

Amicus Exchange



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Head office

18 Myers Street, Bendigo 3550
9:00am – 5:00pm Monday to Friday
(03) 5441 2666

A message from the Board

Paul Somerville, Chairperson



On behalf of the Board of Amicus, I would like to inform everyone that our CEO, Ann-Maree Davis has resigned from Amicus.

Ann-Maree was CEO for almost 14 years and led a significant reorientation of the services that Amicus provides in order to transition from a facility-based day service model to a flexible community-based model of support. She has actively led capacity building for people with a disability, and vulnerable young people, families, and the sector in the areas of individualisation of funding, self-directed approaches and alternatives to traditional models of support.

Ann-Maree played a significant role in growing the organisation on many different levels. Revenue increased from approximately \$700,000 per annum in 2008 to the current level of over \$15m. The Amicus organisation has also grown to a team of over 400 participants and 220 staff members, while also expanding its geographic footprint across Central and Northern Victoria.

We would like to acknowledge the significant contribution that Ann-Maree has made to the lives of people with a disability across Central Victoria and thank her for all her hard work whilst at Amicus.

The Board has commenced a recruitment process to engage a replacement, however this is expected to take several months. In the meantime, we have appointed Ken Marchingo AM as Interim CEO until we can secure the services of a new CEO. Ken is an experienced CEO with more than 27 years CEO and not-for-profit sector experience.

A change of CEO is always a significant event and it is understood that this may come as a shock to some participants, staff and community members. Please be assured that the Board and Management Team are working closely together to ensure this change is as smooth as possible.

The Board is optimistic about the future, and the role of Amicus in providing excellent support services to those that choose to be supported by us. We thank you for your continued support, work and the strong relationships we share with Amicus participants and carers, staff and community partners.

Paul Somerville

Chairperson, Amicus Board



A message from the Interim CEO

Ken Marchingo AM

By now, you will be aware that I have been appointed by the Amicus Board of Directors to fill in as interim CEO for the period between when my great friend Ann-Maree has finished her role until a new CEO is appointed.

I have been asked by the Board (and my other great friend and former long-term colleague, Chair of the Board Paul Somerville) to treat this position as if I was going to be here for a long-time and to do whatever is necessary for the organisation.

Whilst this role may be a temporary one, it is by no means a caretaker position, and planning is already well underway to ensure the organisations key projects and participant services continue to move forward positively.

Myself and the executive team have already spent significant time planning for the future, identifying key initiatives to prepare for implementation over the next 12-18 months; strategic planning is also underway, providing an incoming CEO with a clear, relevant and impactful pathway for the next few years.

I am confident that my vast leadership and transformative experience working in the community sector ensures that Amicus is in very capable hands whilst working through the recruitment process.

Ken Marchingo AM

Interim CEO

Farewell message

Ann-Maree Davis



After almost 14 years as CEO at Amicus I have made the difficult decision to step down from the role and my last day was 27 May.

The past 12 months have been very challenging with increasing carer responsibilities for me, and my father's health is deteriorating quite rapidly so I really need to spend more time with him now.

I know that many of you reading this will understand just how difficult it is to juggle a carer role with work and other family commitments. Unfortunately given the timing I regret that I have not been able to personally say goodbye to many of you who I have worked very closely with over the years, but I am quite sure that I will still bump into you out and about.

Whilst it has been a difficult decision I leave with so many wonderful memories of the people and our team that make Amicus the great place that it is, and will always be forever grateful for the opportunity to work with you.

There have been so many highlights over that time that we can all be very proud of, but more recently the completion of our two new units at Webdon Drive, are a lasting reminder of the valuable contribution that we make to our community.

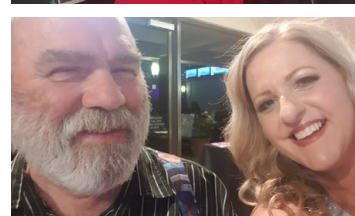
Looking to the future, the Board has been able to put in place Ken Marchingo as our interim CEO over the next few months, whilst recruiting our new CEO. I have worked with Ken over almost 20 years and know that the leadership of Amicus is in great hands, and I know that you will all give him a very warm Amicus welcome. I wish you all well on your journey to find your best life.

