

# Cottage Courier



December 2012 to January 2013

## Letter from the Editor

Hello to all. I have not had one of those lovely high school students to help me with the newsletter this time so I hope you enjoy my efforts. At least I have had time to get a new photo, do you like?

On page 23 I have included the report from one of our medical students about 'You and your pharmacist'. Thanks Chloe for this information.

As usual all the program reports. Just to highlight:

- Chris has included the instructions for the current craft activity which I put on page 4.
- Merilyn has included a recipe within her report because she was away for all of January so didn't have much to tell on page 8.

I have added some corrections from the Diary dates on page 22 along with a request for some Ms Myrtle journalists. Who is up for the challenge?

Finally I finished the newsletter with this find-a-word that has a saying with the remaining letters, maybe the members on Linkline can let me know the answer.

Until next

*Margaret Donnelly*

**Editor**



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# Elizabeth's Exciting Edit Manager's Report



Hi all,

As we said farewell to another year I am sure we started to look for new energy and ideas to bring about in 2013. The short break was much needed and appreciated and I hope you all enjoyed a safe Christmas with family or friends.



We continue to get positive feedback about the activities in the programs and that is definitely a good thing, as we can not make things better without your suggestions, so keep them coming!

All our programs have managed to remain at capacity and coordinators continue to assess new referrals so that new vacancies can be filled quickly. In this way we continue to deliver the hours required by our funders and ensure we respond promptly to the needs of our community.

Of course the big highlight of the month is that our Happy Feet Project was due to start in January, with the first Podiatrist visit already done! We are all terribly excited about it. I must commend all the work that Heidi, Margaret and Warren have done to make it happen.



I am very pleased that all works have now been undertaken to complete repairs after the storms last year. At the same time some small painting jobs have been done by one of our volunteers, to keep our lovely Cottage looking fresh and bright.

We are now looking forward to the activities for Seniors' Week and have planned to get the Cottage involved in an open day when visitors from the community can come and see what we are all about, but if there are any other suggestions we will be happy to consider other activities as well.

Look after your selves and each other

*Kind regards,  
Elizabeth*

# Ageing And Disability



Heidi, Merilyn, Chris, Penny and Sarah

*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.

Hi everyone! Welcome back to the start of another great year of activities, outings and catching up with friends once again having a great time in the activity room.

Recapping over the last 2 months is a big job! We had so much going on over Christmas and New Year! Party Party Party!



About 9 in total, I think! Members all brought in food to share with the group and we spent majority of the morning eating, chatting and singing Christmas Carols. We were all so lucky about having a visit from Santa.....I hope you all had a lovely Christmas and New Year!



In January, we were all back into the swing of craft, small group and small interest outing groups also a visit from the podiatrist.

Coming up, we plan to visit Warragamba Sporting Club, shopping at Narellan and a BBQ at Warragamba Dam. Wednesday group will be visiting Camden Day Activity Centre for bowls and morning tea in February/March.

I would like to welcome the new members who have recently joined the DT programme! I hope you all enjoy your time with Myrtle Cottage!

Until next time....



*Chris*

*Ageing and Disability Coordinator*

## Equipment:

- Tool box Kit by Clever Patch
- Paint
- Hairdryer
- Stickers
- Glue
- Material
- Desired Decorations

# Tool Box Craft

## Method:

- Paint wooden pieces individually
- Dry pieces with hair dryer
- Glue pieces together to form a tool shaped box
- Decorate with stickers or any decoration you desire



## 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 involved with the cottage have directed the proceeds of their estate in their wills to family/friends etc. There are however, people who decide to direct the proceeds of their estate, either in full or part to Charity. We would like these people to consider a bequest to Myrtle Cottage. If you require further information on how to make a bequest please call us at Myrtle Cottage.

# Bell Program



**Please Note:** The Bell Program operates Tuesday, Wednesday, Friday & Saturday for Campbelltown, Monday & Thursday for Wollondilly and Wednesday for Camden. This program is specifically designed for people with Hi Everyone, Dementia/Alzheimers. The article below relates to this only.

Liz, Penny, Sue, Christine, Diana and Renee



Hi Everyone,

Welcome back everyone. I hope you all had a lovely Christmas, and you are managing to stay cool on these extremely hot days.

