

Cottage Courier

October and November 2013



Letter from the Editor

Hi everyone welcome to the new and latest newsletter. My name is Ana Mahina, I am in Year 12 at Eagle Vale High school. For the next few days I will be conducting my work placement for VET course Business Services at Myrtle Cottage. This newsletter will have a lot of information, activities and a recipe for you.

In this newsletter you will find Elizabeth's Exciting Manager's Report on page 2 to see what is happening around the Cottage, see some photos of the members that are here, look at what is on the menu for this weeks from the kitchen in page 13, get a laugh from Warrens Wisdom on page 14 and what's planned ahead for the year, so open up for more interesting news and hope you enjoy reading this months newsletter.

Until next time
Ana Mahina
Editor



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Elizabeth's Exciting Edit

Manager's Report



Elizabeth

Hi all,

I can not believe we are already in December and like many of you I have not done my Christmas shopping! I suppose it would not look good if our grandchildren see us running around in a state of panic just because we have not found the time to do the Santa's helper bit... But I seriously think someone should add an hour or two to the day!

The great thing at this time of year is that we can stop and recap about the big events we have just had and feel satisfied that it has all gone well.

We had record numbers attending both our AGM and the Combined Christmas party. With 193 people for the Combined Christmas party and almost as many drifting to the dance floor! There were only a handful of seats vacant and everyone I had a chance to talk to were saying what a great time they all had. Our Transport run ten buses on the day, with not a seat to spare and the drivers had

one or two funny stories to share at the end of it all, so I guess I would sum it all up by saying the day was very successful indeed.

Another great day was the Volunteer Christmas party, where representatives from the Ingleburn Rotary Club cooked a lovely BBQ for those who attended. We had lucky door prizes and games while sharing in the laughter and good wishes.

We now prepare for the end of another year and a much deserved break for all the staff and volunteers that supported us during another wonderful year.

I would like to thank everyone for their support in 2013, wish you all a safe and Merry Christmas and hope to see you back in 2014!

Kind regards, Elizabeth Delcasse, Manager



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.

Ageing And Disability



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,

Haven't we had a great time during the last three months, but on the other hand if you haven't come and have a chat my door is always open. You only have to walk into the Diversional Therapy room and it will brighten up your day with its special Christmas magic.

We all had a nice day at Ingleburn RSL for the AGM. The staff were in their Sunday best looking smashing, all the reports were short and sweet, I didn't hear any snoring and the food was beautiful. I especially enjoyed looking at the photos on the back screen that reminded us of the fun we have had during the year with our big family at Myrtle Cottage and how proud I am to be here.

We have had a huge influx of donations towards the Christmas hampers that means more prizes, great job everyone. We are always looking for daily raffle and trading table donations so keep up the good work.

Jerry and her knitters have made some lovely Christmas centre pieces to make our tables sparkle and items for the trading table. Noel is continuing to introduce new computer skills to members. Bev continues to encourage positive energy for our members, volunteers and staff with her spiritual gift, not to mention Karen who continues to sing with the Nightingales. We are looking forward to their performance during the Christmas party week (no pressure).

All the staff helped to put on a great do for the Volunteers too. Due to the rain we were unable to go to Mt Annan Garden but we had a great day full of laughter and games, everyone enjoyed themselves. Top job Eileen for planning!!



We had a good time during the Melbourne Cup week with a BBQ lunch, games, sweeps and a hat parade, the hats were made out of cardboard and flowers made out of plastic milk bottles and soft drink bottles, we had a wide range of different designs that the members showed off during our hat parade. The plastic flowers were made by our talented volunteer Anne Maree.

Outings:

Monday group enjoyed a day at a meat raffle and bistro lunch at Warragamba Sports Club. Congratulations to those who won a meat tray.

Tuesday group played a game of bingo at Ingleburn RSL, the caller of the numbers was a little quick but we managed to keep up. A few of the members won a prize (go Myrtle Cottage). We also received an apology from the Manager at Ingleburn RSL for the cold food that was served on the day, I will be aware of this in the future.

Thursday outing shared a day with the Culture Day Samoan Senior Citizens group. Their group is now looking forward to visiting us on our daily Christmas party.

Friday Group had a fantastic day at the Art Gallery and lunch at the Cross Roads Pub, lovely meal, highly recommend.

