

MEDIA RELEASE

For immediate release

From: Lauren Sotelo, Porter Novelli on behalf of Mercy Health

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A stroke of creativity from residents at Mercy Place East Melbourne

Residents of Mercy Place East Melbourne are benefiting from an opportunity for creativity, self-expression and communication at the home's weekly art therapy workshops.

The art therapy program has been running for almost two months and provides residents the opportunity to either paint, create collages or practice mindfulness with colouring activities.

Resident Leopoldine 'Poldi' Mimovich, aged 98, and formerly an Australian artist and famous sculptor, loves the program and says she is "at home" when she sits in front of the easel.

Mercy Place East Melbourne Lifestyle Assistant and art therapist Claire Ganzon runs the weekly art therapy workshops and has seen the benefits for the residents.

"Our residents love attending the workshops and are always eager to pick up a paint brush or get their hands dirty making a collage.

"They've created more than 20 pieces of artwork, which hang either in their rooms or communal areas for other residents to enjoy.

"Residents who have participated in art therapy have been attending the workshops regularly which shows a consistent interest in the program and an improvement in activity engagement.

"Not only is the program aimed at improving residents' wellbeing, but it is a great social activity where we all come together and explore creative ideas, which encourages participation and supports the inclusive environment we aim to foster here."

Mercy Place East Melbourne Service Manager Kate Page said the program is one of the many activities the home offers residents.

"We are always looking for new and interesting activities for our residents that promote their health and wellbeing. It is wonderful to see the joy the workshops provide our residents, with the big smiles that light up their faces."

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For interviews and photo opportunities, please contact:



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