

mecwacare matters



Message
from the
Chief Executive

newsletter
Winter 2018

Welcome to the Winter edition of *mecwacare matters*. This newsletter is a quarterly publication featuring stories about our new activities, events, successes and service innovations. Each development supports older people and people with a disability in the local community and regional Victoria.

We officially opened and named the 101-bed *mecwacare* John Atchison Centre in Hoppers Crossing after Vice-Chairman John Atchison. The Annual Employee, Volunteer and Contractor awards were held at the Wellbeing Centre, with 18 awards chosen from over 70 nominees, and our oldest resident turned 105 at the *mecwacare* Noel Miller Centre.

We held an event to showcase our upcoming 'Residences by *mecwacare*' project (Robin Syme, Malvern) which will provide quality retirement living options. Our *mecwacare* Simon Price Centre was nominated for a 5 star safety food focus for exceptional food hygiene and safety, and demonstrated cultural diversity with a Greek Easter celebration. Our Tax Appeal this year focuses on Anne, a community housing tenant with a touching story.

With over 59 years as a not-for-profit, values-driven organisation, individual and corporate supporters have long been essential to achieving our purpose and our vision, and we thank you all for your continued generosity.

Your feedback is always valued, so please feel free to email us at enquiries@mecwacare.org.au with any comments or suggestions.

Thank you for your support.

Michele Lewis
Chief Executive



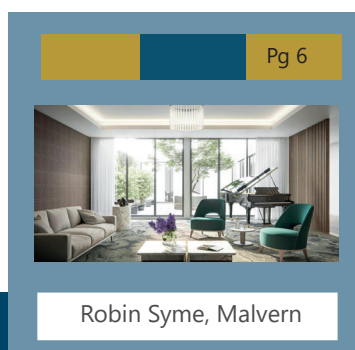
(Pictured: Vice Chairman John Atchison, right, and family)

The *mecwacare* John Atchison Centre

On Tuesday 15 May *mecwacare* celebrated the official opening and naming of the 101-bed *mecwacare* John Atchison Centre in Hoppers Crossing. President of the Senate, Senator the Hon. Scott Ryan unveiled the plaque to commemorate the occasion and open the centre, while *mecwacare* Vice-Chairman John Atchison received the naming honour in a ceremony before special guests, staff and residents.

... cont'd page 2

featured in this issue...



cont'd from page 1

Champagne, delicious food and sweets were served in the dining room as a string quartet entertained those who have played such an important role in making the centre what it is today. Tours were taken throughout the centre to showcase all that has been achieved in a 12 month transformation from a retirement village into a state-of-the-art residential aged care centre in the heart of the Wyndham.

The centre was named after John Atchison, the Vice-Chairman of the *mecwacare* Board of Directors who has been a member of the Board since 1990. John helps drive the organisation's strategic development and direction in the sustainability of our not-for-profit service provision in a rapidly-changing sector of the healthcare industry. He is also a member of the Chief Executive Review Committee and a company director of a building and engineering consultancy. John has overseen and worked closely in the upgrades and builds of our residential facilities in his 28 years of voluntary service, and reviews prospects of new property purchases for consideration.

The *mecwacare* John Atchison Centre continues our increase of residential facilities in Victoria. The 101-bed centre geographically extends our residential aged care services to the West of Melbourne as we reach more people than ever before. The centre opened for service on January 22 this year and has progressively seen new residents settle in to make this centre their home. Please see our website and Facebook page for more on this exciting entry into the Wyndham community.



Pictured top: Senator The Hon. Scott Ryan, Vice Chairman John Atchison and Michele Lewis Chief Executive

mecwacare's Most Senior Resident Turns 105



Pictured above: Iris celebrating her 105 birthday with Lifestyle staff (Rose and Karen) and family member

On Friday 23 March *mecwacare* celebrated the 105th birthday of Iris Nankivell at the *mecwacare* Noel Miller Centre. Surrounded by family, friends and *mecwacare* staff, Iris enjoyed a glass of wine and her favourite songs to mark a truly special occasion.

