

# CARING FRIENDS

S U M M E R 2 0 1 7 / 2 0 1 8 N E W S L E T T E R

**Ryder-Cheshire Victorian  
Homes Foundation Inc.**  
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## GREETINGS FROM OUR PRESIDENT

Christmas will soon be upon us! How I longed to hear those words when I was a youngster waiting to see what Father Christmas had brought me. Now, Christmas seems to be a period of deadlines, frantic activity and electronic devices! Fortunately, three grandchildren help me keep my focus on, this time of anticipation, celebration and catching up with friends and family. Importantly, it is also a time for reflection on the passing year, remembering those who may have lost someone dear. A time therefore, for appreciating what we have and reaching out to others. To continue the Ryder-Cheshire philosophy of 'the relief of suffering without discrimination'.

### Vale Sister Mary Myers CSB

With much sadness, we record the passing of Sr Mary Myers CSB on 30 July 2017.

Sr Mary was Houseparent (Resident Carer) at the Homes during two separate periods; the first, January 1990 – August 1995 and the second, January 1997 – April 2002.

Over 10 years Sr Mary provided dedicated service to the Homes; the Homes always holding a special place in her heart. On behalf of the Ryder-Cheshire Victorian Homes Foundation and its Committee members, our condolences are extended to Sr Mary's family and to her community, the Order of Brigidine Sisters.

### Refurbishments

It just seems like yesterday the Homes were full of workmen installing new lifts and air-conditioning! Nevertheless, our ongoing

commitment to improving the general amenity and comfort of the Homes continues. Replacement of carpets in all rooms and corridors of Buildings 12 and 14 is now well underway. Workmen are once again busy undertaking this significant refurbishment. This is not an inexpensive activity but a necessary one to maintain the comfort of the Homes for all who stay.

The visitors' bathroom and toilet on the ground floor in Building 14 were also in immediate need of a face-lift. To this end, a new vanity and toilet have been installed with a few more finishing touches to follow, the outcome of which will be a fresh and attractive bathroom. Hopefully, this work will be completed before Christmas.

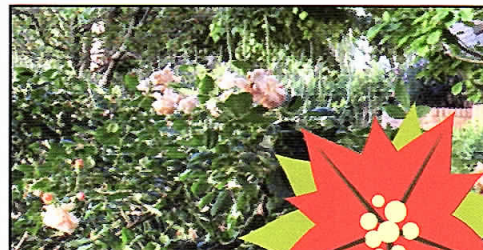
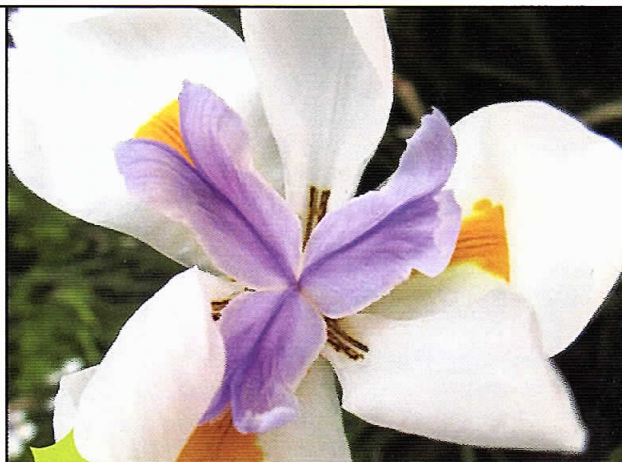
We still have one outstanding task from the lift and air-conditioning installations. Remaining on the "To do" list is making the front lobby of Building 14 more comfortable on hot days. The matter is in hand and hopefully some action will be shortly underway.

### Resident Volunteers

Our resident student volunteers Yasir and Batool recently left the Homes to enter full-time employment. We wish them both the very best in their future careers.

Recently joining us is Prashant, a young man who is completing a two-year business course at La Trobe University. We welcome Prashant to the team and hope he enjoys his stay with us. We are very grateful to have him as part of our volunteer group and for the assistance he is already providing Sr Jane and Angie.

◀ Jan, Nola, Leo and Bruce with Wilby taking a break



▲ Summer Garden



### Contributors

Over the years, the Homes has continued without assistance of any kind from either the State or Federal Governments. We are a non-profit organisation whose income is sourced primarily from accommodation revenue. Another significant source is the generous contributions from Caring Friends. We are also most appreciative of contributions from Heidelberg Rotary and other service organisations, U3A Banyule and Miles Real Estate.

