



Amana Life

Keeping you informed of Amana news, views and events.

Message from CEO



Chief Executive Officer
Ray Glickman.

They say life gets faster every year and this certainly seems to be true at Amana Living as far as 2007 is concerned.

We are continuing to work on improving our services and making enhancements across our organisation.

We are really pleased that our redevelopment and refurbishment program is now underway. We are excited about improving our care facilities and our retirement accommodation for our residents. The project to add 32

new beds to Peter Arney Home in Salter Point is proceeding according to plan and we are just about to commence building works to create a dementia specific area at Edward Collick Home in Kalgoorlie as well as to upgrade a number of the units at the adjacent Muschamp Village.

But, of course, there is more to Amana Living than just bricks and mortar. Our main purpose in life is to improve the experience for older people connected with us. Recently, a number of residents, clients, family members, Board members and staff were engaged in thinking about ways in which we might enrich the lives of Amana Living people. That process generated a number of ideas that will now be pilot tested as part of the Personal Enrichment Program (PEP). This program is our commitment to making sure that the experience of "growing old" has a strong emphasis on opportunities for people to keep "growing" and living life to their fullest capability.

Numerous other initiatives, ideas and improvements are being worked on continuously and, as this edition of our newsletter shows, we have a huge number of committed volunteers and staff members who are helping to improve the lives of our residents and clients every day.

I hope that you enjoy reading Amana Life and find the different articles interesting and revealing about what is going on in our great organisation every day.

I look forward to updating you throughout the year on the events and further initiatives taking place at Amana Living in the future.

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part of the Anglican community



Enriching the second half of life



Amana Living is embarking on a series of pilot programmes aimed at enriching the lives of our residents.

Amana Living is dedicated to the changing needs of older people which is why we are committed to ensuring that the people in our care enjoy life, regardless of their level of independence or mobility.

As an organisation, our vision for the future is one of 'living the second half of life', where older people pursue their existing interests and hopefully develop new ones.

To assist us to do this we have sought funding to pilot new ways of working called our Personal Enrichment Program, or PEP for short.

Suzi Cowcher, Director Care and Services, explains that PEP has been designed to ensure that residents' lives are enhanced through delivering services which enrich their mind, body and souls.

"In other words PEP has been designed to ensure our residents enjoy a life, and not just an existence," she says.

"By doing this, we can make it possible for people to continue to pursue their passions and interests and hopefully develop new ones," she explains

"We believe that, as an organisation, Amana Living is among the very best of aged care organisations, and

we want our residents to enjoy life to the full."

And so, Amana Living is embarking on a series of pilot programs which have been made possible thanks to the generous support of the Anglican Community Fund and our very own Foundation.

This will see six individual projects being piloted to enhance the lives of residents and clients in Residential Care, Retirement Living and Community Services.

These projects will include generating nostalgic experiences in the form of 'life albums' and creating extraordinary experiences consistent with a person's lifelong interests or passions.

Other programs will include re-establishing old connections in the community, building new relationships and getting individuals involved with everyday tasks if they would like to, for instance setting tables, clearing up – and even washing and cooking! Most importantly it will be about changing the way we work to enhance the lives of the people we touch.

These pilot programs are being developed by Amana Living staff and will begin at a number of our centres in the coming weeks. They will be run until the end of the year and, if successful, we will roll out across all our services.

"We are committed to identifying the need for total holistic care and are determined to go far beyond the current primary focus of attending to people's physical care needs," says Suzi.

"Ultimately, Amana Living is dedicated to ensuring that the people in our care live the second half of life to the full – and we are putting in place measures to ensure that this vision becomes a reality."

Amana Life

Local volunteer receives special recognition



Chas Smith and resident John Campbell-Pope during a papier-mache plate-making session. Photo courtesy of Community News Group.

Bassendean resident Chas Smith is known for his great sense of humour, but the retiree now has even more reason to smile after being recognised with a Ministerial Certificate of Recognition for his volunteer work at St George's Home in Bayswater.

Chas was presented with his certificate by the Hon. David Templeman, MLA, Minister for Seniors and Volunteering, at a special ceremony in Kings Park recently.

Chas was nominated by Elizabeth Oliver, Occupational Therapist at the Centre in Bayswater, where he volunteers every week by taking residents on outings and assisting the men's group with weekly activities every Monday afternoon.

Elizabeth says that Chas is a real asset to the organisation, not only because of his cheerful nature and sense of humour, but also because of the large amount of time he spends assisting residents.

