

mecwacare

SPRING 2024

matters

with Pride



**O'Mara celebrates
Pride Month**

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Awards**

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Proudly a not-for-profit, non-denominational charitable organisation

IN THIS *Issue*

Welcome to another exciting edition of mecwacare Matters, where we bring you the latest stories from our vibrant community!

In this issue, we tantalise your taste buds with a feature on the sensational meals being crafted by our talented in-house chefs.

We also take you behind the scenes of our recent Employee Awards at the beautiful Leonda by the Yarra. It was an unforgettable evening where over 200 of our dedicated employees came together to celebrate service excellence and recognise our outstanding award winners.

This edition includes a special acknowledgement of Don Jones, our inspiring Senior Australian of the Year nominee. Don's contributions and dedication have made a significant impact on our community, and we are proud to honor him.

Finally, don't miss our cover story featuring the fabulous Magnolia Starr, who brought her infectious energy to O'Mara House for a delightful morning tea and bingo session with our residents. Her visit left everyone with smiles and warm memories.

Enjoy these stories and more in the Spring edition of mecwacare Matters!

LETTER TO THE *Editor*

Do you have any suggestions, questions or story ideas for mecwacare Matters?
Contact us via email at
fundraising@mecwacare.org.au
or on 03 8573 4812.

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ON THE COVER

Magnolia Starr and Dayo at O'Mara House.
See page 10.





**Photos: Barry, Jenny
and Annette**



Pet Therapy at The Pines

Casper von Burg has made his acquaintance with many of the residents at the village and is thrilled to be regularly visiting his adoring fans.

A canine celebrity has been spotted roaming the halls of The Pines Retirement Village!

Casper von Burg has made his acquaintance with many of the residents at the village and is thrilled to be regularly visiting his adoring fans.

No, he's not a Swiss prince on tour for his royal duties, but he is very close to it!

Casper is the fur child of Christina von Burg, The Pines' new Retirement Living Coordinator. Standing at an imposing one foot tall, four-legged Casper has been providing some much-needed puppy cuddles to residents.

Nicknamed 'the Cloud' due to his feet never touching the ground, Casper is a tiny white Chihuahua and has been an absolute hit with The Pines' residents.

Casper is thrilled to be offering his pet therapy services around The Pines, riding in style in

the arms of Christina, visiting apartment after apartment to share the love around.

Pet therapy is a tool often used to boost people's moods. The adorable nature of our furry friends triggers an endorphin release in the brain.

Pet therapy also supports immune function, with fundamental chemicals dopamine, oxytocin and serotonin reducing inflammation in the body, helping to fight disease and assisting in digestive function.

A special party was thrown in Casper's honour for his 8th birthday on Thursday the 1st of August, at which he, along with Christina and The Pines' resident guests, were thrilled to enjoy lots of Casper cuddles.

We are delighted to have welcomed Christina and Casper to their new role at The Pines. Their warmth, positivity and friendly natures have made it an even better place for residents to live.



mecwacare's 2024 Annual Employee Awards

On the evening of Wednesday the 14th of August, more than 200 mecwacare staff gathered at Leonda by the Yarra for the inaugural Annual Employee Awards evening.

The beautiful venue hosted service award winners and employee award nominees as they enjoyed arrival drinks and canapes before being seated.

MC James Cramond, Executive General Manager of Strategy and Transformation held a captive audience as the night began. CEO Anne McCormack graciously thanked all mecwacare employees, highlighting the deep seated selflessness that care and support roles require.

"You are the lifeblood of our organisation," Anne said.

"You mean it when you ask them how they are, and you really listen when they tell you. You're there in some of their darkest times, helping them to shine a light on how truly beautiful life can be."

The Baker Boys Band was the evening's ongoing entertainment, providing a perfect playlist between speeches. The two-course meal was divine, with guests later treated to roaming desserts.

There were 154 Service Award recipients, celebrating 10, 15, 20, 25, 30 and 35 years of dedicated service as employees, totalling nearly 2000 years of service to mecwacare. These team members were celebrated and recognised for

their magnificent efforts in bettering the quality of life of our clients.

There were also seven Staff Award winners: five individual winners and two team winners, with over 200 nominations having been received across the categories.

