



Strathdon *Link*

Uniting Aged Care - Strathdon Community **newsletter**

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Foundation Week

Foundation Week is a new annual event to celebrate the establishment of Uniting Aged Care. It is an opportunity to celebrate achievements of staff and volunteers throughout the organisation and to acknowledge their valuable contribution. Regional events ran from 23 to 30 October with an Open Day and AGM held at Strath-Haven in Bendigo. Members of the Board and Executive team met with residents clients, staff and community.

Strathdon held a morning tea on October 26 which was very well attended. Our Executive Director, Robyn Batten presented Golden Nineties, Volunteer and Staff awards. "The diversity of Uniting Aged Care is reflected in the way so many of our services and programs across Victoria and Tasmania have captured the spirit of Foundation Week and are finding different ways to celebrate."

Carol Fountain, Regional Manager East Victoria, congratulated Ray Weaver, a Maintenance Officer at Strathdon who was awarded East Region Employee of the Year. "Ray has given seven years of service at Strathdon and has frequently made a difference to others with his care and commitment. We would particularly like to commend his dedication and initiative during the extreme heat wave that hit Victoria in February this year. Ray's concern over the residents' safety was demonstrated when he made several night time visits to Strathdon to ensure that the generator and therefore the air conditioners would continue to function."

Ray's attentiveness and willingness to help is an inspiration to his colleagues. Ray retires at the end of this year and we wish him with his wife Heather, many happy years of 'cruisin' in the Commodore.

Helping the Community for **25** years

On August 25, Mingara Day Activity Centre celebrated its 25th Anniversary of providing care and services to people with dementia and their carers.

"Mingara" is an aboriginal word which means "The House of the Happy Spirit" and this typifies the feelings of clients, carers, volunteers and staff who have, over the years, become one big happy family.

Mingara Day Activity Centre was established in 1984 to provide day respite care for people with dementia. This enabled clients to have respite in a stimulating environment whilst allowing

their carers time away from their caring role. The establishment of our carers support program in conjunction with Alzheimer's Victoria in 1987 facilitated the educational, emotional and counselling needs of the carers and their families.

"Knowing my husband Armando is being cared for in a warm, safe and secure environment gives me peace of mind and allows me precious time not only to keep the domestic sphere under control, but also to take care of my own needs", Betty Di Paola, wife and carer.

"Bill has been attending Mingara for 18 months and the pleasure he gets from contact with the lovely staff and other clients, is invaluable," Judy Calvert, wife and carer.

Mingara Day Activity Centre always strives to provide a warm, positive, secure environment where clients feel they are valued as individuals regardless of their cognitive or physical impairments. It's a place where they mix with people whose names they may not remember but who they know to be their friends.



L-R: Alison Ingamells, long term Mingara volunteer, Wendy Morrison, past volunteer, Audrey Bermingham, Lifestyle & Volunteer Manager, and Barbara Worcester, past volunteer.

Broadband for Seniors

According to statistics, only one in five Australians over the age of 65 have access to the internet.

As part of the Federal Government's Broadband for Seniors Initiative, leading communications company NEC Australia, has provided an internet kiosk at Strathdon.

In addition to Strathdon, approximately 2000 venues over the next two and half years will be equipped with the technology. The aim is to increase accessibility for seniors and also help build confidence in using the internet. Access to new communication technology and the development of online skills is becoming more necessary in order to be fully informed, as well as to keep in contact with loved ones.



Henry Hammersla, Melbourne High School student helping resident, Annette Falla.

Training resources are accessible online and are also provided by volunteers and students from Mulluana College. Residents have embraced the opportunity to learn in a very favourable location that is adjacent to the kiosk.

Vale

Phyllis Helen Hildebrand

1 May 1915 - 22 July 2009

Phyllis Helen Knipe was born in Horsham on the first of May, 1915. An auspicious day, but for this baby, a story with an unusual start. On hearing of his daughter's arrival, Arthur came in, saw the baby and went out to read the paper. It was on this day that Phyllis was born that newspapers first published the ANZAC's landing at Gallipoli.

