

Cottage Courier



October to November 2014

Letter from the Editor

Hello everyone, my name is Renae Connor and I'm a year 11 student from Robert Townson High School I have been attending Work Placement for my subject 'Business Services'. I have been working at Myrtle Cottage for a week experiencing being an editor for the Cottage Courier. In this edition of Cottage Courier you will find reports written by staff such as Elizabeth's report on page 2, I hope you joy reading all the other reports from the staff as well. Also in this edition you will find sections on arts and craft, A Dementia Fact Sheet, Warren's Wisdom and many more!!

I hope that you like the way I have decorated the pages I tried my best as I love being creative. I'm glad that I got to design and make the pages look interesting :)

Thank you

From Renae Connor

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 with-in. 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

Elizabeth's Exciting Edit Manager's Report



Hi all,

Time to come back to work after some holidays! But I admit it was great to be able to share with you all about my adventures in Middle Earth. I even got to dress as a Hobbit and run around the forest looking for elves!! Needless to say we had a wonderful time even if we did go a bit silly.

Coming back to the Cottage it has been all system go, as I returned just in time for the Volunteers' Christmas party which again we tried to hold at the Botanical Gardens... but this time the heat ensured we came back to the Cottage for our lunch. I believe we still had a great day together sharing some good laughs and great food.

Of course the big highlight each year is the Combined Party and this year it was no different. We had 172 people attending! And although it was a very hot day, we still enjoyed each other's company and a bit of dancing... Thank you to all those that joined us, and all those who helped to make it possible. It could not have happened without you! In the same way that this year could not have been good without you all!

On behalf of myself and the staff we wish you all a very safe and Merry Christmas and hope to see you all renewed in the New Year!!

Look after your selves and each other!
Kind regards, Elizabeth Delcasse, Manager

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 \$13.95 which brings the total since June 2014 to;

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

\$422.90

Ageing & Disability



Sarah, Warren, Chris, Rochene, Joanne, Connie plus Merilyn (not included in Photo)

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, we have had a great couple of months during October and November. Tuesday group enjoyed visitors from Camden District Activity Centre with a competition game of tenpin bowling and a great smelling BBQ cooked by our volunteer drivers. Good job guys, not only do



they keep us safe with their great driving skills they are good cooks as well.



Wednesday group had a lovely day having morning tea at Koshigaya park and a game of bingo followed by lunch at Campbelltown Catholic Club.

Friday Group had a fantastic day at Towradgi Beach Hotel and a scenic driver at Wollongong. We also had a lovely day at the Powerhouse Museum at Casula where one of our members proudly showed us his art work that was displayed at the Museum, great job George.



Thursday group enjoyed a day at Thirlmere Train Works Museum and a BBQ lunch.

All programs Monday to Friday during the month of November took a punt on Melbourne Cup Day and participated in a fashion parade and had a good laugh with horse racing games.



Chris Staraj

craft idea

Equipment

- ✓ Wooden Star Shapes
- ✓ Paint
- ✓ Glitter
- ✓ Fake Flowers
- ✓ Curling Ribbon
- ✓ Glue
- ✓ Paint Brushes Hair Dryer

Method

1. Paint wooden star shapes
2. Dry surface with hair dryer
3. Spread glue around perimeter of the wooden star
4. Add glitter to glued area
5. Glue fake flowers at the top of the star
6. Tie together loosely



DONATIONS & BEQUESTS

Please remember the following 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.

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.

BELL PROGRAM



Liz, Penny, Christine, Diana, Renee and Sue

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

Hi Everyone, since our last newsletter Bell went to the Botanical Gardens, we had the last Carer Information day for the year, our A.G.M and we had our Volunteers Christmas party. They were successful days, even though we had slight weather issues for the Volunteers Christmas party, we had to move it back to the Cottage but a good day was had by all.



I would like to thank a few people for the 'Pride of Workmanship Award' that I received last week. Elizabeth for nominating me, The Rotary Club for organising this, not to mention the lovely



dinner and presentation night, the staff that came to support me: Margaret, Warren, Sue, Renee, Penny and my very proud husband Graham. I feel very honoured to receive this award, especially when I enjoy what I do and work with such a great team.

