

Cottage Courier

June - July 2014



Letter from the Editor

Hello everyone!

My name is Rochene and I am the new trainee at Myrtle Cottage, so you might be seeing me around a fair bit.

In this edition of the Cottage Courier, you will find that we have been very busy in the last two months with loads of fun activities. The staff have been surely kept on their toes by the members. We have had a ton of outings—visiting places that are exciting and relaxing. Our Christmas in July brought a lot of joy and anticipation to everyone. Our special guest was a fantastic singer and performer. He lead us all with a few rounds of Christmas Carols. Oh wow, did we discover our hidden talents in singing. Our angelic voices lifted the spirit of everyone and truly created the spirit of Christmas in the room!

Check out what we have all been up to in this edition of Cottage Courier!

Rochene Haddock

Editor



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



Hi all,

Time for another newsletter and another update! Lots have happened in the last two months, with the end of financial year activities well under way.

I recently attended a national conference to follow the progress on the roll out of the National Disability Insurance Scheme or NDIS and had the opportunity to hear from services in the trial sites. It was two days incredibly full of information and it was amazing to see the great effort made by all those involved. We will continue to monitor its progress and keep our members with disability informed along the way.

The last two months have also brought their share of sadness as we have lost some members this winter, and although they will all be warmly remembered, the family of one in particular decided to ask their friends and family not to get flowers but to make a donation to the Cottage instead. As a result of this we received \$300 in donations, for which I wish to thank the family of Marla MacIvride. All donations received go towards direct service allowing us to provide extra activities to those attending our programs.

The new Monday program for Bell-Dementia is becoming well established now and changes have also been introduced in the kitchen processes to ensure lunch is provided timely, so my thanks to all volunteers and staff who put their thinking caps on and helped with this. Well done!!

And as we look forward to the last month of winter, remember to keep warm, drink plenty of soup and look after yourselves and each other!

Elizabeth Delcasse **Manager**

Quick thought:

Live a good honourable life then when you get older and think back, you will be able to enjoy it a second time!

Ageing & 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,

We have had a very enjoyable couple of months, Monday group went to Picton Bowling Club. It's always a beautiful drive through the endless green hills. The trip brought back some childhood and family day memories. Tuesday and Wednesday group went to St Marys Leagues Club and Camden Bowling Club and enjoyed a lovely meal and enjoyed the sun outside watching the locals play lawn bowls. Thursday group went Marconi Club and Merrylands RSL and enjoyed a buffet meal, I love the chocolate fountain yum! Friday group went to Blacktown RSL and played bingo with their social group followed by a buffet meal.



During the month of July we have been trialling playing games at the venues before having lunch which has been very successful, members and volunteers feel the day is not rushed and enjoy the change.



Christmas in July

During Christmas in July members and volunteers opened up their lungs and sang the morning away with some beautiful Christmas Carols, it's amazing how the spirit of Christmas comes alive, especially with the piano. Garry is from Country Plus, a group from Camden who play country music for nursing homes or day activity centres in the Camden area and volunteered his time to play some Christmas Carols with the Monday group, we had a lovely morning dressed in the Christmas spirit and sharing food with friends while singing along to the piano. A big special thank you to Garry we will be looking forward to seeing him again.





Tuesday group had a visit from Kris and her feathered friends. Kris is sponsored by Olsens Funerals, Kris loves to give joy to frail age people in nursing homes or day activity centres like us using her beautiful birds. All groups Monday to Friday enjoyed a great tasting BBQ cooked by our dedicated volunteer drivers during Xmas in July week. Thank you to all the volunteers for making Christmas in July so special.

Trading Table

It's a great way to raise money for our precious resources so it would be very much appreciated if you clean out your unwanted presents or dust collectors as these can be another's treasure.

Guest Speakers

A big Thank you, to the guest speakers from Fair Trading and Hearing Australia who delivered us useful information during the months of June and July.

