



We have some exciting news!



Volunteer West is joining AMCS!

Volunteer West is a trusted leader in inclusive volunteering practices and after careful consideration, have decided to come together with AMCS to continue their legacy of impact. The move will see further support for volunteers and the championing of volunteering for better community health and wellbeing in the Western Metro region of Melbourne.

Together, we have begun the process to fully transition Volunteer West into part of AMCS, starting with the delivery of existing services and programs.

Supporting Carers this International Women's Day 2023

Together with the Maribyrnong Community Centre, AMCS celebrated International Women's Day by acknowledging carers. The event was attended by over 100 people and included the Mayor of Maribyrnong City Council, the Deputy Chairperson of the Victorian Multicultural Commission, the CEO of Carers Victoria, the CEO of Different Journeys Autism, and our Keynote guest speaker, the CEO of the United Women's Movement. For more information on Carers Program, please reach out to Nalika on

nalika.ahangama@amcservices.org.au



We are now hiring for Personal Care Workers

Are you ready for a life changing life in aged care? AMCS is NOW hiring. With opportunities to work flexible hours, above-award wages and packaging benefits, sustainable job security and learn and grow across various roles, you'll change your life and those you will support. Please apply now to join our team on

📧 INFO@AMCSERVICES.ORG.AU

📞 (03)9689 9170

🌐 amcservices.org.au



Free Help to Find Work

AMCS is here to help through our Jobs Victoria Employment Services program. We can support you with resume preparation, help to enrol in training, provide ongoing support for up to six months after a job placement and access to information and advice on finding the right job. If you are a resident of Victoria and looking to find work within the Melbourne Metropolitan area, please get in touch with Andres Trevino on our AMCS Employment Team at Andres.trevinomontero@amcservices.org.au or calling 0459 947 514





AMCS' CEO Awarded Australia's Highest Honour

We are celebrating this extraordinary achievement and worthy recognition of our CEO, Elizabeth Drozd. Elizabeth was awarded the Medal of the Order of Australia for her significant service to the Polish and Multicultural communities of Victoria, having worked tirelessly for more than 30 years in the Community Service sector to ensure equity and inclusion for all. In response to this award Elizabeth says, "As a person who arrived in Australia under the Special Humanitarian Program many years ago, I am delighted to have had so many opportunities to contribute and make a positive impact on my own and other ethnic communities."



Care Planning

As part of AMCS' ongoing commitment to continuous improvement and digital transformation strategy, we are now using a care management system for assessments and care planning. You will notice a change to the format of your Care Plan, which is now holistic and includes input from all AMCS programs you participate in. The assessment platform uses current clinical tools and prompts to ensure your needs and level of care requirements are identified and responded to as your situation changes. To support you to understand the new format, your Care Advisor or Program Coordinator will be having a conversation with you soon after you receive your revised Care Plan to answer any questions you may have.

Hear what she has to say:

"I love AMCS' core values of kindness, respect, integrity, innovation, and inclusion, as these are my values too. I am passionate about aged care and ensuring our wonderful support workers get the right training, guidance, and mentorship. I feel delighted when I am there when our support worker needs me. I feel honoured and blessed in my role to be able to be that person to make a difference in so many carers' lives so they do not feel alone out there on the front line".



Meet AMCS Support Worker Officer - Patricia McCulloch

Patricia has been working with us for two years, and we are proud to have such strong, skilled, and dedicated staff on our team. We are grateful for all they do.



Recipes- Elina's Vinegret Salad

This dish is an essential ingredient in Russian cuisine for any feast, especially the New Year celebration.

Ingredients:

- 300 g beets
- 150 g carrots
- 150 g potatoes
- 150 g pickled cucumbers
- 150 g canned or frozen peas
- 100 g onions
- 4-5 teaspoons lemon juice
- ¼ teaspoon salt
- 4-5 tablespoons vegetable oil

How to make it:

1. Boil unpeeled beets for 30-40 minutes. Cool, peel and dice. Boil unpeeled potatoes. Cool, peel and dice. Boil unpeeled carrots for 20-30 minutes, and cool, peel and dice. Dice fresh cucumbers.
2. If you decide to use frozen peas, place it into the boiling water and bring to a boil once again, and then boil for 2-3 minutes.
3. Chop the onion. Mix with beets, carrots, potatoes, peas and onions. Add lemon juice, salt and vegetable oil. Mix.
4. Put into the fridge for 2-3 hours, serve cold.