Some upcoming dates are:

- The Combined Christmas party is this week.
- The Bell/Outreach Christmas party is on Saturday the 6.12.14.
- The Cottage is closed from the 20.12.14 and re opens on the 5.1.14.

I hope you have been able to attend at least one of our parties as we have a great time every year.

Merry Christmas and Happy New-year, hope to see you all in 2015

Christine Turner, Bell Program Coordinator

HAPPY BIRTHDAY
November

- 🎁 Josephine
- 🎁 Marie
- 🎁 Mary



Wish list

We need more donations for the raffle prizes.
Ideas for men activities.



Dementia Fact Sheet

Christmas Tips

Christmas can be a time for great fun and celebration; it can also be a time when both the person with dementia and their carers feel a greater sense of loss, anxiety and stress. Here are a few suggestions for enjoying the festive season together.

Let the person with dementia know that you enjoy spending time with them. Focus on sharing recollections, and ensuring the person with dementia is included in activities. Be prepared for changes in the person's behaviour. Think about how they might be feeling and spend time listening and offer reassurance.

Participation - plan ahead to allow the person with dementia to participate in activities, to the best of their ability. Keep in mind what time the person most alert. Maintain usual routine as much as possible. Remember change in routine can be



very disorientating and they may become distressed or confused. If the house is going to be very busy and noisy, designate a quiet room for them.

It might be enjoyable for the person to sing carols – it's good to do something jointly with other people but singing also stimulates both mind and body.

Remember your needs! Congratulate yourself for coping, and for being there for someone who needs you. Try to pace yourself and set realistic goals and remember to take time for yourself.

Merry Christmas



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.

RECREATION PROGRAM

News from the Wanderers

Connie & Penny



HAPPY BIRTHDAY

October

-  Darryl
-  Rosemary
-  Penny
-  Kathy N

November

-  Sharren

Hello to all our Whacky Wanderers.

Firstly I'd like to say, it is sad that Eileen has left us to go back to her hometown in Scotland to be with her family. As we all know families are very important. Penny and Renee have been having a great time going to new places: Movies, Rooty Hill RSL, Fairfield Markets, Sarah-Lee, Loll Land, Crossroads for lunch and some shopping. Penny and I will be taking care of the Wanderers Program and will be looking forward to the great times yet to come.

In November the Wanderers headed off to Gledswood Winery for a lovely cupper. We enjoyed our stay in the old building and were amazed how cool we were on such a hot day, this building was built by the convicts back in 1900-1905 and is now the wine tasting bar. The wine tasting was enjoyed by all. Some bottles were purchased, the Port was most popular. Then for lunch we enjoyed a delicious lunch at Camden Sports Club.



In December we have some Christmas shopping to do, let's hope we find a bargain. We are also going to an Indian Restaurant followed by Bankstown Trotting Club. To finish the year we



will be off to enjoy some Chinese food at a Restaurant in Narelle and look at the wonderful display of Christmas lights around the surround

UNTIL NEXT TIME HAPPY WANDERING!
CONNIE VALLEJO & PENNY CRUDEN

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

Link up to Linkline



Merilyn

Here we are again heading into the season of unreason, all the Christmas parties that are coming up are going to be a struggle. Wednesday we are up at the RSL and looking forward to a great time with a new group to entertain us. I will miss a good number of my Linkliners this year several have passed away and like everyone who loses a loved one at this time of year we will grieve a little as we celebrate. Sharing our thoughts with the families of Dot D, Gwen F, Isobel V, and Beryl G and Norrice who is still fighting to stay with us, god bless you.

We have had a great November with the Volunteers Christmas Party at Mount Annan where we unfortunately could only spend the morning having morning tea, playing with water balloons and water pistols as it was so hot. We were unable to have our BBQ because of a total fire ban. Any way we came back to the Cottage and had a beautiful time with plenty of cake. I didn't dry out until I was on the train going home.