Cheers!

Ann-Maree Davis



Eddie presented Ann-Maree with his hand-made coat rail



Participant updates



VAL'S JOURNEY HOME

One of Melissa Court's long-term residents, Valerie (Val) Monaghan has had some wonderful surprises recently.

She has received word that she will soon be able to move back to her home in Bendigo and as an even bigger surprise, Val's family has organised a new puppy for her. Val is thrilled and eager to return home to Kangaroo Flat to spend time with the beloved sister, Beverley and also the new love of her life – gorgeous Rusty, a rust-coloured havoodle puppy.

"To say Valerie is excited is an understatement," support worker Samantha (Sam) Gilbertson said.

Rusty is a welcome distraction after Bev lost her beloved caboodle in 2021. Val has several framed photos of Biscuit next to her bed and she still misses him.

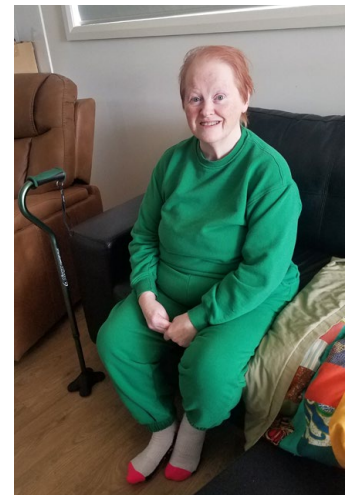
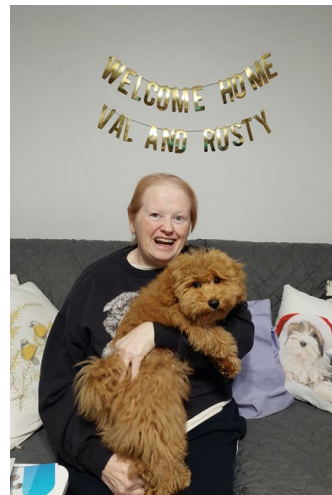
Val has been living full-time at Melissa Court respite house in McKenzie Hill for 11 months following a stroke in December 2020 that brought a halt to her busy, active life. She spent periods of time at the Royal Melbourne Hospital, Bendigo Hospital and at Bendigo Health's Golden Oaks nursing home over seven months and then moved to supported accommodation due to her loss of speech and mobility challenges.

Over the past six months Val has increased visits to her home in Kangaroo Flat and is looking forward to returning there to live fully with her sister Bev. Val and Bev have always been close and shared the house together for years when Val was working as a nurse with Austin Hospital. However, it has not been a fast process and Val's loss of speech and the limited use of her right hand has impaired her progress. While she was in hospital, Val's main goal was to return to living independently back at home and in the community and she is on the way there. Val is due to move back to Bendigo early next month (June 2022) as soon as upgrades and the installation of an accessible bathroom are completed.

Her expressions and eyes reflect how much she is looking forward to returning home. She is particularly looking forward to having Rusty with her all the time, 'being able to sleep in' and having her own things around her. Some of those special items are the memorabilia from past travels with Bev and the cookbooks that both used to try new dishes. Val is not a 'foodie', but she does like pancakes with banana for breakfast and looks forward to roast lamb with mint jelly for Sunday dinner. She enjoys being outside in Melissa Court's beautiful surrounds and while indoors, she enjoys 'scary' films and TV shows.

Her dedicated support people – Sam Gilbertson, Rhonda Joyce, Thee Ree and Babalou – have developed several communication methods they can use these to support Val so she can be as independent as possible and make choices about her daily activities. As Val is nonverbal, her team are diligent in sharing information with other team members to ensure her choices are followed through across shifts.

Through the NDIS Val accesses medical support services, including Interchange, district nursing, podiatrist and physiotherapist visits. Val will require support with daily living and personal care when she moves back home to Kangaroo Flat, but she is determined to keep progressing. She aims to keep working on her mobility and communication issues which are the greatest barriers to reaching her goal of independent living. She is also grateful for the support and company of nieces, Robyn and Deb and their families, Carol and Graeme and nephew Michael, as well as the support of the Bendigo Stroke Survivor group.



