

Cottage Courier



August - September 2014

Letter from the Editor

Hello everyone, my name is Vaotupua Mote and I'm a year 11 student from St Patrick's College. I have been attending Work Placement for my TVET course '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, so I hope you enjoy 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, Merilyn's Kitchen Rules, Warren's Wisdom and many more!!

There is a Fun and Games section containing a Find-a-word puzzle and Unjumbled words on page 24 (answers on page 20)

So peek inside for more exciting news and I hope you will enjoy reading this months edition.

Vaotupua Mote
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

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www.myrtlecottage.org.au

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



Hi all,

I can't believe it is that time of year again. We are all busy arranging our Annual General Meeting and all the activity that surrounds it, but it has been great to hear all the interest in it. I am sure it will be another very successful event.

Amongst the highlights of the last month we have had the wonderful fundraiser from the Campbelltown Ladies Golf Club who put a lot of effort into ensuring we got the funds to purchase a second powered wheelchair and it is on order already! It is exciting to think how our transport will be made easier by having these new wheelchairs available for members to access.

I also enjoyed the opportunity to assist members on Tuesday and Thursday with craft. We did the ceramic Teddy Bears that turned out very colourful and absolutely gorgeous! Thank you for sharing the morning and all those stories with me!!

We will be launching a Guessing Competition, courtesy of Sarah's baby in October. This will be another fundraiser for the Cottage and will give us the chance to keep well informed after Sarah leaves on Maternity Leave in mid-November, so join in and make your guess!! It is always great to welcome tiny babes to our midst!

As you put your feet up and get ready for another newsletter full of up to date stories, remember that if Plan A does not work, the alphabet has 25 more letters... look after your selves and each other!

Kind regards, Elizabeth Delcasse , Manager

Quick thought:

“remember that the best relationship is one in which your love for each other exceeds your need for each other”

Ageing & Disability



Please Note : The Diversional Therapy Program operates at Myrtle Cottage five days per week. This program is specifically designed for younger people with a disability or people who are frail aged. The article below relates to this group only.

Liz, Sarah, Connie, Chris, Merilyn and Eileen

Hi Everyone,

We have had some good times over the months of August and September. We are continuing to enjoy our movie morning of old classics, romances, comedies and action movies.

Crafts have been successful with wood crafts, magnets, calico pencil cases, remote control stand, papier Mache pots, Scrape fabric picture art, matchstick building, candle making and scrape booking.

We have introduced the singing group back into the program with Karen and Peter, but we need more members to become involved and show off our musical talents.

Art work with Merilyn is continuing to improve; we have the art work on display at the back of the activity room and it is looking fabulous.

We are starting to get a gardening group together now the weather is starting to warm up, we can all get some much needed vitamin D from the sun. Outings are popular; members loved the Collegians and Master Builders at Wollongong.

Thursday Group went to the Tulip Festival at Bowral. It was a hit and we had a lovely day. We were a little worried about the rain but the rain stopped as we arrived and started as we left, as if it had been arranged just for us! I would like to thank the Senior Citizens group at Bowral for providing a dry place with tea and coffee in case of wet weather. They did a great job, well done.

The tulips were absolutely beautiful and the colours amazing. We had entertainment of dancing, singers and stalls to buy some knickknacks



The Friday Group had a nice day at the powerhouse Museum



One of our members, George entered his art work as shown below, nice work



Monday Group had a lovely day at Collegians Wollongong during the month of September. The club has Beautiful flowers and statues throughout the club and a small shop at the entrance.



Wednesday Group had a relaxing time at Moorebank Sports.



Wednesday Group enjoyed a lovely afternoon walk to the coffee shop.

Fathers' Day Raffle

1st Place: Monday Group Don V

2nd Place: Monday Group Margaret K

3rd Place: Monday Group Helen D

Trading Table

It's a great way to raise money for our precious resources so now is the time to clean out your unwanted presents or dust collectors which may then become someone else's treasure.

