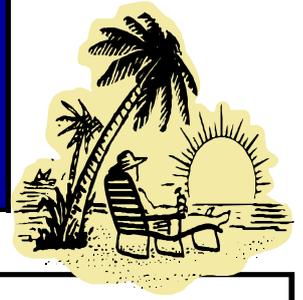


Cottage Courier



August and September 2011

Letter from the Editor

Hi all, my name is Briana, I am the editor for this month. I'm finishing up my HSC at Campbelltown Tafe this year, qualifying within the field of Business Services receiving a certificate II. I am here to gain work experience for the week at Myrtle Cottage Group.

Another month has gone by so fast as we come into Spring. Everyone at Myrtle Cottage is glad to see Winter over and to go outside and enjoy the nice, warm Spring weather to watch the lovely flowers blooming in this wonderful season. On page 3 you read about the Diversional Therapy program as they are so happy that it is now Spring and they can have more outings and picnics in this lovely weather. The Bell Program on page 4 includes the next outing date and the previous outing details. The Recreation Program with the Wacky Wanderers are having a blast with all the exciting places and journeys they are going on. Read up on the linkup to Linkline for update on what's going on and check out on page 8 the recipe on Orange and sultana cream cheese slice. Wise Warren's Wisdom on page 9 talks about health and safety and there is also a joke to read. I have put in a puzzle page and have put a craft activity, hope you enjoy.

There's so much more happening at Myrtle Cottage so read up on the news in this months Courier. My week at Myrtle Cottage has been challenging as the newsletter has been a learning curve for me and its not as easy as you think. Thanks to Margaret and the staff for having me, bye for now.

Briana Hurst Editor

Disclaimer: Information contained in this newsletter is believed to be true and correct at the time of publication. This newsletter is provided for information and awareness purposes only. People should make their own enquiries and judgement concerning any information, services or products contained within. The views expressed on this newsletter are not necessarily those of Myrtle Cottage.



Myrtle Cottage Group

6 Bosci Road Ingleburn NSW 2565

☎ (02)9426 3100

www.myrtlecottage.org.au

info@myrtlecottage.org.au



Elizabeth's Exciting Edit **Manager's Report**



Hi all,

As the year keeps getting away from us as if in some sort of hurry, I keep busy, as we all do at the Cottage. Most would be glad to see the Winter left behind and with it the variety of viruses we inevitably pick up in this period. I have now enjoyed an outing with the Recreational program on a Friday and can assure you all it was most informative and entertaining. I even believe our members enjoyed having me around!

I am sure you will join me in welcoming Melissa Van de Vate as the new Recreational Program Coordinator. Melissa brings with her considerable experience in the disability industry and is quickly catching up with our practices and processes while getting to know every one.

This year we have completed the four planned training sessions for Manual Handling and the first 'First Aid Certificate' course. It has been a busy year again! But our volunteers have provided good feedback about all the training offered and it will make our services safer and enjoyable for all involved.

The small interest groups continue to develop at a steady pace and it is lovely to see more members than ever getting involved with some of the more physical activities. Just remember to relax, keep safe and have fun!

In the meantime we will be preparing for our AGM and this year we will have the special task of voting on a new Constitution that will address some recent legislation changes. You will all get more details and have a chance to see the changes before the AGM, but rest assured it has no influence in how our programs are run. I will keep you all updated and there will be opportunity to ask questions before this day. I wanted to thank those people that have provided some new and colorful plants, as our gardens are looking very inviting thanks to you all!

Look after your selves, kind regards,

Elizabeth Delcasse **Manager**



Rooms offered for Rent at Myrtle Cottage

1. Room area 70 sq m 2 toilets, access to adjoining courtyard.
2. Room area 180 sq m audio visual facilities, room size can be adjusted to 90 sq m with access to large courtyard.
3. Room area 40 sq m full kitchen facilities, 2 toilets, ideal for group training, computer access.

Energetic Erin's Extract

Diversional Therapy Program



Please Note: The Diversional Therapy Program operates at Myrtle Cottage five days per week. This Program is specifically designed for younger people with a disability or people who are frail aged. The article below relates to this group only.

I am so happy to see the end of the Winter chill! The sun has been shining and we have been able to go on many lovely picnics already! As Spring blooms, we will try to make the most of the weather with a few more picnics, so have your sun hats ready!