During a picnic in Portland which was arranged by her cousins, Phyllis met Hayden Hildebrand. They began courting and were married in St Andrew's Presbyterian Church in Horsham on June 29, 1940.

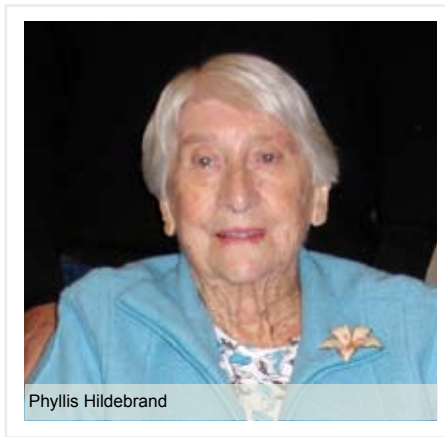
Hayden and Phyl were blessed with four children, Bill, Ken, Deborah and Phillip.

In 1962 the family moved to Mitcham, which much to Phyl's consternation, involved the children crossing what was the busy three lane Whitehorse Road, surrounded by orchards. After the area was re-zoned they moved to Vermont in 1971 and Phyl walked back to Mitcham each week to shop.

Sadly, two weeks after Hayden and Phyllis's 60th wedding anniversary in 2000, Hayden passed away. In 2002, Phyl and Deborah moved to a unit in Boronia.

Volunteering and community service were important to Phyl. This kind of work included volunteering in mother's and parent's clubs at school, the local association of the guide movement, and being a marshall for the Community Aid Abroad, "Walk Against Want".

For years she collected donations for the Whitehorse Community Chest and was a Meals on Wheels volunteer for 30 years.



Phyllis Hildebrand

She cared for others, and also taught English as a Second Language, worked weekly at an Aboriginal community support store and provided a weekly meal to a new migrant family.

One of Phyl's lifelong interests and commitments was to the church. She came to Strathdon Community as a founding member of the Strathdon Foothills Auxiliary, which was formed by the Presbyterian Church. She was a tireless worker and volunteered for 40 years, serving in the kiosk. She also served a term as President of the Auxiliary, and was also a member of the Strathdon Fundraising Committee. A proud moment was earlier this year when she came out of Knox Hospital to receive a presentation in recognition for her services to the Strathdon Community.

However, what was most important to Phyllis was her family. She was a friend; a homemaker; caring; loyal; reliable; a great role model; a person with a sense of right and wrong who held high standards, especially for herself; capable; organised; compassionate; interested in everything; a person of strong character; very proud of her family, and someone who sought to follow in the way of God.

Phyllis will be sadly missed, and we give thanks for Phyllis, her life and love.

Acknowledgements

Sound improvement

A hearing induction loop has been installed in the Community Centre. This enables people with hearing aids that have a 'T' switch, access the audio loop. This was a much appreciated gift from the Foothills Auxiliary.

Specialised bedding

A gift from the Lord Mayor's Charitable Foundation has facilitated the purchase of four speciality mattresses for bed bound residents which provide a continually alternating surface that avoids the formation of pressure sores.

Kiosk

We sincerely thank Netta Fuller for her years of valued service as Kiosk Convenor. Netta has resigned from this position.

Internet accessibility

A grant from the Federal Government saw the development of an internet kiosk under the Broadband for Seniors Initiative.

Strathdon Community thanks all donors and contributors.

Uniting Aged Care Victoria and Tasmania is the largest not-for-profit provider of quality aged care services in Victoria and Tasmania. We are an organisation of the Uniting Church in Australia, continuing the Church's long history of providing care to older people. We are also a part of the Uniting Church's national UnitingCare network.

