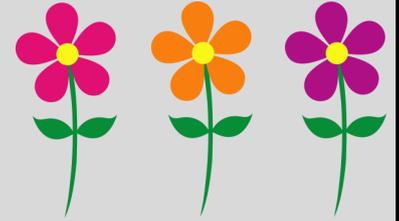


Cottage Courier

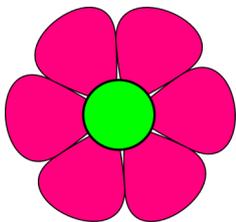
August to September 2015



Letter from the Editor

Hello everyone, my name is Georgia Zerafa, I am a Year 11 Student from Saint Patricks College, Campbelltown. I am attending Myrtle Cottage for work placement for one of my subjects, "Business Services" for a weeks time. In this edition of Cottage Courier you will find reports written by the staff members, an easy recipe, a positive thought, the joke of the month, craft ideas and a dementia fact sheet. There is also a page on the new members Myrtle Cottage has received and a puzzle on the back.

I hope you enjoy this months Cottage Courier and I am very grateful to have the opportunity to design the Cottage Courier Newsletter.



Georgia Zerafa

Editor

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



Myrtle Cottage Group

6 Bosci Road, Ingleburn NSW 2565

 (02)9426 3100

www.myrtlecottage.org.au

Elizabeth's Exciting Edit

Manager's Report



Hi all,

As we continue to travel down 2015, we have just finished all the activities that need to be completed at the end of the financial year. Our accounts have been audited and we got a clean bill of health, which is very exciting!

Rochene has recently also completed her traineeship and although it means she will not attend the Cottage regularly any more, it is a great achievement for a young person and we were all very keen to congratulate her. Rochene will stay on as a casual staff member, so we will still see her from time to time.

Our Program's consultation process is now being firmly established and some great ideas are being proposed for Coordinators to work on when organising daily programs, so thank you all for collaborating and ensuring we do know what you would like! After all the programs are designed for you the members, so you should have the biggest say. Lastly I would like to remind you that with our AGM due at the end of this month, all Membership fees are now due for payment. It does help a lot if these can be received and recorded before the day of the AGM on 28th October.

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 \$84.15 which brings the total since July 2015 to;

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



Ageing & Disability



Sarah, Julie, Joanne,
Connie & (Merilyn)

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.

WOW! What an amazing few months. I feel like I'm settling into the role well and definitely getting much better with remembering everybody's names. I would like to thank all our members, volunteers and staff for putting up with me and for all their help and support in assisting me over the past few months. We have introduced new activities



within our 6 weekly programs including Balloon



Tennis, Ball in a Bucket, Karaoke and Beach Ball Nicknames. Our Thursday group were lucky enough to have a visit from some fantastic musicians: Billy

Gibson & The Four Directions (Col, Tom, Allan & Tony) The guys were amazing and sang some old time favourites. The members thoroughly enjoyed their special appearance and we're hoping to have them back during December for some Christmas Classics!



We've enjoyed some lovely outings to various clubs for lunch and found some very interesting artworks at Casula Powerhouse Museum. We continue to show our skills and talents creating our own masterpieces with "Painting with Merilyn" too. Consultations will continue to be held on a regular basis to ensure members have their say in putting forward their ideas and suggestions with up-coming programs and outings. We have had a number of new members start, and several current members looking into increasing their days.

Craft Idea...

DECOUPAGE POTS

Tools & Materials

- * Cardboard or paper Mache pot
- * Glue and paintbrush
- * Tissue paper (ripped or cut into 5x5cm squares)
- * Ribbon
- * Gems / jewels / sequence



Method

- * Use paintbrush to smear glue over the pot
- * Place tissue paper onto glued areas, overlapping slightly cover whole pot, using extra glue if required to stick down edges and wait till dry
- * Use glue to add gems/ jewels / sequences as required
- * Finish off by adding ribbon – tie around top end of pot (may need to use glue or staples to hold in place)



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.