The Bell Christmas party was at the cottage. Thanks to the staff, volunteers, and drivers, that worked hard all day ensuring everyone had a good time, well done everyone.



Thank you everyone for coming and helping to support the cottage by a donation, buying raffle tickets, or buying some treasure from our trading table. All is appreciated large or small.

2013 is going to be as busy as every other year. We have started planning our Seniors week outing to Wests, to which you will all receive an invitation very soon. The last few years everyone has had a lot of fun singing, dancing and socializing, I hope to see you all again this year.

We have some great crafts organized for the next two programs e.g. boats, airplanes and egg cups for Easter, just to name a few. We have also developed a few new exercises for the afternoon activity.

## HAPPY BIRTHDAY

*January*

*Andrew, Zita, Elizabeth,  
Norma and Harry*

*February*

*Mary, Joyce, Kitty and  
Benny*

Our Outreach program covers the remote areas of Wollondilly, but it is not short of beautiful sceneries and historic buildings, which our outreach staff often take the members to see. The members always enjoy their day.

*Christine Turner*

*Bell Program Coordinator*



# Dementia: Fact Sheet

## Respite care

Respite care is designed to provide relief for a carer who has the responsibility for a person requiring ongoing care, attention and support. It is defined as an alternative form of care that enables carers to have a break.

Respite care may be provided:

- in-home;
- in an Australian Government-funded aged care facility; *or*
- as emergency respite care in the home.

Respite care is also available under other government programs, such as the Australian Government National Respite for Carers Program (NRCP). This program assists carers with information, respite care and support in a variety of community settings including:



- day care centres;
- in-home respite services, including overnight care and personal care services;
- overnight respite in houses in the community; *and*
- direct respite which may assist the carer in having a holiday break.

While it is anticipated that most carers will contribute to the cost of respite care provided through the NRCP, no carer should be refused a service because of their inability to pay. Respite can be arranged through Commonwealth Respite and Carelink Centres.

## Donations Recieved:

The Hawker Foundation  
\$5000

**Remember all donation over \$2 are tax deductible.**

## Welcome to all our new Members:

*We hope you enjoy your time with us at Myrtle Cottage & make new friends*

**Monday**  
Joyce H  
Beverly G

Robert G  
Shirley W  
Mion L  
Mavis J  
**Tuesday**  
Jan K

# RECREATION PROGRAM

NEWS FROM THE WANDERERS

Eileen and Liz



Hello again you Whacky Wanderers. Let's turn back the clock just a wee bit, last program of the year we visited Tanglin Lodge Alpaca Farm. We had a great day despite the rain, Cheryl put on a lovely BBQ lunch and told us all about the history of the alpaca and how they came into Australia. A few purchases were made by everyone in the souvenir shop.

At Brighton-Le-Sands we enjoyed a promenade walk and some light lunch at the beach side kiosk whilst people watching in the ozzy sunshine!

Our Christmas Shopping trip left us all spent out!! At Narellan Shopping Center always a good choice. Jeanelle, Margaret, Carole, Tracey and Cathy our ladies who love to shop!!

Dropping down to Bulli enjoying the spectacular views driving down the Bulli Pass, sitting at the seafront sampling some fish n chips.



Our last day of the year saw us having a fabulous five course Chinese dinner at Narellan Court Chinese restaurant, thanking Simon and his staff for their generosity as we got the meal on the house, Thanks Simon! Also thanks to David P for



driving us. Then we finished with a spectacular Christmas lights display from the residents of Mount Annan.

Liz and I would like to thank all you wanderers for the fun and laughter throughout last year and here's to this year! Let the fun continue.....



*Eileen Howie*

*Recreational Coordinator*

# Linkin up to Linkline



Marilyn

Hi everybody did you miss me? I missed you a little but I have been so busy with my newest grandson Cole Montgomery brother to Avery. Jaidyn and Charlotte came to visit and stay a couple of days with me so I felt very happy to spend so much time with them. Ken and I moved into a new unit at Wolli Creek and we are enjoying the change in address.

So I have come back to work and met some brand new members it will take me a while to get around and meet you all.

Thank you to all the Volunteers in the Kitchen for keeping up the standard of help with the Staff whilst I was off. I didn't panic about being away because I knew I could count on you all, and I was justified on my return to see how well the Kitchen had been maintained so thank you all.

