



# MiCare magazine



## Identity, Belonging and Connectedness

MiCare supports migrants and refugees across a number of services ranging from child and youth activities, employment preparation, family support programs, retirement living and aged services.

- Multi-faith Latino Event at Prins Willem Alexander
- Social Support Services - Mr and Mrs Xu's story
- Settlement Services - Bike Programs for Refugees in Werribee, Melbourne
- Settlement Services - Sanaz's Persian Rice with Lamb Shank
- MiCare News - The Whip Around
- A Volunteer's Story - Liesbeth van Emmerik

## Message from the executive director



### ***Stepping into other people's shoes***

We are always looking at ways in which we can respond more effectively to our clients, residents, Elders and everyone who makes up the MiCare community. These have been

challenging times and we work towards addressing the things that we need to improve on as well as finding new innovations.

Like every organisation in aged care, we have been impacted by the Royal Commission. We have made a couple of submissions and plan for two more. These will be on workforce and services to Elders from a non-English speaking background. These are two very relevant issues. In terms of workforce, we want to highlight the important work that all our staff do, regardless of the role. We cannot provide quality care without teamwork and teams cannot be developed without good relationships.

We also want to emphasise the importance of understanding people's culture and that we need to step into their shoes so we can respond well. Eden training is provided to every single staff member, all 750 of them. We are half way through the training sessions and the feedback has been very positive. Staff are excited to implement the new things they have learned. Eden is a journey and we will make changes but only when these are supported by the Elders themselves.

We are very keen to continue our services with refugees and asylum seekers and although these funds are shrinking, we were very pleased to receive funding for the Safer and Stronger Communities Project. With funding from the Victorian Government, we are working with Multicultural Centre for Women's Health and Our Watch to understand our workplace better and then to take action in order for all our staff to feel safe, respected, valued and equal. The second component of this program is to work with identified communities in the western region of Melbourne. Like all of MiCare's work, we are very committed to those who are most vulnerable in our community.

I hope you enjoy reading our latest edition of the MiCare Magazine and please stay warm and safe during the winter months!

**Petra**  
MiCare Executive Director

## Message from the president



### ***Forming meaningful relationships***

For some time now, I and others have been concerned by the lack of recognition for personal care staff. Unfortunately current peak bodies have placed more emphasis on nursing staff

and they are very important in the aged care sector, but so are personal carers.

In recent times, a group of us are investigating ways in which this sector of the workforce can be recognised, by establishing a self-governing association. All this means is that personal care workers would need to register with an association that may provide additional training and guidance in their practice.

Personal carers may have a name change which better describes their work. One suggestion is that they be called Professional Carers. This aptly describes the need for qualifications, to work in the areas of aged care and disability services.

Despite the name change, the work remains the same. These staff are at the front end of all our services and make a significant difference to the lives of our Elders. They are integral to the team approach at MiCare and are often the staff who have the most contact with Elders. It then follows that these staff are able to form meaningful relationships, which translates to a more caring approach. We are very proud of our carers, as we are of all staff, but in this era where there is such an emphasis on professionalism, we must not let this significant cohort of our workforce fall under the radar.

Our philosophy is simple. It is based on building genuine relationships between Elders and our staff. MiCare households are small - often only 15 or 20 residents. Our carers are there to connect with the Elders, not merely be a medical and functional resource.

I hope you too enjoy reading the insightful and warm stories from within our MiCare community. Aged Care, Retirement & Independent living, Settlement Services and Social Support Groups, center on this issue's theme of 'Identity, Belonging and Connectedness'.

**Ignatius**  
MiCare President



Front cover image is of our Multicultural Café Bazaar clients along with some of our Social Support Services staff at Frankston Multicultural Centre.

#GetToKnow: Quick chats with  
two of our MiCare staff members from  
Aged care & Settlement Services

Hi, I'm James!



Name: James

Position at MiCare: Youth and  
Communities Program  
Co-ordinator

Year started: 2008

Hi James! Can you tell us a little about your role here in the organisation?

As a Youth and Communities Program Co-ordinator I work with local community groups and organisations to identify, design and deliver projects, access training and resources, establish partnerships and apply for funding.

What attracted you to start working at MiCare?

I was (and still am) interested in social justice and improving settlement outcomes for people who have experienced displacement in another country. I have long been interested in the dynamics of 'cross-cultural' practice and the opportunities presented for professional and personal learning.

Can you tell us about one memorable experience you have had so far with a client or a fellow colleague?

I am continually inspired by colleagues and their dedication to improving the wellbeing of individuals, families and community. Equally so, the volunteer-led community groups who provide countless hours for others. The first community leadership and project planning course I had the good fortune to facilitate presented plenty of moments that captured this. The value participants expressed in the educational opportunity was not only amazing but so too were the projects they delivered to address unmet community needs.

What is your favourite song and why?

Music from all across the world but most of the tracks on Stevie Wonder's 1976 double LP 'Songs in the Key of Life'.

