

**Providing for the social and recreational needs of people with Alzheimer's Disease and related dementias, as well as the isolated and frail aged. Offering respite, support, advocacy and referral for carers.**



# CALADENIA DAY CENTRE INC.

**NEWSLETTER - SPRING 2007**

## A MEMORY LIVES ON

**A** wonderful lady named Joan Akhurst attended our dementia programs from April 2004 to January 2007.

Joan embraced life, learning and new experiences with a quiet enthusiasm. She loved coming to Caladenia and told us often.

She was knowledgeable, well-travelled and built up many relationships here with other members, staff and volunteers.

Joan was a great collector of so many different things – travel mementoes, books, cutlery, ornaments – pretty well everything imaginable!

Joan had great personal style and she had an eye for the quirky and interesting. When Joan moved into Supported Residential Care,



Caladenia was the grateful recipient of many of Joan's treasures along with three lovely display cabinets to show them.

Other items are in our theme boxes to be used in the programs; pictures on the walls, books on the shelves, pottery in the garden – the list goes on. Any items which could not be accommodated at Caladenia have been sold, either at our volunteer training day or at auction, raising in excess of \$2,000.

Joan died peacefully on

14th March this year but her memory is with us here as we enjoy some of her eclectic collections.

Thank you to Angus McKinnon Removals for their assistance with the large furniture and a big thank you to Joan's family, especially her daughter Josephine and son-in-law Stefan for having Caladenia in their thoughts.

**Annual General Meeting  
at Caladenia Day Centre,**

**11 Hilledge Lane,  
Mooroolbark**

**On Thursday October 25th  
at 7.30pm.**

**More information back page**

# Holiday Weekend at Marysville

**R**ecently Caladenia has been able to get funding for holiday weekends at Marysville. These funds have come from Uniting Care Community Options – and the Commonwealth Carer Respite Centre. We are very grateful to UCCO for funding the holiday program which has been a great introduction to overnight respite for the carers who have not yet utilised respite.

Our last holiday was in March this year. Four staff and six clients spent three days and two nights at a wonderful lodge called Nanda Binya, an idyllic mountain retreat surrounded by tranquil mountain scenery and enchanting birdlife.

We used Caladenia's bus and started our weekend by having lunch at the Healesville R.S.L. Once at Marysville we spent time over the next couple of days touring, which always includes buying our lolly supply at the old lolly shop in Marysville!

We visited Bruno's Art & Sculpture Garden, Steavensons Falls and, of course, the Mantirri Blueberry Farm where we always stop to get blueberry pancakes and ice-cream.

The lodge itself is very comfortable with large bedrooms and ensuites, dining area, lounge with wood heater, and outside decking for the



warmer days. This is where we spend time chatting, reading and feeding the beautiful rosellas that come down looking for crumbs.

Our hosts John and Briarley always make us feel welcome. The meals they prepare are delicious, of a high standard and very suitable for our needs.

We arrive home full of chatter and happy memories after these weekends, with most people wanting to put their name down for the next holiday.

Carers having their first break tell us of how they used their weekends to catch up with friends and family, go away themselves or to just catch up on some sleep.

Our next holiday has been booked for October and I'm looking forward to it already.

**Sally Bennett**  
Activity Assistant



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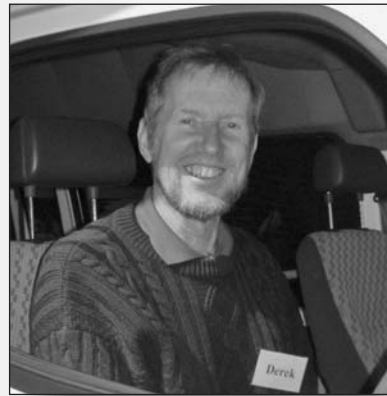
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ABN: 76 760 485 720

## Staff Profile – Derek Elmer

**H**i I'm Derek and I am the new part-time Bus Driver here at Caladenia. I arrived in Australia from London in 1957. Over time I married and have two daughters, now in their twenties.

I attended school at Box Hill Tech, after which I commenced work as a junior clerk at the Board of Works (now Melbourne Water) and stayed on for a little under thirty years!

My next six years were spent in my own cleaning and home maintenance business. Then a position of bus driver became available at the Shire of Yarra Ranges for community transport of senior citizens. Whilst working for the Shire I completed my Certificate III in Home and Community



Care, and was lucky enough to do my placement hours at Caladenia.

After seven years at the Shire my current position at Caladenia became

available. I am now driving the bus and helping out in the programs when needed.

