



Caladenia

DEMENTIA CARE

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

OCTOBER 2021

CHAIR'S REPORT

PIVOT – Please Initiate Voluntarily Our Thanks!

What an awful last 18 months for everyone living with dementia in our communities. Lockdowns leading to isolation. Cancellation of Caladenia programmes leading to lack of socialisation.

Carers not achieving any respite from their roles. Programme members not receiving the positive stimulation from our Day Centre activities.

But, you know what – Caladenia's dedicated and highly motivated Management, Staff and Volunteers stepped up to the mark and pivoted in and out of face-to-face activities and remote activities to varying degrees.

It has been so amazing to watch the programme/service changes being identified and implemented as Government has changed their operating guidance/restrictions.

On your behalf, as the Family and Friends of Caladenia, I sincerely thank all those involved in pivoting our services so effectively in support of those living with dementia and their carers/families.

Who would have believed the word "pivot" would become such an important word in our operating vocabulary at Caladenia. In my 50+ years of adult employment I had not used that word to describe any professional activities/reactions. Pivot fertiliser was a familiar product in my agricultural background.



Please express your appreciation to our Management, Staff and Volunteers who have been engaged in this massive and innovative programming over the last 18 months. Their performance has been absolutely amazing and so beneficial to those living with dementia in our community.

I look forward to seeing you all at our Annual General Meeting in October – probably remotely by Zoom.

Regards,
Harry Moyle
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**JOINTLY FUNDED BY THE AUSTRALIAN GOVERNMENT DEPARTMENT
OF HEALTH AND THE VICTORIAN GOVERNMENT.**

TEAM TALK - MEMBERS OF THE CALADENIA STAFF TEAM TALK ABOUT THEIR EXPERIENCES DURING THE LAST 18 MONTHS.



YVONNE

I have taken up a few little crafts things I use to do years ago like knitting and a little cross stitch during this last lockdown. I have also enjoyed talking to our members and hearing some funny stories about their lives but also knowing they are safe. Also being told how much they are enjoying our interaction from staff at Caladenia with phone calls, cards and zoom. But yes, I have been challenged by constant changes in my life and work.



SALLY

Hi, I am Sally. The highs and lows of the last year:

It was a year of learning for me. I completed a year-long course in Occupational Health and Safety and in my spare time worked on my family tree. The lows most definitely have been the isolation from family and friends and the impact of restrictions on the Caladenia community.



MONIQUE

The highs and challenges I faced during lockdown:

The first thing was I learnt how to use zoom which has been fantastic and great seeing all the members faces.

I have found it challenging trying to divide my time between work and personal life there doesn't seem to be enough hours in a day sometimes. But I try to find at least 10 minutes a day to just sit down and put some nice aromatherapy oils on and just breathe. My motto in life is if I can make one person laugh a day then I know my job is done and treat people like you would like to be treated.



LEANNE

Hi, my name is Leanne and I am a Team Leader at Caladenia. Covid – what has it done for me?

Personally, I have developed an addiction and passion for completing diamond art projects and learnt that my husband and I are far more resilient than we thought and we have raised 2 very resilient and resourceful children. Professionally this pandemic has been a real challenge with many roadblocks thrown my way but I have learnt so many new things I would never of had a chance to learn if Covid had never happened. I am so very fortunate to work for Caladenia, an amazing team of individuals all working their very best for the members, carers, volunteers and each other.



HONOR

I have tried to change my overall mindset to help me through these

uncertain times - accepting that life is forever changing and sometimes you just have to surrender to what is (easier said than done). I am trying all sorts of things on YouTube to keep me active. At the moment it is Qigong/Tai Chi and Bhangra dancing! I also go on my exercises bike each night at dusk. I am thankful for my amazing family who are also doing their best to navigate this new world.

I am really grateful to be still able to work during lockdown. I know it's not the same as face to face, but it's nice to keep on contact with our Caladenia community during this challenging time.

