

Health & Wellbeing Program Autumn Newsletter | June 2024



Happy National Volunteers Week!

We are proud of our diverse volunteers who support SMRC's programs. At Sky High Mount Dandenong, we enjoyed lunch, explored the gardens, and admired the views on a beautiful sunny day. CEO Rakesh gave a speech recognising our volunteers' dedication and contributions. Volunteers thanked Sylvia Wan, the Senior Manager of Aged Care and Carer Services, and welcomed her successor, Nicola Bull. Both managers supported the event and gave short speeches.

Many Volunteers shared their successful and inspirational stories of how they help older clients. Many volunteers appreciated SMRC for valuing and recognising them.

It was a joyous day, highlighting our volunteers' impact in the community.

Godette McGregor
Senior Coordinator –
Aged Care Volunteer Resource Management



Hello everyone,

I would love to take this opportunity to introduce myself, I am Nicola Bull, Nicky if I am good and Nicola if I am naughty. Normally known as the lady with the pink hair.

I joined the team at SMRC on the 13th May 2024 as the Senior Manager, Aged Care and Carer Support and I just want to say what a great opportunity I have been given to work with you all. Over the coming months I hope to get to meet many of you when I visit your programs and gain a greater understanding of the Health and Wellbeing Program and the many programs we run.

The team here in the office have been fantastic and extremely supportive which I am sure is something you would all agree upon.

Last month I had the wonderful opportunity to meet with our volunteers at the National Volunteer Day at Sky High Mount Dandenong. It was fantastic that the organisation is supported by so many wonderful volunteers offering true diversity; culturally, generationally.

If there is anything you would like to see us do or do better please do not hesitate to reach out, we welcome all forms of feedback.

Thank you once again for giving me this wonderful opportunity and I look forward to meeting many of you soon.

**Nicola Bull, Senior Manager,
Aged Care & Carer Services**



Support for Carers Program

Throughout the three months, our carers have been busy attending helpful information sessions, social outings and caring for their loved ones. Information on utility grants, carers card, carers payments, and fraud and scams were provided to carers. In the last three months, our carers attended the Carers Mingle at Attura Dandenong which was co-hosted by Carers Victoria in April. In May, clients travelled to Brunswick for an op-shopping day out, grabbing many bargains! Our carers are looking forward to a peer support meeting and bingo in June, as well as lunch at the Dandenong RSL. The Support for Carers Program continues to assist carers in other ways, such as counselling, flexible respite and emotional support.

W.M. is a carer for her husband, she quotes: "This morning, I wake up at 5am, after my morning prayer, I prepare breakfast for my husband and helped him with his needs, to be able to join you for this meeting. I am a stronger woman now, I can manage my time better, I am resilient and doing the best I can for my husband."



Centre-based Respite

There has been a lot of fun on Saturdays at SMRC, while providing a weekly break to our carers. Our clients have been participating in a lot of exciting activities, while morning tea and yummy lunches are provided. Over the last couple of months, staff have planned activities based on our clients' interests. Just a couple of weeks ago, clients celebrated the King's Birthday by wearing bedazzled crowns.



The Hive

Easter fun at the Hive

The Hive likes to celebrate the week of Easter with Egg and Spoon Races and traditional Chocolate Egg hunts. This year we added Pumpkins into the prize pool!



Multilingual Signs

We have now bought in multilingual signs at the garden so everyone can identify the plants we are growing especially the unusual varieties bought in by our clients and not normally found at the local grocery store.



Games and Workshops

The Hive is about learning and having fun with friends. We enjoy interesting workshops on many different horticultural topics from Lou, and we play and laugh along with many, many games!



Sri Lankan New Year

We celebrated Sri Lankan New Year at the Hive with games like Pass the Parcel interspersed with various games and activities like sharing special moments and playing Thread the Needle. AND of course we enjoyed wonderful Sri Lankan food! Everyone loved the Milk Rice with thanks to Merina's Mum. A lovely way to see in the Sri Lankan New Year!