The DT program has visited venues such as Janet's Royalty Rooms, which is sadly closing down, so I am glad we managed to get in before hand. The Mean Fiddler in Rouse Hill; an impressive venue which is decorated in a very interesting manner. It was also lovely to see Sandra and her Grandson, who popped in for lunch and a catch up chat. Friday visited the Catholic Club in Campbelltown, having a look at the new refurbishments, and Tuesday lunched at the Collegians Club in Wollongong, for which I had some great reviews of the food and the gift shop so perhaps we will have to go back.

The small groups have been enjoyable once again, it is so nice to see more interaction and participation in the morning activities, and it seems that this option caters to the interests of everyone.

I would like to give a special thanks to all the wonderful knitters who have kept our Winter woollies table well stocked over the cooler months (I thank these people in hope that I do not forget anyone), Jessie McMahon (beautiful babies booties), Edith Davis (crochet rugs), Jerry B's 'Sister in law' (an array of lovely items), the Trefoil Guild Ladies (knee rugs and blankets) and our Friday 'Golden Girls' knitting group (hats, beanies, mittens). I hope I have not forgotten anyone, if I have, please let me know, we appreciate all your efforts, the table has been such a successful fundraiser over the Winter for Myrtle Cottage.

Coming up, we have many great things... Melbourne Cup Theme Days, Small group 'tournaments', Picnics and BBQs, and the AGM. Keep smiling, thanks for a fun filled two months!

Erin Davey **Diversional Therapist**



BELL PROGRAM



Please Note: The Bell Program operates Tuesday, Wednesday, Friday & Saturday. This program is specifically designed for people with Dementia/ Alzheimers.

Hi Everyone,

We have had a busy time in Bell, we have taken down our Winter decorations and the members have been busy making our spring decorations. The last outing we revisited the Campbelltown Golf club, It was the first time we have been there and it didn't rain, so we were able to enjoy the lovely weather and the scenery. Our next outing is on Saturday the 1st of October. As usual I will send out a letter to advice all the carers where we are going closer to the time. I often receive flyers on various meetings/activities and support services in the area. I usually send them home with the member. It has been brought to my attention, that some people may not have received the last program. If this is happening to you please let me know, I would hate for you to miss out on any important information that I send out via the members. I would be more than happy to post them to you. The Bell and Outreach programs are going well and we have a few new members. So on behalf of the Staff and volunteers I would like to welcome them and hope they enjoy coming to Myrtle Cottage.

HAPPY BIRTHDAY September

- Brian S
- Ahti H
- Ken
- Patricia

Christine Turner
Bell Program Coordinator

Wish List

1. More volunteers
2. Things for raffle prizes?



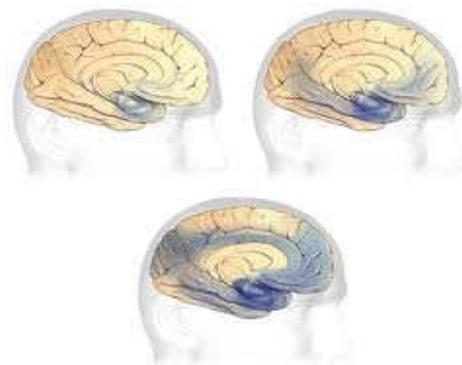
★ Thanks to members making use of the donation box for loose change etc.....every little bit counts. The total received since the last newsletter is \$141.80 which brings the total since the 1.7.11 to

Donation box

\$320.90

★ **The donation box is located near the entrance to the activity room. (it's the slot in the wall)**

DEMENTIA FACT SHEET



Alzheimer's disease is the most common cause of dementia among older people. Dementia is the loss of cognitive functioning—thinking, remembering, and reasoning—and behavioral abilities, to such an extent that it interferes with daily routines and activities in life.

Alzheimer's disease is an irreversible, progressive brain disease that slowly destroys memory and thinking skills, and eventually even the ability to carry out the simplest tasks.

Did you know this about Melissa?

Favourite food: prawns/ oysters

Favourite colour: purple

Home town: Camden

Family status: My husband is Johan. I have a lovely little 5 year old daughter Annabelle. Cat is Felix. Rabbit is Cottontail

Previous Work Experience: Social Welfare and Mental Health for 18years.