This Christmas I will be lucky enough to spend with my family-in-laws and grandies. I hope you will enjoy your Christmas with all your loved one too.

Merilyn Gear Linkline co-ordinator

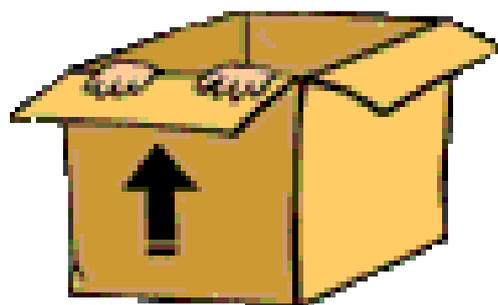
HAPPY BIRTHDAY

October

- 🎁 Helen
- 🎁 Darryl
- 🎁 Rhonda
- 🎁 Penelope
- 🎁 Leonard
- 🎁 Gillian

November

- 🎁 Mary
- 🎁 Doreen
- 🎁 Brian
- 🎁 Valerie
- 🎁 Elva
- 🎁 Norma
- 🎁 Fay



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.

Very Easy Christmas cake

Ingredients

- 1 cup of mixed fruit
- 1 cup dates
- 1 cup brewed coffee(instant will do)
- 1,1/2 cup self-raising flour

Method

1. Soak the fruit overnight in the coffee.
2. Next day add the flour and pour mixture into a buttered and line cake tin cook at 160°C for about 40 to 50 minutes.
3. Keep it in the fridge as it will not keep in this humidity for long.
4. Enjoy this works if you use only dates as well



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.

Warrens Wisdom!!



Crime Prevention Over The Festive Season: Tips For Seniors At Home

- Never open your door automatically. Install and use a peephole. Lock your doors and windows.
- Vary your daily routine.
- Use "Neighbor Watch" to keep an eye on your neighborhood.
- Don't leave notes on the door when going out.
- Leave lights on when going out at night; use a timer to turn lights on and off when you are away for an extended period.
- Notify neighbors and the police when going away on a trip.
- When you are away remember to cancel deliveries such as newspapers and arrange for someone - a neighbor's child, perhaps - to mow the lawn if need be. Arrange for your mail to be held by the Post Office, or ask a neighbor to collect it for you.
- Be wary of unsolicited offers to make repairs to your home. Deal only with reputable businesses.
- Keep an inventory with serial numbers and photographs of resaleable appliances, antiques and furniture. Leave copies in a safe place.
- Don't hesitate to report crime or suspicious activities.
- Install deadbolt locks on all your doors.
- Keep your home well lit at night, inside and out; keep curtains closed.
- Ask for proper identification from delivery persons or strangers.
- If a stranger asks to use your telephone, offer to place the call for him or her yourself. Never let a stranger into your home.
- Do not hide your keys under the mat or in other conspicuous places.
- Never give out information over the phone indicating you are alone or that you won't be home at a certain time.
- If you arrive at home and suspect a stranger may be inside, leave quietly and call 000 to report the crime.



DON'T GO IN

EXIT THE BUS BACKWARDS

We have had several new members start at the cottage over recent months so lets try and convert them to a safer way to exit the bus and maybe convert some older members.



☺ Remember if you walk out forwards and you fall the only place for you to land is on the roadway or footpath, it is a very long way down and you will probably be seriously injured.

☺ If you fall or loose your balance when you are coming down backwards you will have a chance to grab for the hand rail, the seat in front of you or the floor of the bus and you will only fall a short distance.

☺ Coming out of the bus backwards or on the hoist is the safest way to exit the bus. The assistant, driver, or staff will help you and it is important to take as much time as you need.

So how about having a go coming down backwards. Not only will you be safer but you will also be setting a good example for other members.

Warren Kean
Transport Coordinator

Thank You!

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

- ☺ Ingleburn RSL Club
- ☺ Ingleburn Rotary Club
- ☺ Ingleburn Bowling Club
- ☺ Ingleburn Quota Club
- ☺ Campbelltown Ladies Golf Club



JOKE OF THE MONTH!