Upcoming Events

- ➔ Melbourne Cup Day
- ➔ Visitors from Camden Activity Centre
- ➔ AGM
- ➔ Daily Christmas Parties with entertainment

Important Dates to put in your diary

- | | |
|---|--|
| <ul style="list-style-type: none"> ✘ 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 | <ul style="list-style-type: none"> ✘ 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 |
|---|--|



The Trading Table has raised \$808.90 since the last newsletter.

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



Decorative vases

Tools and materials

- ✓ Washed jars
- ✓ Glass Paint
- ✓ Fake Flowers
- ✓ Lace
- ✓ Thin Ribbon
- ✓ Craft Glue



Method

STEP ONE: Paint each glass jar with glass paint

STEP TWO: Dry surface with hair dryer

STEP THREE: Glue your decorations to the painted jar

STEP FOUR: You can make a lot of different designs

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,

Hope you are all well and ready for the warmer weather. The Bell and Outreach programs have had a few outings since the last newsletter and these have been very welcomed. Outreach joined the DT group for a trip to the Tulip Festival in Bowral. Although it was a very wet looking day, the rain stopped when they arrived and started again as they left, so it could be said the organisation was perfect. Bell has visited Picton Bowling Club a couple of times. We did plan a picnic at the Botanical Gardens but it was quite hot and we couldn't get shelter due to the school holidays so we ended up going to Picton once again. The members, volunteers and staff find it very pleasant there. It is Carers Week from the 12th to the 18th of October. I hope some of you get the chance to take a break and enjoy some of the events planned around the area.

On our part we have had a few Carers' Information Days this year and the information has been very helpful to those that have attended. The next Information Day is on the 16th of October, in the Bell room at the Cottage. All are welcome, if you require any details please call the Cottage or myself on 9426 3100.

The Bell and Outreach program would like to wish Liz Climpson all the very best on her new adventure as she leaves the Cottage. Liz has worked on the Outreach program for many years and will be missed by all.

Until Next Time,
Christine Turner,
Bell Program Coordinator

**HAPPY
BIRTHDAY**
September

🎁 Brian
🎁 Allan
🎁 Marie
🎁 Muriel

Dementia Fact Sheet



What is an ACAT?

Aged Care Assessment Teams (ACAT) are teams of health professionals, such as doctors, nurses or social workers, who provide information, advice and assistance to older people who are having difficulty living at home.

How do I find an ACAT?

You can contact an ACAT directly, or your doctor, Health Centre or local Hospital can provide a referral to the ACAT nearest to you.

Call 1800 200 422* for information and guidance about Aged Care homes and to put you in touch with an ACAT in your local area. A list of ACATs is also available on the Aged Care Australia internet site at www.agedcareaustralia.gov.au

What does an ACAT do?

An ACAT can: approve eligibility for entry into residential aged care, in either **low level care** or **high level care**; give you information about residential aged care and home care services in your area; help you arrange special **respite care** if this is what you require; and approve eligibility for a package of community care to help you continue living at home or refer you to other services that will help you to continue living at home.

How will I be assessed?

A member of an ACAT will visit you and ask you some questions about your lifestyle and your health needs to help work out the best care option for you. With your approval, your doctor may tell the ACAT member about your medical history. You may want your carer, friend or family member to be present.

When the ACAT member has assessed your needs, she or he may leave you with a copy of a completed assessment, or it may be posted to you, which will tell you whether you are eligible for residential aged care. If you are assessed as eligible, you should keep this copy of the assessment as it is the approval for your move to residential aged care.

RECREATION PROGRAM

NEWS FROM THE Wanderers

Eileen & Liz



Hello all you whacky Wanderers, It has been very hard to keep up with you all the last couple of months. We went to the Movies with half the members watching Mrs. Brown's Boys and the other half watching Hercules, great funny moments with spectacular special effects. There are always

bargains to be had at Vinnies and if they are there we will find them! Isn't that true, Margaret K. Then we had a lovely lunch at Picton Bowling. Parklea Markets was our next hunt for bargains as well as some fresh fruit and veggies.