Iris is *mecwacare*'s oldest resident and lives in the suburb she was born in 105 years ago (Glen Iris). *mecwacare* presented Iris with a bouquet of flowers and sang a hearty rendition of happy birthday.

The event was held during Friday's happy hour at the *mecwacare* Noel Miller Centre, as residents had drinks and cake while listening to speeches from family and music from a weekly performer. *mecwacare* congratulates Iris on such a wonderful achievement, and it was great to see so many residents and staff celebrating the occasion.

mecwacare's Annual Employee, Volunteer and Contractor Awards 2018

On Friday 23 March mecwacare held the Annual Employee, Volunteer and Contractor awards at the Wellbeing Centre. This was an opportunity to highlight outstanding individuals from the past year who have helped make our services and recent growth so successful. Congratulations to all of our winners, and also to more than 70 nominees who attended on the day.

Encouragement Award:

Dianne Anning (HNCS/HCP)
Alistair Mossop (Corporate Services)
Julia Little (Residential Services)
Kate Blenheim (Community Services)

Long Term Contribution Award:

Robyn March - Lifestyle Assistant (Malvern Centre)

Support Service Staff Award:

Padmini Permali – Food Services (Simon Price Centre)

Administrator of the Year:

Kim Evans (Community Services)
Nicole Mathieson (Corporate Services)
Perth Furio (Residential Services)
Tracey Haverkort (Residential Services)
Kathryn Sweeney (HNCS/HCP)

Learning and Development award:

David Mitrovic - Clinical Manager (Trescowthick Centre)

Carer of the Year:

Miwon Lee – Registered Nurse (Simon Price Centre)

Contractor of the Year:

John Dakin – Home Maintenance Contractor

Volunteer of the Year:

Robyn Davies – Volunteer (Park Hill)
Heather Law – Volunteer (Barry Fenton Centre)

Employee of the year:

Max Ha Kow – Accountant (Corporate Services)

Chief Executive Leadership Award:

Judith Redmile – Facility Manager (Malvern Centre)



Pictured top: Recipients of Staff Awards; Middle: Staff from mecwacare Malvern Centre; Bottom: Staff from the HR Team

Stephanie's Road to Rositano House

Stephanie Xydias arrived at the *mecwacare* Trescowthick Centre in 2003 as a nurse in-charge on weekends. When Maria McIntosh began as Facility Manager in 2006, Stephanie was a quiet and determined role model who led by example. By 2008, Stephanie progressed into the Clinical Manager role and spent a decade working alongside Maria in providing best care outcomes for residents. They formed a great bond, establishing a warm, supportive working environment for staff and a caring culture for residents. Described by Maria as a self-motivated and humble professional, Stephanie recently became the Facility Manager of the newly renovated *mecwacare* Rositano House in Richmond.



Stephanie's kind and committed work ethic and community values have always had a positive influence on residents, who feel comfortable in providing honest feedback and to speak openly about all issues. They are reasons why Stephanie was viewed as the ideal Facility Manager of Rositano House, which is home to many people who have lived in the area prior to admission. Stephanie's personal goal for Rositano House is very humble and clear: to continue providing the best possible care for all residents. Stephanie cites the continuity of staff and shared team goals as the keys to achieving a happy, healthy and enjoyable experience for everyone at the centre.

mecwacare's recent growth excites Stephanie, and she is thrilled to be a part of the expansion. With the extensive renovations at Rositano House completed last year, the centre is a remarkable example of *mecwacare*'s focus on maximising quality of life. Stephanie's leadership will provide a tight-knit community environment for many years to come.

Growth in *mecwacare*'s Disability Clients

With the government transferring people under the age of 65 from Home and Community Care (HACC) to the National Disability Insurance Scheme (NDIS), *mecwacare* is seeing significant growth in disability services. *mecwacare* has 600 disability clients (up from 100) either already transitioned or waiting to transition across multiple service regions. We have set up a new structure in the organisation to include a disability services manager, disability liaison officers and NDIS support coordinators to assist our participants on their journey, while this is also a great opportunity for staff wanting extra hours of work.