Government interview

A guy goes to Centerlink for an interview for a job. The interviewer asks him, "Are you a veteran?" The guy says, "Why yes, in fact, I served two tours in Vietnam."

"Good," says the interviewer, "That counts in your favor. Do you have any service-related disabilities?" The guy says, "In fact I am 100% disabled. During a battle, an explosion removed my private parts so they declared me disabled, it doesn't affect my ability to work, though."

"Sorry to hear about the damage, but I have some good news for you, I can hire you right now! Our working hours are 8 to 4. Come on in about 10, and we'll get you started." The guy says, "If working hours are from 8 to 4, why do you want me to come at 10?"

"Well, here at the government, we don't do anything but sit around and scratch our >>>> for the first two hours. No point of your coming in for that"



The Trading Table has raised \$636.00 since the last newsletter.

Larger items can be photographed and placed on the notice board or in the newsletter

Hair cuts

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

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

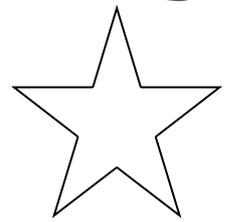
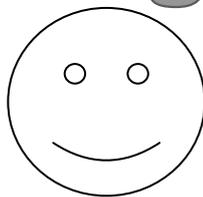
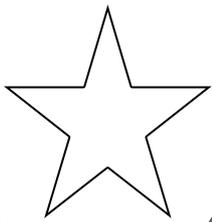


Client Advisory Committee meeting

December meeting

cancelled

next meeting Tuesday



3/2/15 10.00am.

Don't forget to let

Warren know

if you need transport.

Volunteers Voice



Joanne

Please Note: 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

Welcome to our team

New Volunteers

- Susan
- Ellaine
- Marie
- Gary
- Myles
- Renae
- Pepe
- Ron
- Emmalyne

New Staff

- Sharny
- Swaran
- Karrina
- Wany

Hi Everybody thank you all for welcoming me and helping make my transition a little easier, it helps when you have that great support.

I would like to welcome our new volunteers, hope you are all settling in well.

On a recent survey it was mentioned that a few people didn't receive a newsletter, they are very informative and if you didn't receive one please ask staff for a copy.

Our volunteers Christmas Party went well. It was a little hot but we kept cool with our water activities. Coming back to the Cottage was a great idea and a lot cooler. It was my first Christmas Party of the year and I had a great time.

I would just like to thank you all again for all your support and patience while I am still finding my way .I would like to wish you all a safe and Happy Christmas. Take care of yourselves and looking forward to catching up in the New Year. Bye for now

Joanne Greenwood, Volunteers Voice

Donations Received:

- Campbelltown ladies golf club \$ 715

October



October 2014 will be a month of harmony both in the combined and in the energetic view. Moderate positivity will meet in an unending quarrel with negativity of practically equal astral power.

Members:	×	Rhonda	×	Janet	×	Giovanna	
×	Bleurette	×	Norma	×	Don	×	Richard
×	Sylvia	×	Shirley	×	Daphne	×	Edith
×	Rosemary	×	Robert	×	Wanda		
×	Geoff	×	Leonard	×	Alice		

Volunteers:	×	Chung	×	Maureen	
×	David	×	Deidre	×	Jordan
×	Jo Anne	×	Robyn		



Members:	×	Doreen	×	Leonard	×	Saras	
×	Ann P	×	Katherine	×	Nancy	×	Gurcharan
×	Anne W	×	Fay	×	George	×	Amy
×	Dedicacion	×	Harold	×	Elva	×	Brian
×	Mary	×	Valerie	×	Norma		

Volunteers:	×	Eric	×	Christina	Staff:
×	Ellaine	×	Anne	×	Merilyn
×	Denise	×	Wendy		

November 2014 might become some sort of trampoline for further development for some zodiac Houses. This has mostly to do with the sphere of entrepreneurship. In terms of the love front, there will be much less significant events during the forecasted period, although this sphere can surprise and bring joy to many people of our beautiful planet.