Excellent day out at Camden Museum with some very interesting wartime memorabilia. We visited St Mary's RSL that's a very old club but nice choice of food from the Café. Off again on our Ten Pin Bowling with Marcela being our Winner on the day CONGRATULATIONS Marcella!!!! Our Mystery train ride to Bowral was a great day out and the train journey was very relaxing. Our Movie day out saw us watching "Into the Storm" and "The 100 feet Journey" both very different movies but very enjoyable. Our Coastal day out saw us going to Towradji Bowling Club right on the water, very nice day even if a bit windy... another great day out at Lake Alexander Picnic Area at Mittagong, where we had a great picnic and most of the members walked around the beautiful walking track watching all the ducks, and beautiful birds.

Till next time happy wandering!

Eileen Howie & Liz Climpson

HAPPY BIRTHDAY

September

-  Margaret
-  Christopher
-  Cathy
-  Anne

October

-  Darryl
-  Penelope
-  Rosemary
-  Kathleen

Link up to Linkline

Hi everyone I hope you are all enjoying the beautiful weather that September has brought for us. Linkline call has been fun the last two months as I have been able to share the birth of my granddaughter Clementine Florence with you all. Sharing with you about your own grandchildren is always lovely, you are all so very lucky to have them around. It's been good to have a couple of you query the answers for the puzzles in the last program as I thought you were losing interest so it will be good to go through them with you all. I have been able to take a couple of members out for individual outings over the last two months one to visit a friend living in a nursing home and one to go for coffee and a walk around her local shopping centre, these were planned outings that are a new part of the LINKLINE program where I am able to offer members a one on one service either just a visit for coffee and a chat or a local outing to visit friends or shops. The choice is yours and will be arranged on the week leading up to the outing on Thursday. These outings are purely social and are limited by the distance travelled as I need to have the bus back at the cottage before it shuts at 4pm. The outings will also not operate on the Thursdays there is an outing for the Diversional Therapy Program or if the happy feet program is scheduled. Please let me know if you would like to participate in one of these outings. Afternoon programs have been running smoothly with a couple of days doing paintings and a good number of members getting up to play games. The Kitchen is running well with excellent volunteers to help me with the cooking and keeping the place in good shape.



Merilyn

*Thank you all the best
Merilyn Gear, Linkline coordinator.*

HAPPY BIRTHDAY September

- 🎁 Noleen
- 🎁 Joan
- 🎁 Narelle

October

- 🎁 Darryl
- 🎁 Helen
- 🎁 Gillian
- 🎁 Leonard

Merilyn's Kitchen Rules

Apple dumplings for two

Ingredients:

- ✓ 1 cup self raising flour
- ✓ 1 cup apple cider
- ✓ 2 tbsp butter
- ✓ 2 tbsp brown sugar

Method:

- 1. In a bowl mix the brown sugar, flour and butter until it resembles bread crumbs
- 2. Then add half of the cider and mix till it is together like a big round bun.
- 3. Place the remaining cider in a well buttered casserole dish
- 4. Then drop little balls of dough into the cider
- 5. Sprinkle with cinnamon and a little sugar and bake in a medium oven 180 degrees for about 20 minutes



- 6. After that serve with a bit of cream or ice cream and **ENJOY!!**



From the Improvement box



Improvement- Nil

Warrens Wisdom!!



Health and safety



HEALTH AND SAFTY CORNER

Myrtle Cottage is committed to providing a safe environment for our staff, volunteers and members. In achieving this aim we need the support of our volunteers and members. It is important that you are aware of safety issues which may impact on the service we provide.

The type of issues we would ask you to consider are:

- When being transported or while at the cottage please wear sensible, supportive footwear with non-slip sole/low heel shoes (not slippers)
- Minimize the risks around the cottage which may impact on providing a safe service such as faulty equipment, item's placed on the floor that may cause someone to trip, etc.
- Let the staff, driver and helper know about your special needs
e.g. you may use the hoist to access the bus, you may need to use a wheel chair to and from the bus. If you need physical assistance please



let the staff know. It is important for us to understand the level of assistance you may require as your circumstances change.