"Chas plans weekly activities for our male residents who form our men's group, whether that's using his woodwork or painting skills, and he also takes our residents out regularly on trips in and around Perth.

"Everyone looks forward to chatting to him and having a joke and we all think he is wonderful and entirely deserving of this award."

Chas is one of 35 volunteers at St George's Home, and in total Amana Living is assisted by more than 600 volunteers across the organisation.

Combating the skills shortage head on



Alexandra Wood.

investing in our staff and creating training opportunities to help them develop new skills.

As a result a number of qualifications are being offered to staff within our organisation, which they can study for whilst also working full or part time at our facilities.

For example, two years ago we offered our carers the opportunity to complete a Diploma in Enrolled Nursing and, as a result, over 30 staff members applied and commenced the program.

Presently, we have 17 people who have stayed in the program and are soon to commence their practical work experience in hospitals in and around Perth.

Over the last two years we have also employed more than 30 people whilst supporting them to commence a Certificate III in Aged Care Traineeship.

Meanwhile, 13 existing employees have commenced a traineeship which covers a double combination

Amana Living has long recognised that the staff who work for our organisation are here primarily because they are compassionate and want to assist people to live the second half of their life to the full.

And as an organisation, we realise the importance of

qualification. For staff who care for our residents within a nursing home or hostel we are offering a Certificate III/IV in Aged Care and for our community carers we are offering a Certificate III in Home and Community Care/IV in Aged Care.

And in June last year, 28 existing employees commenced their Certificate IV in Aged Care. The program is designed to enhance the knowledge and skills of our existing Carers and to prepare them for a leadership role.

Alexandra Wood, Learning and Development Consultant at Amana Living, says these training opportunities are designed to enhance the current knowledge and skills of our employees and will provide them with more confidence on the job.

"Our trainees are currently working and studying across most of our centres which range in location from Mandurah to Kinross, and will complete their qualification within the next 12 months," she says.

"We are delighted that such a high number of staff have taken up these opportunities as it will provide them with more opportunities for career progression within Amana Living," she adds.

Additional training opportunities are also underway, with more than 40 staff undertaking business qualifications, training and assessment qualifications and also certificates in lifestyle and leisure.

Congratulations to John

John Mitchell, General Manager of Total Catering Solutions (TCS), the catering arm of Amana Living, has been awarded a scholarship from Curtin University to undertake a Doctorate of Business Administration.

John, who was heavily involved in setting up TCS almost 10 years ago, was awarded one of only three scholarships out of a pool of more than 40 applicants and says he is thrilled to be embarking on his doctorate.



John Mitchell General Manager Total Catering Solutions.

Amana Life

Amana Living Launches First Support Service



Amana Living's First Support programme has been designed to help people newly diagnosed with dementia.

Amana Living has launched a free, innovative, support service for people newly diagnosed with dementia.

First Support is a partnership between Amana Living, McCusker Learning and Development and Edith Cowan University.

It is a personalised, early intervention pilot project that seeks to improve liaison between clients, local services, aged care and other health services. At the same time it also looks to assist people who are memory impaired, as well as their families, to come to terms with the diagnosis.

The service will target newly diagnosed people with dementia living in the Canning and Osborne Divisions of General Practice catchment areas. People using the service will be visited in their home or other locations convenient to them by a designated 'Link Person', who is a specially selected staff member from Amana Living. That person will provide friendly, emotional support, appropriately timed information about community services and advice on strategies that foster independence.

The Link Person will gradually withdraw as the person begins to access other dementia services or until the person feels able to cope. All Link Persons will undergo a specialised course of training in early dementia care at the McCusker Learning and Development centre.

The First Support program is appropriate for newly diagnosed people with impaired memory or dementia, except those living in residential aged care facilities; those with physical health problems; and those receiving significant support from other health or community services.

First Support is designed to fill the gap which currently exists for this type of community-based support at the early stage of the disease. Currently, services are usually sought when a crisis occurs and information given to patients is often not absorbed at what is often an emotionally-charged time.

As the only WA project to attract funding under the 2006 Department of Health and Ageing's Dementia Community Grants program, Amana Living First Support will be introduced as a two-year pilot in the Perth metropolitan area. The outcomes will be evaluated independently by research academics at the Edith Cowan University School of Nursing.

General Practitioners and other health care professionals are now being asked to refer such patients to First Support so that friendly and timely help can be provided.



