



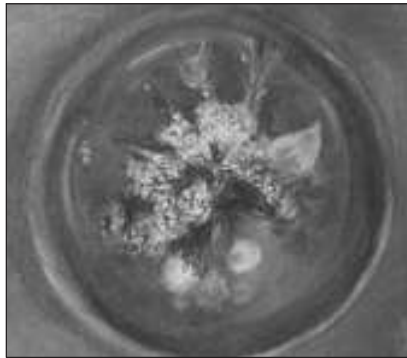
Caladenia Dementia Care

Providing superior services to enhance the quality of life for people living with dementia

S E P T E M B E R 2 0 1 0

Well for life project

For 12 months, Caladenia, Yarra Ranges Council and Golden Wattle Planned Activity Groups have been working in partnership to implement the Well For Life Project (funded by the Department of Health) in all our programs.



Caladenia partnered with the same agencies some years ago in the first round of Well For Life projects which focused on nutrition and physical exercise. For Caladenia the nutrition sessions were the catalyst for serving more salads, more vegetables with our meals, and the introduction of cheese and crackers, fruit and raisin toast as an alternative to chocolate biscuits (however delicious they may be!) at morning tea.

This more recent project has focussed on emotional well-being. Project Worker Terry made her first task a visit to each and every group – to speak to our club members about emotional well being, and to ask them “what could we do to improve this?” The answers were many and varied as you can imagine!

It was agreed to employ specialists to work across all the programs to implement a range of “complementary therapies” such as Art Therapy, Music Therapy, Singing for your Soul, Laughter Therapy and Brain Gym. As well as these activities running in the programs, staff from each agency were trained in how to run sessions themselves.

At Caladenia the music and the art have been running each month, and have been very popular with our club members. Art

Therapy has taken the longest to “jell” with our club members, the instant response from most staff and club members being “Oh! I can’t draw!” but as Julia the Art Therapist has grown to know our groups – so the guided art therapy has become more meaningful, more focused, and has had some terrific outcomes – in the last session everyone participated, and I didn’t hear anyone say they couldn’t.

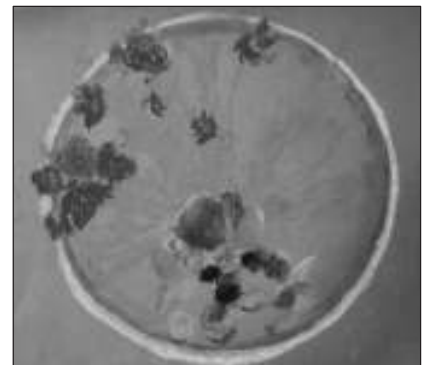
“Singing for Your Soul” has been very popular, particularly with our Monday and Thursday groups. So popular in fact that I had Catherine run a session for all the volunteers as well! The focus of these sessions was “to make a joyful noise” and not to be judged for singing ability. Don’t be surprised if you hear one or more of our groups burst out into 3 part harmony, singing a song in a totally strange language. Catherine had us doing that and more, all in under an hour.



But it was the Brain Gym that was particularly interesting. Brain Gym is a series of movements which draws on aspects of systems such as Educational Kinesiology and Acupuncture to encourage integration between the different areas of the brain, to increase blood flow and to promote the growth of new connections or pathways in the brain.

Brain Gym was conducted on a weekly basis for one of our advanced dementia groups, which consists of 12 members, 4 volunteers and two staff. The participants are aged between 60 and 80, with various impairments associated with dementia. When Brain Gym was first introduced to

this group it was in conjunction with an already established exercise program. The first 3 or 4 sessions took about 45 minutes (a session should take 20 minutes) with repeated instruction and explanations and having to physically assist participants into the correct positions. (and having to go back to some who were unable to hold the position).



After approximately 5 weeks the group more easily performed the positions although some still required physical assistance. Participants required only verbal instruction for a number of the Brain Gym positions.

The sessions have continued, and at this stage the majority of the group appear to remember most of the Brain Gym positions with minimal instruction or assistance, and are able to hold the position for the recommended time. It is clear that as the session progresses (now about 25 minutes) the group becomes calmer, more settled, and more focused. The effect of this appears to last for several hours. Brain Gym is still being used in conjunction with a regular physical exercise program.

It has been a terrific experience to have been involved in the Well for Life project, and many of the activities that were implemented seem set to carry on. We thank the Department of Health for the opportunity to be involved.

Sarah Yeates (Manager), Bronwyn Baade (Program Leader)

How to continue supporting Caladenia Dementia Care:

Caladenia Dementia Care provides much needed services for people living with dementia. We need your donations and help to fundraise to extend these existing services. We have been talking about expanding our services to include overnight

respite care for a while now. This can now become a reality with your help. We need you to partner with us in building this state of the art much needed Overnight Respite Care facility, the only one of its kind in the Shire of Yarra Ranges



HOW YOU CAN SUPPORT THE APPEAL

Our target is to raise \$1.7 million to build the Centre's new facility. We are confident that ongoing funding will be provided through Government. We know this sounds daunting but every bit helps. You will be sent shortly a Campaign Brochure outlining the project and what financial support we need.

There are many ways you can help us to achieve our \$1.7 million target. We

need to call on those of you, who can, to make a generous financial donation. We also need people to spread the word on this appeal to the local community who could possibly help. We need people to take on small ongoing fundraising projects which over time will build up to one of the \$5,000 targets. An example of this is Wallie, who has been busy making and selling fruit cakes raising money for her appeal. Wallie has already

raised \$879 and is well on the way to achieve that \$5,000 target. The Wallis Family has planted a plethora of seedlings of tomatoes and fresh vegetables which they are going to sell to raise money for Caladenia. We are encouraging everyone to think of something you could do to help raise \$5,000.