CHILD'S SPECIAL DAY OUT WITH THE DINOSAURS

One of Amicus' Children's Services participants recently had an exciting day out. Accompanied by his support worker, the young person travelled to Melbourne on Saturday 14 May to visit the Melbourne Museum.

It wasn't the first time they had been to Melbourne for a day outing but it was the first for some time, so everything was fresh and exciting. Even more exciting was the chance to visit and experience the special dinosaur exhibition. The participant, who turns 10 in October this year, has been with Amicus for almost three years with Robbie as his dedicated support person. Robbie, who organised the Melbourne excursion said he really enjoys his time with this young person.

"We've got a good partnership," he said, "I have a soft spot for him... I've watched him grow over the years. Usually we spend a few hours together on a Saturday, but I thought we'd do something different and have a day out."

"We were originally planning to go to the zoo but then it looked like it would be raining, so we switched to the Museum," Robbie said. It turned out to be a good decision as the museum was hosting a special dinosaur exhibition. The participant had a great time taking lots of photos on his iPad and looking at all the different dinosaurs. The triceratops display was his favourite.

Triceratops – The Fate of the Dinosaurs is an immersive experience where participants can explore the Cretaceous period, join in fun activities, ask the experts their dinosaur questions and get to know the creatures that lived in that era.

While at the Museum, the young person was also able to see the First Peoples display again and learn more about his Aboriginal heritage. While his carers had previously taken him to the museum and had provided the opportunity to attend, it was great for him to again experience this valuable cultural experience.

Another part of the fun was taking the train down and back and the child was full of smiles.

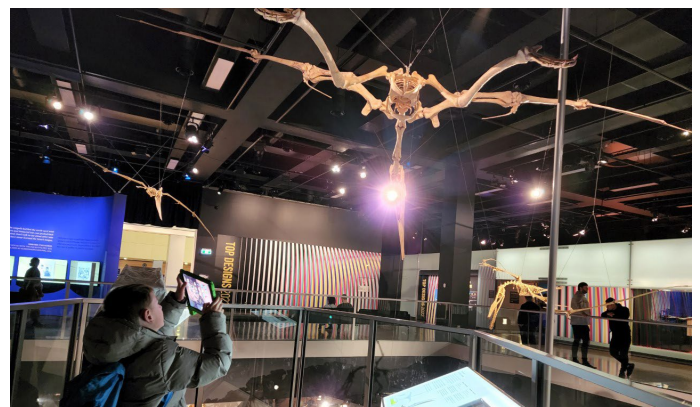
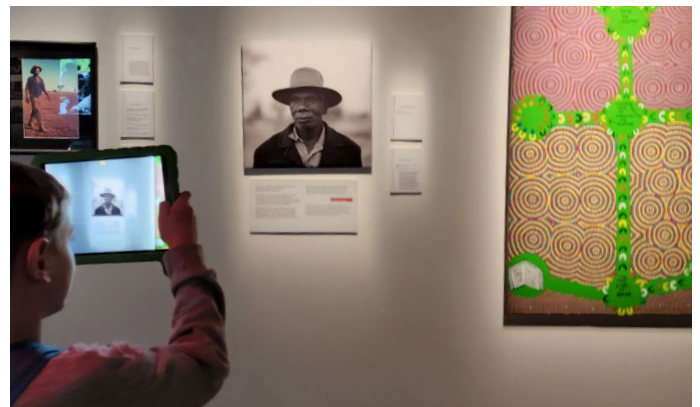
They caught the train from Bendigo to Southern Cross Station and then made their way by tram to the Melbourne Museum. "He loves taking the train. He was very excited looking out the windows," Robbie said.

They took their own lunches and lots of snacks, but as an extra treat enjoyed some Hungry Jacks' takeaway while waiting for the train home. "We left at 9.30am and got back to Bendigo at 6pm, so it was a full-on day," they both agreed.