I am enjoying the team spirit of everyone concerned with the centre and wish to thank everyone for making me feel at home.

## Alzheimer's National Conference 2007 - Perth



**C**aladenia was fortunate enough to be able to send four delegates to the National Alzheimer's Conference in Perth earlier this year. With funding from Uniting Care Community Options, Lynne Skate (Program Leader) Muriel Wilson and Faye Burke (family carers) joined me for three days on a "Journey of Passion and Purpose" which was the theme of the 2007 conference.

Faye and Muriel are caring for their husbands, both of whom have dementia. They were thrilled to have the chance to fly to Perth and meet with other carers, hear about advances in medications and research, as well as enjoy three days respite from their caring roles.

Arriving at the Perth Convention Centre was exciting, collecting our delegate bags, badges and sponsor goodies, and then joining the other delegates for the Opening Ceremony which featured welcome speeches, dancing and music, followed by a feast of local produce and wines. (Some of us particularly enjoyed the wines!). The following morning saw us at the Convention Centre bright and early. The Plenary Session opened (after welcomes) with a presentation from Andrew Watt. Andrew was in his teens when his father was diagnosed with dementia. Andrew candidly described his journey from denial to acceptance of his father's illness, and the loss of friends, withdrawal from his family, depression and substance abuse that were parts of that journey. Andrew was an inspiring speaker and reduced many of the audience members to tears.

We attended sessions on dementia friendly environments and on the use of technology to help people to live at home safely. We heard what it is that the "Baby Boomers" will expect from their aged care system and listened to a keen photographer tell us about his journey with dementia. We listened to financial advisors, and researchers from the UK and Germany.

The icing on the cake this year (apart from the Conference Dinner Dance that is!) was that Caladenia was asked to present a poster as part of a display that was held throughout the conference. We had some very positive feedback from people who enjoyed it

Looking forward to the next conference! Adelaide 2009!

**Sarah Yeates  
Coordinator**

## Congratulations:

Winner of our Easter Basket Raffle was Elaine Heath – a Thursday volunteer.

## Annual General Meeting

Caladenia's 2007 Annual General Meeting will be held on Thursday October 25th at 7.30pm.

Maree Lucas has accepted our invitation to be guest speaker. Maree is the Manager of Grevillea House at the Manningham Centre in Doncaster. Grevillea House is a purpose built building which offers dementia specific programs and more recently also offers overnight respite. "The Motel" is a flexible overnight respite model which offers five respite rooms – four for regular bookings and one emergency room. Clients can extend their day centre visit and stay a night weekly or a week occasionally. Maree is a passionate advocate for people living with memory loss and their carers.

We extend a warm invitation to you all to join us at the AGM to hear Maree's story which will give us lots of inspiration to work towards our dream of overnight respite here at Caladenia.

*Have you thought about becoming a financial member of Caladenia? A yearly fee of \$10 ensures your ongoing contact with the centre and gives you voting rights at the Annual General Meeting.*

## Acknowledgements

**Mega Mitre 10, Lilydale** – donation of plastic crates for program room

**Leesa Geere, Romantic Events Photography** – for the wonderful photo that was used on our Caladenia Poster at the Conference

**Darren Yeates and ANZ** – for volunteer time to upgrade and sort our computer/printer problems.

**Mooroolbark Bowls Club** – for the proceeds from the 15th Caladenia 1000 Bowls Tournament.

**Mooroolbark Theatre Group** – for ongoing generous donations

**Mic Wilson** – for donation of a baby doll for our raffle

**Mrs Phillipa Tully** – donation of Reader's Digests and National Geographic magazines.

We are very appreciative of the generous offer of donations in lieu of flowers from the families of the late Joan Akhurst; Marjorie Cope; Mac McKenzie and Renee de Jong.

**Department of Human Services** – for donation of Lexmark printer.

And thank you to all our fantastic donors and especially to those who responded so wonderfully to our 2007 Tax Appeal letter. Your generous support is greatly appreciated.



Yes, I would like to make a gift of:  \$50  \$75  \$150  Other \$ .....

Enclosed is my cheque / money order payable to **Caladenia Day Centre Inc.**

All donations over \$2.00 are tax deductible (DGR 900 237 377)

MR /MRS / MS / MISS / MR & MRS

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### *I am interested in the following:*

- Receiving Bequest Information
- Becoming a financial member
- Receiving an Annual Report
- Becoming a volunteer
- Receiving a Caladenia Information Kit
- Sponsoring an issue of the newsletter