Bloomin' Brilliant

Our head gardener John Milbourn has been in charge of the gardens at the Independent Living Units across Amana Living sites for 12 years.

In fact John admits that he loves his job which he reckons is bloomin' brilliant.

"It's very rewarding and I really can say that I love it," he says.

"I really enjoy meeting the residents and their families who are very helpful. Most have had gardens themselves and so it's a common interest that we all share."

John, who studied horticulture in England before emigrating to Perth in the early 1990s, explains that his job involves driving to different villages, beautifying the gardens as well as fixing reticulation and tidying up anything that needs attention.

"Because I've been here for 12 years now we are just starting to replace some of the shrubs that I planted when I came here originally.

"That certainly makes you realise how long you've been in a place, but I wouldn't have it any other way."

Two new gardeners, Neville Roberts and Phil Edwards, have recently been recruited by Amana Living to add to the team.

"Now we have more staff we're planning on improving all of our sites and planting some colourful annuals.

"We want to make sure that each one has a beautiful garden in a centrally located area that all resident can all enjoy."



Our head gardener John Milbourn and old hand and fellow gardener Dave Herrington.

Olympian arrives at Hale Hostel



Olympian Mel Pearce has arrived at Hale Hospital.

The latest resident at Hale Hostel, Mel Pearce, has a number of claims to fame.

That's because Mel comes from the most successful sporting family in Australian Olympic history.

Mel, who has five brothers, four of whom have played for different Olympic teams, is a hockey champion who first played in the 1956 Melbourne Olympics with his three brothers.

The Pearce brothers represented Australia in various combinations at a further three Olympics.

He and his brothers went on to play for the Australian hockey team in Rome in 1960, in Tokyo in 1964 and in Mexico in 1968.

"It's something that I'll never forget," says Mel.

"My niece, Colleen Pearce has also been selected to play at the Olympics and because of that our family has been in a record 13 games teams."

Mel, who counted some of his friends as Shirley Strickland, Herb Elliott and Betty Cuthbert, remembers his Olympic years with fondness.

"My brother Eric carried the flag for Australia in the 1968 closing ceremony in Mexico city, which was a pretty special moment for the family," says Eric.

"Yes, I have real golden memories of those times, although I can also remember that we were only allowed to drink one bottle of beer a day in those days."

Amana Life

Flying the flag at Yallambee



Ted Sumpton about to raise the flag at Yallambee for the first time.

Residents are flying the Australian flag with pride at Yallambee Hostel in Mundaring thanks to a donation by the Mundaring Lions Club and the Mundaring Rotary Club.

Between them, the two community organisations donated a flag-pole following a request from resident Ted Sumpton, who

served in the Australian military during his lifetime, as did many other residents of Yallambee.

In addition, Member for Swan Hills, Jaye Radisich MLA, presented a new Australian flag to Yallambee Hostel at an afternoon tea held in her honour just before Australia Day.

According to Admin Assistant at Yallambee, Sue Reed, the flag was first raised on a very hot Australia Day morning and is now raised on a daily basis by a combination of staff and residents.

"It is very important to the residents here to fly the Australian flag and we are all very grateful to everyone involved for helping to make this happen."



Anna and resident Stevie otherwise known as Agnes Stephens.

Anna is a huge hit!

24 year old Occupational Therapy student Anna Campos recently completed an eight week placement across four of Amana Living's aged care

centres, including St George's Home and Moline Hostel.

During that time she was mentored by Occupational Therapist Elizabeth Oliver, who says she was a real hit with residents.

"Anna is an exceptional student, she integrated with residents across several of our centres extremely well and has since come back to visit several of them, despite her fieldwork placement finishing," says Elizabeth.

Anna is currently studying for her Masters in Occupational Therapy at Curtin University. During her time with Amana Living, she helped to assess and treat residents as well as learn about the accreditations standards and residential classification guidelines.

Anna also helped with meeting the social needs of residents by writing and performing plays for special events, including Australia Day and Valentine's Day. She also helped to run groups such as cooking, craft, word games, and indoor sport.

"Not only is Anna extremely competent in terms of her Occupational Therapy capabilities, she is also an incredibly enthusiastic and motivated person, in fact, she will be a real asset to aged care in the future," says Elizabeth.

Anna has also undertaken placements at St Luc University in Brussels, Belgium and her goal is to manage a nursing home in the future.

