

Dame Phyllis Frost Activity Garden Opens

After two years of planning, the Dame Phyllis Frost Activity Garden was officially opened on the 13th September by Robyn Batten, Executive Director of Uniting Aged Care.

John Armstrong donated his services as a landscape architect and designed the garden specifically for clients and residents with early to advanced dementia symptoms. The garden enables them to access a safe and secure garden area which is 'design specific' for their various therapeutic needs.

Plants were carefully chosen to be reminiscent of the types of gardens the residents may have enjoyed in their youth, yet also being hardy enough to tolerate Victoria's dry climate and current water restrictions. The garden also features a gazebo and meandering pathways, with a picket fence dividing the garden into two areas.

Mr Armstrong describes the unique design, "A picket fence with a gate across the garden allows



L to R: Arhur Koetsveld, Robyn Batten and June Edmiston at the Activity Gardening official opening.

a person to pass through the gate and feel that they have escaped 'outside'. This is where they will find a bus shelter, street sign, mail box and a shop window with items reminiscent of pre Second World War."

Reverend Deacon Margaret Black said a prayer dedicating the garden in the name of our late patron, Dame Phyllis Frost. Representatives from Dame Phyllis's family were also present at the opening, along with representatives from the donors; The Jack Brockhoff Foundation and The Eirene Lucas Foundation.

Strathdon Signs Covenant

A document "Covenanting and Uniting Church Outreach Ministries" was formally signed on Wednesday 5th September by June Edmiston on behalf of Strathdon.



L to R: June Edmiston and John Williams, Chairperson of Maroonah Presbytery.

Endorsed by the Maroonah Presbytery and inspired by Rev Deacon Sue Barber of Connections, the covenant is not a contract, but instead a document outlining a commitment to each other in maintaining cooperative and supportive relationships between Outreach Ministries and Congregations of the Uniting Church.

In addition to Strathdon Community, it was also signed by representatives of: Connections, an agency of Uniting Care, Harrison Community Services, Prahran Mission, Uniting Care Community Options, Wesley Mission and Maroonah Presbytery.

Celebrating 100 Years

Resident Mrs Jessie Williams, celebrated her one hundredth birthday on the 18th August. In honour of this occasion she was acknowledged with a letter from Her Majesty The Queen. Jessie was also rewarded with a certificate of recognition from Bruce Atkinson, MLC.

Pictured Right: Resident, Mrs Jessie Williams with Bruce Atkinson, MLC, Victorian Parliament, Eastern Metropolitan Electoral Region.



Below, Top Left: Chinese Moon Cakes containing a rich dense filling made from sweetened lotus seed paste and egg yolks.

Bottom Left: Irene Chuah slices the Moon Cakes in preparation for morning tea.



Moon Cake Festival

On Thursday 27th September, the Mingara Day Activity Centre hosted a celebration of the "Chinese Moon Cake Festival". The clients, carers and staff from the Chinese Community Social Services came to join our Mingara dementia specific group for morning tea and lunch, including Moon Cakes for dessert.

Ms Lydia Chan, Program Co-ordinator of the Chinese Community Social Services (CCSS), presented the history of the Moon Cake Festival to Strathdon clients and staff. The clients and carers from CCSS watched a classic Chinese film whilst the presentation was being conducted.

Hong Kong Delegates Visit Strathdon

Health professionals from Hong Kong, including physiotherapists, nurses and social workers visited Strathdon on October 4th. The group was taken on a guided tour of all facilities and departments of Strathdon Community with Jo Mc Kemmish, UAC Regional Manager, Melbourne Metro.



The clients from both agencies mingled, chatted and introduced themselves to one another. During the course of the day, the CCSS clients, carers and staff enjoyed exploring our newly commemorated activity garden and guided tour of the Day Therapy Centre.



Heather Barr, Team Leader, with Mingara group clients, Cliff (l) and Brian (R), enjoying their moon cakes.



"This is where they will find a bus shelter, street sign, mail box and a shop window..."

Annual Fete: 8th Sept

Another successful annual fete was held at Strathdon which raised over \$10,000.



ExxonMobil Day of Caring

Thank you to ExxonMobil volunteers who spent a Day of Caring at Strathdon on Tuesday 23rd October. Volunteers assisted with lifestyle activities at Jack Faichney Hostel, gardening and maintenance duties. Their support was much appreciated.



