



Caladenia

DEMENTIA CARE

🏠 Meadowbank House,
11 Hilledge Lane, Mooroolbark, 3138
PO Box 685 Lilydale, 3140

☎ 03 9727 2222

@ caladenia@caladenia.com.au

🌐 www.caladenia.com.au

ABN: 76 760 485 720

PROVIDING SUPERIOR SERVICES TO ENHANCE THE
QUALITY OF LIFE FOR PEOPLE LIVING WITH DEMENTIA.

MARCH 2023

CHIEF EXECUTIVE'S REPORT

Sarah Yeates

What a very busy end to the year for Caladenia and an exciting start to 2023 now underway.



I have just returned from a month of leave which my husband and I spent roadtripping 4,825 kms around the Eastern side of the country. We travelled through some amazing country, from Forbes to Lightning Ridge, Kingaroy and Bundaberg, and returned via the coast.

We have been working hard on increasing the opportunity for more members to attend our programs and we now have another group to facilitate this. Most of our groups are at capacity so we know that we have lots of opportunity to continue to grow our program throughout 2023.

Our Board has been working on grant opportunities as well as some other key projects, including the new funding model that will take place mid 2024. We said goodbye to Board Director Daniel Calleja who joined the Board in April 2021. We wish Dan every success in his future endeavours and thank him for his service. I would like to put a call out to anyone who may be interested in joining our Board and would be very happy to meet with you to discuss this highly rewarding appointment.

Please keep in mind we have a number of fundraising opportunities coming up this year, so keep an eye on our weekly email updates for more information. Drop by and say hello to our volunteers, it's a great way to support the community and promote all that Caladenia does.

A huge thank you to Leanne Smith for stepping into my shoes for the month that I have been on leave. It was no small task and the Board and team at Caladenia truly appreciate Leanne's enthusiasm and dedication to keeping things rolling along smoothly during this period.

THE YEAR OF THE GARDEN

Honor Cuthbertson

After years of lockdowns and a very wet 2022 we finally can enjoy our Caladenia Garden. 2023 seems to be the "Year of the Garden" as far as Caladenia members are concerned.

Several of our members have been very proactive weeding and watering the garden when they get the chance. John T and Natalie H have planted some seedlings in the vegetable patch and have harvested some silver beet already.

Judy Mc gave the Wednesday members a fabulous gardening demonstration on the balcony. Everyone agreed that she should have a segment on Gardening Australia. The balcony has a bit of extra colour due to the snapdragons she planted recently. Caladenia members are so thankful to have this wonderful space to walk and enjoy the "million-dollar view" of Mt Dandenong. Birds, butterflies, and dragonflies are admired by our members as they enjoy a cuppa on the balcony.

The time spent outdoors is undoubtedly beneficial for everyone's wellbeing. We are so grateful to be able to be together enjoying each other's company, having a laugh and enjoying our wonderful surroundings.

SMILE *By Spike Milligan*

Smiling is infectious
You catch it like the flue.

When someone smiled at me today
I started smiling too.

I passed around the corner
and someone saw my grin.

When he smiled I realised
I'd passed it onto him.

I thought about that smile
then realised it's worth.

A single smile just like mine
could travel around the Earth.

So if you feel a smile begin,
don't leave it undetected.

Let's start an epidemic quick
and get the world infected!



**JOINTLY FUNDED BY THE AUSTRALIAN
GOVERNMENT DEPARTMENT OF HEALTH
AND THE VICTORIAN GOVERNMENT.**

INTRODUCING INGRID



Let me introduce myself, my name is Ingrid and I'm a new Activity Assistant / Program Leader. I've had quite a few people ask me and yes I do have German heritage (my great grandparents) but no I can't speak the language. Would love to learn though.

My experience includes over ten years in residential care predominantly working in leisure and lifestyle. After leaving residential care I worked at Eastern Health offering people 1:1 emotional support and diversional therapy.

Over the years I've volunteered my time writing people's life story biographies with 'Beyond Words' and I've even done some training as a 'laughter boss' with the clown doctors (which was a lot of fun). As a teenager I was a part of the Australian school girls' choir, which sparked a great love of singing and music.

I've been a local in Croydon / Kilsyth my whole life and have been involved in local community sports and committees over the years (I love basketball).

We (hubby Colin) and I have just celebrated our silver wedding anniversary (yay) and have two beautiful adult sons.



My interests include travelling, photography, sunflowers, movies, seeing musicals and anything Disney related. I'm a little bit of a Disney fanatic and have been to Disneyland too many times, it's one of my favourite places!

I've been with the Caladenia family for nearly eight months now, if I haven't met you I'm sure I will soon. It's great to be in such a positive and happy organisation that shares all of the same passionate goals as myself. I am grateful to be working with such a great team and community.

INTRODUCING JOE

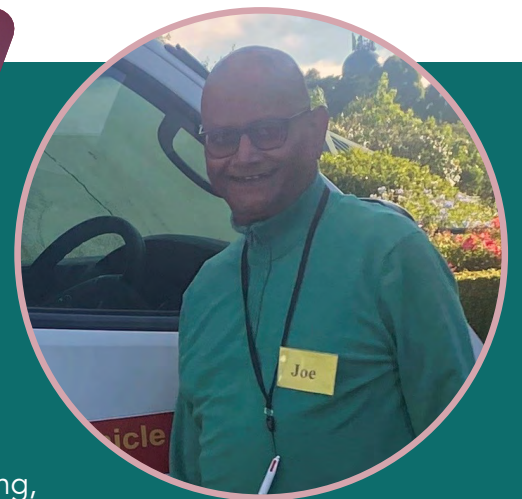
Hi, my name is Joe Fernandes and I'm the new casual driver.