In the past, state-based support gave clients limited choice in the planning process. But the NDIS provides lifetime support for people with a disability in everyday life. Clients under the age of 65 have increased options in planning for their care both now and into the future. *mecwacare*, as a registered NDIS service provider, empowers people with a disability to work towards independence and assists in identifying the support needed, encouraging clients to have an individual plan and to be at the centre of the decision-making process. Support coordinators help clients understand the range of supports available, which includes assistance with self and personal care, transport, assistance in community participation and support with daily life activities such as domestic duties.



For more information, please visit www.mecwacare.org.au or Freecall 1800 163 292

Podiatry Client Barbara Turns 100

For the first time in 13 years Helen, mecwacare's podiatrist from the Barry Fenton Centre, visited a client at home who turned 100 years old. Helen took a cake for Barbara Jones and the pair even enjoyed some selfies to celebrate the occasion.

Barbara is a remarkable woman who lives on her own and maintains her independence through an active lifestyle and regular health checks. She received her usual treatment from Helen and continues to drive her scooter to the local shops to remain a part of her community.

Barbara is an avid cricket fan and book reader, and has been seeing Helen for podiatry treatment for 13 years. Helen remarked that it was the most she's seen Barbara smile, making a client feel very special on her birthday. Regular podiatry treatment helps maintain healthy feet which assists mobility and prevents falls. Our qualified podiatrist monitors clients with conditions such as diabetes, ulcers, peripheral vascular disease and rheumatoid arthritis. mecwacare offers a podiatry service at the Barry Fenton Centre in Malvern East. To arrange an assessment contact mecwacare on 9564 5100 or visit - www.mecwacare.org.au



Pictured above: Podiatry client Barbara with Podiatrist Helen

Thanking our Volunteers!

On 23 March mecwacare celebrated National Volunteer week with a morning tea at The Gables. More than 100 volunteers packed the room as they were joined by mecwacare's Leadership staff and served delicious towers of treats to say thank you. Included in attendance was mecwacare's longest serving volunteer, Barry Fenton, and volunteers from regional locations who made the trek to celebrate service with their peers. Volunteers reaching the 5, 10, 15, 20, 25 and 30 year service milestones were congratulated and received a certificate of recognition in what is an inspiring achievement.

National Volunteer Week is a fantastic opportunity to highlight the 350 volunteers that assist residents, clients, participants and staff in mecwacare locations across Victoria. From Board Members to hairdressers, piano players to pet owners, and drivers to activity leaders, we cannot thank our volunteers enough for all that they do. mecwacare was formed in 1959 by volunteers concerned about the ageing community, and this continues to be a pillar of our organisation. If you would like to volunteer with mecwacare to maximise the quality of life of people in your community, please contact Volunteer Coordinator Simone Schweigert on 8573 4808 or simone.schweigert@mecwacare.org.au



Pictured above (left to right): Imogen, Cheryl and Robyn from mecwacare Park Hill

Welcome to Robin Syme, Malvern

On 11 April *mecwacare* celebrated the new 'Residences by *mecwacare*' project at the Wellbeing Centre on Malvern Rd. Board members, Life Governors, staff, guests and prospective residents were in attendance for the morning tea, toasting the plans for the exciting new build under the name Robin Syme.

After speeches by *mecwacare*'s Chief Executive and Chairman of the Board, guests had the opportunity to visit the Display Suite with morning tea and champagne. The Display Suite features designs and artist impressions of the rooms, living areas and the exterior by CHT Architects.

Robin Syme, *mecwacare* Life Governor and former Chairman of the Board, was presented with a display book and received the honour of having this centre named after him. Robin is a long term supporter of *mecwacare*, joining the Board in 2000 for a ten year tenure. He was appointed as a Life Governor in 2011 and is recognised as having paved the way for many recent developments in our extension into and throughout Victoria. In 2004 Robin received a Member of the Order of Australia for service to the community as a contributor to a range of organisations involved in the provision of health, welfare and aged care services.