Policy of the Month

Acceptance of Gifts Policy

Objective

Set clear guidelines for staff and volunteers of Myrtle Cottage Group as to their obligations under this policy and the Code of Behaviour when offered a gift from members or carers.

Definition and scope

A gift is anything that is useable and/or has a money value.

Policy

This policy should assist staff and volunteers to recognise that the receipt of a gift from a member is due to their opportunity to assist and support that member at Myrtle Cottage. If the staff or volunteer were not involved with Myrtle Cottage they would not have received the gift. The acceptance of a gift could place the staff, volunteer or the member in a situation where they could feel a debt is owed. This could lead to a Conflict of Interest with that member receiving or feeling entitled to favoured treatment or feeling obligated to continue providing gifts.

Staff and volunteers are not allowed to give gifts to members or carers as an environment of favouritism created from this situation can have a negative impact on the service and other members and carers.

Staff or volunteers must disclose all gifts from members irrespective of the value.

Staff or volunteers must not ask for gifts from members attending Myrtle Cottage.

The acceptance of gifts from members will be recorded in the "Gift Register" by a supervisor or manager and will have no bearing on the access to service or the service provided to individual members. (Refer to form: Gift Register, available from office upstairs)

Procedure

Any Staff or volunteer who receives a gift from a member or carer, no matter how small, will be required to have it recorded in the "Gift Register". The register will record the:

Policy of the Month Continued

- * date the gift was received;
- * the name of the member;
- * the gift received;
- * the decision on what was done with the gift (decision made by management);
- * The name of the staff or volunteer who received the gift and signature of management following the review of the gift register.

All gifts of money will be receipted and recorded as a donation. Members offering items of large value will be requested to make a Bequest to the Cottage.

Possible outcomes from the review of a gift:

- * Staff or volunteer is permitted to retain (if gift is of token value).
- * Used by Myrtle Cottage.
- * Myrtle Cottage to raffle or sell.

Staff and volunteers must obtain management approval prior to any goods being purchased from a member or carer. If management considers, that the price to be paid for the goods is favourable to the staff or volunteer, that gain to the staff or volunteer will be considered to be a gift.

Trading Table

Items for our trading table are running low and are in need for all those unwanted treasures that are gathering dust, like they say ones junk is ones treasure

Thank you to you all for all the great donations for our Christmas Hampers, we have made up some lovely hampers for our daily Christmas week,

Thanks again everyone until next time tootle loo.

Goals give you more than a reason to get up in the morning; they are an incentive to keep you going all day. Goals tend to tap the deeper resources and draw the best out of life.

Service of the Month

Beyond Blue

Depression in Older People

What is Depression?

Depression is more than just a low mood – it's a serious illness. People with depression find it hard to function every day. Depression can have serious effects on physical and mental health.

What makes an older person more at risk of depression?

- An increase in physical health problems / conditions e.g. heart disease, stroke, Alzheimer's disease
- Chronic pain
- Side-effects from medications
- Losses: relationships, independence, work and income, self-worth, mobility and flexibility
- Social isolation
- Significant change in living arrangements e.g. Moving from an independent to care setting
- Admission to hospital
- Particular anniversaries and the memories they evoke

What can you do?

- Suggest the person sees a doctor or health professional.
- Offer assistance at the person's home.
- If someone has been prescribed antidepressant medication, encourage the person to continue taking it as directed and assist them to discuss the treatment with their doctor.
- If the person complains of side-effects from the medication, encourage them to discuss these with their doctor.

If you or someone you know needs help, talk to your doctor or another mental health professional about getting the RIGHT help.

More information is available from the *beyondblue* website: www.beyondblue.org.au or by calling the *beyondblue* info line 1300 22 4636.