Upcoming Events

- Daily Christmas Parties and entertainment:
- Monday with Camden Valley Country Music Club
- Tuesday Guitar and singing with Heather Honey plus a Nightingales concert
- Wednesday Kathy playing Christmas Carols on the piano
- Thursday Visitors from Samoan Senior Citizens Group and Kris with her feathered friends
- Friday group Poetry morning with Valerie.

**Kind regards,
Chris Staraj, Ageing and Disability Coordinator**

**The Trading table has raised
\$676.85 since the last newsletter.**

**Larger items can be photo-
graphed and placed on the no-
tice board.**



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

FROM THE IMPROVEMENT REQUEST BOX Nil

Christmas Wreath

Materials:

- Wooden wreath for clever craft
- Crepe paper
- PVA Glue
- Gems
- Pine branches
- Ribbon
- Scissors
- Fake flower

Method:

- Paint wooden wreath with PVA glue
- Tear stripes of Crepe paper
- Spread stripes of crape paper evenly around the wreath
- Wine ribbon and wreath brush around the wreath
- Glue gems in between ribbon
- Glue fake flower at the top of wreath
- Hang on the wall on and admire



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.

Bell Program



**Liz, Penny, Sue, Christine,
Diana and Renee**

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



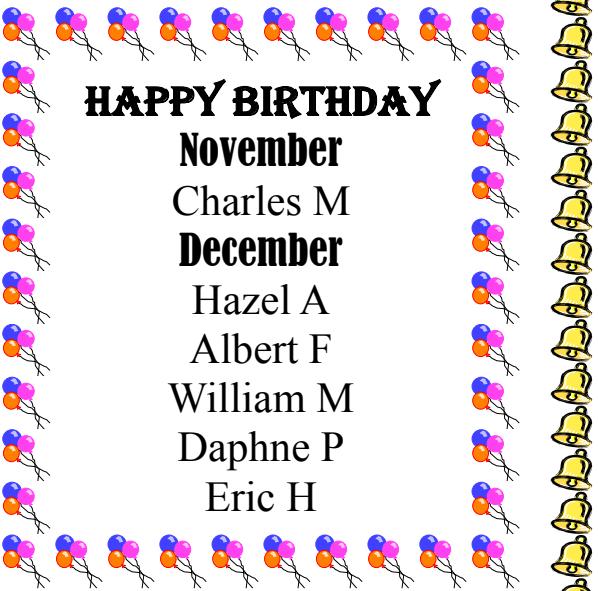
Hi Everyone,

We have started the Christmas crafts, we know it is hard to keep them all but maybe a photo in a special craft album would be nice.

Some of the members are very proud of their crafts.

The Bell room is decorated and looks great so please wander in and have a look if you are attending the Christmas party. The trading table will be set up in the Bell room on the 7th of December.

The A.G.M went well. We had a few members and their carers attend, and as usual In-



gleburn R.S.L provided a lovely meal.