Robin Syme, Malvern further adds to our presence in Malvern where *mecwacare* was formed in 1959, and represents our continued focus on the ageing residents of Stonnington as we reach our 60 year anniversary.

Robin Syme introduces independent retirement living in the form of luxury two and three bedroom residences. With access to services and 24/7 care, alongside a series of communal facilities including a gymnasium, cafe, dining room and a business lounge, residents can aspire to live better in comfort and style, with the freedom of choice to lead the life they desire.

These luxury apartments are designed to enhance the lives of their occupants via highly considered facilities and individual home floor plans, with priority access to residential aged care right next door at our *mecwacare* Malvern Centre.

To register your interest or for more information about this exciting new development, please visit <https://www.robinsymemalvern.com.au/> or call 03 9831 9876.



Top and Bottom: Artist impressions of site
Middle: Chief Executive Michele Lewis (right) with Robin Syme (middle) and his brother (left)

5-Star Rating in mecwacare's Kitchen

Our mecwacare Simon Price Centre has been nominated for Council's 5-star Food Safety Focus. The kitchen staff were nominated for their achievements in maintaining exceptional food hygiene and safety standards. mecwacare is now in the running for the Food Premises of the Year Award.

Residents at the centre recently celebrated Greek Independence Day with Greek coffee and cakes, highlighting our cultural diversity and providing another opportunity for diverse food options. Greek Independence Day commemorates the start of the war on Greek Independence in 1821, and is a date that remains important to our Greek residents as they pass history on to residents from other backgrounds. These occasions showcase the diligent work of kitchen staff in providing residents with exciting, delicious and hygienic food options.



Pictured above: Residents from mecwacare Simon Price Centre

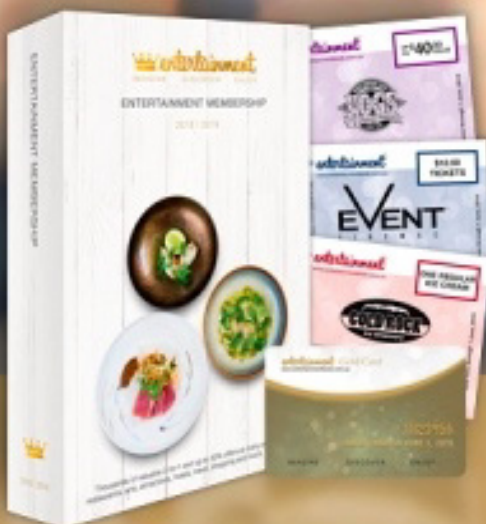
Whitehorse City Council introduced the 5-Star Food Hygiene Assessment System in 1996 as its principal means for evaluating hygiene standards for high and medium risk food premises such as aged and child care facilities, hospitals, restaurants, cafes, take-away food shops, bakeries, delis and hotels.

The aim of the Food Hygiene Assessment System is to improve the safety of food being manufactured, handled, stored and sold in the municipality. A 5-star rating demonstrates a high standard of compliance with legislative requirements, including the Food Standards Code and Food Safety Program.

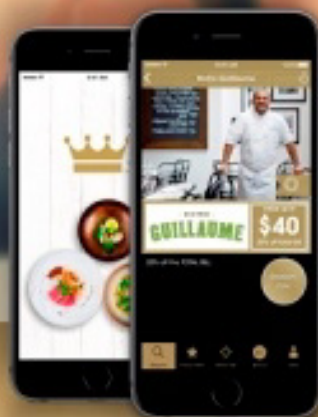
ON SALE NOW!

Contact Eloise Cookson
on 8573 4809

We are Fundraising with
entertainment



OR





Do you have unwanted clothing or small furniture items you no longer need?

