

VALE DOROTHY GARDNER

Dorothy Gardner was one of Caladenia's fabulous volunteers from 2000-2014.

Dorothy and Ron Gardner were long time supporters of the programs at Caladenia, Dorothy's mother had attended the programs in the early days of Caladenia, and they both continued to attend carer support activities, and then contributed as Volunteers.

Dorothy volunteered in the Altitude club – a group that was facilitated to fill a gap in services in the Mooroolbark area for frail older people. The Altitude Group ran from 1999-2008 and served to provide services to people who did not have a diagnosis of dementia. Dorothy was one of the inaugural volunteers in the program, and continued her volunteer work even after the day was converted to a dementia specific program in 2008.

Dorothy continued to support Caladenia through her attendance at training days and social events, and supporting husband Ron as he drove the bus for us for many years.

Dorothy had a quirky sense of humour, and often provided the jokes and one-liners for the Wednesday programs. Dorothy assisted with all aspects of the programs, helping with morning tea or lunch, and playing cards or games with the Altitude Club Members.

I was lucky enough to catch up with both Dorothy and Ron at Caladenia's 40th Birthday celebration last August – and as always Dorothy had a warm smile for everyone. Even though Dorothy had since moved down to Yarragon to be closer to family – it was lovely to be able to catch up.

Thank you, Dorothy, – we remember your laughter, and your warm smile.

Much love to Ron and the rest of Dorothy's family at this sad time.

Sarah



RESTED – Respite Program

Caladenia is the recipient of a Commonwealth Government Grant to run the RESTED – Staying at Home Respite Program for the next 2 years.

The RESTED Program is designed to provide an introduction to respite and is for both the person living with dementia, and the person caring for them. The program is open to couples, family carers, and friends. Anyone caring for a person living with dementia can access this program. You do not have to be attending Caladenia.

RESTED offers a 2-nights and 3-day Program creating peer support networks and positive respite experiences. Our focus will be person centred and holistic, focusing on the skills and knowledge that you need to care for someone living with dementia at home now and into the future.

You will gain a support network, as well as knowledge and tools to ensure that you care for yourself during your caring role.

The person living with dementia will have the opportunity to meet peers, to take part in planned engagement opportunities, as well as socialise in a beautiful part of the Yarra Valley.

Please feel free to contact us for more information or to register your interest.

Sarah



THANK YOU TO ALL THE FOLLOWING GENEROUS DONORS:

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

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CHAIR'S REPORT Ronda Jacobs

On behalf of the board of directors, welcome everyone to the latest edition of our Caladenia Newsletter.



I hope I had the chance to meet you at the 2023 AGM, but if not, here is a brief introduction. My background has covered a range of senior management positions in the health and social support areas, including large global multinational companies and for purpose (not for profit) organisations. My last full time role was nine years as CEO of a Community Health organisation in Eastern Melbourne with over 300 employees, where we provided a wide variety of services including mental health, dementia, ageing well, chronic disease, GP's, allied health (podiatry, physiotherapy, etc), child and youth and dental. I have also been a director on several boards which currently include Relationships Australia (Victoria) and Sport and Life Training. I now work and volunteer part time as a board member and CEO mentor, and otherwise enjoy spending time with my family (especially my three gorgeous grandchildren), caravanning, watching sport (cricket, tennis, and mad Kangaroos AFL supporter), live productions, reading and dragon boat paddling. I have direct engagement with family members with dementia, and a strong interest in improving care in the community for people and families experiencing dementia.

The Caladenia board currently comprises eight people, namely Harry Moyle, Hannah Sutherland, Nan Yu, Oliver Beaumont, Claire Jones, Jen Gladwin and Terry Maiolo. Some of these names will be very familiar to you, whilst Oliver and Terry are newer board members. We work closely with Sarah and the team to help the organisation plan the future direction and

strategy, maintain a strong financial position, and be ready for the many changes occurring in the aged care and dementia sector.

Our recent focus has been on:

- **Planning to upgrade the kitchen**
- **Thinking about growth and the extra space we might need if we could find a way to increase services and members**
- **Keeping abreast of the new government funding models and how that will impact on us, and whether there are other opportunities to provide services for more people (such as through the NDIS)**
- **Securing funding and then establishing our new RESTED program, which provides a three day course to support those newly diagnosed with dementia and their carers**
- **Welcoming the new role of Operations Manager Nicole Stow, to ensure we have the leadership to cover all of our services**

We love to hear from our Caladenia members, and we are currently hoping that a member or carer might like to join the board, to ensure that we have a very close perspective from someone who is engaged with our services during board discussions. Please feel free to contact me through Sarah if this might be of interest to you, or at any time.

Wishing you well as we head into Autumn, and if you're like me, for the start of the footy season!

Ronda

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

CARS, CARS, CARS

Growing up with a car Dad , I was introduced to lots of different cars at a young age and remember visiting various car shows, clubs and watching my Dad in whichever project he was doing at the time. I was one of the only kids in the neighbourhood to have a hand made transam as a first pedal car just like the one in the Smokey and the bandit film.

