

SUMMER 2023

Celebrate

page 3

page 7

page 10

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IN THIS *Issue*

Welcome to the summer edition of mecwacare Matters!

In this issue, we officially welcome our new Chief Executive Officer, Anne McCormack. Learn about Anne's core principles and what drives her.

Read about our Spring Open Day at Pascoe Vale Gardens Retirement Village, despite the dreary weather, and kick off the summer tennis season by reading about the fun and fierce competition at our 2023 Charity Tennis Day.

Vincent House's Paul the Piano Man explains his repertoire, while we celebrate the first residents of the new Simon Price Centre. November saw a burst of brilliant colour in the Corporate Services office with the celebration of Diwali.

Find out about the good that can come from donating to mecwacare, and draw inspiration from our two-page sustainable gifting feature for the upcoming festive season. Celebrate the magnificent achievements of Rivendell House clients' public art exhibition, and crank up your cognitive skills with Matters' crossword.

We hope you enjoy each of the lovely stories in this edition. From the team at mecwacare, we wish you a delightful festive season and a safe new year.

LETTER TO THE *Editor*

Do you have any suggestions, questions or story ideas for mecwacare Matters?
Feel free to reach out via email at fundraising@mecwacare.org.au or on 03 8573 4812.

CONTENTS

- 3 Our new CEO
- 4 PVG opening day
- 5 Charity Tennis Day
- 6 In the mood for a melody
- 7 Simon Price grand opening
- 8 Diwali celebrations
- 9 Giving appeal
- 10 Sustainable gifting
- 12 Rivendell House
- 13 Crossword puzzle
- 14 Social media spotlight

ON THE COVER

Julianne Neilson (left) and Abby Chatterjee (right) getting into the spirit of Diwali. See page 8.



Welcoming Anne McCormack

On Tuesday, September 12, mecwacare warmly welcomed its new chief executive officer.

Anne McCormack has joined us in her new role during an exciting period of growth for mecwacare. With more than 2500 staff, 500 volunteers and a weekly cycle of care provision to 20,000 clients, familiarising herself with mecwacare as an organisation is a daunting task, but one that Anne has already proven more than capable of accomplishing.

Having moved to Melbourne from Perth with her family, Anne is originally from Scotland and is well-travelled, having worked in the United Kingdom, Europe, the United States and Asia. With extensive experience in community and tertiary health, aged care, disability, finance, IT and telecommunications, Anne is perfectly suited to the role.

Anne has also previously held senior executive roles at Silver Chain Group, Medibank, Healthscope, Bankwest, Atos Origin, Agilent Technologies, and British Telecommunications.

She has a passion for human services and has also previously worked with several not-for-profit organisations. Anne is the current Board Chair of the not-for-profit organisation Hannah's House, which provides vital services to children with complex and life-threatening medical conditions, and who are not expected to live to adulthood.

Anne believes in equal accessibility to effective healthcare for all people, as well as advocating for society's most vulnerable citizens. Whether care is accessed in a medical environment, in the community or in the home, it is a universal right and something Anne believes in very strongly.

She will champion our values of being caring, maintaining accountability, being respectful, and remaining ethical, both externally and internally, and brings with her the same warmth that our organisation shows towards staff, clients and residents.

Assisting Anne in her new role is Bridget O'Neill, Executive Assistant to the CEO, and Carolyn McKaige, Executive Assistant.

We are delighted to have welcomed Anne as our new chief executive officer and are looking forward to mecwacare's future with Bridget and Carolyn supporting Anne at the helm.



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Pascoe Vale Gardens *Open Day*

On Wednesday October 4, mecwacare's Pascoe Vale Retirement Village held its Spring Open Day. Though the weather was gloomy, windy and rainy, the mood of the village was the polar opposite.

With invitations open to all, bookings flooded in for the official tour of the village. Many potential residents, along with their families, enjoyed the event with some light refreshments and live music.

In the warm Clubhouse, Shemsa and other Pascoe Vale Gardens staff ensured that the village was beautifully presented and showcased everything Pascoe Vale Gardens has to offer. Guests were also treated to a tasty morning tea made up of muffins, cakes, fruit, tea and coffee.

Visitors chatted excitedly as they prepared to tour the facility and learn more about what Pascoe Vale Gardens living is like. Many family members and friends of potential residents joined them to understand what the amenities, facilities and care offerings are at the village, and were satisfied to learn about the 24-hour nurse access and emergency call provisions among other offerings.

