



# Strathdon *Link*

Uniting Aged Care - Strathdon Community **newsletter**

Registered by Australia Post PP381667/00424



Linda Dover

## Message from the Site Manager

As we begin a New Year refreshed after the summer festivities we are very fortunate to be in a position to contribute to improving our services. Many others who have been affected by natural disasters are in our thoughts and prayers and will continue to be as the year goes on. It is a measure of the strength of our community that we were able to host a wonderful barbecue to raise a significant amount for flood victims. The enthusiasm demonstrated by our residents, volunteers, relatives and staff made me very proud to be part of this organisation and the sense of community that we have worked hard to preserve.

Uniting Aged Care is embarking on a large planning and review of services at present to ensure that we are well placed to deliver person centred services in conjunction with the Productivity Commission recommendations for Aged Care. To this end a project titled 'The New Conversation About Getting Old - Our Journey to person-centred approaches', has commenced with many workshops and action plans to ensure that we are progressing in the direction that our clients want. Further information is available on the Uniting Aged Care website. We will have a lot more to report about new initiatives this year.

We refreshed our journey to ensure Community Participation in two well attended and successful forums last year and now wish to invite interested stakeholder groups to nominate persons as representatives on our

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## Queensland appointment

Our Executive Director, Robyn Batten has resigned her position at Uniting Aged Care.

"Robyn has provided outstanding vision and leadership for the organisation during her time as Executive Director and the Board deeply appreciates the exceptional contribution that Robyn has made to Uniting Aged Care", said Alan Wilkinson, Chair, Uniting Aged Care Board.

Robyn was seconded to Blue Care in Queensland from late in 2010 and has accepted a new appointment as

Executive Director Blue Care from February 2011.

Robyn's time in Queensland has been dedicated to the safety and well-being of the aged and staff affected by the devastating floods and more recently the severe tropical cyclone Yasi. Robyn's Melbourne visit to Uniting Aged Care facilities was cut short due to the developing cyclone. We appreciated the time that Robyn was able to spend with Senior Staff of Strathdon at a farewell afternoon tea on February 1.

Gary Henry is Executive Director (Acting) until a new appointment is made.

## Treasure of our own

Foundation Week was celebrated at Strathdon on October 25th. Jill Linklater, UACV&T Board member, presented service awards to staff, volunteers and residents in recognition of their service to the organisation and the contribution they have each made to the community.

Employee of the Year was awarded to Strathdon Community employee, Chris Wood. Chris is the Hotel Services Manager and was recognised for her outstanding commitment and



Chris Wood pictured centre with Jill Linklater and staff.

service. We congratulate Chris for this exceptional achievement.

## Flood crisis

In recent times when so much devastation and hardship has been witnessed in Queensland and more recently Victoria, communities are compelled to action. The residents, families and staff of Uniting Aged Care-Strathdon Community displayed a spirit of giving to those in need at a fundraising barbecue and silent auction last week.

Betty Coombs was one of many residents who attended the event and said: "We were all upset about the floods and wanted to do something."

More than \$4,000 was raised for the flood victims of Queensland and Victoria.

Lorna Vissaritis, Lifestyle and Volunteer Co-ordinator responded: "When the word went out that we were going to host a fundraising barbecue and silent auction to raise funds for the many families who had lost so much

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Jean Wilson and Betty Coombs

## What's your secret?

In our mobile society, many young people are deprived of contact with older generations and do not benefit from the experiences their elders might share with them. Intergenerational programs such as the one successfully hosted by Strathdon in November and December, aim to bridge this issue and strengthen and enrich the intergenerational experience.

Forty-five Year 9 students from Forest Hill College were buddied with 22 resident 'Lifestyle Mentors'. Through a series of visits and interviews, the residents had the opportunity to share their experiences, impart their knowledge and advise on how to live a long and healthy life. In December a presentation morning was attended at Forest Hill College where the students presented their final work to the residents and served a lovely morning tea.

### From page 1: Site Manager Message

Community Advisory Committee. This committee will include both internal and external stakeholders and will have a significant role in the development of future services. A balanced committee of representatives will be appointed as soon as possible to continue the good work that was done by the previous Facility Council that has now completed its Term of Appointment.

With new services and new initiatives, there are many new opportunities for volunteers to get involved in less traditional ways. We encourage anyone with an interest in older people to contact our Volunteer Co-ordinator to discuss your interests. As always, we are looking forward to a challenging but rewarding year and sincerely thank all of those who support us.



Mr Keith O'Reilly with students from Forest Hill College

### From page 1: Flood Crisis

in the flooding in Queensland as well as Victoria, there was an immediate outpouring of donations, raffle items, gifts and services offered which literally 'flooded' my office overnight.

All of us had been touched by daily stories of the sadness and hardship that so many ordinary Australian families were and still are enduring and the dreadful losses of property as well as precious lives. I acknowledge the great contributions made by staff, residents, visitors and families who supported the fundraising barbecue."