104 years young



Edith Daw holding a wooden sculpture of a ballerina which she carved.

Amana Living's oldest resident Mrs. Edith Daw is still as bright as a button according to staff members at Thomas Scott Hostel in Kelmscott where she is a resident – and her family heartily agree.

"She loves to laugh, so we look for amusing anecdotes and poems which make her chuckle," says her eldest daughter, Margaret.

Born in 1902, Edith's first eight years were spent on King Island near Tasmania until the family moved to Coralling, near Williams in Western Australia.

On leaving school, Edith was fortunate to have some art training with A.B. Webb, a well known Western Australian artist, and she has used her art and many craft skills throughout her life.

At the age of 27, she married Pingelly farmer, Reg Daw. They moved to a hillside property at Kelmscott prior to World War II. Together they raised two sons and two daughters, who live nearby and make regular visits.

Edith now has 13 grandchildren and 15 great grandchildren, all of whom help keep her interested and involved in life.

"She has always been a devoted wife, mother and granny," says Margaret.

Some fine examples of her art and craft skills may be seen in her room. They include a carved desk, a table inlaid with gem stones, needlework, some silver and gemstone jewellery and a folio of wild flower paintings. Her commitment to gardening is reflected in her continuing interest and her joy when given cut flowers.

According to Margaret, Edith continues to be particular about her personal presentation, ensuring that clothes are well matched. She also controls her own finances, and can play a winning game of cribbage, much to the chagrin of her daughters!



*Madge Needham.
Photo courtesy of Community Newspaper Group.*

Madge reaches her centenary in style

Frederick Guest Village resident Madge Needham celebrated her 100th birthday in February surrounded by family and friends who flew in from around the world.

Mrs Needham emigrated to Western Australia from Kent in England when she was 17 years old and trained as a teacher at Claremont Teachers College.

She has one son and a daughter who travelled to Perth for her birthday from overseas. She also has five grandchildren and 12 great grandchildren, who flew from as far afield as

New York and New Zealand to celebrate Madge's big day.

According to Madge, who is the original resident at Frederick Guest Village, having moved in soon after its completion in 1980, there is no successful recipe for a happy and healthy life.

"I think it's a case of just taking what comes and eating in moderation," she says.

Village Co-ordinator at the Amana Living Centre, Lesley Smith, says Madge is an incredible person who is still able to remain living independently in her own unit.

"Everyone at the centre respects her very much and we are all delighted that she has reached this major milestone," she says.

Amana Life

You've gotta be in it to win it!



Raffle winner 2006 was Gloria Walsh, Village Coordinator at the Sundowner Centre.

Have you heard about the Amana Living annual raffle?

As many of you may already know this is a great opportunity for Amana Living residents and staff to join forces and raise funds for their individual centre.

If you haven't already received your book you soon will as they are distributed to each resident and staff member during April.

Coordinator of the raffle Zolly Williams says there is no pressure on individuals to sell all of their tickets, but even if they sell only a few they will help the fundraising drive enormously.

"Although there is no pressure on individuals and books can be returned unsold, last year's Annual Raffle raised \$11,000 which was a fantastic achievement by everyone," she says.

"We would love people to get involved in this fundraiser and help to sell tickets to friends and family, after all someone has to win and you've got to be in it to win it."

\$5,000 worth of prize money has been donated by the Anglican Community Fund. The first prize is \$3,000 followed by a second prize of \$1,500 and a third prize of \$500.

"For each book of tickets sold, the ticket butts come back to Head Office for the draw and the money generated goes directly into the centre's bank account to be spent on worthwhile items as determined by the local residents and staff," says Zolly.

Last year, first prize was won by one of Amana Living's Village Coordinators, whilst second prize was awarded to a resident at another centre.

The centres which raised the most were Edward Collick Home, Head Office and Moline Village which raised over \$3,000 between them.



All aboard for bingo at Kinross



Elaine Morgan, Occupational Therapy Assistant, spins the bingo wheel at Kinross.

The bingo bug is alive and well at Kinross Care Centre thanks to the generosity of two locals who dug deep into their pockets to fund a new bingo set for residents.

Wally Harmer, who owns Quinn's Medical Imaging, and his mate Brian Hopwood heard from the Activities Co-ordinator at Kinross, Elaine Morgan, that a bingo wheel was needed.

Wally and Brian decided to help by funding the \$170 needed for the set which is now being put to regular use at the Centre.