Guests had a blast, with the dancefloor filling up even before the awards were announced, and a spontaneous conga line appearing at one point during the night.

Congratulations to all our award winners and thank you for your compassionate commitment. You truly put your heart and soul into your work, and it is deeply appreciated.

Congratulations to all our nominees, Award Winners and Service Award recipients



Thanks
for caring

Top: James Cramond and Anne McCormack

Middle left: Wilfred D'Santos, Charmaine Cubric and Elena Rivera-Rodriguez

Middle right: Bhavana Patel, Lalita Basin, Rimple Kler, Chipso Nyemba, Pally Singh, Dinesh Subramani, Susan Takahashi and Divya Pidi

Bottom left: Ian McHutchison, Susan Calwell, Susan Barton and Lachlan Cameron

Bottom right: David Mitrovic and Tracey Shirreff



Congratulations to all our Award Winners:



The Care Award:

This award honours a staff member that goes above and beyond to care not only for clients, but also for the wellbeing of fellow team members. This person is also an exemplary example of living mecwacare’s values.

Tracey Haverkort of O’Mara House



The Consumer Focus Award:

Recognising an individual that consistently provides compassionate and exceptional care, the Consumer Focus Award goes to a person who continuously improves themselves and supports others to improve.

Linda Molano of the Trescowthick Centre



The Leadership Excellence Award:

This award recognises an individual who has demonstrated innovative and impactful leadership in going above and beyond for mecwacare’s people, often by delivering initiatives to enhance the health and wellbeing of clients, staff and the community.

Tracey Shirreff of Ballan Residential Aged Care

Over 150 employees received service awards on the evening, with 2 long serving employees celebrating 30 years and one celebrating 35 years.



Photo: Rob Guest presents Fe Richardson with her 35 Year Service Award.



The Innovation Award:

This award recognised an individual that has demonstrated excellent support services, enhanced care, and collaborative ways of working with their team. This award goes to a person who has helped develop and/or improve a product, service, process or system to enhance the health and wellbeing of individuals.

Dinesh Subramani, Regional Manager Hotel Services



Safety Award:

This award honours a team or staff member that has shown a strong commitment to promoting a culture of safety, implementing best practices, and reducing errors or adverse events within their area of responsibility.

Individual: Wayne Lester

Team: the Barry Fenton Centre team



The Team Excellence Award:

Honouring the overall best performing team that consistently seeks opportunities, this award goes to those that exemplify teamwork. They actively participate in improvement projects and demonstrate a commitment to ongoing learning and development, as well as to ethical standards.

Ballan Nursing Home and Hostel team

Going green at Fisher Street

The Fisher Street Centre's participants, families, and mecwacare team members are making a positive impact on the environment while supporting the Centre's programs through recycling.

With the recent introduction of Victoria's Container Deposit Scheme (CDS), eligible containers such as plastic bottles, aluminium cans, and other recyclables can now be exchanged for 10 cents per item.

The Fisher Street Centre, with its longstanding commitment to sustainability and environmental preservation, is an ideal place to lead this initiative. The Centre has onsite bins for eligible containers, which program participants then take to a CDS Refund Point for exchange.

Team members, clients and families at other mecwacare sites are encouraged to join the effort. By collecting eligible containers and returning them to one of several Refund Points in their area — including reverse vending machines (RVMs), over-the-counter (OTC) sites, pop-up points, or CDS Depots — they can contribute to the Fisher Street



**Photos: Top left: Amanda Gibb and Anne McCormack. Top right: Glen New and Jesse
Bottom right: Caroline**

Centre's extensive history of community programs and services for participants.

Since the program began several months ago, there has been more than 1100 containers returned for recycling through the scheme.

To donate the funds raised from recycling containers to the Fisher Street Centre, simply use Donation Partner ID C2000021582 when allocating your chosen recipient.

Every container recycled supports both the environment and the dedicated staff and clients at the Fisher Street Centre. Thank you to everyone for your outstanding recycling efforts!

Photo: Sean, Fisher Street participant.



Fabulous, Groovy, and Awesome *Party*

On Friday the 28th of June, the Barry Fenton Centre was alive with the spirit of the past as participants celebrated the vibrant eras of the 60s, 70s, and 80s with a Fabulous, Groovy, and Awesome Party. The event felt like a journey back in time, with guests dressed in their favorite decade's iconic styles.

