

September 2013 Issue No.28

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

Spring Edition.

NOTE FROM THE PROGRAM DIRECTOR



As cold and wet winter was this year and as sick as some of us got, most of us enjoyed good health and some very pleasant weather.

In July our garden took on a new and fresh look, thanks to all the generous donations we received and the hard work put in by talented young garden designers and gardeners. Volunteers were also utilised to help with the less laborious work as well as the hours put in to pressure wash the pavers. Everyone is very happy with the garden. Our members planted into three wheelbarrows with a fourth still to be done. The Hartley's program have planted some seeds into seed raising mixes in a portable glass house, now we wait to see how well they do before planting them into our new raised garden bed. As far as decorations go, there are strategically placed ceramic birds, a bird feeder, a wind chime and a gnome.

The next phase of our sensory garden project will be the irrigation, glass house and water feature. This will need to get sorted before the hot weather. We are also hoping to have shade in the front and back gardens, terracotta pots, gnomes, a garden bench and other decorations.

Over the past three months the centre has been as active as ever with usual music, fun and games. We celebrated winter with a week of parties. A visit from Museum Victoria with their BUG collections of dead and live creatures was amazing; the program included feeding a praying mantis with a grasshopper. A volunteer from the Vic Art gallery presented Monet with slides and information on his life and stories behind

each piece of art. St Cath's students presented a variety of items, including music and poetry during their lunch time and the St Kevins students have been providing community service on Wednesday afternoons

The Spring Dance preparations as well as the Dance on the 24th of September (see page 3) will take up most of the month. This will include flower arranging for the tables, and making the decorations for the hall. We acknowledge the \$4400 grant from Stonnington Community Grants towards the dance.

Our Annual General Meeting will be held in October (invitations will be sent out closer to the date). Also planned are the Carers week lunch in October and Carers meeting in November.

With all these meetings and visits to our centre coming up I hope you will take the opportunity to walk around the garden and stimulate your senses.

Happy Spring everyone!

Katrina Szabo



Working on the wheelbarrows



PS. we are calling once more for volunteers, and donations towards the raffle and door prizes for the dance

Update from the Board of Governance.



Welcome to spring, a time of hope and renewal. I trust all our readers had a healthy winter and kept warm through all those cold and damp days

We thank all who contributed to the Sensory Garden that is now almost completed. Next time you are at the centre have a walk around and see the changes made to the way the plants are arranged in the specific groups that are specially designed to stimulate all our senses.

Katrina and the staff are starting to organise the Spring Dance which is to be held on the 24th of September and we hope you can come. Last year the dance was enjoyed by all “young and younger”.

The Annual General Meeting is being held at the Centre on Thursday the 17th of October.

Our guest speaker for this year is Marion Lau OAM.JP .Marion is going to speak about her role as a Community Representative Commissioner with the Victorian Multicultural Commission.

We look forward to having our supporters and friends join us on this occasion.

Netta



Update from the Kitchen

Bill is back after 5 weeks of R&R. While Bill was away Helen from Uptown Catering filled in very nicely . We thank her for her hard work and delicious menu.



Helen in the kitchen

Carers Meeting - report and update



To Celebrate Carers Week we will be holding a get together over lunch.

When:-On Tuesday the 14th October at 1.30

Where- at gallery café (next door to JMC).

Cost- a small grant from Carers Victoria should cover the cost however there may be a small contribution requested if the interest is high .**Respite-**your loved one will be welcome to join the program for a cup of coffee and cake and activities while you are at lunch.

Please let me know if you are interested in attending, invitations will be sent closer to the date.

The carers’ meeting was held on the 14th of August with 12 in attendance. A Peer speaker from COTA facilitated the session on “Be Active Your Way”- There was a lot of sharing of information about how important it is to exercise.

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

Our next meeting will be on

Wednesday 20th November 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 member will also be present for any feedback or issues you wish to raise.

Katrina Szabo



Members enjoying the afternoon sun



Volunteer News and vacancies.

We were sorry to say farewell to Julia who has been helping out on a Monday with our Hartley's group. Julia will be going back to New Zealand, we wish all the best in her retirement and volunteering future.

We are pleased to welcome two new volunteers, Kate who is helping in the kitchen on Mondays, and Kathy who is working in our Walking group as well as the Wednesday and Thursday programs. We hope you both find your time with us rewarding and enjoyable.

We are 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



We welcomed two new casual staff members; Maddison Hunter and Seain Porter. We hope they both find working at the centre a happy and worthwhile experience.



Introducing Maddison Hunter student Nurse with Wednesday/ Friday member John Sharpe.

Dates for your diary



John Macrae Centre's 3rd annual

Spring Dance

Tuesday 24th September
11:30 am to 2:30pm

Toorak Uniting Church Hall

COMMUNITY EVENT

Featuring: - Lez Salisbury

*Light Lunch *Door prizes *Raffle

\$2entry

Bookings 98290320



Celebrating Carers Week

Carers Lunch

14th October 2013

If you would like to join us please call
Katrina 98290320

John Macrae Centre

Annual General Meeting

Thursday 17th October 2013

RSVP 15th Oct 98290320

The centre will be **closed** on
Tuesday 5th of November 2013 for
Melbourne Cup Day Public Holiday

Spring 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.



See how many words you can get out of "Is there a spring in your step?"

Figure out these riddles

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

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?

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

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

Winter edition Riddle Answers

1. Why do birds fly south in the winter? Too far to walk

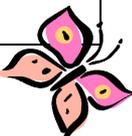
2. What is always coming but never arrives? tomorrow

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? the letter "e"



The grime and dirt is removed from all the pavers, with thanks to the volunteer with pressure washerand 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 and watering system and water feature. Every little bit helps.



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