Lastly, is there a quote or personal mantra that you live by?

I have two quotes... "I will write peace on your wings and you will fly all over the world" - Sadasako Sasaki, 1943-1955 and "Life's most persistent and urgent question is, 'what are you doing for others?'" - Martin Luther King Jr., 1929-1968.

Hi Mercedes! When did you start working at MiCare and where are you based?

I started working at MiCare in May 2018 and I am based at Prins Willem Alexander Lodge up in Brisbane.

Can you tell us about your role?

As a Cultural Service Advisor my role is to develop, implement and advise staff at all levels on cultural responsive service and practice. I assist in developing and monitoring the skills of staff including training and coaching. Cultural auditing, policy support, advocacy and services' support are also part of my role.

Can you tell us about one memorable experience you have had so far with a client or a fellow colleague/volunteer?

I think encountering staff who are very enthusiastic in voluntarily wanting to learn Spanish and Dutch languages to better communicate with residents has been remarkable! The dedication our staff have demonstrated to be better connected to Elders has been great.

How would you best describe yourself?

I describe myself as a caring human being and as a person who values and respects people's dignity. Regardless of people's background, their values, beliefs and world views based on their life experiences, I strongly believe everyone should be equally respected.

Lastly, can you tell us what you like to do in your spare time?

Family, social and working relationships are very important to me. As a Latin-American born person, I love music and dancing so that all comes very natural to me! I also read a lot of non-fiction literature.

Hi, I'm Mercedes!



Name: Mercedes

Position at MiCare: Cultural  
Service Advisor

Year started: 2018

## Quality of life for whatever that means for the individual



Memorial Day at Overbeek Lodge in Kilsyth

**W**hat is palliative care? In short, palliative care providers coordinate medical, nursing and allied health services to people who are approaching the last phase of their life. A special type of care is provided to people during this time with the trademark MiCare sensitivity, including respect of culture, language and the individual. Our staff members undergo specific training to ensure the best palliative care services for the Elder. Family, friends and carers are supported during the illness of their loved one, as well as during grief and bereavement.

Our Elders move in to care when they are no longer able to remain in the community due to increased care needs and often from a decline in physical health related to a chronic condition. From the time of admission, through to when palliative care is provided, our goals are to provide quality of life (whatever that means for the individual), a sense of purpose and wellbeing, social support and spiritual care with a focus on symptom management to ensure that comfort is maintained.

**‘...quality of life for whatever that means for the individual - a sense of purpose and wellbeing, social support and spiritual care with a focus on symptom management to ensure that comfort is maintained.’**

The carers, clinical team, doctors, lifestyle and allied health team at MiCare are there to provide support throughout this time. Our Elders, families and friends are also supported and do enjoy the space for their visits. This is where stories and memories are passed on to the next generation. There are often tears and



Hymns performed by our choir of volunteers



A special type of care with the trademark MiCare sensitivity

laughter as memories of a life well lived is being told. While no two lives are the same, the same can be said for a person's passing and with a strong Eden approach at all our sites, we truly value providing personal and individual care.

Throughout the Elder's time at MiCare, it is important that family and friends are always welcome. We pride ourselves on being a home that is welcoming of visitors at any time. There is no time more important than when an Elder's care focus changes to palliative and an end of a much loved life draws to a close. When the time comes to farewell our Elders, our staff form a guard of honour at the front door as a mark of respect of our time together. A memorial table, with a photo and a booklet is set up for our visitors, families and staff to write in. An annual memorial day is a special part of our calendar, whereby families of Elders that have passed over the previous 12 months are invited to come and share poems, music and memories of their loved ones. This is a wonderful celebration of life providing families with peace.

*Kate van Duuren*  
Nurse Practitioner





## Embracing MiCare's diversity in culture and religious beliefs

**REGARDLESS OF ONE'S FAITH at MiCare we celebrate the diversity of people's faith, traditions, languages and celebrations, all of which come together to form the unique and constantly evolving cultural character that exists within MiCare.**

**N**ineteen different religious beliefs are practised across MiCare homes in Brisbane and Melbourne combined. At MiCare our ethos underpin our work to help those from migrant backgrounds to live in their world, as we provide services that suit their culture, spirituality and language.

We believe that culture is important. We believe that people have a right to be respected and that differences should be celebrated. We love to hear the stories of our Elders and those from migrant backgrounds, whatever their origins, religious beliefs, their foods and their wider culture.

On Saturday 13th April in Brisbane, the Lifestyle and Cultural Service Team held a multi-faith event. A Latino Mass was held for our Catholic residents and their families as well as other residents who were interested in attending. The cross cultural mix that occurred at the after Mass gathering was uplifting for all who attended.

Holding such events helps Elders, family and friends, and staff alike support people to learn more about themselves through learning about other people's cultures and religious beliefs. The Latino themed multi-faith event promoted a further understanding between people from

different walks of life by highlighting common ground rather than their differences. Our visiting Priest from the Spanish Speaking Community, Padre Ignacio Gutierrez hosted a wonderful Mass in both Spanish and English languages. He was accompanied by Rafael, who played guitar and sang Spanish religious and traditional songs.



