



MIRRIDONG

# News

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# Mirridong Development is launched.



Mirridong Aged Care, Mclvor Rd, Bendigo

## **D**evelopment of additional aged care beds at Mirridong Aged Care, in Bendigo commenced recently.

Residents, stakeholders including the Mayor Of Bendigo, Cr. Lisa Ruffell, attended the official launch where she performed a turning of the sod ceremony in front of Industry representatives, carers, residents and families of Mirridong Aged Care.

The multi million dollar building development will provide in excess of 120 new jobs for building trade and health personnel and much needed permanent accommodation and respite for ageing local residents

and their families, where demand for aged care services in this area, is on the incline.

The event has already attracted overwhelming community interest and Mirridong Aged Care is now taking enquiries for those who may be needing care in 2013/2014.

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**



Cr. Lisa Ruffell, Mayor of Bendigo,  
joined by Burt Pollard turning the sod.

# Mr & Mrs Pollard

## “Our life at Mirridong”

**S**arah has been at Mirridong Aged Care for nearly three years, whilst her husband Burt still lives in the family home. Burt, in his own words, “may as well live at Mirridong”. He visits and spends most of the day with his wife by his side, takes her on outings, and back to the family home to visit their beloved dog, and participates in all the activities at Mirridong.

Burt, at aged 90, and married to Sarah for 63 years, considers the Mirridong staff and residents his “second family”. He explains... “You see all the aged people laughing – they all have a really good quality about them.... I love having all these people around us – we’re always out and about and one day, I look forward to joining Sarah at Mirridong. The activity room is fantastic – indoor bowls, bingo, exercises, The food is terrific – very good cooks, nearly as good as Sarah’s cooking.....” he goes on to say.

Burt and Sarah have three grown children, 2 girls and a boy, 7 grandchildren and 12 great grandchildren. The family live nearby and visit frequently, meanwhile Burt’s everyday routine is set for now, and he has no signs of slowing down.



Burt & Sarah Pollard, with Cr. Lisa Ruffell, Mayor of Bendigo, at the turning of the sod.

## RUPERT - It's a dogs life.

Rupert the Whippet arrived at Mirridong when he was just 10 weeks old – nearly 2 years ago, thanks to Joe – the Clinical Care Co-ordinator at Mirridong. Facility Manager, Leah Wolfe, explains, “Since Rupert came on staff, the residents are more relaxed.

Having a resident care dog in the facility, helps to reduce

stress and provide a tactile, nurturing environment for all who live, work or visit Mirridong.

Our residents take him for a walk around the facility and really love him as their own pet.”

Rupert has a habit of nestling in a resident’s lap to show he loves them. “It really is

# MIRRIDONG LEMON CURD

Many years ago the lemon tree in the gardens of Mirridong started producing lemons. Being good country women, who loved to cook, the kitchen started making its very own Lemon Curd - delicious on Mirridong's home style freshly baked bread or in a Pavlova or in tart shells.

Today Mirridong's Lemon Curd is famous amongst the residents, staff and families.



Lemon Curd Tartlets

## Lemon Curd Recipe

### INGREDIENTS

- 4 eggs
- 1 cup sugar
- 1/2 cup of lemon juice
- 1 Tbl spoon of chopped lemon zest (rind, minus the white)
- 1/2 cup of unsalted butter

### METHOD

Whisk the eggs, sugar and lemon juice. Add the chopped lemon zest - all in in a bowl set over a pot of simmering water.

Whisk in the unsalted butter until it melts and the curd begins to thicken.

Once thickened, cool curd completely (out of the fridge) and then refrigerate.

\* Please consume within two weeks

therapeutic", Leah explains. "Rupert is introduced to all new residents, provides entertainment and stimulation for them, tossing things around and running through the corridor". At night, Rupert goes home with his master, Joe.

**"He brings such life to our lives"**

"He brings such life to our lives," Joe explains.... "pets are actively encouraged to visit their family here at Mirridong: there are 6 families who bring in their pets.... it's a great life, it's a dogs life!"



Wilbur Martin with Rupert on the red carpet. Wilbur is part of the Miridong Family. His Dad, Jarrod and Mum, Shannon both work at Mirridong. Jarrod brings his little dog Delilah to work as well. Delilah is a miniature dachshund.

# Why Mirridong Aged Care?

Come and stay with us for a week and you won't want to leave. Whether you're awaiting placement in hospital, interim care or at home, your personalised needs will be catered for at Mirridong.

Our facility provides a range of residential care and services to the community including high care and low care on a permanent or respite basis – in a pleasant, relaxing and home like environment, surrounded by caring, compassionate and friendly staff.

Our qualified staff are carefully selected to ensure that they constantly strive to deliver care and services, to all residents at the highest possible level. The Facility Manager is a qualified Registered Nurse, who has extensive experience in aged care and facility management, and is passionate about the well being of all residents. Registered Nurses manage the resident care 24 hours a day 7 days a week.

Our commitment extends to the individualized care, respect and attention and we see ourselves as an extension of the resident's family and friends, working together to achieve the best possible outcome for our resident.

Mirridong welcomes the residents' family practitioner to continue to



Forecourt Mirridong Aged Care.

care for the resident or alternatively we are able to arrange one in a seamless manner.

Our leisure and lifestyle program provides innovative, creative, interest-based programs for groups and individuals and regular coach outings are planned, and include space on each trip for residents who require a wheelchair. Mirridong also maintains close links with the community, and arranges regular visits from community groups, entertainers and special guests to attend the facility.

At Mirridong there are no set visiting hours. You can invite friends and family to visit whenever it suits, just as if you were in your own home. Your room isn't the only place where you can entertain your guests. There are a range of indoor and outdoor areas pleasantly appointed for you and your guests to relax in.

## Some examples of additional services provided are:

- Physiotherapy
- Podiatry
- Aromatherapy
- Audiometry and audiology
- Dental technician and dentist
- Dietitian
- Optometrist
- Speech therapy
- Pharmacy
- Spiritual and pastoral guidance