Quick recipe because I've been away and don't have much information for you this time but this recipe is excellent and one I tried out over the Christmas break.

## **Turkey Muffin Balls.**

500 grm turkey mince

1 cup each of finely chopped celery and onion

Garlic crushed if you like

2 eggs

Pepper and salt to taste.

(I also add some fish sauce and lime juice but its not necessary)

Ok mix together with your fingers and put into well-oiled muffin tray. Place on another tray covered with baking paper to catch any run off from the rissoles cook for about 35 to 40 minutes on 180c. Then you can place one or two in a bag and freeze for future use. I know you will enjoy this and I loved the idea of the muffin tins to make portion size perfect.

*Merilyn Gear*  
*Linkline Coordinator*

**HAPPY BIRTHDAY**

*February*

*Peter, Merle, Isabel,*

*Marie & Therese*

# FROM THE KITCHEN

## Crunchy French Toast Sticks

"Kids are big fans of this quick and easy breakfast using crushed corn flakes to give a crunch to your French toast."

**Prep Time:** 10 Minutes

**Cook Time:** 10 Minutes

**Ready In:** 20 Minutes

**Servings:** 4

### INGREDIENTS:

3 eggs

60 ml milk

55 g corn flakes, crushed

4 slices bread, cut into thirds

15 g butter



### DIRECTIONS:

**1.** Whisk the eggs and milk together in a bowl. Spread the crushed corn flakes onto a plate.

**2.** Dip each piece of bread into the egg mixture and then press gently into the cereal, turning to coat completely. Place the breadsticks onto a plate while breading the rest; do not stack.

**3.** Melt the butter in a skillet over medium heat; cook the coated breadsticks in the melted butter until golden, about 4 minutes each side.

## Donations Box

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 \$37.60 which brings the total since June 2012 to;

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

\$363.40

# Warren's Wisdom



Warren

## **BUS ASSISTANTS AND DRIVERS ENTERING MEMBERS HOME:**

The Cottage has a policy that clearly states that bus assistants or drivers are not permitted to enter a members home on their own. If a member needs assistance into their home and there is no family to assist then both the assistant and driver must be present. The only exemption to the above is if a member is in urgent need of immediate assistance, under no circumstances should you stray from the above policy.



## **BUS LOADING AND UNLOADING**

Volunteers and members are reminded that while the bus is at the Cottage members must not get on or off the bus without a Staff member being present. Volunteer drivers are not permitted to load or unload members while the bus is at the Cottage, unless a staff member is in attendance to oversee. These procedures have been in place for quite some time and it is imperative that this occurs at all times.

## **HEALTH AND SAFTY CORNER**

To reduce the risk of a fall and subsequent injury, older people are often advised to wear sturdy shoes. But a new study has shown that the very shoes many older people select as protection can actually increase their risk of falling.

Many other factors contribute to falls among the elderly, from medical problems like arthritis, osteoporosis, Parkinson's disease and drowsiness caused by medications to environmental conditions like poor lighting, slippery floors and unexpected obstacles.

Never wear shoes with slippery or worn outer soles. Also avoid shoes with smooth leather or plastic soles, which can be slippery on carpets, wood and tile floors, and wet surfaces. Some athletic shoes made with



synthetic soles, which may be ideal for exercising in a gym, can be extremely slippery on a damp or wet surface. **Avoid wearing shoes and slippers that are loose or ill-fitting.**

When walking on carpets, avoid wearing shoes with heavy rubber lugs that can catch on carpets, especially when they are worn by people who barely pick up their feet when they walk. The rubber tips on the toes of running shoes can also cause a stumble on a carpeted surface. For an all-around shoe, consider walking shoes, which provide good traction and support but do not have heavy soles or rubber over the toes.

Although shoes with a lot of cushioning can make you feel as if you are walking on air, they can also make an older person unstable and are best avoided.

Shoes that tie are safer than shoes that slip on the feet. Laced shoes can be adjusted to accommodate orthotics, braces and swelling of the feet. For those who lack dexterity, consider replacing cloth laces with elastic ones that hold the shoe firmly on the foot, but stretch enough to allow shoes to be slipped on and off without tying or untying the laces.

