

mecwacare matters



Message
from the
Chief Executive

newsletter
Autumn 2019

Welcome to the Autumn edition of *mecwacare matters*, as we celebrate our 60th year of providing care to the community. From humble beginnings in Malvern, *mecwacare* has transformed into an industry leader across Victoria thanks to the ongoing support of the community and a culture of caring together.

This edition is tinged with sadness as we farewelled Life Governor Simon Price, who passed away peacefully on February 15. Simon's legacy will live on at *mecwacare*. He will always be remembered as a kind, caring and generous man and a wonderful supporter of *mecwacare*.

Our Annual Charity Golf Day raised a record amount for people in need. Perfect weather and a competitive streak among the golfers contributed to a memorable event that has us already counting down to the next one. With 60 years as a not-for-profit, values-driven organisation, individual and corporate supporters have long been essential to achieving our purpose and vision, and we thank you for your ongoing generosity.

We were delighted to receive the Whitehorse Council's Food Premises of the Year (Class 1) award for our food hygiene and safety standards at the *mecwacare* Simon Price Centre. Our kitchen staff are often recognised for their outstanding dedication to the health and well-being of residents.

I am very proud of the high-quality, safe and respectful care we provide every day. We all work extremely hard to balance clinical care and lifestyle choices and are continuously looking at ways to do things better. I think it is worth noting that



Pictured above: *mecwacare* Annual Charity Golf Day 2019 attendees

hospitals receive \$1,500 a day per bed and \$1,000 for a sub-acute bed, compared to just \$281 maximum per day for a concessional residential aged care bed. With this funding we provide 24-hour care, registered nurses, nutritious meals and lifestyle activities to maximise the quality of life for our residents. I think we do a tremendous job considering this. Imagine what we could do with more funding!

Inside this edition, you will also read about the selflessness of our community services participants who have been knitting beanies for newborn babies and our disability participants who are helping to restore the historic Polly Woodside. A timeless love story was discovered at the *mecwacare* John Atchison Centre and one of our Malvern Centre residents celebrated her 100th birthday with the Australian Boys Choir.

Pg 3



Commemorating
our history

Pg 4



Everlasting love

Pg 7

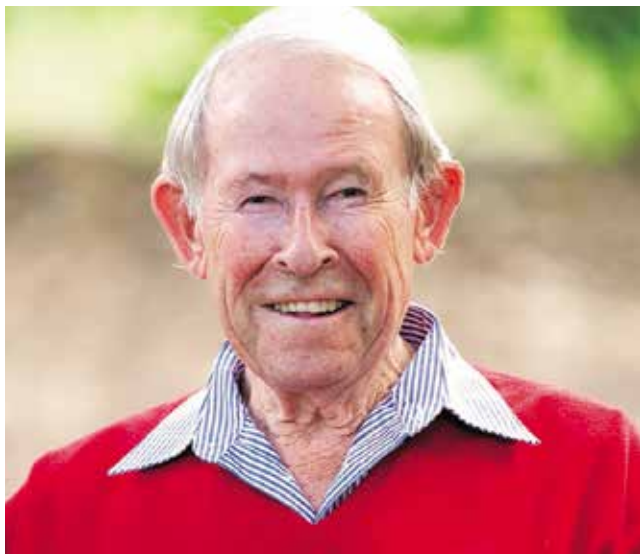


A noble cause

Thank you for your support.

Michele Lewis
Chief Executive

Vale Simon Price



Pictured above: Simon Price OAM

It is with much sadness that we announce *mecwacare* Life Governor Simon Price passed away on February 15 at the *mecwacare* Malvern Centre. Simon joined the *mecwacare* Board of Directors in 1991, was Vice

Chairman from 1994 to 2003 and remained on the Board until 2008. Following his tenure, Simon was appointed *mecwacare* Life Governor at the Annual General Meeting in 2008. Simon's leadership and expertise helped set the foundations for rapid expansion of *mecwacare's* services across Victoria. In 2010, he received the Medal of the Order of Australia for his services to the community, significant recognition that acknowledged his selfless approach to helping others. In 2016, *mecwacare* named its newly-acquired residential aged care facility in Mont Albert the *mecwacare* Simon Price Centre at a ceremony that included his family and other Life Governors.

Simon and his wife Jane, who passed away in April 2018, were generous donors and supporters of *mecwacare* for many years and regularly attended events and celebrations.

They married in 1956, dedicating their lives to supporting the community and *mecwacare's* residents, clients and participants. Simon Price's legacy will continue at *mecwacare*, as we not only bid farewell to a stalwart of the organisation but to a kind and caring man.

