

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 2008

CALADENIA CELEBRATES A QUARTER OF A CENTURY!



It was with great excitement that we ordered our 25th Birthday cake, organised a multitude of balloons and made out the invitations. Caladenia turned 25 this year, and we celebrated in style with a party morning tea complete with guests, cake, candles and entertainment.

We welcomed special guests Christine Fyffe, Member for Evelyn and Tony Smith Federal Member for Casey, as well as our Life Members Betty Horsbrough, Trish Maggs, George Hume and Anne Welsh. We were also joined by members of the committee, staff and volunteers.

What a morning! The Amazing Andy welcomed everyone, and led us through a rousing chorus of Happy Birthday. Trish Maggs was invited to cut the cake, and Lynn Reddaway – President of the Committee created much suspense when she drew the

Birthday Raffle – see results page 4.

Sarah Yeates – Co-ordinator made the following address:

“I will not talk for long this morning, but I cannot let today go past without a couple of words. 25 years ago tomorrow – 12th August 1983 – Trish Maggs and a small band of volunteers held their first Caladenia Club Day for 5 people living with Dementia. A quarter of a Century later – 16 staff, with 42 Volunteers and 9 Committee Members support our 62 Club Members who regularly attend the Centre.

In 1983 we were open one day a week – today we are open 5 days a week, as well as Thursday nights and 2 Sundays a month. Apart from providing activities for people living with dementia, and a program for the frail and isolated aged, we also provide support, advice and information to

family carers, training to volunteers, on the job training to students, and representation on both local and regional networks.

We are very proud of the work that Caladenia has done, and the distance we have come and we are very excited and optimistic about the future.

Trish – thank you for attending that meeting back in March 1983 and thank you for becoming the contact person for the first ADARDS support group in the East. As you yourself have said, or quoted before, Victor Hugo once asserted that “there is nothing so powerful in the world as an idea whose time has come”. Thank you Trish for making this idea your vision, and for assisting us all to make the vision a reality.

**Happy 25th Birthday
Caladenia!!!!!!!!!!**

Annual General Meeting

Thursday October 9th at 7.30pm

Caladenia Day Centre
11 Hilledge Lane, Mooroolbark 3138

**“The Changing Perceptions of
Dementia”**

Guest Speaker; Jane Verity –
Founder & CEO of Dementia Care
Australia – an information &
education organisation focussing on
the social and emotional aspects of
Dementia.

Lynne says Goodbye, and Bronwyn says Hello!!



August saw us saying goodbye to Lynne Skate who has been the Program Leader on a Monday, Tuesday and Thursday for the last 12 years. Lynne came to Caladenia as a volunteer 14 years ago, and applied for the job as Program Leader when it became available.

Person Centred Care is the newest phrase that describes best practice in the care of people living with dementia. Lynne was the embodiment of this concept, as every program she planned, and every activity that she ran was centred on our members.

Lynne also ably filled in as co-ordinator when I was on annual leave, and was Caladenia's "conscience" when it came to using the tumble dryer, turning off lights and heaters, and recycling all our scraps.

Lynne is taking off to Darwin for a holiday, and then has a trip to India planned for later in the year. We will all miss Lynne, we wish her well with this new phase of her life,

and hope that wherever her life takes her, it will not be too far away.

August also was the month to welcome our new Program Leader Bronwyn Baade.

"Hello everyone. I'm very happy to be a part of Caladenia and look forward to getting to know all of you who make it such a great place to work.

I have been employed in aged care, in various roles, over the past 10 years and have been drawn to working with people who are living with dementia, which has led me here to Caladenia.

After moving around for several years, I settled in beautiful Healesville about 15 years ago and live there with my two lovable dogs, Muffin and Georgie, 8 bantam hens and a rooster named Frank. My daughter is studying Teaching at University and is enjoying living in the "Big Smoke".

I love music and singing, reading and (occasionally) gardening. Luckily for me I am close to some very beautiful areas of bushland where I love to go walking."

We all warmly welcome Bronwyn to the team, and wish her well in her new role!

STRATEGIC PLAN

It has taken nearly 12 months, but with assistance from Nola Tudball of NLT Consulting, Caladenia's Committee of Management have finalised the Strategic Plan that will guide the agency through the next 5 years.

