



Caladenia

DEMENTIA CARE

Providing superior services to enhance the quality of life for people living with dementia.

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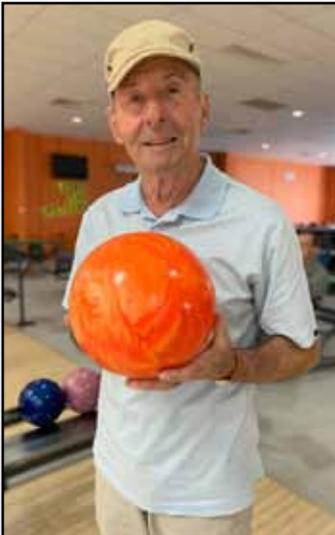


WE'RE GOING BOWLING

The popular activity of ten pin bowling is one of the regular undertakings by the men's groups on a Tuesday and Friday at Caladenia.

The therapeutic benefits of bowling are tremendous and here are my top five positives:

- 1) Social inclusion - Engaging with the local community as well as within the group. We are regulars at the bowling alley. The staff know us. They know the members. We know other social groups. While the fellas wait their turn, they are talking amongst themselves. Reminiscing, sharing stories, bonding. How wonderful are the connections we make, each time we're at the bowling alley.
- 2) Sense of achievement - accomplishing a strike or spare is cause for celebration, and there's plenty of that. There's also plenty of high fives, clapping and honest, jovial feedback from other members.
- 3) Routine and structure - Having the bowling routine is helpful to keep our members calm and focused. It also reduces anxiety, increases independence and boosts self esteem. Familiar faces and a familiar environment help to ground our fellas to time and place.
- 4) Health - Being physically active can provide a welcome distraction, and focuses on the positive and fun aspects of life. We have noticed improvements with balance, strength, and coordination. Laughter too improves everything, and there's plenty of that amongst the groups.
- 5) Empowerment - Ten pin bowling gives meaning to the fellas' day. Through circumstance, many lament the loss of independence. Bowling, in some small way gives a bit back. It enables freedom of movement and choice, as well as boosting their confidence.



Sharing in an activity such as bowling may also bring carer and club member closer together. It's an opportunity to relate to one another in a new way. The simple act of discussing the score sheet handed out at the end of the day, taking the club member to a practice game or encouraging discussion about the environment - it's all positive.



So far we've yet to agree on a name for our Caladenia bowling groups. I've suggested "the King Pins", "the "Rollin' Oldies", "the Pin Pals" or the "Hot Shots" and envisage us all wearing hot pink satin bowling jackets emblazoned with the name on the back. Not sure why, but the fellas aren't keen on that idea?

...that's how we roll on a Tuesday and a Friday.

Jo Wetjen - Program Leader

"Jointly Funded by the Australian Government Department of Health and the Victorian Government."

Report by CEO - Sarah Yeates



“Pandemic. (of a disease) prevalent over a whole country or the world.”

These are challenging times, and times that none of us ever imagined we would have to witness.

Caladenia’s response to the Covid-19 Pandemic has been rapid, responsive and resourceful.

Back in the first week of March we developed new infection control policies and procedures for all staff and for members and carers. We wrote and circulated an information sheet for all our members and their families and also for volunteers, staff and visitors. These changes were implemented within 24 hours of advice from the Department of Health. We held a training session for all staff on managing a suspected case of Covid-19 at the centre and prepared all personal protective equipment. A nine page pandemic Plan including policies

and procedures was written. That was a Monday. By Thursday the programs had all been cancelled, and we were ringing around all our carers and families, as well as our volunteers to let them know what had happened.

We envisaged being able to do in home respite and still being able to give carers a break weekly, we did some rapid care planning and identified our most vulnerable people to give them high priority, and then came the advice to cease all face-to-face activities, and concentrate on telephone support or grocery deliveries.

With the situation changing daily, and the need for ever increasing social distancing we could no longer have our staff in the building, so there went our bright ideas for training and group planning.