It goes without saying, the Committee and I are extremely grateful to all contributors for the ongoing support. Without your contributions, we would find it almost impossible to continue our good works. May I remind you donations over \$2.00 are tax deductible. If you can donate, there is a form, as part of this Newsletter that you may use. Your generosity is again very much appreciated.



## PRESIDENT'S REPORT CONTINUED

### 'Caring Friends' Newsletter

One way you can assist us minimise overheads is by providing your email address. Your email address will remain confidential on our database. We can then send you an electronic edition of 'Caring Friends' twice a year. The cost of postage is increasing and with a subscription list of over 1,800, mailing your newsletter means an outlay of over \$1,500 twice a year, even with bulk postage rates. Your help in this regard will be greatly appreciated.

### Christmas Party

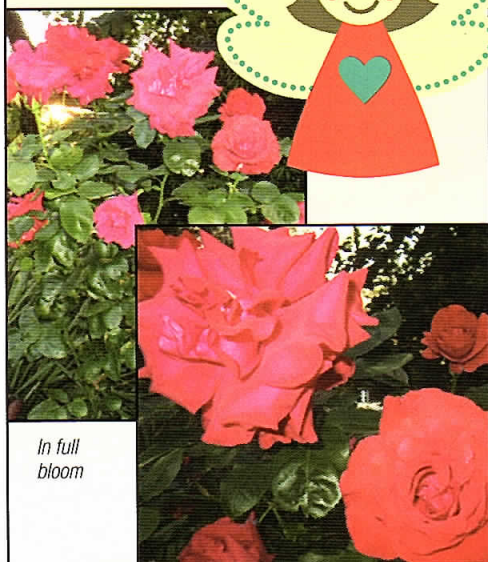
Our annual Christmas Party was held Thursday 7 December at the Homes. Everyone, residents, volunteers and supporters were warmly invited to attend. The Committee and staff attended and all shared some Christmas cheer which was followed with singing a selection of Christmas Carols!! We thank Dorothy Nowell our pianist for providing the music.

### In Closing

As always, I wish to sincerely thank the Committee, our staff and volunteers for the dedicated, caring and selfless way in which they continue to work for the Homes. I can assure you all that your tremendous efforts are very much appreciated and go towards making the Ivanhoe Homes the 'Home Away from Home' it is for so many of our residents.

*With best wishes for a happy, safe  
Christmas and New Year.*

**Don Hamilton**  
President



*In full  
bloom*

## JANE & ANGIE'S REPORT

At times, we feel like contestants on "The Block"!! However, it is in fact our own "Home Away from Home" that we are constantly renovating and working towards making improvements for our many and wonderful residents.

Our residents' rooms have enjoyed a spruce up. With new linen; old heaters removed; a lick of paint; new notice boards added and a smart new carpet, the rooms are looking refreshed. Along with a sparkly upgrade of the visitors' bathroom in Building 14 and a flourish of roses in the garden, we think we have scrubbed up very well for Christmas!

As the fixtures change so do our volunteer faces. In August, we welcomed Prashant as a Resident Student Volunteer. Prashant is a good cricketer. However, in his spare time, he has been corrupted by Jane to convert to supporting Essendon Football Club instead of the Magpies... thus making him a lovely young man!!

The other change to note is that as of next year we will be hosting our monthly fundraising Morning Teas on a Wednesday afternoon instead. This change is to better allow our residents to join



in and not miss out as they are heading off to attend early appointments and then escape to the country for the weekend.

Lastly, our Thursday afternoon Art Group has been joined by various residents who are welcomed to dabble with a brush or pen. The Art Group has held an exhibition with some success and thus far a first-time exhibitor has sold her first piece. Who knows, next the community room may have scaffolding and a Michelangelo mural on the ceiling, you never know!

*Wishing you all a happy and peaceful  
Christmas.*

**Jane and Angie**



▲ Refurbished room and  
new carpet  
◀ Kitchenette with aircon

## VALE SISTER MARY MYERS CSB

Sr Mary passed away suddenly and quietly on 30 July 2017. Her Funeral Mass took place at St Joseph's Church Malvern on 3 August 2017. Sr Mary is well remembered by past residents as a compassionate, yet strong and decisive person. Leo and Nola, our recently 'retired' weekend volunteers fondly remember Sr Mary. They recall, with some trepidation, first meeting Sr Mary at the door of the Homes some 18 years ago. Standing on the entrance steps to the Homes, Nola, Leo and his guide dog Mollie both held fears animals and therefore Mollie would not be made welcome. However, they were greeted with one the warmest of welcomes from Sr Mary, a welcome they have never forgotten and now cherish as a lasting memory. Sr Mary herself acknowledged she was the leader in accepting Guide Dogs to the Homes, a policy which has since continued.

