



Strathdon *Link*

Uniting Aged Care - Strathdon Community **newsletter**

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Message from the Site Manager



Linda Dover

I am delighted to welcome two new Senior Staff Members to Strathdon.

The first is Lorna Vissaritis who comes to us with an extensive background in care of older people. Lorna has been appointed as the Lifestyle and Volunteer Co-ordinator. She is now recruiting additional team members, volunteers and reviewing our program. Lorna brings enthusiasm and a sense of humour.

Anne McKenna has commenced as the Care Manager for McGarvie Hostel. Anne comes to us with an extensive nursing background specialising in care of older people in acute, rehabilitation and aged care settings. Anne is available full time and welcomes a chat any time.

I very much look forward to moving forward with a very strong senior leadership team who will now progress our continuous improvement plan. We have achieved a lot over the last year with our documentation now supporting improved income.

I would very much like to thank all of the staff who have stepped up to cover vacancies and demonstrated their commitment to our clients in very practical ways. All of our staff have demonstrated a willingness to learn new skills and are clearly committed to working together to meet our residents needs.

Voice of the Community

A Community Discussion was held at Strathdon in June to promote openness and action.

A survey was sent prior to the discussion, to a broad representation of the community and included, residents, community clients, carers, families, volunteers, staff, church congregations, donors and local government. The survey identified our strengths and areas of concern.

Customer satisfaction rated very high with 96% indicating that Strathdon would be recommended to others. An area of concern was communication and this formed the framework for the discussion which was ably led by facilitator, Mr Noel Odou.

The morning was well attended by 53 and a great opportunity for engagement between different groups. The focus was effective communication and an opportunity for all to contribute their ideas and express their feelings. Each group brought forward their ideas, many of which have already been actioned.

A monthly news bulletin, in addition to the quarterly "Link", has been published in-house by Lorna Vissaritis, named "The Local". This provides up to date information for residents, clients and families. More communication and connectivity between UACVT and the local churches was identified as a priority (see UACVT and the Ageing Population on page 2).

The process is ongoing with a follow-up meeting of attendees to occur, further actions to be implemented and a report that will be distributed. The Community Discussion opportunity is an integral part of engaging our community and will be a regular occurrence.



Attendees at the Community Discussion, Woody and Carol Marriott.



community BUS Appeal

Your support is needed!

Support this great opportunity to enhance our services to residents and clients in the community.

A 12 seater bus with automatic transmission, two wheel chair spaces and a disabled hoist will enable a volunteer driver to take residents on regular outings. The community bus will provide more experiences of day to day life for residents and clients with frequent trips to the local shopping centre, sight-seeing trips and planned activities.

The bus would be made available to other facilities in the East Region for booking with a sessional rate. The Community Bus project will commence in February 2011. Our target for the appeal is \$70,000.

Donations can be made online:
www.givenow.com.au/strathdoncommunitybus
Phone: **9845 3105**.

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

Strathdon Friends Farewell

It is with regret to announce the closure of the Friends of Strathdon Committee. The Friends of Strathdon consisted of a group of volunteers who recognised the many needs of Strathdon residents and were prepared to organise social functions so that residents, carers and friends could meet to enjoy social times together.

Regular activities were provided including monthly entertainment along with a raffle, cake and coffee.

Other trips included coach tours, as well as ferry and boat excursions.

Despite the dissolving of the committee, Cake & Coffee nights with entertainment will continue under the leadership of volunteers.

Many great times were had with a wonderful cooperative team. We thank Friends of Strathdon for their time and many years of support.



Friends of Strathdon with residents and carers boarding the Tram Ferry to Williamstown.

UACVT and the Ageing Population

A Community Services Forum was held in July at Strathdon by the Presbytery of YarraYarra. All were welcomed by Barry Horn, Secretary, Community Services Forum with Robyn Batten, Executive Director Uniting Aged Care presenting. The forum was very well attended with representatives from Uniting Churches and Uniting Aged Care facilities.

Ms Batten gave an overview of the ageing population, the commitment to older people by the Uniting Church in Australia and how Uniting Aged Care is responding to the needs of older people in a sustainable way.

Ms Batten reported that, "aged care services are in crisis. It costs close to \$200,000 to build a residential care bed and the Federal accommodation subsidy supports \$120,000 per bed. There are long waiting lists for community care and services can be confusing to access."

UAC recognises the challenges and the pressing need to plan now for the future. Building redevelopment projects have commenced in Noble Park and Kingsville, the latter incorporating 'apartments for life' which will better meet the needs of the ageing population than current arrangements.

To ensure that the sector has an effective voice, UAC has joined with other faith-based national service providers that have joined together and launched "The Grand Plan" campaign to raise awareness and inspire communities.

Visit: www.thegrandplan.com.au



News from Yernga

The past few months have seen some exciting events at Yernga.

On the 27 May Yernga participated in *Australia's Biggest Morning Tea*, a fundraising event to support the Cancer Council's work in research, education, prevention and support for people affected by cancer. Musical entertainment was also provided along with afternoon tea. A net profit of \$842 was raised.

Other recent events include the half yearly dinner, organised by Noreen Webster. Both Noreen and Val Noble cook dinner for all the Yernga residents on the first Saturday in July, and again in December. Residents contribute \$10 each to cover the cost of the food.

"The dinner is a highlight on the yearly calendar for many residents" says Noreen, who enjoys organising events for the residents. "The effort is worth it for the joy it brings them".

Yernga is also undergoing some minor renovations. These include new woodwork on the windows and security lighting in the grounds.

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 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

Congratulations to Phyllis Rowley: Celebrating 100 years



Phyllis Rowley on her 100th Birthday.

