career in the media. Volunteers enjoyed mingling with fellow volunteers, VIP guests, MannaCare board members and staff.

Volunteers' Coordinator Tanya Warms who planned the Christmas event was pleased to see the volunteers enjoying the afternoon. "I was delighted to see a large number of our volunteers at the Christmas lunch enjoying the festive atmosphere and the company of fellow attendees, speakers, as well as VIP guests. MannaCare has many dedicated volunteers and it was a pleasure to host them for this lunch to say thank you for the wonderful work that they do."

Thank you to all those who attended in particular our volunteers, keynote speaker Pete Smith and other speakers Matthew Guy MP, Cr Anna Chen – Manningham Council, David Meiklejohn AM, Chairman of MannaCare Board, Ross Dawson CEO and staff.

Well done Tanya Warms, Volunteer Coordinator for her work in managing and coordinating the lunch as well as any staff who helped on the day. Most importantly, thank you to our volunteers, who are dedicated and provide an immeasurable contribution to supporting the work of MannaCare.



▲ Volunteers having a great time



▲ Ron Kitchingman OAM JP, MannaCare Director; Cr Anna Chen, Manningham Council; Len Smith; Ray Barrington, MannaCare Director and Pete



▲ Volunteers enjoying Christmas Lunch



▲ Matthew Guy MP with Peter Smith from Channel 9

## Staff Profile – Kim Hannon

Since joining MannaCare 18 years ago Kim has seen many changes and transformations in the aged care sector. As such, she has also had several different roles.

Currently a Clinical Care Advisor working within our Community area, Kim reveals, “I started my career here [at MannaCare] as a part-time cleaner. I went on to complete a Certificate 3 & 4 in Aged Care, allowing me to become a Personal Care Worker and then onto a Supervisor Role.”

Continuing with her studies, she completed a Certificate 4 in Nursing giving her the qualification of an Endorsed Enrolled Nurse. This helped her to become a Care Co-ordinator/ Aged Care Funding Instrument Co-ordinator for Doncaster Melaleuca Lodge. From there she moved into community care where she has “taken up the role of a Case Worker within MannaCare Home Care Package area.”

**Kim’s current role involves a variety of responsibilities including:**

Case management, Community Nursing, overseeing NDIS Behaviour Management, assisting with the Community Social Support Program, and advocating for client extra HCP funding.

**What is your favourite part of your job?**

Getting out into the community and assisting clients with their care needs to allow them to be able to remain in their own homes. Also working with a great team within the Home Care Packages and MCA FlexiCare area is great.

**What does a typical day look like?**

My days vary from visiting clients, doing reviews to following up enquires and assisting clients with their needs.

**What are you passionate about?**

I’ve recently become a grandmother to Amelia and I am delighting in my role. I enjoy travelling to other countries and I love cruising.

**In my spare time you will usually find me...**

At home in my ceramic studio making and creating with clay.



▲ Kim Hannan with her granddaughter Amelia

## A Better Visit App

A fantastic new app featuring a range of two-player games designed to enhance communication and facilitate positive social interactions between people with dementia and their visitors when communication becomes difficult. This application assists with engaging the family members and results in a ‘Better Visit’ for everyone.

**The app is available for free for iPads on AppStore and for Tablets on Google Play.**