While the participant has communication challenges, his expressions speak volumes and Robbie said it was easy to see how much he enjoyed the day and which of the exhibits and experiences rated most highly.

"He looked at everything, but he spent a lot of time at the triceratops display."

The Melbourne trip was a great time and the participant will always be able to remember the day by looking at all of the photos on his iPad.



BERVIN MEETS A PARALYMPIC CHAMPION

Bervin ticked off on his goal to attend the Come and Try Day run by Paralympics Australia and got to meet swimming champion Col Pearse.



PETER VISITS THE PORT OF ECHUCA

Peter went to Echuca last week with his support worker. He went on the paddle steamer and enjoyed looking around the shops. Peter said he had a great time and that he was on a noisy boat because of the school kids. Peter said it was so good getting back out in the community and not having to wear a mask.

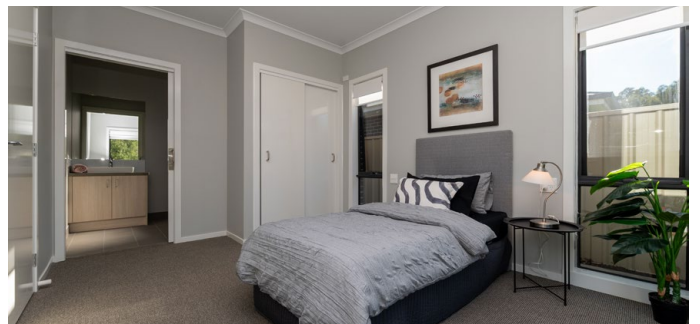
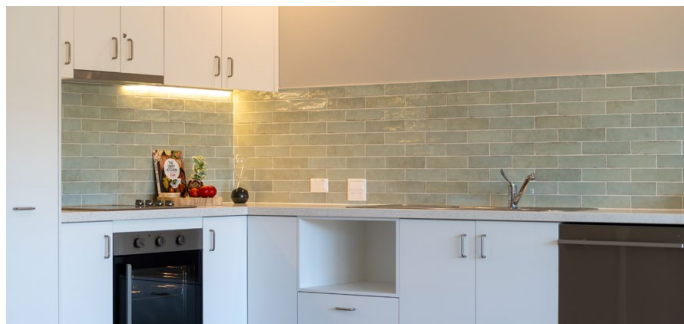


Announcements and updates

WEBDON DRIVE UNITS COMPLETED

We are excited to announce that our Specialist Disability Accommodation (SDA) units at Webdon Drive are now completed.

We are looking for potential tenants with SDA funding in their NDIS plan. Please contact Melissa Zera pathways@amicus.org.au for more information.



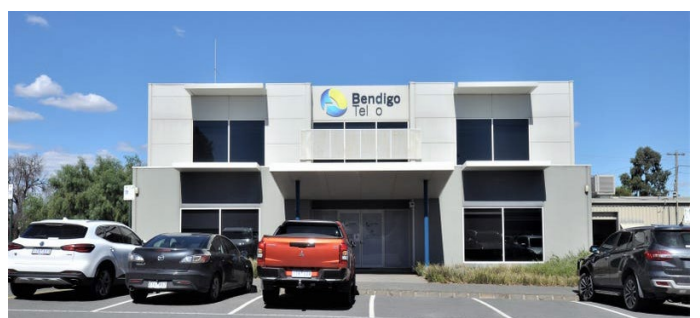
AMICUS IS MOVING TO A 'TOGETHER HOME'

Over the next few months, we will be moving to a new site (currently where Bendigo Telco is alongside the Railway line in Williamson Street, Bendigo).

The team at 18 Myers Street will be the first to move by the end of July, followed by the 97 Williamson Street team in August, and Children and Youth Services (53 Myers Street) in the months to follow.

It is very exciting for us to be all together, and to offer a single place where our participants and carers can visit, and where Team Amicus can work closely with each other.

Excitingly, we are planning a hub within the building where we can hold special events and provide a warm and welcome environment, along with a dedicated learning and hot desk space for staff.