### **JOKE OF THE MONTH:**

#### **The Confession**

Joe enters the confessional and tells the priest that he has committed adultery. "Oh, no," said the priest, thinking of the most promiscuous women in town. "Was it with Marie Brown?" "I'd rather not say who it was." "Was it with Betty Smith?" "I'd rather not say," says Joe. So the priest gives him absolution and Joe leaves. While leaving the church, Joe's friend asks if he received absolution. "Yes, and two very good leads!"

*Thanks Warren Kean  
Transport Coordinator*

**The Trading table has raised \$525.85 since the last newsletter.**

Larger items can be photographed and placed on the notice board.



*The changes to the trading table have been well accepted by all.*

# Next Advisory Meeting

## OBJECTIVE 3: Efficient and Effective Management

**Date:** 18.12.2012

**Attendance:** Sheila, Mario, Andrew, Ann, Brian, Jerry, Joy, Dot, John, Helen, Christine and Elizabeth

**Apologies:** Robyn, Lynette and Robyn

**Next Meeting will be:** 5/2/13

Item	Discussion	Outcomes/ solutions	Staff responsible
<b>Business arising from previous meeting</b>	Wheelchair & bus training for volunteers - Volunteers are trained at induction on these items. Yearly refreshers don't seem to be successful. Bell has adopted practice of having Staff continuously monitor, suggest any improvements and correct practices where they feel this is required in the appropriate use of assisting anyone in a wheel chair. It appears to work well there	Bell practice to be adopted during 2013 and reviewed	All staff and volunteers
	Volunteers to wear protective clothing. This initiative is proposed as it would also facilitate for volunteers to be easily seen by members. Discussion occurred around type of clothing, design, and whether volunteers would wear it.	Survey volunteer.  All Drivers to be reminded to wear the safety jackets.	Manager/ Margaret  Staff/ drivers

<b>Item</b>	<b>Discussion</b>	<b>Outcomes/ solutions</b>	<b>Staff responsible</b>
<b>Work experience and volunteers</b>	Monthly inductions continue and intake numbers have reduced	Inductions will resume in January in the new year.	Eileen/ Manager
	Volunteers Christmas day party was enjoyed by all that attended.	Ingleburn Lions Club was thanked for their contribution to the day	
	Recognition certificates introduced for 20+ years	Commenced at AGM 2012	
	Gift of time Ceremony	Was attended by Eileen and representative volunteers	
	Volunteer of the year awards - Liverpool	John Graham from Bell was nominated	
<b>WH&amp;S</b>	Risk register - Including the identification of risks to the cottage and its operations, e.g. Damage to cottage by storms, accidents or damage to buses, etc.	Risk register is being worked on by Elizabeth with input from the board.	Manager/ Board
	Staff continuously assessing outing venues.	Assessment practices implemented	Program Coordinator
	Pushing chair in when members has sat down at table can be very difficult.	This is to be referred to next WHS meeting.	Manager
<b>Strategic Plan Updates</b>	Draft Strategic Plan 2012-2015 – Members confirmed all have received copies and read the information provided	Committee is happy to refer to Board for endorsement/ approval	Manager

Item	Discussion	Outcomes/ solutions	Staff responsible
<b>Other business</b>	Following storm damage to the cottage an assessment has been undertaken	Currently discussing with insurance to have repairs undertaken asap	Manager/ Warren
	Opinions were discussed on the combined Christmas party being changed to a Myrtle Cottage party that includes all programs. Some issues raised: Lift at the R.S.L Numbers being 200 + Noise for the bell members	Further feedback to be sought from staff and brought back to committee	Manager/ staff

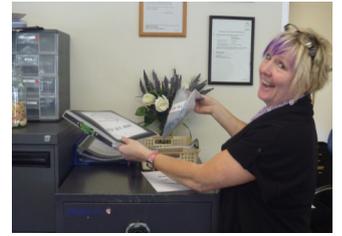
# Member Update

- Members that have left the Cottage:**
- ✎ Beverly G (Mon)
  - ✎ George C (Fri)
  - ✎ Barbera M (Wed)
  - ✎ Charles P (Fri)
- ◇ Victor G (Fri)
  - ◇ Ethel G (Fri)
  - ◇ John S (Thurs)
  - ◇ Lillian V (Mon)
  - ◇ Lottie O (Thurs)
  - ◇ Doreen K ( Mon)
- \* Eric F (Tues)
  - \* Elva S (Tues)
  - \* Hilda S (Tues)
  - \* Ron N (Wed)
  - \* Babs M (Thurs)
  - \* Fred C (Fri)
  - \* Iris H (Tues)

