

Cottage Courier

April to May 2013



Letter from the Editor

Hi everyone, my name is Robby and I am a year 11 Student From Ingleburn High school . I'm currently doing my work placement for my VET course Business Services. I've been at Myrtle Cottage for a week and I am the editor for the latest edition of Cottage Courier.

In this newsletter, you will find reports from the staff. On page 2 you will find Elizabeth's Manager report to keep you updated on what's been going on.

If you have a look on page 4 you'll find this months craft recipe. Have a sweet tooth on page 9 you will find this months delicious recipe for Apple pudding . Don't forget to read Warren's funny joke on page 12. There is a Find-a-word on the last page. So have a look inside and I hope you enjoy this months Cottage Courier.

Robby Payne
Editor



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



Myrtle Cottage Group

6 Bosci Road, Ingleburn NSW 2565

☎ (02)9426 3100

www.myrtlecottage.org.au

info@myrtlecottage.org.au

Elizabeth's Exciting Edit, Manager's Report



Hi all,

And as time continues to flow at an ever increasing rate we get to enjoy some sunny and crispy winter days while the end of another financial year approaches.

I can report that all programs remain at capacity and this is a direct result of all the staff's hard work so join me in congratulating them on their great effort! The programs' outings continue despite the cold weather, with museums, clubs and pubs being the most popular venues, but I am told it is not all fun, and staff put a good effort to ensure it all goes smoothly, as can be seen in the latest photos.

Margaret and myself have been busy creating and maintaining networks in our community and last week we were invited to Campbelltown's TAFE Graduation Ceremony where we helped present certificates for students that completed Community Services studies. Some of those students have done their work experience and placements at the Cottage. It was a busy and enjoyable evening!



The volunteers survey was conducted last month with 65% of volunteers taking part in the exercise. It tells us that 24% get involved with the Cottage through a past volunteer or member, 94% believe the information provided at induction is sufficient to do their jobs and 100% said they enjoyed their time working with us. Only 91% of volunteers receive this newsletter, so we will have to correct this, but overall volunteers impression was very positive. I am sure this was due to the help of members and staff, so thank you all for being helpful and cooperative! We truly have a great group of people at the Cottage! Look after yourselves and each other.

*Kind regards,
Elizabeth Delcasse
Manager*

Ageing And Disability



Liz, Sarah, Connie, Chris, Merilyn and Eileen

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,

Both April and May have been great in the DT rooms. We have had a number of new members, volunteers and students joining in on the fun.

Wednesday members and volunteers visited the Narellan Congregational Centre to participate in a tenpin bowling competition. Staff, volunteers and members had a great morning and gained knowledge in the importance of how laughter can enhance our health and wellbeing. This competition will be held again in future planning.

Friday group visited the Motor Life museum and reminisced about the good old days, when you would go on a picnic with the family in these old cars. Then, we listened to an old record player and had a delicious BBQ lunch that our volunteer drivers cooked, they sure know how to cook a mean Barbie.



Thursday group visited historical Appin pub indulging in Fish and chips or a baked dinner followed by a yummy desert.

Wednesday group had the red carpet deal in their own private room at Mittagong RSL and relaxed in front of an open fire or a little flutter on the pokies. Belinda was lucky enough with a win!

Volunteers were looked after with a barbeque breakfast of bacon, eggs and bagels for Volunteers week during the month of May. It felt so good; the aroma brought the staff out of the wood works.

Members, volunteers and staff enjoyed participating in Australia's Biggest Morning Tea in the month of May. Over the five days we raised \$350.00 towards the Cancer Council, well done everyone!

Chris Staraj
Ageing and Disability Coordinator

Painted Tea Cup

Craft Recipe

Materials:

- ✓ Porcelain teacup
- ✓ Porcelain Paint
- ✓ Small Paint Brushes

Method:

1. Wash porcelain teacup and dry
2. Decorate surface with porcelain paint
3. Bake in oven as directed on paint pod
4. Allow to cool for 12 hours



Donations:

Jan: \$10
Laurie: \$100
Beverly: \$10
Andy: \$20

Donations Recieved:

Total Amount: \$140.00

Remember all donations over \$2 are tax deductible



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 for Campbelltown, Monday & Thursday for Wollondilly and Wednesday for Camden. This program is specifically designed for people with Dementia/Alzheimers. The article below relates to this only.



Hi everyone,
I hope you are all keeping warm and well.