FABULOUS FEEDBACK

To showcase our amazing team, we have been awarding Fabulous Feedback to staff who receive feedback from outside of Amicus.

Congratulations to Zachary

Ian received a Fabulous Feedback award from his peers for his hard work and dedication, forming a great bond with his participant.

Well done Ian!



Congratulations to Di

Amicus received feedback about Di from a participant who said that no-one else can make things happen like Di, that the communication is great and that Di is a gem.

Great work Di!



IMPORTANT NOTICE

Amicus Exchange update

The Amicus Exchange will be moving from a quarterly newsletter to a monthly newsletter. This will be sent out to you via email. If you would prefer to receive these via post please contact us at marketing@amicus.org.au



Important dates

NAIDOC Week

3 - 10 July, 2022

Brain Injury Awareness Week

16 - 22 August, 2022

Ask Amicus?

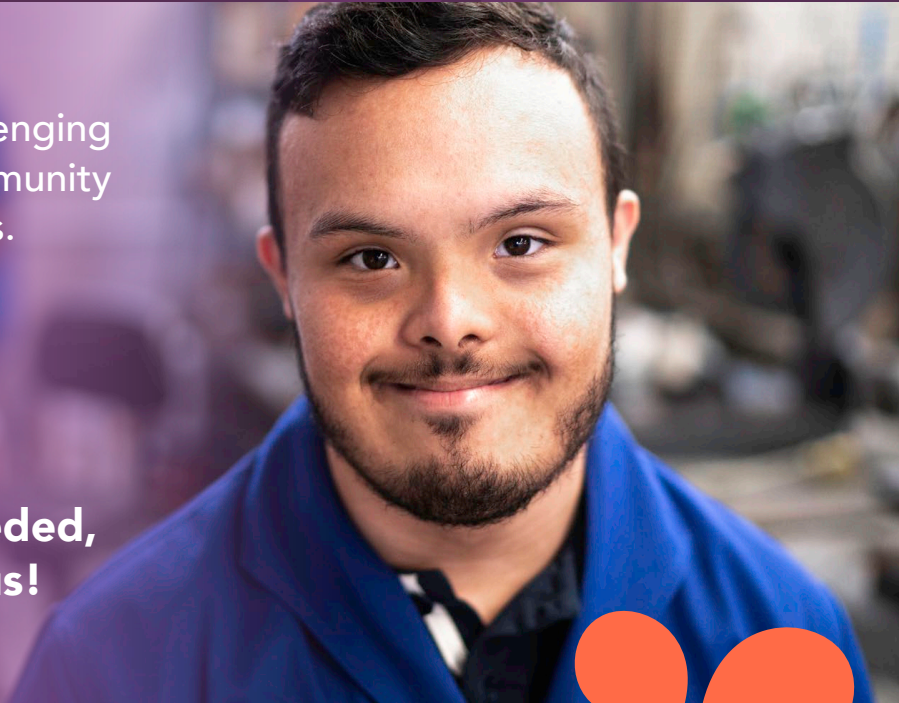


Every Friday 1-2pm | Amicus Office 97 Williamson Street, Bendigo

We know it can be challenging navigating funded, community and mainstream services.

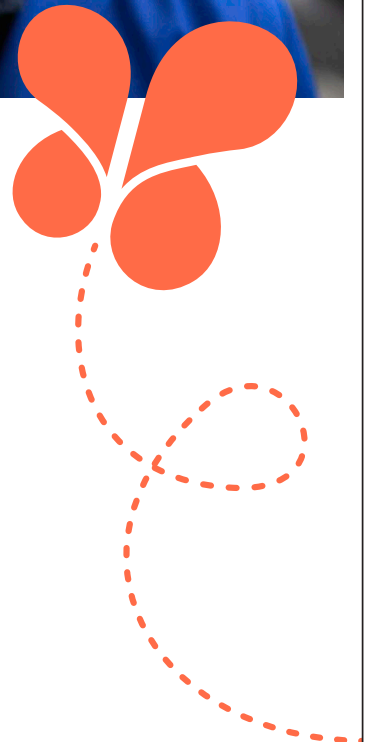
We would love to offer our participants and families our experience and expertise to assist.

