



Uniting Aged Care

Strathdon *Link*

providing quality residential and community services to the aged

VOL.27 NO.3 SEPTEMBER 2008

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“Celebrating 40 years”

From Orchard to Garden of Human Care

As we celebrate forty years, a thanksgiving service was held to reflect and give thanks to God for the many years Strathdon has served the local community through the provision of aged care services. Mary Matheson was acknowledged for her vision and generosity which enabled Strathdon to become a reality.

Far right: Rev Kerry Bounds (foreground) and Rev Clem Dickinson leading the thanksgiving service at Parkmore Uniting Church.

“Imagine the joy in the heart of Mary Matheson as she looked out over the orchard, walked amongst the trees, smelled the glorious blossoms, ate the delicious fruit and felt comfortable in her financial security. But that was not enough, deep down there was a stirring of her faith and a strong sense of justice challenging her. Micah has told us what is good; ‘to do what is just, show constant love, live in humble fellowship with God.’” said Rev Clem Dickinson in his address.

Many significant pictures were shown to those at the service, such as: the Barque “Strathdon”, the hostel opening by the Right Reverend Rhys Miller on 3 March 1968, a Christmas party in 1972 and the redevelopment architectural drawings.



All who contributed to the life of Strathdon were remembered and honored. Each of the following was represented by a red gerbera:

- for those revered ones who are no longer with us
- gentle saints who would, but cannot, do what once they did so well
- cherished residents who give this place its purpose
- all good people who continue their roles and wrap this place in goodwill and affection
- for friends that they never weary in their well-doing.

June Edmiston welcomed all to the special service which was led by Rev Clem Dickinson with Steve Crump. Also assisting was Rev Kerry Bounds, Geoffrey Grinton, Geoffrey Willis and the Lewis family.

Going Green Appeal

Help Strathdon go green and save 5 million litres of water per year!

With your help, we will be able to commence with stage 2 of the Ozone Laundry Support System™.

Benefits will include:

- 100% water saving
- 100% reduction of hot water
- 100% reduction in the electric booster heating in the washer
- 25-30% reduction in drying energy
- Reduced carbon emissions and more

Tax deductible donations can be made by cheque or credit card. Phone **9845 3105** or donate online at www.strathdon.com.au.

Resident’s Voice

As a dedicated student of theology at the Centre of Theology and Ministry, resident Chau Mach was pleased to present her first sermon at Parkmore Uniting Church on Sunday 1st June.

The sermon from Matthew:7 was part of her studies in worship and preaching, and was very well received by the congregation.



Christmas in July



L-R top row: Resident Mrs Loloma Tyson, Fundraising & Communications Manager, Ann Chan, with residents Miss Lillian Durran and Mrs Jenny Harris.

L-R bottom row: Residents Mr Fred Carstens, Mrs Beth Richards, Mr Gordon Munro and President of Friends of Strathdon, Mr Howard Whittaker.

Photo taken by Katrina Flannery, PR & Communications Officer, UAC who was also present.

Founded in 1923 by Lord Mayor of the day, Sir John Swanson, the Lord Mayor's Charitable Foundation will this year provide funding of \$8 million to 400 Melbourne charities.



As part of the celebrations, the LMCF invited over 100 charities, including staff and their clients, to attend a "Christmas in July" luncheon at the Royal Exhibition Building. It was the biggest community luncheon held in Melbourne for many decades. Approximately 1500 guests attended the luncheon including Lord Mayor John So, Lady Mayoress Wendy Cheng and Chief Commissioner Christine Nixon.

On arrival guests were greeted by The Salvation Army Band performing traditional Christmas carols and a jolly Santa who will handed out gifts with a 'little help from his friends, 30 Melbourne Football Club players. Residents and staff greatly enjoyed the day with lots of laughs and smiles.

Beautiful Gifts need not Cost the Earth

Do you find yourself cringing at the amount of wrapping paper thrown away every Birthday or Christmas?

