

# Cottage Courier



June to July 2012

## Letter from the Editor

Hey everyone, welcome to the latest edition of Cottage Courier. My name is Sally and I'm a year 11 student from Robert Townson High School doing my work placement here at Myrtle Cottage for the VET course, Business Services. The year has flown by extremely fast and we are already into the jam-packed month of August so don't forget to note down the important upcoming events on page 21 in your diaries!

You may have noticed Erin's absence from the cottage, find out why in Elizabeth's Manager Report on page 2 with all of the details. Feel like something sweet and quick to prepare? Turn to page 8 for the recipe details. Check out our new Ageing and Disability Coordinator, Chris' report on page 3. You might also want to read her staff profile which you can find on page 11 to find out about her a little. Over to page 4, we have the Bell Report informing us of their exciting outing to The Cliffhanger and Bulli. Eileen's Whacky Wanderers report is on page 6, updating us of the events that took place in and before her absence. Have a giggle with one of Warren's great jokes after his report on member transportation on page 9. All of the July and August birthdays can be found on page 17 for all members, staff and volunteers. Happy birthday to you!! Volunteer's voice is located on page 16, the policy of the month on page 18 and it continues over to page 19. We've put in a fun winter find-a-word for you to enjoy and also instructions on how to create your own candle glass vase on page 24.

Finally, I would like to thank Margaret, Elizabeth and the entire staff for having me these past few days and for making me feel welcome from day one here at Myrtle Cottage. Thank you for helping me put together this newsletter!

*Sally Turk*

**Editor**



*Myrtle Cottage Group*

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



Hi all,

It has been really great coming back to work after my holidays. Everyone was glad to see me, it made me feel truly welcomed and it made me forget about how cold it has been! Particularly after my short summer break!

Soon after my return we had to say goodbye to Erin, who has moved on to take up a teaching position with primary school. Erin has been with the Cottage for almost four years and during this time we got to enjoy her bubbly and happy personality as well as her professionalism and enthusiasm. She did have some doubts that last week when it came time to say farewell, but we all gave her a hug to send her on her way, wishing her the very best for her future adventures. I am sure those kids are going to have their hands full with their new teacher!



Of course we now have had an opportunity to meet Chris, our new Program Coordinator and I am sure you will join me in welcoming her to our wonderful Cottage. She brings considerable experience with her and I am confident we will help her settle in and feel at home pretty soon.

Can I also remind all members that the annual Membership fees are now due and staff will start collecting these soon, so it is all done before our next AGM on 31 October.

Meantime our programs continue to be quiet busy and please remember that in August we will ask nominations for representatives to the Client Advisory Committee for Monday, Tuesday & Wednesday. If you have ideas to share or suggestions to make, put up your hand and get involved! It is always good to have new people about, so if you are interested let me know!

Look after your selves and each other.

Kind regards,

*Elizabeth Delcasse*

**Manager**

# 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.

Hello everyone,  
I am Chris, the new coordinator. I have enjoyed getting to know all the members this week; everyone has given me a very warm welcome and I have started to settle in very well which is easy because the Cottage is run so well! Staff, volunteers and members know what has to be done. Every day is full of fun.

We have had a busy week with candle making, bowls, small groups and singing. My first day outing was to Taren Point Bowling Club with the Thursday group and we had a beautiful lunch with a range of meals to choose from.

Fathers Day is just around the corner and we are in need of donations towards a Fathers Day raffle for our special Dads.

The London Olympic Games have been on the telly this month. We have all been cheering on the Aussies, go, go, go!!

I am looking forward to getting to know you all!



*Thanks*  
*Chris Staraj,*  
**Ageing and Disability Coordinator**

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<b>Welcome to all our new members:</b>	<i>We hope you enjoy your time with us at Myrtle Cottage &amp; make new friends</i>	Nancy G (Mon) Norma H (Fri) Narelle I (Mon) William S (Fri) Janet G (Mon)	
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# BELL PROGRAM



*Please Note:* The Bell Program operates Tuesday, Wednesday, Friday & Saturday. This program is specifically designed for people with Dementia/Alzheimers. The article below relates to Liz only.