Salespeople from our affiliated real estate organisation took many small groups of visitors out and about on either a walking tour or buggy-ride tour of the village, while visitors asked questions and spoke to current residents along the way. This allowed potential residents to get a great feel of life at the village, interacting firsthand with those living the dream at Pascoe Vale Gardens.

The manicured gardens, pristine bowling green, welcoming homes, expansive facilities and entertaining amenities are just a few of the features of this outstanding village.

35 visitors attended the Open Day, to learn more about life at this delightful retirement community. We hope to one day welcome these potential residents to the delightful Pascoe Vale Gardens Retirement Village.

Below: Residents at Pascoe Vale Gardens enjoying one of the villages many social activities.



Private tours are available now.

For all the latest information visit www.mecwacare.org.au
or contact our admissions team on **(03) 8573 4812**.



Annual Charity *Tennis Day*

On Monday September 11, mecwacare held its second Annual Charity Tennis Day. The event welcomed business partners, sponsors, staff and stakeholders to the beautiful Royal South Yarra Lawn Tennis Club.

There was a wonderful doubles round robin tennis tournament in the morning followed by a delicious two-course lunch. The tournament was made up of 12 doubles pairs in both B and C-Grade competitions. There were many great shots hit and lots of laughter shared among teammates and opposition.

Players also had the opportunity to return the serve of Mark Hlawaty, the club's head coach. Mark was a formidable opponent, having been the hitting partner of Venus and Serena Williams.

After the tournament, players joined other guests in the club's Como Room for a delicious lunch.

Between courses, the winners of the tennis tournament were announced. For the C-Grade

competition, Joel and Neil Adams from Careforce were triumphant, while for the B-Grade competition, James Nguyen from United Physio Group and our very own Lyndal McNamara were the winners.

Overall, the weather was magnificent, the company and conversation were fantastic, and the food and venue were wonderful. We are looking forward to our 2024 Annual Charity Golf and Tennis Days.

We would like to thank our sponsors for this year's event - Aidacare, Alltech, Bidfood, Bunzl, Careforce, Majestic Food Services, Medsafe, Recom and United Physiotherapy. Their continued support and involvement ensures that we can continue to hold events as wonderful as our Annual Charity Tennis Day.



If you are interested in becoming an event sponsor or donating to mecwacare, please contact fundraising@mecwacare.org.au

In the mood for a *melody*

With more than 800 songs in his repertoire, mecwacare volunteer Paul, 77, finds it hard to settle on a favourite.

“Maybe San Francisco Bay Blues,” the former industrial chemist and teacher says.

For the residents of mecwacare’s Vincent House aged care facility in Westmeadows, Paul’s weekly visits as a volunteer pianist provide hours of listening pleasure, as well as the opportunity to explore the links between music and memory.

“When I started volunteering here in 2018, I was playing songs from the 1930s and 1940s,” Paul says.

“Then I realized that a lot of the people here were too young for that, really, so I started adding songs from the 1950s, 60s and 70s too. Jailhouse Rock and Be Bop a Lula are popular, and so is You Are the Sunshine of my Life.”

His musical talents get people singing along ‘most days’, says Paul, and on this Tuesday, it is definitely the case. In the gentle morning light of the living room, a group of enthusiastic residents tap their toes on the floor as Paul’s fingers glide effortlessly over the piano keys. Others move their hands to the rhythm on the arms of their chairs and add their voices to the chorus.

Paul’s commitment as a volunteer adds important enrichment to the lives of the residents for which the staff are extremely grateful. As he steps away from the piano after playing his last song for the day, his audience clap their hands in appreciation.

“Knowing that I’m helping people remember some good times from their lives, as well as adding some fun to their day, is a wonderful feeling,” he says.



*mecwacare CEO Anne,
with Simon Price Centre
resident, Elaine.*



Simon Price Centre opening

After several years of planning, design, construction, development and decoration, the new Simon Price Centre has welcomed its first residents.

Elaine, our first resident, officially made the centre home on Thursday October 12, and was joined the next day by fellow new residents Maureen, Doug and Flora.

As the honoured first resident of our beautiful new aged care home, Elaine received some beautiful flowers from Anne and the mecwacare team to celebrate her move and welcome her home. Overwhelmed with emotion, Elaine became teary as she expressed gratitude for the bouquet of flowers which nearly eclipsed her small frame.

“Nobody has ever done anything like this for me before,” Elaine said as she dabbed at her eyes.