Regional Manager East Victoria: Ms Carol Fountain

Reception/Admissions

17 Jolimont Rd, Forest Hill 3131 8.30am-4.30pm Mon-Fri
Phone: 9877 5144 Fax: 9894 3489

Residential Services

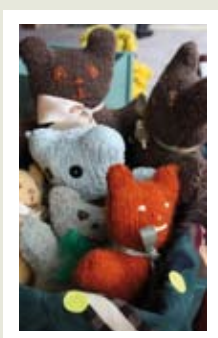
Nursing Home and Transition Care: 9 Jolimont Rd, Forest Hill
Hostels: 15 & 17-23 Jolimont Rd, Forest Hill
Independent Living Units:
10 Cherry St, Forest Hill | 1 Quentin St, Forest Hill
Yernga 32-42 Larch Cres, Mt Waverley

Community Services

Community Care Packages, Day Therapy Centre & Mingara Day Activity Centre: 9 Jolimont Rd, Forest Hill

Email: strathdon.info@uacvt.org.au
www.strathdon.org.au www.uacvt.org.au

Strathdon Fete



Congratulations to the Foothills Auxiliary for organising a fantastic fete on Saturday 12 September. A net profit of \$10,500 was raised on the day.

New Presbytery Minister

The Yarra Yarra Presbytery welcomes new minister, the Rev Paul Stephens, Presbytery Minister Mission & Education. We farewell the outgoing Rev Barry Brown and thank him for his diligent service.

Chaplain's Message

For many people in our community the year has been a very busy one, filled with many changes which may be positive and at times unsettling. The year also has meant saying goodbye to people and welcoming new friends.

In our busy lives, there hardly seems time to reflect on these changes and to see what God may be calling us to.

For Christians, the season of advent is a time of waiting. This is not a passive waiting, but a waiting filled with hopeful expectation for Jesus to be born, born among us.

In this holy season God is presented to us in the promise and birth of Jesus Christ.

I pray that over this Christmas period that you may know something of Christ's loving presence in your lives, and in those of your family and friends.

Wherever the spirit of Christmas takes you, I offer you the following blessing:

Christmas Church Services

Sunday 20 December

10am Matheson Memorial Chapel

1.30pm Glastonbury Lounge, Nursing Home

Thursday 24 December

2pm Jack Faichney Lounge

Friday 25 December - Christmas Day

10am Matheson Memorial Chapel

Sunday 27 December

10.30am Matheson Memorial Chapel

1.30pm Glastonbury Lounge, Nursing Home

*Follow, where the Spirit of Hope leads you
Listen, as the child of Peace cries for you
Rejoice, as the Love of God embraces you
And go now, with Hope, Peace and Love in
your hearts
And the blessing of the Creator, Child and
Spirit for ever with you.*

Richard Becher

© Geoffrey Duncan: "A World of Blessing": Canterbury Press
Norwich: 2000, Norwich, England.

Rev Steve Crump



News from the Foothills

Meet "River" our guide dog puppy in training.

In May this year Steve and Kylie, from Guide Dogs Australia, came to speak at our monthly meeting. They were accompanied by Phantom and Sage, two beautiful black Labradors.

Our members enjoyed the visit so much that it was decided that we would sponsor the two year training program of a new puppy. Consequently, in September Steve came back with Paul from Guide Dogs Australia to introduce us to River. River is a beautiful golden Labrador, very excited to meet so many people, but already well behaved.

Since then, we have had a "letter" from River reporting on his progress together with an up-to-date photo.

This little project has caused a great deal of delight and interest in and around Strathdon.

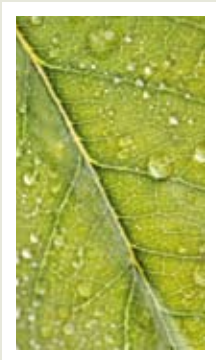
Pat Cox

Kiosk Volunteers Needed!

Helpers are needed for only a few hours each month. If you can assist, please contact Sarah Bramhall, Kiosk Convenor on 9778 5275.