Hi Everyone, I hope you are all well.

Thank you to all those people that returned our questionnaire. It was suggested that some carers required more information on other services in the area. I have the HACC information book if anyone would like one, also you can call me on 9426-3114 anytime. Please keep an eye on the service of the month that we have in our newsletter. This will give you contact information and what that service can provide. The overall results in the survey was good and there were many compliments to all staff and volunteers, so well done everyone.

As I am sure you have all noticed we are not doing as many craft activities as we used to, this is going great. The members are enjoying the group games, trivia and other activities we have replaced the crafts with. As everyone enjoyed the outing to Bulli lookout so much we are going there for our next outing, hopefully the weather is nice when we return on the 17.8.12. The Cliffhanger restaurant was lovely and they really looked after us all.



To all the members that have been ill or in hospital we send our best, and wish you all a speedy recovery.

New members: Welcome Donald W, Andrew T, and Norma B

*Thanks  
Christine Turner*

**Bell program coordinator**

**HAPPY  
BIRTHDAY**

*July*  
Rosalie L and  
Francis M  
*August*  
John B

# Dementia: Fact Sheet

## About Alzheimer's Australia:

Alzheimer's Australia is the peak body for people with dementia and their families and carers in Australia. We provide support and services through leading edge national dementia programs including the National Dementia Helpline, counseling, support groups and resources.

Alzheimer's Australia is committed to providing leadership in advocacy, policy, services and research. Our vision is for a society committed to the prevention of dementia, while valuing and supporting people living with dementia.

## What we do:

Alzheimer's Australia delivers national dementia programs and services funded by the Commonwealth as well as providing national policy and advocacy for the 280,000 Australians living with dementia.

## Our services include:

- ♦ The 24 hour National Dementia Helpline
- ♦ Dementia and Memory Community Centres
- ♦ The Living with Memory Loss early intervention program
- ♦ Counseling services
- ♦ Carer support groups
- ♦ Education for family carers and health professionals
- ♦ Publications and resources for family carers and health professionals

## Our focus:

- ♦ Improving advocacy & empowering consumers
- ♦ Ensuring better quality dementia care
- ♦ Increasing the awareness and understanding of dementia
- ♦ Identifying effective strategies for preventing and delaying the onset of dementia

For more information about Alzheimer's Australia, visit

[www.fightdementia.org.au](http://www.fightdementia.org.au)

**Hair cuts** Anyone wishing to get their haircut whilst at Myrtle Cottage can make an appointment with Merylyn. **Cost \$10.00**  
Phone the Cottage:  
**9426 3100**



**Always keep  
your words soft and sweet  
incase you have to eat them**

# RECREATION PROGRAM

NEWS FROM THE WANDERERS

Eileen and Liz



Hello again you Whacky Wanderers,

I'm back! I had a Fantastic time back home visiting my family and friends it was a great surprise to them all, the expressions on their faces when I knocked on their doors was priceless!!

I would like to start by saying thank you so much to Quinton, Liz and Connie for running the program in my absence. I heard it was full of fun and laughter! I didn't expect anything less.

Before I left we visited The Mounties, we went into the city by train which was a good experience.

When I was on holidays the venues visited were The Appin Pub, The Movies, and The Fire Museum at Penrith and Bingo at Ingleburn Bowling Club where Tracy, Kathy O and Connie won Congratulations to you all!! The Equestrian Center was a new venue visited.



My first week back we dropped down to Wolongong to the Science center which was very educational, everyone enjoyed the experience especially participating with experiments.

Well that's the news so far guys so keep smiling, here's till the next time.

Happy Wandering!!

