




Caladenia


DEMENTIA CARE

40 years!


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

OCTOBER 2023

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FROM THE CEO'S DESK

Sarah Yeates

I hope this newsletter finds all our members and their families, as well as our supporters and friends well.



It has been a busy busy time for all of us at Caladenia as our Board and Management Team prepare our organisation for the coming aged care reforms. Behind the scenes work has commenced on consolidating our governance and compliance, and extensive efforts have gone into preparing and writing Caladenia's Strategic Plan.

The Board welcomed Ronda Jacobs as Chair earlier in the year. Ronda has extensive non-executive director experience, and has been instrumental in her support of both my role and the Board as we work to consolidate our place as a provider of excellence, and plan for sustainability into the future.

In other exciting news Caladenia turned 40 in August! From our small but determined start in 1983, where Trish Maggs and her vision planted and watered the seed – to the growth and expansion over the last 40 years we have weathered much change, and emerged stronger for it.

Where our small group of five members attended Caladenia's first program day run by volunteers in 1983, our 22 staff now oversee 12 weekly programs attended by over 120 people living with dementia. We also provide support, information and referral to all 120 plus family carers who gain valuable respite when their loved one attends Caladenia's programs.

We would love to see you at our Annual General Meeting on Thursday October 26th, your invitation is attached – please also mark your diaries for the 2023 40th Birthday Trivia Night on Friday 3rd November – more information to come.

Thank you for your support of all we do.

Sarah Yeates | CEO

STOP RECEIVING THIS NEWSLETTER?

We are switching to a new database. Should you wish to no longer receive any correspondence from Caladenia, please email admin@caladenia.com.au.

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

FOOD, GLORIOUS FOOD! *By Jo Wetjen*

Dining together is something our members enjoy undertaking – both in-house and on our outings.

It is an opportunity to discuss the menu, the memories associated with particular meals, the colour, texture and presentation of food and the simple act of eating with friends in a relaxed environment.



Our Tuesday Men's Group has been frequenting the Lilydale International Bistro on a consistent basis for a few years now. It's our "regular" for a number of reasons, and I'd thought I'd share a few with you:

THE STAFF: Dave the manager and the staff know all the gentlemen's

names. When the fellas arrive they are welcomed by all staff with a friendly "hello". When their meals arrive, meals are delivered directly to them. How lovely is that?

THE TABLE: We have Table 1 every week. It's a larger table than all the others in the hotel, and fits us all.

The gentlemen immediately head towards "their table" upon arrival. Every. Time. It's also nowhere near the kids' bouncy castle so we aren't preoccupied with the sounds of screaming children, but we are in close proximity to the toilets.



THE TABLE SET UP: There are menus and cutlery on the table, but very little other clutter so as not to be a distraction. The colour of the table is a dark timber, and plates are white, so there is separation of colour, and the plate is easily identifiable.

THE ORDERING: When I place the order (and this is wherever I go with our groups), I always ask that the name be placed next to the order. There's nothing worse than a waitress coming to the table and hollering "Senior's Fish and Chips?" and everyone puts their hands up (if they've ordered it or not).

THE TIMING: We do not rush our lunch. Our meals are eaten slowly, with chit chat in between – just like at home.



ADJUSTING MEALS TO SUIT THE INDIVIDUAL:

The chefs at the International are very accommodating. Should a meal require cutting up prior to serving, they will do so and still preserve the presentation of the lunch – this request maintains dignity. Should cutlery become a concern, changing a meal to a finger food works too. Sitting opposite one another provides visual clues for the use of cutlery, drinking a glass of water and beginning the meal.

THE FRIENDSHIPS: The Tuesday Men's Group have "adopted" Verne. Verne and his wife visit the International every Tuesday. While Rita played the pokies, Verne used to sit by himself and watch the telly with a cup of hot chocolate. Now Verne has become a fixture at Table 1, and he is welcomed into conversation every week.

THE MEMORIES: Remember the Caladenia Christmas Party at the International when Elvis entertained us? There are many of the gentlemen on a Tuesday that do. Visiting somewhere familiar, and that is part of our routine works to spark happy memories and feelings.

THE CONSULTATION: The menu changes at the Lilydale International on a semi regular basis, and we have been asked on more than one occasion for our input to the meal selection. That small gesture gives the gentlemen a sense of belonging and recognition.

We are grateful for the Lilydale International for making us feel welcome every week, for looking after us with ice-cream or a coffee. The quality and the size of the meals have been constantly of a high standard. More importantly it's familiarity, routine, a sense of belonging and kindness that keeps us coming back. Bon Appetit.



WELCOME SHARNI!

Hello my name is Sharni and I am new to Caladenia and Australian life!

I am from England - a town called Newcastle upon Tyne.

My background work was working at Percy-Headly for 12 years with adults and children with all different learning difficulties and additional needs such as ADHD, autism, depression, anxiety, behaviour, deaf, culture, down syndrome and end of life.

I have also undertaken in the last 12 years my nursing which I did alongside work, this included Amby bag training / medication, peg training, first aid, person care, sensory issues and so much more!