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



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

Bell Program



Penny, Christine, Sue, Renee and Diana

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



The Bell program visited the Wirrimbirra Sanctuary in Tahmoor. They have kangaroos, wombats, wallabies, emus and birds, the members really enjoyed this outing, although the walking was a little difficult. The favourite was the Cockatoo, the members would try to get him to say hello, but it would not say anything until they walked away, which made the members want to go back, I think the cheeky Cockie enjoyed it as much as the members. We have also had some lovely lunches at Tahmoor Inn, one of them being a combined outing with our Outreach program. Our next outing, if weather permits, we will take the Friday members to Liverpool Regional Museum. The staff are now preparing for our AGM and Christmas parties. Keep an eye out for your invites, Until next time



Christine Turner
Bell Program coordinator



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

September: Marie H



Dementia: Fact Sheet

COMMUNICATION

This Help Sheet explains some of the changes in communication that occur as a result of dementia and suggests ways that families and carers can help. It also includes some personal tips on communication written by a person with dementia.

Losing the ability to communicate can be one of the most frustrating and difficult problems for people with dementia, their families and carers. As the illness progresses, a person with dementia experiences a gradual lessening of their ability to communicate. They find it more and more difficult to express themselves clearly and to understand what others say.

Some changes in communication: Each person with dementia is unique and difficulties in communicating thoughts and feelings are very individual. There are many causes of dementia, each affecting the brain in different ways.

Some changes you might notice include:

- Difficulty in finding a word. A related word might be given instead of one they cannot remember
- They may speak fluently, but not make sense
- They may not be able to understand what you are saying or only be able to grasp part of it
- Writing and reading skills may also deteriorate
- They may lose the normal social conventions of conversations and interrupt or ignore a speaker, or fail to respond when spoken to
- They may have difficulty expressing emotions appropriately

Where to begin

It is important to check that hearing and eyesight are not impaired. Glasses or a hearing aid may help some people. Check that hearing aids are functioning correctly and glasses are cleaned regularly.

Communication is made up of three parts:

- 55% is body language which is the message we give out by our facial expression, posture and gestures
- 38% is the tone and pitch of our voice
- 7% is the words we use

These statistics highlight the importance of how families and

Wish list

- Items to Raffle!!!
- Baskets to arrange our Christmas hamper

carers present themselves to a person with dementia. Negative body language such as sighs and raised eyebrows can be easily picked up.

What to try:

Caring attitude:

People retain their feelings and emotions even though they may not understand what is being said, so it is important to always maintain their dignity and self esteem. Be flexible and always allow plenty of time for a response. Where appropriate, use touch to keep the person's attention and to communicate feelings of warmth and affection.

Ways of talking:

- Remain calm and talk in a gentle, matter of fact way
- Keep sentences short and simple, focusing on one idea at a time
- Always allow plenty of time for what you have said to be understood
- It can be helpful to use orienting names whenever you can, such as "Your son Jack"

Body language:

You may need to use hand gestures and facial expressions to make yourself understood. Pointing or demonstrating can help. Touching and holding their hand may help keep their attention and show that you care. A warm smile and shared laughter can often communicate more than words can.

From the Improvement box

Date: 15/07/2015

From: Member

Issue: Members suggests that cutlery may need to be placed on the table wrapped up in tissue/ serviette for hygiene purposes

Action: All personnel attached to the kitchen and related tasks work under the Food standards. This requires all staff handling food/ food items to wear gloves. MC applies this practice and so wrapping cutlery is not necessary.

Date: 15/07/15

From: Member

Issue: A number of suggestions were made to be included when planning programs and outings for DT

Action: Suggestions and activities will be given to DT coordinator for inclusion

RECREATION PROGRAM

NEWS FROM THE WANDERERS

Connie and Penny



Please Note: The Recreation Program operates Friday & second Saturday for people aged 18 to 60 years with a disability. The article below relates to this only

Welcome back to the whereabouts of the wild and Wacky Wanderers. August & September was filled with fun packed activities such as the Nepean Belle Paddle wheeler. We had a beautiful three course meal as we cruised along the lovely Nepean River. Sizzlers was our next destination, we served ourselves with lots of fresh salads and seafood. We all walked out quite satisfied. We also visited Casula Powerhouse, Movies, Campbelltown Theatre, Bingo at Ingleburn Bowling Club. Unfortunately none of the Wanderers won, but we all continued to have a good day. Australian Aviation Museum took us back in time with all the old Planes we even got to go in an old air craft.