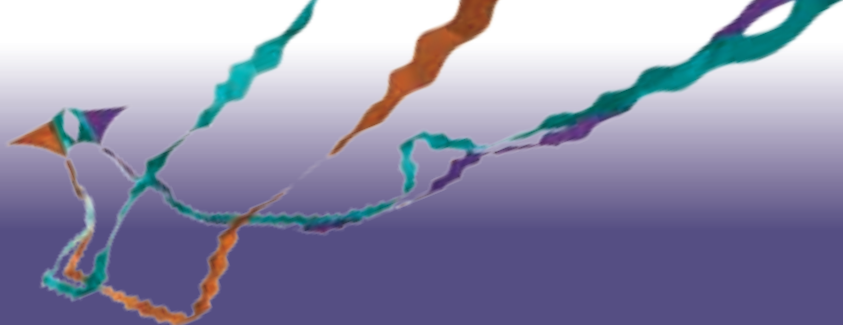
"When Elaine told us that she was going to start a fundraising campaign to get the money together I decided to step in and help," says Wally.

"It was just a small way for me to give back to the community as I see a lot of residents from Kinross through my work at my radiography business."

"The bingo set is fantastic and the residents love it," adds Elaine.

"Because it's pretty large and very visual everyone can see the numbers going round and residents are also taking turns to spin the wheel which means everyone gets to participate.

"We are extremely thankful to Wally and Brian for enabling us to purchase it, they have helped to put a smile onto many of our residents' faces."



Complementary Therapy introduced at Moline House



Barbara Caridi and resident May Blow.

The Japanese form of massage known as Reiki has been introduced at Moline House in Karrinyup and is proving to be popular with the residents.

Occupational Therapist, Elizabeth Oliver, reports that most aged care residents had never experienced a complementary therapy before entering the facility, but that those who had tried the new program had received positive effects.

"All residents have been given the opportunity to participate in the program. It has been shown to be an effective treatment for those with minor health complaints such as headaches, aches and pains, as well as stress, anxiety, depression and loneliness.

Reiki is provided on a one to one basis with a trained person, which helps residents to feel relaxed and comfortable. We ensure that we work in close consultation with the medical team"

Elizabeth says that research published over the past two decades, both in Australia and abroad, highlights that massage and other complementary therapies can be beneficial in the care of dementia patients.

"We have a range of other complementary therapies offered at our Amana Living sites including aromatherapy, tai chi, physio chi, massage, reflexology, music therapy and pet therapy.

"We've found the complementary therapies particularly good for high care residents, as it is an enjoyable form of sensory stimulation for them," she says.



Learning a new language can be fun and rewarding according to Rev Greg Jordon.

People Profile – Greg Jordon For the love of words

Greg Jordon, Amana Living's Chaplin for the northern Perth region admits that it is his love of words that first attracted him to the Spanish language.

Three years after taking his first class Greg has now received his latest TAFE certificate in Spanish and

admits that he is more than happy to practice his Spanish speaking skills with anyone who is willing, as he puts it, "to undergo the torture of having their ears chewed off."

Greg, who attends TAFE classes every Monday night, says he has never been to Spain but that visiting the country's one of his future ambitions.

"I have some Mexican and also Al Salvadorian friends with whom I practice the language as often as possible," he says.

"I guess I was initially drawn to the culture and the colour of the language and also I found it very interesting.

"For me it really is lots of fun and I think if you have a love of words, learning a new language is always enjoyable."

Congratulations on your TAFE certificate Greg from all your friends at Amana Living.

Amana Life

The sky is the limit for Pat



Pat Hogan, the parachutist.

By her own admission, the jury is still out on whether Pat Hogan was brave or stupid when she jumped out of a plane at 10,000 feet.

"Sometimes I wonder myself why I jumped out of a perfectly good plane three and half kilometers up in the air, but I have to say

that I loved the whole experience and would definitely do it again."

Pat, who lives at Marjorie Appleton Village in Mount Lawley, explains that after a friend was diagnosed with a life limiting illness the two decided to fulfill their long held ambition to sky dive.

"We have both always wanted to do it and it was the most beautiful, thrilling experience," she says.

Pat explains that after being strapped to a rather dashing 26 year old, she sat in the plane for what seemed like an eternity while it reached 10,000 feet.

"When we got there the door was opened and I was instructed to put my feet over the edge of the open plane door," she says.

"When I looked down there was just nothing there and all I can remember was asking this very nice young man if I was definitely hooked up to him."