DONATIONS

Specifically we ask you to consider a larger investment than usual. We ask that you consider one of the amounts listed on the "Potential Giving" table. These donation ranges are from \$5,000 to \$500,000. All donations over \$5,000 will be recognised on the new Honour Board, which will be displayed prominently in the Centre.

Your donation will create a state of the art facility, providing service for

people in your community. Providing safe and familiar care while also providing peace of mind for families knowing their loved ones are being cared for in a familiar and safe environment.

All donations to the Capital Appeal will be guaranteed to go to bricks and mortar. All donations to Caladenia are tax deductible.

Potential Giving Opportunities	
The Centre	\$500,000
Lounge / Dining Room	\$100,000
Bedrooms (1-8 each)	\$100,000
Sitting Room	\$ 50,000
Reflection Garden	\$ 50,000
Respite Garden	\$ 50,000
Donor Recognition	
Gold Donor	\$ 25,000
Silver Donor	\$ 10,000
Bronze Donor	\$ 5,000
Donor	Under \$5,000



BEQUESTS

Why make a bequest to Caladenia Dementia Care?

We ask you to consider a bequest in your Will so that we can continue to make a difference to the quality of life of people living with dementia. Bequests enable us to fund major projects like the planned Overnight Respite Centre.

Your Will

The making of a Will is an important part of your planning; it gives you peace of mind to know that you have looked after your loved ones and friends, as well as alleviating the confusion that occurs when one's wishes are unknown.

It is important to make your own decisions about what happens to your assets. Many people today still die without having made a Will. You may not actually realise the total value of your estate, which you have built up over the years, especially with property prices having risen so much over the last 10 years. So we encourage you to please look after



your family first; however, there may be the opportunity to leave a bequest to Caladenia Dementia Care.

Contact Details

To help you leave a Bequest to Caladenia Dementia Care, your solicitor will advise about the wording and legal requirements.

The official contact details for Caladenia Dementia Care are:

Name: Caladenia Dementia Care

Address:

*11 Hilledge Lane
Mooroolbark VIC 3138*

Postal Address:

*PO Box 685
Lilydale VIC 3140.*

IN MEMORIAM DONATIONS

An In Memoriam Gift is a donation made instead of sending flowers for a funeral. It is a positive and thoughtful way to remember and honour the life of a loved one. The donation may be made at the time of the bereavement or any time later. You may wish to make an annual donation to commemorate the anniversary of the loss.

You may wish to consider Caladenia Dementia Care in the future if the unfortunate occasion arises. In Memoriam Gifts are individually receipted and acknowledged promptly. All donations over \$2 are tax deductible



Acknowledgements

Thank you to those who have donated since our last newsletter in May. We have received donations of over \$6000 from various sources, including “in memoriam” donations from the Thompson and Seddon families. Wallie Quittenton’s cake baking has been fantastic, as have former committee member Bill Borton’s donations of plants and other items resulting from his “downsizing” move.

Our members have had some wonderful entertainment to

help them get through the cold wet winter. We thank The Unforgettables, the Happy Wanderers, Happy Tones Music, Diana Mayne and her group, Jack the Music Man and Catherine Nolan for their contributions to our program.

Thanks also to Les Wallis for fine tuning our databases, and assisting with many other computer related tasks, and Shannon Reddaway from Studio Redd for his fantastic photography.

Our New Staff

Lynn Menhennitt

Lynn comes to us with many years of experience working as an assistant at Donwood Day Centre, which explains why she has fitted in so beautifully at Caladenia. We have all appreciated Lynn’s bubbly personality and friendly smile, and hope she will be with us for many years to come! Lynn is a local person whose interests include presenting marriage seminars, counselling and educating couples who are preparing to marry. She is a keen gardener and piano player and can often be seen going for walks around her local area. She is married with three children and eight grandchildren and her hubby Peter thinks that the grandkids are so much fun that they should have had the grandkids first!



Ron Batrouney

Ron is our other new staff member, working on a Monday and Tuesday as our regular bus driver, and filling in on other days as required. When he’s not delivering our members to Caladenia and home again, Ron’s interests include creating, repairing and restoring furniture, tending to his large garden, and making preserves, as well as spending time with his family. Ron has retired from his work as a food technologist and as a factory manager locally and overseas. On his work at Caladenia, Ron says that it reinforces yet another dimension of understanding real life. “Having provided 6 years driving service to Eastern Volunteers, Caladenia provides an important extension of that service with programs being executed in the most caring and thoughtful manner possible for its members” says Ron. We totally agree.



Vale - Jean Bamford

Staff, members and volunteers were saddened by the recent death of Jean Bamford, who had a long association with Caladenia.

We first met Jean when her mother Annie attended our programs. Later, when Annie moved to a nursing home, Jean became a Thursday volunteer giving 13 years of dedicated service. She shared some close friendships with other volunteers and members. Jean always had a smile for everyone, and down to earth way of dealing with stresses, she was often heard telling the staff “It’ll be right!”, “Don’t worry”.

Jean had a wonderful sense of humour and made everyone laugh, not just with her quick wit but also with her visual spontaneity. Jean was generous, always thinking of Caladenia, bringing in items of interest to share and discuss at the morning tea table with the members.

We will all miss her, and our thoughts go to Les, Jean’s Husband, and Jean’s family at this time.

She was a true lassie from Lancashire.

