



UnitingCare

John Macrae Centre News

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Our centre is supported by funding from the Department of Health under the Home and Communitate Care programs.

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Copies are available for downloading from our website

NOTE FROM THE PROGRAM DIRECTOR

Welcome to our Autumn Edition.

What an interesting start to 2013, both the heat and rain caused all sorts of problems with the environment, traffic and our health too! Let's hope that there will be more stable weather to come, not just in Melbourne but all over the world.

It is that time of year again when we ask for your information to be updated and also for your feedback via our survey. Some of you have already responded, we thank you for that. Please take a few minutes to complete and return both documents. If you have misplaced or not received your update form or survey please let the staff know.

It is very important for us to be up to date and to be aware of any issues or suggestions you may have so that we can improve our service.

Here's a quick recap on the last three months. December saw us celebrating Christmas with five special lunches and concerts to help set the mood. Rev Morag shared the Christmas story with each of our groups. After a short break we celebrated New Year's Day and Australia Day with more concerts and special food. In February we enjoyed some chocolate treats for Valentine's Day. The museum brought along their collection of toys and we shared some lovely photos of our childhood and all the memories of our teenage years especially the Sweet 16's. Ten of our Thursday group members went out for a special concert at the Will Sampson Centre which is usually good value.

Dates for your diary

The centre will be closed on
Monday 11th March for Labour Day
Friday 29th March for Good Friday
Monday 1st April for Easter Monday.
Thursday 25th April Anzac Day
and
Wednesday 8th May Staff Training

We did a bit of housekeeping as well with all our electrical equipment being checked and tagged, checked for asbestos, introduced a new OH&S manual, fitted a cleaner's sink and cleaned the garden. There is always something to do!

Now for what's to come- we have lots of interesting things planned, including Easter Celebrations, ST Patricks Day, Anzac Day and Mother's Day. There will be Floral Arrangement activities, four concerts per month including a Liberace impersonator. All in all the next three months promise to be full of interesting and fun things to do as well as lots of music to enjoy.

We are hosting a fundraising event on the 17th of March, details on page 3.

Happy Days!

Katrina Szabo



Bills Ginger Bread Dunny was a winner with everyone



Update from the Board of Governance.



Welcome to 2013, a new year, and I hope a happy and successful one for all.

Thanks everyone for the Christmas donations, all of which has gone to improve our Sensory Garden which gives much pleasure to our members.

The Board of Governance with much assistance from Katrina are preparing for an Accreditation Review of the centre. This review is based on a set of common standards, which all services like ours have to be measured against. Our review will take place in May. We thank you in advance for any part you may take part, for example; by giving consent for the reviewers to look at your file and taking part in a survey.

By now you will have received our invitation to the afternoon soiree on the 17th March "DAVID McCAUGHY ----a LIFE" delivered by Sarah Martin followed by light refreshments. We hope you are able to attend this fund raising function.(copy of invitation forms part of this newsletter on page 3)

Netta



Christmas lunch with the Wednesday program members and visitors

Carers Meeting- report and update

The carers meeting were held on the 20th of February with 12 carers including four new comers in attendance. There was a lot of sharing of information about respite options, looking after yourself and continence issues. The open forum allowed the carers to share their concerns and ideas. Lots of exchanges of telephone numbers for future reference and possible support .The group enjoyed a lovely afternoon tea provided by Bill. There was lots of positive feedback at the conclusion of the meeting.



Our next meeting will be on the Wednesday 15th May 2013;

A Peer Educator from COTA will facilitate a session on "Medicines and You"- you will learn about your health and medicine options, how to effectively discuss options with health professionals and manage your health.

Invitations will be sent out closer to the day. A JMC board of governance member will also be present for any feedback or issues you wish to have raised at the meeting.

Katrina Szabo



Time for a dance after lunch

STAMP COLLECTING



Would our readers kindly save any used stamps and drop them in to the centre, we are collecting them as a fund raiser and for craft activities.