Upcoming Events

- ✓ Guest speaker, Martin from a social group in the Campbelltown area.
- ✓ Old time sing-a-long with Peter on Mondays.
- ✓ Collegians at Wollongong
- ✓ Master Builders Wollongong
- ✓ Moorebank Sports Club



*Chris Staraj
Ageing and Disability Coordinator*

★ *Donations Received:*

Thank you

- ☺ Hawker Foundation \$2500
- ☺ Donation Box \$16.60
- ☺ Gerry \$50
- ☺ Fay \$10



The Trading Table has raised \$655.00 since the last newsletter.
Larger items can be photographed and placed on the notice board or in the newsletter



Wooden Insect Mobile

Tools and materials

- ✓ Wooden insect mobile by Clever patch
- ✓ Paint
- ✓ Paint brushes
- ✓ Little eyes
- ✓ Glue
- ✓ Glitter
- ✓ Coloured Paper
- ✓ Coloured String

Method

Step one: Paint wooden insects

Step two: Dry surface with hair dryer

Step three: Glue eyes on insects

Step four: Cut up wing shapes with coloured paper

Step five: Glue wings on the backs of insects

Step six: Decorate with glitter

Step seven: Thread coloured string through holes and attach to top bar.



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



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

Hair cuts

Cost \$10.00

Phone the Cottage: **9426 3100**



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,

The outreach program that is now operating at the cottage on Mondays is going well. We have limited vacancies for low care. We also have vacancies for the Mt Annan area.



Kris and her feathered friends visited the Cottage; the Bell members that were here on that day really enjoyed the show. I am in the process of trying to organise Kris to come in another day.



Bell Program had a B.B.Q on the 19th of July, they all enjoyed it so much they asked if we can have one every week!



Anyone who would prefer the newsletter or the programs sent by post please contact the Cottage, we can organise this if you are not receiving them via the members.

Anglicare is re-commencing the carer training sessions. We have a few topics selected but if you have anything you would like us to cover or if you need any training on certain aspect of your caring role, we would love to hear from you.

Some lovely raffle prizes have been donated thank you they are all appreciated.

Christine Turner
Bell Program Coordinator

HAPPY BIRTHDAY

July
Barbara Y, Frank
and Barbara B
August
Beryl



Wish list

We need more donations for the raffle prizes.



Dementia Fact Sheet



Feelings and adjusting to change after a diagnosis of Dementia

Experiencing changes related to memory loss or dementia may lead to a range of different emotions; e.g. feelings of shock, sadness, frustration, embarrassment, anger and loss are all common when dealing with memory changes. Of course, feelings of happiness, pleasure and joy can also be experienced while living with dementia.

When first receiving a diagnosis of dementia, you may feel shocked. “Why me?” and “What does this mean?” Alternatively, some people are relieved to have an explanation for the memory and other problems they have been noticing over time. Some people feel angry. Anger about the illness, anger about memory loss, anger about having trouble with things they used to be able to do. Sadness or upset over the losses you may be experiencing. Loss of abilities, skills or independence can create enormous sadness and may at times feel overwhelming. Forgetting a familiar face or not being able to find the right word to express yourself can be embarrassing.

What to try

Emotional reactions are very normal because you are facing many challenges and adjustments. Everyone has their own way of dealing with their feelings. The important thing is to find ways that help cope with any difficult feelings.

- Talking to a trusted family member or friend may help.
- Tears can be very therapeutic because they release ‘feel good’ chemicals in the body.
- Laughing: This also releases ‘feel good’ chemicals in the body, so finding any opportunity to laugh can be a big help.
- Keeping a journal: Writing down your feelings, Some people find this very helpful.
- Activities: Doing something you enjoy or gain pleasure from.
- Focus on the things you are still able to do.
- Try other ways to express your feelings. You may find music, aromatherapy, art, dance or gentle exercise makes you feel good.
- You are experiencing changes that are not your fault, and are part of an illness. You may need more time to do or remember things, so try to be patient with yourself.