The outing to the Liverpool museum was enjoyed by all. The members really enjoyed looking at all sorts of items from the early 1900's. There were radios, record players, the iron cake tins, bus ticket dispenser, washing powder called Rinso. This brought back some memories for us all. We all enjoyed the picnic at Chipping Norton lakes and the weather was great. For the May outing we had planned another picnic but due to the weather it was changed at the last minute and we went to West Leagues Club. Our next outing is on the 25th of June.



In the Bell/Outreach program we try to focus on stimulating, socialising and exercising activities and we see all of this in our craft time, irrelevant of what they are doing. I am sure you've all noticed on the Bell program I have now placed member's choice on the last week of the program. We sometimes have left over items from our pro-

grammed craft, and the members have their favorites so we thought we would offer them a choice of this every six weeks.

Christine Turner
Bell Program Coordinator

HAPPY BIRTHDAY

May
Patsy M
June
Alan, George, June,
Heinrich



Dementia: Fact Sheet

Aggressive Behaviours

What are aggressive behaviours?

Changes in behaviour of people with dementia are very common. Sometimes this can be verbal abuse, threats, or hitting out.

What are some of the causes ?

There are many reasons why behaviours change. Some examples are, changes taking place in the brain, environmental triggers, and tasks too difficult or feeling unwell.

Understanding the behaviours

If possible try to understand why the person with dementia is behaving in a particular way. Try to find the triggers as avoiding these may help to prevent the behaviour.



What to try ?

Always discuss aggressive behaviour with your doctor. Eliminate possible causes of stress. Keep the environment consistent. Avoid confrontation, either distract the person's attention or suggest an alternative activity. Encourage exercise and participation in activities. Concentrate on handling the situation as calmly as possible.

Who can Help

- Your local doctor
- Dementia help Line 1800 100 500
- The Dementia Behaviour Management Advisory Service is a National telephone service for families, cares and care workers. This service is available 24/7 and is confidential 1800 699 799.



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

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

RECREATION PROGRAM

NEWS FROM THE WANDERERS

Eileen and Liz



Hello again you Whacky Wanderers, just a recap of last program and where we have travelled.

A great time we had at the Medical Museum at Parramatta, full of knowledge and interesting equipment for us to try out.

Silver Spur Steakhouse at Penrith was another good eatery! \$12 lunches.

Our ladies who love to shop Helen, Kathy N, Melanie and Ann G enjoyed the Fairfield Markets, a few good purchases made!

Madame Tussauds was well worth the visit, seeing all those well-known faces and getting pictures taken with the rich and famous!

Split decisions at the movies so we've seen two action movies. "Olympus Has Fallen" with the Scottish actor Gerard Butler and Morgan Freeman and also "Iron Man 3" with Robert Downey Junior looking handsome as ever, well I think so!

A drive down the coast stopping at Wollongong's Five Island Brewery for an excellent lunch by the seaside, watching the waves!

Putt Putt Golf at Liverpool saw Kathy O being the winner of the day, George coming in second place.

Great Devonshire Tea at Vicarys Winery at Luddenham and some wine tasting. Most of the members purchased some wine that day, just for medicinal purposes of course!!



Not forgetting the two clubs we visited Cabramatta Golf Club and St Georges Rowing Club.

Happy Wandering till next time bye.....

HAPPY BIRTHDAY

May

Karen S

June

Hani, B

Eileen Howie

Recreational Coordinator

Link up to Linkline



Merilyn

Hi all nice to chat, I have had a very rewarding month or two. I finally found some time to actually talk to the members on an outing which in itself was a real treat but also it gave me a chance to do some recruiting. I have been able to add nine new members to Linkline on a couple of different calls.



The weather has finally turned cold so most of the afternoon activities will and have been conducted inside. I've been happy to see so many members getting up after lunch, joining in the Balloon Tennis and chuckling away. A very competitive lot you are, once you get in the game, smashes and piked ball flying everywhere. Glad to say no injuries.

I was thrilled to see so many of you attend the outing to the Automobile Museum down at Bargo. So many vintage things to see not just cars but bikes, both motor and push. Old fashioned flat irons, the one that run on coal! We saw old telephones, mobile homes and lots more memorabilia. We managed to get some nice photos of the members as well.



I have a few new helpers in the Kitchen and everyone seems to be enjoying themselves and doing a great job, thanks for joining me there. Nice to have Nicholas back, an old hand so it was good to fit him into the team.

Had one of the new members on Linkline thank me for adding him into the conversations and he said he enjoyed the chat so that's great feedback after just one call. Check out the next page for a yummy one person desert from the kitchen.