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Visit [www.mimeals.com.au](http://www.mimeals.com.au)

or phone **1800 MICARE (1800 642 273)**

Our vision for MiCare is to continue to provide multi-faith events around the different homes in both Brisbane and Melbourne. We recognise the different religious and cultural practices around our facilities and our aim is to proactively support these practices where possible.

*Mercedes Sepulveda*  
Cultural Services Advisor

### De Avondrust Kiosk

1105 Frankston-Dandenong Road, Carrum Downs

#### Kiosk Open Hours

- Every weekday (inc Sat) 10am - Noon
- 2<sup>nd</sup> & last Sunday of each mth 11am - 1 pm

Kiosk Mgr. George Vlugg | m. 0427 221 040





### Mr and Mrs Xu's story

**AT MICARE WE BELIEVE LEADING AN ACTIVE AND HEALTHY LIFESTYLE should not stop once we reach a certain age and this is exactly what we encourage and provide at our all our Social Support Groups across Melbourne, Victoria.**

It is vital for any older person to be engaged. At MiCare, we take that a step further by bringing culturally specific, rich and diverse activities to our Elders, to suit their specific cultural, traditional and religious needs where we can. Our culturally tailored activities take into account a person's skills, interests and life history, to make the day fun, entertaining and rewarding. We offer a variety of new experiences aimed at involving each person. These might be a 'Men's workshop' or 'Ladies craft group', physical games and exercise, excursions to museums, group discussions, morning tea, lunch outings and special celebrations and functions, just to name a few!



Mr Xu and his wife, Yaru, at a recent Chinese Social Support Group in Glen Waverley, Melbourne

Twenty years ago, Mr. Xu and his wife Yaru migrated to Australia to look after their grandchildren. The couple's grandchildren are now grown up and they are now entering another stage of their life journey in which they are seeking friendships with other older migrants who come from similar cultures and speak similar languages. Although they have been in Australia for a long time, they have limited social connections due to language barriers and cultural differences. They become

more home bound and their children hope that they can have some social connections and live happily in the community.

The couple tried to join some senior clubs but they found it difficult to engage because they did not feel comfortable in those groups. Mr. Xu said, 'I am a very quiet person and don't know what to say when meeting new people, especially in a group. But when I joined the MiCare Chinese group, Vivian and her staff made us feel welcome and relax.'

The couple mentioned to us how much they enjoyed chatting in Mandarin, their first language, with friends of similar age and cultural background in the group. At the groups, attendants talk about their grandchildren, growing up back home, celebrations and food. These are just a few of the topics. Despite Mr. Xu's posture ailments he still remains a very upbeat and positive person who schedules himself in for a daily physical exercise routine to help with his posture as recommended by his doctor. Mr Xu and his wife walk for an hour every morning together. What is their favourite social activity? The couple tell us it's the monthly outings organised by our community engagement team as they can gather with friends while enjoying the sunshine and fresh air. Since they joined the group in January they have not missed a single session. Mr and Mrs Xu are a very happy couple indeed! To find out more about our available Social Support Groups in Victoria please contact me through [pdm@micare.com.au](mailto:pdm@micare.com.au) or 0452 081 223.

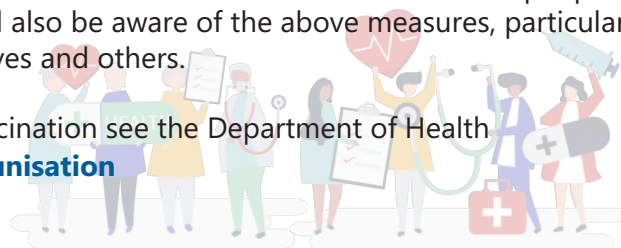
*Angela Ng*  
Program Development Manager



MiCare is concerned about the recent influenza disease which is highly contagious and can cause severe illness for older Australians with serious complications including death. We are very keen to maintain good preventative practice and hope you will join us in the following:

- **Annual vaccination** is the single most important measure to prevent influenza and is free for Australians 65 years and over and is available now
- **Wash hands often**, particularly before or after contact with Elders.
- Be **alert to influenza symptoms**
- **If staff and visitors are unwell**, please do not attend an aged care service or other places where they could spread the infection. Individuals who have contact with older people outside of an aged care service, should also be aware of the above measures, particularly the importance of vaccination for themselves and others.