60 years of providing care to Victorians

This year, *mecwacare* celebrates its Diamond Jubilee, or 60th anniversary. From humble beginnings as a small group of volunteers concerned about the ageing citizens of Malvern to a Victoria-wide service provider for people who are aged and people living with a disability, *mecwacare's* rich history is built on respect, care and community values. Through the work and support of donors, sponsors, supporters, volunteers and staff, *mecwacare* has become an industry leader in a range of services that maximise quality of life for those in our care.

In 2007, the MECWA Board decided to change the organisation's name to *mecwacare* to emphasise more accurately its commitment to offering the highest standards of care. With a new name and an ambitious plan to grow, *mecwacare* reached outside metropolitan Melbourne while also strengthening its presence in the city. Whether it is residential care in Traralgon, home care in Horsham or retirement living in Hoppers Crossing, the care options we provide continue to expand. In our 60th year, we look at some of the changes that have occurred since our inception in 1959.

On the following page, read about how far we have come and some of our plans for the future.



Pictured above: *mecwacare's* original site at the Malvern Cricket Ground



Pictured above: Simon Price Centre's award-winning Food Services Team. *mecwacare* provides services to more than 14,000 people across Victoria.

Commemorating our history

Malvern Op Shop – celebrates 55 years in 2019. This Wattleree Road shop was an immediate success, raising \$1,000 in its first three and a half months. By 1967, annual gross earnings had topped \$10,000, over 90 per cent of which was profit thanks to voluntary labour.



Pictured above: The original Malvern Op Shop, which still stands today

Rivendell House – celebrates 20 years

To accommodate the increasing demand for services in Cardinia Shire, Rivendell House at 8 Henry Street, Pakenham, was purchased in 1999. A woodworking shed was added to meet the needs of a men's group who enjoyed the more active social aspects of the program.



Pictured above: Tinkering away in the woodworking shed

Looking towards the future

Jubilee House, Caulfield – Opening June 2019

Our newest residential aged care facility, which has been named in recognition of our 60th anniversary, is a 40-bed centre that will be a modern and luxurious home, offering boutique-style accommodation that includes a café, library, cinema room, hair salon and pleasant indoor and outdoor areas.

Robin Syme Residences – Opening early 2020

These luxurious independent retirement living units in the heart of Malvern promote a life of convenience, comfort and well-being. Beautifully appointed, the 31 units also include access to 24-hour care, as well as communal facilities such as a gymnasium, café, dining room and business lounge.



Moving into the Noel Miller Centre

With the completion of the project, 102 residents from MECWA House and The Olive Miller Nursing Home moved into the Noel Miller Centre in Malvern East in July 2003.



Pictured above: The mecwacare Noel Miller Centre, when it opened in 2003

Barry Fenton Centre – celebrates 20 years

In 1998, the under-utilised Bowen Street Elderly Citizens Centre in Malvern East underwent extensive renovations, funded with the assistance of a \$219,000 Department of Community Services grant, to provide services to a younger group of people with a disability. The facility, which included a clubroom for the Chadstone Senior Citizens Club to continue its activities, was officially opened in February 1999 and renamed the Barry Fenton Centre in 2017 after the long-time volunteer and mecwacare Life Governor.



Pictured above: Staff and clients from Barry Fenton Centre celebrate the 20th anniversary in February 2019.

Everlasting love

Our residential centres are filled with stories of love and longevity. At the *mecwacare* John Atchison Centre in Hoppers Crossing, we recently supported Do and Andre Litjens to celebrate their 67th wedding anniversary. A Catholic priest officiated a renewal of their vows, with high tea and a big heart-shaped cake served to more than 20 family members and residents.



Pictured above: Andre and Do from the John Atchison Centre

Do and Andre married at Do's family home in The Netherlands in 1951 on a wet and windy day. Andre had been discharged from the army one month earlier due to a stomach ulcer and had to watch everyone else eat the wonderful food while he adhered to a strict diet.

He also remembers leaving the reception arm in arm with his new bride in the pouring rain and pushing a bicycle to their first home; a flat on top of his parents' house.

Andre's advice for a long, happy marriage is simple: "Give more than you take."

The couple enjoy reminiscing about the past at their new home at *mecwacare*.



