



## News from Engadine Community Services (March 2021)

### Message from Mel – ECS Manager

Welcome to Autumn, the season of change – both environmental and personal.

As you know, we are celebrating our 50<sup>th</sup> Birthday this year, and we have certainly seen a lot of transformation over those 50 years. Our Fun Facts on page 2 highlight some of the historical changes, and we continually strive to make positive changes for our clients' lives through our services.

In terms of change, we always welcome feedback on how we can improve our services, so please feel free to drop in or give us a call with any suggestions.

I hope you enjoy our updates below on a special VIP visit, keeping kids active in a variety of ways, and a new section where we look to highlight a client story.

Finally, I encourage you to make note of dates that may be of interest to you, family or friends:

- Toy Library sale – Sunday 7<sup>th</sup> March, drop by to the centre if you are at the Rotary Markets.
- *Welcome to Your Aged Care Journey* (free 30 minute appointments available with an aged care expert) – Monday 12<sup>th</sup> & Saturday 17<sup>th</sup>

### Visit from Jodi McKay, MP (Leader of the NSW Opposition)



We had a visit from Jodi McKay (Leader of the Opposition) this month to congratulate us on our 50<sup>th</sup> anniversary [pictured with ECS Manager Mel, front, and President Suzanne, right]. We gave her a tour of the centre and were proud to show off some of the work that has been carried

out here – including the collaboration of the Wednesday Social Craft Group and Probus craft ladies to create a wonderful blanket [also pictured].

Jodi was impressed by the efficiency of the centre and mentioned “I can see that this is a great place to work!”.

We also showed Jodi our ‘new’ display of historical photos of Engadine, which all visitors can check out from Sunday 7<sup>th</sup> March onwards. [We’re open to support the Engadine Community Markets 8am-1pm!]



### ECS Services highlight – Toy Library

In the age of technology, more and more young kids are being entertained with screens and the average 3 year old knows their way around a mobile phone.

There are pro’s and con’s to this, and it is widely documented that screen time should be limited to keep kids active and engaged.



*Who remembers this as their first phone?!*

Visit our Toy Library to check out our interactive toys. Sometimes old school is the best!

For membership fees and to join, go to

<https://www.ecs.org.au/fun-for-kids>. You can rent a toy that is new to your child/grandchild and return it when they have had enough of it – the toy library is a cost effective way to enrich language, numeracy, fine motor skills, imagination and creativity.

As we update our selection, we are selling some small toys, construction sets and puzzles. If you happen to be at the Markets on Sunday 7<sup>th</sup> March, pop around to our centre to see what bargains are available!

*Note: All our toys are thoroughly cleaned after each rental and are in good condition. Our first priority is to remain COVID-safe for our community.*



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### Highlighting a client story – Pauline Johnson

Our clients are our “why” we do what we do at ECS, and we have wonderful clients who have some amazing stories.

We chatted with Pauline during the week, who was happy to share a snippet of her life.

Born in Fulham, London (UK), Pauline and her family moved to Hayes, on the outskirts of London, when World War 2 broke out. They had a “Morrison shelter” back then, and being a young child, Pauline didn’t want to be enclosed, so she chose to stay in bed. She was a victim of an air-raid and suffered shrapnel to the leg, of which she still bears the scars. Not your average childhood these days, and long may that last!

Pauline, however is very far from being a victim. She moved to Australia at the age of 17, in search of an adventure. She admits it was a hasty decision for those days, as it wasn’t easy to return home. The six week boat journey certainly gave pause for thought. Despite the years, her heart remains in England.

Pauline worked in nursing in various places, including a tuberculosis clinic, but her lifelong passion was [and is] animals. She has volunteered at Animal Welfare and rescued many a cat in her time. Her latest is Bella, a beautiful cat who trusts Pauline but very few others, until she considers them worthy! Bella is clearly relaxed here....



Pauline, as a member of ECS Aged Services, has attended our Tai Chi classes and goes on the bus outings. She is very complimentary of our Lead Volunteer Rhonda, who organises the buses.

Pauline is ageing well, happily and with grace. Turning 90 this year, she stays active by regular visits to the city, daily walks, ECS outings and generally having a positive outlook on life.

Our elders like Pauline, have a lot to teach us. We encourage you tell your stories which are unique and precious. We are listening.

### Special offer to our members

A reminder from our February newsletter - as part of Seniors Week (13 – 24 April 2021), Karen Buckley (Director – Your Aged Care Journey), together with ECS, is offering a FREE no obligation 30 minute appointment (booking essential) on Monday 12<sup>th</sup> April 2-5pm and Saturday 17<sup>th</sup> April 9am-12.

You are invited to bring all that overwhelming aged care paperwork or just come and chat about you and/or your elderly loved one and what is available for them to age and live well.

<https://www.youragedcarejourney.com.au/>

**Look out for other special offers and events on our Facebook page!**

#### **Birthday Fun fact #3**

Engadine Community Services has had several names since the organisation was formed in 1971, beginning as Engadine District Neighbour Aid. The foundation members of the EDNA team included Ann and Noel Lang, Bennie Moxon, Myrna Rogerson, Mary Schroeder, Laila Stubbs and Margaret Wright; Francine Bartlett was the social worker at Sutherland Shire Council.

*[Do you remember or were you involved in Engadine District Neighbour Aid in the 70s?](#)*

#### **Birthday Fun fact #4**

In 1975, EDNA received several grants and was able to extend its services to include the Occasional Care Centre and the Youth Centre, under the name Engadine District Community Aid & Information Service.

*[Did you ever meet EDCAIS community workers Ava Antoniazzi \(1981-84\) or Annette Seleny \(1984-89\)? Do you remember going to the centre for information, advice or a parenting course during the '80s?](#)*

**See photos in our front window and**

<https://www.facebook.com/ECS2233/>