Anne and Elaine became fast friends, joking and enjoying each other's company from the downstairs lounge to Georges Wine Bar on the second floor. Elaine, Maureen, Doug and Flora, along with their family members, enjoyed another first at the centre, attending the first of many Happy Hour occasions to be held at the site.

Great conversation was enjoyed by all over an incredible afternoon tea, courtesy of Dinesh and the SPC kitchen team. Delicious dishes included

dumplings, coconut prawns, spring rolls, arancini balls, scones, mini cheesecakes, and much more. The Happy Hour was a great success with residents spending time with family, staff and each other.

As the first of 100 residents set to call Simon Price Centre home, these new neighbours have been unpacking, meeting staff, and exploring the facilities and services that the centre has to offer. We are thrilled that these residents have settled in their new home in Mont Albert North and cannot wait to welcome more residents in the coming months.



Diwali celebrations

On Friday, November 10, staff and clients at both Corporate Services and the John Atchison Centre celebrated the first day of Diwali.

Staff made delicious, sweet treats to share, while others brought traditional saris to wear in celebration of Diwali. Residents of the John Atchison Centre were thrilled to participate, receiving traditionally intricate henna tattoos and enjoying festive music thanks to a live performer.

Originating in southeast Asia and with deep roots in India, Diwali is also known as the Festival of Lights.

This joyful festival is time for reflection, meditation, celebration, and spending quality time with loved ones. From all of us at mecwacare, we hope you had a wonderfully bright Diwali, and wish you health, prosperity, and happiness for the year ahead!



Sharing is caring.

John Atchison Centre enjoyed an afternoon of vibrant Diwali festivities.



Ashima made a special hamper for her work mate Shubham, filled with home made treats and specialty items.





Giving appeal

mecwacare

In 2024, with your invaluable support, we will be able to expand our efforts and introduce even more pioneering care and wellbeing solutions.

Here are some of the initiatives that we have planned for the coming year.

Additional dementia chairs: These \$15,000 chairs have a proven calming effect and comfort residents with dementia.

Technology for Fisher Street Centre: With your help, we will invest in new technology for our Fisher Street Disability Centre. This technology will open doors to increased learning and development opportunities for our clients, empowering them to achieve their full potential and independence.

Research and development of lifestyle programs: New lifestyle programs dedicated to enhancing the lives of mecwacare residents will be developed. Your continued support allows us to invest in

research and development and create tailored programs that meet the diverse needs and interests of those in our care.

Your support not only touches the lives of those we care for but also strengthens the bonds of our mecwacare community.

Once again, we extend our heartfelt thanks for your incredible generosity and dedication. Together, we can create a brighter and more promising future for all those who depend on us.



How to donate

To make a donation call 1800 163 292, donate online at www.mecwacare.org.au/donate or complete the form below and mail to: mecwacare, 1287 Malvern Road, Malvern VIC 3144

\$50



Please Tick Here

\$100



Please Tick Here

\$200



Please Tick Here

Other Amount

\$

Please Specify Amount

Title ☐ Mr ☐ Miss ☐ Mrs ☐ Ms ☐ Mx ☐ Other:

Name

Address

Email

Telephone

Date of Birth (optional) / /

☐ I would like to make a regular monthly donation via credit card on the 15th of every month for the amount of \$

I am paying by:

☐ Cheque ☐ Visa ☐ Mastercard ☐ AMEX, AMEX ID / /

Card No. / /

Expiry Date / **CVV**

Cardholder Name

Signature

mecwacare

ABN 59 004 927 244



Sustainable gifting this *holiday season*

As the holiday season looms, many of us may be tempted to put off our preparations and the dreaded shopping centre run for gifts that awaits.

Those hard to buy for family and friends continue to suggest you gift them the elusive 'I Don't Know', which you somehow never seem to be able to find online or in stores.

Then, there's the arduous task of collecting all the plastic, wrapping paper and packaging from toys and other items to feed through the bin, as you try not to think of how much will end up in landfill.

Luckily, there is a way to shop for even the pickiest person and combat the hustle and bustle of shopping, all while also being kind to the Earth.

Pop into your local mecwacare opportunity shop to make this the easiest festive season yet.

With an array of eclectic, unique and more meaningful gifts available, perusing op shops will ensure that you don't have to fight for a car

park, that you lessen the amount of waste your family produces, and that you find something for the friend or family member that already has everything.

Brand new festive and greeting cards are almost always available at op shops, as are gift bags, wrapping paper and festive decorations. For a special touch, wrap a gift in a pretty tablecloth or scarf your loved one can then keep!

