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A seasonal publication of
MannaCare - Wider Choices for Older People



MannaCare news

Message from CEO, Ross Dawson

In the decades I have worked in the aged care sector I have never experienced anything like what we are going through at the present time due to the Covid-19 pandemic. Our two facilities are locked down with restricted access by visitors. All group-based community programs (Doncaster Rehabilitation Services, Grevillea House, NDIS) have been suspended, volunteer support has been put on hold, most corporate staff are working from home and infection control practices are strictly followed.

We are approaching the two month mark and, in residential care in particular, there is no end in sight. Throughout this stressful time we have received many messages of encouragement and support from residents, clients and family members. Each message is like a ray of sunshine breaking through the clouds of autumn to brighten up our day. On behalf of our staff, I would like to thank you for thinking of us and expressing this in such practical ways. I also would like to thank our staff who have adapted quickly to the changes we've had to make, and have shown great commitment to the important roles they play in keeping our residents and clients safe from the virus as well as socially connected.

One of the changes that impacts most of us is a new legal requirement that anyone entering an aged care facility from 1 May 2020 must have a current influenza vaccination and provide evidence of such. This impacts staff, volunteers, clients (e.g. attending sessions at Doncaster Rehabilitation Services), visitors and contractors. The purpose of making this vaccination mandatory is to protect elderly residents in our care. As experience from overseas shows, a Covid-19 outbreak in residential care will be fatal for many residents. If this is combined with an influenza outbreak, medical authorities advise the death rate is nearly 100%. You can appreciate then why the government has made this move which we are required to enforce. So when the current restrictions are eased, please make sure you are able to comply with this requirement.



▲ David and Anne celebrating their 70th Wedding Anniversary



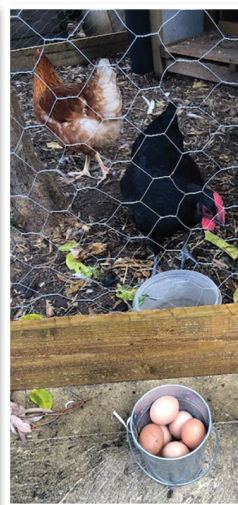
▲ ANZAC Day Commemoration at the Lodge



▲ Greek Independence Day Celebrations



▲ George collecting eggs from our chickens



▲ Our 3 cheeky chickens



▲ Clive enjoying watering the veggie garden

Social

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



Lifestyle and Leisure Activities continue during lockdown



▲ Autumn sun - Clive and Anthony tending to the Banksia Garden



▲ Enjoying the garden at the Lodge



▲ Greek Easter participation



▲ Anthony making ANZAC Biscuits



▲ Cassia House - ANZAC Biscuits



▲ The talented Kellie with Lodge resident



▲ Christine taking part in leaf making activities at Cassia House

Meet Margaret Holland - Leisure and Lifestyle Coordinator, the Lodge

Since joining MannaCare in 2003, Margaret has loved working with the residents, and interacting and chatting with them. She is currently working at Doncaster Melaleuca Lodge as the Leisure and Lifestyle Coordinator. "Working in Aged Care at Melaleuca Lodge for me is a privilege. It is rewarding and challenging."

What is the favourite part of your job?

Supporting and empowering residents to engage with their lifestyle and leisure interests. Or perhaps to re-kindle an old interest or embrace a new one. With some interventions and modifications in place, it enables residents to participate. And it is wonderful to observe the residents as they grow in confidence, and have a sense of well-being and purpose due to their achievements.

What do you love most about the residents?

I have laughed and cried with residents. There have been times when I have felt disheartened and times when I have felt elated. However, the 'smiles' and 'thank yous' that I see and hear; to give a cuppa, a reassuring touch or have a chat with someone looking lost and anxious, that is certainly a highlight of my day.

What does a typical day look like?

A typical day, if there was one, would consist of interacting with residents, liaising with families, volunteers and staff; planning /researching and implementing programs; assessments, and advocating for our residents.

In this current environment, supporting families and residents to stay connected via phone calls, What's App, Skype, window visits or an email to a family member to update them



▲ Margaret trying her hand at hairdressing during the lockdown and to provide some reassurance is an essential part of our responsibility.

What are you passionate about?

I feel very passionate about our residents' rights and wellbeing, supporting their independence and their choices, and treating them with the upmost respect.

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

Spare time is precious, and when I have the opportunity between family and grandchildren you would probably find me in the garden in the oldest trackie pants, with holes and a top to match. This is my leveler, it brings me back to earth!! I also enjoy a little sketching and attend an art class, and hopefully will do so again after COVID-19.

Volunteer Update

Our volunteers provide a valuable contribution to MannaCare. Unfortunately, during COVID-19 they have been unable to work on-site. Despite this we still have volunteers continuing with their commitments from home or in the community. Their contribution to the MannaCare community is appreciated.

Six volunteers are continuing to write the biographies of residents, and two are also assisting and visiting vulnerable individuals in the community who are at risk of being isolated. These volunteers are continuing willingly with their visits, so as not to leave clients completely cut off from the community.