- Members that have passed away:**
- ✎ Phyllis Fraser (Tues)
  - ✎ Babs M (Thurs)
  - ✎ Norma E (Mon)
- Members that are too ill to attend:**
- ◆ Shirley C (Mon)
  - ◆ Gladys C (Mon)
  - ◆ Betty B (Mon)
- \* Charles P (Fri)
  - \* Norma E (Mon)
  - \* Eric F (Tues)
  - \* Lottie O (Thurs)

- Members that are in permanent care:**
- ◇ Wylida D (Tues)
  - ◇ Maria H (Mon)
- Members who are sick:**
- \* Elva S (Tues)
  - \* Hilda S (Tues)
  - \* Ron N (Wed)
  - \* Iris H (Tues)
- Welcome back:**
- Narelle I (Mon)
  - Beryl M (Mon)
  - Betty P (Tues)
  - Fred C (Fri)

# The 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*

Hi All,

Welcome to the New Year how time flies!

Hope you all had a safe and peaceful Christmas and enjoyed the festivities we had organized.



I got good feedback regarding the volunteers Christmas party, a big thank you to the Lions Club for the BBQ and to all staff who helped organize the day. Congratulations to Merilyn and Penny's Team who won the Myrtle Cottage games competition!

I will start by welcoming our new volunteers: Trevor, Sharren, Leah and Bob.

Following discussion from our Volunteers Support sessions, we have now implemented rosters for the outings. You can now see the list of planned outings on the noticeboard in the foyer. Please take the time to look at it and add your name if you are interested and able to assist. We are trialing this procedure to help with the congestion of volunteers during outings and I will keep you all updated on how effective this process is.

In the meantime, we are planning to hold Volunteer's Support sessions again around March/April to continue building on positive feedback and good practices.

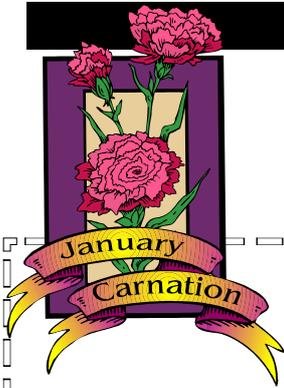
I would just like to finish by giving a great big THANK YOU!! to all the kitchen volunteers who helped the different staff members throughout their time in the kitchen whilst Merilyn was on leave during January. It was very much appreciated, so keep up the good work!

Here's till next time.....

*Eileen Howie*  
*Volunteers Voice!*

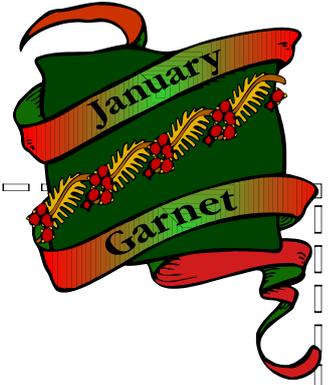
## NEW VOLUNTEERS

- ☺ Leah
- ☺ Sharron
- ☺ Terry



# HAPPY BIRTHDAY!

## January



The best thing about January is that 2012 has ended. You're ready for more excitement. Fortunately, the cosmos agrees, and even your most daring dreams seem possible. Mars steps forward to offer a new array of activities. Stand by for some heart-racing changes.

**Members:**

- ☺ Florence
- ☺ Janice
- ☺ Anne
- ☺ Mavis
- ☺ Miha
- ☺ Lucy
- ☺ Donald

- ☺ Sophia
- ☺ Cherrie
- ☺ Jessie
- ☺ Richard
- ☺ Kay
- ☺ Helen
- ☺ Norma
- ☺ Lucy

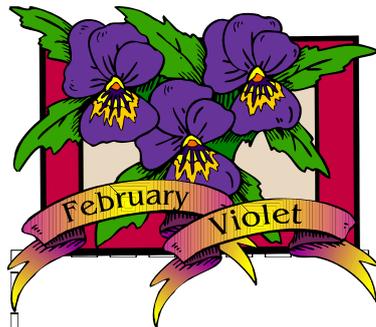
**Volunteers**

- \* Linda
- \* Julie
- \* Yvette
- \* Christina
- \* Jennifer
- \* Gerry
- \* Doug

- \* Peter
- \* Kerry
- \* Heidi

**Staff**

- ☞ Diana



# HAPPY BIRTHDAY!

## February



There would be good progress in your life this year. There would be much action and new ventures coming up in your life. You shall be able to get the good connections of people higher up in the society. Your confidence level would be boosted up and you would be able to live up to your ideals.