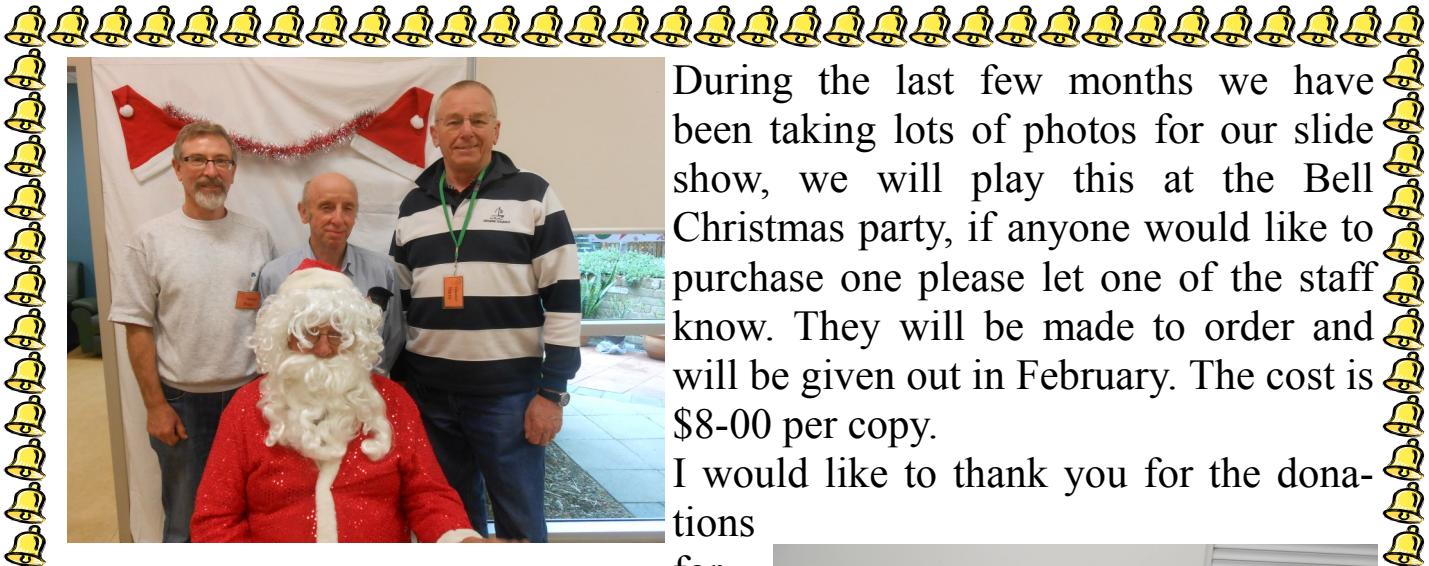
The Combined Christmas party was on Wednesday the 27th of November.

We had the volunteers Christmas party on Friday the 22nd of November. Even though the location had to be changed at the last minute it didn't spoil any of our fun.

The Bell Christmas party is on the 7th of December, the Bell staff and volunteers

are very excited as we enjoy this party as much as the members. The members are busy making the bon bons for table decorations this week as well as our programmed craft.





During the last few months we have been taking lots of photos for our slide show, we will play this at the Bell Christmas party, if anyone would like to purchase one please let one of the staff know. They will be made to order and will be given out in February. The cost is \$8.00 per copy.

I would like to thank you for the donations for

our raffles and the trading table, we have received so many this year it has been wonderful.

Bells Bulletin.

Lorraine Mason was awarded volunteer of the year from Liverpool Volunteers Resource Center, congratulations Lorraine from everyone in the Bell program.



*Christine Turner
Bell Program
Coordinator*



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

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

Do you know a volunteer who deserves recognition for the work they do?

Volunteer Nomination forms are in the foyer information carousel



Dementia: Fact Sheet



Wandering and reasons for wandering.

Families and carers of people with dementia may be faced at some time with the problem of what to do if the person begins to wander.

Wandering is quite common amongst people with dementia and can be very worrying for those concerned for their safety and wellbeing. The person's failing memory and declining ability to communicate may make it impossible for them to remember or explain the reason they wandered.

Changed environment

A person with dementia may feel uncertain and disoriented in a new environment such as a new house or day care centre. Wandering may stop once they become used to the change. The person may also want to escape from a noisy or busy environment.

Loss of memory

Wandering may be due to a loss of short-term memory. A person may set off to go to the shop or a friend's house, and then forget where they were going or why. Or they forget that their partner has told them that they were going out for a while and set off in search of them.

Agitation

Agitation can cause some people to pace up and down or to wander off with no apparent purpose. This can be attributed to the changes in the brain that may cause feelings of restlessness and anxiety.

To be continued.....

DONATION 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 \$85.25 which brings the total since June 2013 to;

\$141.25

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

RECREATION PROGRAM

NEWS FROM THE WANDERERS

Eileen and Liz



Hello again you Whackey Wanderers. Lunch at Picton Bowling is always a great meal. Ten Pin Bowling ,as usual, is a fun day out for the members.

Rouse Hill historical Home had some excellent old time furnishings and a great story attached to the home. An unusual exhibition at the Japanese Gar-

HAPPY BIRTHDAY

November

Sharren M

December

Margaret Hodges

Jeanelle R

Michele G

dens and Museum, a very interesting exhibition of the Samoan Culture using Human 3D Film!!! What great lunch specials we all enjoyed at The Blacktown Workers Sports Club as well as the very picturesque Camden Golf Club. We all enjoyed our lovely BBQ lunch of chicken and yummy salads at Camden Park with some lovely farm fresh fruit

purchased by the members from the stalls on the side of the road. What a great Italian Feast of a 3 course lunch at Trattoria La Virgna, at Camden, pasta and seafood with garlic and bruschetta bread, excellente!!!