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Uniting Aged Care

Strathdon Link

providing quality residential and community services to the aged

VOL.26 NO.4 DEC 2007

Registered by Australia Post PP381667/00424

Wishing you all a joyous and happy Christmas.



Our Mission is "to provide quality residential and community care services to the aged within the values of a caring Christian community".

Federal Grant Awarded for \$50,000

The Hon Chris Pearce, MP, has announced that Strathdon will receive a \$50,000 Community Water Grant. This will enable the purchase three 30,000L and two 18,000L rain water tanks with pressure pumps directing water to 11 garden taps. These tanks will greatly assist in our attempts to conserve water and save our gardens during this time of severe drought.

Through our water appeal Strathdon hopes to develop further water saving strategies, including the installation of drippers to replace the current irrigation system.

"I wish to congratulate the Strathdon community on receiving \$50,000 for what is a very important environmental and water saving project. This Federal Government grant, when combined

with your own fundraising efforts, will help save 500,000 litres of precious tap water every year", said Mr Pearce.

"Strathdon is not alone in wanting to help save Melbourne's water, many other community groups and schools in the Outer East are committed to doing their best for our environment", said Mr Pearce.



A recent image of Lake Eldon reminds us of the severity of drought in Victoria and the importance of conserving water.

The Water Tanks Appeal is an ongoing appeal and we continue to seek your support. To make a tax deductible donation, please phone 9845 3105 or go to our website: www.strathdon.com.au and click on the appeal icon.

"Strathdon is not alone in wanting to help save Melbourne's water..."

Celebrating Seniors

Monday 1st October was declared The National Day for Older Australians, with a theme "Celebrating Seniors".

Certificates were awarded by the Australian government in recognition of significant achievement by older Australians across the country.



L to R: Fred Carstens, MP, Chris Pearce and Dora Barkla

Two nominees were chosen from the electorate of Aston, Miss Dora Barkla and Mr Fred Carstens. As long term residents of Strathdon, they were both members of the Strathdon Board of Governance and served on the Strathdon Residents' Committee.

Born in 1919, Fred was an inaugural member of Friends of Strathdon; a lobby group formed "To Save Strathdon Lodge". Fred is also a member of Carers' Support Group (Dementia) and has volunteered many hours to Strathdon Community, including invaluable assistance to new residents, conducting sing-a-longs for nursing home

residents and walking the resident dog, "Rex".

Miss Dora Barkla was born in 1941 and has dedicated 60 years of her life to missionary work in India. She is also an elder of the Parkmore Uniting Church and has volunteered many hours of service to Strathdon Community.

The day was celebrated with a Presentation Morning Tea held at Salford Park Retirement Village in Wantirna. Dora and Fred were both presented with certificates in recognition of their achievements.

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Vale Frederick Houghton



Frederick Arthur Houghton M.B.E. Wing Commander (R.A.F. Retd.) 7 April 1918 - 15 August 2007

A Thanksgiving Service was held at Matheson Memorial Chapel to celebrate the exceptional life of Frederick Houghton which began in Asfordby, Leicestershire, United Kingdom in 1918.

A joy flight with an air circus started his career in aviation. After leaving school at 16, and working on a poultry farm, he then joined the RAF as an apprentice. In 1941 he was commissioned as Pilot Officer in the technical branch of the RAF and was posted to South Africa in charge of aircraft servicing in various units. In 1945 he was stationed in Pretoria, controlling Air Force units in the Union of South Africa, including three large manufacturing and repair depots. In 1946 he moved to Cape Town as Senior Technical Officer responsible for the movement of 300 Harvard Trainer Aircraft overseas.

Between 1947 and 1950 he served as Engineering Officer responsible for servicing at two RAF units. During this time he met and married Edna. From 1950 to 1951 he was stationed at Cape Town where he was responsible for the receipt, unpacking, assembly, testing and dispatch of 59 Harvard aircraft that were received from the U.K. With a massive shortage of spare parts and qualified personnel, he needed to develop many new engineering techniques to complete the task. For his expertise in this area, he was awarded an M.B.E. which was the first to be presented by Queen Elizabeth II at Buckingham Palace.