- All of the cottage buses are fitted with seat belts, it is a legal requirement for all passengers to wear a seat belt unless you have a doctors certificate to exclude you from wearing one.

- When exiting the bus it is always advisable to do so backwards, this may seem silly but the reason for going backwards is that you have more control if you start to lose



**ALWAYS!
HEALTH
AND
SAFETY
FIRST**

your balance. When backing out of the bus you always have the opportunity to reach out and gain your balance by grabbing a rail in front of you, if you do fall you only have a short distance to either the step or floor of the bus. If you are walking out of the bus forward and you start to fall all you have to look forward to be meeting the road or gutter. **GO ON HAVE A GO AT BACKING OUT!!**

JOKE OF THE MONTH



Why did I get divorced? Well, last week was my birthday. My wife didn't wish me a happy birthday. My parents forgot and so did my kids. I went to work and even my colleagues didn't wish me a happy birthday. As I entered my office, my secretary said, "Happy birthday, boss!"

I felt so special. She asked me out for lunch. After lunch, she invited me to her apartment. We went there and she said, "Do you mind if I go into the bedroom for a minute?" "Okay," I said. She came out 5 minutes later with a birthday cake, my wife, my parents, my kids, my friends, & my colleagues all yelling, "SURPRISE!!!" while I was waiting on the sofa..... **NAKED.**

Warren Kean
Transport Coordinator



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.

Client Advisory Committee meeting

Date: 7/10/2014

Attendance: Lynette I, Brian F, Andrew M, John R, Sheila J,
Elizabeth D, Charles C

Apologies: Janice M, Daphne H, Helen Mc, Jerry B, Robyn C

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	
	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 First Aid training 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 – “No one at home” has changed 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: 02/12/2014

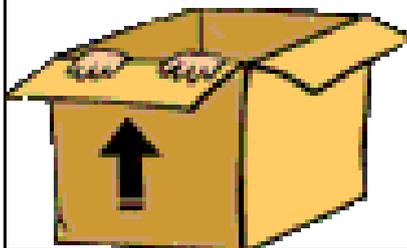


REMINDER
That our AGM is on
29th
October



Wish list

We need more donations for the raffle prizes.



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.

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

- Keith
- Carol
- David
- Kerrin
- Sandra
- Roslyne
- Angela
- Shannon
- Jordan
- Gaye
- Jessica
- Rod
- Cynthia
- Christina
- Millie
- Yan
- Shirley
- Amy

Hi everyone, on a sad note this will be my final report for the Volunteers Voice, as I'm returning home to Bonnie Scotland!! I would like to welcome Joanne who will be taking over the position and I wish her all the best.

Over the last fortnight we have had the volunteer support sessions. The outcomes will be reported back in the next newsletter. Thank you to all who attended, gave good ideas and great suggestions.

The Volunteers Christmas party will be a BBQ at Mount Annan Botanical Gardens, keep fingers crossed for good weather!! This was the most popular venue choice from the questionnaire we did earlier in the year. Further details will follow.



Finally I would like to add it has been a great pleasure working alongside you all, I send my best wishes for good health and happiness for the future. Thank

you all for making my time at Myrtle Cottage FUN!! Stay safe and keep smiling! Bon Voyage from me.....

Eileen Howie.... Volunteers Voice



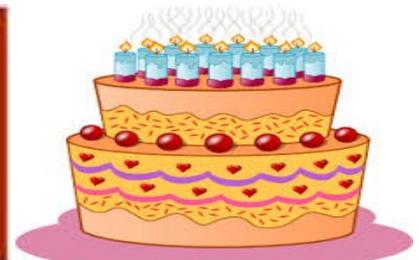


I wish you to celebrate all the wonderful things that make you so special, not just on your special day, but on every day of the year!