**Members:**

- ☺ Merle
- ☺ Janet
- ☺ Marie
- ☺ Betty
- ☺ Benny
- ☺ Sheila

- ☺ Michael
- ☺ Shirley
- ☺ Valda
- ☺ Isa
- ☺ Josie
- ☺ Andrew
- ☺ Marcella

**Volunteers**

- \* Jerry
- \* Col
- \* Lynette
- \* Debbie
- \* Mario
- \* Ann

- \* Dot

**Staff**

- ☞ Sarah
- ☞ Liz

**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.



# Policy of the month

## **Code of Behaviour for Employees and Volunteers Continued...**

### **Interacting with each other**

- Treat staff and volunteers with courtesy and respect
- Not engage in discriminatory, harassing or bullying behaviour and not accept such behaviour in the workplace
- Work cooperatively as a member of a team – which includes accepting a fair share of the workload, being punctual and honouring commitments
- Contribute to the creation and maintenance of a safe working environment.
- Resolve and address any grievance that arise as per Grievance Policy

### **As a Supervisor, Manager or Member of Management Board**

- Adhere to the principles of Equal Employment Opportunity and Equity and Diversity
- Act ethically
- Ensure that staff know what their job entails, how they are expected to do it, what results they are accountable for, and how their performance will be managed
- Encourage open communication
- Manage change as an ongoing, continuous and positive aspect of the work environment
- Ensure that this Code of Conduct is brought to the attention of staff and volunteers

### **Use of Myrtle Cottage Property**

Myrtle Cottage believes in allowing reasonable personal use of telephones, e-mail, faxes, computers, photocopiers, text messaging and the Internet by its staff/volunteers.

Under this Code staff/volunteers will not use Myrtle Cottage property for activities that might be unlawful, questionable, controversial or offensive (for example abusive or threatening messages, gambling, accessing chat lines, transmitting chain mail or inappropriate jokes, accessing or sending pornographic material, sending junk programs or

mail, copying or sending unauthorised copyright material, or downloading software)

**Use of Motor Vehicles**

Myrtle Cottage Vehicles can only be used for authorised work purposes, as per Motor Vehicle Policy

**Acceptance of Gifts**

Myrtle Cottage staff/ volunteers will not seek nor accept gifts or benefits as per the Gift Policy

Failing to abide by the above rules may lead to dismissal from Myrtle Cottage Group Inc.

**Code of dress**

Employees and volunteers clothing should be neat, clean and tidy and appropriate to the type of work they perform.

Examples of inappropriate dress:

- Thongs, sandals or high heels (closed in shoes must be worn as per Occupational, Health and Safety (OH&S) policy)
- Clothing with slogans on them (Some slogans/pictures can be offensive and **can not** be worn at the Cottage.)
- Frayed or torn clothes
- Hats worn inside

**Procedure for entering a member's home**

Drivers or volunteers are not permitted to enter a member's home without the presence of a staff or another volunteer or prior approval by management. Staff or volunteers should only enter a members home alone in the event of a member being in need of urgent assistance, and following Risk Assessment of the situation.



generous support:

Myrtle Cottage would like to thank the following for their

- ☺ Ingleburn RSL Club
- ☺ Ingleburn Rotary Club
- ☺ Ingleburn Lions Club
- ☺ Ingleburn Quota Club

**Hair cuts**

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

**Cost \$10.00** Phone the Cottage: **9426 3100**



## Service of the month is: Southwest Community Transport



Southwest Community Transport provides a range of transport services for people who are frail aged, younger people with disabilities and their carers in Camden, Campbelltown, Wollondilly, Liverpool & Fairfield.