*Eileen Howie*

**Recreational Coordinator**

**HAPPY BIRTHDAY**

*July*

George S and Ann- Maree M

*August*

Tracy C, Graham M and Ralph C



## Link up to Linkline



Merilyn

Hi all,

I hope the transition into the colder months hasn't been too hard on you. I know I haven't been here to share it with you, as I've been in sunny England... Yes, you read me right. I was over there in their summer and I have to admit it was different to what I had expected. Temperatures varied from 15 degrees up to 27 but it is warmer than you think because there is so much humidity. We spent the first week at my daughters getting up to date with our grandson and checking out the sites of London such as the tower of London and the crown jewels. A ride down the Thames and also to Greenwich where the time line is established, lots of cheap shopping, all very interesting. I will see about downloading my photos for you to see some of the things we saw as well.

As some of you will know I was on extended leave because I needed to have some work done on my hand. I am happy to report that the opp went well and though there is a long recuperation period expected I am confident of a full recovery. My first day back at work was funny because I was trying not to overdo the physical side of things and asked a few volunteers to help lift things I would normally not have any trouble with and thank you guys for being so sympathetic. BUT, I ended up doing about nine haircuts they were begging at the door of the quiet room to be fitted into the hairdressing room. Bless them all, I felt very special.

I can only say thanks to all the replacement staff whoever you are for filling in for me and doing such a great job, to all my Kitchen volunteers. It made my time a way a lot easier knowing I had you guys there to cover for me and help the stand ins.

Happy to be back and willing to tell stories of the holiday to anyone who asks, we'll have a chat and catch up. Have a look after this article for a sweet little recipe for a good breakfast.

Take care, that's it for this month's newsletter!

*Merilyn,*

*Linkline coordinator*

**HAPPY  
BIRTHDAY**

*July*

Glynis F, Dorothy W and  
Gwen F

*August*

Beryl G, Yvonne K, Tina  
H and Norrice S

# From the Kitchen

## *Crunchy French Toast Sticks*

**Prep Time:** 10 Minutes **Cook Time:** 10 Minutes

**Ready In:** 20 Minutes **Servings:** 4

### INGREDIENTS:

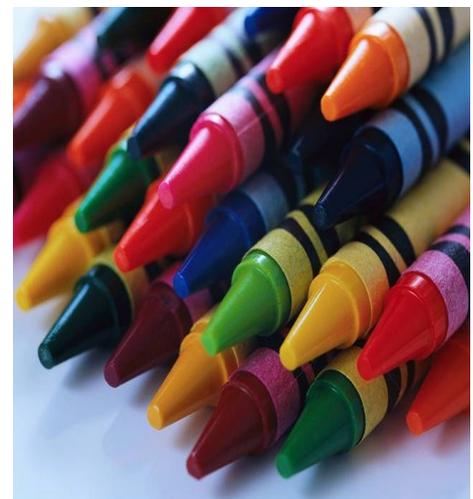
- 3 eggs
- 60 ml milk
- 55 g corn flakes, crushed
- 4 slices bread, cut into thirds
- 15 g butter



### 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.

We could learn a lot from crayons.  
Some are sharp, some are pretty  
and some are dull. Some have weird  
names, and are all different colours,  
but they all have to live in the same box



# Wise Warren's Wisdom



Warren

## **MEMBERS NOT ATTENDING COTTAGE:**

Members are reminded that when you are unable to attend the cottage due to illness, holidays or some other reason you must call the cottage (**do not tell the driver or assistant**). If you will not be attending for a longer period, (longer than three weeks) you will be put in the attendance book as TBA which means that you must advise the cottage when you are able to return. **It is important that you notify the cottage so that the bus does not go out of the way to pick you up.**

## **CHANGES IN MEMBERS TRANSPORT NEEDS:**

If a member requires any changes to their transport needs, e.g.: you may now need wheel chair assistance to and from the bus, need to use the hoist to access the bus or it may be some other reason, please let myself or another staff member know so I can make the necessary changes.

## **ENTERING A MEMBERS HOME:**

**A REMINDER:** No one is to enter a member's home without the presence of a staff member or another volunteer. Do not enter a member's home on your own. The only time you can enter a member's home alone is in the event of a member in need of urgent assistance.

## **JOKE OF THE MONTH:**

### **A DAMN FINE EXPLANATION**

The wife came home early and found her husband in their bedroom making love to a very attractive young woman.