Pictured above: Andre and Do on their wedding day in 1951.

mecwacare

Freecall 1800 163 292
www.mecwacare.org.au

Choice, Flexibility, Independence

Age your way with a *mecwacare* Home Care Package

- Remain living in the comfort of your own home
- A personalised Care Advisor will support your choices and enhance your living experience
- As well as a range of health services, including nursing and personal care, our tailored packages can assist with shopping, gardening, social activities, cleaning, transport to appointments and more

Secure your Home Care Package today!

Caring for Victorians since 1959



Annual Charity Golf Day a huge success

We held our Annual Charity Golf Day at the picturesque Kew Golf Club in February. In perfect conditions, the 100-plus players teed off after breakfast. A putting competition for non-golfers, wine and cheese tent, coffee cart out on the course and a bumper raffle were among the highlights of this hugely successful event, partnering with our valued corporate sponsors and supporters.

This year we welcomed East Malvern Community Bank and Professional Advantage as silver sponsors, helping us to raise a record amount of funds for the 14,000 people in our care across Victoria. Big winners on the day were the team from Accru Melbourne, who narrowly edged out the Sheen foursome, while Dennis Dalla Costa from Professional Advantage won the putting competition (from Chief Executive Michele Lewis) and Amicum's John Newman took home first prize in the raffle. Aged Care Online also received a prize for coming last – a voucher for golf lessons!



Pictured above: The winning team from Accru Melbourne

Restoring the historic Polly Woodside

mecwacare's disability participants have been helping to restore and maintain the historic Polly Woodside vessel on the South Wharf Promenade.

This new weekly program has seen three participants join the maintenance crew in a volunteer capacity, with tasks including woodworking, cleaning and painting on board a ship steeped in history.



Pictured above: Fisher Street Centre participants helping to restore the Polly Woodside

The Fisher Street group travels by public transport with disability support worker Ash each Tuesday and continues to learn new skills from other volunteers. They are currently restoring one of the pin rails on the quarter deck by sanding and oiling surfaces, with photos showing how happy they are to be involved in a project that is preserving our heritage. In 1988, the Polly Woodside became the first merchant ship in the world to be awarded the prestigious World Ship Trust Medal after being built in 1885.

mecwacare
Retirement Living

UNIT FOR SALE

John Atchison Centre, Hoppers Crossing
Call 8573 4916 to arrange an inspection

- Maintenance-free modern living
- Great lifestyle – beauty therapist/hairdresser
- Emergency on-call system
- Community transport available



www.mecwacare.org.au

Food Premises of the Year

We celebrated when the *mecwacare* Simon Price Centre was named the Whitehorse Council's Food Premises of the Year (Class 1). This recognition continues the outstanding achievements of the Mont Albert centre's food services team, which included the Whitehorse Council's 5 Star Food Safety Focus in food hygiene and safety accolade and chef Padmini "Emma" Permall's recognition at the 2018 Hospitality and Lifestyle Aged Care Awards for her role as Food Services Team Leader.

During the awards ceremony, Whitehorse Mayor Bill Bennett said the award recognised *mecwacare's* commitment to delicious and nutritious food, as well as safe and hygienic food practices. "You have set the bar high and we can all aspire to your excellence," Cr Bennett said. *mecwacare* Simon Price Centre won the award from 808 eligible businesses, including hospitals, child care centres and other residential aged care facilities.

Providing our residents with nutritious food options is essential to supporting their health and well-being.



Pictured above (from left to right): Padmini Permall, Whitehorse Mayor Bill Bennett, Lucy Chapman and Chief Executive Michele Lewis

Menus are regularly updated at all our residential centres, with seasonal options keeping meals fresh and interesting. All meals are prepared on-site and the money we allocate to food far exceeds industry standards. Events such as Australia Day, Chinese New Year and Easter provide further opportunities to showcase the creativity of kitchen staff across all our services.



Pictured above: Harry, Oliver, Ethan and Malvern Centre resident Sheila Meares

Chorals for Sheila's century

Family and staff gathered at the Malvern Centre to celebrate the 100th birthday of Sheila Meares. Sheila, a former nurse at St Vincent's Hospital, was lucky enough to mark the occasion with a special performance from the Australian Boys Choir. Sheila is one of the Choir's donors and a sister of the late Lady Patricia Connelly, who was Patron of the Australian Boys Choir and a resident at the facility. The Australian Boys Choir is celebrating its own milestone this year – 80th anniversary – and delivered a memorable performance.