We can assist you to get to appointments, your grocery shopping, visit a friend or jump on one of our social outings and have some fun meeting new people. Why not give us a call today and be assessed to go on our books, then it's just a simple phone call to book the service next time you need transport. Give us a call on 1300 138 794 and have a chat about your transport needs.

*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*

### **FROM THE IMPROVEMENT REQUEST BOX**

**Date:** 14th January 2013

**Issue:** Please fix or remind whoever uses the volunteer toilet to flip the lock from 'red' back to 'green' as it is getting frustrating when there is a queue for the loo and people don't think to knock and check.

**Solution:** We are aware of this issue and we are trying to rectify the situation. Please bear with us while we work through the solutions.

Do you know a volunteer who deserves  
recognition for the work they do?  
Volunteer Nomination forms are in the  
foyer information carousel



## Important Dates to Put In Your Diary



- ✘ **Tues 5th February** = Client Advisory Committee Meeting 10:00am
- ✘ **Thurs 21 February** = Staff Training Day—Cottage closed
- ✘ **Sun 17 March** = Seniors week start
- ✘ **Sun 24 March** = Seniors week ends
- ✘ **Fri 29 March** = Good Friday Holiday
- ✘ **Sat 30 March** = Easter Saturday Holiday
- ✘ **Mon 1 April** = Easter Monday Holiday
- ✘ **Tues 2 April** = Client Advisory Committee meeting 10.00am
- ✘ **Mon 15 April** = School Holidays start & Client Advisory Committee Nominations (Thurs, Fri and Bell) begin
- ✘ **Fri 19 April** = Client Advisory Committee Nominations begin
- ✘ **Thurs 25 April** = Anzac Day Holiday
- ✘ **Fri 26 April** = School holidays end
- ✘ **Tues 4 June** = Client Advisory Committee Meeting 10:00am
- ✘ **Mon 10 June** = Queens Birthday Holiday
- ✘ **Mon 1 July** = School Holidays start
- ✘ **Fri 12 July** = School Holidays end
- ✘ **Mon 5 August** = Bank Holiday (Cottage closed)
- ✘ **Tues 6 August** = Client Advisory Committee Meeting 10:00am
- ✘ **Mon 12 August** = Client Advisory Committee Nominations (Mon, Tues and Wed) begin
- ✘ **Fri 16 August** = Client Advisory Committee Nominations end
- ✘ **Thurs 22 August** = Staff training day (Cottage closed)
- ✘ **Fri 23 September** = School Holidays Start
- ✘ **Tues 1 October** = Client Advisory Committee Meeting 10:00am
- ✘ **Fri 4 October** = School Holidays End
- ✘ **Mon 7 October** = Labour Day Holidays
- ✘ **Wed 30 October** = AGM
- ✘ **Fri 22 November** = Volunteer Christmas Party (Cottage closed)
- ✘ **Wed 27 November** = Combined Christmas Party
- ✘ **Sat 7 December** = Bells Careers' Christmas Party
- ✘ **Mon 9 December** = Daily Christmas Parties Start (Bring a Plate)
- ✘ **Fri 13 December** = Daily Christmas Parties End
- ✘ **Sat 14 December** = Recreation Program last day for the year
- ✘ **Thurs 19 December** = DT last day for the year
- ✘ **Thurs 19 December** = Bell Program last day for the year



### 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.

# Confidentiality:

Due to privacy laws we are unable to give out personal information e.g. address and phone number.

It is very important to exchange contact details with people you would like to be in touch with outside the Cottage.

With your permission we can try to contact the person and give them your contact details.

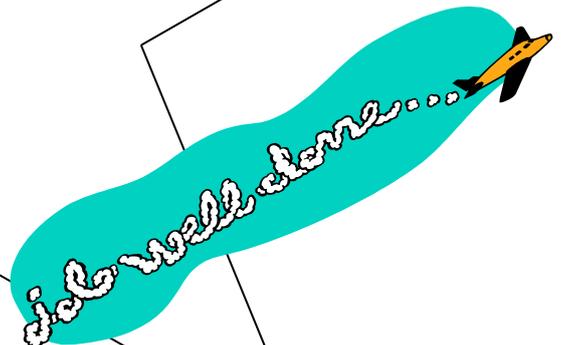


*Wish list*

- ⌘ Items for raffle prizes.
- ⌘ Items for trading table



Our AGM is on 30th October so start putting on your thinking caps: WHO WOULD YOU NOMINATE FOR THE 2013 ACHIEVEMENT AWARD?