Pat, who is also the Village Co-ordinator at Marjorie

Appleton, explains that the instructor then said they would jump out on the count of three.

"He counted to one and then pushed me," she says. "On the way down all I could say was what happened to number two?"

"The 5,000 feet freefall was incredible, I put my arms out like a plane's wings, and my head back and I felt as if I was floating.

"It was the most sensational feeling in the world, it was peaceful and not at all scary because it was so beautiful."

Pat says that at 5,000 feet the parachute was opened and she started to float slowly down to earth.

"I thought it would really jerk up but it didn't at all," she says. "When we started to float down it was so quiet and that was when I really felt as if I was flying like an eagle."

Pat now has her feet planted firmly on the ground but she enjoyed the sky diving experience so much that she is now planning her next adventure.

"I'm organising a bungee jump next," she says.

"I'm currently looking at fixing something up for around October.

"Although I have a muscle disease I'm not going to let it stop me doing anything, at heart I'm a stubborn Welsh woman and I'm beginning to enjoy being an adrenalin junkie."

Good on you Pat!!



Pictured at the celebration were Glyn Forsyth and Kath Reilly. Photo courtesy of Community Newspaper Group.

Celebrating a decade of caring

Residents, staff and volunteers at Amana Living's Frederick Guest Hostel will find any excuse for a good party – and they didn't need asking twice to join in with the celebrations for the centre's tenth anniversary.

Staff at the centre organised a host of games as well as booking a professional entertainer for the afternoon.

Manager, Lee Burwood says she and

her staff strive to create an environment that enriches and inspires residents to actively participate in activities, whilst maintaining a warm and supporting family environment for the 39 permanent residents at the centre.

"We have a really strong team of staff at Frederick Guest and it is wonderful that during our 10 year anniversary celebrations so many of the residents are joining in with the celebrations.

"The team here really strives hard to ensure that residents feel a sense of belonging. We have a very friendly atmosphere and an open door policy and we encourage families to get involved."

Amana Life



Kate Beer with Eva Garvey.



Kate Beer's Portrait of Rosetta Hall.

Pretty as a picture

Aged Care residents experienced a double treat recently at Moline House when they were given a mini makeover before budding local artist Kate Beer set to work on their portraits.

Twelve of the residents who volunteered for the experience were all given a facial and manicure, as well as having their hair and make-up done by staff members and volunteers.

It was then time to have their photos taken so that Kate, whose partner is the grandson of resident Eva Garvey, could set to work on the portraits.

"All twelve have turned out brilliantly," says Occupational Therapist, Elizabeth Oliver. "All the residents have been very pleased with the end result, and their families are delighted to have a stunning portrait that can be used as an heirloom.

"One resident's daughter has requested several copies so that each family member can have a portrait of their mother.

"Kate is a very community minded person and is also a talented artist. I know that she has brought a smile to many of our residents' faces through her artwork," says Elizabeth.

How Can I Support Amana Living Residents?

There are a number of ways you can help us ensure that the lives of each individual resident is enriched:

Donations (see the donation form below)

Corporate Programs
Payroll Deduction Program
Sponsorships/Gifts in Kind
Tel: 9424 6334 or 9383 1088

Volunteering

Become an Amana Living volunteer
Tel: 9424 6348

Wills and Bequests

You can help provide for the important older people in our lives.
Tel: 9424 6334 or 9383 1088

Receive Amana Life by email

By registering your email details with us, we can forward you Amana Life online, which will keep costs down for Amana Living. Please complete the coupon below or email your details directly to: zwilliams@amanaliving.com.au



Yes, I would like to donate and make a difference!

Specific Donation (your choice of Amana Living Centres). Please specify: _____

General Donation to Anglican Homes Foundation

I would like to make a donation: \$25 \$50 \$100 \$250 \$500 or \$ _____

Regular Donation to Anglican Homes Foundation to be drawn automatically from my credit card (until I choose to discontinue)

Monthly Bimonthly 3 monthly 6 monthly other (please specify): _____

Each credit card payment of: \$25 \$50 \$100 \$250 \$1000 or \$ _____

Payroll Deduction (please contact us about taking a regular donation from my salary - also applicable to non-Amana Living staff)

Please send me information about helping Amana Living through a Will or Bequest

Please include me on the Annual Report mailing list

I would prefer not to receive any further information from AHF

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Donations over \$2.00 are tax deductible