For more information on influenza vaccination see the Department of Health website at: [www.health.gov.au/immunisation](http://www.health.gov.au/immunisation)



Aged Care - Activities *Word Search Puzzle*

Word search

t o l n u r s e p d o c z m s w s n a r e t e v y  
 e s t g r c j e j q d t u q z d k k d i v e r s e  
 t r i e e v c k l w o n v l k i n e s e d w k a b  
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 p p g a i d l p e m o h n n a u e c m c i e c k y  
 s d n l d p x t m o d e e r f i r j j j a t m k p  
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- activities
- aging
- care
- carer
- community
- cultural
- dementia
- diverse
- eden
- elders
- empathy
- empowerment
- family
- flexibility
- freedom
- friends
- growth
- home
- independent
- living
- migrant
- nurse
- nurturing
- palliative
- polder
- residential
- respite
- retirement
- seniors
- social
- support
- telelink
- trust
- veterans
- village



Darren (pictured above) sitting in the Community Centre at 741 Retirement Living Apartments

## We sat down to have a coffee and chat with our new Retirement Living Manager - Darren Schier

### Why do you enjoy working in retirement and independent living?

I love waking up every morning and being able to come to work knowing that my role allows me to hopefully affect others' lives in a positive way.

It's a really rewarding job, enriching people's lives and assisting them in their later years. And it extends beyond our physical communities to include residents' families and friends. It's a privilege and honour to be part of our Elders' life journeys.

### What are your hopes for the future of retirement and independent living?

You may have read of the success of some communities abroad, where young and old live together in community, and the benefits of this symbiotic relationship have been profound. This concept of cross - generational care is a vision of 'village' where people from all ages and backgrounds live together, or perhaps participate in joint or group activities to encourage inclusion in community.

I believe everyone, no matter what their stage of life, has something valuable to contribute, to help the community in which they live to flourish. We should never dismiss the enthusiasm of the young or the wisdom of the aged.

### Lucky last question! What do you love to do in your spare time?

I love being with my family, being outdoors, especially in the garden. I also ride a *Triumph* motorcycle and I like to get out on the highway. Alice Springs was a great ride. I play drums and percussion and particularly enjoy the West African Djembe hand drum.

My wife Susie and I also volunteer at our local church's community meal, where a broad group of locals from different backgrounds and situations meet to share a hot meal and socialise in a safe inclusive environment.

*To find out more about MiCare's retirement and independent living options available in Melbourne please contact Darren on 0433 997 338 or email [rlmvc@micare.com.au](mailto:rlmvc@micare.com.au)*

### Hi Darren, when did you start working at MiCare and how did you come to work here?

I began at MiCare in February this year. Until now, I've spent my entire working life in the printing industry, predominantly in senior management roles and including my own business. MiCare was actually a printing client, and I always left meetings thinking "how do I get to work for this company?" Fortuitously, the retirement living manager role was advertised. I was ready for a career change and wanted to work within aged care or something closely related.

**'I believe everyone, no matter what their stage of life, has something valuable to contribute.'**

### Can you tell us a little about your role and what a typical day is like for you?

I manage our Victorian retirement villages in Kilsyth and Carrum Downs. It's independent living with over 120 homes, so my role is predominantly keeping on top of all day to day requirements in our communities, facilitating new activities and events, apartment sales, and overseeing garden and property maintenance.

It's a privilege to assist in the lives of so many to help achieve a safe, happy, connected, involved and fulfilled community, where we all respect and care for one other.







## Elly's sought-after crafts



**M**iCare's residential lifestyle programs offer Elders a diverse range of interests and activities with the aim of enhancing their day to day lives.

From the day of admission to residential care, there is close liaison between lifestyle staff, Elders and their families to obtain an understanding of their wishes and needs and to plan how we can best adapt our lifestyle program to suit the individuality of Elders. Planned lifestyle programs are reviewed regularly, taking into account the changing circumstances/preferences of our Elders. We are also mindful of incorporating a degree of spontaneity into our Elders' lives.

Elly has been at MiCare since January 2018. She has always been interested in craft work – knitting, crocheting and needlework. She enjoys playing RummiKub with other Elders and visitors who drop in to see her. Elly also likes to attend coffee mornings in the kiosk.

She loves to spend time doing her craft work, which she prefers to do in her own room. She makes articles for friends and family. We have encouraged Elly to continue with her hobbies, supplying any materials she may need. It hasn't taken long for her work to become noticed by staff and visitors and as a result, Elly has a steady line of people putting in orders. Even though Elly is happy to give her work away as presents, her "customers" at MiCare are only too willing to pay a nominal amount as her work is really quite exceptional. Her incredible eye for detail and quality and care in each and every piece of her crafts are a few notable reasons why her work is so famous among her family, friends as well as other

residents, staff and visitors that come by at Overbeek Lodge.

Last year, Elly had a lovely craft stall set up before Christmas where she had many of her handmade handiworks on display for purchase just in time for the busy Christmas period. The stall quickly ran out of Elly's products as customers were quick to snap up Elly's beautiful handmade items - unique pieces that were sure to have been great Christmas presents for loved ones!

Elly is thrilled to be able to continue her craft work at her home in Overbeek Lodge at MiCare. She feels quite emotional at times at doing what she loves and being appreciated and supported by so many people including her friends and staff here at MiCare.