We had a Boys Day Out at the Crossroads Hotel to play pool. Colin, Andrew & Darryl



were our winners, with lots of hits & misses we all had a great time. We then made our way to Sushi Bay at Macarthur Square to try some Japanese food, it was delightful everyone want to go back. The Tulip Festival at Bowral was a beautiful array of colour with thousands of Tulips, there were

lots of things to buy touch and feel. The last outing was the Illawarra Brewery at Wollongong

Until next time,
Penny & Connie

HAPPY BIRTHDAY

September: Cathy H, Margaret K, Christopher W, Anne D

October: Penelope W, Darryl C, Rosemary H, Kathleen N



Link up to Linkline



Marilyn

Please Note: The Linkline Program operates Monday to Friday at allocated times for an hour. The article below relates to this only

Heading into spring is always a good time of year members and staff all look more lively. I no longer attend outings as very few Linkliners go out except when I am able to take them on the "Special Linkline" outings which will be happening Thursday afternoons when possible. This is because I need to rely on the availability of buses and consider the programming of the Happy Feet program and the outings which usually take all the buses. So far we have been able to go to Glenquarie, Macarthur Square and Ingleburn shops for some banking, also Minto's new shopping centre.

I have started compiling a list of the dessert and morning tea suggestions you have made and hope to be bringing them to you shortly. Some of the suggestions will be quite easy, others may take a bit of organising. I will plan to include a different item once a week so try to be patient with me I will get to your request eventually. So far I have tried Crumpets, and spotted Dick pudding as well as some new sago recipes for dessert and we have had some mini quiches, tomato and bacon triangles as well as vegemite and cheese twist for morning tea.

Lots of the kitchen volunteers have been away over the last 5-6 weeks and it has put quite a bit of pressure on the few who are left so I am hoping to get a couple of new cooks and cleaners soon but thanks to all the other volunteers who have popped in to help us out.

HAPPY BIRTHDAY

September: Noleen R, Patricia C, Joan S, Narelle I

October: Helen K, Leonard C, Rhonda F, Gillian R



As most of you know I have been away for annual leave and visited Spain, Portugal and Morocco, it was a great experience. Seeing different countries is always great and experiencing new foods, languages and learning the history of these places was well worth the energy. We went to a flamenco dance and watched a young handsome man gyrate like he had his finger in an electric socket! It was great and exciting and the dancers were clever, beautiful and mysterious. We watched a girl perform a belly dance which was also fascinating; we ate all the different foods and went to a national park on the Atlantic ocean, swam in the Mediterranean and played golf on some of the best golf courses in the world and came home happy and jet lagged. And very grateful for the life we have been able to live.

Take care and regards till next time

Merilyn Gear

Linkline coordinator

Hair cuts Anyone wishing to get their haircut whilst at Myrtle Cottage can make an appointment with Merilyn.
Cost \$10.00 Phone the Cottage: **9426 3100**



Donations Recieved:

Donations:

Remember all donation over \$2 are tax deductible.

- * Kerry - \$20
- * Dot - \$50
- * Val - \$50
- * Fay - \$10
- * Country Women's Bowling, Ingleburn- \$50
- * Ed & Lorraine -\$20
- * Deidre - \$5
- * Brian - \$20
- * Lorraine - \$10
- * Greg Warren - \$20



FROM THE KITCHEN

Omelette in a bag

- * 2 eggs
- * ½ cup cheddar cheese
- * 1 tbsp diced capsicum
- * 2 tbsp diced tomato
- * 1 tbsp chunky salsa (optional)
- * 2 fresh mushrooms sliced

Place all ingredients in a clip lock bag. Squeeze out excess air then seal the bag. Scrunch the bag with your fingers. Put a large pot of water onto boil when boiling drop in the bag and cook for about 7-8 minutes let stand for about 3 minutes and carefully let the steam out of the bag and then just let it roll onto your plate voila omelette no washing up and delicious. ENJOY



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.



Thought:

‘When you are thankful for what you have, you are always rewarded with more. Try and stay positive and things will get better’

Always ☺
BE POSITIVE!