RECREATION PROGRAM

NEWS FROM THE Wanderers

Eileen & Liz



Hello you Wacky Wanderers. What a funny (Ha-ha) day out at the Campbelltown Theatre Group ("Can't Pay-Won't Pay) Loads of Laughs. We visited Tennessee Orchard and purchased some home grown fruit and Vegetables and also sampled Jams, Apples, and Honey, YUM!! The Train Museum was very interesting as we all walked along the tracks looking at numerous types of trains, and listening to the stories of long ago.

We all had a great day out at the Arms of Oz Museum looking through all the historical artifacts then finishing off with a Devonshire Tea YUM !! Next we were off to the Armory Wharf Café which previously was a storage Depot for various types of Ammunitions and Explosives during war time, it is now converted into a beautiful walking track and café with loads of Family activities right on the Wharf side of the Parramatta River.



"Xmas in July" Evening out at the Camden Valley Inn was a great night with all the festivities including EGGNOG delicious..

HAPPY BIRTHDAY

July

George, Ann, Kerry, Colin and Ann-Maree

August

Tracey

George was our winner at Putt Putt with 3 holes-in-one followed by Marcella with 1 hole-in-one!!... Well Done!! Off next we went on our long drive to Doyle's at Watsons Bay, for Fresh Fish & Chips (Well worth the drive)Our last wander for July was on The Nepean Belle for "Xmas in July" lovely Buffet lunch and a visit from Santa and Frosty the Snowman, great day out.....

Till next time happy wandering!

Eileen Howie & Liz Climpson

Link up to Linkline



Hi Everyone,
 My name is Sarah Clarke and my role at the Cottage is Admin and also an Aged Program Assistant. Merilyn is off on holidays until the end of August as her daughter is having a baby so I will be filling in for her while she is away.



Linkline have gone on an outing to the Marconi Club which had a HUGE variety of food to eat!!! We have done a lot of reminiscing during our Linkline calls. Remembering things about where we grew up and our favourite outings when we were younger. It was great to hear so many different memories.



The afternoon program has had a variety of games played. In particular Merilyn has been doing painting with members in the afternoon which has been a great hit!! It's been great to see so many talented members in our midst. The members have also been on afternoon walks. It's been great to get out in the fresh air in the afternoon to stretch our legs and to get some much needed Vitamin D. Members have been to

the coffee shop as well as the lolly shop.

The kitchen has been very busy cooking a variety of desserts. We have had a number of different staff filling in for Merilyn while she has been off. Thank you to the dedicated volunteers that have been assisting and guiding the staff in the routine of the kitchen you have been an amazing help.