John's Pathway of Care

John* was a community housing tenant in one of *mecwacare's* independent living units. He regularly participated in community activities and was renowned for his positive attitude and willingness to help others. Aged in his 80s and estranged from his family, John found he needed assistance to remain in his own home. *mecwacare* worked with John to provide domestic support, preparing meals and ensuring his unit remained hazard-free. When further support was required, John moved into one of *mecwacare's* residential aged care centres, where 24-hour support was available. His needs may have changed over time but John continues to thrive in a social environment and has already made new friends during community bus trips and lifestyle programs. The centre is now his home and John can focus on the hobbies he loves while staff manage his care needs.

Individual care needs can change gradually or rapidly. *mecwacare's* diverse range of services provide options for clients and their families to map a pathway of care that suits them. Support can include nursing and clinical care, medication management, domestic assistance such as cleaning, gardening and food preparation, and transport to keep the client feeling healthy, happy and safe.

If you would like to talk to our team about *mecwacare's* Home Care Services for yourself or a loved one, please call **1800 163 292** for a friendly chat with one of our care advisors.

**name changed for privacy reasons*

Donors share Christmas spirit

We would like to extend a heart-warming thank you to everyone who generously donated to our Christmas Appeal. Funds raised will be used to provide tenants in our community housing units with the necessary equipment to utilise the NBN and ensure they stay connected to phone and internet services. Our appeal shared the story of Lorraine, a *mecwacare* community housing tenant who has endured a life-changing battle with cancer and Parkinson's disease. Lorraine uses the internet to remain in constant contact with family and friends during challenging times and with your help, we can ensure all our tenants move seamlessly to the NBN.

Thanks a million

mecwacare would like to acknowledge specialist industrial relations lawyer Gary Rothville, who has been providing us with pro-bono legal advice for many years. We really appreciate it Gary. Thank you.



Pictured above: Joy Noble with a sample of her knitwear

A noble cause

Joy Noble has been knitting beanies for premature and newborn babies as part of the Wednesday Ladies' Group at Barry Fenton Centre. With 30 knitted so far, and 41 in total by the group, the beanies will soon be sent to the St Kilda Mothers' Organisation to be distributed to hospitals. Each beanie is unique, with the ladies using a range of colours and patterns to highlight their creativity.



I would like to support *mecwacare*

Please complete and return this donation slip to support *mecwacare's* vital work.

Please find enclosed my tax deductible gift of:

\$10 \$20 \$50 \$100 \$200 My choice \$ _____

Where would you like your donation to go?

- Older people
- People with a disability
- People experiencing financial hardship
- Area of greatest need

Payment by:

- Cheque Visa MasterCard AMEX AMEX ID _/ _/ _
- Money Order

Contact Details:

Mr / Miss / Mrs / Ms / Other: _____

Name: _____

Address: _____

Email: _____

Telephone: _____

Date of Birth: ___ / ___ / ____
(optional)

- Yes, I'd like to know more about becoming a volunteer at *mecwacare*.
- Please send me information about remembering *mecwacare* in my Will.
- I do not want to receive further correspondence from *mecwacare*.

Cardholder No. _____/_____/_____/_____

Expiry date ___/___

Cardholder's name: _____

Signature: _____



Fill out the donation form and post your cheque or card information to us in the reply-paid envelope enclosed or mail to *mecwacare*, 1287 Malvern Road, Malvern 3144.



Simply call us with your payment details (freecall) 1800 163 292 from 9am to 5pm Monday to Friday. We accept AMEX, Visa and MasterCard.



To make a secure online donation using your credit card, visit our website www.mecwacare.org.au

All donations over \$2 are tax deductible.



Podiatry service helps maintain healthy feet

mecwacare offers a podiatry service at the Barry Fenton Centre in Malvern East. Regular podiatry treatment helps maintain healthy feet to assist mobility and prevent falls.

Podiatrists monitor the health of feet for clients with conditions such as diabetes and ulcers, as well as general maintenance and prevention.

Who is eligible? Clients in the City of Stonnington and surrounding areas.

Where: 72 Bowen Street, Malvern East

When: Monday to Thursday 9:00am - 5:00pm

To arrange an assessment, contact mecwacare on **1800 163 292**.



Pictured above: Alyssa from Fisher Street Centre

Do you follow us on social media?

Simply type *mecwacare* in the search bar on Instagram, Twitter and Facebook



Would you prefer this newsletter in an email?

Sign up to receive an electronic copy of *mecwacare* matters. Simply email us at:

fundraising@mecwacare.org.au to receive our quarterly newsletter.

You can also download the current and previous editions of *mecwacare* matters on our website.

Go to: www.mecwacare.org.au