For Phyl, as we know her at Strathdon, one of her life's pleasures was singing. She sang in choirs, duets and solo competitions, and even played the organ at church.



While on holidays in Glenelg, a beach suburb in Adelaide, Phyl met her husband to be, Byron 'Fred' Rowley, an Australian Air Force man stationed in Myponga. After they were married they moved into a cottage on an 80 acre farm which Byron had inherited from his 'pioneer' father. A major feature of the farm was the presence of snakes, sometimes inside the house, yet Phyl was unperturbed and just dealt with it.

Farm life was not their ideal lifestyle so the couple moved to a house surrounded by fruit trees in Christies Beach, south of Adelaide.

While Phyl had no children of her own, she often cared for her niece and nephew following the death of her sister at the early age of 41. They would spend much of their school holidays with her and loved them as though they were her own children.

When her husband died in 1980, Phyl moved into a smaller home before arriving at Strathdon seven years ago.

Although generally in good health, Phyl has suffered from osteoporosis, and has broken several bones over the years. However this has not stopped her from visiting the nearby Forest Hill shopping centre most weeks for a cup of coffee and some shopping, before returning to Strathdon.

Remarkably, for a person who has lived one hundred years, Phyl remembers a lot about her life. She is able to express her views and opinions about what matters to her.

Phyllis was born in Ballarat on 2 June 1910, which saw her becoming a centenarian this year.

Phyllis' father died at the young age of 27, leaving four children for his wife to care for. Phyllis was only three at the time. As she became older, Phyllis was the main support to her mother in caring for her sister and two brothers.

In their living room was a large wood stove; the top of which often became red hot but kept the family warm in winter. One of Phyllis' tasks was to help with sawing wood for the stove. This was quite a challenging task for a young girl.

Whilst children had few toys in those days, Phyllis has fond memories of playing games with her siblings under the dining table after the evening meal.

After attending primary school in Mt Pleasant, Phyllis studied at Ballarat High School for one year. She was Dux of her year when she left, and obtained a scholarship to study book-keeping at the local business college. However due to responsibilities at home and the need to earn money, Phyllis was unable to complete the course. She became a lace-maker, an occupation which she continued until she married at the age of 35.

Running for Strathdon

I've decided to run my first marathon this year by aiming to complete the Melbourne Marathon in October.



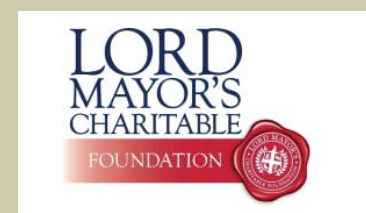
Tristan Beranger.

I've completed the half marathon a couple of times before but never attempted to complete the full run of 42.2kms.

I thought it would be great to get support for my run from my family and friends by donating funds to Strathdon where my grandmother Anne Beranger passed away in late 2008. The staff were amazing in looking after my grandmother in her last months, and there was a couple of instances when they let me spend some time with her outside of normal 'visiting hours' that I will be eternally grateful for.

Therefore I will be asking everyone I can to support my run by donating to Strathdon to ensure the staff and residents achieve the best conditions and facilities they possibly can. People can sponsor me by the kilometre or by making a straight donation. I'd certainly appreciate on behalf of Strathdon all the support I can get.

Please donate online at www.LMCF.org.au and click on **Fundraising** and **Donate Now** ▶. Fill in your details and select campaign: **Tristan Beranger Strathdon Marathon.**



Do you wish to save paper?

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

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

Upcoming Events

Strathdon Foothills Fete
Strathdon Community
Sat 11 September, 9am to 1pm

Joy and John Concert
Strathdon Community Centre
Sat 23 October, 2 to 3pm
\$5 Admission
Musical Variety Concert

Remembrance Service
Matheson Memorial Chapel
Thur 25 November, 2pm

Acknowledgments

Herbs for gifts

With Christmas not so far away, the Lifestyle Department will be organising the making of mini herb gardens as gifts. A donation from The Kiwanis Club of Whitehorse Inc. will enable the purchase of plants and gardening supplies for the project.

A whizz in the kitchen

A new Thermomix Food Processor/ Cooker has been purchased for the kitchen that can chop, beat, mix, whip, grind, knead, mince, grate, juice, blend, heat, stir, steam and weigh food. We thank the trustees of The Marian & E.H. Flack Trust for their donation.

Strathdon Community thanks all donors and contributors.

103rd Birthday

Strathdon would like to wish Mrs Jessie Williams a very happy 103rd birthday. Mrs Williams was born on 18 August 1907 and has been a Strathdon resident since June 2006. She celebrated the day with a morning tea at McGarvie hostel and an afternoon outing with her family.



Clockwise: Staff members Collette Phillips-Williams, Laurelle Rickard, Jan Wakes, Robyn Macreadie with resident, Mrs Jessie Williams.



L-R back row: Bill Scott, Sandra Baldwin (staff), Nancy Reeves and Betty Burn (staff).
Front row: Dawn May, Jean Young, Helen Duncan and Gisela Blaschke.

Christmas in July

A jolly time by all was had at the Lord Mayor's Charitable Foundation's annual Christmas in July lunch.

Several residents and staff from Jack Faichney attended the traditional Christmas lunch with entertainment from Keith Potger (The Seekers), Daryl Braithwaite and the Choir of Hard Knocks.

Strathdon welcomes new faces



Alison Goodall
East Region Administration Reliever



Lorna Vissaritis
Lifestyle and Volunteer Co-ordinator



Anne McKenna
Care Manager McGarvie Hostel



Karen Allen
Kiosk Manager

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