Worked for the Schizophrenia Fellowship as a Carer Advocate and in respite services in the Inner West of Sydney. I worked in London and also when left school was manager at Grace brothers.

Most embarrassing experience: Walking into a staff meeting and slipping on a wet floor so hard I could not stand up without the help of my colleagues. My boss glared at me as I think she thought I did it on purpose.



What do you hope to be doing in 10 years time personally and professionally? Studying Psychology to become a registered Psychologist specializing in therapy for women.

Owning a small house or villa in Bali to visit every year in winter.

What is your philosophy on life? Live and let live, embrace all of humanity and share equally the resources and beauty of this wonderful world.

Finally words: Find the strength to let your light shine.

**Want to learn AUSLAN
(sign language)**

Email

**lorraine@wilma.org.au
and ask her**

Psychology



RECREATION PROGRAM

NEWS FROM THE WANDERERS

Melissa and Eileen

Hi to all the Wacky Wanderers!

Hope you are all well, I would just like to start with welcoming my new partner Melissa on board our wacky wandering bus.

We started off in August heading to Gynea Tradies Club over at the Shire, Ron's old stomping ground; he gave us a verbal tour of the area. Ten Pin bowling at Leumeah saw Kathy O on top form with a great score making her the outright winner, well done Kathy your years on the bowling team shone through!

Popping into Warrens Teams Club St Georges where the members enjoyed a \$5 lunch with desert, great value and what a nice club.

Heading down the Southern Highlands we shopped in the small town of Berrima with the ladies who love to shop (Anne D, Melanie & Margaret) who spent their dollars well!

On our shopping trip to Narellan we had extra special assistance from Margaret our Assistant Manager and also the Big Boss Elizabeth, so we did try very hard to be on our best behavior, the members all enjoyed the change and so did my new assistants. Spending money was on the agenda and that's what we did.

Well folks that's all for this time Happy Wandering till the next.

Melissa Van De Vate and Eileen Howie

Recreation Program Coordinators

HAPPY BIRTHDAY

September

- Cathy H
- Michael V

October

- Kathleen N

The Annual General Meeting for Myrtle Cottage is on the 26th October. Watch out for the invitations coming out soon.

MYSTERIOUS MS. MYRTLE, NO UPDATE!

Link up to Linkline



Merilyn

Its spring again and my favourite time of year with lots of out door activities like bocce, boules, lawn bowls, Frisbee toss and many more. Remember if you don't feel like participating come and join us anyway its lovely outside for the fresh air. Life's too short to be inside all the time. The Link liners have been chatting and joking and busy doing activities this month. Welcome to Gillian who has joined our



Friday group and added a few laughs and good stories to our wrap up call Friday afternoon. I am still looking for some members to make up another group on Thursday afternoons and a couple of younger people to join my Monday afternoon group.

The Kitchen has been going really well with some dedicated volunteers in there to help me out during the day. Big George doesn't mind learning a bit of cooking so I have him making cakes when there is time and he has made up a batch of scones so far. He and Little (pommy) George who works on Wednesday are the gentlemen responsible for the yummy sandwiches that you have been having lately, good job I say! Pam and Eardly also work the kitchen on Tuesday and keep things running smoothly. Our Pammy is a big help on Mondays and Wednesday's, and John and Ethel from the Bell Program are always a great help, I'd be lost without them all so thanks guys.

Merilyn Gear (Granny) **LINKLINE**
Coordinator.

**Happy
Birthday
September**

- Noleen R
- October**
- Mavis E

LOST PROPERTY

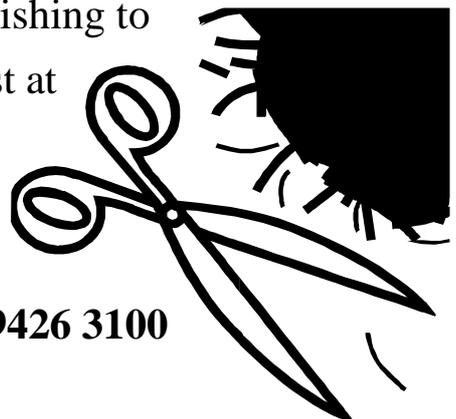
If you have misplaced an item please see staff. The Lost Property Box will also be placed on the Trading table for people to identify their belongings.



Haircuts Anyone wishing to get their haircut whilst at Myrtle Cottage can make an appointment with Merilyn.

