

# Menzies NEWS

## Prizes galore at Alexandra Show



*Creag and Rupert with some of our prize cards from the show. Left: Winning broad beans from The Mount garden. More pics on page 8.*

### IN THIS ISSUE:

- News from The Mount
- Training opportunities
- Christmas events

## WHAT'S ON

## Some things to do over the festive season:

- Taggerty Twilight Christmas Festival, 2 December
- Alexandra Community Christmas Tree Festival, 11 to 15 December
- Alexandra Christmas Carols, 22 December
- Festive Season at Kerrisdale Mountain Railway, 26 December

Find details about these events and more at:

[discoverdindi.com.au/whatson/](https://discoverdindi.com.au/whatson/)

## JOKE

Who's Santa's favourite singer?

– *Elfish Presley*

What do you call Santa when he stops moving?

– *Santa Pause.*

What did the gingerbread man put on his bed?

– *A cookie sheet!*

What kind of motorcycle does Santa drive?

– *A Holly Davidson!*

Why are Christmas trees so bad at knitting?

– *They have too many needles.*



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Contributors/Suggestions:

Please submit material for publication in Menzies News to Leisa Dent by email: [leisad@menziessupport.org.au](mailto:leisad@menziessupport.org.au)

# watch THIS space

with Ian Hewitt



## RECIPE

## Christmas Cous Cous Salad



### Ingredients

- 1 1/2 cups (300g) pearl couscous
- 1 cup (120g) frozen peas
- 300g babybell peppers stuffed with cream cheese, drained
- 1 red onion, finely chopped
- 1/3 cup chopped flat-leaf parsley
- 2 tbsp avocado oil or extra virgin olive oil
- 1 tbsp lemon juice
- 1 garlic clove, crushed
- 2 tbsp finely grated lemon rind

### Method

Cook the couscous in a large saucepan of boiling water for 10 mins or until tender, adding the peas in the last 4 mins of cooking. Refresh under cold water. Drain well. Transfer to a large bowl.

Add the peppers to the couscous mixture in the bowl with the onion, parsley, oil, lemon juice and garlic.

Season. Toss to combine. Transfer to a serving dish. Sprinkle with lemon rind.

## Pathways for Carers

ALEXANDRA

Please phone Anthea on 0418 402 455.



# Meanwhile, at The Mount



*Left and above: In Creativity Club, we finished our copper house numbers.*



*Anne-Marie with a very welcome visitor.*



*We created a spooky Hay Art installation for Halloween.*



*In Woodwork, Justin made a plane.*



*Adam tested Santa's chair at the Alexandra Christmas Tree Festival, opening 11 December.*

# From The Mount to The World



*In Visual Arts, we're using Google Earth to travel the world and create hand-coloured photos.*



# An outing to Marysville



*The Fit, Healthy and Active Group visited Stevenson Falls, and the Marysville Triangle Community Mens Shed.*

## Training Opportunities



### EXPRESSIONS OF INTEREST

### Have you considered a career in the health, aged care or disability sectors?

Training will be offered next year in a variety of formats including taster courses, short courses, professional development and full accredited certificate courses. Training will be held locally.

Menzies Support Services is collecting expressions of interest on behalf of the Murrindindi Health Network. If you would like to receive updates, please send your contact details to:

[careers@menziessupport.org.au](mailto:careers@menziessupport.org.au)

## Care Finder Program

Care Finder is a free service that helps people to set up or change aged care services, or connect with other supports like housing, health or mental health. Care Finders visit clients in their homes or in the community.

This service is provided in Mitchell, Murrindindi and Strathbogie Shires by Nexus Primary Health. Phone Danielle 0447 279 829 or Paul 0455 879 312, Monday to Friday 8:30am to 5:00pm or email: [carefinder@nexusprimaryhealth.org.au](mailto:carefinder@nexusprimaryhealth.org.au)

## DIRECTORY

### EMERGENCY

Dial Triple Zero 000

**Alexandra District Health**  
5772 0900

**Alexandra Family Medical**  
114 Grant St, 5772 1699

**Alexandra Medical Centre**  
54 Downey St, 5772 1444

**Alexandra Taxi**  
0408 576 420

**Murrindindi Shire Council**  
[www.murrindindi.vic.gov.au](http://www.murrindindi.vic.gov.au)  
Access and Inclusion Officer  
Andrew Langley, 5772 0333

