



**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.

**December 2013 Issue No.29**

**Copies are available for downloading from our website (see above)**

Summer Edition.

## NOTE FROM THE PROGRAM DIRECTOR

I cannot believe that we are coming towards the end of the year, where have the days gone? I hope as you reflect on the days and months past that you feel satisfied with all you have achieved or took part in. As far as the centre is concerned there are a few things we are very pleased to reflect on.

Of all the fun and interesting things that happened over the past 12 months, I think you will all agree that the Spring Dance held in September wins hands down. People are still talking about it and I know are looking forward to next year. The other good thing is the work on our beautiful garden. It is really looking healthy and is thriving; thanks to our gardener, the hard work done by the designer and landscape gardener back in July as well as the financial support we received from all of you.

To show our appreciation and to thank our volunteers and supporters we are holding an afternoon tea on the 5<sup>th</sup> of December. If you did not receive your invitation and have either volunteered or donated to the centre, please be sure to let us know as we would hate to leave anyone out or find we sent your invitation to the wrong address.

Speaking of celebrating, on the 28<sup>th</sup> of November we held our first 100<sup>th</sup> birthday Party in over 7 years, it was a little delayed but it happened with all the balloons, favourite food, cake and presents.

Over the past three months the members have been entertained by a

variety of musicians including some very talented up and coming young students from St Cath's. We enjoyed a visit from Museum Victoria with their Dinosaur collection of bones and fossils. We also celebrated the spring carnival with our own races and fashions on the field.

On the week of the 16th of December JMC will be holding its Christmas and break up parties that will include a traditional lunch as well as music and dancing.

As we prepare for the lead up to Christmas and the Summer holidays, on behalf of myself and all the staff I would like to wish you all a very Merry Christmas and a happy and healthy 2014.

Katrina Szabo



*Racheal and John Sharpe at the dance*

***“How do you spell -love?” Piglet  
“You don’t spell love, you feel it” Winnie the Pooh.***

## Update from the Board of Governance.

The last 3 months have been filled with activity for the committee and the staff.

The Spring Dance was a great success for Katrina and Staff. We danced the afternoon away, ate a nice lunch and were entertained by foot tapping music. Then the Annual General Meeting held on the 17th October was attended by staff, supporters and committee members. Our guest speaker Marion Lau, spoke on the role of the Victorian Multicultural Commission and the type and level of Aged Care available in Victoria. It was a very informative talk with questions taken at the end of the presentation. The meeting concluded with Bill's special canapés and refreshments. I attended the Carers Meeting in November on behalf of the Committee, the COTA presentation was well received and our carers only comment for me was to keep the centre programme as is, it was satisfying the need of our members.

Those of you who are available please join us on the 5th December for afternoon tea which will be our way of celebrating International Volunteers day, and to thank all our volunteers and supporters.

We wish you all A MERRY CHRISTMAS AND A HAPPY, HEALTHY AND PROSPEROUS 2014.

Netta



## *Introducing our longest attending member:-*

*Miss Gay Fryer.*

*Gay has been attending our coffee group on Tuesday mornings from July 2002. She has enjoyed having morning tea at the local coffee shops as well as the high tea Bill puts on at JMC.*

*We asked Gay to share her earliest memory with us- My happiest time was when I was a little girl and stayed with grandma and*

*auntie Beryl. Grandma had a big house in Hawthorn Grove. My grandma brought me a lovely chair when I was very little.*

*Unfortunately my grandmother died and my father sold the house. I wish we still had the house as it holds so many happy memories for me.*

## **Carers Meeting - report and update**

**To Celebrate Carers Week in October** we held a get together over lunch at gallery café (next door to JMC) Only 6 carers managed to take part but it was a pleasant afternoon and new friendships have formed as a result..

The carers' meeting was held on the 20th of November with 12 in attendance. Pamela Joy from COTA facilitated the session on "Beyond Maturity Blues"- There was a lot of sharing of information about depression and anxiety as well as strategies to get help and support. The feedback at the conclusion of the meeting was very positive.

**Our next meeting will be on Wednesday 19<sup>th</sup> Feb 2014**

**This meeting will be an open forum for cares to come along and share ideas and strategies.**

Invitations will be sent out closer to the day. A JMC board member will also be present for any feedback or issues you wish to raise.



*Marion Lau and Jenny Stewardson*

Spring Dance 2013 was a terrific success!



Mayor of Stonnington Cr Koce & Marj



Bronwen, Louise Trish and Katrina



Carers and members at the dance



Anne Stock with JMC cup creation

**Volunteer News and vacancies.**  
**Drivers Wanted – on call or regulars**  
**Tuesday from 3pm**  
**Wednesday from 3.45**  
**Thursday from 2.30 and**  
**Friday from 3pm.**



We are also looking for regular and relief volunteers, as jockeys, kitchen assistants and program helpers including Solo and Scrabble players.  
**Please call 98290320 and speak to one of the staff if you are interested in volunteering.**



**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

### **Dates for your diary**

**Celebrating our Supporters and Volunteers on International Volunteers Day 5<sup>th</sup> December with An Afternoon Tea**  
**If you would like to join us please RSVP on 98290320 by 3<sup>rd</sup> Dec**

**The centre will be closed for Christmas and New Year's Celebrations from 4pm Friday December 20<sup>th</sup> and reopen on Monday 6<sup>th</sup> January 2014**



**....and the fundraising continues**  
Thank you to those who have already contributed towards the Sensory garden fund raising effort. We are asking for further support to complete the glass house , watering system and water feature. Every little bit helps.  
Please see page 4 how to donate

## Summer Competition

Would you like to have lunch at the John Macrae Centre, experience an hour or so at the centre with our wonderful staff and program members then enter our competition.



### How many words you can get out of "don't worry be happy"

Once done drop your answers in or send to the centre. Good Luck.

### Riddle me this....

1. I am taken from a mine, and shut up in a wooden case, from which I am never released, and yet I am used by almost everybody.
2. You will find it once in summer and twice in Autumn. what is it?
3. What goes round and round the wood but never goes into the wood?



### Spring edition Riddle Answers

1. You use a knife to slice my head and weep beside me when I am dead. What am I?

**An onion**

2. I'm the part of the bird that's not in the sky. I swim in the ocean and yet remain dry.

What am I? **a shadow of a bird**

3. I am weightless, but you can see me. Put me in a bucket, and I'll make it lighter. What am I? **a hole**



a cheque to keep our bus on the road was gratefully received from the Bendigo Bank Prahran Windsor branches.

## 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 \_\_\_\_\_ 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 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