Cost \$10.00

Phone the Cottage: **9426 3100**



From the Kitchen

Orange and sultana cream cheese slice.

The base

- 1 cup sugar
- 1 cup self raising flour
- 1 cup butter
- 1 cup coconut.

Cream butter and sugar till soft and creamy add flour and coconut and mix till combined then press into a slice tin or lamington tray. Cook in moderate oven for ten minutes.

Topping

- 2 tblsp orange rind
- 4 tubs of Philly light cream for desserts
- 4 eggs
- ½ cup sugar

Blend till smooth and sugar is dissolved.

Take base out of the oven and sprinkle sultanas or frozen berries on top of the half cooked base. Then pour the topping over all of it and return to a moderate oven. I used 150 degrees fan forced for thirty min then let rest for 15 to 20 minutes and serve warm .

This recipe will serve about 12 to 16 people as it is fairly rich I am working on small portions.



DONATIONS & BEQUESTS

Please remember the following methods are available to support the Cottage and secure it's future.

Donations:- These are fully tax deductible and can be made by cash or a cheque payable to Myrtle Cottage

Bequests:- A bequest is a gift arranged

during a persons lifetime but which does not pass to the beneficiary until the future.

We realise that most people have directed the proceeds of their estate in their wills to family/friends. There are however, people who decide to direct the proceeds of their estate to Charity, these people please consider a bequest to Myrtle Cottage. If you require further information on how to make a bequest please call us at Myrtle Cottage.

Strong lives are motivated by dynamic purposes.

Wise Warren's Wisdom

PET DAY:



I recently brought my dog Zac in to the cottage who meet the Tuesday members, everyone seemed to be so happy to be able to nurse and pat Zac. After lunch some members played ball with him in the yard , later I took Zac in to see the



Warren

Bell members who all loved to meet him and give him a pat. I think Zac enjoyed his day at the cottage and I hope to bring him in other days to meet members on different days.



HEALTH AND SAFETY CORNER

Myrtle Cottage is committed to providing a safe work environment for our staff, volunteers and members.

In achieving this aim we need the support of our volunteers and members. It is important that you are aware of safety issues which may impact on the service we provide.

The type of issues we would ask you to consider are:

- ☺ When being transported or while at the cottage please wear sensible, supportive footwear with non-slip sole/low heel shoes (not slippers)
- ☺ Minimize the risks around the cottage which may impact on providing a safe service such as faulty equipment, items placed on the floor that may cause someone to trip, etc.
- ☺ Let the staff, driver and helper know about your special needs e.g.: you may use the hoist to access the bus, you may need to use a wheel chair to and from the bus.
- ☺ If you need physical assistance please let the staff know. It is important for us to understand the level of assistance you may require as your circumstances change.

All of the cottage buses are fitted with seat belts, it is a legal requirement for all passengers to wear a seat belt unless you have a doctors certificate to exclude you from wearing one.

When exiting the bus it is always advisable to do so backwards, this may seem silly but the reason for going backwards is that you have more control if you start to loose your balance. When backing out of the bus you always have the opportunity to reach out and gain your balance by grabbing a rail in front of you, if you do fall you only have a short distance to



either the step or floor of the bus. If you are walking out of the bus forward and you start to fall, you have to look forward to meeting the road or gutter.
GO ON HAVE A GO AT BACKING OUT.

JOKE OF THE MONTH

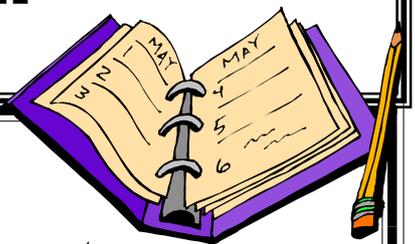
Two unemployed guys are talking. One says, "I'm going to become a lion tamer." The other replies, "That's crazy, you don't know nothing about no lion taming." "Yes I do!" "Well, OK, answer me this. When one of those lions comes at you all roaring and biting, what you gonna do?" "I'll take that big chair they all carry, and I'll stick it in his face until he backs down"
 "Well, what if the lion takes that big paw, and hooks the chair with them big claws, and throws that chair out of the cage? What do you do then?"
 "I'll take that whip they all carry, and I'll whip him and whip him until he backs down." "Well, what if that lion bites that whip with his big teeth, and bites it in two? What you gonna do then?" "I'll take that gun they all carry, and shoot him." , "Well, what if that gun doesn't work? What will you do then?"
 "I'll pick up some of the shit that's on the bottom of the cage, and I throw it in his eyes, and I run out of the cage."
 "Well, what if there ain't no shit in the bottom of the cage? What you gonna do then?" "You ain't thinkin' none to clear - cause if that lion comes at me, and he throws the chair out of the cage, and he bites the whip in two, and my gun don't work, there's going to be some shit on the bottom of that cage. You can bet on that!"