Various goals and strategies have been set – and paramount is the building of the Respite Centre, but the plan also looks at consolidating the agency, and preparing for the changes that growth will bring in the future.

I would like to thank all the members of the Committee of Management who participated in the many hours of work that have gone into this document

REGISTERED OFFICE:
11 HILLEDGE LANE,
MOOROOLBARK VIC. 3138

POSTAL ADDRESS:
P.O. BOX 685, LILYDALE VIC. 3140
TELEPHONE: (03) 9727 2222
FAX: (03) 9727 3787

EMAIL: caladenia@caladenia.com.au

WEBSITE:
www.caladenia.com.au

INC. NO. A0011 066C
ABN: 76 760 485 720

Respite Update

The Respite Centre project continues to progress. The Shire has advertised its intention to change the status of some of the land to the north of our existing grounds. This will enable the area of our lease to be extended, allowing siting of the new Respite Centre. Once this part of the lengthy process is complete we will be able to proceed to a VCAT hearing of objections to the Shire's planning permit. Caladenia's Committee continues its commitment to this Project.

New Volunteers

We welcome the following volunteers:

Maureen Rowland, Meredith Kent-Hughes, Sandra Cleary, Jean Hill and Jim Cantwell who plays the guitar for all to enjoy.

Volunteer Training Day

Caladenia has some of the most dedicated and hard working volunteers that I have ever met. So how do you reward great volunteers? You ask them to give up a whole Saturday to attend a training day and lunch!! It is a credit to our volunteers that over 30 gave up their precious weekend day to come and be here at Caladenia.

We had a very informative morning with a presentation from Deirdre Howard from Alzheimer's Australia Vic. Deirdre spoke on some of the more challenging aspects of working with people with dementia – and took us on a journey through some interesting case studies. There were plenty of chances for questions, input and suggestions.

After a cuppa we held an interactive session where volunteers were encouraged to give their feedback regarding various aspects of their role here at Caladenia. We asked about their induction and orientation, about day to day roles, and information sharing. It was a very informative session for the staff, and several suggestions have come out of it, one being a volunteer newsletter.

After a delicious lunch, which was not pies and pasties (much to everyone's surprise!!), Jennie Dickson from



Life's Compass guided the group through a session in Art Therapy. Jennie has been running some sessions for us in the Thursday Program, and it was terrific to be able to participate in the session ourselves, and to hear some of the reasons for doing Art Therapy, and the beneficial outcomes. Thanks so much to Jennie for a great session.

A big thank you to all our volunteers, you know we could not do it without you.

From Volunteer to President. What made me do it?

I first heard about Caladenia from its founder, Trish Maggs. We had chatted at various functions at the school my boys attended and where her husband, Norman was (and still is!) a legend. Because we were both former nurses we shared similar interests. When Trish told me about Caladenia and how she had started it and what inspired her to do it, I was most interested and she encouraged me to visit and perhaps become a volunteer. When I saw the place and met the staff and other volunteers I couldn't wait to start. Rosemary Mosley was in charge then, and her warmth and commitment to the staff and members made it a joy to go. We were all part of a great 'club' with great 'club rooms'.

Several years later I had to resign as my father, who was becoming frail needed my time. I was extremely lucky to have the association with Caladenia as the staff and committee gave me expert advice on how to deal with various problems so there was no loss of dignity for Dad in his last years as all of our members deserve.

During this time I kept up to date on the progress of Caladenia and always enjoyed attending the Annual General Meetings. Subsequently I was invited to nominate for Committee and was delighted and flattered to be accepted. To be part of a group of people who give generously of their various skills to Caladenia, is a pleasure. The building of the respite centre is our next goal. The building sub-committee have especially put in a lot of time and effort for us to take that next step.

Finally I would like to thank the staff and volunteers, led by Sarah. Their enthusiasm, warmth and commitment by our members continues the vision Trish had for Caladenia 25 years ago.

Let's hope we continue to achieve over the next 25 years.

Lynn Reddaway - President, Committee of Management.