Members:	×	Jimmy	×	Joan	×	Muriel
×		Narelle	×	John	×	Noleen
×		Cathy	×	Barbara F	×	David
×		Maria	×	Patricia	×	Steve
×		Christopher	×	Barbara R	×	Anne

Volunteers:	×	Nicholas	×	Pan	×	Cathy
×		Charlie	×	Alecia	×	Joe
×		Margaret	×	Jessica	×	Kathleen

Staff:	×	Penny	×	Stephen	×	Connie
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Members:	×	Shirley	×	Robert	×	Richard
×		Giovanna	×	Edith	×	Daphne
×		Geoff	×	Bleurette	×	Rhonda
×		Leonard	×	Alice	×	Rosemary
×		Norma	×	Wanda	×	Sylvia
					×	Janet
					×	Bernadette
					×	Darryl
					×	Penelope

Volunteer:	×	Robyn	×	Jordan
×		Deidre	×	Maureen
×		Stephanie	×	David
			×	Chung
			×	Jo Anne

The perfect recipe for your year ahead should be 20 percent love mixed with 30 percent luck. Add on top 20 percent courage and garnish it with 30 percent health. Say cheers to life and have a Happy Birthday!



Policy of the month continued

NON RESPONSE POLICY

Objective

To ensure the safety and welfare of members attending Myrtle Cottage who do not respond when scheduled to be pick up.

Definition and scope

There is public concern that frail older people have died alone in the community and have not been found for weeks or months after they have passed away. A high portion of Myrtle Cottage members live at home alone in private dwellings. Taking appropriate and timely action when a member does not respond to a scheduled pick up may reduce the risk of adverse event or result in earlier discovery of a mishap.

Policy

In recognition of the vulnerability of members receiving services from Myrtle Cottage, procedures have been established to ensure member's safety is not neglected. While member's autonomy is to be respected at all times there can be many reasons why a scheduled pick up is missed these include:

- Member may have forgotten to notify the Cottage
- Member may have fallen, be injured or sick inside their home

Procedure

1. Driver/Bus Assistant to contact the office to check if the member has left a message regarding not attending. Office staff can check in the attendance book and check member file for case notes.
2. Ring the contact number for the member.
3. Office staff to action:
 - a) Implement members' wishes as stated in their individual Service Agreement. Assess and direct staff/volunteer drivers action considering assistance needed, other members already on the vehicle, members to pick up and other supports that can be implemented e.g. staff member near by. If assistance is required and need to enter the home staff/Volunteer driver and staff/volunteer bus assistance to enter house together or person entering the home rings the office and stays on the

phone until they have left the premises.

NB: When access to the home is restricted the Police are to be called.

b) If calling card is to be left at the door as per the Service Agreement check for other calling cards, windows and curtains closed, doors locked, newspapers and mail.

c) If the member, carer and/or emergency contact cannot be contacted Staff will contact the GP listed then the Police if any concern noted

4. 'Personal Information Update form' completed by member and/or carer annually to ensure 'Non response' procedures are up to date.

5. If member continually fails to answer when scheduled to be picked up Coordinator to trigger a reassessment to update individual needs, develop a 'Behaviour Plan' and/or refer to appropriate service e.g. Case Management.

USEFUL INFORMATION

📍 Transport Information Line

Phone: 131 500

Website: www.131500.info

📍 CityRail

Phone: 131 500

Website: www.cityrail.info

📍 Wheelchair Accessible Taxis

Phone: 1800 043187



Unjumbled answers

- 1) Autumn
- 2) Spring
- 3) Winter
- 4) Summer
- 5) Weather
- 6) Hot
- 7) Cold
- 8) Temperature
- 9) Warm
- 10) Beach
- 11) Harvest
- 12) Fresh
- 13) Changing

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 \$38.45 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)

\$408.85

Service of the month

Turning Point Community Connections Mission Statement:

To plant the seed of hope through acts of encouragement, support and empowerment. To approach each individual without judgement and through personal growth and community connections, bring a person to a turning point in their life.