Sr Mary often visited the Homes on special occasions since retiring in 2002.

In her career before Ryder-Cheshire, Sr Mary worked in different roles in as many different locations. She worked in Melbourne, Adelaide, Papua New Guinea and East Timor, in primary education, motor mission and in parish pastoral work. Sr Mary's life was one of constant service to others - her encounters with many people was in response to their needs. It was a lifelong characteristic of Sr Mary, in following the mission of the Brigidine Order.



*R.I.P.*

# ANNUAL FIRST AID TRAINING

Every year the Committee of Management at the Ryder-Cheshire Ivanhoe Homes offers staff, volunteers and committee members the opportunity to gain, or up-date their first aid skills. So, this year, on a cold Monday morning in August, a hardy group of 16 or so gathered in the community room to practice their first aid skills, including CPR and the use of a defibrillator.



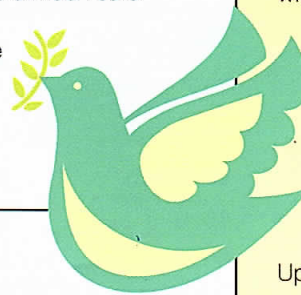
First aid participants ▲  
Anne with Angie holding defibrillator ►

First aid training always provides an interesting few hours, with new information and scenarios, which challenge participants acting in the roles of patients and first aiders. This year was no exception, with an excellent trainer and plenty of funny moments as we worked to treat our 'patients' lying prone on the community room floor.

Learning to use a defibrillator is now a very important part of the first aid training at the Ivanhoe Homes. We have been fortunate enough to have received donations from Heidelberg Rotary and from a former committee member, enabling us to purchase a defibrillator for each of our

three buildings. This means that in the case of a suspected cardiac arrest, we can have a defibrillator on hand very quickly. We are very grateful to the donors who allowed us to make these purchases and therefore to provide a much safer environment for those who stay in the Ivanhoe Homes.

**Kathy Oswin**



# RESIDENT CARER - THE FIRST SIX MONTHS

As a newly settled Resident Carer, I would like to share my insights into the wonderful work of the Ryder-Cheshire Ivanhoe Homes. It has been a learning experience, understanding all the various intricacies involved in running the Homes and the huge amount of work that occurs 'behind the scenes.'



▲ Anne

President Don Hamilton and the dedicated Committee meet regularly and sometimes well into the night. They maintain and sustain the strong foundation upon which the success of Ryder-Cheshire is built. This combined with the tireless commitment from Sr

Jane and Angie who provide the necessary framework to ensure the inner workings of operations are finely tuned. Meeting the varying needs of residents, health providers, volunteers and all others associated with Ryder in a holistic manner makes this a demanding role.

Upon asking Jane how she does it, she replied "It's for the love of it". There is much for me to learn but my willingness is great, as I aspire to make Ryder-Cheshire proud in my role as a Resident Carer.

**Anne Chan**



# AROUND & ABOUT

*"In this edition we again travel overseas. Batool, who was recently married in Pakistan, has kindly shared some of the traditional wedding festivities arranged for the special occasion."*

As announced in a previous newsletter I got married in September, 2017. Ali and I left for our home town Karachi in Pakistan in the middle of August for our wedding ceremony with family and friends. Very much like India, Pakistani weddings are like a festival celebrated for a few days with many guests. We organised 4 main events; the Nikah, Hena night, Wedding Reception and Valima Reception followed by several dinner parties organised by family and friends. Pakistani weddings are full of rituals and customs. One interesting custom is 'Arsi musaf' that is done after the Nikah ceremony. The groom sees his wife's reflection for the first time in a mirror. Wedding ceremony is organised by the bride's family and the groom, along with his family and friends are the guests. The groom wears a veil of flowers when he arrives which he takes off shortly after and the bride wears the same as they leave.

The main highlight of any Pakistani wedding is tasty traditional food.

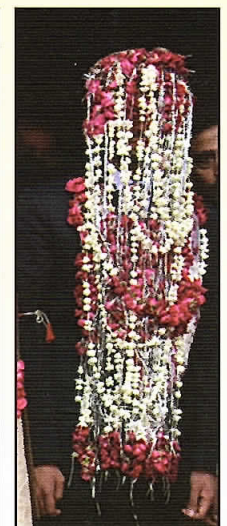
We spent a month and half in Karachi and it was hard to come back to our busy lives in Melbourne. I am busy with my new life but I am certain that Ryder-Cheshire have not lost its volunteer but have gained one more!