The centre was decorated with stunning artwork created by participants during activity sessions, enhancing the nostalgic atmosphere. Vintage items and retro fashion pieces were displayed throughout the room, adding to the throwback vibe of the celebration.

The idea for the event was inspired by Barry Fenton Centre participant Lynette, and it brought together participants, carers, and team members from all mecwa care community centres, including Rivendell House in Pakenham and the Fisher Street Centre in Malvern East.

The party was a visual feast: boomboxes, vinyl records, perms, and mullets brought back the 80s,

while bold colours, bell-bottom pants, and go-go boots represented the 70s. The peace signs and flower power of the 60s were also in full swing.

Tony Diamond, a regular guest performer at the Barry Fenton Centre, kept the energy high with music from each era, responding to the participants' requests. His monthly performances are always a hit, and this event was no different.

Everyone in attendance sang along to power ballads, showcased some slick dance moves, and fully embraced the nostalgia. The party was a resounding success, leaving participants wishing they could linger in the past just a little longer.



Photo: Magnolia Starr and Dayo Kistnen.

O'Mara House celebrates with great *Pride*

On Wednesday the 26th of June, mecwacare's O'Mara House aged care facility celebrated Pride Month with an afternoon tea and a special guest.

The fabulous Magnolia Starr hosted bingo at the home with residents, their families, staff, local LGBTQIA+ leaders, and the Latrobe City Mayor and councillors in attendance.

Raising money for the Cancer Council with a Biggest Morning Tea, bingo entries and guest donations, O'Mara House was adorned with rainbow flags and a yellow theme as residents, staff, families and community figures gathered to celebrate Pride Month.

An astounding success, guests were thrilled with the beautiful colours and welcoming atmosphere of the morning. The hospitality team were in top form, baking and decorating delicious cakes and other treats in yellow and rainbow.

A pillar of the centre, O'Mara House's fantastic Facility Manager, Dayo Kistnen, was a huge driver of the event and its success.

"Today, we're making history and showing the world what we stand for – acceptance, inclusion, and celebrating everyone," Dayo said. "O'Mara House has always been about bringing people together, and today, we're doing just that in a big way."

"Let's show everyone that O'Mara House is a place where everyone belongs, where every voice matters, and where we come together to make a difference."

Magnolia Starr's magnificent performance and warm personality was a delight, and marked



Above and Left: Magnolia Starr enjoys time with our O'Mara House residents

Below: A beautiful morning tea was prepared by our team of in-house chefs.



mecwacare's first ever drag show. Dayo described her performance as "more than just a show... it's a reminder that everyone deserves to be celebrated for who they are."

Special attendees at the event included the Gippsland Pride Initiative (Gippsland LGBTQIA+) who discussed the event at the following Gippsland Pride Initiative Committee meeting.

The event's success has opened more doors for mecwacare to promote inclusivity and acceptance, and it raised an incredible \$700 for the Cancer Council.

A huge congratulations to everyone involved in this wonderful initiative. We look forward to seeing the positive impact that O'Mara House continues to have on mecwacare and the wider community.

Get your *Pink* on for Cancer!

Rochelle McKenry is a much-loved member of the mecwacare Ballan Residential Aged Care team.

In 2023, Rochelle created Get Your Pink On -a fundraising campaign with the aim of spreading knowledge, understanding, and awareness that cancer is not always random, and that families can pass it on through generations.

Rochelle knows the implications of genetic cancer risks all too well, with her family at high risk of passing on and developing breast cancer, ovarian cancer, and prostate cancer.

Rochelle's great grandmother and grandmother lost their battles to ovarian cancer and breast cancer, respectively. An aunt and a cousin of Rochelle's mother battled breast cancer alongside her sister and mother.

When pregnant with her first daughter, Rochelle herself underwent genetic testing and discovered that she was a carrier of the gene.

Photo: Dr Laura Forrest (Peter MacCallum Cancer Centre), Sarah Powell (Pink Hope CEO), Rochelle McKenry (GYPO Organiser), Assoc. Prof. Kara Britt (Peter MacCallum Cancer Research).