If Nothing Changes, Nothing Changes

The services we offer and objectives:

Turning Point is a not for profit community welfare service designed to help those in the community in need. We aim to provide a safe and confidential environment where we can offer assistance, providing a welfare service and information to connect people to other services for assistance in such matters as mental health issues, financial matters, legal issues, accommodation and employment.

We offer ongoing support through our chaplaincy service where we have the opportunity to partner with people during times of transition offering practical assistance such as food, clothing and phone support. We have free computer usage and free internet access, emergency food and offer and a space for people to come in and just chat over a coffee, to trained volunteers and other members of the community. This drop in and referral concept enables us to build relationships with people where we can work alongside them in their need in a very hands on way.

We Partner with and are developing professional relationships though not limited to Centrelink Camden, Salvation Army, Mission Australia, Community Links, Camden Meals on Wheels, Legal Aid, Ability Options, Roam Communities, WILMA, Lifeline and the St Vincent De Paul Society.

We have already seen amazing transformations in self-confidence, relationships formed, stomachs filled, freedom obtained, a roof over someone's head. All due to the existence of such a place where a person can drop in and feel like they belong, feel heard, supported and valued.

Donations Received:

😊 Margaret	\$250
😊 Bell/Outreach	\$200
😊 Michael Slattery	\$200
😊 Marsoens Law	\$200
😊 Australian Fire Supplies	\$200
😊 Bradbury Pharmacy	\$100
😊 Macarthur Magazine	\$100
😊 Addtech Medical	\$100
😊 Dougmal Real Estate	\$250
😊 GKA Investigations	\$100
😊 Paul Wakeling Group	\$100
😊 Wests Leagues	\$500
😊 IMB	\$100
😊 Salute Restaurant	\$100
😊 Evans and Sons	\$100
😊 John McDonald	\$100
😊 Campbelltown Ladies Golf Club	\$3,700.00



FOR-SALE!!



Electric Wheelchair
 - Good Condition
 - New Batteries
 \$1,000.00 ONO



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 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 infor-

Member Update

**Welcome to all
our new
members:**

Friday

Geoff M
Nancy M
Vinita J

**Members
that have
passed away**

Thursday

Margaret S

**Welcome
Back**

Monday

Margaret K
Chizuko T

Wednesday

Hani B

**Members that
have left the
Cottage**

Wednesday

Francis M

Thursday

Elva H

Friday

Robert H

**Members that
are in
permanent care**

Friday

Victor L
Arthur K
Jenny W

Thursday

Gwen W
Tina H

Friday

Beryl N
Eileen C

**Members
that are
Sick**

Monday

Sophia R
Val C
Ariko D
Shirley W

Tuesday

Nan C
Elva S
Mary B
Sydney B
Mary L
George P

Thursday

Gwen W
Eddie J
Robert N
Cherrie N

Friday

Beryl N
Honi C
Perling C

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**

Find-a-word

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

Adventure
 Arctic
 Boat
 Brave
 British
 Caves
 Chart
 Claim
 Conquer
 Courage
 Desert
 Diary
 Discover
 Embark
 Exotic
 Experience
 Find
 First
 Frontier
 Future
 Guide
 Isolated
 Italian
 Journal
 Jungle
 Lunar
 Merchant
 Mountain
 Navigate
 Ocean
 Record
 Sail
 Search
 Ship
 Spanish
 Travel
 Traverse
 Trip
 Tropics
 Uncover

UNJUMBLE THESE

WORDS!! (Seasons)

- | | |
|------------|---------------|
| 1) UTAMUN | 7) LODC |
| 2) RSGNIP | 8) PTERRUMEAT |
| 3) TIEWRN | 9) RAMW |
| 4) EMUSMR | 10) ECHBA |
| 5) TEHWREA | 11) VATESHR |
| 6) OTH | 12) SFHER |
| | 13) GGINCHANN |