

Dot Impey's Happenings

# Newsletter

DECEMBER 2021

317A O'Hea Street, Pascoe Vale South 3044  
www.dorothyimpeyhome.org.au

Phone: 8102 2400 Fax: 8102 2585  
Email: dotimp@dorothyimpeyhome.org.au

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## A Look Back On 2021

We come to the end of 2021 and most likely you do wonder where the year has gone. This year seems to be harder than last year and a lot of us have felt the effect of what we have gone through more so than 2020.

Not being able to celebrate our 50<sup>th</sup> Birthday (or Anniversary) has been disappointing but it is no different to residents not being able to celebrate their 90<sup>th</sup> or 100<sup>th</sup> Birthday.

Thinking about 50 years I cannot help but remember all our volunteers, residents and supporters over that time. I hold each and every one of them in my heart and say thank you for making us what we are today. It is so daunting to know that the little seed planted in 1963 has flourished into a beautiful bouquet.

Dorothy Impey home is a not-for-profit facility and often I am asked if I own it. The only ownership I have is with my heart. With the trillion hours I have spent at Dorothy Impey Home I believe I can claim this.



## Message from the CEO



*This year I was given a very magical gift from one of our family members. Herman Schwaiger, a very talented Melbourne artist had been secretly organizing to paint my portrait (with the help of Darren). It was then framed and presented to me (pictured on page 1).*

*It was a very emotional gift as many, many years ago my mother, Dorothy Impey had her portrait painted and it has watched over our home ever since. I would like to put my portrait next to mums but as mine is a bigger portrait I am not so sure if it feels like the right place for it and I guess I am still deciding where it should live.*

*From our family to yours, we wish you a Happy Christmas and a year full of wonderful moments! Thank you for your support in 2021.*

### Christmas Prayer

*May all my family members and friends who need miracles be blessed.*

*May whoever is feeling unwell and weak be given strength.*

*May all of those who have heavy burdens have their load lightened.*

*May your Christmas be one filled with happiness and joy.*

## Mega Christmas Raffle!

No party, so what's the alternative? What has been our main fundraising efforts during 50 years? RAFFLES, of course!

We decided to put together a raffle with 50 prizes for 50 years (photo below). Tickets are 3 for \$2. If you would like to purchase some tickets please let us know. The raffle will be drawn on the 22<sup>nd</sup> of December. Thinking about it, it will be a long Draw! We also have our Christmas Stall (pictured below)

**Thank you to everyone for your donations. I think now we have over 50 prizes!**

**It certainly makes up for not celebrating our 50 years in a big way.**



## Norma's Memories

Norma (pictured right with her DIH special 50<sup>th</sup> Anniversary scarf) is a very special lady, who was there when Dorothy Impey Home began ... when it was just an idea actually. You see mum (Dot) had a dream that if the elderly people of Coburg were under the one roof she would be able to care for them all easier.

Describing mum can be difficult so I'll share a memory I have of when she once brought a homeless person home with her, gave them a shower, new clothes and dad's steak dinner. Dad had beans on toast that night. Mum was always inviting those that needed care into her own home to care for them when I was growing up.

On a recent visit, Norma shared some fond memories she had of Dot with me. She didn't know it at the time but back in the day but mum had conned Norma into helping Dorothy Impey Home become a reality. Mum was very good at conning people to help her fulfil her dream.

***"I met Dot through Fawkner Technical School when it was to be built. They didn't have anything. Knowing Dot, she forever saw a need. Whatever the need was she would go to it and do it. The boys needed a tuck shop so we did bottle drives to raise funds for it."***

***"Dot started meals on wheels and I remember one lady we visited who lived alone. She used a rope to pull herself up the hallway to the front door. She refused us entry but Dot insisted on giving her a scarf to wear, gaining the lady's trust. She invited Dot inside but not me. Dot eventually conned her into letting me inside too, to help her"***

***"Dot was a person who showed her appreciation. She didn't expect you to do these things without saying thank you or having an afternoon tea or something like that".***

***"In the 1960s we use to cater for weddings and 21<sup>st</sup> birthday parties at the Pascoe Vale RSL."***

***"We had the Coburg door knocking for donations to raise money to start the home."***



***"We wanted someone like Dot, that would carry on her work. We went to Heather who said "I couldn't do what mum did" and look what you've done."***

Pictured right is Dot helping our elderly.



## Bushfire Fundraising

Some of you will remember we did fundraising for the bushfires back in early 2020. COVID, of course, put a hiccup into spending the money.

Well, now we have. The \$2,060.16 raised from our Bushfires Appeal has now been donated to a Special Senior Citizens Christmas Function in Corryong.

Thank you to everyone (if you can remember it, as it is so far back) for joining us in our fundraising effort to support those affected.

They had the fires, floods and COVID. I am hoping some photos will come our way so we can share them with you.

## Dairy Study

About seven years ago we offered to participate in a Dairy Study by Lead Researcher Dr. Sandra Iuliano based at Austin Hospital. The study was to determine whether dairy would improve bone and muscle health as well as add to nutritional intake.

Residents participated in scans, blood tests as well as other tests so that Dr. Sandra could get a baseline before residents participated in the study.

We had visits from Dieticians, and we received cheese, powdered milk and yoghurt for two years. Parmesan cheese seems to be the better cheese for calcium and the milk powder was to fortify the full cream milk.

Congratulations to Dr. Sandra as her findings have been published in the British Medical Journal and they are very positive.