Though many of us have not been personally affected by cancer, most of us will know someone who has been. One in 81 women will develop ovarian cancer at some point in her life. Even more, one in seven women will develop breast cancer in their life. These odds are horrifically high, and Rochelle had to do something with her knowledge and understanding of genetic cancer risks. Thus, Get Your Pink On was born. The campaign is designed to bring awareness to families and individuals -knowledge is power. The more prepared you are, the more likely you are to win or even avoid a cancer battle all together.

The best way for people to know whether they are at high risk of developing cancer is to have an informed discussion with a trusted physician. Learn about your family's cancer history and share it with your doctor.

The Get your Pink On campaign is raising funds for Pink Hope, a charity organisation committed to supporting people to understand and reduce their risk of hereditary cancer.

Considered a global leader and at the forefront of Australian breast ovarian and prostate cancer prevention, you can map your family's health history online or at www.pinkhope.org.au.

Rochelle and Get Your Pink On's inaugural fundraiser in 2023 raised more than \$5000. They held an incredible fundraising event at the Bacchus Marsh Golf Club. Guests at the fundraiser came dressed to impress in pink, and enjoyed a three-course luncheon, guest speakers, giveaways, raffles and a live auction.

Congratulations Rochelle on your fantastic contribution and vital initiative. We can't wait to see what you achieve next year!

Thanks
for caring



Photos: Dinesh Subramani and his masterchef quality dessert.



Award
winner

mecwacare's *Masterchefs*

In the last few months, mecwacare clients, residents, team members and volunteers have been treated to an array of sensational foods courtesy of the Hotel Services Team.

With Regional Hotel Services Manager Dinesh Subramani at the helm, the team is in extremely capable hands.

Chef Dinesh has a breadth of experience like no other, beginning his foray into aged care food service back in 2005.

Passionate about food that is good for the body, mind and soul, Dinesh is dedicated to teaching those around him.

“At mecwacare, our chefs create meals with passion and love,” explained Dinesh.

“Our chefs put their hearts into every dish, guaranteeing both joy and nutrition. From a balanced breakfast to a hearty dinner, we are proud of our culinary team.”

Workshops and master classes are held regularly to build skills, creativity, sociability and independence in both food staff and residents.

A recent Chef’s Workshop was held at the Simon Price Centre with new standards taught to chefs by Dinesh.

“It was an enriching experience, and I’m proud to say our Hotel Services Team outdid themselves by presenting a delightful winter Indian Menu,” Dinesh said.

“The feedback from the team was amazing, highlighting the creativity and effort put into the meals.”

At mecwacare, our kitchen team takes great pride in preparing delicious and nutritious meals, ensuring every dining experience is enjoyable for our residents.

The breadth of our chefs experience has been on show at a number of our homes in recent weeks with a Winter Wonderland themed feast at Noel Miller Centre, delightful, french cuisine to celebrate Bastille day at Vincent House and a decadent Italy 4-course meal served by candlelight at our Ballan Aged Care facility.

“It was an incredible evening filled with joy, dancing, and wonderful interactions,” smiled Dinesh.

Honouring Don

This year, mecwacare's Volunteer Services team decided to do something very special and nominate our beloved volunteer, Don Jones, for the 2025 Senior Australian of the Year Award.

Don was nominated due to his tireless dedication to improving the quality of life of aged care residents. Having been a volunteer at several mecwacare residential aged care facilities for 15 years, Don's passion and love for others goes far beyond that of his own needs.

Over the past decade and a half, Don has spent countless hours at mecwacare's Malvern Centre, Noel Miller Centre and Trescowthick Centre aged care residences. Within these walls, Don is an iconic figure whose presence is eagerly awaited by residents each week.

During his visits, Don goes from room to room and resident to resident, catching up with beloved friends and checking on staff. Within the hour, he

has chatted to up to 25 residents, making each one feel as special and as appreciated as the last.

At 83 years old, Don has a zest for life like no other. A father of three and grandfather to five, Don's children have followed in their loving father's footsteps, taking up volunteering and community services.

Don began his volunteering career when visiting both his mother and mother-in-law at their own aged care homes. Upon realising that some residents weren't receiving regular visits from family, friends or others, Don took it upon himself to greet those he passed by when checking in on his family members. This then evolved into friendships and strong connections with residents, and Don has



**Photos: Left: Don and John G on Anzac Day.
Below: Don with John S, Trescowthick resident on Remembrance Day.
Above right: Don, a volunteer, keeps good company with Richard, a mecwacare resident.**





been brightening the lives of mecwacare's elderly residents ever since.