Visit www.mecwacare.org.au for Op Shop locations or directions to our donation bins.

All proceeds from donated items are used exclusively to benefit mecwa*care* clients. For collection of small furniture items, please call (03) 9571 4221.

make a difference in your community



Do you follow us on social media?

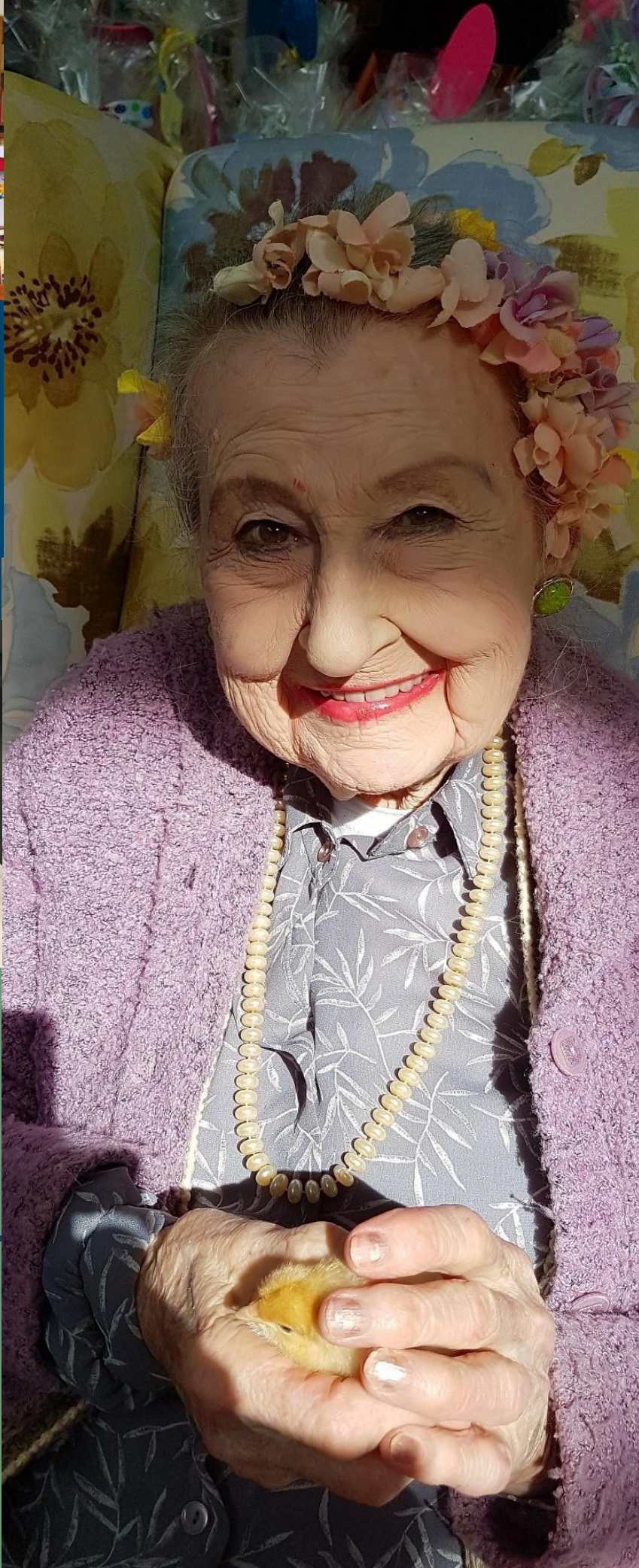
Simply type mecwa*care* in the search bar on Instagram, Twitter and Facebook



Would you prefer this newsletter in an email?

Sign up to receive an electronic copy of mecwa*care* matters! Simply email us at: fundraising@mecwacare.org.au to receive our quarterly newsletter.

You can also download the current and previous editions of mecwa*care* matters on our website. Go to: <http://www.mecwacare.org.au/pages/about-us-publications>



Above: Moira from mecwa*care* Park Hill