## Medical student visit

A small group of final year Deakin University medical students recently visited Strathdon as part of their Aged Care, Rehabilitation and Palliative Care rotation at the Peter James Centre that is co-ordinated through the Medical Students Programs at Eastern Health Clinical School.

The main aim of the visit was for the students to understand the difference between high and low care, access to services, how respite care works, the day to day lifestyle of residents and the role of geriatricians in the care of residents as part of the Transition Care Program.

## In focus Armchair travel

For more than 15 years Noreen Rodgers has been visiting Strathdon every month to share with us her wonderful collection of world travel videos, stories and trinkets that she has painstakingly put together for 'Armchair Travel'. Noreen very generously screens her presentation in the nursing home and in McGarvie Hostel. She has travelled to many locations including England, Austria, China, USA, New Zealand and of course Australia. These afternoons are a valuable opportunity for residents to explore new places and cultures from around the globe as well as share their own travel experiences.

We are very grateful to Noreen for taking an interest and sharing her time and her journeys with us.



Noreen Rodgers

## 2010 Strathdon review

Copies of the annual publication, **2009/2010 Strathdon Review** are now available from Reception. If you would like one sent too you, please phone 9845 3105 or email: [strathdon.fundraising@uacvt.org.au](mailto:strathdon.fundraising@uacvt.org.au).

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: 9845 3111 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 Cherryl St, Forest Hill | 1 Quentin St, Forest Hill  
Yeronga 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](mailto:strathdon.info@uacvt.org.au)  
[www.strathdon.org.au](http://www.strathdon.org.au) [www.uacvt.org.au](http://www.uacvt.org.au)



## COMMUNITY BUS appeal

Donations are still needed to meet the ongoing costs of the project.

Donations can be made online:  
[www.givenow.com.au/strathdoncommunitybus](http://www.givenow.com.au/strathdoncommunitybus)  
Phone: **9845 3105** or in person

Volunteer drivers are needed. If you think that this is something you can do, please register your interest with Lorna Vissaritis Ph: 9845 3130.

### NEWS

At the time of printing in early February, quotes from dealerships were being assessed. Specialised equipment will be fitted by another company to modify the bus. This will include a rear wheelchair lift, side step, handrail and seats removed for one or two wheelchair spaces.

## From the Chaplain

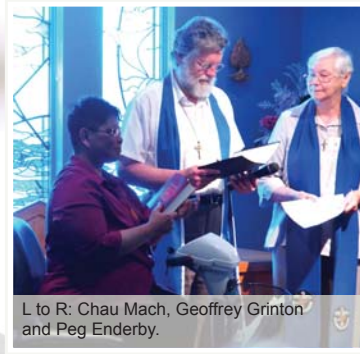
### Easter Services

**Maundy Thursday - 21 April**  
2pm Matheson Memorial Chapel

**Good Friday - 22 April**  
10am Matheson Memorial Chapel

**Easter Sunday - 24 April**  
10:30am Matheson Memorial Chapel  
1:30pm Glastonbury Lounge, Nursing Home

Rev Steve Crump



L to R: Chau Mach, Geoffrey Grinton and Peg Enderby.

On Sunday 30th January 2011 the Presbytery of Yarra Yarra commissioned Chau Mach as a lay preacher in a service attended by members of the Presbytery, family and friends of Chau, residents and staff of Strathdon Community, and members of the Parkmore Strathdon UC, Vermont UC and Forest Hill UC. During the service Chau received her lay preacher certificate. The service was followed by morning tea. We congratulate Chau as she grows in her faith and ministry.

## Wednesday Weeders

The Wednesday Weeders would like to hear from any gardeners who are happy to assist with light pruning, weeding and garden maintenance at Strathdon. The group meets every fourth Wednesday morning and lunch is provided. Please contact Bev Brown on 9878 9954.

### 'Whirligig' quilt raffle

A handcrafted patchwork quilt has been donated to Strathdon for a raffle by the Strathdon Quilters. Raffle tickets are now on sale for \$2 and can be purchased from the Communications & Fundraising Department. The prize winner will be drawn at the Art Exhibition at 3pm on 3 April.

## Strathdon staff

Mary-Ann Thulke was recently appointed to the Care Management Team for the Nursing Home. Mary-Ann comes to us with a strong background in aged care management in the Eastern region and we welcome her to the team.

Angela Callahan, who managed the Nursing Home in the interim, has re-located to Jack Faichney Hostel as Care Co-ordinator to relieve Libby Ferris and will also work one day in the McGarvie Annexe to assist Anne McKenna, Care Manager with documentation, clinical reviews and assessments.

We would also like to welcome Sally McNamara as the newest member of the Strathdon Day Therapy Physiotherapy team. As we give a warm welcome to Sally, we also say goodbye to Kelly Layton who is moving to Cairns with her family. Good luck Kelly and thank you for your years here.