Don has a certain way with words. During one of his recent visits, staff quietly expressed that one resident was facing deep struggles within themselves. After a brief conversation, Don was able to find common ground and within a short period of time, the pair were laughing and sharing jokes.

Don has had a particularly significant impact on aged care residents receiving palliative care. It is at this time that he often becomes more serious, but still so light-hearted and warm. We recall one resident, who was nearing the end of a battle with terminal illness, expressed his gratitude and appreciation to Don.

Don also holds a regular poetry group, fostering an inclusive and welcoming environment for one and all. He has been known to matchmake friends at the centres he visits. Having known many residents for years, Don can pinpoint common interests and nurture wonderful relationships between residents that continue even when he is not present.

Among his many activities, Don also runs the Footy Tipping Competition and organises events for days of significance, including Anzac Day and Remembrance Day. He assists staff and residents to attend outings and makes short trips into thrilling adventures. Don previously ran exercise programs for residents, ensuring both their physical and mental health were improved.

Don is inspirational to our country in a myriad of manners.

He devotes significant time and effort to improving the quality of life of some of our community's most vulnerable people. Don has a deep desire to care for others, and he builds loving connections knowing how much it means to people.

Not only does he devote many of his days and much of his energy to fostering special relationships with at-risk demographics, but he also truly sees them for what they are: vibrant and vivacious people, with amazing experiences and knowledge to share. Don knows that everyone has a story to tell, and he is truly listening to them all.

The winner of the Senior Australian of the Year Award will be announced on the eve of Australia Day; Saturday the 25th of January 2025.

Regardless of the result, Don is always a winner in the eyes of mecwacare residents and team members.

Thank you, Don, for your outstanding contributions and congratulations on your nomination.

A Warm welcome

The team at mecwacare's Robin Syme Retirement Living warmly welcomed members of the Malvern Bowls Club for a delightful social evening on Wednesday the 7th of August.

The event, hopefully the first of many, was designed to foster strong connections with local community, as well as other recreational and social clubs in the area. Guests were treated to an evening of canapés, drinks and entertainment, creating an inviting atmosphere for all.

Several Robin Syme residents were gracious and kind enough to open their homes to guests and act as ambassadors for the retirement living community, welcoming visitors to tour their apartments and visualise a new lifestyle on Malvern Road.

Attendees enjoyed a comprehensive tour of the facility, showcasing its impressive features which include a cinema, bar, wine room, gym, café, and lounge.

The lovely Marlene Hage, Robin Syme's Retirement Living Coordinator was there to chat with guests about the process of joining the community.

The evening was filled with light-hearted conversation and entertainment, making it a thoroughly enjoyable experience for everyone involved.

Photos: Top: Malvern Bowls Club. Bottom left: Pam, Marlene Hage and Gaye Sheppard. Bottom middle: Rob, David and Ron. Bottom right: Malvern Bowls Club ladies.



Private tours are available now.

For all the latest information visit www.mecwacare.org.au
or phone **1800 573 950**.





Healthy Ageing Evening

mecwacare's new Simon Price Centre in Mont Albert North held its first Information Evening on Wednesday the 21st of August.

As part of an initiative to invite community members to learn about the centre and its service offerings.

With a goal of welcoming new residents in need of high quality care, the evening was a wonderful success with over 30 guests in attendance.

The kitchen team prepared a delicious array of canapes, while guests enjoyed a short address before a tour of the facility. A beautifully staged room was on show for potential residents to envision their new lives in style at the Simon Price Centre.

mecwacare's Retirement Living, Home Care and Admissions teams joined the Residential Services staff alongside Volunteer Services, while the People, Culture and Safety team was onsite

to welcome any potential new staff members to the fold.

Guests received information packs and were able to discuss concerns and ask questions of the team, providing valuable insight into the process of moving into a supported living facility offered by mecwacare.

It was a great event, and many new connections were established with those interested in receiving services from mecwacare, as well as with local community bodies involved in care facilitation.

mecwacare staff and carers enjoyed the opportunity to showcase their beautiful facility and sing praise of the services available to those requiring support.