**My Aged Care**  
[www.myagedcare.gov.au](http://www.myagedcare.gov.au)  
1800 200 422

**Aged Care Quality and Safety Commission**  
[www.agedcarequality.gov.au](http://www.agedcarequality.gov.au)  
1800 951 822

**OPAN (Older Persons Advocacy Network)**  
1800 700 600 | [opan.org.au](http://opan.org.au)

**NDIS**  
[ndis.gov.au](http://ndis.gov.au) | 1800 800 110  
[facebook.com/NDISAus](https://facebook.com/NDISAus)  
[youtube.com/DisabilityCare](https://youtube.com/DisabilityCare)

**NDIS Quality and Safeguards Commission**  
1800 035 544  
[www.ndiscommission.gov.au](http://www.ndiscommission.gov.au)

**The Disability Gateway**  
1800 643 787  
[disabilitygateway.gov.au](http://disabilitygateway.gov.au)

**VALID**  
Free independent advocacy for Victorians over 18 with an intellectual disability.  
1800 655 570 | [valid.org.au](http://valid.org.au)

**Association for Children with Disability**  
[acd.org.au](http://acd.org.au)

**Self Advocacy Resource Unit (SARU)**  
03 9639 6856 | [saru.net.au](http://saru.net.au)

**Mental Health Victoria**  
[www.mhvic.org.au/](http://www.mhvic.org.au/)

**Nurse on Call**  
1300 60 60 24

**Poisons Information**  
13 11 26

# COMMUNITY AGED CARE NEWS



*We went Christmas shopping at Lilydale and Pam found Santa!*

## SOCIAL SUPPORT UPDATE

*with Jamie*

During December we have a variety of activities planned including some special Christmas events.

We'll head off to Whittlesea for a Christmas morning melodies on 7th December. Please book your spot early for this outing.

At Healesville RSL on 12th December we'll see the Christmas Trio Show Band.

For shopping outings, we'll go to Lilydale Marketplace and Seymour.

Social support clients are invited to a Christmas lunch on 13th December at Alexandra Masonic Hall, with pickup available from Eildon and Yea. Please let us know if you have any dietary needs.

On 19th December, all clients are invited to the Menzies Christmas party at Alexandra RSL, 1.00-3.00pm. Please RSVP by 15th December.

The December social support calendar was mailed with your November newsletter.

We will take a short break from social support activities over the Christmas and New Year period.

Please see your January social support calendar for details of upcoming events.

Please RSVP to 1888 or call in to our office.

## FUNDED SUPPORT FOR OLDER AUSTRALIANS

My Aged Care supports older people to find and use the aged care services they need.

The Commonwealth Home Support Programme (CHSP) provides services that support you to keep living in your home and community. These services can help you keep doing things for yourself in a safe way.

Home Care Packages (HCPs) provide a package of care and services that go beyond what the

CHSP can provide. HCPs start at Level 1, for basic support. As your needs increase, you can ask for a higher level of support. This will involve being on a waiting list.

You can find out what services are available, how much it might cost and check your eligibility by contacting My Aged Care (MAC).

**Phone: 1800 200 422**

**Web: [myagedcare.gov.au](http://myagedcare.gov.au)**

### Hot weather tips from [betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)

- Drink enough water
- Schedule activities to suit the weather
- Draw your blinds, and turn on your cooling
- Check in on your friends, family and pets

### Radio UGFM

Emergency broadcaster for Murrindindi and surrounds:

- 106.9 Alexandra / Eildon
- 88.9 Yea / Highlands
- 98.5 Marysville / Lake Mt
- 94.5 Kinglake Ranges
- 98.9 Flowerdale / Hazeldene

### RECEIVING IN-HOME SERVICES DURING HOT WEATHER

For the wellbeing of our support workers, please turn on air conditioning or fans while you receive services in your home.

### EMERGENCY PLANS

The Red Cross "RediPlan" form helps you create your emergency plan. The form can be downloaded from the Red Cross website, or collected from the Menzies office.

[www.redcross.org.au/emergencies/prepare/organise/](http://www.redcross.org.au/emergencies/prepare/organise/)

**INVITATION**



**Tuesday 19th December**  
**Menzies Christmas Party**  
 1.00-3.00pm at Alexandra RSL Hall  
 Please RSVP by 15th Dec. for catering purposes.  
 P: 5772 1888 or E: reception@menziessupport.org.au  
 Wishing you a wonderful holiday season, from all of us at Menzies.