HAPPY BIRTHDAY

May

Joan, Aino and Val

June

Edna T

That's it from me take care and keep grinning.

Merilyn Gear

Linkline Coordinator

FROM THE KITCHEN

One-man Apple Pudding.

Ingredients

- 1 apple diced or sliced
- ½ cup SR flour
- 1tblsp butter
- 1 egg
- 2 tbsp sugar
- 1 tbls milk

Self saucing sauce

- 1 tblsp brown sugar
- 1 tblsp butter and a couple of tblsp of hot water melt in micro wave



Directions

1. Mix all ingredients to a nice batter consistency and fill a buttered tea cup or small ramekin.
2. Mix ingredients for sauce and pour over pie mix.
3. Place in 180 degree pre-heated oven for 12-15 minutes.

Really very yum and perfect for a cold winter night

Enjoy

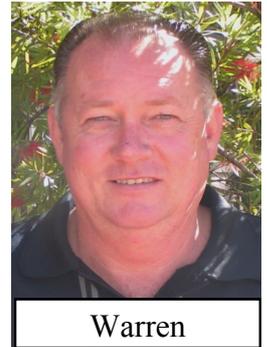
Donations Box

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 \$46.35 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).

\$533.55

Warren's Wisdom



Warren

WORKPLACE HEALTH & SAFETY:

Slips, trips and falls



Slips, trips and falls can happen in any workplace. They can occur at the entry of a building, in the kitchen, on the bus, in the back yard and even as you walk outside the building.

More serious slips or trips together with the resulting falls may result in:

- Sprains or strains
- Broken bones when trying to break the fall
- A back injury due to the sudden and forceful impact during a fall
- Burns if it occurs near hot surfaces or if the person is handling hot fluids
- Cuts if it occurs near sharp objects.

Causes of slip, trips and falls

There are various factors that contribute to the risk of slips and trips. Slips usually occur when there is a loss of grip between the shoe and the floor. This commonly occurs when there is a contaminant between the shoe and the floor. Trips occur when a person's foot hits a low obstacle in the person's path, causing a loss of balance. Often, the obstacle is not easily visible or noticed.



Trips most often occur because of uneven flooring or cluttered walkways with low obstacles which are not easily visible or noticed. Common examples of low obstacles include trailing cables, uneven edges to flooring, gratings or covers, loose mats or carpet tiles and changes of floor surface level. The following factors can contribute to the risk of slips and trips. It is usually a combination of these factors that create the risk of a slip or trip.

Contaminants

Contaminants can be considered as anything that ends up on a floor. Contaminants can be wet such as water, oil or grease, or dry such as dust, plastic bags or off-cuts. Preventing floor contaminants is one of the best things you can do to prevent slips.

Floor surfaces

Floor surfaces require sufficient grip to prevent slipping, especially in areas which may become wet or contaminated. The greater the thickness or viscosity of the contaminants, the greater the slip resistance of the flooring required to protect against slipping.

Cleaning

Cleaning affects every workplace and everyone in the workplace. Besides regular cleaning programs, everyone has a role keeping the work area clear and taking responsibility for their own spills.

Floors need to be cleaned properly to ensure that:

- contaminants are effectively removed
- a build up of cleaning product residue is avoided
- the floor does not become too slippery
- Floors maintain slip resistant properties (of non - slip flooring). Prompt attention to spills is also important in order to prevent slips.



Obstacles and other trip hazards

Trips can be prevented by:

- Good housekeeping practices
- Ensuring the floor surface is in good order such as being free from holes, uneven surfaces, curled up linoleum or carpet edges
- Avoiding any changes in floor surface level, or if this is not possible, highlighting these changes
- Providing adequate storage facilities.

Footwear

Footwear plays an important role in reducing the risk of slips, trips and falls. Footwear should be:



- suitable for the type of work and work environment
- comfortable with an adequate non-slip sole and appropriate tread pattern
- Checked regularly to ensure treads are not worn away or clogged with contaminants.

JOKE OF THE MONTH:



Parrot

A quiet, polite man owns a disgusting, foul mouthed parrot. One day, it gets to be too much, so the man locks the bird in a kitchen cabinet. When the man finally lets him out, the bird cuts loose with a stream of vulgarities, so the man puts the bird into the freezer. After a few seconds of clawing and thrashing, it suddenly gets VERY quiet.

The man opens the freezer door. The bird calmly climbs onto the man's outstretched arm and says, "I'm very sorry. I promise I'll never curse again."