FUNDRAISER INVITATION

The John Macrae Centre council warmly invites you to hear **Sarah Martin** “**Davis McCaughey – a Life**”

On Sunday 17th March at 3pm
To be followed by light refreshments.

Sarah, an excellent speaker, will give us insights into her well-researched biography of a fascinating subject: Davis McCaughey was the Master of Ormond College, first President of the Uniting Church in Australia and Governor of Victoria.

Please complete the slip below if you would like to attend.

All enquiries to John Macrae Centre Phone 9829 0320



Acceptance Form ✂ -----

Name: _____

Address: _____

I/we would like to attend the afternoon with Dr Sarah Martin and enclose cheque for \$..... for tickets at \$25 each. Please make cheque payable to **John Macrae Centre** and send to the above address.

Receipts will be available at the door.



Enjoying the sun shine

Program Themes



March
Autumn



St Patricks day

Easter



April
Anzac Day



May
Mothers Day



Volunteer News

We have vacancies for a jockey on Tuesday at 3 pm , Wednesday at 9.30am and 3.45pm, Friday 10 am and 3pm we would also welcome anyone wishing to be on our bank, to cover when jockeys are away across the week. We would appreciate the help of a Kitchen hand on Mondays and Thursday for approx. 2 hours.

We could also use the assistance of relievers for lunch time duties, between 12 and 2.30 Relievers for Solo and scrabble would also be welcome for Tuesday, Thursday and Friday

Please call 98290320 and speak to one of the staff if you are interested in volunteering.

Riddles

1. Walk on the living, they don't even mumble, step on the dead, they mutter and grumble. What am I?
2. what starts with the letter E and ends with the letter E and only contains one letter?
3. when you are below me you cant breathe but you wont immediately die, when you are above me you can breathe, what am i ?

Summer edition Riddles -answers

1. In Spring I look happy, deck'd in comely array, in Summer more clothing I wear; when colder it grows, I fling off my clothes, and in Winter quite naked appear. What am I? **Tree**
2. Two bodies have I, though both join'd in one; The stiller I stand, the faster I run. What am I? **Hour glass**

We value your feedback!

Suggestions and comment forms are available at the centre located on top of the piano . Or you can send a letter to our Chairperson or the *Aged Care Complaints Scheme*:- 1800 550 552

<http://agedcarecomplaints.govspace.gov.au/concern/>

Important telephone numbers and sites

Public Advocate :- 1300 309 337

<http://www.publicadvocate.vic.gov.au/about-us/189/>

.....and the fundraising continues

Thank you to those who have already contributed towards the Sensory garden fund raising effort, we have a long way to go yet and every little bit helps. Please call Katrina for further details 98290320



Donations can now be made by credit card

Donations to the John Macrae Centre can now be made through Share Community Appeal by completing and sending the following:-

Please accept my gift of \$ _____

Please find enclosed my cheque/ money order made payable to SHARE,

Please debit my credit card:

MasterCard Visa Amex

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Expiry date: ___/___

Care holder's

name _____

Card holder's signature _____

Please send my tax-deductable receipt to the following address:

Name _____

Street _____

Suburb _____ State _____ PostCode _____

My gift is earmarked to:

John Macrae Centre

Post your donation to:

Share Community Appeal

PO Box 24154

Melbourne Vic 3001

or you can donate on line

<https://secure.donman.net.au/client/shareappeal/Donate.aspx?InitialArea=2&InitialCampaign=JMCC>

OR Cut here ✂ -----

--I would like to support John Macrae Centre by donating \$.....

Name:.....

Address:.....

.....

Post to: John Macrae Centre,
603 Toorak Road, Toorak Vic 3142, or you could Direct Debit to:

Bendigo Bank Account

BSB-633000 Account 147521801

If you EFT -Please email us with your donation details including you address so that we can send you a receipt.

All donations over \$2 are tax deductible