Warren Kean

TRANSPORT Coordinator

Important Dates to put in your diary



- | | |
|--|--|
| ✓ School holidays 26th September to 7th October | 25.11.11 |
| ✓ Cottage closed Labour Day 3.10.11 | ✓ Combined Christmas party 30.11.11 |
| ✓ Client Advisory Committee Meeting 10am 4.10.11 | ✓ Bell Carers Christmas party 10.12.11 |
| ✓ Annual General Meeting 26.10.11 | ✓ Cottage closed from 21.12.11 to 3.1.12 |
| ✓ Volunteers Christmas party | |

Myrtle Cottage Group Inc

Advisory Committee meeting

Date: 9.8.11

Time: 10am

Attendance: Elizabeth, Val K, Robyn C, Robyn O, Carmen, John, Mario, Lynette and Margaret

Apologies: Sarah W, Gerry B, Gwen, Bob and Christina

Item	Discussion	Outcomes/ solutions	Staff re- sponsible	Date to be completed
Business arising from previous meeting	Small Interest Groups	Listed for further discussion		
	Volunteers Recognition Awards	Changes due to start in the 1 st week September. Margaret to send a copy of the completed survey with the minutes.	Eileen	Review at October meeting
Training – attended or required	First Aid - 1 st course completed 4.8.11, may need to ensure attendees are physically able to deliver 1 st Aid	14 staff and volunteers attended the First Aid training. Some participants only received a CPR certificate. Remaining staff and volunteers must be able to get onto the floor for the full First Aid Certificate.	Margaret to arrange second course	December 2011
	Manual Handling – 3 sessions completed	Went well. Wheelchair training to be arranged.	Margaret and Eileen	ASAP

Item	Discussion	Outcomes/ solutions	Staff re- sponsible	Date to be completed
Training – attended or required	Wheelchair training	Practical – up and down gutters Provide training before AGM annually. Use current resources e.g. video and SWCTP talks	Margaret and Eileen	ASAP
Work experience and volunteers		On Thursday 1.9.11 we are offering a Dementia Awareness Training for volunteers only.	Margaret and Christine	1.9.11
	Volunteers must wear gloves at all times when serving and clearing tables. Gloves must be worn for all food handling activities. Hands must be washed before gloves put on. Gloves must be changed between activities	Erin and Christine to remind volunteer at the beginning of the day about why and when we need to wear gloves	Margaret	Completed
Policy development, review and Implementation	Last minutes presented at Board meeting – the Board wishes to thank all those in the advisory committee for all their help and support			

Item	Discussion	Outcomes/ solutions	Staff re- sponsible	Date to be completed
Policy development, review and Implementation	New policies: ✓ Staff management and professional development ✓ Room hire ✓ Safe driving policy ✓ Motor vehicle policy ✓ Advocacy	Have been endorsed by Board of Management		
OH&S	Uneven pavers in path leading to Bell garden. After checking paver it was found that a very small number of pavers has shifted. The change is less than 8 mm where this has occurred.	It is not feasible to fix this, so persons accessing the courtyard will be supported. Please be aware and provide appropriate support to members.		
Other business	Small Interest Groups	Working really well, members socialising more. A choir group has commenced "Myrtle Cottage Nightingales" and is preparing a Christmas repertoire.		