# Be gentle with the earth



## Important dates in your dairy corrections

- April school 15<sup>th</sup> to 26<sup>th</sup> April 2013
- There are no school holidays in August. September school holidays are 23<sup>rd</sup> September to 4<sup>th</sup> October 2013
- AGM is the 30<sup>th</sup> October 2013

*Correction from the August/September 2012 newsletter:*

Coral donated \$100 not \$10.

Thank you Coral

# I am looking for a Ms Myrtle.

I would like to reintroduce Ms Myrtle to our wonderful newsletter. Is there someone at the cottage (member, volunteer or staff) that would like to be a journalist? I have heard some very interesting stories over the years of what members used to do in their childhood, as a career and their amazing family members. It would be fantastic to have these interesting stories published in our newsletter possibly with photos. If you hear of someone's amazing achievements please let me know so I can get a scoop. It would be great to have a new scoop every newsletter e.g. every second month.

# YOU AND YOUR PHARMACIST

How many different medications do you take? Polypharmacy is the use of multiple medications by a patient and is most common in the elderly in order to treat multiple medical conditions. While not a problem if well controlled by both your doctor and pharmacist, problems may arise if this is not the case as medications may interact with one another and make you sick.

Drugs can interact with 3 different things:

- Other drugs/medications
- Food or beverages
- Health conditions (an underlying medical condition may make certain drugs harmful)

These interactions depend on your condition and the dose of your medication. They can lead to side effects, reduce the effectiveness of your medication or increase the action of your medication.

So how can you avoid this? By always visiting the one pharmacist to buy all your over-the-counter, prescription and natural medications, they will be able to monitor your medications and doses to avoid interactions. They can also give you advice about your medication and explain how to use it. Even though you don't need a prescription for them, over-the-counter drugs, natural medicines, herbs or supplements may react with your prescription medications or each other. Just because you can buy them in the supermarket, doesn't mean you should!

If you have any questions or concerns, **always ask your pharmacist**, and try to know what drugs and doses you are taking. The benefit of visiting only one pharmacist is that they will know what medications you are already on and so are able to best advise you and look after your health.

If you have no choice but to do go to another pharmacist, for example if you are on holidays, make sure you tell them what medications you are taking. Ask questions about how and when you should take the medication such as: "Can I take it with other drugs?" and "Should I avoid certain foods/beverages?".

**Help us help you, by choosing to visit only one pharmacist.**

*By*

*Chloe Champion de Crespigny, 3<sup>rd</sup> Year Medical Student*



## AUSTRALIA DAY FIND A WORD

C	X	I	S	Y	T	N	E	W	T	R	E	C	N	O	C
B	G	N	I	R	E	E	H	C	Y	S	M	I	L	E	P
A	R	D	N	A	E	S	L	L	E	A	S	G	L	B	A
R	E	I	O	U	U	R	D	V	A	K	D	E	O	M	R
B	E	G	I	N	A	S	A	W	R	U	B	I	E	L	A
E	N	E	T	A	F	L	T	O	O	R	G	H	L	E	D
C	R	N	A	J	U	T	W	R	A	R	T	H	T	O	E
U	E	O	N	E	N	E	P	T	A	N	C	A	I	E	H
E	M	U	S	U	R	V	I	V	A	L	D	A	Y	N	W
H	M	S	A	I	W	O	H	S	S	P	I	R	I	T	G
T	U	S	F	G	N	R	S	R	E	N	N	A	B	E	A
T	S	S	O	N	G	S	D	O	O	F	A	M	I	L	Y

The remaining letters will spell out what we do on Australia Day:

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Holiday  
Anthem  
Fireworks  
Concert  
Parade  
Nation  
Proud  
Food

Cheering  
Crowds  
Celebration  
Songs  
Banners  
Green  
Gold  
Fun

January  
Summer  
Barbecue  
Survival Day  
Date  
Values  
Show

Indigenous  
Australia  
Twentysix  
Family  
Spirit  
Laughing  
Smile

National Australia Day Council