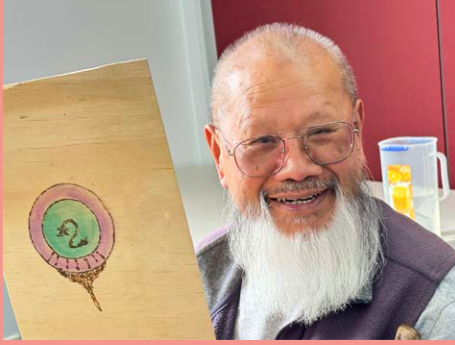
Testimonials:

'It's a fine day. Working in the garden is a pleasure. It is the best treatment that nature can give us! Mei Fang brought dumplings and snacks and let me know the difference between Bianshi and dumplings.' Wan

'Thank you to choose the Alfred Nicholas memorial garden as a day trip for us. Everyone enjoyed it. We took a lot of amazing and beautiful photos. I think all of us loved them. Asher did hard work to help Nisha and Than, and had to look after others.' Jin

Creative Minds

Clients experimented with a range of art methods this quarter such as oil pastels, watercolour and sparkle gem art. Local artist, Mirwais Janbaz gave a pyrographic workshop to clients, where clients learned this new and unique technique. Clients were also given an opportunity to attend the Studio Gallery Cheltenham, where multiple exhibitions were displayed.



Exercise Program

Our clients have been keeping active despite the weather becoming colder. Clients have been working up a sweat in the gym, keeping warm in our Warm Water Exercise programs and connecting at our morning teas, all while increasing their physical and mental health.

Our other clients have been keeping fit in Zumba, as part of the Dancersize program which runs every Thursday at 11am-12pm at SMRC.

In the month of June, clients are heading for a day out op-shopping in Ferntree Gully, where after they will have lunch at the Royal Ferntree Gully Hotel. As part of keeping in line with a healthy lifestyle, our clients will attend a health review and information session in later June, as they learn about nutrition while setting their own individual fitness goals.



IMPORTANT DATES FOR YOUR DIARY:

World Refugee Day 20th June

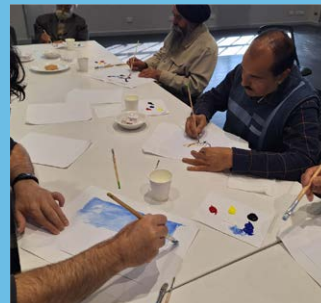
NAIDOC Week 3-10 July

International Day of Friendship 30th July

Vietnam Veterans Day 18th August

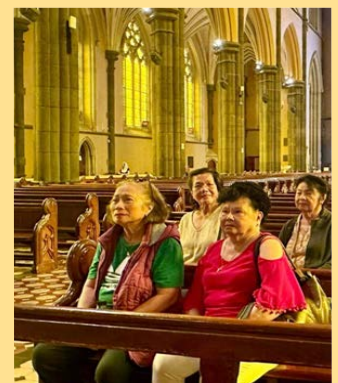
Men's Group

The Mens' Group runs every Wednesday, and they take part in an outing every month. Within the past month, participated in an outdoor barbeque, as they cooked meat skewers in the Autumn sun. They also put tried their hand at painting, expressing themselves in bright colours and pictures.



Filipino Group

Filipino clients visiting St Francis Church in the City.



Cambodian Group

Cambodian Group celebrated Cambodian New Year all together, with the Deputy Mayor of Springvale, Richard Lim.



Chinese Group

Chinese clients made a trip to the beautiful Emerald Park during our Autumn months. In April, they paid their respects to Australian soldiers during their visit to the Shrine of Remembrance for ANZAC Day.



Vietnamese Group

Our Vietnamese group celebrated Mother's Day by creating beautiful flower bouquet by origami.



Holt Community Leadership Award

We are thrilled to announce that Karima Nasimi, a longstanding volunteer with SMRC, has been honored with the Holt Community Leadership Award for 2024. Her dedication and impact on countless clients in need exemplify her outstanding commitment to our community. We are grateful for all our SMRC volunteers whose dedicated efforts contribute immensely to our cause. Their invaluable support makes a meaningful difference in our community.



We welcome your feedback

Your feedback is important to us and helps us understand what we do well and where we can improve.

Please provide your feedback by clicking on the link below and filling out the survey

<https://shorturl.at/jrISO>

If you are unable to fill out the survey online, please speak to a staff member.

For any other reason, you can contact us on (03) 9767 1900 to speak to a staff member of the Health and Wellbeing team.