Op Shopping at Narellan was also very productive!! Lots of purchases at great prices!!



Travelling out to Cobbity to visit Wivenhoe Historical House was very interesting; the house is now run by Sister Mary and her friends. Sister Mary gave us a wonderful tour of the house which was very knowledgeable.

The Koala Park at Castlehill was our final visit of the program, where we enjoyed our picnic lunch and a wander around the park.

Thank you all the Whacky Wanderers for the constant FUN!! we have each time we wander!! Let's hope next year we can continue the FUN!! Have a Great Christmas and see you all in the New Year 2014!!

**Liz & Eileen
Recreation Program Staff**



Aviation Museum

Link up to Linkline

HAPPY BIRTHDAY November

Mary L
Fay T
Norman H
Elva S
Doreen B
Amal S

Oh my goodness how time slips away I have only just finished reading the newsletters last edition onto tape and here we are again. Lots of good outings during October and November particularly the AGM and all the Christmas parties.

Linkline has been full of challenging activities and great conversations.



Merilyn



Welcome to Margaret G who joined the program on Tuesday a couple of weeks ago and attended her first Christmas party on Wednesday the 27th November. It was great getting to know you, hope you enjoyed your dance Margaret.



Thanks also to all the Linkliners who attended the Christmas party and brought all the goodies to make it a real celebration, we had the messiest table on the day and the noisiest. It reminded me of a family Christmas all talking over each other, a bit of teasing going on all good natured. I thought it was really lovely. It was great to see so many of you get up and dance, the entertainer was a real treat.

Thanks to everyone who bought raffle tickets and those who won prizes congratulations.

The kitchen staff are still going strong and making lovely desserts for all of you members.

Really don't have much more to offer this time of year except have a very Happy Christmas and New Year.

That's it from me

**Merilyn Gear
Linkline Coordinator**

Member Update

**Members that have left
the Cottage:**

- ◊ George M (Mon)
- ◊ Graham M (Wed)
- ◊ Kathy P (Thurs)
- ◊ Robert F (Mon)
- ◊ Jill B (Fri)
- ◊ Jack P (Mon)
- ◊ Karen S (Wed)

**Members that have
passed away:**

- ◊ Beryl G (Tues)
- ◊ Hilda S (Tues)

**Members that are in
permanent care:**

- ◊ Fay B (Mon)

- ◊ Grace A (Wed)
- ◊ Herschel S (Mon)
- ◊ Gay C (Tues)
- ◊ Shirley S (Tues)
- ◊ Leslie B (Tues)
- ◊ Mario E (Fri)
- ◊ Jim M (Fri)
- ◊ Beverly B (Wed)
- ◊ Bob D (Thurs)

- ◊ Eric F (Tues)
- ◊ Julie H (Mon)
- ◊ Kathleen H (Mon)
- ◊ Edith D (Mon)
- ◊ Beryl M (Mon)
- ◊ Jan K (Tues)
- ◊ Wanda A (Mon)
- ◊ Yvonne D (Fri)

Welcome back:

**Members that are too ill
to attend:**

- ◊ Ralph H (Wed)

Members who are sick:

- ◊ Edie J (Tues)
- ◊ Bob D (Tues)
- ◊ Robert N (Tues)
- ◊ Kathy O (Wed)
- ◊ Merv S (Tues)

- ◊ Daphne H (Mon)
- ◊ Maria B (Mon)
- ◊ Judith H (Mon)
- ◊ Val O (Thurs)
- ◊ Dot W (Mon)
- ◊ Sophia R (Mon)
- ◊ Diedre N (Tues)
- ◊ Gwen M (Tues)

**Welcome to all
our new Members:**

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

Monday

Norma L



Tuesday

Marie C
Margaret G
Janet B

Wednesday

Josephine G
Eric H

Thursday

Bernadette H

Friday

Yvonne D

Donations Recieved:

Donations:

- Norrie: \$20
- Beth: \$20
- Les: \$20

Total amount \$60.00

Remember all donation over \$2 are tax
deductible.