*Lyn Nguyen*  
Social Media Co-ordinator



## Bike program for refugees in Werribee, Melbourne

**IN PARTNERSHIP WITH SEVERAL OF OUR PARTNERS including Wyndham City Council and Cycling 4 Life, we held a four week bike program for refugees in Werribee.**

In partnership with Wyndham City Council, Cycling 4 Life, Wyndham Park Men's Shed and Envision Employment Services we held a four week bike program for a group of Karen, Karenini and Kachin refugees from Myanmar at Wyndham Park Community Centre in Werribee, Melbourne.

The transport project is coordinated by Keh, MiCare's Settlement Support Worker, who is based in our Werribee office. The program not only involved teaching the newly-arrived refugee participants how to ride a bike and follow Australian road rules, but also how to build and maintain bicycles.

riding their bikes onto the roads. The checklist includes checking the bike for air, brake and chains. 'Some of the participants have some basic bike riding skills but most have not learned how to properly ride a bike before', says Christine.



Participants practising signally on the road



Bikes being allocated to program participants

The program also highlights the importance of road safety for cyclists as well as the responsibilities that cyclists must uphold while sharing the roads with motorists and pedestrians. For instance, using hand signals to let motorists and other cyclists know when one is changing path directions, as demonstrated by participants (pictured above).



Program instructors, Christine (pictured in head photo above, far right) and Dylan, train participants to tick off a checklist before



Jackie (above) the program's Karen translator

**MiCare**

MiCare supports migrants and refugees across a number of services ranging from child and youth activities, employment preparation, family support programs, retirement living and aged services.

**Volunteer Tutors for our Learning Support Program needed in Caroline Springs!**

**This program aims to assist newly arrived young people from refugee backgrounds with their school work and basic literacy and numeracy skills.**

**Thursdays 4 – 5.45pm**

Training is provided, and applicants will need to undergo a police check and Working with Children check. If you are interested in becoming a volunteer please contact our Social Support Coordinator, Erin Sanocky on (03) 9448 8009 or email cvs2@micare.com.au

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**MiCare**

MiCare supports migrants and refugees across a number of services ranging from child and youth activities, employment preparation, family support programs, retirement living and aged services.

**Volunteer Tutors for our Learning Support Program needed in Werribee & Laverton!**

**This program aims to assist newly arrived young people from refugee backgrounds with their school work and basic literacy and numeracy skills.**

**Mondays 3.10 – 5.30pm (Laverton)  
Wednesdays 3.10 – 5pm (Werribee)  
Thursdays 3.00 – 5.30pm (Werribee)**

Training is provided, and applicants will need to undergo a police check and Working with Children check. If you are interested in becoming a volunteer please contact our Social Support Coordinator, Erin Sanocky on (03) 9448 8009 or email cvs2@micare.com.au

**www.micare.com.au**

Jackie (pictured on the previous page) is the program’s Karen translator. She says, ‘Most of them were not good [at riding] in the beginning but I encourage them to keep trying, to keep going and to pick themselves up after they fall. Christine and Dylan have been great teachers and they make it easier for everyone here’. After the program is done, most of these participants will be able to safely ride their bikes to appointments and to go shopping if it is not too far away from home’. She further explains that at the conclusion of the program a majority of the participants will be able to gain a further sense of independence and freedom of choice as they then will have the option to choose either public transport or ride their bikes.



Muu (pictured above) one of the youngest participants

program participants were also given the opportunity to take the bike they built and used during the training as their own. Volunteers from Wyndham Park Men’s Shed helped participants repair and maintain their bicycles. The youngest participant in the program was Muu (pictured above). ‘I love riding bikes! It’s fun. I like coming to these bike sessions’, says Muu.

*Lyn Nguyen*  
Social Media Co-ordinator



Christine (above, right) with a participant

Once the participants were taught ‘how’ to ride a bike, they were taken on a guided ride along Wyndham bicycle trails, and on the road to practise riding in traffic. Second-hand bikes were donated by Envision Employment Services’ plastic recycling department and Wyndham Men’s Shed. At the conclusion of the



## Recipes from within our MiCare family

### Sanaz's Persian rice with broad beans & lamb shank



*Sanaz Ghaedsharaf, our Receptionist/Administrator based at our Footscray settlement services office in Melbourne, Victoria, shares one of her favourite Persian dish recipes, Baghali Polo ba Mahiche which is a delicious rice dish with broad beans and lamb shank. She says, 'I believe this is the best Persian dish! Sometimes we also have it with chicken but we usually have it with lamb'.*



#### Ingredients

- 4 lamb shanks (one for each person)
- 1 medium brown onion, chopped
- 2 cups of Basmati rice
- 200 grams of broad beans
- 1 cup of chopped dill, fresh or dried
- 1/4 teaspoon of ground saffron, dissolved into 4 tablespoons of hot water
- 1 teaspoon of ground turmeric
- 1 teaspoon of salt (for the meat)
- 2 tablespoons of salt (for the rice)
- 4 cups of water
- vegetable oil
- butter

