

# voice

M A G A Z I N E



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by Alinea

# Enriching Lives

Alinea has a long history of service provision in the Western Australian community, with its roots stretching back to the Paraplegic-Quadriplegic Association of WA (Inc.), founded in 1955, and the Civilian Maimed and Limbless Association of Western Australia (Inc.), founded in 1944 (eventually merging to form the Spine & Limb Foundation).

On our journey, operations were expanded into Aged Care, Supported Employment, Independent Community Living, and Recreation Services.

From 2018, as 'Alinea', the Organisation's mission remains the same; to enrich the lives of people living with a disability and elders within the Western Australian community, by continuing to provide contemporary and holistic services. All of the services and programs operated by Alinea have been designed to cater to the needs of the unique individual.



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# Generation Games



*Fun and games with the young and the mature  
at Morley Afterschool Care*

*By Helena Nguyen*  
Bayswater Facilities Lifestyle Coordinator

Morley Afterschool Care invited residents from Bayswater for morning tea and a round of fun activities recently. Residents from Ritcher Lodge and Osboine joined the children and enjoyed activities such as Connect 4, drawing and colouring in, balloon games, target throwing, and bubbles.

Having children and the elderly together encourages communication and social skills. It develops language and reading through shared activities, increases confidence and self-esteem, and helps develop empathy, care, and kindness.

One of our residents, Brian, has been sending drawings and pictures to the centre for them to colour in and display for their leisure for some time. He brought with him about 25 more drawings for this visit.

The Care space have two walls for display of Brian's art work (see photos below).







# Green Thumb Therapy

*Bayswater residents learn the tricks of the trade when it comes to tending to plants and other gardening skills*

Over the last few months, Aaron, our gardener, has been running workshops to offer a whole new outlook on what we can do in our gardening groups. Residents have enjoyed these new projects and you are able to see them all around the facility.

Aaron has run workshops across the Osboine and Ritcher Lodge sites.

Exposure to nature through gardens and gardening activities can enhance psychological well-being through emotion regulation and relief from stress. Residents have enjoyed being outdoors and learning something new from Aaron each time.

*By Helena Nguyen  
Bayswater Facilities Lifestyle Coordinator*



# Memories are made of this

*Boxes of memories donated to our Bayswater facilities*

By Mark Verma  
Communication & Project Officer

The local chapter of Soroptimist International recently donated some sensory time kits to our Bayswater facilities. So who are Soroptimist International and what are sensory time kits?

Founded in 1921, Soroptimist International is a global volunteer movement with a network of around 66,000 club members in 120 countries. Advocating for human rights and gender equality, at the heart of the organisation's advocacy is its work across seven UN Centres, where their representatives ensure that the voices of women and girls are heard. The organisation's membership works on grassroots projects that help women and girls achieve their individual and collective potential, realise aspirations, and have an equal voice in communities worldwide.

In 2018, WA chapter member Rosalind Sawyer

(a retired Occupational Therapist) helped facilitate a project which sought to assist people with memory issues. As such people always remember past experiences, the project sought to tap into these memories, reminding each person of happier and more productive times - so as to stimulate even more memories of past experiences.

The project resulted in the development of kits designed to stimulate a multi-sensory experience in order to achieve the best outcome. People use all their senses to understand the world they live in - sight, hearing, touch, taste and smell as well as their sense of wellbeing or happiness, and movement.

To date, the project has realised five kits which focus on different themes:

- The Beach
- The Kitchen
- The Shearing Shed
- The Dairy
- The Garden

People who might benefit from these kits may include those in aged care, people with neurological disorders, mental health agencies and may also be used with children.

Alinea would like to thank Soroptimist International for their generosity and we look forward to using the kits, which will certainly benefit our residents.

(Pictured are Carole [left] and Kath [right] from Soroptimist International with [middle, left-to-right] Helena Nguyen [Bayswater Lifestyle Coordinator] and Janelle Green [Bayswater OT].)





# Off into the Garden Sunset

*Long-time gardener Geoff Gray decides it's time to hang up his garden shears*

*By Mark Verma  
Communication & Project Officer*

Geoff Gray started with Alinea in 2011 and so has been with us for nearly 13 years. He has been looking after WorkCover's gardens from the beginning of his employment with us.

Geoff has also been responsible for maintaining the grounds of the Shenton Park campus and, in his first few years, those at Koh-I-Noor and Bayswater too.

Additionally, for the past several years he has also served as a relief truck driver at PQI as he holds a Heavy Rigid (HR) licence.

Prior to joining Alinea, Geoff worked for various local governments as a greenskeeper for more than 30 years. He holds a Diploma in Horticulture (Landscaping) and qualifications in Greenkeeping and Turf Management.

Geoff's immediate plans include a European trip with stops in Barcelona and then Paris where he hopes to be able to watch his nephew compete in the Paris Olympics. Thereafter, he will continue with renovations on his house and just relaxing, including a lot of reading.

Thank you for your many years of service, Geoff – and enjoy your well-earned retirement!

(Pictured below are [l-r] Workcover Acting General Manager [Corporate Services] Bernie Underwood, Workcover Procurement & Facilities Officer Dawn Murtagh, Geoff Gray, and Workcover CEO Chris White.)