No appointment needed, just pop in and see us!



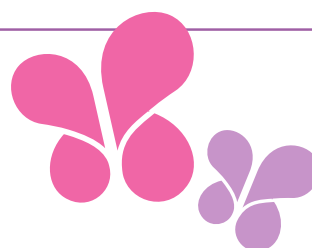
What you might like to ask us....

- Everything and anything you need to know about the NDIS
- Questions about your NDIS plan and how it can work
- Make the most from your funding
- Where to find the services you need - any services, not only NDIS
- What options are there in the community for things you want
- Are you experiencing trouble accessing something you need
- There are no silly questions and no problem too big or too small
- The questions or advice needed does not need to be about your Amicus services or funding used at Amicus



Ask us anything and we will do our best to help you live your best life.

97 Williamson Street, Bendigo 3550
9:00am – 5:00pm Monday to Friday
Ph: (03) 5441 2666



amicus.org.au

Seasonal health information

INFLUENZA (FLU) VACCINATIONS

Vaccination against the flu remains important this year. The flu is a highly contagious viral infestation that can cause illness. Behaviours such as increased hand washing, mask wearing when appropriate and social distancing can help to stop the spread of germs.

Flu vaccinations are recommended for anyone six months and over. Between 1 June and 30 June, all Victorians aged six months and over are eligible for the free flu vaccinations from their GP or pharmacist. This will help boost vaccination coverage and avoid more hospitalisations throughout winter.

Those always eligible for free influenza vaccines include:

- Children aged six months to five years
- All Aboriginal and Torres Strait Islanders aged six months and over
- People aged six months and over with certain medical conditions that increase chances of severe influenza and its complications
- Pregnant women (at any stage of pregnancy)
- People aged 65 years and over

BOOSTER DOSE FOR ELIGIBLE 12-15 YEAR OLD CHILDREN

The Australian Technical Advisory Group on Immunisation (ATAGI) recommends that a first booster dose of the Pfizer COVID-19 vaccine may be given to the following children aged 12-15 years who have completed a primary course of vaccination three or more months ago:

- those who are severely immunocompromised
- those who have a disability with significant or complex health needs
- those who have complex and/or multiple health conditions that increase the risk of severe COVID-19

Currently, Moderna and Novavax are not licensed for use as a first booster dose in this age group. ATAGI continues to recommend a three-month interval between a recent confirmed COVID infection and a scheduled dose of COVID-19 vaccine.

Influenza (Flu) vs COVID-19 vaccines

Whilst Australia is delivering COVID-19 vaccines and boosters nationally, it's important to keep up the good hygiene practices to not only help prevent COVID-19, but also the flu.

The Australian Government Department of Health currently provides this advice about receiving both the COVID-19 vaccine and Influenza vaccines:

- COVID-19 vaccines and the flu vaccine have been approved to be administered on the same day, you no longer need to wait 14 days between vaccines.
- There is no particular requirement regarding the order of receiving a dose of influenza vaccine and either the first or second dose of a COVID-19 vaccine.

Masks are still required on public transport and in ride-share services, and in airports and on aircrafts.



WHAT TO DO IF YOU TEST POSITIVE FOR COVID-19

If you test positive to COVID-19 there are things you need to do to protect yourself and the community.

Report your result and immediately isolate for seven days

If you test positive on a Rapid Antigen Test (RAT) you must report your result to the Department of Health online or call 1800 675 398. You don't need to report your result if you tested positive from a PCR test.

You must isolate for seven days from the date that you took your positive RAT or PCR test. For example, if you took the test on a Monday, you would leave isolation anytime the following Monday. You do not need to get tested again to be released from isolation after seven days.

While you are in isolation:

- You can not leave your house for any reason except to get tested, get medical care or medical supplies, or in an emergency
- It is important that you contact Amicus to cancel all your non-essential supports.