#### Method

1. In a large bowl, rinse rice several times until the water runs clear. Fill bowl with lukewarm water again and add 2 tablespoons of salt. Allow the rice to soak for approximately 20 minutes.
2. Heat 2 tablespoons of oil in a pot over medium heat and sauté the chopped onions until soft.
3. Add the lamb shanks to the pot and brown each side for 3-4 minutes until the meat changes colour.
4. Add salt and turmeric to the pot and mix well.
5. Add 3 tablespoons of saffron water to the pot. Remember to set aside saffron for garnishing for later.
6. Pour 4 cups of water over the lamb shanks or enough water to cover half of the pot's depth. Bring to a boil, then reduce heat, cover the lid and let it simmer for 1.5 hours to 2 hours.
7. Meanwhile in another pot, half fill with water and bring the water to a boil. Add the broad beans and let them boil for a few seconds only.

**B**aghali Polo ba Mahiche is one of the most popular if not most popular favourite dish in many Persian families. Dill is very widely used in Persian cooking. Fresh or dried dill can be used but both can be used as Sanaz has used in her dish (pictured, above left).

*Please note: the original recipe Sanaz followed is from The Persian Pot ([www.thepersianpot.com](http://www.thepersianpot.com)).*

8. Drain the rice and add it to the boiling water. After 5-7 minutes of boiling, check if the rice is cooked - rice should be hard in the center and soft on the outside. Also another way to see if it's ready to drain is that you will see the rice grains starting to float to the surface of the water.
9. Return the pot and heat 3 tablespoons of vegetable oil over medium heat. Place the rice and herb mixture in the pot in a pyramid shape.
10. Add some butter or vegetable oil and 4 tablespoons of water on top of the rice. Reduce heat and cover the lid. Allow it to steam for 45 minutes.
11. Use a fork to pull at the lamb shanks to check if the lamb is tender. If it is cooked and the sauce is still watery, remove the lid from the pot and allow it to boil to reduce the water. If it's too dry, allow it to cook further for a few more minutes.
12. When the rice is ready, take a couple of tablespoons out of the pot and into a mixing bowl. Add the saffron mixture to the bowl and mix it through well.
13. Spoon the rice on a serving platter, top it with saffron rice and place the lamb shanks beside it with some fresh lime. Serve the meat sauce in a separate bowl or simply pour it over the meat and rice.
14. Enjoy!

In partnership with MiCare's partner organisations we held an activities packed three day adventure in September 2018 for a group of South Sudanese young people and their families at YMCA Camp Manyung in Mt Eliza, 48 kilometres from Melbourne city. The camp was funded by Rosey Kids Foundation.

MiCare's Community Settlement Social Worker, Theresa Sengaaga Ssali, and Youth & Communities Support Worker, Liah Muot, along with Jeannette Kandel from Woodleigh School, helped coordinate the three day trip.



Senior Constable Teresa Baker (above, far right) speaking to Sudanese parents and caregivers

Fifteen families from the local community comprising seventy five community members were involved in The Homework and Learning Support Initiative Community Camp.

While the children participated in a variety of fun educational and physical activities, their parents and caregivers were able to sit down and connect with Senior Constable Teresa Baker and Leading Senior Constable Peter Vandermeer (pictured above and below) of Youth Resource Proactive Policing Unit in Somerville to answer any questions they had regarding the Australian legal system as well as any cultural issues they face living in Victoria.



Leader Senior Constable Peter (above, left) and Senior Constable Teresa (above, right) answering questions

Participants were able to get involved with a variety of activities including the 'giant swing' (pictured in the next column), tree top surfing,

## YMCA Camp Manyung for South Sudanese Youth and their families

**IN PARTNERSHIP WITH ROSEY KIDS FOUNDATION AND OUR OTHER PARTNERS we held a three day camp for South Sudanese youth and their family at YMCA Camp Manyung in Mt Eliza, Victoria.**

low ropes course, and archery. Life Saving Victoria also ran an afternoon session on water safety at the local beach for participants aged 5-20 years old.



The 'giant swing' (pictured above)



Akot (pictured above)

We asked Akot (pictured above), 11, what she thought about the giant swing. She says, 'I've been on the swing! It's scary but it is fun. I am just waiting for my next turn!'

**'Working in teams and bonding with other participants was an important part of the trip...it teaches them communication and social skills...such skills that will continue to be valuable for them as they transition into adulthood.'**



Riley (above)

Like Akot, eight year old Riley (pictured above) was equally excited about being able to go on the big swing and participate in all the other different entertaining activities on offer. 'It's really fun, I'm having a great day!' she says.



A team effort!

Working in teams and bonding with other participants was an important part of the trip for the participants (as pictured above). It teaches them communication and social skills, and helps them improve self-confidence - such skills that will continue to be valuable for them as they transition to adulthood.