And she was upset. 'You are a disrespectful pig!' she cried. 'How dare you do this to me - a faithful wife, the mother of your children! I'm leaving you. I want a divorce right away!'

And the husband replied, 'Hang on just a minute love, so at least I can tell you what happened.'

'Go ahead,' she sobbed, 'but they'll be the last words you'll say to me!'

And the husband began - 'Well, I was getting into the car to drive home, and this young lady here asked me for a lift. She looked so down and out and defenceless that I took pity on her and let her into the car.

I noticed that she was very thin, not well dressed and very dirty. She told me that she hadn't eaten for three days.

So, in my compassion, I brought her home and warmed up the enchiladas I made for you last night, the ones you wouldn't eat because you're afraid you'll put on weight. The poor thing devoured them in moments.

Since she needed a good clean-up, I suggested a shower, and while she was doing that, I noticed her clothes were dirty and full of holes, so I threw them away.

Then, as she needed clothes, I gave her the designer jeans that you have had for a few years, but don't wear because you say they are too tight.

I also gave her the underwear that was your anniversary present, which you don't wear because I don't have good taste.

I found the sexy blouse my sister gave you for Christmas that you don't wear just to annoy her, and I also donated those boots you bought at the expensive boutique and don't wear because someone at work has a pair the same.'

The husband took a quick breath and continued, 'She was so grateful for my understanding and help that as I walked her to the door, she turned to me with tears in her eyes and said,

**'Please ..... Do you have anything else that your wife doesn't use?'**



# Staff Profile



**Name:** Chris Staraj

**Favourite Food:** Italian

**Favourite Colour:** Pink

**Home Town:** Chester Hill

**Family Status:** I have 3 children: Mark 22, Jason 19 and Ashlee 17 and one grandchild due in February

**Occupation:** Co-Ordinator Programmer

## **Job Task:**

- ☺ Developing programs for aged and disability.
- ☺ Allocating staff and volunteers

## **Previous Work Experience:**

- ☺ Retail Manager at Woolworths + night packer
- ☺ Personal care assistant at Carrington
- ☺ Recreational activities officer, high care dementia
- ☺ Developing programs for volunteers and students

## **Most Embarrassing Experience:**

A seagull did a poo down the side of my head while I was on a crowded ferry going to Parramatta, everyone was trying to move away from me, it covered the side of my head and it smelt really bad.

## **What do you hope to be doing in 10 years time personally and professionally?**

I am hoping to be a qualified Diversional Therapist and be a healthy grandma for my future grandchildren.

## **What is your philosophy on life?**

- ☺ Be happy and don't worry about things you have done, just learn from them.
- ☺ Be good to people and have a good open sense of humour and most of all, enjoy life everyday.

# Client Advisory Committee Meeting

## OBJECTIVE 3: Efficient and Effective Management

**Date:** 6.8.2012

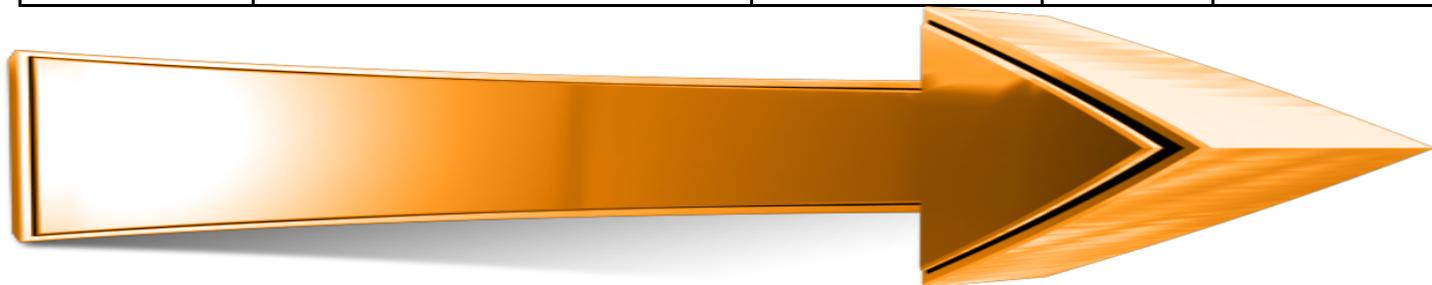
**Attendance:** Joy B, Mario S, Helen M, Lynette I, John R, Sheila J and Margaret D