Until next time, Sarah Clarke

**HAPPY
 BIRTHDAY**

July

Glynis and Dot W

August

Beryl, Norrie and

Yvonne

Merilyn's daughter had a baby girl

Merilyn's Kitchen Rules

Smoky bacon pot noodle for one

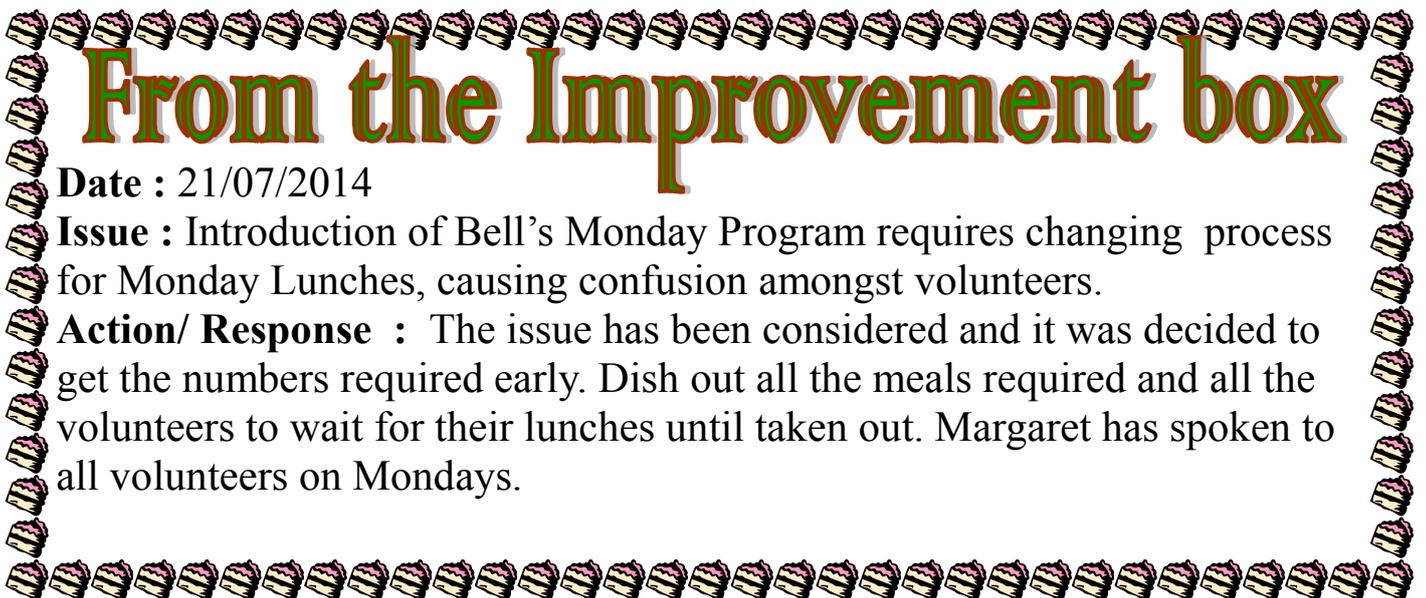
Ingredients

- 1 rasher smoked back bacon, trimmed and chopped
- 2 spring onions, white and green separated and finely sliced
- 50g frozen peas
- quarter tsp paprika
- 2 tsp corn flour
- 200ml vegetable stock
- 150g block straight-to-wok wheat noodles, or equivalent of dried, cooked
- splash Worcestershire sauce



Method

In a small non-stick pan, fry the bacon for a few minutes, add the white parts of the spring onions, peas and paprika, then cook for 1 min more. Mix the corn flour with a little of the stock to get a paste, then stir this into the pan with the rest of the stock, noodles and a good splash of Worcestershire sauce. Simmer for a couple of minutes until thick and saucy. Then serve the dish in a small bowl and garnish using the green parts of spring onion.



From the Improvement box

Date : 21/07/2014

Issue : Introduction of Bell's Monday Program requires changing process for Monday Lunches, causing confusion amongst volunteers.

Action/ Response : The issue has been considered and it was decided to get the numbers required early. Dish out all the meals required and all the volunteers to wait for their lunches until taken out. Margaret has spoken to all volunteers on Mondays.

Warrens Wisdom !!



OLD BUS – NEW BUS

We recently sold our old bus that we have had for the past 12 years. Some volunteer drivers were sad to see it go as it was the last manual bus left so all the buses are now automatic. The new owner lives in Mt Hunter on the Central Coast and will be using the bus for a local nursing home so it has gone to a good home.

Our new bus has some modern features probably the best of them all (this is from the bus assistants) is the automatic step with “carpet”. The assistants and members love it as they don’t need to pull the step up, also we have added hand grips on the seats and lap sash seat belts which save volunteers leaning over members.

Crime Prevention 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 "Neighbour Watch" to keep an eye on your neighbourhood.
- ✓ 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 neighbours 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 neighbour's child, perhaps - to mow the lawn if need be. Arrange for your mail to be held by the Post Office, or ask a neighbour 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 re-saleable 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, DON'T GO IN. Leave quietly and call 000 to report the crime.

JOKE OF THE MONTH



Dorothy and Edna two "senior" widows, are talking at the local coffee shop. Dorothy: "That nice Joe asked me out for a date . . . I know that you went out with him last week, and I wanted to talk with you about him before I give him my answer."

Edna: "Well . . . I'll tell you. He shows up at my apartment punctually at 7 P.M., dressed like such a gentleman in a fine suit, and he brings me such beautiful flowers! Then he takes me downstairs, and what's there but a luxury car . . a limousine, uniformed chauffeur and all.