## Christmas Countdown

Each year I keep adding more and more Christmas decorations to the home. This year we have "Heather's countdown to Christmas (Pictured above)."

Visitors have been invited to open a drawer and receive the prize inside.



 **Donate now** **Make A Donation** **Donate now**

**If you would like to make a donation to the Dorothy Impey Home please complete the form below.**

*Please detach and return to Dorothy Impey Home*

Please find my donation enclosed below:

\$10    \$20    \$50    Other \$ .....

Name: ..... Surname: .....

Address: .....

Suburb: .....

State: ..... Postcode: .....

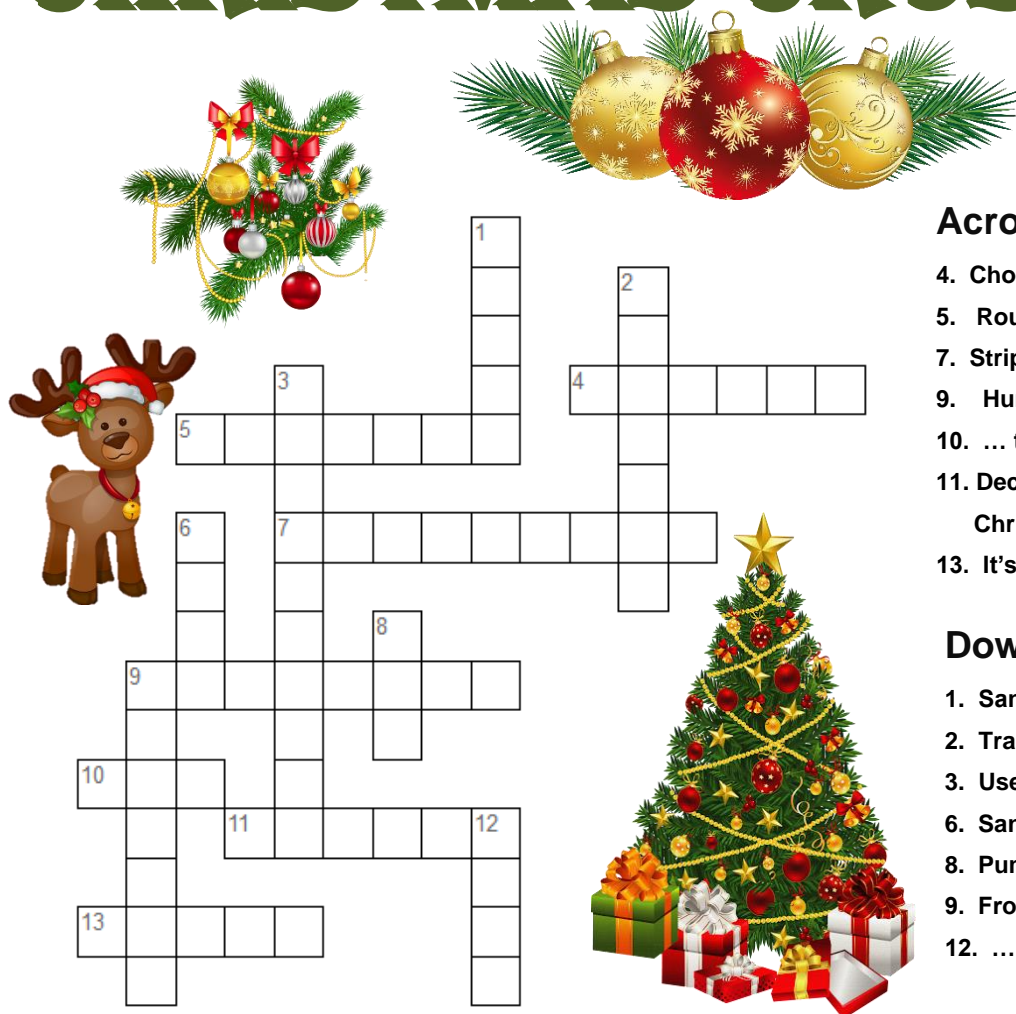
Phone: .....

Credit Card donations welcome online at:  
[www.givenow.com.au/dorothyimpeyhome](http://www.givenow.com.au/dorothyimpeyhome)

Please make cheques payable to: Dorothy Impey Home  
Donations of \$2.00 or more are tax deductible.  
A receipt will be forwarded for taxation purposes.

*Thank You for your support!*

# CHRISTMAS CROSSWORD



## Across

- 4. Chocolate Christmas Calendar.
- 5. Round tree decorations.
- 7. Striped and sweet.
- 9. Hung by the Chimney.
- 10. ... to the world!
- 11. Decorative ring usually hung on doors at Christmas time.
- 13. It's a wonderful life star ..... Stewart.

## Down

- 1. Santa's helpers
- 2. Traditional Christmas Dessert
- 3. Used to open a Walnut
- 6. Santa checks this twice
- 8. Pumpkin or Mincemeat
- 9. Frosty the .....
- 12. ....! The Herald Angels Sing

Q: What do you call a bankrupt Santa?

A: Saint Nickel-less

Q: What kind of motorbike does Santa ride?

A: A Holly Davidson



### Crossword Answers

#### Across

- 4. Advent, 5. Baubles, 7. Candy Cane, 9. Stocking, 10. Joy, 11. Wreath, 13. James

#### Down

- 1. Elves, 2. Pudding, 3. Nutcracker, 6. List, 8. Pie, 9. Snowman, 12. Hark