John Hale - Committee of Management

John joined the Committee in October 2007. He was born in Sunshine and worked as an engineer with ICI (Orica) for 9 years then with Spotless for 31 years as Executive General Manager.

Having recently retired from fulltime corporate work John was able to accept the invitation by President Lynn Reddaway to join the Committee in October 2007.

John has served on many boards, currently an emeritus councillor of Australian Industry Group and director of Taralye Foundation. He served 6 years as Director of Western Bulldogs Football Club. His community interests are attending art classes; attending gym, personal mentoring of ex-employees, MCC Member, sport and of course his grandchildren.

John is married to Joan, have two sons and twin boys as grandchildren.





Special events

Caladenia was pleased to accept funding from HACC Eastern Region to do go towards a "Special Event". As

Caladenia has three distinct groups – it was decided to split the money three ways – thereby giving each group its own "Very Special Event".

One Friday in May, our Friday group for people with advanced dementia were very pleased to welcome Geoff from Farmyard Friends and his menagerie. Geoff was here early and set up inside our activity area, with several floor coverings, and a sturdy fence, then in came the animals! Two sheep, a calf, a cashmere goat, several chooks, various guinea pigs and two rabbits were our guests for the morning – along with their very own sheep dog. Our club members were able to sit inside the enclosure, and watch the animal antics close up. Those who wished to do so could feed and touch the animals, or cuddle the guinea pigs.

What a lovely morning for staff, volunteers and club members.

Our Thursday group for people with early dementia chose to spend their part of the one off funding on 8 sessions with an Art Therapist.

The group Welcomed Jennie Dickson from Life's Compass to the program with mixed feelings. It can be a challenge to put pencil to paper if you have never considered yourself "artistic". Jennie reassured the group, and stressed that the focus was on self expression, and the feelings and memories invoked by the session, rather than the end product.

Sessions included guided relaxation and visualisation concentrating on specific memories or aspects of self. "A family event", "Favourite Place" and "Me as a Tree" unearthed the talents of many of our group members. forward to the last few sessions, and displaying our work at the end.

Caladenia's Altitude Club chose to spend their part of the funding on a special bus trip. This group seldom goes on outings, as many group members are unable to access the mini bus due to frailty.

The staff organised the hire of a bus with a hoist, and the Altitude Club was joined by members of the Wandin "Out and About" group for a "Reminiscence Tour" of the City of Melbourne and surrounds. Many group members used to work in, or live closer to the City, and enjoyed seeing the changes that have occurred in the last few years, amongst them Eastlink and its new tunnels, Southern Cross Station, The Queen Victoria Market, Docklands, Telstra Dome and the MCG.

Acknowledgements

Joan O'Reilly Lilydale Florist – During National Volunteer Week 12 – 16 May 2007, each Caladenia Volunteer was presented with a flower – a 'small' thank you for a 'large' commitment! Sincere thanks to Liz and the staff at Joan O'Reilly Lilydale Florist for generously donating the individually wrapped flowers.

Mooroolbark Bowls Club – proceeds \$1958 as the result of the record attendance of teams at the Caladenia 1000 Bowls Tournament.

Mooroolbark Theatre Group –donation \$300

Callemondah Trefoil Guild – donation \$50

Cr Ken Smith, Shire of Yarra Ranges, donation \$500 to go towards replacing balustrading on the back verandah.

Dept Human Services, Eastern Metropolitan Region – special event funding

Thank you to: Mr J. Blanksby, Mr & Mrs R. Perkins, Mr & Mrs D. Graham, Mrs Ellen Howland and all of our donors – large and small. We really do appreciate your support.

25th Birthday Raffle

Congratulations to our winners –

1st Prize: Jenny West - \$500 gift voucher donated by Burdines Pty Ltd

2nd Prize: Linda Koppens – Lunch for 2 at Rochford . Donated by Rochford Wines, Coldstream

3rd Prize: John Hale – Flowers to Brighten your Day. \$50 worth of fresh flowers donated by Joan O'Reilly Lilydale Florist.



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

ADDRESS

POSTCODE

TELEPHONE

**For more information please telephone 9727 2222. Please return to:
CALADENIA DAY CENTRE INC., PO BOX 685, LILYDALE VIC. 3140**

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