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

Scrambled Eggs Florentine

Protein in the morning can help boost your energy and even your mood. And eggs are your best bet. Try this super-healthy, super-delicious recipe. It may help you get up and get out the door!



Ingredients

- 4 egg whites
- 1 oz. fat-free mozzarella cheese -- fat free
- 1/4 cup chopped onion
- 1/2 cup fresh mushrooms
- 2 cups fresh spinach
- 1/4 tsp. nutmeg
- 1/3 tbsp. olive oil

Directions

- Rinse spinach; set aside.
- Chop mushrooms and set aside with onions.
- Beat egg whites; add cheese, onions and mushrooms and set aside.
- Heat olive oil in a nonstick skillet to medium-high heat.
- Sauté spinach for a few minutes until wilted; sprinkle with nutmeg and remove from skillet.
- Cook and scramble the egg mixture in the same skillet and serve topped with spinach.

Nutritional values per serving: 220 calories (90 from fat), 10g fat (4g sat.), 15mg cholesterol, 400mg sodium, 9g dietary fiber, 5g sugar, 24g protein, 80% RDA of vitamin A and 35% RDA of vitamin C.

This recipe is:

- Low in sodium (approximately 800 mg or less of sodium).
- Low in cholesterol (approximately 100 mg or less of cholesterol).

Warren's Wisdom



Warren

NEW BUS:

We have placed the order for a new Toyota Coaster which will replace our oldest coaster YHB 914, the old coaster is now 12 years old and has been a good bus to us, hopefully the new vehicle may be ready by late March 2014, all our vehicles will then be automatic which will make some drivers very happy.

COMBINED XMAS PARTY:

On behalf of the Cottage I would like to thank all the volunteer drivers and bus assistants who did a fantastic job transporting over 110 members to the Ingleburn RSL and home, it is the first time we have had 10 buses to transport our members, thanks must go to South West Community Transport, Macarthur District Temporary Family Care, Campbelltown Council and Ingleburn RSL for the use of their vehicles. Without your support we could not have been able to transport our members.

COTTAGE HAT'S AND SHIRTS:

Some of you may have noticed the new cottage caps (\$10) and the new black polo shirts that some of our drivers are wearing, if you are interested in purchasing either please see Warren.

Merry Christmas and Happy New Year to all volunteers and members.

JOKE OF THE MONTH:

John went to visit his 90 year old grandfather in a very secluded, rural area of Georgia.

After spending a great evening chatting the night away, John's grandfather prepared a breakfast of bacon, eggs and toast. However, John noticed a film like substance on his plate, and questioned his grandfather asking, "Are these plates clean?"

His grandfather replied, "They're as clean as cold water can get

them. Just you go ahead and finish your meal, Sonny!"

For lunch the old man made hamburgers. Again, John was concerned about the plates as his appeared to have tiny specks around the edge that looked like dried egg and asked, "Are you sure these plates are clean?"

Without looking up the old man said, "I told you before, Sonny, those dishes are as clean as cold water can get them. Now don't you fret, I don't want to hear another word about it!"

Later that afternoon, John was on his way to a nearby town and as he was leaving, his grandfather's dog started to growl, and wouldn't let him pass. John yelled and said, "Grandfather, your dog won't let me get to my car".

Without diverting his attention from the football game he was watching on TV, the old man shouted ... "COLDWATER, GO LAY DOWN!!!!"

*Warren Kean
Transport Coordinator*

Important Dates to Put In Your Diary

- ✖ 2/1/14 = Members return
- ✖ 27/1/14 = Australia Day Holiday
- ✖ 31/1/14 = End of School Holidays
- ✖ 4/2/14 = Client Advisory Committee Meeting 10.00 am
- ✖ 6/2/14 = Happy Feet Project Day - Podiatrist
- ✖ 27/2/14 = Staff Training day - Cottage closed
- ✖ 15 - 23/3/14 = Seniors Week
- ✖ 20/3/14 = Happy Feet Project Day - Podiatrist
- ✖ 1/4/14 = Client Advisory Committee Meeting 10.00 am
- ✖ 6 - 13/4/14 = National Volunteers Week
- ✖ 14 - 25/4/14 = School Holidays
- ✖ 18/4/14 = Good Friday Holiday
- ✖ 19/4/14 = Easter Saturday Holiday