The Board have been an enormous support, and have committed to keeping staff employed through this time – so we have offered our staff and our support to Eastern Volunteers – who needed to contact and formulate emergency plans for 1300 vulnerable older people across the Outer East.

We want to reassure you that we are being as creative and flexible as we can be whilst keeping our staff safe and practicing social distancing. Staff are working on craft packs to make at home, activity packs to do with families, social phone calls on a regular basis. We have established a Facebook page for our volunteers so that they can get together and assist each other with jokes and challenges. Many staff are now working from home, but if you need us just call.

We have established an electronic mailing list with regular updates for Staff members, Board members, Volunteers, carers and members.

Caladenia’s staff deserve a round of applause, all of them. They are all working so hard to support the Caladenia family through this pandemic.

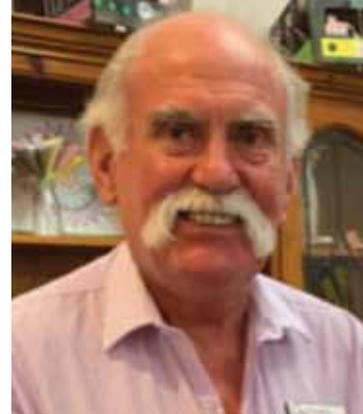
Please look out for each other and support one another. If there is anything you need that we can assist with, please just let us know.

Sarah Yeates - CEO

Meet one of our volunteers.

Welcome Gary.

After joining the Board of Directors in 2016, Gary decided that he wanted to give more of his time to Caladenia and joined the Caladenia Volunteer Team in 2018. Gary started out in the Thursday and Friday groups and has now added the Tuesday Men's Program to his list of contributions.



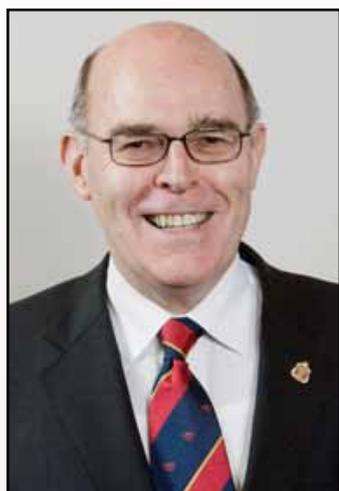
Gary has developed a real rapport with many members and is a great asset to staff. He enjoys a chat, especially about the footy!

In his previous life, Gary conducted his own legal practice for 42 years, after studying at Monash University.

Gary has always resided in the Outer Eastern Suburbs of Melbourne and has lived in Chirnside Park for the last 34 years.

Gary enjoys Travel, Hockey, Horse racing, Richmond Football Club and Walking.

Thanks for being part of the team, Gary!



Chairman's Report

I want to express the Board's admiration and respect for the decisions made and implemented by Caladenia's Team over the last month. Sarah Yeates (our CEO), her Team Leaders and our Staff have shown their very high level of care and service to our members, their carers and our wider local community. So much has changed since January and at times it seemed that things were changing from day to day. It was a confusing and demanding time.

What we can assure you is that our Team can still be relied upon to support members, their carers and our wider community. Face to face support may not be available in the foreseeable future due to the Coronavirus pandemic. However, telephone calls, email exchanges and internet meetings are all being utilised by our Team. Our Team is also available for other "no contact" support of members/carers, e.g. shopping with no contact drop-off, helping to arrange other community support services, etc.

This situation will not last forever and I am optimistic that Caladenia's traditional centre based and outings based respite services will be recommenced as soon as it is safe for all concerned.

Today, as I write this report, I have been impressed by an article in the Herald Sun prepared by Jeff Kennett and based on some earlier thoughts from Harry Secombe - "stay home today and Live, Love and Laugh. There is nothing better in life than life itself."