Strathdon Foothills Auxilliary Meetings

All welcome - Held monthly, every 4th Tuesday, from Feb to Nov at 9.45am, featuring a guest speaker.



The Going Green Appeal needs your support

"Melburnians use almost 500,000 million litres of drinking water a year for a number of purposes, some of which do not require drinking water quality. The use of alternative sources of water allows us to reduce demand on our drinking water supply from reservoirs and rivers and protects the health of our environment." Yarra Valley Water.

As the Summer heat approaches, water saving has never been more important. With the help of a federal grant and generous donations, Strathdon was able to implement a number of water saving initiatives, including new water tanks for the gardens, new dual flush toilets and the implementation of stage 1 of the Ozone Laundry System. This has enabled Strathdon Community to reduce water usage by 10% from 2007 to 2009.

Strathdon Community uses 5 million litres of water per year in the laundry alone. With your help we can reduce this usage to zero by installing stage 2 of the specialised laundry system.

To make a donation to the Going Green Appeal, please phone 9845 3105, visit www.strathdon.org.au, or complete a donation envelope.

Do you wish to save paper?

You can now receive the Strathdon Link newsletter via email. Please email emily.muir@uacvt.org.au to update your mailing options.

Upcoming Events

Cruden Farm Family Day featuring the Victoria Police Showband.

Cranhaven Road, Langwarrin
Melway Ref: 103 F6
Sat 5 December 2009
10 am to 4 pm
Details, phone: 9845 3104

Pancake Day

Strathdon Community Centre
Tues 16 February 2010
10 am to 1 pm

7th Annual Art Exhibition

Strathdon Community Centre
16 to 18 April 2010

Correction:

Due to the establishment of UACVT Foundation Week in 2009, Presentation Day will not be held on 2 March 2010.

www.strathdon.org.au



Hostel residents, Mrs Betty Williams and Mrs Dawn May wearing assorted football accessories as part of the AFL themed games.

Clowning Around

The Royal Melbourne Show's official day on 24 September was not forgotten at Strathdon Community, with the presence of clowns in the hostels and nursing home, as part of the Lifestyle Activities Program.



Lifestyle department placement students, and staff member, Jenny Best, dressed in clown outfits to celebrate Show Day.



L - R: Ann Chan, Communications & Fundraising Manager, Cheryl Pavidis, Finance Officer, and Audrey Bermingham, Lifestyle & Volunteer Manager at the Whitehorse Spring Festival.

Spring Festival

Strathdon Community was proud to represent Uniting Aged Care at the City of Whitehorse Spring Festival on Sunday 18 October. We thank all staff who volunteered their time on the day.

Footy Fever

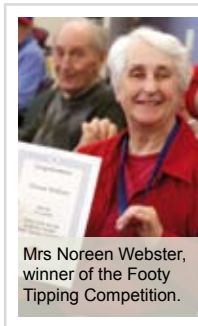
To celebrate the AFL grand final, football themed games were held in the Community Centre on 23 September.

Certificates and medals were awarded to the winners of the Football Tipping Competition. Congratulations to the following hostel and independent living residents:

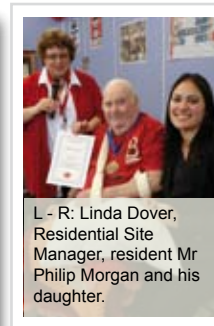
- 1st Place - Noreen Webster
- 2nd Place - Rhonda Tozer
- 3rd Place - Helen Douglas

The Nursing Home residents who topped the competition were:

- 1st Place - Philip Morgan
- 2nd Place - Ellen Hallam
- 3rd Place - Owen Williams



Mrs Noreen Webster, winner of the Footy Tipping Competition.



L - R: Linda Dover, Residential Site Manager, resident Mr Philip Morgan and his daughter.



Mrs Phyllis O'Reilly, resident, enjoys the fun of the football games.



Hostel resident, Mrs Dorothy Disher, has her turn to sport a hat or two.

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