- ☒ 21/4/14 = Easter Monday Holiday
- ☒ 25/4/4 = Anzac Day Holiday
- ☒ 1/5/14 = Happy Feet Project Day – Podiatrist
- ☒ 3/6/14 = Client Advisory Committee Meeting 10.00 am
- ☒ 9/6/14 = Queens Birthday Holiday
- ☒ 12/6/14 = Happy Feet Project Day - Podiatrist
- ☒ 30/6 - 11/7/14 = School Holidays
- ☒ 24/7/14 = Happy Feet Project Day - Podiatrist
- ☒ 4/8/14 = Bank Holiday
- ☒ 5/8/14 = Client Advisory Committee Meeting 10.00 am
- ☒ 21/8/14 = Staff training day - Cottage closed
- ☒ 4/9/14 = Happy Feet Project Day - Podiatrist
- ☒ 22/9 - 3/10/14 = School Holidays
- ☒ 6/10/14 = Labour Day Holiday
- ☒ 7/10/14 = Client Advisory Committee Meeting 10.00 am
- ☒ 16/10/14 = Happy Feet Project Day - Podiatrist
- ☒ 29/10/14 = AGM
- ☒ 21/11/14 = Volunteer Christmas Party
- ☒ 27/11/14 = Happy Feet Project Day - Podiatrist
- ☒ 2/12/14 = Client Advisory Committee Meeting 10.00 am
- ☒ 3/12/14 = Combined Christmas Party
- ☒ 6/12/14 = Bell Carer's Christmas Party
- ☒ 8 - 12/12/14 = Daily Christmas Party
- ☒ 19/12/14 = DT last day of the year
- ☒ 19/12/14 = Recreation Program last day of the year
- ☒ 20/12/14 = Bell Program last day of the year
- ☒ 22-23/12/14 = Return Mon 5/1/15

1st Prize : Kath W (Wed)
 2nd Prize : Daphne H (Mon)
 3rd : Bluette F (Thurs)
 4th : Helen M (Thurs)
 5th : Helen S (Thurs)
 6th : Anne D (Wed)
 7th : Pat K (Mon)
 8th : Jean P (Tues)
 9th : Michael C (Tues)
 10th : Anne D (Wed)
 11th : Kath M (Tues)
 12th : Helen Sm (Wed)

Christmas Raffle Winners



Client Advisory Committee

Meeting Minutes

Date: 3.12.2013

OBJECTIVE 3: Efficient and Effective Management

Attendance: Eileen , Elizabeth , Sue , Sheila , Lynette , Andrew , John , Helen Ana
Maria R & Jerry .

Apologies: Anne , Robyn , Robyn , Mario , Dot & Brian

Item	Discussion	Outcomes/ Solutions	Staff responsible
Training attended or required	Narellan training sessions have now been completed for the next year.	Will continue next year. Calender has been received, dates and places booked to be confirmed.	Eileen
Work experience and volunteers	Orientation package has been reviewed and voice over will be arranged	Eileen to talk to the presentation in the meantime.	Margaret Eileen
Policy development, review and Implementation	Policies for Anti-Discrimination, Bullying and Harassment prevention and Policy on Privacy will reviewed in line with new legislation	Policy update should be completed by next meeting. Staff training booked for February training day	Elizabeth
WH&S	No unresolved issues to report		
Strategic Plan Updates	Negotiations started to identify a Third Party Verifier for our quality systems	Ongoing	Elizabeth

Item	Discussion	Outcomes/ Solutions	Staff responsible
Other Business	<p>Extra craft has been re-introduced in the DT and Bell programs, following requests from members. Uniforms— As enquires into uniforms continued, some items have been identified and made available for volunteers to purchase. A non-recurrent funding project is being enquired into to access approx. \$4,000 to purchase uniforms for existing volunteers as a one off.</p> <p>Uniforms are also being investigated for staff on similar basis – optional and purchased by the</p>	<p>Small groups have been incorporating craft projects. Bell program also. A memo with details will be prepared for all volunteers.</p> <p>Drivers will be able to get polo T-shirts in black with our logo, other programs volunteers will have a choice of the same T-shirts in royal blue or green. T-shirts will be optional and can be purchased for around \$27.00.</p> <p>As staff represent the Cottage at different forums in the community, a shirt with a more professional look will be made available instead.</p>	Co-ordinators

NEXT**Meeting will be: 4/02/2014**

Wish list Items for raffle prizes and items for trading table

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

**New
Volunteers:**

- Suzan
 - Denise
 - Gail
 - Corinne
 - Ana
- conditions and what a good decision we made!! Thanks to all the staff that helped on the day and the Rotary club for taking time to supply the food for the BBQ, and not forgetting Ingleburn RSL for the salads.