Then he takes me out for dinner.....a marvelous dinner - lobster, champagne, dessert, and after-dinner drinks. Then we go see a show let me tell you, Dorothy, I enjoyed it so much I could have just died from pleasure! So then we are coming back to my apartment and he turns into an ANIMAL. Completely crazy, he tears off my expensive new dress and has his way with me.... two times!"

Dorothy: "Goodness gracious! so you are telling me I shouldn't go out with him?"

Edna: "No, no, no . I'm just saying, wear an old dress."

Warren Kean
Transport Coordinator



Client Advisory Committee meeting

Date: 5.8.2014

Attendance: Robyn, Jerry, Andrew, Daphne, Helen, Sheila, Elizabeth and Charles

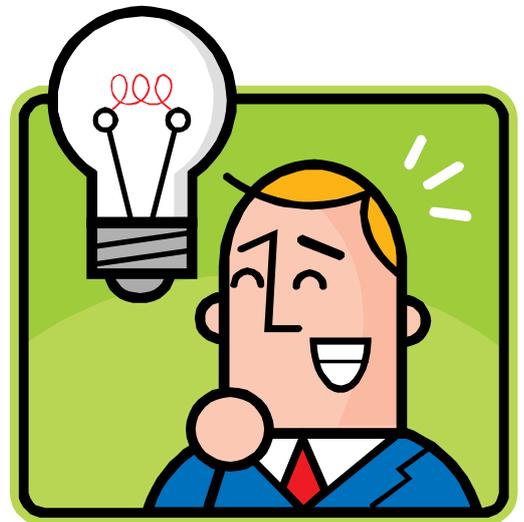
Apologies: Lynnette, John and Brian

Item	Discussion	Outcomes/solutions	Staff
Business arising from previous meeting	WHS Presentation – See WHS	More presentations will follow.	Sarah & Connie
	Funding for second powered chair	3 Staff Members are already trained. More training is being provided	
	DSS Quality Review – See Strategic Plan		
	Floor power points	2 Functioning Power Points remain active. The rest have been cancelled and covered up	Warren
Training – attended or required	First Aid - 5 Staff and volunteers have completed their certificates at Narellan and more places are being negotiated for this year. Certificate is offered to Bus Drivers and regular Bus Assistants.	Letters of invitation for training have been sent out	Margaret

Item	Discussion	Outcomes/ solutions	Staff
Work experience and volunteers	Inductions for new volunteers and work experience participants continue on a regular basis. Volunteer numbers for the new Bell Program on Mondays are more than sufficient at this stage. Comment: Volunteers are doing a great job with the garden	Inductions to continue	Eileen
Policy development, review and Implementation	Review – Non Response Policy Name has changed from No one at home to Non Response to better reflect Policy	Policy have been read and reviewed by the committee members and was given a go ahead	
WHS	Trips & Falls prevention presentation	Sarah and Connie are still working on this but will be up and running within the next month	
Strategic Plan Updates	DSS Quality Review - A number of processes are being reviewed, including assessment, care plans and service agreement. Completion is due by the end of August	New Assessment Checklist is being trialled, with complementing documents and profile information being updated.	Various staff
Other business	Feedback and review of the Advisory Committee Members Induction Booklet (included in mail-out)	Comment from Advisory Committee regarding Induction book - Information is very straight forward	

Item	Discussion	Outcomes/ solutions	Staff
Other business	Monday new program – has caused the lunch serving process to be altered. The program started with 7 members (as minimum) and max is 12. We have started to trial serving meals as for DT members, but at 12,30 pm.	Procedure for Monday Lunch serving have been altered, with staff and volunteers making a big effort to make the process work	Kitchen staff and volunteers

Next Meeting will be: 07/10/2014



Our AGM is on 29th October so start putting on your thinking caps: **WHO WOULD YOU NOMINATE FOR THE 2014 ACHIEVEMENT AWARD?**



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

Welcome to our team

- Don
- Rosie
- Julie
- Benji
- Nicholas
- Kerry

Hi everyone, hope you are all well!