Photos: Sharron Gregory and Josephine Hill



For all the latest information visit www.mecwacare.org.au or phone **1800 163 292**.





Photo: Volunteer Alan, Eric, Helen, Shirley, Gloria, Volunteer Heather, PCA Linda.

Celebrating our Happy Place

17 Trescowthick Centre residents took part in the Avenue Neighbourhood House's 'This is My Happy Place' competition.

Trescowthick residents showcased artwork they had thoughtfully created through weekly art sessions with volunteer Alan, many of the pieces were produced on the provided canvases, while others experimented with print and paint.

The exhibition ran from Tuesday the 9th of July to Sunday the 28th of July, and was a follow on from 2023's inaugural Art Competition titled 'This is Me', in which many Trescowthick residents also participated.

Six residents from the Trescowthick Centre attended Box Hill's Community Arts Centre on Friday the 19th of July to visit the 'This is My Happy Place' exhibition.

Accompanied by mecwacare staff members Awhina and Linda, along with volunteers Alan and Heather, the residents were able to view their very own masterpieces on the walls of the exhibition.

Artworks ranged from picturesque landscapes to portraits of cute pets, with many exploring their creative flair with colourful abstract entries.

Thanks to Alan for his wonderful support of residents and team members throughout this project, and congratulations to all participants on their wonderful masterpieces being displayed in yet another fantastic community program.

Photo: John



Wordsearch

C Y K X A U V A C S T P U D X
J A N R M X L O H J H R O K X
G B R E A O J E L E H A J U M
M U J C S K L C W U A Y V J D
A H Q Y T E F K T O N L I F Y
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NEIGHBOURHOOD
MECWACARE
MAGNOLIA
PRICE
RETIREMENT
VOLUNTEER
HEALTHY
OMARA
MASTERCHEF
RECYCLING
SIMON
GROOVY

Wordsearch solutions
on page 22.



CREATIVE

Submissions

Do you have an artistic hobby?
Are you a painter, knitter,
woodworker, quilter, or poet?

Send any submissions to:
media@mecwacare.org.au.

Keep your eyes peeled for your handiwork in
the next edition of mecwacare Matters!

Norma's

Five-Decade Journey

Norma Jefferson, a resident of mecwacare's Ballan residential aged care facility, had waited for 50 years to go by rail to Ballarat Station. A lifetime railway enthusiast, Norma's initial dream was to catch the train from Geelong to Ballarat on the direct railway line.

This dream was crushed when passenger services between Geelong and Ballarat ceased in the 1990s. Norma, however disappointed, was not so easily stopped. She simply altered the line on her Railway Bucket List from 'Geelong to Ballarat' to read 'Ballan to Ballarat.'

Now a well-loved member of mecwacare's Ballan residential aged care facility, Norma was thrilled to learn that an outing to Ballarat via rail was in the works.

Along with seven other residents and accompanying staff, Norma enjoyed the train trip to Ballarat and back from Ballan Railway Station. The travellers enjoyed a delightful lunch at the Ballarat Railway Station Refreshment Room; a lovingly restored heritage-style café and bar in real Goldfields tradition.

Norma was absolutely thrilled with her exploration. As a member of mecwacare Ballan's Poet Society, she channelled her excitement into a lovely, reflective poem, and she can now cross yet another adventure off her Bucket List!

A brief 'track' record of the Geelong-Ballarat Railway

In 1857, the Geelong-Melbourne passenger railway was opened, and in 1858, construction on the Geelong-Ballarat railway began. It eventually opened in April 1862, running past beautiful bluestone stations and over magnificent bluestone bridges.

This line remained the only passenger rail route from Ballarat to Victoria's largest city, Melbourne, until 1889 when the Ballarat-Melbourne railway line opened.

The demise of passenger rail services on the Geelong-Ballarat line occurred in 1978 when the line's railmotor failed. Though the actual line was open between Geelong and Ballarat as an alternative route to Melbourne until the 1990s, there were no stops between the two stations for passengers. Instead, stops between Geelong and Ballarat were replaced with a bus service.

Now, the almost 90km railway from Geelong, Victoria's second largest city, to Ballarat, the state's third largest city, is reserved only for the transportation of freight.