The vast quantities of wasted paper on special occasions has inspired Sally Carroll, staff member from Nursing Home Central to create a solution. She calls it Salliwrap, an eco friendly innovative way of gift wrapping. The attractive fabric wraps are washable, reusable and recyclable.

Made from colourful fabric and embellished with ribbon, lace or cord, they eliminate the need to use paper and sticky tape therefore reducing the amount of tree clearing and land fill.

Each wrap has a tag, completed by the first giver with the date and location that the wrap first entered circulation, to encourage her friends and family to reuse the stylish wraps for future gifts.

Sally hopes to promote her innovative fabric wraps to others as her contribution towards helping the environment.



Far right: Sally Carroll, Nursing Home Central, with her fabric salliwraps.

Managers' Workshop at Strathdon

Strathdon was the host for a two day workshop in July for Managers from Victoria and Tasmania facilities.

Greg Cook, Facilitator and Director of Centre for Leadership & Management, opened the session on the first day. Robyn Batten, UAC Executive Director, welcomed all the staff and gave an overview of Uniting Aged Care's current

context which would form a reference point over the two days.

The purpose was for open dialogue about organisational change, leadership development, strategic initiatives and future trends in ageing. It also proved a very worthwhile opportunity to meet other managers and build teamwork.

Strathdon Parkinson's Support Group

“Stop, Prepare, Breathe In, Speak Louder”

Do you have these instructions on your refrigerator at home? We do!!

Although basic functions, they can be major problems to people with Parkinson's (“pwp”).

With the guidance of Judy, occupational therapist, and Nicole, speech therapist, we sit around the big square table each Tuesday morning to share our experiences and news. Some of us use the gym equipment to improve

our mobility, as well as participate in the gentle sitting physiotherapy sessions to music. There are lots of smiles and laughter throughout the session which typifies the spirit of the group.

We have been glad to have knowledgeable speakers, one recently was the CEO of Parkinson's Victoria, Glen Mahoney, who gave valuable insight into the services available including advocacy, funding, government lobbying and the provision of medicine.

- Peter Venosta (Day Therapy Centre client)

“ Stop, Prepare, Breathe In, Speak Louder”

Children's Art Show

The community centre was a splash of colour on the 8th August at the 5th Annual Children's Art Competition and Show, with a selection of creative and colourful works in various mediums.

With such a great display of artistic talents, it was a difficult task for the judge, Deb Cowland, to select winners from the six participating primary schools: Burwood Heights, Orchard Grove, Parkmore, St Timothy's, Vermont and Weeden Heights.

It was Vermont Primary School that won the overall prize, for Gerard Mulvany's medieval landscape. Deb Cowland, who is a senior art teacher at McKinnon Secondary College, commented on the overall winning piece, “Meticulous detail and ability to capture a moment in time, this piece is very imaginative and shows an awareness of space in its use of focal point and overlapping shapes!”

Far right: Vermont P.S student, Gerard Mulvany with Sir Arvi Parbo, after receiving the prize for his school.

Below L-R:

Top left: Darren O'Hehir's winning piece for Years 5-6, Orchard Grove P.S.

Bottom left: Lachlan Farrell's pencil drawing, Year 4 from Burwood Heights P.S.

Harriet Troughton, Year 5, from Weeden Heights P.S in front of her painting.

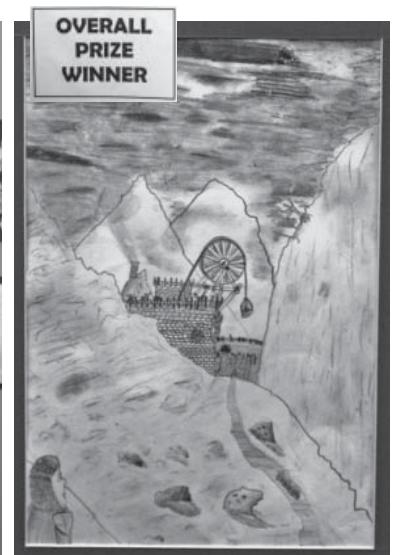
Mina Cascanis, Year 5 with her teacher, Debbie Coulter, from Parkmore P.S.