For those that think op shop gifting is inappropriate or uncomfortable, give these stores a chance and you'll be surprised at the number of new items for sale. Your money goes to a worthy cause, and you save the environment just that little bit of extra waste.

Opposite are some fun ideas for sustainable op shop gifting this festive season.

Gift wrap
in fabric



For mecwacare op shop locations, visit www.mecwacare.org.au



FOR THE BOOKWORM:

A carefully curated selection of five of your most-loved novels will thrill them and give you both something further to bond over.

FOR THE HISTORIAN: old relics, leather bound books with browned pages, and postcards from decades gone by will fascinate and delight. Rare and one-off items can often be found in the locked displays at op shops.

FOR THE FOODIE: vintage cookbooks provide a window back in time for the cooking-inclined pal, while most op shops will be overflowing with beautiful kitchen items, crockery and glassware to hold delicious dishes. All the better if you gift a platter full of delicious home cooked food, and they get to keep the serving plate at the end!



FOR THE KIDS: books, toys, clothes, games, and more. Op shops are a goldmine for children's gifting, with new or near new items. If you can't decide what to gift them, take them to the op shop, set a budget and time limit, and let them go wild selecting their own gifts. The time pressure will make it exciting, while the budget will help them learn about money and how to ensure they can work with a limit.

FOR THE SPORTS NUT: diehard sports fans will appreciate biographies of their favourite players and memorabilia of their favourite teams. You can also often find signed items in op shops, so keep your eyes peeled for a thrillingly unique gift.

FOR THE ANIMAL LOVER: tennis balls for puppy pals, rolls of wool for their cat, books about their favourite animals, and framed prints or paintings to hang in their home are all wonderfully thoughtful gift ideas for the one with the furry friends.

FOR THE ATHLETE: sporting goods such as golf clubs, weights, soccer balls, basketball rings and tennis rackets are abundant in op shops, with many often in new or near-new condition. The same goes for high quality, branded sportswear, while biographies about their favourite sportspeople or teams should be abundant.

FOR THE MUSIC FAN: forget music streaming, records are back! If your friend doesn't have a record player, give them the gift of a lifetime with this special op shop find. If they already have one, pick out a few records that you think they'd appreciate, and make a time to enjoy them together.

FOR THE PHOTOGRAPHER: much like records are back in style, so are film cameras. Op shops have an abundance of cameras, film and accessories for your photo-loving friends. Alternatively, find some beautiful frames for them to adorn with their own images.

Best of luck, enjoy your holidays and happy thrifting!

Rivendell House

On Thursday September 21, several members of Rivendell House's social support program attended the Cardinia Cultural Centre to view the community's inaugural Expression Exhibition.

Held from August 4 to September 24, the exhibition showcased various artworks of local people with different conditions and disabilities. The pieces were created over several weeks by different client groups, often with collaboration among the groups.

A range of mediums was displayed, and the beautiful creations made by mecwacare clients varied from timber and doily collages on canvas to handmade shelves, hessian and cotton collaged onto timber bases to wooden planes and wheelbarrow creations, and carefully coloured icy pole sticks placed purposefully in patterns inside a painted, handmade frame.

The timber used was all recycled, much of it either fence palings or offcuts from the woodwork shed. The canvases were reused – old, unwanted art which were painted over to give life to new works, while the various intricate doilies were sourced from op shops.

Lisa Cartmel, Rivendell House's Centre Manager, was thrilled with the involvement of her clients in this community initiative.

"Our clients all work well on individual projects, but it's times like this that they flourish – when it comes to collaborative projects," Lisa said.

With feedback from clients and their families resoundingly positive, staff at Rivendell House have already begun planning their next project with plans being formed to hold an exhibition event at Rivendell House.

We are so proud of our Rivendell House artists and their hard work and cannot wait to see what they can achieve in the future.

"The art projects we do at Rivendell House aren't just for fun. They provide mental, emotional and physical support to clients, who can make friends and socialise where they wouldn't often get to chat with others."