Warren's Wisdom



Warren

Transport Report

SAFETY:

Just a refresher on safety: seatbelts are to be worn by everyone seated in the buses. If by some reason you are unable to do your own seat belt up and you have been accidentally overlooked by the assistant please inform them so you can have your seat belt fitted.

- * Seatbelts are to be fitted firmly and not loose, if you think your seatbelt is too loose please inform the assistant and this will be corrected.
- * When the bus approaches your residence your seatbelt is to remain fitted until the bus stops, you are also to **remain seated** until the bus comes to a complete stop. This is for your own safety.

Members are asked not to talk to the driver while the bus is in motion. The reason for this is the driver has a lot of responsibility with the members on the bus and if he is distracted with conversation it could result in an accident. If the driver is not distracted with conversation they can solely concentrate on the task of driving you to and from the Cottage safely.

One last safety point to remember is please do not enter or step off the bus unless there is a staff member present, this is most important, this only applies while the bus is at the Cottage or on outings.

Until next time,
Warren

JOKE OF THE MONTH



Yoga



I'm off to Specsavers for my appointment. By the way you haven't shaved very well and your tie is crooked!

Client Advisory Committee

Date: 6.10.2015

Attendance: Stanley L, Fay T, Andrew M, Anna K , Robyn O, Peter M, George C, Brian F, Elizabeth D

Apologies: Kerrin B, Rhonda F, Sheila J

Item	Discussion	Outcomes/ solutions
Business arising from previous meeting	Delegation of Function – expect terms of reference to consider committee an advisory body, with no financial exercise or responsibility. As committee now mainly represent members it does not have capacity for fundraising.	Referred to Board for review
	Promotion Flyer to be sent out to Bell carers	Being distributed
Training – attended or required	Staff currently undergoing six modules of training through Disability Safe e-learning	No further comments
Work experience and volunteers	We continue to have adequate numbers of volunteers and run monthly inductions for new applicants to access	Discussed new volunteers and processes to attract right volunteers
Policy development, review and Implementation		N/A
WH&S	<p>We have had three incidents reported this quarter:</p> <ul style="list-style-type: none"> * Member fell in garden while playing with ball * Member closed door on own finger * Rail failed to lock in place, member got hand caught between rail and bus door. 	Vehicle's rail has been repaired to ensure proper functioning

Strategic Plan Updates	The re-introduction of consultation with members has been positive and reflects the aims of the Strategic Plan for Myrtle Cottage.	Copies available if anyone interested
Other business	<p>Issue raised by member- some members would like to see the Life Membership awarded after 10 years, instead of 15, as fewer numbers will reach 15 year attendance. Also discussed the option of acknowledging attendance at smaller intervals, i.e. 5, 10 years. What are the implications?</p> <p>Members seek recognition, not financial benefit. Offering certificates presented at the Cottage by management would be welcomed</p> <p>If would help maintain high morale and involvement</p>	Manager to confirm with member raising issue, then implement if appropriate
	<p>Raffle prizes for yearly events- discussed that Client Advisory in current format can not undertake sourcing prizes. Management to look into this issue and continue sourcing items. Discussed a preference to provide smaller prizes and increase numbers. Daily prizes to remain a single item, as this relates to the amount raised.</p>	Smaller and more prizes to be provided for major events
	<p>Fundraising options – discussed possibility of fundraising for different charities. This is against Cottage’s policy as significant fundraising is done for our own organisation. Currently two other charities benefit through the Cottage. World Vision sponsors one child with funds from</p>	Existing fundraising to continue as established

what the members provide and The Cancer Council through Biggest Morning Tea events every year	
Fire Drills – Current procedure ensures that drills are scheduled to cover one evacuation drill per day per year. Bell members being the only group not involved in all drills to minimise disruption and agitation. Bell staff and volunteers participate by joining DT.	Current schedule to continue. In the case of a real emergency staff members from Bell would evacuate the members attending on that day.
Vehicle replacement - Mercedes	New bus being purchased to replace the Mercedes Sprinter
Attendance to local festivals – This year attended Ingleburn Alive Festival and also holding a stall in the Connect up event on 14/10/15, held by Campbelltown Council.	Fishers Ghost is being considered. With no decision made as yet
Lunch – feedback was sought about lunches as this continues to be monitored ongoing. Smaller meals have been served making dishes more appealing. Members seem happy with these changes.	Monitoring to continue

Next Meeting will be: 1/12/15



DONATIONS & BEQUESTS

Please remember the following methods are available to support the Cottage and secure it's future.