From 1951 to 1954 he served in the Air Ministry in London as a technical advisor to the RAF. From 1954 to 1957 he served as Engineering Staff Officer at Bomber Command near London. He was involved in policy, new methods and engineering techniques in relation to aircraft maintenance. He was transferred to Singapore in 1957 where he was responsible for production control and technical administration.

The family left Singapore in 1958 due to Edna's ill health and returned to the U.K. He was stationed as Senior Engineering Officer at St Mawgan Coastal Command Station and attained the rank of Wing Commander. He was in charge of three squadrons of Long Range Maritime Patrol Shikleron aircraft, whose main task was to patrol the shipping lanes to make sure they were clear of Russian submarines and to look for fishing vessels

that carried listening devices. He was also in charge of one squadron of Whirlwind helicopters which were mostly used for air sea rescue and in his role as engineering officer worked on air crash investigations for the RAF.

In 1962, he took the option of early retirement from the RAF and immigrated with his family to Australia arriving on March 6th 1963. With no home, no job and no one he knew, the family settled in Mt Waverley and began working for BP Australia in the Aviation Division until his retirement. During that time he made numerous trips to small and medium airports all over Australia in relation to fuel quality, refueling methods and investigations.

Alan Houghton, his son said, "As I have sat in his room these last few weeks, I ask the question, what really matters? What mattered to him? I came to realise that many of the values and priorities I have in life are most likely a reflection of some of his character, and that the values and qualities of my children, reflect some of their grandfather as well. He always did his best in everything, was generous, lived simply and would invest his time in people rather than his career and things. I would hear him pray every morning while getting ready for work."

Micah 6:8

He has showed you, O man, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God.

Edna and Frederick Houghton were residents of Strathdon from 1989. Edna sadly passed away in 2004.



MATHESON MEMORIAL CHAPEL CHRISTMAS SERVICES

Sunday 23rd Dec 10.30am
Worship Service

6.30pm
Christmas Carol Service

Tuesday 25th Dec 10am
Christmas Day Worship Service



Mr Steve Crump

Change of Chaplain for Strathdon

Strathdon Community farewells Margaret Black, our interim chaplain who has been with us since May 2007.

A farewell afternoon tea for Margaret was held on 10th October in the Community Centre. It was an opportunity for residents, staff and volunteers to acknowledge her contribution and compassion. In her short time here Margaret developed close relationships with residents and will be sadly missed.

A Service of Recognition was held on October 14th for Strathdon's new Chaplain, Steve Crump as as intern for Ministry of Deacon in the congregation of Parkmore/Strathdon. After a period of discernment, Steve trained for three years at Theological College and now begins his

internship with support from the Presbytery of Maroondah. We are very pleased to welcome Steve Crump to Strathdon Community.



Margaret Black is presented with a parting gift of an Azalea from June Edmiston at her farewell gathering.

L to R: Rev Subramaniam Manopavan, Chairperson, Presbytery of Nepean; Steve Crump and John Williams, Chairperson, Presbytery of Maroondah.

From the Chaplain

I grew up in East Burwood. I was baptised in a Catholic church and attended Catholic schools. In secondary school I attended St Thomas More College (now Emmaus College) on Springvale Road, Forest Hill (just down the road from Strathdon).

I played quite a deal of sport – mainly football, cricket and tennis. I played cricket for both East Burwood and Forest Hill cricket clubs.

After leaving school I completed a Diploma of Business Studies and then worked in the public service for seventeen years, I was then offered a voluntary redundancy package which allowed me to return to full time study in pastoral counselling and

sociology at the Australian Catholic University.

I worked for about four years in mental health and disability before offering myself as a candidate for ordained ministry with the Uniting Church.

I am married to Annie and we have a daughter, Gabrielle (aged 9).

I am delighted to accept the offer to be Chaplain to Strathdon Community and minister to the Parkmore/Strathdon Congregation.

I am looking forward to meeting everyone and sharing in the life of this community.

- Steve Crump

Myotherapy Remedial Massages

Remedial Myotherapy Massages are applied by a qualified therapist in the Community Programs department. Myotherapy provides a very comprehensive program in musculo-skeletal assessment and treatment, and sports therapy.