Important Dates to put in your diary



- | | |
|--|--|
| ✘ 8 to 12/12/14 - Daily Christmas party | ✘ 2/6/15 - Client Advisory Committee Meeting 10.00 am |
| ✘ 19/12/14 - DT last day of the year | ✘ 8/6/15 - (Mon) Queens Birthday Holiday |
| ✘ 19/12/14 - Recreation program last day of the year | ✘ 25/6/15 - Happy Feet Project Day - Podiatrist |
| ✘ 20/12/14 - Bell program last day of the year | ✘ 27/6 – 12/7/15 - School Holidays |
| ✘ 5/1/15 - Return Monday | ✘ 3/8/15 - (Mon) Bank Holiday Cottage closed |
| ✘ 8/1/15 - Happy Feet Project Day - Podiatrist | ✘ 4/8/15 - Client Advisory Committee Meeting 10.00 am |
| ✘ 23/1/15 - (Fri only) Recreation Program Members Returns | ✘ 6/8/15 - Happy Feet Project Day - Podiatrist |
| ✘ 26/1/15 - (Mon) Australia Day Holiday | ✘ 10 – 14/8/15 - Client Advisory Committee Nominations (Monday, Tuesday and Wednesday) |
| ✘ 3/2/15 - Client Advisory Committee Meeting 10.00 am | ✘ 27/8/15 - (Thurs) Staff Training day – Cottage closed |
| ✘ 19/2/15 - Happy Feet Project Day - Podiatrist | ✘ 17/9/15 - Happy Feet Project Day - Podiatrist |
| ✘ 26/2/15- Staff Training day – Cottage closed | ✘ 19/9 – 5/10/15 - School Holidays |
| ✘ 14 – 22/3/15 - Seniors Week | ✘ 5/10/15 - (Mon) Labour Day Holiday |
| ✘ 23 – 27/3/15 - Client Advisory Committee Nominations (Thu, Fri & Bell) | ✘ 6/10/15 - Client Advisory Committee Meeting 10.00 am |
| ✘ 2/4/15 - Happy Feet Project Day - Podiatrist | ✘ 13/10/15 - (Tue) Staff Meeting 3.30 pm |
| ✘ 3/4/15 - Good Friday Holiday | ✘ 28/10/15 - AGM |
| ✘ 4/4/15 - Easter Saturday | ✘ 29/10/15 - Happy Feet Project Day - Podiatrist |
| ✘ 6/4/15 - Easter Monday | ✘ 25/11/15 - (Wed) Combined Christmas Party |
| ✘ 3 – 19/4/15 - School Holidays | ✘ 1/12/15 - Client Advisory Committee Meeting 10.00 am |
| ✘ 7/4/15 - Client Advisory Committee Meeting 10.00 am | |
| ✘ 25/4/15 - (Sat) Anzac Day Holiday | |
| ✘ 11 – 17/5/15 - National Volunteers Week | |
| ✘ 14/5/15 - Happy Feet Project Day - Podiatrist | |

Important Dates to put in your diary continued....



- | | | |
|--|---|---|
| tee Meeting 10.00 am | ✘ | 18/12/15 - (Fri) |
| ✘ 5/12/15 - (Sat) Bell Carers' Christmas Party | | DT & LL last day for the year |
| ✘ 10/12/15 - Happy Feet Project Day - Podiatrist | ✘ | 19/12/15 - (Sat) Recreation Program last day for the year |
| ✘ 11/12/15 - (Fri) Volunteer Christmas Party | ✘ | 19/12/15 - (Sat) Bell Program last day for the year |
| ✘ 14 - 18/12/15 - Daily Christmas Parties | ✘ | 4/1/2016 - Return Mon |



From the Improvement box

Improvement- Nil

Welcome to all
our new
members:

Member Update

Tuesday
Saras R
Raymond T
Thursday
Roslyn B

Members that have left the Cottage
Monday
Peter W
Thursday
Elva H
Friday
Marie C

Members that are in permanent care
Monday
Akiko D
Tuesday
Brian S
Mary B
George P
Friday
Suzanne D
Allan G
William M
Saturday
Beryl P

Members that are Sick
Monday
Sophia R
Shirley W
Tuesday
Nan C
Sydney B
Thursday
Edie J
Robert N
Cherrie N
Friday
Honi C
Perling C

Welcome Back
Monday
Val C
Tuesday
Elva S
Mary L

Members that have passed away
Thursday
Bernadette H
Friday
Yvonne M