Hi everyone,

Well what a great time we had at the volunteers Christmas party!!

As you all know we had to change the venue due to the weather



Congratulations to all our winners

Hidden Raffle Ticket winners- Nelly Phillips, David Peek and Peter McMullen

Lucky Door Raffle ticket winners- Maree Tonkin, Loraine Mason and Colin Simmons.

Also the training at Narellan was so successful that we have arranged more training days for next year. I will confirm the details at a later date.

Good feedback was given regarding the support sessions, a few new ideas and suggestions were made, we are looking into these at the moment. Overall all volunteers feel they communicate well and work well together as a team. Volunteers get enough information regarding the happenings around the Cottage.

Solutions to some of the concerns raised have been put into practise and are now ongoing e.g.

1. Removal of wheelchair restraints from buses at the end of each journey.



2. Reliably documenting information regarding pick up/ cancellations.
3. Drivers responsible for wheelchairs and walkers during outings.

Finally congratulation to Loraine Mason who was nominated for The Outstanding Volunteer Award at Liverpool Volunteer Awards ceremony Loraine received a beautiful silver carriage clock. Thanks again to all the volunteers for the valuable time and effort spent here at Myrtle Cottage.

And finally I wish you all a Happy and Peaceful Christmas

Eileen Howie Volunteers Voice

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.



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.

NOVEMBER



Your
VOTE
Counts



VETERANS
Day



Happy Birthday

November

November is a month where you never regret anything that has happened in your life, it cannot be changed, undone or forgotten. So take it as a lesson learned and move on.



Members:

- Sharren M
- Norman H
- Valerie H
- Ann P
- Amy W
- Brian Fl

- Gurcharan S
- Dedicacion H
- Leonard L
- Amal S
- Harold G
- Katherine G
- Fay T

- Charles M
- Mary L
- Elva S
- Doreen B

- Anne Cox
- Frank P
- Geetha S
- Eric L

Volunteers:

- Patricia G
- Denise J

Staff:

- Merilyn G

DECEMBER

Happy Birthday!

DECEMBER



December is a month of lights, snow and feasts; time to make amends and tie loose ends; finish off what you started and hope your wishes come true



© Pan Stock Photo - ref:1701811

Members:

- Jeanelle R
- Margaret H
- Joyce G
- Abel F
- Fred C
- Julie H
- Brenda F

- Melecio N
- Hermine M
- Sydney B
- Leslie S
- Deidre N
- Joan F
- Jean P
- Kathleen H

- Aggie D
- Michele G

- Catherine M

Staff:

- Alexandra R
- Christine Turner
- Quinton P

Volunteers:

- Sharon W
- Kathryn P
- Karen T
- Noel D
- Irene S

Policy of the month

Code of Behaviours for Employees and Volunteers

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.

Everything we are currently experiencing in our lives comes about in order to assist us in evolving to a higher level of consciousness. Even what we now perceive as bad, say, sad, negative or upsetting is here to assist us in seeing life in a more peaceful, forgiving and loving way.

Service of the month is: *Respite Care*

Many people have a family member or friend who provides care to help them continue to live at home.

Carers sometimes need support to keep going.

As a carer you may need a break for a few hours or a few days, or you may need help for a short period, for example, if you are ill or recovering from an illness.

Respite care is a chance for you and the person you care for to take a break. This can be:

- in the care recipient's home with care ranging from a few hours a week to overnight care;
- in a Day Centre which provides full or half day care; or
- in a community respite cottage for overnight or weekend care, or
- in a residential aged care home for one to six weeks; or
- emergency respite.

Respite care is provided by community care services, such as those provided by the Home and Community Care Program (HACC), the National Respite for Carers Program (NRCP) and by residential care homes.



If you think you or the person you are looking after may need respite care, you can talk to your local doctor, your Aged Care Assessment Team, or a Commonwealth Respite and Carelink Centres.

For emergency respite call 1800 052 222.