**Apologies:** Bob M, Elizabeth D, Gwen F, Robyn C, Robyn O and Ann G

Item	Discussion	Outcomes/ solutions	Staff responsible	Date to be completed
<b>Business arising from previous meeting</b>	Promotional Material - Last material purchased is faulty, waiting for replacement items. Items were replaced but new items still have a short life	It does not appear practical to order this type of items, perhaps another alternative can be explored in future?		Completed
	Members who are away ill or for their birthday are not receiving 'Get Well' or 'Birthday' cards. Margaret to follow up with the procedures for sending cards	Sarah is reviewing the processes she uses to ensure all members receive cards.  ♦ Newsletter report to let members know that get well cards are sent when Myrtle Cottage is notified that a members is in hospital	Margaret	Next newsletter

Item	Discussion	Outcomes/ solutions	Staff responsible	Date to be completed
<b>Training – attended or required</b>	Staff and volunteers have attended - Food Safety for supervisors providing good feedback. - Wellness Training program			Completed
<b>Work experience and volunteers</b>	We continue to work with participants from Max employment, local University and TAFE	We have had some really good medical students currently.		Completed
	Volunteer induction has been changed to monthly sessions	Student inductions are still conducted fortnightly. General public volunteer induction is fortnightly		Completed
<b>Policy development, review and Implementation</b>	Code of Behaviour for Employees and Volunteers - Review	Policy was read and approved. * Note the issue about wearing hats inside. Some staff have worn a hat inside due to medical reasons * Volunteer was discussing religion with a member – what do you do? Remind them of this policy		Completed
<b>OH&amp;S</b>	Electrical tagging – Yearly tagging to be carried out August 2012			August 2012
	Fire drill – done Tuesday 31.7.2012 Feedback - Remind all that names will be called - Staff to be instructed to listen to announcement with details of emergency and recommended exit routes	Lesson learnt: Stop, listen then follow instructions given		Ongoing

Item	Discussion	Outcomes/ solutions	Staff responsible	Date to be completed
<b>Strategic Plan Updates</b>	Plan to be reviewed at staff training day in August. Report to be prepared for Board on achievements and recommendations. New plan to be discussed for 2012 2015			August 2012
<b>Manager's report</b>	Funding agreements have been signed and finalised for the next two and three years as available			Completed
	Financial accounts were closed for the end of year and material taken to auditors			Completed
	Staff changes: DT position changed to Aged & Disability Coordinator with expectation that in future it will oversee both DT & Rec programs. Chris Staraj has replaced Erin, who left the Cottage on 27.7.2012 Rec vacant position changed to Program Assistant grading and Liz Climpson appointed.			Completed
	Outreach hours offered and accepted by existing staff in Bell			Completed
	IT systems has been upgraded			Completed
	Have received three laptops from Lions Club	Members are looking forward to learning how to use the computers		Completed



Item	Discussion	Outcomes/ solutions	Staff responsible	Date to be completed
Other business	AGM - Need nomination for Achievement Award for our 35 year AGM	Members of the Advisory Committee have been asked to investigate nominations for the Achievement award and either: Put in the suggestion box or Give to Margaret or Elizabeth		October 2012
	Elizabeth proposes to invite a different staff member to each advisory committee to facilitate better understanding and communication	Committee members agreed, new Aged and Disability Coordinator to be invited to the next meeting	Margaret	2.10.12
	Gwen Filby has resigned from the Committee due to health reasons	Joy to ask Cath or Edna to represent Linkline on the Committee	Joy	2.10.12

Next meeting: Tuesday 2nd October 2012 10am



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

☺ Ingleburn RSL Club

☺ Ingleburn Rotary Club

☺ Ingleburn Bowling Club

☺ Ingleburn Quota Club

☺ Anchor Systems Pty Ltd

# 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 Everyone, just to let you know I had a fantastic holiday! It's great to be back.

