



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.**

JUNE 2025

CHAIR'S REPORT

Ronda Jacobs

As we look back on the past six months, I am proud to reflect on Caladenia's continued commitment to supporting people living with dementia and their families. It has been a time of transition, growth, and deep reaffirmation of our purpose.



Firstly, I would like to acknowledge the contributions of Jen Gladwin and Oliver Beaumont, who have retired from the Board. Jen's many years of dedicated service have left an important legacy, and Oliver's insights and efforts have also been deeply valued. We sincerely thank them both. At the same time, we are pleased to welcome Anthony Jones to the Board. Anthony brings a wealth of experience from the business and government sectors, particularly in aged care, and we look forward to the valuable expertise he will contribute to our strategic direction.

A special moment of celebration came with the recognition of our ex-Chair, Harry Moyle, who was awarded the Yarra Ranges Council 2025 Mayor's Lifetime Achievement Award. This honour is a testament to Harry's tireless dedication to Caladenia and the community, and we extend our heartfelt congratulations to him.

The AGM last year was particularly inspiring, as we had the privilege of hearing firsthand from members who participated in the RESTED program. Their heartfelt stories moved us all to tears, reminding us why we do what we do. It was an emotional and powerful moment that reinforced our pride in belonging to an organisation that truly changes lives.

Since the AGM, we have also faced loss, with the sad passing of Merryn Auldish, our carer support worker.

Board members had the opportunity to meet Merryn at the AGM, and she was full of energy and warmth and enthusiasm. The whole organisation, colleagues, carers, members and the broader community will miss her greatly.

Amid all these developments, our most important piece of work over the past six months has been to refresh our Mission, Vision, and Values. This process has been deeply reflective and strategic, ensuring that our guiding principles truly capture who we are and what we strive for.

Our Mission - to empower people with dementia and their families and carers throughout Melbourne to live their fullest lives by providing flexible, personalised social and recreational activities, information, respite, and advocacy.

Our Vision - to be the recognised care and support model for people with dementia and their families and carers, with a wide range and reach of flexible, personalised services — 'a Caladenia everywhere' across greater Melbourne, changing the way governments and the community think about dementia.

Our Values

- **We believe in the intrinsic value of every individual. Everyone who comes through our doors deserves to live as full a life as possible.**
- **We prioritise dignity and respect.**
- **We strive to deliver high-quality, flexible, personalised care and support.**
- **We are invested in our work. We work hard, with grace and humility.**

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

- **We work as a team, supporting each other with kindness.**
- **We always act with honesty, transparency, and integrity.**
- **We honour Caladenia's founder and original ideals.**
- **We believe in responsible growth.**
- **We innovate together, drawing on input from all our stakeholders.**
- **We are committed to being a voice for people with dementia.**

These words are not just statements—they are the foundation of our work and the promise we make to the community we serve.

Looking ahead, we remain committed to ensuring Caladenia grows responsibly, remains a leader in dementia support, and continues to advocate for those we serve. Thank you to our dedicated staff, volunteers, Board members, and supporters who make this all possible. Together, we are building a stronger future for people with dementia and their loved ones.

Ronda

SELF-CARE FOR THOSE WHO CARE FOR OTHERS

This month we are looking at the importance of filling up our own cup. If your cup is half full, how are you able to support filling up someone else's cup?

*"Self-care is not selfish.
You must fill your own cup before
you can pour into others."*

Self-care can range from different activities for different people. We have asked some of the Program staff to find out what they do to fill their own cup.

Nicola: I like to colour in my spare time. Concentrating on the different shades and colours really takes my mind away from the stresses of everyday life. I also really enjoy spending time in nature and looking at wildlife in its natural habitat. I recently moved and we have a pair of Kookaburras that laugh in the morning, I enjoy sitting on my deck and watching them.

Honor: Something I know that is more beneficial for my wellbeing is spending time in my garden. I adore



dahlias so each morning and evening I check each plant and inspect whether any buds have appeared. The dahlia in the photo is called African Sunrise and it's the first flower I've picked this season.

I also have an exercise bike at the top of our garden and I usually ride it at the end of the day. Even though I'm stationary - every ride is different. The clouds are forever changing, various birds come and go and often I see the stars gradually appear as the sun fades. It is a simple activity that makes me appreciate my little patch of the world.



Yvonne: In my downtime, I engage in various activities that bring me joy and relaxation. Exploring hobbies such as knitting, painting, can be very fulfilling. I can dive into a good book. Outdoor

activities, enjoying a picnic in nature with my family. Experimenting with new recipes, Socialising with friends and family or simply taking time to relax and recharge can help me unwind under my pergola enjoying the birds that visit me each day.

