

# MEDIA RELEASE

## For immediate release

From: Kasey McCulloch, Media Officer, Mercy Health

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## Cheers to Australia Day at Mercy Health

For many Mercy Health aged care residents, Australia Day is a time to reflect and reminisce about a country that has changed considerably during their lifetimes.

In 1930, Australia had a population of 6.5 million, George V was King and the world was in the grips of the Depression.

Now, some 86 years later, Australia has a vastly different landscape and its identity has been shaped by many people, including those living at Mercy Health's residential aged care homes.

This year, Mercy Health's imaginative staff have organised a swag of Australian-themed activities for residents including poetry reading, trivia, pavlova decorating, a themed car boot fundraiser and a didgeridoo performance.

Lifestyle and Volunteer Manager Karren Gooding said Mercy Place homes thought outside the box for this year's Australia Day activities.

"One of our homes is bringing the beach to its residents with inflatable pools and sand, while residents at other homes will get the chance to make lamingtons and try their hand at indoor cricket," Ms Gooding said.

"Offering fun social activities to acknowledge Australia Day is vital in bringing our residents together and helping lift their spirits."

No doubt Mercy Health residents will be sharpening up on their Australian history for trivia and getting their bathers out for what is shaping up to be a ripper Australia Day 2016.

### **Australia Day celebrations at Mercy Health homes, include:**

- **Mercy Place Albury** will make lamingtons, host an Australian history quiz as well as using the latest technology to run the very popular historical research session.
- **Mercy Place East Melbourne** will host multi-floor barbecues using a new barbecue bought with proceeds from their Christmas fundraising raffle.
- **Mercy Place Bethlehem** will host a car boot sale to raise funds for activities throughout the year and will also host a delicious barbecue for residents and friends.
- **Mercy Place Montrose** will create a 'beach' with sand and inflatable pools, and host a didgeridoo performance.
- **Mercy Place Rice Village** will host an event with Australian music, poetry reading and trivia competitions.
- **Mercy Place Shepparton** will host a barbecue.

- **Mercy Place Mount St Joseph's** is looking forward to decorating pavlovas with bases bought from the highly regarded Country Women's Association and enjoying a yummy barbecue.
- **Mercy Place Colac** will host trivia competitions, music celebrations and indoor cricket.
- **Mercy Place Fernhill** will make damper, host an Aussie bush performance and visit a wood turning exhibition.

**- Ends -**

For interviews and photo opportunities, please contact:

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