I would like to welcome all the new volunteers who started while I was away, I'm sure you have all been made welcome.

Warren has created a new power point presentation for drivers and this will be shown to all new volunteers. Existing drivers will be able to update their files and gain knowledge on new procedures.

Well done to George W and Izzy S for completing a Food Safety Supervision course, which was held at Campbelltown Golf club.

Just a friendly reminder, due to our duty of care volunteers who go on outings are there to assist the members, which means please refrain from any alcohol consumption. This is Myrtle Cottage policy and must be adhered to. Thank you for your cooperation.

Recognition award slips are located in the foyer please feel free to nominate a volunteer who deserves the recognition award.

Keep up the good work, until next time.

*Eileen Howie - Volunteers Voice!*

**New Volunteers**  
 Welcome to our team

- ☆ Darren
- ☆ Sam
- ☆ Sonya
- ☆ Susana
- ☆ Valerie



**The Trading table has raised \$484.10 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.*



# HAPPY BIRTHDAY!



Social activities are an essential ingredient in your development. You are a great success socially, because you can convey your wisdom to others so well. Creative enterprises are a great way to make the most of your moods and your imagination. Music and writing are perfect vehicles for you.

- 🕯 Brian P
- 🕯 Lola E
- 🕯 Ann G
- 🕯 Brian I
- 🕯 Hazel P
- 🕯 Mervin S
- 🕯 Daphne H
- 🕯 Helen A
- 🕯 Ann U
- 🕯 Kerry R

- 🕯 Elva W
- 🕯 Lindsay M

### Volunteers

- 🕯 Kim S
- 🕯 Allan C
- 🕯 Loraine M
- 🕯 Chris H
- 🕯 Angela M
- 🕯 Monika H

- 🕯 Robert W
- 🕯 Sue M
- 🕯 Keiron D
- 🕯 John F
- 🕯 Ethel F

### Staff

- 🕯 Chris S
- 🕯 Eileen H
- 🕯 Margaret D



# HAPPY BIRTHDAY!



Loyalty is your trademark. People know you are a genuine friend who is always ready to lend a hand. Even if you can't help someone with their specific problem, you still manage to send out a warm and reassuring vibration that makes them feel better.

- 🕯 Ralph C
- 🕯 Betty M
- 🕯 Colin R
- 🕯 Victor G
- 🕯 Valmai F

- 🕯 Faize A
- 🕯 Maria B
- 🕯 George H
- 🕯 Babs M
- 🕯 Beryl L

- 🕯 Tina H
  - 🕯 Graham M
- ### Volunteers
- 🕯 George W

- 🕯 Carmel D
- 🕯 Maria D
- 🕯 Marge F

- ✓ Nominations for Achievement Award presented at the AGM due Monday 28<sup>th</sup> September 2012
- ✓ AGM Wednesday 31<sup>st</sup> October 2012
- ✓ Remember to pay yearly memberships (\$5)



# Policy of the month

## *Personal Relationships*

Staff and volunteers are expected to complete tasks and activities identified in their job description; any variations must be given prior approval by the manager. Personal relationships may give rise to serious questions regarding conflict of interest, trust, confidence, and dependency. Equal treatment regarding assessment, access and the provision of services must be given by all staff and volunteers representing Myrtle Cottage.

This policy aims to safeguard staff and volunteers work relationships and to secure the interests of members and carers with regards to service provision. The emphasis is placed on the ethical responsibility of the staff and volunteers not to abuse their power and trust when dealing with member and carers. This protects all concerned and enhances the overall quality of the services provided at the cottage.

Staff and volunteers have a duty of care to declare personal relationships (See Personal Relationship Disclosure form) with the aim to minimise or remove potential negative situations. The manager will make a decision on the possible solutions available. Myrtle Cottage has a responsibility to provide information, training and support to staff and volunteers to enable them to understand the difference between advocacy, personal friendships, care relationships and professional services.