Just a quick summary of the outcomes from the support sessions, a big thank you for all the suggestions although we still need some male activity ideas. If anyone can rack their brains we would love to hear from you.

The apron and sleeves are getting laundered after each use and the allocated laundry volunteers for each day are well organised and are keeping on top of things.

A big thank you to Barbara & Monika (Tuesday volunteers) for tidying out the



laundry cupboard hopefully it will stay neat and tidy!!

Hani's topic list on a Wednesday has been implemented and is working well, thank you Kathy P for that suggestion.

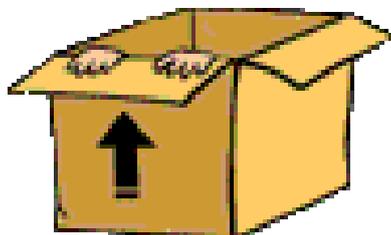
Outing roster will be on the noticeboard in DT room please continue to add your name if you are available to assist on an outing.

Rotation of volunteer helper in afternoon games, Marilyn will implement this procedure.



Volunteer Christmas Party venue options have been distributed just waiting for all returns and numbers will be calculated then a final decision will be made.

That's all for now folks.....Eileen Howie



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.



HAPPY BIRTHDAY!!!

HAPPY BIRTHDAY TO THESE LOVELY PEOPLE! Get ready for the most exciting month of 2014! Think grand parties, dramatic romance and living life through the eyes of a child. It's time to have F-U-N!

Members:	✕ Helen S	✕ Daphne	✕ Ann- Maree
✕ Helen A	✕ Ann	✕ Kerry	✕ Colin
✕ June	✕ George	✕ Elva	
✕ Marion	✕ Brian	✕ Dorothy W	

Volunteers:	✕ Carol	✕ Monika	✕ Kim
✕ Amanda	✕ Allan	✕ Chris	✕ Loraine
✕ Ethel	✕ Keiron	✕ Robert	✕ Craig

Staff:	✕ Margaret	✕ Chris	✕ Eileen
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HAPPY BIRTHDAY TO THESE LOVELY PEOPLE TOO! Get ready for the most exciting month of 2014! Think grand parties, dramatic romance and living life through the eyes of a child. It's time to have F-U-N!

Members:	✕ Akiko	✕ Tina	✕ Tracey
✕ Betty	✕ Robyn	✕ Valmai	
✕ Beryl	✕ Norma	✕ Faize	

Volunteer:	✕ Hugh	✕ Marge	✕ Carol
✕ Nancy	✕ Julie	✕ Maha	
✕ Arthur	✕ George	✕ Sandra	

Staff:	
✕ Anna	

HAPPY BIRTHDAY!!!

Policy of the month continued

Definitions

Bullying means:

- generally repeated inappropriate behaviour, whether direct or indirect
- whether verbal, physical or otherwise
- conducted by one or more persons against another or others,
- which could reasonably be regarded as undermining the individual's right to a safe and reasonable place of employment or service
- It includes behaviour that makes the workplace/ service or the association with the workplace/ service unpleasant, humiliating or intimidating

Unreasonable refers to behaviour that a reasonable person, having regard to all circumstances, would find offensive, humiliating, intimidating, degrading or threatening.

Discrimination means treating someone less favourably, directly or indirectly because of their real or perceived attributes, e.g. race, colour, origin or religion; sex, homosexuality, transgender, pregnancy, marital status, carers' responsibilities, disability or age. It also applies when the unfair treatment happens because of a relationship with or association with a person from one of the groups listed above.

Harassment means any behaviour that is uninvited or unwanted and could reasonably offend, humiliate or intimidate someone and targets them because of a real or perceived attribute.