Item	Discussion	Outcomes/ solutions	Staff re- sponsible	Date to be completed
Other business	AGM – Special Meeting to vote on Constitu- tion changes	A special meeting will be held ½ hour before the actual AGM to allow voting on Constitution changes. New Constitution will be available for reading to those interested. The AGM was moved back this year to the 26 th October to allow the Auditor more time. Investigate the Myrtle Cottage Nightingales performing at the AGM.	Elizabeth to ask the Nightingales	
	Christmas Party	Can (volunteer) Margaret's dancing group also perform at the Combined Christmas Party?	Elizabeth to ask Margaret W	
	Raffles	Fathers Day Raffle: ✓ Ask Erin about Fathers Day Raffle ✓ Raffle tickets starting to be sold 19.8.11 ✓ Christmas Raffle: ✓ Dolls house: organise a small group in the DT program to decorate ✓ Flyer for donations for Combined Christmas Party and daily Christmas Parties hampers and Volunteer Christmas Party Lucky Door Prize		

Item	Discussion	Outcomes/ solutions	Staff re- sponsible	Date to be completed
Other business	Members craft support	As this issue has been discussed be- fore: ✓ Volunteer or member to tell staff member ✓ The program co- ordinator investi- gate the needs to the members ✓ Information to be provided back to the volunteer or member regarding the outcome	Margaret to add to the staff meeting agenda for dis- cussion	
	Trading table: ✓ Special items to be sold to members first. Once members from each day have had ac- cess to the spe- cial items then volunteers can purchase eg new shoes ✓ Generally members and volunteers can purchase items from trading ta- ble at anytime.	Possible Erin to provide note for special items infor- mation volunteers when they can pur- chase special items		
	Table Tennis	A Table Tennis Ta- ble has been sorted.	Erin to imple- ment	

Next Meeting will be: 4th October 2011

Volunteers Voice



This column is for volunteers. It provides a summary of the volunteer meetings held, any notices or issues for volunteers & provides an opportunity for volunteers to have their say



Thank you to all the volunteers that participated in the Manual Handling Training. Certificates have been presented to the volunteers. Some information that was addressed during the training is:

OHS reporting:

- Please report any issue regarding outing venues to staff
- Please report any issues with members transport to staff

Staff responsibility when an OHS issue is reported:

- Staff to complete an OHS checklist for outing venues
- Review members ability to participate
- Change venue if needed
- Transport coordinator to undertake an OHS assessment to address members transport needs
- Staff to arrange and develop individual plans for members with transport issues
- Staff may need training and to trial procedures before training volunteers to assist

Unsafe equipment:

Unsafe equipment needs to be reported to Transport Coordinator for removal, destroy or fix

Members equipment:

- Ring office to discuss
- May need to use Myrtle Cottage equipment (if available)

May need to refuse service until the equipment issue can be addressed

Shoes need to be enclosed.

- Toes covered to limit damage and pain. This could be something dropped or run over toes.
- Shoes to have a cupped heel to limit slipping out of shoes.

Eileen Howie

New Volunteers & staff

Welcome to our team

- ☆ Melissa (staff)
- ☆ Graham
- ☆ Emma
- ☆ Denis
- ☆ Neville
- ☆ Peter



Happy Birthday



You'll value friendships and close relationships now, even if others think you're withdrawn or you don't talk about it much. You may only want a chosen few around you or need a lot of time alone this month. A New Moon in Libra on October 7 will help you be cooperative, helpful, and willing to be a team player. Creativity will also be enhanced. Pluto in Capricorn will bring changes in your extended family. Many relationships will be transformed.

MEMBERS

- Allan
- Maria
- Wendy
- Christopher
- Noleen
- Barbara F
- Cathy

- Ralph
- Barbara R
- John
- Beryl
- Jimmy
- Peggy
- Olive
- David

- Mervyn
- Margaret
- Michael

VOLUNTEERS

- ◆ George W
- ◆ Maria M
- ◆ Denise P
- ◆ Margaret W

- ◆ Cathy C
- ◆ Nicholas W
- ◆ Joe c
- ◆ Pam L

STAFF

- ◆ Penelope C
- ◆ Connie V



Happy Birthday



You'll make new friendships and acquaintances this month if you get involved in an organization or group you believe in. This will give you the chance to connect with like-minded people who share your interests. You may be reserved and cautious at first, but you'll slowly begin to build trust.

MEMBERS

- Rosemary
- Helen
- Leonard
- Shirley
- Edith
- Donald

- Robert
- Clara
- Dulcie
- Kathleen
- Darryl
- Penelope

VOLUNTEERS

- ◆ Deidre A
- ◆ Maureen J
- ◆ Robyn O
- ◆ Chung T

Policy of the month



Motor Vehicle Policy Objective

This policy reflects Myrtle Cottage's obligation to ensure that the use of vehicles supports the Health and Safety of all members, volunteers and staff. All members, staff and volunteers are required to comply with

and follow the policy for the management and operation of the vehicle fleet.