If a conflict of interest is discovered, the manager will discuss this with the parties involved, and review the situation. All situations will be treated in confidence. Personal relationships that need to be declared are between:

- ♥ Staff
- ♥ Staff and volunteers
- ♥ Staff and members
- ♥ Staff and carers
- ♥ Volunteers and members
- ♥ Volunteers and carers



- ♥ Decision making processes regarding the member or carers service provision
- ♥ Complaint procedures and disciplinary matters
- ♥ Employment process
- ♥ Supervision



♥ It is important that staff and volunteers avoid situations where personal relationships could influence professional judgment. The possible consequences of 'Personal relationships' outside of Myrtle Cottage are that these could lead to situations including, but not limited to:

- ♥ An expectation that, services outside of Myrtle Cottage's funding criteria will be provided by staff and/or volunteers
- ♥ Social cliques forming and a perceived favouritism for people within this group
- ♥ Problems in maintaining the boundaries between professional and personal life
- ♥ Inappropriate release of confidential information



# 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.



You have succeeded in life when all you really want is only what you really need.  
**Vernon Howard**

# Home and Community Care (HACC) Service of the month Is: Taking A Break

## Why take a break?

- Caring can be physically and emotionally exhausting. Regular breaks from caring can help to relieve the stress and exhaustion you may feel from time to time.
- Breaks can also provide benefits for the person being cared for. They can give people new experiences and something to look forward to, and memories to look back on. These breaks are often called respite, and the services that help you arrange breaks are usually called respite care services.

Breaks may be taken in your house or away from it. They might be for a few hours, a day, overnight or longer. It might mean that you go to an exercise class, attend a wedding, catch up with friends or family or go on holidays. It may be a regular weekly event or something that happens only once a year.

## What type of respite is available?

- Residential respite care for younger people with an illness or a disability;
- Weekend and holiday programs and opportunities. These can be for the carer, the person with an illness or a disability, couples or for the whole family together;
- Recreation activities in the communi-

ty; and

- Camps for brothers, sisters, and carers under 18.

## How can I organise a break?

Respite care is provided by many services and organisations, which will vary according to the age and condition of the person you care for, and the area in which you live. It may be difficult to obtain respite in some areas and most services have waiting lists. Your local Commonwealth Respite and Carelink Centre will be able to let you know what is available for you and the person you care for.

## Where can I get more information?

Contact your **Commonwealth Respite and Carelink Centre** on **1800 052 222\*** to discuss what respite options may be available for you and the person you care for.

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**

# Important Dates to Put In Your Diary



- ✘ **13th to 17th August** = Client Advisory Committee nominations for Monday, Tuesday and Wednesday DT
- ✘ **Thurs 23rd August** = Cottage closed for staff training
- ✘ **Mon 1st October** = Cottage closed for Labour Day
- ✘ **Tues 2nd October** = Client Advisory Committee Meeting 10.00 am
- ✘ **Wed 31st October** = Annual General Meeting (AGM)
- ✘ **Fri 23rd November** = Cottage closed for Volunteers Christmas Party
- ✘ **Wed 28th November** = Combined Christmas Party
- ✘ **Tues 4th December** = Client Advisory Committee Meeting 10.00 am
- ✘ **Sat 8th December** = Bell Carers Christmas Party
- ✘ **10th to 14th December** = Daily Christmas Parties
- ✘ **Sat 15th December** = Last activity for Recreation Program for 2012
- ✘ **Wed 19th December** = Last day for the Bell Program
- ✘ **Thurs 20th December** = Last day for DT and Outreach programs
- ✘ **Wed 2nd January 2013** = DT, Bell and Outreach programs return



## 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.



## 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.



# Member Update

## New Members

- ☺ Nancy G (Mon)
- ☺ Narelle I (Mon)
- ☺ Janet G (Mon)
- ☺ Norma H (Fri)
- ☺ William S (Fri)