Ingrid: Self care to me is switching off my phone, on my own sitting on the porch listening to my windchimes and the birds. Sometimes I use the "Calm" app because it has short meditations that focus on deep breathing. I find it fascinating how effective it is at reducing stress and calming the nervous system. My fave quote I always think of is "put yourself first because you can't pour from an empty cup".

Dan: During my downtime and for self-care, I enjoy spending time at the farm and in nature. I enjoy working with the cattle, planting gum trees, doing fencing, and hiking through the bush. When I'm feeling stressed, the cows are always there, offering a comforting, listening ear.

Silvana - I love to cook in my down time. Growing up, my most treasured memories are of sitting around a table with family and friends with good food, singing, laughing and enjoying each other's company, it is even more special now with our beautiful grandson.

I also enjoy going out for dinner with family and friends, watching a good movie, taking my beautiful dog Winston for daily walks, going to the beach and going away for weekends.

Tom - My ideal way to spend my spare time is being out in nature on the golf course. I find it to be one of the few places I can completely switch off from any external noise. I also love spending time socialising with friends and family over a meal at a restaurant

(probably a bit too often!). Socialising and keeping strong relationships is crucial for me to maintain a healthy lifestyle.

Thanks so much to the staff team for sharing snippets of their personal lives!



HAVE YOUR SAY

ON OUR CONSUMER VOICE PANEL

Caladenia Dementia Care formed our Consumer Voice Panel" last year.

We are looking for 3 members to fill vacancies.

Specifically looking for people living with dementia, or family carers caring for a person living with dementia. You do not have to currently be using the services provided by Caladenia.

Contact us: caladenia@caladenia.com.au
or 9727 2222



CONGRATULATIONS HARRY!

Caladenia Dementia Care congratulates our very own Harry Moyle on receiving a prestigious Yarra Ranges Council Mayor's Lifetime Achievement Award on Australia Day.

Along with Council and the Community, thank you for your many years of voluntary service, we wouldn't be who we are today without you.

Sarah



INTRODUCING DANIEL DURIK – PROGRAM MANAGER



I'm Dan - I live in Croydon with my wife, Jacquie, and our three children—Maddie, Bella, and Sam. Our family is also complete with our energetic poodle, Luna.

Originally from a farm in North Eastern Victoria, I have always had a strong connection to the outdoors and nature. I now have a small farm of my own, where I enjoy working with the cattle and embracing the peaceful, hands-on lifestyle that comes with it. In my downtime, I love watching my kids play sports and supporting them in their sporting passions. I also support the Richmond Tigers, win, lose, or draw.

Professionally, I'm an experienced social worker with over 25 years in the field, specialising in family, youth, and adult homelessness. For the past 8 years, I've led programs within the child protection system and foster care, working to create meaningful change for vulnerable individuals and families. I'm passionate about using my experience and leadership to support those who need it most and make a lasting impact in their lives.

THANK YOU TO ALL THE FOLLOWING GENEROUS DONORS:

Allan Holt
Amy Maiolo
Arthur Kotaridis
Ashley Southin
Australian Seniors
Barbara Mc Guire
Barbara Strickland
Brenda Meijers
Brian Meir
Carla Massarotti
Carol Colbert
Cate-Linne Fraser
Cheryl D'Argaville
Christine Delogu
Claire Jones
D M Mayne
Damian De Napoli
Diane Carmody
Edna Skinner

Emma Short
Francis Roche
GK and AG Welsh
Goodman Family Foundation
Graham Maley
Hayward Walton
Heather Hill
Helen De Santis
Helen Delahoy
Helen Wood
Hilary Milsome
Hugh and Kaye McRae
In Memorium Judy McClintock
In Memorium of June Caton
J Blanksby
Janice and Rob McLean
Jean Hill
Jeanette McEwan
Jenny McDonald

Jo Surkitt
Julie De Napoli
K & D Zwar
Kaye and Hugh McRae
Keith B
Laraine and John Thomas
Larry and Cheryl D'Argaville
Lions Club
Lynette and Tim Hewit
Marlene Gist
Melissa Luke
Meryl Hodges
Mike Grigg
Moiria Downey
Mooroolbark Bowls Club
Nicole Stow
Robin Pope
Ronda Jacobs
Sally Ward

Sara Wagstaff
Sarah Yeates
Shane Levy
Silvana Centracchio
Sue Cooper
Sue Krogh
Sue Taurian
Surfcoast Dance Company
Susan Mueller
Susannah Lewis
Tamara Boldiston
Thomas Hewitt
Walter Cornforth
4 Anonymous Donors