I absolutely loved my job in the time I was there.

I have also worked in dementia care for 2 years and my job role was activity coordinator where I set up days

out with families and visiting coffee shops, going for walks and also being a hairdresser for my beautiful members and doing sensory therapy.

We moved over to Australia in December 2022 and we love the summer life here! We still have so much more to do!

I am currently living in Croydon a place called the "Range". I am married to Richard who works for APS and we have 2 beautiful girls called Amelia and Anya, who go to Chirnside primary school.

My interests included shopping, holidays, camping, swimming, running, events and spending time with my family.



WELCOME MICHAEL

I arrived in Australia with my parents in 1957. After several moves, we settled in Lilydale in 1960 and I have been in this area ever since, doing primary school at St. Patrick's and secondary at Mooroolbark Tech.

In my late teens, I embarked on a sales career and this was my profession till retirement in 2017. I loved every minute, and my role enabled me extensive travel around Australia and included several trips to China. I have also been to Europe five times visiting Germany, Austria, Iceland, and several other countries.

I also spent 8 years in the Army Reserve from 1970 to 1976. I was a driving instructor with the Amphibious section, driving DUKWs and LARCs.



I live in Mt Evelyn and have been married to Monica for almost 47 years. We have two children, Paul and Katherine who have two boys and two girls respectively. We see them as often as we can. What grandparent does not love their grandchildren?

Since retiring, I have been to Germany (I speak fluent German) and a week in Hawaii with my son. To keep busy, I drive trucks and loaders for a local sand and soil yard and of course, drive the bus for Caladenia.

I love driving the bus as the people I pick up and interact with are really terrific. The staff are exceptionally friendly and really care for their guests.

I look forward to continuing this wonderful experience.



DIARY DATES

Friday 29th September

CLOSED for AFL Grand Final Parade

Friday 3rd November

Trivia Night



Tuesday 7th November

CLOSED for Cup Day

Monday 11th December

Members & Carers Christmas Party

Thursday 21st December

LAST Program Day

Monday 25th December

CLOSED for Christmas Day

Tuesday 26th December

CLOSED for Boxing Day

Thursday 4th January

FIRST Program Day

LILYDALE CFA VISIT *By Ingrid Gasson*

In August, we were lucky enough to be the first social group to visit the Lilydale CFA fire station for a discussion about the history of the Lilydale Fire Brigade.

We had a great morning with three Fire Captains speaking with us. They spoke to our group about the evolution of the brigade and the changes in fire equipment over time, the differences in helmets and uniforms depending on ranking. We learnt about the very first Captain, Joseph Smith. Joseph Smith passed away on duty in 1906 (his first time out in the field), and the Brigade are working towards commemorating Smith and his wife Isabella with a special plaque.

All of the Caladenia Club Members were highly interested and engrossed in the history, and comments included "never knew that" and "wow didn't know the CFA even did this".

One member even got the opportunity to climb into the driver's seat (quite a climb), use the CB radio and put the lights on. When dismounting he exclaimed that this is just "awesome". Others were interested in the mechanics of the newer "pumper" truck and how it makes the firefighters work that little bit easier.

During the tour we learned that when the crew get the emergency signal they have approximately 25 seconds to be on the truck (no sliding down poles like in the movies either, one person did ask) it was interesting seeing how their clothes were set up for a quick exit e.g trousers already inside boots for less time being wasted. These trucks were very impressive, learning which ones are used for country vs city fires.



Finally, we all gathered at the fire bell at the front of the station and were told the story of how Dame Nellie Melba rang the bell to signal to the people in the town of Lilydale that WW1 had ended. Unsurprisingly, most of the group insisted on ringing that very same bell loudly.



We also had the opportunity to gain some important home fire safety information which was appreciated by all, working smoke alarms being most important.

On the way home on the bus there was a lot of chatter; "what a wonderful day", "didn't even know they were there", "wait till I tell the grandkids I rang the same bell as Dame Nellie", my favourite truck was the pumper", "can't believe it cost nearly a million for that new truck, wow".

Lilydale CFA, Thank you so much for your time we loved every minute of it, the sirens and lights were very welcome.

WELCOME NEW VOLUNTEERS

Tracy Morcom, Meryl Hodges, Cheryl White, Shirley Dobie, Leanne Timms, Lynn Ford, Jenny Beale, and Helen Wood. Thanks so much for joining the Caladenia Team!

Farewell Marg. Marg Allen started with Caladenia as a Volunteer in 2014, but had worked as both a Program Leader and Activity Assistant for 15 prior to her 9 years of Volunteering with the Thursday Program. Marg started as an Activity Assistant for the brand new Altitude Club, and then took on the Program leader role on a Friday. Marg has been an invaluable staff member and volunteer, and we will miss her sense of humour, her dedication to the members, and her incredible skill at actively listening to any member who was telling their story. We thank you Marg, and hope you will stay in touch.

THANK YOU TO ALL THE FOLLOWING GENEROUS DONORS:

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