Over the last twelve months we have built up a relationship with the Healey factory and they have been most welcoming to all of our visiting social groups. One staff member in particular Graeme, has enjoyed engaging with our members numerous times with lots of laughter and reminiscing over the "good old days" and was even overhead saying "everything about cars was easier back then".

In a time where the normal car service workshop believes that a 'thorough check over' is done by plugging it into a computer and 'repairing' something means replacing it, its really no wonder that The Healey Factory has become the Service, Restoration (even having its own 'dust free' assembly room) and Repair Centre Classic Car owners turn to.



Since the 70's The Healey Factory has grown from being a backyard enthusiast operation to one that offers Sales, Service, Parts and Restoration. They were at their previous Ringwood address on Heatherdale Road for 24 years (this is the one I remember visiting numerous times as a child) and then moved to Mitcham in 2012 which now occupies a nearly 2 acre site. The mirrored Car Showroom with the adjoining Spare Parts area are the most visible from Whitehorse Road.

The Healey Factory staff of 27 have a wealth of racing, rallying and car building experience, and are mostly Classic Car owning enthusiasts.

Their tradesmen include mechanics, body makers, panel beaters, welders, automotive painters, fitter and turners and toolmakers.



The opportunity to have pride in a job well done is the main motivation for working at The Healey Factory and their national and international reputation for quality is valued by all those who work here.



These visits have sparked so much conversation, memories, happiness and engagement with each other and community members. Some of the comments I recall from the many visits;

"that's Magnum PI's car", "can't believe my very first car was here", "they don't make them like that anymore", "can't get those colours anymore", "check out the engine bay", "wow, solid gold on this Rolls Royce", "can't believe the Ferrari costs less than the combi van", "where's the dunny", "look at all the old guys working here", "would kids today be able to wind down the window without a button?", "what's for lunch".

Ingrid Gasson
Program Leader

WELCOME NICOLE

Hi, I'm Nicole and I started working at Caladenia as the Program Manager in October 2023. I was previously working in the Disability Sector, managing Individualised Supports, Independent Living Services and Holiday and Recreation Programs in the local area.

I am really enjoying learning more about Dementia and meeting all of the wonderful Members and Carers who attend Caladenia. The staff and volunteers here have been very welcoming and patient with me as I have been finding my feet. Thankyou to all of you!

Outside of work, I have 4 grown up children, one grandchild and a beautiful Golden Retriever.

I absolutely love travelling and was lucky enough to have the opportunity to live in Italy for 6 months in 2022. I love being at the beach and in the ocean and would snorkel every day if I had the opportunity to.

It has been a privilege to play a small part in the supports provided by the Caladenia team. If I haven't met you yet, please drop in and say hi.

Nicole



VALE TAS SCULTHORPE

Tas started with Caladenia in 2016. He was referred to Caladenia with early Alzheimer's disease, and he was keen to continue to contribute to the community in some way, after an active life in business and volunteering. Tas was in Insurance for many years locally but had a keen desire to give back to his community through volunteering on local footy club committees and acting as a Director for the Wandin/Seville Bendigo Bank.

Tas spoke openly about his memory challenges and was able to express enormous empathy to others who were facing the same challenges.

Tas quickly became an integral member of the Caladenia programs, with an insight into his dementia he was able to speak up on behalf of the group and acted as an unofficial conduit between the programs and Management. He filled this role so professionally, that Tas was invited to become a Director on the Caladenia Board and served a three-year term from 2019-2021. In this time, he was integral in investigating and assisting to raise funds for a defibrillator to be installed in the centre – a project he strongly supported. Tas was also a driver for new heating and cooling, collecting feedback from members about the inefficiency of the old system, and he was a spokesperson for renovation of the gardens, particularly after we were unable to upkeep them over covid – he was outspoken in his advice to have them cleaned up and weeded for the benefit of all who attended the centre.

During his time on the Board Tas was able to bring

a very person-centred focus to some of the discussions, where he might quietly say "why don't we ask those who are actually using the service??" reminding Board members that people living with dementia should be at the core of all decision making.

As Tas' dementia progressed, he retired from the Board, but still took pleasure in acting as a conduit between group members and management, often calling me aside to make me aware of an issue with the building, a compliment about a program, or a concern for a fellow group member.

Tas made many friends at Caladenia, amongst the members, the volunteers, the staff and the directors. He continued to make a difference, despite his diagnosis of dementia, and he had concern for others front and centre until he left us to move to aged care.

Thank you Tas – you made a difference, and you will be remembered with love by all those who spent time with you.

Rest now.

All of us at Caladenia send our condolences to Nicole and Grace, and the rest of Tas' family.

Sarah



DATES FOR YOUR DIARY

Friday 29 th March	CLOSED for Easter	Thursday 25 th April	CLOSED for ANZAC Day
Saturday 30 th March	CLOSED for Easter	Monday 10 th June	CLOSED for King's Birthday
Monday 1 st April	CLOSED for Easter	Friday 27 th September	CLOSED for day before AFL Grand Final