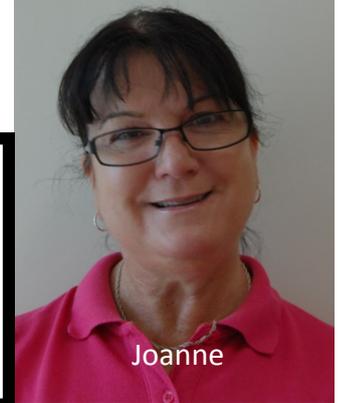
Donations:- These are fully tax deductible and can be made by cash or a cheque payable to Myrtle Cottage

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.

The Volunteers Voice

This column is for volunteers. It provides a summary of the volunteer meetings held, any notices or issues for volunteers & provides an opportunity for volunteers to have their say



Welcome Everybody,

Hope you are all keeping well and that you survived the cooler weather. I am so looking forward to Spring I'm sure you are as well. How beautiful are the gardens this time of year, I love to see everything starting to bloom it really reminds me of spring. Just a reminder about our Volunteers invitation to our AGM. It would be great if you could RSVP us as soon as you can it would be great to see as many there as possible. We have had some great outings lately which we have enjoyed so thank you to all the volunteers that contribute to such an enjoyable day. Also welcome to our new volunteers who have started hope, you are settling in well. Speaking of volunteers if anybody knows somebody with some time on their hands and would like to volunteer at the Cottage that would be very much appreciated! Our next induction is on the 19/10/2015 at 10.30-12, until our next newsletter take care of yourselves Don't forget any concerns or suggestions need to go in the slot as you enter the DT room, or I'll be happy to talk about it!

Bye for now Joanne Greenwood
Volunteers Voice



NEW VOLUNTEERS:

- | | |
|--------------|-----------|
| * Julie R | * John P |
| * Tom H | * Linda S |
| * Jhye J | * Yuken Y |
| * Michelle C | * Syd B |



Welcome to all our new Members:
We hope you enjoy your time with us at Myrtle Cottage & make new friends:

* Bev S	* Elizabeth W
* Launa D	* Robert G
* Glenville M	* Elva H
* Jenny M	* Trevor R
* John M	* Patrick B
* Audrey K	* Denise P
* Helen E	* Raymond H

* June B

Members that have left the Cottage:

- * Kathleen F
- * Josie H
- * Janet B
- * Daphne Q

Sick:

- * Margaret K
- * Anne W
- * Theodora B
- * Chris W
- * Amy W
- * Iris W
- * Shirley W

Member Update

- * Anthony P
- * Mavis A
- * Narelle I
- * Christine R

Members that are in permanent care:

- * Thelma E
- * Aileen G
- * Miha G

Welcome back:.

- * Fred C
- * Ron C

Important Dates to Put In Your Diary

- | | | |
|--|---|--|
| - 28/10/15 - AGM | - 5/12/15 - (Sat) Bell Carers Christmas Party | - 4/1/2016 - Return on the Monday |
| - 29/10/15 - Happy Feet Project Day - Podiatrist | - 10/12/15 - Happy Feet project Day - Podiatrist | |
| - 3/11/15 - Melbourne cup day | - 11/12/15 - (Fri) Volunteer Christmas Party | |
| - 9/11/15 - Peter Paki performing | - 14 - 18/12/15 - Daily Christmas | |
| - 25/11/15 - (Wed) Combined Christmas Party | - 18/12/15 - (Fri) DT & LL last day for the year | |
| - 1/12/15 - Client Advisory Committee Meeting 10.00am | - 19/12/15 - (Sat) Bell Program last day of the year | |



