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MannaCare - Wider Choices for Older People



MannaCare  
**news**

## Message from CEO, Ross Dawson

Understandably, COVID-19 has dominated our time and efforts over the last 5 months. We have been particularly concerned about the high risk to those living in residential care. Statistics coming out of the second wave we are currently experiencing in Melbourne underscore how dangerous this virus can be when it gets into a residential care facility, and how difficult it is to control once it gets in. Our pre-eminent concern is to protect those in our care while recognising that despite all the measures we have put in place we just can't completely eliminate the risk. Hence our preparations include action plans and resources in case we have an outbreak. The picture (right) shows one of our stockpiles of personal protective equipment (PPE) representing an investment of well over \$60,000.



▲ PPE Donations received

Aside from defending and protecting, we have continued to provide support services during the pandemic to older people apart from those involving groups such as in Grevillea House and Doncaster Rehabilitation Services. Highlights of positivity include:

- growth in the number of people we help support on Home Care Packages to now number over 200;
- the Lodge and Cassia House being given a maximum 4 dot compliance rating by the Aged Care Quality and Safety Commission;
- the generous financial support of the Doncaster East and Templestowe Village Community Bank Branches Bendigo Bank in the form of sponsorship of our regular publications and a 3 year grant to underwrite the continued operation of Program for Oncology Wellness and Exercise Rehabilitation (POWER); and
- Manningham Councillors agreeing to reduce our rent by 50% for 6 months to assist us in weathering the pandemic.

The current lockdown restrictions will pass, the immediate threat of COVID-19 will subside, enjoying a coffee and meal with friends will return and the warmer weather will soon be with us. We have much to look forward to!



▲ George and Anthony catching a bit of winter sunshine with a garden walk.



▲ Winter crafts, making Pom Poms.



▲ Clive in deep thought during his iPad lesson.



▲ Anthony enjoying Bastille Day food activities.



▲ Enjoying a cup of tea while celebrating the Queen's Birthday.

## Social

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



## Meet Pat Ernest – MannaCare Volunteer

As one of MannaCare’s many biographers, Pat spends his time speaking with residents and their families writing up mini biographies of their lives.\* When asked what he finds the most enjoyable aspect of developing these bios, he reveals, “Hearing the wonderful back stories of the residents and meeting their proud family members. Seeing the mini-biography take shape with photos and life highlights.”

### How do you initiate conversation with the resident and their families?

I use a questionnaire to guide me when commencing discussion. Commonly, when the ice is broken the resident or relative are more than forthcoming with biography facts and information.

### How long is the process?

It generally takes no more than two sessions of about one hour each, to sit with a resident to gather the content. It does, though, depend on whether any preliminary background information has been provided.

### How did you become interested in volunteering at MannaCare?

MannaCare was advertising a biographer volunteer position on the Boroondara Volunteer website. I am currently writing my memoir and autobiography. This position fitted in well with my current endeavours.

### Hobbies and Interests

- Music (The Beatles, 70’s music, hard rock and heavy metal)
- AFL (Carlton Football Club)
- Reading, Writing, Calligraphy, Films (particularly classics)
- Keeper of diaries (diarist)
- Collector of VFL/AFL Grand Final Football Records

### What are you passionate about?

- Carlton Football Club. Its history and its pursuit of premiership glory.
- Music – the genius of The Beatles and their masterpiece albums.
- Being Australian – our history, culture, and our diversity and inclusivity.

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

- Running or cycling on the Kew Boulevard
- At the movies or at the footy with my wife
- At a rock concert (but not in the mosh pit)
- Attending PROBUS meetings and activities
- Travelling

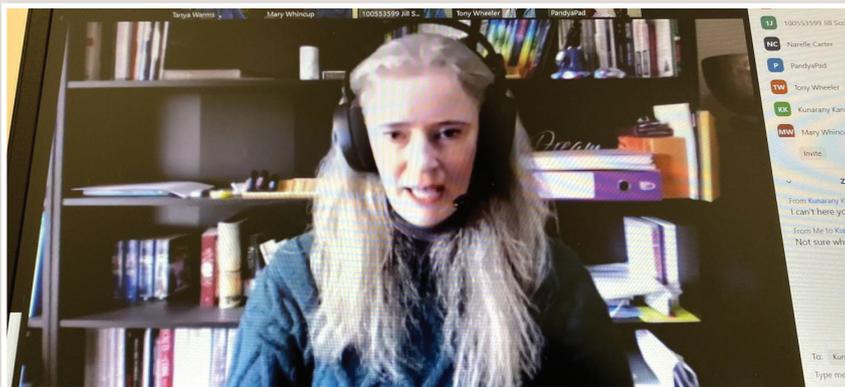


▲ Pat continuing to volunteer at home during lockdown

\*During COVID-19, the assistance of Volunteer Coordinator, Tanya Warms has been crucial to manage the process of collecting information. Thanks Tanya!

## Upskilling Volunteers during COVID-19

As part of our planning to maintain volunteer engagement during COVID-19 restrictions, we continue to provide opportunities for our volunteers to upskill. Recently, we provided the opportunity for them to take part in a couple of online seminars via Zoom for biography writing and hand massage. Thank you to Professor Richard Freadman, who holds the Chair in English at La Trobe University, who facilitated our Biography writing. Thank you also to Narelle, an aromatherapist and MannaCare volunteer who delivered the hand massage therapy training. Well done Tanya, Volunteer Coordinator, for organising the sessions.