**'...parents and caregivers were able to sit down and connect with Senior Constable Teresa Baker and Leading Senior Constable Peter Vandermeer... to answer any questions they had regarding the Australian legal system as well as any cultural issues they face living in Victoria'**

One participant, Angie (pictured below, centre) was eager to have a turn tree top surfacing. However, the fear of taking the first step to jump off the platform meant she took a little longer than her fellow participants.



Angie (pictured above, centre)



After a few moments of encouragement from the others Angie finally plucked up the courage to finally push herself off the platform. This was a great example of team work demonstrated by some of the participants on the trip.

*We would like to thank and acknowledge our partners, Life Saving Victoria, Victoria Police, Woodleigh School, African Women's and Families Network (AWAFN), Rosey Kids Foundation and volunteers from the local community, for not only making this trip a reality but for working with us to ensure the trip would be a fun and educational experience for the young participants and their families and caregivers.*

*Lyn Nguyen*

Social Media Co-ordinator

### HALLS FOR HIRE

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**1800 MICARE (1800 642 273)**



MICARE NEWS FROM  
ACROSS VICTORIA AND  
QUEENSLAND IN A  
**FLASH!**

Aged Care & Retirement Living

PWA Elder Dorothy's 100th birthday



Up in Brisbane, Queensland Dorothy celebrated her 100th birthday! Staff, residents and Dorothy's family were all in attendance at the pink themed special high tea birthday party. What a milestone!

PWA Fitness Classes



Classes aim at restoring agility, strengthening muscles and improving balance. There are Monday and Thursday classes available and attendance is \$5 for each class. Contact Monica on (07) 3822 2092 for more information!

Noble Park Lodge in Melbourne, Victoria



On Sunday, February 3, the FIAV, Federation of Indian Origin Multi-faith Organisation and MiCare held an Australia Day and Indian Republic Day Celebration at Museum India in Dandenong. The Mayor of Greater Dandenong, Roz Blades, was in attendance to welcome guests and to introduce the Consul General of India, Mr. Rakesh Malhotra who gave the formal address, thus marking the official launch of the approved plans for the Noble Park Lodge project.

Tulips for Elders



Thank you to the team at TNB Tulips in Monbulk, Victoria for their much well received and generous donation of these beautiful locally grown tulips to our resident Elders as well as staff across some of our Victorian and Queensland sites. Jenny from the lifestyle team (pictured above, far left) at Overbeek Lodge with resident Elder, Hennie.

Intergenerational Easter Activities



During the Easter holidays Tish, Carrum Downs Lifestyle Coordinator, and her team, put together a very fun intergenerational Easter themed activities day that included an Easter hunt, baking and a high tea with Elders and children.

Barbecue with Elders at Jells Park



Sausage sizzle, coleslaw and cakes at Jells Park in Wheelers Hill with Elders from Carrum Downs and Kilsyth homes. Margriet Manor furry resident, Eva the therapy dog (pictured above, in middle) also tagged along. Thanks Tish, Marianne and the rest of the lifestyle teams from both Carrum Downs and Kilsyth for putting together this beauty of a day!





## Craft Tiles Project with Bunnings



Our friends at Bunnings Bayswater recently paid us another visit at Overbeek Lodge with more fun crafts projects for resident Elders. This time Elders, the Bunnings ladies (pictured left) and staff worked together on making some gorgeous tiles.

## Cambodian Home Care Client, Lady Sokchheng



Our Home Care Advisor in the southern region, Jeanette, recently visited Lady Sokchheng. Lady Sokchheng (pictured left) is from Cambodia and they are celebrating new year at this time in April. She welcomed Jeanette at the door and wished her a happy new year and offered her to take food from the table as this is their tradition to all their guests who will visit over that period.

## Services & Community Programs

### Café Bazaar Clients



(Pictured above) Clients at our multicultural Café Bazaar group sessions at our Frankston and Bentleigh locations. Activities include outdoor pin bowl, barbecues, and boardgames. Thank you to our Team Leader Social Support Worker, Geraldina, for these great snaps.

## Other Events

### The Premier's Gala Dinner



Some of our staff from across MiCare (pictured left) who represented MiCare in celebration of the start of Cultural Diversity week in March at the Premier's Gala Dinner at Melbourne convention & Exhibition centre.

### Yvonne's 15 years at MiCare celebration



In March we threw a celebration lunch for the Manager for Volunteers, Yvonne (pictured far right). A happy 15 years (and counting!) at MiCare! What a great milestone!

## Settlement Services

### Governing a Community Workshop



Snapshots taken from the 'Governing a Community Organisation' workshop, held at Melton Library & Learning Hub, in partnership with JusticeConnect, Western Region Ethnic Communities Council and My Community Voice in the West (Network). Attendees from various cultural and religious backgrounds were able to learn more about understanding the legal status of their nfps, the importance of following rules and purpose, complying with the 4 key legal duties, and other laws and liabilities to be aware of. Thank you to our Settlement Social Worker, Rachel (pictured second image, far right) and our Youth and Communities Program Co-ordinator, James, (pictured third image, far right) for coordinating the successful event.