*...Welcome To Myrtle Cottage...*

## Welcome back

- ☺ Jim McMahon (Mon)
- ☺ Jessie McMahon (Mon)
- ☺ Mary L (Tues)
- ☺ Brian P (Thurs)
- ☺ Don A (Fri)

*...It's Nice to see you again!*

## Unwell

- ☹ Betty B (Mon)
- ☹ Gladys C (Mon)
- ☹ Shirley C (Mon)
- ☹ Josie H (Tues)
- ☹ Betty P (Tues)
- ☹ Elva S (Tues)
- ☹ Mervin S (Tues)
- ☹ John B (Tues)

- ☹ Carol N (Wed)
- ☹ Anne U (Thurs)
- ☹ George H (Thurs)
- ☹ Charles P (Fri)

*...Hope you're better soon!*

## Members who have left The College

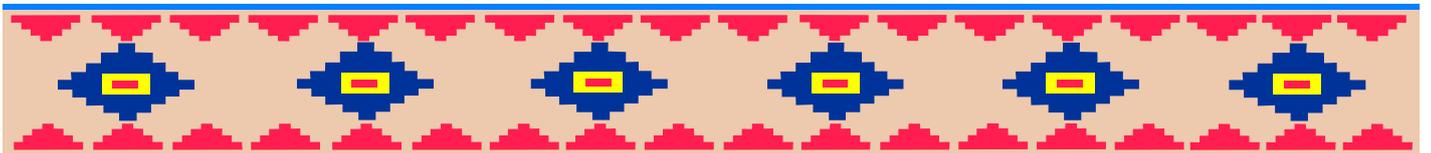
- ☹ June L (Mon)
- ☹ Dot N (Mon)
- ☹ Elaine G (Mon)
- ☹ Julie C (Wed)
- ☹ Sharon M (Wed)
- ☹ Dianne C (Thur)
- ☹ Christine G (Thurs)
- ☹ Erna D O (Thurs)
- ☹ Beryl N (Fri)
- ☹ Val H (Fri)

*...Gone into permanent care...*

## May they rest in peace

- ☪ Joan Hutchings (Mon)
- ☪ Dorothy B (Tues)
- ☪ Miriam M (Tues)

*... Not To Be Forgotten*





# 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.

## Improvement Box:

*NIL*

### *Wish list*

1. More volunteers— especially LR licence drivers
2. Gifts for raffle prizes

## Donations Recieved:

Thanks for donations to:

- ✓ Isa \$8.00
- ✓ Deidre \$5.00

A big thank you to The Hawker Foundation \$2,500

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



## 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 \$89.30 which brings the total since June 2012 to:

**\$89.30**

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



# WORD SEARCH!

## WINTER FUN

FIND AND CIRCLE THE WORDS ON THE LIST...WORDS MAY BE FOUND ACROSS, DOWN, OR DIAGONALLY  
--FORWARDS, BACKWARDS, AND SOMETIMES OVERLAPPING. HAVE FUN!

### WORD LIST

BOBSLED  
DOGSLED  
HOCKEY  
HUNTING  
ICE FISHING  
ICE SKATE  
SHOVEL  
SKI  
SKIJORING  
SLED  
SLEIGH RIDE  
SNOW  
SNOW ANGEL  
SNOWBALL  
SNOWBLOWER  
SNOWBOARD  
SNOWMAN  
SNOWMOBILE  
SNOWSHOES  
TOBOGGAN

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



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SPECIAL THANKS TO COLLIN HOLTROP

www.cybercrayon.net

## Glass Vase Candle

### Equipment

Glass vases  
Glass paint  
Paint brushes  
Mirror tiles  
Glitter stars  
Craft glue  
Hair dryer  
Tall slim candles  
Candle wax



### Method

Paint glass vase with glass paint with a design and colour of your wish.  
Dry painted surface with a hair dryer.  
Using the glitter stars and mirror tiles create a design and glue it to the surface.  
Melt a small amount of wax and put it into the bottom of the vase.  
Place a tall slim candle in the centre of the melted wax, hold the candle