▲ Narelle leading hand massage training via Zoom



▲ Prof Freadman facilitating the biography training with volunteers

## Volunteering during COVID-19 Restrictions

MannaCare has many dedicated volunteers. And it has been great to see some of them continuing with their volunteering commitments despite COVID-19 during the past months. Whether it has been working from home, or out in the community with some of our isolated clients, their efforts are appreciated. Not all of our volunteers, though, have been able to work from home. Our residents miss them greatly and we are all looking forward to welcoming them back when it is safe to do so.



▲ Volunteer Rose bringing-in the bins for a client.



▲ Volunteer Mahin at the front door of a client.



▲ Miffy delivering flowers at Cassia House for residents.



▲ Maureen at home writing mini biographies.

## PPE Donation

MannaCare is extremely grateful to have received donations from three sources of personal protective equipment including: face mask shields, surgical masks as well as hand sanitiser. Thank you to all donors for their generous donations including: Free 3D Hands, Chinese Australian League Against COVID-19 (CALAC), and Dr Dr Lisa Rodgers on behalf of Zhu Chi.



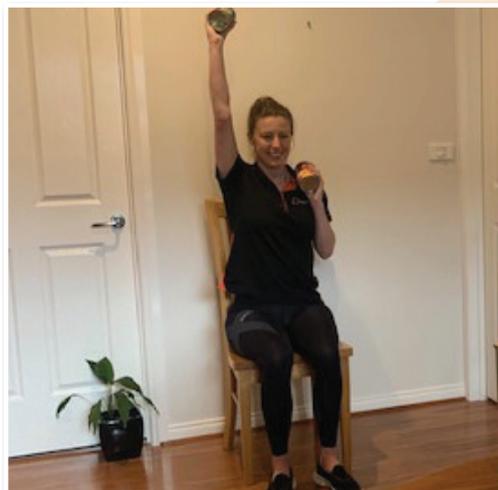
▲ Accepting a donation from CALAC. From Left: Cleo, Ross, Helen, Jessica & Priya.



▲ Ross displaying an assembled face mask shield from Free 3D Hand.

## Tele-health

MannaCare's ProgramPOWER Program has been running online tele-health classes during COVID-19. Clients are loving the online exercise sessions as a chance to stay connected with the group and continue to improve their physical fitness and strength. POWER is also running wellness seminars and tele-counselling for its members during the Covid-19 restrictions. Well done to the POWER team.



▲ Jess in action delivering a tele-health class

## Stage 4 restrictions in place

As you are aware, as of Sunday 2 August, Stage 4 restrictions apply to metropolitan Melbourne, which includes a curfew being in place between the hours of 8pm until 5am. This means you must be at your home during these hours. The only reasons to leave home between 8pm and 5am will be work, medical care and caregiving.

### The four reasons that you can leave home remain, but further limitations are now in place for:

- Shopping for food or other essential items
- Exercise (applies to outdoor exercise, and with only one other person)
- Permitted work
- Caregiving, for compassionate reasons or to seek medical treatment also remains a permitted reason to leave home.

As much as you can, you must stay at home. When you leave home, you must use a face covering, unless you have a lawful reason for not doing so.

For more information, please go to the Victorian Government website, [www.dhhs.vic.gov.au/coronavirus](http://www.dhhs.vic.gov.au/coronavirus).

### As such we have updated our visitation limits to the following:

- Window visits only
- One visit per week per resident
- One visitor at a time
- Face masks must worn

We ask for your support with these visitation limits.



## Feeling unwell? Get tested.

### Symptoms of coronavirus (COVID-19)

- Fever
- Chills or sweats
- Cough
- Headache, muscle soreness, stuffy nose, nausea, vomiting and diarrhoea may also be considered.
- Sore throat
- Shortness of breath
- Runny nose
- Loss of sense of smell



**Wash your hands**



**Keep your distance (1.5 metres)**



**Stay home if you are feeling unwell**

For more advice or to find out where to get tested, call the **24-hour coronavirus hotline 1800 675 398** or visit [www.dhhs.vic.gov.au/coronavirus](http://www.dhhs.vic.gov.au/coronavirus)

If you need an interpreter, first call **131 450**, then request the **coronavirus hotline** or ask them to look at the website for you.

Contact your local doctor or use our online self-assessment tool.

Please keep Triple Zero (000) for emergencies only

To receive this publication in an accessible format email [COVID-19@dhhs.vic.gov.au](mailto:COVID-19@dhhs.vic.gov.au)

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## Share your stories

If you have any stories, photos or content you would like to share with the MannaCare Community, email Anna, Communications Officer at [anna.cairo@mannaicare.org.au](mailto:anna.cairo@mannaicare.org.au)

**MannaCare Inc.** Reg. No A3444S  
371 Manningham Road, Doncaster Victoria 3108

**Telephone:** 1300 90 20 23  
**Email:** [contact@mannaicare.org.au](mailto:contact@mannaicare.org.au)

**Fax:** 03 9856 1233  
**Web:** [www.mannaicare.org.au](http://www.mannaicare.org.au)

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