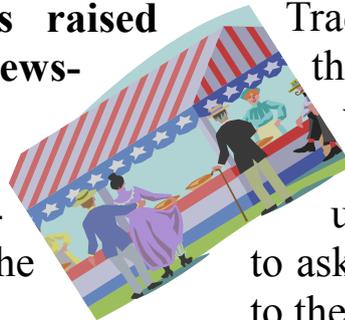


The man is astonished. Then the parrot says, "By the way, what did the chicken do?"

*Thanks Warren Kean
Transport Coordinator*

The Trading table has raised \$561.85 since the last newsletter.

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



Trading table is still a favourite for the members and I must thank all who have donated towards the ongoing fundraising that contributes to our vital resources. I need to ask for people not to donate clothing to the trading table.

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 if you require.



Next Advisory Meeting

Date: 4.6.2013

Attendance: Lynette, Jerry, Andrew, Dot, John, Anne, Robyn, Helen, Mario, Elizabeth and Sarah

Apologies: Brian, Joy, Sheila and Robyn

Next Meeting: 6/8/2013 at 10am

Item	Discussion	Outcomes/ solutions
Business arising from previous meeting	Volunteers name badges to be re-designed in brighter colour - All volunteers now have new orange name badges. Feedback from members is it's now easier to identify volunteers.	There have been a few volunteers that have been uncertain about the new badges but it has had a great response.
	Members name badges	Members badges will only show the member's name.
	Working group to consider suggestions from volunteers survey, including shirts or colourful lanyards - it has been hard to get everyone together on the same day as some people attend on different days.	Still an issue to be resolved.
	Elizabeth & Eileen to make contact with Mission Australia to discuss accepting their participants in our programs	Elizabeth investigated Mission Australia as a potential source of volunteers, however it was decided not to proceed at this time.
	Items for raffle prizes & trading table – Flyer was distributed asking for donations of items.	Result was an increase in the items available.

Item	Discussion	Outcomes/Solutions
Business arising from previous meeting	Laptops available for members to learn computer skills	All 3 laptops are now working. 2 are connected to the network.
Training – attended or required	Volunteer training offered in partnership with NCCS – A number of training sessions have been offered to volunteers this year, including “Put yourself in their shoes”, “WHS”, “Emotional Intelligence” and “Thinking outside the Square”. All sessions are offered in partnership with Narellan Congregational Community Services	Good feedback has been received about this opportunity.
	DT Staff training booked 5.6.13 – Team Building Session has been arranged to further improve all staff’s working relationship and establish effective Team dynamics.	Bell program and Outreach will operate as normal
	Qualifications and training requirements for staff were discussed and the frequency and format of training offered to staff was explained.	
	A question was asked why we could not have a whole day training like we had in the past. It was also mentioned that most volunteers have other commitments on days they do not attend, etc. but we will be happy to consider suggestions	Volunteers to see Eileen with suggestions and ideas about training.
Work experience and volunteers	Elizabeth has met with Job Futures to discuss the benefits they may offer the Cottage, including work experience participants and a gardening program.	Decision is still pending about engaging this agency



Items	Discussion	Outcomes/solutions
WH&S	Item - 'pushing chair with member sitting on it' volunteers identified need to train members and volunteers. How do we do this was discussed, with suggestion made about involving members in the process to be 'models' for the training	Next staff meeting to consider how to put this training in place
Other business	Laptops available for members' activities. Noel (bus driver) has been working with members on how to use the laptops.	This is being done on small group days
	Outing procedures – It was mentioned that a volunteer was allocated to two members, where both needed wheelchairs. A volunteer bus assistant was sent home before the outing on the same day and member questioned if she may have been needed to assist on the outing.	This was brought up to coordinators attention and corrected, however it was noted that better organisation is needed when planning outings. The extra volunteer was not required for the outing
	Buddy system – Volunteer mentioned that there has not been a buddy system for new volunteers in the programs for quite some time. This was the general practice in the past in order to train new volunteers	Elizabeth said that she will follow this up.
	Volunteer week – As this year's activity was a BBQ breakfast, it was suggested that we again offer lunch with manager next year. Volunteers present were asked to consult others and give suggestions to Eileen	
	Manager's report – this was discussed as the report was not available for printing at the time of meeting.	A copy will be attached for committee members