My previous experience includes Youth Leader at "All Saints Church", Mother Tereza's Community and other missions together whilst working as an Accountant for over 35 years and then running a "Mity Mart" supermarket.

I was the choir master at St Gregory The Great parish, Doncaster for 23 years. I was the front man in many bands and presently entertaining as a "One-Man Band" At various venues.

I was born into a family of musicians, so music is in my blood.

At present I have been appointed as an honorary accountant at the Holy Saviour Parish, Vermont South, and also sing for Sunday masses.



My keen interests are socialising, involving myself in the community, indoor and outdoor sports and walking.

My favorite groups are the Rolling Stones, the Beatles, Elvis, Blues, and Rock and Roll.

It's been my great pleasure to work at Caladenia, and thank you all for making me feel welcome.

INTRODUCING ANITA

Hello, my name is Anita, and I am one of the Activity Assistants at Caladenia.

I can't believe I have been working here for a year now. Previously I worked as an Activity Assistant for the Maroondah Council and have a strong career in the health sector in various administrative roles. I have three children. My daughter is studying her 2nd year in university doing a Bachelor of Science, working towards a double major in Ecology. My middle son has just completed VCE last year, and now studying to be an electrician. This will be a very handy skill for all the jobs I have around the house. This leaves only my youngest at college in Year 10.

I have many hobbies but there are two I love the most. Gardening, at the moment this has been rewarding. I have been putting a lot of energy into my vegetable garden and harvesting a large crop. In my opinion it's the best reward, especially when my tomatoes ripen, nothing tastes better than homegrown.

You don't even realize that you're doing physical exercise and increasing endurance, well not until the next day anyway. My garden is my gym.

My other hobby I really enjoy is travelling. I loved my experience in Canada white water rafting, it was an incredible setting for a memorable adventure you appreciate the dynamic power of the rivers. I have a quirky travel goal which is to walk as many walk bridges as I can. My experience crossing San Francisco's Golden Gate Bridge is one of the best things you can do in the "City on the Bay". The view is spectacular but very windy. So don't be surprised if I ask you about your travel experiences, I just love hearing about them.



PROGRAMS



Not many of you get the privilege to see what goes on behind the scenes at Caladenia when we are having lots of fun! We run 5 outing groups, and 6 inhouse programs.

That's 11 program leaders a week, 21 activity assistants, 3 bus drivers, 16 volunteers, and about 85 members!

Here's a sneak peek!



DATES FOR YOUR DIARY

- Friday 7th April – CLOSED for Easter
- Monday 10th April – CLOSED for Easter
- Tuesday 25th April – CLOSED for ANZAC Day
- Monday 12th June – CLOSED for King's Birthday
- Saturday 8th July – Volunteer Training Day

*A day without laughter
is a day wasted.*

Good Morning!

CALADENIA CHRISTMAS PARTY

Nicola Weeks

March 2020 was the start of the worst 18 months the world experienced. Covid hit. Caladenia shut its doors on the 18th of March 2020 expecting to open a week later. It didn't. The lockdown was extended. Caladenia and its community became isolated from each other for about 18 months.

When we finally reunited on a permanent basis (no more lockdowns, YAY!), Caladenia wanted to celebrate and reconnect with its members, volunteers, staff and board members, and that's how the Christmas party at the Lilydale International began. The Christmas party was for everyone associated with Caladenia, members, carers, volunteers, staff, and board members.

December 2021 was the first Christmas party, we had a performance from Damien Mullen an Elvis impersonator, followed by a raffle and Christmas dinner.

We would like to thank every person who was able to make a donation for our Christmas raffle, it far exceeded our expectations. December 21 we had 30 prizes to raffle off, our Christmas party last year had 76 prizes to raffle off!



Our Christmas party tradition will continue. If anyone is in a position to donate a prize to be raffled off, it would be much appreciated.

The feedback has been outstanding. It has been a real treat to have everyone under one roof to celebrate everything Caladenia. We look forward to seeing you all again this year!



The night ended with a song dedicated to Caladenia, written, and performed by our wonderful member Frank.

December 2022 was our second Christmas party. We had entertainment from the 'Incredible Cucumbers', followed by an extremely large raffle, which so many people kindly donated to raise funds for Caladenia, followed by a Christmas dinner. We had approximately 140 people attend.



THANK YOU TO ALL THE FOLLOWING GENEROUS DONORS:

Allan Reddaway
Andrew Brak
Chirnside Park Senior
Citizens Club
Christine Cohrs
Connie Pascuzzi
Country Women's Assoc
Croydon Lions Club

Damien Shiel
Faye & Frank Roche
Fiona Lazenby
Freda Geoghegan-Birch
Geoff Clark
Helen Wood
Hugh McRae
i Electrics

Jennifer Bear
Joan Close
Judith Bowen
Karen Cardwell
Kaz & Darren Reichert
Lisa D
Lorraine Lloyd
Moria Hughes

Melbourne District Veteran
Golfers Assoc
Nicholas & Debbie Wallis
Sandra Knight
Sandy McDonald
Sarah Yeates
Tamara Boldiston
Wendy Kenney