Crossword puzzle

ACROSS

1. Egg white
5. Former Soviet Union
9. Doorway part
12. Negative vote
13. Not freely moving
15. Belonging to
16. Shocked with horror
18. Highly pleasing to taste
20. Fish eggs
21. Small cable
23. Crazy (Colloq)
24. Active
25. Anoints
27. Earnest
31. Angered
32. You
33. Worthless dog
35. Fetid
36. Nide
38. Hawaiian dance
39. Prefix, new
40. Train track
41. One of the United Arab Emirates
42. Act of dislocating
45. Ten year period
48. Envelop
49. Merely
50. Seethed
53. -kwan do (Korean martial art)
55. Body of doctrine
56. Warehouses
58. Prefix meaning without
59. Motives
61. Satisfactory

1	2		3	4		5	6	7	8		9	10		11
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27		28					29	30						
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39				40						41				
			42					43	44					
45	46	47					48							
49					50	51	52					53		54
55									56		57			
		58			59			60					61	
62					63					64				

62. Hereditary factor
63. Fiddling Roman emperor
64. Chronicle

DOWN

1. Growl
2. Lover of words
3. Mount -, N.W.Qld. mining town
4. Saved
5. Objective case of we
6. Window ledge
7. Swing around
8. Said again
9. Connected

10. In an entangled state
11. Strait between Australia and Tasmania
14. Stow away
17. Masculine pronoun
19. Small truck
22. Farewell
24. Lost blood
26. Born
27. Misdeed
28. Potpourri
29. Coral island
30. 17th letter of the Greek alphabet
33. Dice
34. Capital of Mongolia

36. Illegitimate
37. Tear
38. Mound
40. Free
41. Blind alley
42. The beginning
43. Shoemaker's tool
44. Formula of belief
46. Finish
47. Wash
51. Double curve
52. 8th month of the Jewish calendar
53. In the direction of
54. Portable ice-box
57. Pressure symbol
60. Therefore



Barry Fenton Centre had a magical Wizard of Oz day.



A warm welcome to Annie's Court, Alex.



Say "cheese!"

Paul always has the biggest and brightest smile on his face.



Lifestyle activities keep our residents active and engaged, and foster a sense of belonging and togetherness.



Cheers to our November birthday superstars! Here's to many more Happy Hours ahead.



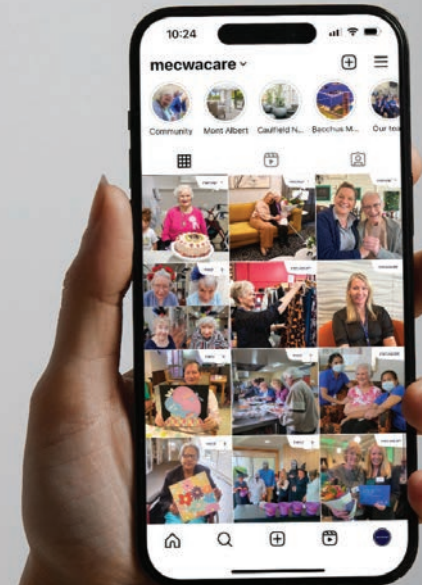

Liked by mecwacareopshops and 18 others
mecwacare Check out yesterday's Halloween party at our Elstoft House... more
November 1

Crossword puzzle solution


G	L	A	I	R		U	S	S	R		J	A	M	B
N	O		S	E	S	S	I	L	E		O	F		A
A	G	H	A	S	T		L	U	S	C	I	O	U	S
R	O	E		C	A	B	L	E	T		N	U	T	S
	P		B	U	S	Y			A	N	E	L	E	S
W	H	O	L	E	H	E	A	R	T	E	D			T
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G			D	I	S	P	L	A	C	E	M	E	N	T
D	E	C	A	D	E			W	R	A	P		B	
O	N	L	Y		B	O	I	L	E	D		T	A	E
I	D	E	O	L	O	G	Y		D	E	P	O	T	S
N		A	N		R	E	A	S	O	N	S		O	K
G	E	N	E		N	E	R	O		D	I	A	R	Y




We love when our gentle, furry friends pay our residents a visit.

A sense of *Community*



"Following mecwacare on social media helps me feel connected to the wonderful community I am a part of."



Instagram


Social media spotlight

Join our #caringcommunity to learn more about the wonderful people of mecwacare, along with exciting activities across our aged care homes, retirement villages and community centres.




Facebook





LinkedIn





Follow us on social media:

facebook.com/mecwacare | instagram.com/mecwacare
linkedin.com/company/mecwacare



A contemporary, luxurious aged care home in the heart of Mont Albert North.

The new Simon Price Centre features state-of-the-art facilities, including large, spacious bedrooms and suites, with balconies offering beautiful views across Melbourne.



Freecall **1800 163 292**

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mecwacare.org.au

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