Policy

Vehicles

The Board of Management will consider/approve acquisitions of appropriate vehicles upon the presentation of a Business Case by the Manager. The selection of the size and type of vehicles as well as the method of acquisition is to be determined by the business usage and operational environment requirements.

The Manager is responsible for keeping the Register of Motor Vehicles up to date and as an attachment of Myrtle Cottage's Asset Register.

The Manager is responsible for ensuring all vehicles registrations are current and vehicles are covered by adequate comprehensive insurance

Vehicle Policy

Driver Responsibilities

Any person responsible for, or in control of, a Myrtle Cottage's vehicle shall take due care for the condition and security of the vehicle and shall comply with this policy and all relevant legislation, traffic laws, regulations and by-laws. The Driver of a Myrtle Cottage vehicle must:

- Complete the trip details on the vehicle running record and provide accurate odometer readings at time of re-fuelling
- Report all hazards/faults immediately to Transport Coordinator/ Manager
- Ensure a Bus Assistant is available during all trips where passengers are transported
- Return the vehicle adequately fuelled - out of courtesy for the next driver vehicles should never be under 1/2 full of fuel on return to the Cottage
- Meet the cost of any traffic or parking infringements incurred while driving the vehicle
- Not use vehicles for private use
- Persons operating specialised vehicle modifications or equipment such as

wheelchair hoists or ramps/ steps, must be fully trained in its operation and comply with Occupational Health & Safety for lifting or moving equipment. Reference should also be made to the Occupational Health and Safety and Safe Driving Policy.

- Carriage of private passengers or hitchhikers is prohibited, for safety and insurance purposes any persons not associated with Myrtle cottage are not covered under insurance.
- Smoking is not allowed in Myrtle Cottage vehicles.

To be continued
To be continued

Trading Table ✓ Wednesday 19
The next will be ✓ + December
Friday 2

The dates for October November

✓ Tuesday 11	✓ Wednesday 23
✓ Thursday 13	✓ Thursday 24
✓ Friday 14	✓ Monday 28
✓ Monday 17	✓ Tuesday 29

TRADING TABLE:
The July through to August Trading Table raised \$519.00



FROM THE IMPROVEMENT REQUEST BOX
No notices received

Left the cottage.....

✉ Beatrice R
permanent care

✉ Salome T

Sorry to see you go..

Unwell

✉ Kathleen p

✉ Sharryn M

✉ Jill S



✉ Helen A

✉ Clara B

✉ Helen K

✉ Doreen K

Too ill to attend

✉ Ivan D

Hope you get better soon..

Passed Away

✉ Lyndsay W

✉ Airni D

Rest in peace..

Welcome Back

✉ Maria S

✉ Graham M

✉ Dorothy W

✉ Sharryn C

✉ Ron N

✉ Josie H

✉ Giovanna C

✉ Val C

✉ Fay T

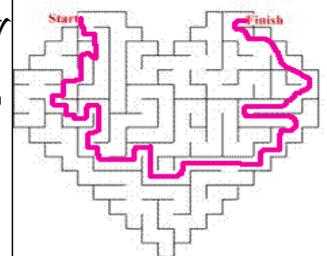
Happy to see you all

ANSWERS FOR THE PUZZLES- (pg 22)

Sudoku: Number 3

Spot the difference: 12 differences

Maze =>



Home and Community Care (HACC) Service of the month is..... The Luncheon Group

HammondCare At Home Care South Western Sydney provides an exciting new social outing - the Luncheon group - as part of the Respite for Employed Carers Service.

How does the Luncheon Group work?

There's nothing better than getting together for a friendly, relaxed lunch. As part of the Respite for Employed Carers Service, we are offering care recipients the opportunity to participate in an enjoyable Luncheon Group once a week for up to three months.

This will be a great opportunity for people being cared for to get out and about, enjoy the company of others and enjoy a tasty, lunch. At the same time their carers will have the opportunity to have a break or catch up on jobs that need doing.

Transport, lunch, socialization and staff support are all included in the Luncheon Group that will occur at set times each week.

What is the Respite for Employed Carers Service?

HammondCare's Respite for Employed Carers Service provides a quality respite service to people who are employed or studying whilst caring for a frail aged person or someone living with dementia.