This year we have been pleased to welcome back Peter John to the Board after a period of medical treatment that curtailed his involvement with Caladenia. Also, joining our Board has been Jenny Gladwin, a registered nurse and a carer for her Mother who lives with dementia. Thank you both so much for making your time and experience available to our Board.

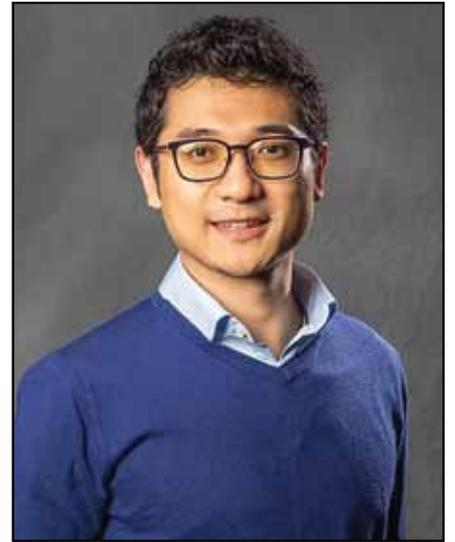
Please contact me if you have any questions or input on Caladenia's current or future operations.

Harry Moyle (Chairman)

Contact details: hjmoyle@gmail.com / 0425 729 769

Meet one of our Board members

Nan Yu joined the Board in 2019. Nan holds BPharm(Hons), BCom, and GradCertPP. Nan is a pharmacist by training with a strong interest in helping those in need. The love for problem solving also led him to a career in management consulting (with a relatively large focus in health) and life sciences, where he currently leads the strategy and insights function for the company. His passion for ageing and dementia also led him to volunteer at Mercy Place weekly with people with dementia, and then to Caladenia's Board of Directors.



Nan applied for and was a winner of Decoding Dementia Innovation Award 2019, an initiative by Dementia Australia to inspire the use of technology to break down barriers and support people living with dementia.

Nan was one of four winners to share in \$200,000 to develop My Dementia Companion, a virtual care companion that leverages machine learning to understand the needs of people with dementia and their families and provide relevant and timely support throughout their journey.

Nan is passionate about improving the lived experience of the current service system by bringing together into one application the many and varied services and supports that are available to people living with dementia in our community.

We welcome Nan's enthusiasm and energy and look forward to working with him to benefit both Caladenia and people living with dementia in the wider community.

Thank you to all of the following generous donors:

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| <i>Bill Borton</i> | <i>Linley and Les Wallis</i> |
| <i>CWA Kilsyth/Montrose</i> | <i>Marianne Schriever</i> |
| <i>David Grover</i> | <i>Metro Cinemas Boronia</i> |
| <i>David Maggs</i> | <i>Mooroolbark Community Bank</i> |
| <i>Del Zwar</i> | <i>Mooroolbark Theatre Group</i> |
| <i>Faye and Frank Roche</i> | <i>Mothers Club Shield</i> |
| <i>Four Pillars Gin</i> | <i>Nicholas Wallis</i> |
| <i>Geoff and Anne Welsh</i> | <i>Nikos Tavern</i> |
| <i>Geoff Clark</i> | <i>Oz Tenpin Bowling</i> |
| <i>Healesville Greyhound Racing Association</i> | <i>Reading Cinemas Chirnside Park</i> |
| <i>Heather Anstey</i> | <i>Sandra McDonald</i> |
| <i>Helen and Peter Wood</i> | <i>Sarah Yeates</i> |
| <i>Jacqueline Francis</i> | <i>Spartans Gym</i> |
| <i>Jenny Gladwin and Sheila Yates</i> | <i>The CC & C Gardening Club</i> |
| <i>Joan and Laurie Close</i> | <i>Yarra Valley Grammar Year 10 students</i> |
| <i>June Lawson</i> | <i>Friends and family of Geoff Hughes for In</i> |
| <i>Leanne Smith</i> | <i>Memoriam donations</i> |
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