



UnitingCare

John Macrae Centre News

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Copies are available for downloading from our website

Winter Edition.

NOTE FROM THE PROGRAM DIRECTOR

Every time I come to write my little piece for the JMC newsletter I can't believe how quickly the three months between editions have passed. All the leaves have fallen off the deciduous trees and the sun is not seen for days at a time, but we always have something to smile about.



I would like to thank everyone who participated in our yearly survey and to those of you who also completed the Department of Health Survey. All feedback is useful, as there is always room for improvement. Some suggestions which came out of the survey was to have member meetings, have more salads on the menu, more entertainment, speakers, films, musicals, bingo, singing, outings and craft. More feedback was given by the accreditors who visited on the 27th May. The Centre's policies, procedures and processes were reviewed and I am happy to report that we did very well. There were a few things they suggested we can improve on but all in all, our program passed with flying colors.

So that we can maintain our quality services we ask that you keep telling us what we are doing well and what we can improve on.

Over the past three months the Centre has celebrated Easter, Anzac Day and Mother's Day. We are also featuring an ever changing (like the weather) backdrop; this has been enjoyed by all as they spot the differences each week. Our lovely volunteer florist, Virginia, helped us arrange flowers for St Patrick's Day and Autumn. Museum Victoria brought items to help reminisce about working around the house.



Dates for your diary

The centre will be **closed** on **Monday 10th of June 2013 for the Queen's Birthday Public Holiday**

A speaker from COTA talked to our Monday group about Depression and anxiety and we were entertained by a number of fine musicians including guitarists, violinist, pianists and vocalists. All in all, we have enjoyed three months of good food, good company and lots of fun & games.

The next three months will see work start in our garden. We will be needing volunteers to help with some of the work; we will also be removing some of the agapanthus, so if you are interested in helping or taking some aggies let one of the staff know. As far as the program goes there will be more music, more food and of course more fun and laughter. Until next time keep warm, keep dry, and keep smiling.

Katrina Szabo



Working on the autumn flower arrangements PS. Our Spring Dance is coming up on 24th of September; we are calling once more for donations towards the raffle and door prizes. If you can help with canvassing for items from local businesses please let us know so that we can provide you with official letters of request.



Update from the Board of Governance.

As I sit and contemplate and look out of the widow and realise autumn has passed, the leaves have changed colour and are all lying on the garden beds waiting to be swept away leaving room for the new shoots of spring and another cycle of nature. Our March Soiree was a successful one. Dr Sarah Martin entertained us with a talk from her book, Davis McCaughey --A Life. Drinks and finger food and lots of informal questions followed this for our guests. Thanks to Jenny Stewardson for hosting the function.

As reported in the last edition, we are going through an accreditation process. The review was conducted at the centre on the 27th of May by two accreditors. Congratulations to Katrina, the staff and volunteers, as we met most of the standards. We, the Board, have a few policies and procedures to review to meet the new Community Care Common Standards.

These relate to administrative processes and paperwork methods, our member's activities program passed with flying colours and received commendation.

During this winter, please keep warm, consider flu injections and keep healthy.

Netta

Our members enjoy a lovely cake on their birthday or as close to the day as practical.



Happy Birthday Peg-(in May)

Carers Meeting

- report and update

The carers' meeting was held on the 15th of May with 7 in attendance. A Peer Educator from COTA facilitated the session on "Medicines and You"- There was a lot of sharing of information about what Medication is and things you should be aware of, as far as taking and storing them safely. The group was given information to take home.

There was lots of positive feedback at the conclusion of the meeting.

Our next meeting will be on the Wednesday 14th August 2013;

A peer educator from COTA will facilitate a session called "Maturity Blues." The focus is on Depression and Anxiety, ways to identify and prevent depression and what you can do to stay mentally healthy. 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



Museum Vic staff with washing days items on display

Introducing.....



Picture Memory game with Andras on the floor flipping cards.

Hello everyone,

This is a brief depiction about myself for those who would know little or nothing about me.

My name is **Andras Jakab**. I was born behind the Iron Curtain in Hungary.

My career started at art school where I studied different art forms including performing arts. While working in theatres, I attended a University for the Education of Handicapped Children. I worked with deaf people and my special interest was to teach dancing. My wife, Veronika and I migrated to Australia over 20yrs ago. We have two sons, Matthew and Daniel. My wife is a Registered Nurse and our sons are both attending university. I have worked with people with a variety of disabilities for several years. As another point of interest, I studied Information Technology (IT) business and management.

Due to the fact that I find working with aged people most rewarding I recently attained a Diploma of Leisure and Health.

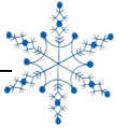
I have been working at JMC for seven months as an activities assistant. I hope this brief intro has helped you to get know me a bit better. I am looking forward to seeing you around the Centre.

Andras



We value your feedback!

Suggestions and comment forms are available at the centre located on top of the piano. If you have a complaint and can't talk to one of the staff you can send a letter to the Chairperson of our Board or call the Department of Health 8765 7520



Program Themes



June

Winter

Queens Birthday

July
BUGS



Winter Parties

Volunteer News and vacancies.

We were sorry to say farewell to Annabel who has been helping out on a Thursday with our Solo group. She was promoted at work and has University studies to concentrate on. We wish her continued success. Anyone interested in playing Solo will be very welcome to fill the vacancy. We are pleased to welcome Julia and Cas, both helping in the kitchen .Julia on Mondays and Cas on Thursdays. We hope you find your time with us rewarding and enjoyable.

Our Monday walking group would benefit from the assistance of a volunteer from 1:30 to 4:30

We also have vacancies for a jockey on Tuesday at 3 pm , Thursday at 10am and 2:30pm, and Friday 10 am and 3pm

We could also use the assistance of relievers **Please call 98290320 and speak to one of the staff if you are interested in volunteering.**





Norma with her autumn arrangement



.....and the fundraising continues

Thank you to those who have already contributed towards the Sensory garden fund raising effort, We have already raised over \$5000 but we need more to complete the glass house and extend the raised garden bed. We have had a land scape designer come along and show us the preliminary plans, which will also include a water feature. We have a long way to go yet and every little bit helps. To help reduce costs we will also be calling on helpers when the work starts. Please call Katrina for further details 98290320



Riddle me this.....

- 1. Why do birds fly south in the winter?
- 2. What is always coming but never arrives?
- 3. From the beginning of eternity To the end of time and space To the beginning of every end and the end of every place. What am I?

Autumn edition Riddles –answers

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

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: ___/___

Card holder's

name _____

Card holder's signature _____

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

Name _____

Street _____

Suburb _____ State _____ Post Code _____

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 use 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