The service allows you as the carer to take a break and enjoy some time to look after yourself, while our trained and experienced care-workers care for the person you usually look after.

Who's eligible for the Luncheon Group and what does it cost?

People with dementia and the frail aged who have low care needs, who can mobilise independently and whose carer is employed or studying will qualify. Eligibility will be confirmed following an assessment by the service manager.

Fees are negotiable and can be discussed with the service manager. No carer will be discriminated against because of his or her inability to pay.

Referral

For more information about the Luncheon Group, please call 1300 902 887 and ask to speak to Jessica or Debbie

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If you have any queries or would like more information about this service or other HACC services in Macarthur please contact the "Macarthur Information and Referral Service" on FREECALL 1800 683 232
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Floral Air Freshener

Supplies:

- round air freshener in a plastic casing
- small piece of pre-gathered lace trim
- silk carnation or similar silk flower
- baby's breath or similar small floral decorations
- narrow ribbon to make a bow
- glue gun and glue sticks



Project Instructions:

1. If the air freshener has a clear plastic wrapping, remove the wrapper. Heat up the glue gun and glue the pre-gathered lace trim around the top of the air freshener, so that the edge of the lace is lined up around the edge of the air freshener. Apply glue only to the top of the lace, which will be hidden by the flower.
2. Center the carnation on top of the lace and glue in place.
3. Glue one or two sprigs of baby's breath, or other small silk flowers, under one section of the carnation.
4. Make a bow from thin ribbon, and glue the bow just underneath the baby's breath.

DONATIONS RECEIVED:

Thanks for donations to:

\$227.00

☺ Josie H \$50

Remember all donations over \$2 are tax deductible.

Fathers day raffle:

Myrtle Cottage would like to thank the following for their generous support:

☺ Ingleburn RSL Club



☺ Ingleburn Rotary Club

☺ Ingleburn Bowling Club

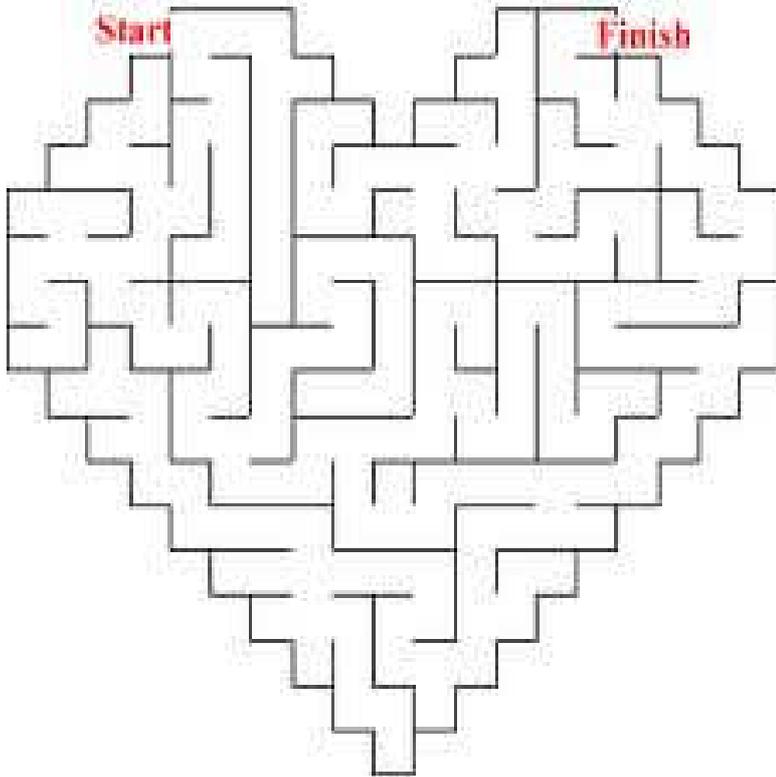
☺ Ingleburn Quota Club

☺ Ingleburn Lions Club

☺ Ingleburn Yadda shop

PUZZLES

SODOKU (what number is missing)



1	6	4						2
2			4		3	9	1	
		5		8		4		7
	9				6	5		
5			1	2				8
		8	9				3	
8		9		4		2		
	7	3	5		9			1
4						6	7	9

MAZE PUZZLE



SPOT THE DIFFERENCES