Examples of harassment, depending on whether the behaviour is welcome or not may include:

- Verbal abuse or comments that put down or stereotype people generally, or an individual particularly, because of their sex, pregnancy, race, disability, etc.
- Jokes based on gender, race, marital status, disability, age, etc. We recognise that there is a difference between harmless humour which may refer to gender, race, etc. and using a racist, sexist, etc joke to have a 'dig' at someone (and therefore harass). If this difference is not clear or if someone is offended, the
- behaviour should stop;
- Staring or leering in a sexual manner;
- Accessing, circulating or displaying written or pictorial material that is racist, sexist, sexually explicit, homophobic, etc.
- Offensive gestures, ignoring, isolating or segregating a person or group because of their sex, race, homosexuality, etc
- Intrusive questions about sexual activity;

- Unwelcome wolf whistling;
- Repeated sexual invitations when the person has refused similar invitations before;

Policy

All paid staff, volunteers and members of Myrtle Cottage have a responsibility to ensure their behaviour does not offend or harass others, maintaining ethical standards of personal conduct.

Ethics and ethical conduct refers to the standards of behaviour which govern the way in which we operate in dealing with others, including clients, employees, colleagues, and the community in general. Ethical conduct is underpinned by the principles of integrity, impartiality, responsiveness to the public interest, accountability and honesty.

Additionally, staff members have a leadership role and their behaviour must provide a model of the standards required by the organisation, communicating that bullying, discrimination and harassment will not be tolerated and that complaints will be treated seriously.

All individuals within Myrtle Cottage are encouraged to cooperate by:

- refusing to condone, or participate in behaviour that may offend or harass others
- telling offenders to stop the behaviour
- making a complaint to a staff member, the program coordinator or the manager

Complaints

Staff and volunteers should raise complaints following the Grievance, Complaints and Disputes – Staff and Volunteers Policy or ask assistance from a supervisor or the manager.

Client members should refer to the Feedback and Complaints for Service Users Policy, or ask assistance from a staff member, a coordinator or the manager.



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 ourtyard.
3. Room area 40 sq. m full kitchen facilities, 2 toilets, ideal for group training, computer access.

Service of the month



GRIEF & LOSS INFORMATION SESSION TUESDAY 26TH AUGUST 6PM - 8PM

Losing something important to you can be very difficult, painful and challenging, Sharing with others can be a great comfort. We are running an information session with the hope of developing a support group that will be held in a safe, supportive, respectful and confidential environment. The workshop will be Sharing and exploring how to deal with the pain of loss and reclaiming your life while at the same time adjusting to the changes that loss brings. Light refreshments will be provided.

Please contact Vikki or Helena on 4774 1273 to register your interest.

STEPPING ON WITH CONFIDENCE EXPRESSION OF INTEREST FOR SENIORS

Stepping on is an exciting, friendly and **FREE** community group program run by NSW Health for seniors. It is designed to build knowledge, strength and confidence to remain independent at home. The program will provide you with information on how to reduce your risk of falling and maximise your independence at home. Local Health professionals and invited guests present this program. The course will run for 7 weeks, two hours per week starting in August or September. Registrations are essential as a minimum number of participants are required to run this program.

Please contact Vikki or Helena on 4774 1273 to register your interest.

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 \$16.60 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)

\$370.40

Member Update

Welcome to all our new members:

Monday
 Anne W
 Helen D
 Walter W
 Barbara F

Wednesday
 Fiore P

Thursday
 Margaret S

Friday
 Mary B
 Jennifer W
 Arthur K
 Margaret S

Saturday
 Muriel K

We hope you enjoy your time with us at Myrtle Cottage and make new

Members that have left the Cottage

Monday
 Julie H

Tuesday
 Matthew K
 Margaret K
 Diedre N

Wednesday
 Michelle G
 Thomas M

Members that are in permanent care

Monday
 Maria S

Wednesday
 Angel M

Thursday
 Lola E

Members that are Sick

Monday
 Sophia R
 Val C

Tuesday
 Nan C

Thursday
 Gwen W
 Eddie J

Friday
 Beryl N
 Honi C
 Perling C

Members that have passed away

Monday
 Isa V

Welcome Back	<u>Monday</u> Edith D	<u>Tuesday</u> Elva S	<u>Thursday</u> Harold G Mavis A
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CONFIDENTIAL

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.

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.