### Mt Kooyoora camp for young people



MiCare, along with its Recreational Activity Day program partners, organised a 3 day camp for young people at Mt Kooyoora, Victoria in mid-April. Participants learned about indigenous culture in the area and shared knowledge, skills and experiences in a group setting.

### Grill'd Glen Waverley Tom McCabe Fund



In April MiCare came second place in the Grill'd Local Matters jar campaign. The \$100 prize will be donated to MiCare's Tom McCabe fund for refugee youth. Every burger purchased at the restaurant came with a token which customers drop in to the jar of their preferred charity. Thank you everyone who supported us during the campaign!



### A volunteer's story - Liesbeth van Emmerik

Pictured here is Lucy (left) with Liesbeth (right)

**MICARE'S COMMUNITY VISITORS SCHEME VOLUNTEER LIESBETH shares her story about her friendship with Lucy.**

**L**ucy was born in Brabant on 2nd December 1921 and worked before her marriage to Jan as a secretary in an office. From Helmond, they arrived on the 'Jan van Oldenbarnevelt' in 1953.

Coming from a family of seven, Lucy was the youngest. Three of her four brothers entered into religious life as Brothers. She received a certificate from St. Vincent de Paul for her many years of service. Lucy also took Communion to her neighbours across the road, namely Albert and Rita Jansen, who received a visit from MiCare (then known as DutchCare).



Lucy and her husband, Jan, attended Liesbeth's father's 60th wedding anniversary

I have known Lucy since we came to Bendigo in 1955. Lucy and her husband Jan attended our wedding and 25th Wedding Anniversary. The photo (pictured above) was snapped at a gathering at my parent's place, where my Papa's 90th birthday and their 60th wedding anniversary were celebrated. Father Wim van der Valk started the celebration with a mass, partly in Dutch and English, but mainly Dutch, with some of our Australian friends.

With her friend Nell Vringer (pictured right, above) who passed away in 2015, she played competition scrabble for many years. These two Dutchies with an Australian lady Ruth, often

made top marks in scrabble, which was noted in Bendigo.



Nell (left) with Lucy (right)

**'...she is always showing us how extremely grateful for the visits from myself...and Madeline, a fellow volunteer...'**

Lucy, who has been living at *Bupa* for the last ten years still excelled in scrabble till the beginning of this year. A fall has set her health back, but Lucy is winning the battle and is improving at the age of 97. She still remembers many Dutch and German songs. Even when she was not well, while singing softly, she would join in with the music. Her voice is also becoming stronger again and she is always showing us how extremely grateful she is for the visits from myself as her longtime friend, and Madeline, a fellow volunteer also based in Bendigo.

**To learn more about current volunteering opportunities at MiCare please contact one of our friendly staff on 1800 MICARE (1800 642 273) and ask to speak to a Volunteer Coordinator or email [info@micare.com.au](mailto:info@micare.com.au)**

*Liesbeth van Emmerik*  
Volunteer Team Leader - Bendigo

# How You Can Contribute

## Tom McCabe Fund for Refugee Youth

**ESTABLISHED IN 2005, the Tom McCabe Fund for Refugee Youth assists refugee youth with educational, recreational, sporting and cultural needs.**

The Tom McCabe Fund for Refugee Youth assists refugee young people who migrate to Australia under the humanitarian program. These young people and their families have been forced to flee their homeland due to war, famine, and other long-term tragic circumstances.

Most have spent many years in a refugee camp and have had a disrupted education. The fund assists those families who are unable to support their children with educational, recreational, sporting or cultural expenses. All funds raised are deposited directly into the fund; MiCare does not retain or divert any money raised for administrative or other costs associated with running MiCare.

## How you can help young people from migrant refugee backgrounds



**Donations of \$2 or more are tax deductible. If you would like to find out more on how to donate please contact MiCare.**

**Call 1800 MICARE (1800 642 273), email [info@micare.com.au](mailto:info@micare.com.au) or visit [www.micare.com.au](http://www.micare.com.au)**

## Donations & Bequests



### Donations

Your donation is put to great use. The level of care we insist on providing for our resident Elders and for newly arrived migrants, refugees and others in need is expensive and ongoing. Money raised by MiCare is used to improve current facilities or make capital purchases.

### Bequests

A bequest is a gift made through a Will, testamentary trust, or a codicil to a Will or trust. Bequests may include cash, marketable securities, closely held stock, real estate or other personal property.

**MICARE IS A REGISTERED CHARITY and all donations over \$2.00 are tax deductible.**

Through your Will, you may leave a Bequest to MiCare. We greatly appreciate the generosity and thoughtfulness of those leaving bequests of any size.

It allows us to continue being a leader in the industry by providing ethno-specific care for elderly people of culturally and linguistically diverse backgrounds living in Australia. Our services include, among others, community aged care packages, friendly visiting, planned activity groups and telelink social contact for Elders living at home.

Bequests also allow us to keep providing all Elders in our residential homes with the highest quality care.

# View our full list of contacts



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