Item	Discussion	Outcomes/Solutions
Other Business	<p>Suggestions about program activities:</p> <p>Morning interactions with members – this is a 10–15 minute activity, engaging members in informal discussion about their weekend, etc. to fill the time while morning allocation meeting is conducted</p> <p>Show & Tell/ Reminiscing – it was suggested that members would be interested in this activity and could be organised by allocating one table at a time, or bringing in and ‘old’ object to talk about.</p> <p>Small group outings – It was asked and explained that these are not running regularly as they were getting bigger in size and thus causing disruption to the activities organised for the day. Each day is programmed to attend an outing every six weeks and transport is arranged for this.</p> <p>Men’s activities – Concerns have been raised that there is not enough male based activities. Elizabeth asked the group to think of some suggestions. Some ideas that were brought up was to take the men to Bunning’s or to put male oriented movies on for the Friday group, i.e. Action films.</p>	<p>Suggestion regarding activities will be referred to coordinator & staff to consider inclusion as appropriate in the program</p>

*Open your arms to change, but do not
let go of your values.*

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

Hello everyone,

The Volunteers Support Sessions were held over the month of May, we had at least half the volunteer's attend. Previous topics were discussed and good positive feedback was received, one being the outing roster which is working very well. The outcome of the meeting times have been decided as quarterly and will be reviewed yearly. A Staff/Coordinator and one Management person will be attending. The next meetings will be in September. Other matters on the agenda are being attended to in the meantime.



Spaces for Volunteer training days are still available.

✓ 29th July -WHS and Volunteer duty statement, two spaces available

✓ 28th October – Thinking outside the square, three spaces available

Anyone interested on attending these days please let me know. The training is on Mondays 9.30 till 12.30.

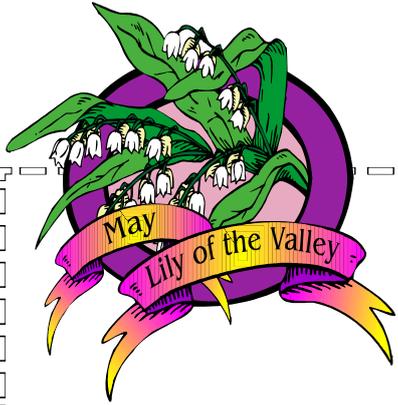


Congratulations to Maree T, Kathy P and Cornelis G for being the lucky door prize winners during Volunteers Week. Enjoy your winnings!! Again this year was a great success and all the volunteers who attended over the three days enjoyed their Mc Myrtle Bagel! Cooked by our resident chef Warren.

Also well done to Hugh A and Christina K for receiving the volunteer's recognition award this month.

Thank you volunteers for your valuable time spend here at the cottage. Bye till next time.....

*Ellen Howie
Volunteers Voice!*



HAPPY BIRTHDAY!

MAY



May 2013 promises to be the month in which dreams come true even if, by the time it starts, you wouldn't say it'll be very generous

Members:

- ✎ Anne-Marie. P
- ✎ Hubert. P
- ✎ Aino.R
- ✎ Valerie. C



Laurence. R

Robert. D

Edith. W

Leslie. B

Karen. S

Volunteers:

- ✎ Barbara. L
- ✎ Raymond. P
- ✎ Deborah. M
- ✎ Kariman. A

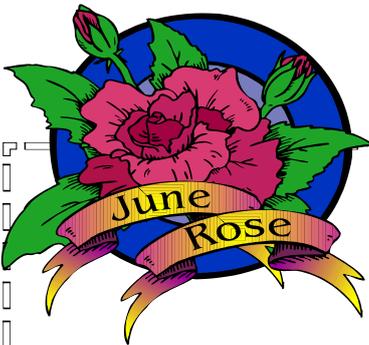
Staff

- ✎ Deborah. M



HAPPY BIRTHDAY!

JUNE



June 2013 promises to be relatively peaceful. Things might stay within the limits of routine and nothing new or



Members:

- ✎ Ronald. B
- ✎ June. D
- ✎ Margaret. K
- ✎ Elva. H
- ✎ Janice. M



Safwat. A

Edna. T

Marilyn. S

Hani. B

Shane. G

Allison. H

Volunteers:

- ✎ Christopher. G
- ✎ John. G
- ✎ Barry. B
- ✎ Thomas. A
- ✎ Leola. S



Staff:

- ✎ Tervor. W
- ✎ David.M
- ✎ Jane. A
- ✎ Warren. K
- ✎ Renee. D

Approach love and cooking with reckless abandon.

LOST PROPERTY

If you have misplaced an item please see staff. Items will be donated to the trading table after a reasonable period.