**CHRISTMAS / NEW YEAR OFFICE HOURS**

Our office will close from 2.30pm on Friday 22/12/2023, and open Monday 8/01/2024.  
 Community aged care personal care will continue during this time. Domestic assistance is not provided on public holidays.

**Wordsearch: It's beginning to look a lot like Christmas!**

S	X	L	S	S	I	L	E	N	T	N	I	G	H	T	C	Y	X	R	M
E	C	W	H	E	G	I	E	S	D	M	P	S	H	T	W	S	A	I	Y
A	W	H	F	C	H	E	R	R	Y	S	E	A	S	O	N	I	B	C	E
S	B	A	C	K	Y	A	R	D	C	R	I	C	K	E	T	F	G	J	I
O	D	J	F	L	R	S	T	J	I	N	G	L	E	B	E	L	L	S	N
N	L	P	L	U	M	P	U	D	D	I	N	G	R	B	N	N	V	T	T
S	E	M	F	W	W	E	R	E	N	N	Q	R	S	L	F	W	K	J	T
G	C	A	R	O	L	S	B	Y	C	A	N	D	L	E	L	I	G	H	T
R	I	P	U	H	Q	R	X	G	L	A	W	T	K	D	K	Z	J	K	C
E	N	M	I	N	F	Z	G	L	A	Z	E	D	H	A	M	L	J	C	N
E	C	I	T	A	D	V	E	N	T	C	A	L	E	N	D	A	R	A	W
T	W	S	P	Z	X	M	G	E	Q	G	L	B	Q	Q	Q	K	C	N	I
I	U	T	U	S	R	K	L	Z	X	J	F	U	O	L	J	Q	C	D	N
N	S	L	N	U	X	M	J	G	B	W	S	B	P	C	X	F	B	Y	E
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S	M	T	H	T	H	O	K	L	V	W	G	X	H	B	F	I	Y	A	R
R	T	O	Q	I	V	B	D	E	U	G	X	G	K	S	R	N	T	N	I
A	K	E	D	V	K	C	G	Z	G	U	A	A	V	X	X	G	N	E	F
U	V	C	L	W	T	J	S	E	U	B	F	W	A	Y	B	O	X	S	L
K	R	R	O	A	S	T	T	U	R	K	E	Y	E	X	T	F	B	A	E

- |  |  |
|--|--|
| <input type="checkbox"/> ADVENT CALENDAR       | <input type="checkbox"/> JINGLE BELLS      |
| <input type="checkbox"/> BACKYARD CRICKET      | <input type="checkbox"/> MISTLETOE         |
| <input type="checkbox"/> CANDY CANES           | <input type="checkbox"/> PLUM PUDDING      |
| <input type="checkbox"/> CAROLS BY CANDLELIGHT | <input type="checkbox"/> ROAST TURKEY      |
| <input type="checkbox"/> CHERRY SEASON         | <input type="checkbox"/> SEASONS GREETINGS |
| <input type="checkbox"/> FRUIT PUNCH           | <input type="checkbox"/> SILENT NIGHT      |
| <input type="checkbox"/> GLAZED HAM            | <input type="checkbox"/> WINE TRIFLE       |

## Building our local support workforce

Menzies have welcomed a number of new staff to our community aged care team. Community support workers and domestic assistants provide essential support to people in their home and community. In 2024, a variety of training opportunities will be available for local people to gain skills and qualifications for this important work. Menzies is now collecting expressions of interest. Anyone who would like to be added to the list and receive updates about these opportunities, please phone Leisa at Menzies on 5772 1888, or email: [careers@menziessupport.org.au](mailto:careers@menziessupport.org.au)

### COTA AND OPAN SURVEY: Enduring Power of Attorneys

EPOAs are legal arrangements that allow a person to choose another person/s to make certain decisions for them. The Australian Government is looking into what changes need to be made to the existing laws governing EPOAs, so they offer more protections. COTA Australia and the Older Persons Advocacy Network (OPAN) want to hear from you about your experience of EPOAs, to understand your experience, your opinions of the proposed changes to the laws governing EPOAs, and how the proposed changes might affect you.

This survey asks you a series of questions about your experience of financial Enduring Powers of Attorney, (EPOAs), and your opinions of proposed changes to the laws governing EPOAs. Take the survey here: [www.surveymonkey.com/r/SQFCXWC](http://www.surveymonkey.com/r/SQFCXWC)

# More from the Alexandra Spring Show



*Glen.*



*Anne-Marie.*



*Dazz.*