These massages release, restore and maintain the soft tissue structures within the body to alleviate pain and discomfort to maximise range of movement.

Benefits of the program are:

- strengthens and stretches muscles

- individual exercise program written to meet individual needs, and follow up assistance with each program is available

- introduction of corrective exercises to retrain muscles by improving strength, flexibility and co-ordination, to reduce injury
- enhanced lymphatic drainage.

The Therapist is available Monday, Wednesday and Thursday from 9am to 4pm. Bookings can be made during normal business hours by phoning the Community Programs reception staff on 9845 3114.

35 minute sessions \$35
65 minute sessions \$70



Mr Chirop, a resident, enjoys the opportunity to pot some flowering annuals.

Acknowledgements

Sensory room equipment

The Lord Mayor's Charitable Fund has assisted with funding towards equipment for the Sensory Room. It is an interactive experience for the residents through music, tactile activity, specialised lighting and aromatherapy.

Vacuum cleaners for Community Programs

The City of Whitehorse has enabled the purchase of two vacuum cleaners for use by Community Aged Care Program Services.

Courtyard furniture

Much needed outdoor furniture for The Jack Faichney Memorial Hostel has been acquired due to a donation from **The Marian & E. H. Flack Trust**.

Gardening supplies

The Unforgettables, entertainers donation was used for nursery supplies for residents who enjoy participating in gardening. (see picture)

Strathdon Community thanks all donors and contributors.

The Hot Flashes
Including Devonshire Tea
Sun 2nd Dec 2pm

Performing favourites from the 60's and 70's
\$10 Admission Tickets at the door or pre-purchase by phoning: 9845 3164

Net Proceeds to Strathdon Community

For event information and bookings please phone 9845 3104

UPCOMING EVENTS 2007-2008

The Hot Flashes with Devonshire Tea/Coffee
Sun 2nd December 2pm
Strathdon Community Centre

Pancake Day
Tues 5th February 2008
Courtyard adjacent to Community Centre

Strathdon Community's 40th Anniversary & Presentation Day
Featuring The Victorian Police Pipe Band
Tues 4th March 2008
Strathdon Community Centre

Strathdon Community Perpetual Trust

Support for the trust is gratefully acknowledged and continues to grow healthily. The capital balance at 30 June 2007 was \$17,192. This was an increase in value of 63%, after distribution. We encourage you to thoughtfully consider a contribution to the Perpetual Trust.

For further information, please contact Ann Chan 9845 3105. Cheques are payable to: Strathdon Community Perpetual Trust.

"No-one has ever been poor by giving"
- Anne Frank



Ritchies Community Benefit Card

Don't forget to support Strathdon by becoming a Ritchies card holder

Strathdon Events Committee volunteers will be organising a drive at the **Mount Waverley Ritchies store on Tuesday 4th December, from 10am to 2pm** to promote Strathdon and the Ritchies Benefit Card.

We encourage and thank everyone who is able to shop at Ritchies Supermarket to join the Community Benefit Card program.

We welcome you to drop into the store to say hello and collect your free card. Alternatively request your FREE card today by phoning 9845 3104 or 9845 3105

Annual Review
Copies of the 2006/2007 Review are now available.

Request your copy from Emily Muir
Ph: 9845 3104

Strathdon Community is a Uniting Church agency in association with the Presbytery of Maroondah. Strathdon provides a wide range of services to the aged in Melbourne's eastern and outer-eastern regions.

General Manager: Ms June Edmiston
Finance Manager: Mr Geoffrey Watkins
Reception/Admissions:
17 Jolimont Road, Forest Hill 3131 8.30am-4.30pm Mon-Fri
Phone: 9877 5144 Fax: 9894 3489

Residential Services
Nursing Home: 9 Jolimont Rd, Forest Hill
Hostels: 15 & 17-23 Jolimont Road, Forest Hill
Independent Living Units:
10 Cherry Street, Forest Hill; 1 Quentin Street, Forest Hill & Yernga, 32-42 Larch Crescent, Mt Waverley

Community Services
Community Care Packages, Day Therapy Centre & Mangara Day Activity Centre: 9 Jolimont Road, Forest Hill
Email: info@strathdon.com.au www.strathdon.com.au