Coaches take passengers from Ballarat Station to Melton Station, where they board a V/Line regional train to Deer Park Station, then another to Geelong – a rough travel distance of 164km.

A trip in the car from mecwacare's aged care facility in Flora Hill, Ballarat, to its sister site in Elstoft House in Hamlyn Heights, Geelong, is more than two hours and 170km.



Photo: Norma and Pam.

50 Years of *Dreaming*

By Norma Jefferson



A Railway Bucket List:

Travel by train,
Geelong to Ballarat.
Then passenger trains
stopped forever.
Only a train trip -
a bus just wouldn't do.

Suddenly, Ballan mecware
made my train trip happen -
Ballan to Ballarat!

Ramps
to get on... and off.
A nice young conductor,
the perfect train host
made us feel safe, special
and made us laugh.

Lunch:

Ballarat Station Refreshment Rooms.
Delicious,
delightful,
a special wish come true.
I loved it!

Coffee in The Old Shed.

Then all too soon,
home time:
Ballarat to Ballan.

What a day.
Wonderful!
Wonderful!
WONDERFUL!



Our residents from Annie's Court visited an outdoor gallery at Point Leo Sculpture Park.



Ballan Aged Care hosted a delicious four-course Italian dinner for our special residents.



Graham from Squires Place recently enjoyed a fun shopping trip with Lifestyle Coordinator Kevin.



Noel Miller Centre transformed into a magical winter wonderland for a memorable celebration.



Visits from puppy Lucky have brought love and cuddles to our residents at John Atchison Centre.

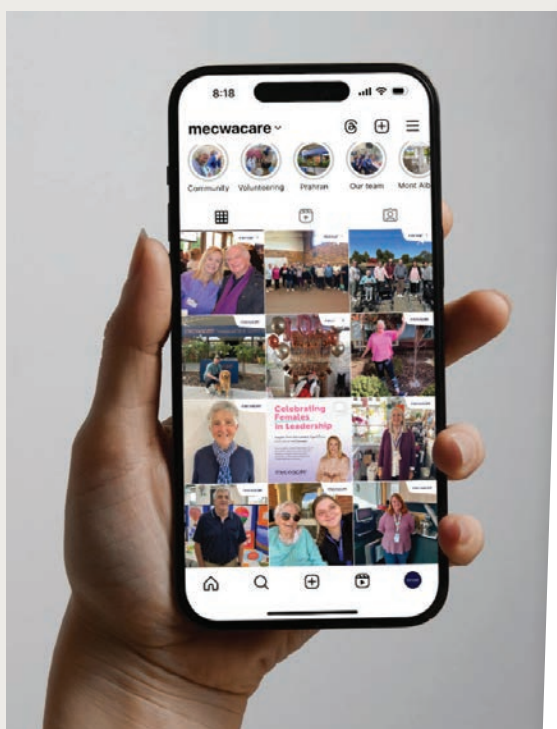
Wordsearch solution

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

NEIGHBOURHOOD
MECWACARE
MAGNOLIA
PRICE
RETIREMENT
VOLUNTEER
HEALTHY
OMARA
MASTERCHEF
RECYCLING
SIMON
GROOVY



Our creative Home Care Services team in Ballarat went all out in yellow on Daffodil Day.



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



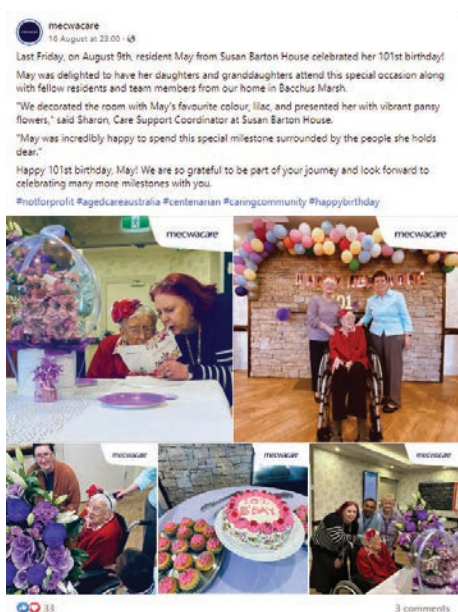
Instagram

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

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