



MIRRIDONG

News

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Mirridong Development Update.



Foyer and Cafe at the new Mirridong Aged Care (Artist impression).

Mirridong Art Group

The residents at Mirridong really enjoy participating in the art group each week.

This piece of artwork was done by one of our residents using crayons, then heated up using a hairdryer to smudge the crayon and create the desired effect.



Mirridong Resident art piece.

Development at Mirridong Aged Care is well underway. After a successful launch earlier this year, attended by the Mayor of Bendigo and numerous members of the community, we are excited to see this multi-million dollar project take shape.

The expansion of Mirridong Aged Care is not only providing new jobs but also a place to call home for ageing local residents and their families.

The first wing is now fully bricked up and exterior walls rendered. The ensuites are tiled and the cabinetry is being installed and painting has commenced. The next wing is at various stages from the last slab being poured to framing and bricking of exterior walls.

The main entrance is now taking shape with steel frames erected and the roof about to go on.

You may notice retaining walls along McIvor Road being built and ready for backfill, stairs are going in, and the preparations for the generator are progressing. We look forward to construction moving to the next phase after the completion of the two new wings.

Mirridong Aged Care Facility is part of the Aged Care Services Australia Group, operating 35 aged care facilities across Victoria, Tasmania, New South Wales, and South Australia.

Interested families can call Mirridong Aged Care on 1300 171 951

Life at Mirridong

Rupert the Dog

A walk a day

Rupert the Whippet has been charming residents and staff at Mirridong for the past 2 years, thanks to his owner Joe, the Clinical Care Coordinator at Mirridong.

Rupert is going for regular walks with a resident. He looks forward to his time outdoors, checking out his neighbourhood, and the walks benefit the resident too! It helps with 'normalising' residential aged care and affords some exercise in an environment outside the facility. The fresh air and exercise help with vitamin D uptake and release the 'feel good' boost of endorphins. A Walking group walks daily to maintain muscle strength, improve balance and reduce the risk of falls.

It's hard to tell who likes the walks more - our residents or Rupert!



Rupert leading the way ready for a walk with the walking group.

Honorary Resident Burt Pollard talks about the development.



Burt Pollard, aged 90, is the loving husband of Sarah, who has been at Mirridong Aged Care for nearly three years, whilst he still lives in the family home. Burt, in his own words, "may as well live at Mirridong," since he spends every day with his wife and participates in all the activities. He has taken notice of all the recent changes happening at Mirridong, and kindly shares his views.

With regard to the new development, he thinks the workers are doing a "wonderful" job. There is no noise, and you "don't even know they're there unless you look out and see them."

And the residents do love to watch all the activity and take note of how times have changed with all the modern construction techniques.

Burt used to work as a plumber, so he knows a thing or two about plumbing. He notes the new PVC piping, which used to be made out of clay in his day. The jointing used to be done with cement, and is now done with glue, and the pipes can be made any length you want. All in all, he and many other residents think it's "going along marvellously."

This Spring at Mirridong.

Save our Pianola!

We have a beautiful, unique instrument at Mirridong - an old pianola, also called a player piano. A pianola is the same as any other piano except it is fitted with bellows, which play paper rolls. When the pianola plays itself the keys of the piano can be seen "playing themselves".

We need some of the bellows repaired and replaced. The residents love the idea of peddling it and making music. We will be looking to raise funds to restore this beautiful piece of furniture.

If you would like to help with fundraising to help restore our pianola, please contact our facility manager on 1300 171 951 .



MIRRIDONG TOMATO SAUCE

With some of the beautiful tomatoes grown right here at Mirridong, we sometimes make homemade tomato sauce.

We hope you enjoy our lovely recipe - cooked up in our kitchen or yours.



Delicious served over fresh pasta and enjoyed with crusty bread.

Tomato Sauce Recipe

INGREDIENTS

- 9 kg of fresh tomatoes skinned and cut up or 3 caterers' tins (3kg each) of crushed tomatoes
- 2 kg finely diced onion or 4 x 500gram bags of frozen diced onions thawed
- 150 grams minced garlic fresh or bottled
- 2 tablespoons ground ginger – mixed with sufficient water to make a smooth paste
- 2 kg sugar
- ½ cup of salt
- 1.5 kg of pureed apple or tinned pureed apple
- 1 bottle of Ezy sauce

METHOD

Place tomatoes, onions, garlic and ginger in a large cooking pan and boil for approx 1 ½ hours or until tomatoes and onions are well cooked. This will take longer if using fresh ingredients.

Then add salt, pureed apple and 1 bottle of Ezy sauce. Simmer for approx 1 hour or until a thick pouring consistency.

Carefully pour into hot sterilised bottles and seal.

Mirridong's Glamorous Cocktail Party!

Mirridong hosted its first ever Cocktail Party on Friday, July 26th in the afternoon – a perfect time for cocktails! The event was organised by the Lifestyle staff, thanks to Meryl's brilliant idea. It was held in the Sandhurst Wing lounge and featured great music, costumes, food, and of course, drinks!

They had a couple of entertainers from Sing Australia Choir, Suzanne Houlden and pianist Valmae, and they sang all the hits from favourite musicals such as *Sound of Music*, *South Pacific*, and *West Side Story*. Everyone enjoyed the spirited performances.

The guests were treated to delicious fare, such as spring rolls, sausage rolls and scones with jam & cream.

They served punch from the drinks fountain, which looked fantastic bubbling over. They also enjoyed champagne, red and white wine, sherry, and beer, all served in cocktail glasses.

Residents loved the glitter ball and flashing lights, which added to the special atmosphere. Prior to the event, ladies made their cocktail hats in Ladies' Group, and everyone enjoyed the special occasion to dress up. With furs, jewellery, high heels, and dresses from the era, many commented that they looked "just like Mum going out to a ball."

With everyone singing, dancing, and playing games, this first cocktail party will certainly not be the last!



Helmut and Jill Bernhart



Audrey Gumley (L) Joan McIntyre,
Pat Luttrell (R)



Meryl Young & Joan McIntyre



Lifestyle Staff Carmel King & Meryl Young