## Dr Upjohn farewell

On February 2, the Day Therapy Centre staff sadly farewelled Dr John Upjohn who retired from his fortnightly assessment officer role. Dr Upjohn who has a surgical background and is still working part time in a GP practice has been with us for over 10 years assessing new clients. We have been very fortunate to have had someone of Dr Upjohn's caliber and experience working with us. He was very popular with all our clients who valued having someone listen to their stories and spend time with them. Dr Upjohn was presented with a Leatherman multipurpose tool at a farewell party in the DTC.

## Mingara planning

The annual Mingara Planning and Feedback Meeting was conducted on Thursday 27th January and was well attended by 15 clients, carers, staff and volunteers. It was a good opportunity to talk about the Active Service Model Implementation Plan and to get their ideas and feedback about our programs. There was some very positive discussion.

The meeting finished with some constructive ideas about activities and in particular venues for outings which will be put into our Mingara Socialization Program.



L to R: Karen O'Farell, Dr. Upjohn, Judy Hall, Ana Mubaslat and Janet Ho.



Mary-Ann Thulke, Care Manager



Sally McNamara, Physiotherapist

### Do you wish to save paper?

You can receive the Strathdon Link newsletter via email.  
Please email [strathdon.fundraising@uacvt.org.au](mailto:strathdon.fundraising@uacvt.org.au) to update your mailing options.

This newsletter has been printed on  
ISO14001 certified,  
chlorine - free recycled paper.

## Upcoming Events

**Pancake Day**  
8 March 10am to 1pm  
Strathdon Community Centre & Courtyard, 17 Jolimont Rd, Forest Hill

**8th Annual Art Exhibition**  
1-3 April 2011  
Strathdon Community Centre  
Fri 1 Apr 7pm-9pm \$15; Sat 2 Apr 11am-4pm and Sun 3 Apr 12noon to 4pm, \$6.

**Volunteer Luncheon**  
12 May 12noon to 1:30 pm

**Postie**  
A ladies fashion presentation  
20 May 10:30am  
Strathdon Community Centre  
Tickets \$5  
BOOK EARLY, tables of 8 available  
Phone 9845 3105  
Invite your friends for a fun morning that includes morning tea and a fashion parade. Orders for clothing taken on the day. Visa, Mastercard, cash and cheque accepted.  
[www.postie.com.au](http://www.postie.com.au)

**8th Annual Children's Art Competition & Show**  
12 August 3 to 8pm  
Strathdon Community Centre  
Adults \$5 | Children free

**All proceeds from these events go to Strathdon Community.**  
Event information: 9845 3105  
[www.strathdon.org.au](http://www.strathdon.org.au)

## Acknowledgements

**Outdoor furniture**  
The Strathdon Foothills Auxiliary have provided new outdoor furniture for McGarvie, Jack Faichney and the Kiosk courtyard.

**No ordinary vacuum**  
The Whitehorse Community Chest has funded an industrial vacuum purchase that uses sophisticated technology, reducing airborne bacteria and aiding infection control.

**Data projector for Day Therapy**  
A data projector is being used by the Therapeutic Activities Group to participate in activities more effectively. The purchase was made possible by The William Angliss Charitable Fund.

**Strathdon Community thanks all donors and contributors.**

## Photo gallery

Pictured from top right:  
**Australia Day Celebrations:**  
Barbara Parry



**Congratulations to Peg and Ted Robson** who celebrated their 70th Wedding Anniversary on 7 January.

**Congratulations to Kevin and Dorothy Stocks** who celebrated their 60th Wedding Anniversary on 18 November.



**We congratulate Elsie Cooper** who celebrated her 100th birthday with family and friends on 3 February. Elsie is pictured holding a greeting card from Her Majesty The Queen.

**Christmas in Jack Faichney Memorial Hostel:** L to R: Santa (Bill Thackery), Gisela Blaschke and Michael Blaschke.



**Christmas in McGarvie Hostel:** Gwen Smith and Janice Parker, Lifestyle team member.

## Gōng Xǐ Fā Cǎi

Chinese New Year is the most important festival in Chinese culture. It is celebrated on the new moon of the first month according to the lunar calendar, and is a time for family reunions and sumptuous feasts.

The year of the Rabbit commenced on February 3 and this was when three of our staff, Shirley Kokliaw, Florence Ling and Ta Arunroch cooked some beautiful asian dishes to share with other staff in the Jack Faichney Memorial Hostel.



The Lifestyle team also celebrated Chinese New Year with hostel and nursing home residents. An activity enjoyed by all was the Chinese fan dance. The history of the tea ceremony and new year traditions were explained and demonstrated.

Team member, Ester Gulay performed a traditional Chinese dance in the Nursing Home.



L to R: Ester Gulay, Shirley Kokliaw, Ta Arunroch and Florence Ling.