BRONWYN

The challenges of lockdown over the past 12 months have been many and varied. For me, the biggest challenge has been the closing of Caladenia Programs and the impact on our Members and their Carers. Added to that, the roller-coaster of being open/closed and the emotional toll of that has had a huge effect on all of the Caladenia Community.

I've enjoyed some of the extra time I have not travelling to Mooroolbark each day, time for a walk before sitting down at the computer, being able to take a cuppa outside and sit in the sun for a while (when it's out!) and more time to spend cooking delicious meals that I may not ordinarily have time to do during the week. I've learnt many computer skills that I would probably not have the need to do without these lockdowns. Things like setting up Zoom Programs, making newsletters, using Teams are just some. I've also learnt the difference between choosing to spend time on my own and having to!!!



CHRISTINE

What I learnt: Personal - I love learning and sharing with others. Work - I've learnt many new computer skills.

What I enjoyed: Work - Being able to provide support to our community regardless of the situation.

Challenges: Work - Physical separations, knowing we can't provide support as we would LOVE to. Personal - Physical separations, not to be able to see my children and grand-children and Hug them. They all know what to expect, when I can.



WENDY

I have enjoyed keeping in touch with our member through phone calls, letters and the daily zoom; which is such fun. However I miss catching up with everyone at Caladenia and seeing all your smiling faces and hearing everyone's laughter. Thank you .



JO

What I learnt during the lockdowns:

Respecting each others space is important. Being connected and reaching out is also soooooo important (and being honest with your feelings too). Keeping a routine as best you can works for us as a family, and being a little bit silly helps. I've saved a tonne of \$ on makeup, because honestly - who sees it under a mask?!

What I enjoy/ed about your work in the lockdowns:

An opportunity to have more time to plan/ prepare for zoom calls. I actually like my family so I think we've done pretty well being together for soooooo long! The zoom calls have been amazing and it's been so rewarding to see some members adapt to a different way of connecting with one another. The welfare calls are also a nice opportunity to build on the rapport with carers. Being with my dog Astro and sharing his lazy life on Joke of the day and zoom calls - it makes me relatable.

What has challenged you through the lockdowns:

Some days have been harder than others, especially with parents in regional Victoria. I've worried a lot for my family's mental health - especially with two teenagers, and a husband whose work is mostly hands on/ face to face. I've had to work on my anxiety (with the help of professionals and my Dr). I'm a fixer, a do-er and not being busy with the members has been a killer. Remaining upbeat on phone calls is getting harder. Learning new technology has been a little frustrating in the beginning but now I'm quite comfortable.



TEAM SPIRIT

The staff team here at Caladenia have done an incredible job of keeping our community engaged, connected and interested in the various lockdowns and other restrictions.

Every single one of our staff members is here because they love working with people. The job satisfaction is drawn from the need to make a difference in people's lives at an individual level. Working so closely with people living with dementia and their families can be challenging, but as the staff team will tell you, endlessly rewarding.

This has made the last 18 months even more difficult. We have had to isolate our team from the work they do the best and have instead asked them to undertake tasks that they are less familiar with, and less confident at undertaking. The team have learnt much, and grown their repertoire, and I could not be more proud to work with such an incredible bunch of people.



The Board and leadership team have been so creative in thanking the staff team for their efforts, keeping up morale, and engendering and nurturing that sense of community. A month or so into the first lockdown our Board Chair, Harry Moyle rang each staff member individually to thank them for their contribution.



In May last year we had custom pens made that said "Keeping You Connected through Covid". These went out with special certificates to each staff member. We delivered surprise chocolates with a poem, and a month or so later, flowers with a card. One Team Member made individual goodie bags with jokes and treats, and we have circulated thank you cards and staff selfie collages.

At Christmas each staff member received a custom grazing box of sweets and chocolates presented with a flower and lights, and to celebrate Aged Care Staff Appreciation Day on August the 7th, we were able to deliver more custom chocs with a thank you message.

These are only the smallest token of thanks that The Board and management of Caladenia has for this incredible staff team

Thank you.

THANK YOU TO ALL THE FOLLOWING GENEROUS DONORS:

Alex Goetzke
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