◀ Photos from Ali and Batools' ceremonies



▲ Arsi musaf



▲ Ali arriving at wedding ceremony

## SNIPPETS

*"A great big THANK YOU to the folks at Ryder-Cheshire for all your kindness and help."*

*You have made our stay here very pleasurable. We thank you from the bottom of our hearts."*

*"...thank you all so much for such wonderful accommodation and caring, friendly staff which was much appreciated."*

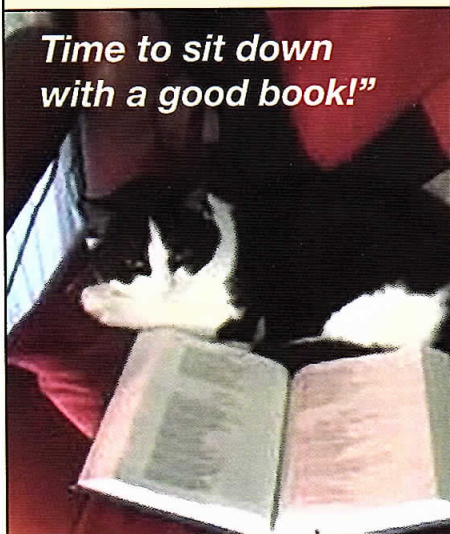
### Call for Volunteers

We already have a willing and dedicated group but sometimes other commitments, including holidays and illness impact adversely on the time individuals can give. Having additional volunteers to call on, will meet an ever-increasing need and enable us to continue providing the personal contact which as an organisation, we value highly.

So, if anyone knows of a friend or relative who can provide some time during the day or weekends, please ask them to pass their name on to Angie in the office or Sr Jane.

Thank you.

***Time to sit down with a good book!"***



## NEW RYDER-CHESHIRE AFTERNOON TEA PROGRAM

The fundraising Morning Coffee program at Ryder-Cheshire has been running for many years with a succession of inspiring and interesting guest speakers each month.

The Morning Coffee program was designed primarily for residents and their carers, though there is a very loyal following in the neighbourhood and from our volunteers. Lately, more residents have brought forward their treatment schedules to the morning so that they can return home for the weekend. Following a review of the current arrangements, the decision was made to change to a new time and day in 2018.

Next year, the fundraising Morning Coffee will transfer to an Afternoon Tea. The Afternoon Tea program will take place on the last Wednesday afternoon of the month at 2pm.

Betty will continue to host afternoon tea on the remaining Wednesdays, also at 2pm

We take this opportunity to sincerely thank the ladies who have been providing a scrumptious spread at each of our sessions, they include volunteers from the Homes and local supporters.



▲ September Speaker Chris Dickon of Korus Connect

## DATES FOR YOUR DIARY

**Last Wednesday afternoon of the month at 2pm.**

Everyone is welcome! Cost: \$5 per person to cover food, raffle and door prize!

DATE	TOPIC	Speaker/Presenter
28 February	U3A Banyule	Helen McKinnon
28 March	Bird Brained	Ron Amor
18 April	Northlands SC	Jenny Pike
30 May	Johnston Collection	Sue Flanagan
27 June	Blue Cross	Catherine Earhart
25 July	Banyule & Council's Wildlife Corridor	Jim Mead

## Towards 2018

We look forward to our 37th year in continuing the mission of the Homes and no doubt rising to the challenges and changes that may occur. A special event during April will be Ryder-Cheshire Australia Biennial Conference, an event in which we are excited to be a part. We have enclosed a flyer for everyone; the program sessions are free of charge. You are invited to attend and learn more about the work of the Ryder-Cheshire Australia community.

### RYDER-CHESHIRE AUSTRALIA BIENNIAL CONFERENCE 'REFRESH AND RENEW'

14 - 15 April 2018  
Ivanhoe Girls' Grammar School  
8 - 10 Noel Street Ivanhoe

Information and a registration form are available at [ryder-cheshire.org](http://ryder-cheshire.org)  
Or call 03 9877 7084, or email [rcaconference19@gmail.com](mailto:rcaconference19@gmail.com)

**If you wish to receive future newsletters by email please go to [www.rydercheshirehomes.org.au](http://www.rydercheshirehomes.org.au) and follow the links.**

## DONATION

Ryder-Cheshire Ivanhoe Homes (ABN 94 074 894 677) receives no government funding and is financed entirely through its own efforts and the generous support of Caring Friends.

Donations of \$2.00 and over are tax deductible

Visit [www.rydercheshirehomes.org.au](http://www.rydercheshirehomes.org.au)

If you would like to make a donation, please fill in the form and send it to the address below:

**RCVHF Inc.** 10-14 Donaldson Street  
IVANHOE VIC 3079

Amount \$ \_\_\_\_\_

Name: \_\_\_\_\_

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