Overall winning piece, Year 6, Gerard Mulvany's medieval scene drawn in pencil.



A special commendation was also given to Weeden Heights Primary for their collection of expressive paintings, as well as individual winners and highly commended prizes for each school.

The night finished by 8pm, without a crumb of fairy bread left in sight, after an exciting presentation of prizes, including the 4gig ipod nano door prize. It was a great night, and already we are looking forward to next year's Children's Art Show!



Raffle Winners

Congratulations to Ms S Mair, raffle winner at the Maroondah Singers concert - 20 July 08, and Ms J Best, winner of the ipod nano drawn at the Children's Art Show, 8 August 08.

Giving Forever

On the first night I laid my head on my pillow at Strathdon nearly five years ago, I breathed a huge sigh of relief, and said, "Thank God I'm here." That gratitude has continued as I came to know my neighbours, other residents, staff, volunteers, the support services available and the way the community operates. Over the years, I have heard expressions of gratitude from many other residents and members of the community.

In 2006, the **Strathdon Community Perpetual Trust** was established as part of the Lord Mayor's Charitable Foundation.

All donations, great and small, are invested in the Trust, with the interest earned coming to Strathdon to help provide facilities for residents. In gratitude, I contribute to the Trust as I am able, for the benefit of present and future residents.

- Dorothy Hicks

For further information, phone 9845 3105.

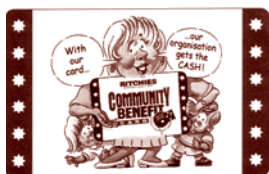
Donations are tax deductible.

Cheques payable to Strathdon Community Perpetual Trust.

Ritchies supporting Strathdon Community

With your support, Strathdon has raised \$1,080 since April 2006.

We thank encourage and thank everyone who is able to shop at Ritchie's Supermarket to join the Community Benefit Card program. Request your **FREE** Ritchies Community Benefit card by phoning 9845 3104 or 9845 3105.



Upcoming Events

Strathdon Foothills Annual Fete

Sat 8 September, 9am - 1pm

An afternoon of songs with John and Joy

Sun 28 September, 2:30pm

Whitehorse Musical Theatre

- Elton John & Tim Rice's AIDA

Sun 5 October - 2pm

Thur 9 October - 8pm

Wed 15 October - 8pm

The Besen Centre, 87-89 Station St, Burwood.

Free parking.

Adult: \$39 Child: \$27 Group Concession: \$34

Quilt and Craft Show

Fri 7 November, 1 - 4pm

Sat 8 November, 10am - 4pm

For event information and bookings please phone 9845 3105

Acknowledgements

Fundraising by Foothills

The Strathdon Foothills Auxilliary, through their fundraising efforts, has generously donated \$20,000. The dedicated work of these volunteers is gratefully acknowledged.

Water Tanks Project

The Rotary Club of Forest Hill Inc. through their own fundraising, provided Strathdon with \$5000 towards further development of the water tanks project.

Local traders helping hand

The Brentford Square Traders Association, through the 'Charity of the Month' program raised funds towards the purchase of a podiatrist chair for the Day Therapy Centre.

Activity aids benefit clients

The Therapeutic Activity Groups will have a boost in activity aids thanks to the City of Whitehorse who have funded the purchase.

Charitable trust generosity

A donation was gratefully accepted from the Snowy Nominees Charitable Trust for \$10,000.

Strathdon Community thanks all donors and contributors.

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

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 Cheryl Street, Forest Hill; 1 Quentin Street, Forest Hill & Yernga, 32-42 Larch Crescent, Mt Waverley

Community Services

Community Care Packages, Day Therapy Centre &

Mingara Day Activity Centre: 9 Jolimont Road, Forest Hill

Email: info@strathdon.com.au www.strathdon.com.au