Winter community events

ELVIS: DIRECT FROM GRACELAND

19 March - 17 July, 2022

This exclusive exhibition explores the extraordinary life and style of Elvis Presley. One of the most iconic public figures of the 20th century, Elvis' influence on music, design, art and pop culture was profound.

Direct from the Graceland archive, the exhibition features a wide range of costumes and ultra-cool outfits, vintage memorabilia and treasured items from his beloved Graceland home.

Time: 10am - 5pm

Location: Bendigo Art Gallery

Price: \$15 - \$30, children under 5 years free

www.bendigoregion.com.au



WINTER NIGHT MARKET

1 June - 31 August, 2022

The Winter Night Market is back at Queen Victoria Market every Wednesday evening from Wednesday 1 June to Wednesday 31 August.

Rug up in your winter warmers and head to the Market for Melbourne's best street food, brewers, distillers, artisans and entertainment for the perfect midweek winter experience.

Location: Queen Victoria Market, Melbourne

Price: Free

winternightmarket.com.au



POTION PUTT

22 June - 31 July, 2022

A crazy mini-golf course inspired by famous fantasy and fiction wizards comes to Melbourne this winter. Embark on nine holes of magic and encounter smoking cauldrons, tasty beverages, and magical portals along the way. You may even be required to cast a few spells in order to excel and complete the mystical challenge.

Location: The District, Docklands, Melbourne

Price: \$15

www.explorehidden.com



GLOW - BENDIGO AFTER DARK

25 June - 17 July 2022

Bendigo's beautiful Rosalind Park will transform with a series of vibrant installations and light projections that engage and immerse visitors in an unforgettable sensory experience.

Location: Rosalind Park, Bendigo

Price: Various prices

www.bendigoregion.com.au



WINTER WONDERLIGHTS

25 June - 17 July, 2022

Experience the sound, lights and wintry delights at Sovereign Hill's Winter Wonderlights.

With a dazzling light show, full theatre program, hands-on kids' activities and more, Sovereign Hill is delivering a Christmas in July like no other.

Location: Sovereign Hill, Ballarat

Price: Children from \$15, Adults from \$32, with family pricing available

winter.sovereignhill.com.au



SLOW SMOKING SATURDAY

2 July, 2022

Come down to Lyttle Eat Street for the second annual Slow Smoking Saturday. With BBQ demonstrations, cooking tips, and a chance to try food you may have never tasted before.

Explore the neighbourhood from the footpath street market vibe, grab your takeaway food and wander along to the next neighbour to visit. The Lyttle Eat Street crew are fired up to serve delicious slow-cooked and smoky delights.

Location: Lyttle Eat Street, Lyttleton Terrace, Bendigo

Price: Free

lyttleeatstreet.com



DA VINCI'S MACHINES

Extended until 10 July, 2022

Now, like no other time in history, the world needs the next Leonardo Da Vinci. Da Vinci did not limit his thinking to the times within which he lived, but rather imagined a future where his ideas were not only possible, but doable.

Come and learn from the master how to imagine the kind of world that you want and, more importantly, what it takes to create it. Guaranteed to inspire kids between the ages of 5 and 95.

Location: Discovery Science & Technology Centre

Price: Ticket prices range from \$5 - \$16, children 3 and under Free. Family tickets \$54

www.discovery.asn.au



AUSTRALIAN SHEEP AND WOOL SHOW

15 - 17 July, 2022

For three days in July, Bendigo becomes the epicenter of woolen fashion, fine food and beautiful fiber. The Sheep Show features the 'best of the best' sheep breeders, shearers and wool handlers in the country.

You can watch shearing and wool-handling competitors battle it out for top prize and speak to sheepdog trainers, watch sheepdog trials and meet farmyard animals in our animal nursery.

Location: Bendigo Showgrounds

Price: Single day, three day passes and parking tickets available

www.sheepshow.com



WHITE NIGHT

3 September, 2022

White Night is back and returning to Bendigo to light up your night with visual art, music, light projections and family fun. Experience the sparkle and spectacle in a vibrant celebration of Bendigo as public and private spaces are transformed.

Location: Various locations around Bendigo's CBD

Price: Free

www.whitenight.com.au/bendigo