Buzzle

1) Guess the next three letters in the series GTNTL

- 2) A boy is walking down the road with a doctor. While the boy is the doctor's son, the doctor isn't the boy's father. Then who is the doctor?

- 3) What can you hold without ever touching, or using your hands?

- 4) I am the beginning of sorrow and the end of sickness. You cannot express happiness without me yet I am in the midst of crosses. I am always in risk yet never in danger. You may find me in the sun but I am never out of darkness.

- 5) When you have me, you immediately feel like sharing me. But, if you do share me, you don't have me.

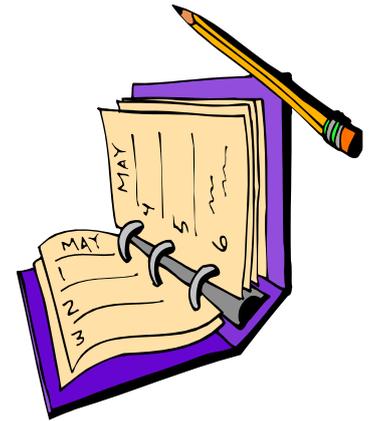
- 6) Joseph and Lena are found dead on the floor with some water around. The windows are open and a strong wind draft is blowing the curtains around. How did they die?

- 7) Which travels faster? Hot or Cold?

- 8) What has a mouth but cannot eat, what moves but has no legs and what has a bank but cannot put money in it?

Important Dates to put in your diary

- ✗ Labour day holiday-6/10/14
- ✗ Annual General Meeting-29/10/14
- ✗ Client advisory committee meeting (10:00am)-2/12/14
- ✗ Combined Christmas party-3/12/14
- ✗ Bell carer's Christmas party-6/12/14
- ✗ Daily Christmas party- 8 to 12/12/14
- ✗ DT last day of the year-19/12/14
- ✗ Recreation program last day of the year-19/12/14
- ✗ Bell program last day of the year-20/12/14
- ✗ Return Monday 5/1/15=22-23/12/14



Oops Easter Raffle report missed the last Newsletter

Myrtle Cottage held an Easter raffle in the month of April. Connie created 3 lovely large prizes from all the donations we received from everyone at the Cottage. The raffle was drawn by Elizabeth who had the great pleasure of presenting the winning prizes.

ure of presenting the winning prizes.

The very lucky winners of the raffle were:

- ☺ First prize- Don U (Thurs)
- ☺ Second prize-Katherine G (Tues)
- ☺ Third prize- Patricia C (Thurs)

The lucky winners who were not there on the day had a special delivery to their house in time to eat all the chocolate over Easter!! Thank you to everyone that donated Easter eggs. Overall we raised \$353.35 for the raffle.



Until next time
Sarah Clarke



EMAIL ALERT

Energy Australia and Australia Post are currently warning Australians about scam emails that are circulating. The emails appear as invoices for gas, electricity or courier delivery notifications. These scam emails contain links, which if clicked, can download malicious software to your computer. The

malicious software is a type of 'ransomware' which encrypts the files on your computer. The scammers then demand a payment be made in order to receive the 'key' to unencrypt your files. Unfortunately, without the encryption key, it is impossible to regain access to your files. More information on malicious emails can be found on the 'Stay Smart Online Website. If you receive a suspicious email, delete it immediately. Do not click on links or open any attachments.

To see the latest scams or to report a scam visit www.scamwatch.gov.au

What are your Doctors office policies?

- ✓ Is the doctor taking new patients? Will the doctor take Medicare assignment?
- ✓ What days and hours does the doctor see patients?
- ✓ Does the doctor ever make house calls?
- ✓ How far in advance do appointments need to be made?
- ✓ What is the length of an average visit?
- ✓ Who takes care of patients after hours or when the doctor is away?

Buzzle Answers

- 1) I, T, S -- the first letter of every word in the sentence.
- 2) The doctor is the boy's mother.
- 3) Your breath!
- 4) The letter S-
- 5) A secret
- 6) Joseph and Lena were goldfishes. The wind tipped their bowl over, hence killing them!
- 7) Hot is faster 'coz you can catch a cold.
- 8) River