# Pay Role



*The team works behind the scenes to attend to Alinea's money matters*

By Mark Verma  
Communication & Project Officer

So often, there are not just individuals but even whole departments that can be largely invisible in an organisation. Frequently, these invisible 'cogs in the wheel' are instrumental to the operation of the organisation as a whole.

A good example of this is Alinea's Finance/Payroll/Accounts section, whose members do important work largely behind the scenes, without which the organisation could not function.

The section is responsible for recording and reporting the cash flow of transactions throughout the organisation. It has some key roles and responsibilities, including accounts receivable, accounts payable, payroll, and financial reporting.

If they didn't exist, staff wouldn't get paid, among other fundamentally important things



that also wouldn't get done (like bills being paid).

Glenda Newport is Alinea's Payroll Officer, which means she's responsible for overseeing wages being paid to all Alinea's employees.

Glenda, who's approaching six years with Alinea, says that she particularly likes the fact that her job brings her into contact with a lot of people throughout the organisation.

Glenda didn't always work in payroll. She began in Customer Service with KFC, before transferring to head office to work as a receptionist.

Later, she was given the opportunity to join the payroll team and enjoyed it so much that she decided to stay in the field.







# Easel Exit

*Saying goodbye to a master of meaningful art*

Dr Elizabeth Pedler (pictured below, centre) has been a strong contributor to the quality of the Alinea Recreation Service Arts programs for four and a half incredible years. During that time, she has been a positive influence in supporting participants to develop skills that have resulted in appreciably increased levels of independence through a greater understanding of technical and practical processes.

Elizabeth's style of sharing knowledge and encouragement has delivered impressive results across all disciplines.

And so it is that we must now say farewell to Elizabeth as she invests more of her time to her 'other job' as program manager at SPACED,



*By Fran Wallis  
Recreation Service Manager*

a leading community arts organisation that partners with local communities to commission works.

Alinea's participating artists have certainly benefitted from exposure to Elizabeth's professional expertise, but it has been her ability to inspire and extract more from participants, to build confidence and raise the bar when individual goals are being explored, that distinguishes her contribution.

Her busy schedule has included teaching Anthropology to second and third year students at Curtin university, her own Art practices, most importantly being mum to a lively two year old Juno, and now her extended involvement at SPACED. The time she has committed to Alinea has been greatly valued by all who have benefitted from association with her.

Elizabeth will leave behind aspiring artists who are well placed to go forward with their creative endeavours thanks to her support and encouragement. She also leaves behind solid ground for a replacement artist to assume the position with the same enthusiasm and, potentially, a fresh approach to enriching the creative experience.

Thank you Elizabeth for all the awesome memories. We wish you all the very best in your professional journey as you venture forth to where you will undoubtedly achieve great things through your generosity of spirit and your drive for excellence.

# Spirit of Harmony



*Celebrating the diverse tapestry of our community*

By Mark Verma  
Communication & Project Officer

Alinea recently celebrated Harmony Day, an annual celebration which recognises our diversity, bringing together Australians from different backgrounds.

The day was first celebrated in Australia in 1999, but its roots date back centuries. The first settlers to arrive in Australia were the original indigenous Australians, who lived in harmony with the land for centuries.

Australia is one of the world's most successful multicultural countries and at Alinea we have staff from a number of different heritages. Celebrations at Shenton Park took the form of



a special lunch organised by the Client Services team whereby employees could sample nachos or Katsu chicken and rice.

At Bayswater, some staff dressed in national costume at a celebratory meal.







# St Paddy's Day

*Flowers, ties, hats, and lots of green @ Koh-I-Noor*

The residents of Koh-I-Noor celebrated St Patrick's Day in style making appropriately green-coloured mocktails and lilac flower arrangements.

St. Patrick's Day was originally a Christian holiday celebrating the patron saint of Ireland, who was a 5th-century missionary to the Emerald isle.

Nowadays, it has also become a cultural celebration of Irish culture and features green-coloured clothing and drinks, as well as clover leaves.

*By Mark Verma  
Communication & Project Officer*

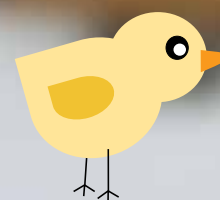




# Easter @ Alinea







# Dance floor's a-calling

*Koh-I-Noor residents form a line to let the rhythm shine*

By Mark Verma  
Communication & Project Officer

Alinea's aged care facilities run an extensive program of events and other fun activities for their residents.

Activities are good for mental and physical health and music and dancing are no exception.

And so it was that, recently, the residents of Koh-I-Noor partied like it was 1969 all over again.





# Events Calendar 2024

## Book Bazaar Sale Dates - Shenton Park

17th & 18th May  
21st & 22nd June  
19th & 20th July  
23rd & 24th August  
20th & 21st September  
18th & 19th October  
22nd & 23rd November  
6th & 7th December

## NAIDOC Week

4th - 11th July

## Aged Care Employee Day

7th August

## World Spinal Cord Injury Day

5th September

## International Day of Older Persons

1st October

## International Day of People with Disabilities

3rd December



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For the latest information  
on upcoming events,  
announcements and news

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Incorporating:

Koh-I-Noor Contemporary Care , Wembley | Camelia Court Retirement Village, Bayswater

Osboine Contemporary Aged Care, Bayswater | Ritcher Lodge, Bayswater

ParaQuad Industries, Shenton Park | Alinea Recreation Services

Paravin, Campbellfield, Victoria | Alinea Client Services