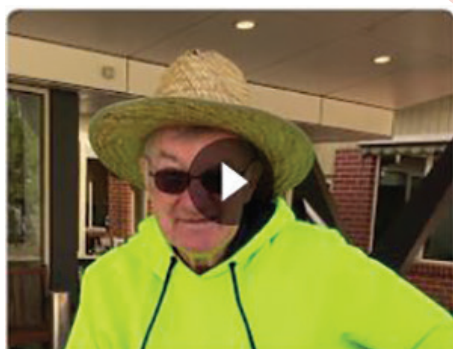
We received a generous donation from a client who has been very appreciative of the work that the volunteers do in the community. The monies received will go to leisure activities at the Lodge.

Bunnings Sausage Sizzles, to raise funds for Sunday entertainment for residents, were suspended because of the lockdown. These will resume when safe to do so. We thank Bunnings Nunawading for providing MannaCare with

a \$500 gift voucher in recognition of the lost fundraising opportunities.

National Volunteer Week was held on 18 – 24 May 2020. Although, scheduled in-person activities and events were postponed or cancelled, we believed it was still important to acknowledge and thank our volunteers. Messages of appreciation were sent via emails, with thank you videos from residents, clients and staff. A Zoom catch-up was also organised where volunteers were provided with an update on the lockdown. In addition, it provided us the opportunity to engage with our volunteers. Once the COVID-19 lockdown ceases, we will be hosting an event to more formally thank volunteers for their efforts and welcome them back to MannaCare.

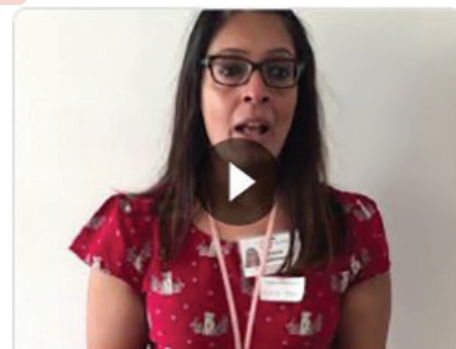
Many volunteers are also using this time to take-up our offer of accessing several of our eLearning courses such as on *communicating with those who have dementia*. They are all keen to come back as soon as safe to do so, and are concerned for the health and welfare of the residents and clients.



 Anthony.MOV



 John.MOV



 Normin.MOV

▲ Residents and staff in action creating video messages for volunteers

Share your News

If you have any stories, photos or content you would like to share with the MannaCare Community, email Anna, Communications Officer at anna.cairo@mannacare.org.au

Easter Raffle



Congratulations to all winners of the 2020 Easter Raffle. Thank you to all staff, families and visitors who bought tickets prior to the lock down. Although, sales were down from previous years, we were pleased with the results considering the restrictions. All monies will be spent on the residents' lifestyle and leisure activities. **Well done to our 1st prize winner, Veronica!**



▲ Congratulations Veronica - Easter Raffle First Prize Winner



▲ Easter Raffle Prizes

Meet Thilaka Satha – MannaCare Board Director

Thilaka has been a Director since 2019 and is also a member of the Business Strategy Committee and the Operational Risk Committee. She has over 15 years of experience in the strategy policy and corporate governance areas. Starting off at the industrial tribunal in the UK, she took “a slightly different pathway into legislative work” when returning back home to Melbourne that has seen her working in the Victorian Government sector for the last 10 years. Thilaka is a valuable member of MannaCare’s board.

Qualifications

Master of International Business degree with a major in International Business Law. Thilaka is the Strategy Coordination Lead at Sustainability Victoria and is currently developing the next strategy for the environmental sustainability sector to be able to meet government commitments to achieve net zero greenhouse gas emissions by 2050.

Contribution that you are most proud of

My work has led to legislative change by the Victorian Government and I am proud every time we get a bill passed. However, the work that makes me smile, is my work on the Positive Women Victoria Board that led to the inclusion of women as an identified group within the National HIV strategy.

Hobbies/Interests

I will dance any opportunity you give me and absolutely love it. In addition, I enjoy travelling. At home it’s usually a good horror movie with all the lights switched off while curled up on the sofa with the blanket over my head with just enough space for my eyes to peak out. Why I do this to myself is beyond logic.

What are you passionate about?

Women’s equality especially in my community and life balance



▲ Board Member, Thilaka

(not just for myself but for the mini universe around me. I seek that every day).

What inspires you?

Young people who are brave enough to take a stand on what matters to them.

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

Reorganising something around the house or getting my life admin done (bit boring..I know)

Connecting with the community

Whether it is connecting residents with their loved ones during the lockdown using the Facetime, Skype, Whats App or our staff continuing to engage with the community, MannaCare has been utilising technology as much as possible. Our community staff recently presented to the local PROBUS club. Our team of Taliah (physiotherapist), Anita (OT), as well as Adam (Manager Community Support Services) talked about the different programs and services available. A 'chair yoga' demonstration was also provided. Well done Taliah, Anita and Adam!



▲ Facetime during lockdown



▲ George speaking with a family member



▲ Adam and Taliah presenting to the PROBUS Club via technology



▲ Chair yoga demonstration by Taliah