Policy of the month

Policy Title	Code of Behaviour for Employees and Volunteers
<i>Related Documentation</i>	<ul style="list-style-type: none"> • Philosophy • Confidentiality • Acceptance of Gifts Policy • Personal Relationships Policy • OHS Policy • Grievances and disputes Policy • Conflict of Interest Policy
<i>Related Legislation/ Regulations</i>	<ul style="list-style-type: none"> • Disability Services Act (1993) NSW • Home and Community Care Act 1985 • Anti-Discrimination Act 1977 • Work Health and Safety Act 2011 • Privacy and Personal Information Protection Act 1998
<i>Relate Service Standards</i>	<p style="text-align: center;">Community Care Common Standard (CCCS) 1: Effective Management</p> <p>1.2 Regulatory Compliance – The service provider has systems in place to identify and ensure compliance with funded programs guidelines, relevant legislation, regulatory requirements and professional standards.</p> <p>1.5 Continuous Improvement- The service provider actively pursues and demonstrates continuous improvement in all aspects of service management and delivery.</p> <p>1.6 Risk Management - The service provider is actively working to identify and address potential risk, to ensure the safety of service users, staff and the organisation.</p>
<i>Responsible Officer</i>	Manager & Staff of Myrtle Cottage Group Inc.

Objective

The Code of Behaviour is a set of rules outlining standards of acceptable professional behaviour at work. It makes it clear to all people what is expected within the professional boundaries identified in individual's job descriptions, and reduces confusion and possible conflict. – **To be continued**

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 careers 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, 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***

Member Update

Members that have left the Cottage:

- ✎ Bruce G (Wed)
- ✎ Michelle S (Thurs)
- ✎ Ralph C (Thurs)
- ✎ Kathleen F (Wed)

- ◇ Eddy C (Tues)
- ◇ Mavis J (Mon)
- ◇ Joy B (Mon)
- ◇ Kay B (Mon)

Members that are too ill to attend:

- ◇ Iris H (Fri)

Members that are in permanent care:

- ◇ Kitty M (Tues)
- ◇ Pat M (Tues)
- ◇ Norma F (Tues)
- ◇ Peggy T (Mon)

Members who are sick:

- * Helen A (Mon)
- * Ralph H (Wed)
- * Edie J (Thurs)

- * Edith D (Mon)
- * Jim M (Mon)
- * Jessie M (Mon)
- * Merv S (Tues)
- * Karen S (Tues)

- * Lawrence R (Fri)

Welcome back:

- George M (Wed)
- Eric F (Tues)
- Narelle I (Thurs)
- Robert N (Tues)
- Judith D (Mon)

LOW VISION—A GUIDE provides information on relevant low vision agencies and support. Ask your health professional for a copy.

Important Dates to Put In Your Diary



- ✘ **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
- ✘ **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 Carers' 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



Mothers' Day raffle

First Place: Fay T
(Tuesday group)
Second Place:
Frances C



Easter Raffle

First Place: Andrew M- Wednesday Group
Second Place: Margaret K- Wednesday Group
Third Place: Anne P- Volunteer
Fourth Place: Ray P- Volunteer Driver

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

Wish list
☞ Items for raffle prizes.
☞ Items for trading table

Welcome to all Our new Members:

& make new friends	Joan F	Margaret R	Marla M
Monday	Rhonda F	Shane G	Elva H
Robert F	Lesley B	Mellissa H	Friday
Brenda F	Wednesday	Thursday	Deid H
		Norman H	Patricia C



Bus Promotion

To all you good members that alighted the bus the correct way during our bus promotion and are continuing to alight the bus safely 'I must say a job well done' I congratulate our winners for the bus promotion weeks

- Week 1:** Betty M (Monday)
- Week 2:** Cathy H (Wednesday)
- Week 3:** John N (Thursday)
- Week 4:** Cherrie N (Tuesday)

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

Cost \$10.00

Hair cuts



I am looking for
a Ms Myrtle.



I would like to introduce 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. Please contact Margaret .

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

Volunteer Nomination forms are in the foyer information carousel



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.



DJ Jewels - Disco Find-a-Word



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

BALLOONS

BIRTHDAY

CAKE

CANDLES

CRAZY

DANCING

DISCO

DRESSUPS

FACEPAINT

FRIENDS

FUN

GAMES

GLITTER

LIGHTS

LIMBO

MACARENA

MIRRORBALL

MUSIC

PARTY

PRIZES

SILLY

SINGING

STREAMERS