Ms Myrtle

We have another great story to share! Eric Holroyd a Bell member is a multi- instrumentalist, his main instrument was a trumpet or cornet, although he began on a classical piano at the age of six. Eric plays the piano for our group from time to time. Eric took his first professional music job at the age of sixteen in Bradford Yorkshire, over the years touring in California, Santa Rosa, Las Vegas and Melbourne festivals. Eric played with popular Jazz groups such as the Abbey Jazz Band, Ocean City Jazz Band, Southern Jazzmen, Melbourne's Society Syncopators, as well as featuring with Grahame Bells all-stars, but the most important one to Eric was the San Francisco Jazz Band. Eric's own band played several times as a Support to Britain's Kenny Ball and his Jazzmen on their Down Under tours. Thank you to "Eric" and his daughter Samantha for allowing us to share your wonderful life journey.



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

Volunteer Nomination forms are in the foyer information carousel



The Trading table has raised **\$345.55** since the last newsletter.

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

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





Born In September!

People who are born in September are wise and humble, they are inspiring characters and stay cool in difficult situations. You are friendly with all and love to help others in need.

Members:

* Marjorie B
* Denise P
* Steve O
* Patricia C
* Christopher W
* David K
* Anne D
* Noleen R

* Barbara R
* Joan S
* Barbara F
* Glenville M
* Narelle I
* Jimmy L
* Cathy H
* Belinda B
* Margaret K

Volunteers:

* Alecia H
* Margaret W
* Linda S
* Ann M
* Joe C
* Ron B
* Pam L
* Cathy C

Staff:

* Stephen F
* Connie V
* Penelope C



Happy Birthday!

Born in October!

People born in October, look past others flaws and focus on the good things about them. Someone's inner beauty is more important to you than outer. You are always making friends and love to chat.

Members:

* Bleuette F
* Edith J
* Wanda A
* Elvira B
* Shirley B

* Alice G
* Rosemary H
* Norma H
* Rhonda F
* Giovanna C

* Penelope W
* Kathleen N
* Darryl C
* Sylvia J
* Victoria A
* Leonard C

Volunteers:

* Chung T
* Maureen J
* David P
* Jo Anne M
* Karen T
* Deidre A
* Robyn O

Service of the month is:

Free Spectacle Program 2015

NSW Spectacles Program and eligibility requirements

What is the NSW Spectacles Program?

The NSW Spectacles Program (the Program) assists financially disadvantaged people in NSW by providing free spectacles and other optical appliances to improve their vision and avoid preventable decline in eye health.

The Program provides funding to participating optometrists and optical dispensers to supply spectacles and other optical appliances to eligible clients free of charge.

The Program is funded by the NSW government and administered by Vision Australia.

What does the Program provide?

If you meet the Program eligibility criteria you are entitled to, in any two-year period to receive:

- * One pair of single vision spectacles; or
- * One pair of bifocal spectacles.

If you have particular clinical conditions, you may be entitled to other items including contact lenses, tinted lenses or low vision aids.

These items are provided free of charge through the Program. You can choose to pay an additional fee for items that are not available through the Program (such as multifocal or progressive lenses and non-standard frames).

Who is eligible to access the Program?

The Program is available to those who meet all the following eligibility criteria:

Residency	Be an Australian resident living permanently in NSW
Assets	Have less than \$500 of total assets (if single) OR Have less than \$1,000 in total family assets (if in a couple or a single parent)

Income	Receive a full (non-reduced) Commonwealth pension, benefit or allowance <u>AND</u> receive no additional income (other than Centrelink payments) OR Be a low income earner with net income no greater than the full Newstart allowance (if under retirement age) or the full aged pension (if over retirement age)
Other schemes	Not be eligible to receive free optical appliances under another program (e.g. Department of Veterans' Affairs)
Time period	Have not received spectacles or other optical appliances under the Program within the past two years. (Special conditions exist if there has been a significant change in prescription within two years)

Note that dependent children (aged under 18 years) are also eligible for the Program if their parent/guardians meet the eligibility criteria.

How does the application process work?

Before applying for the Program, you must have recently had an eye examination and have a prescription that is not older than 3 months. Most providers participating in the Program are optometrists who can conduct your eye examination. Vision Australia's website (www.visionaustralia.org/spectacles) lists all participating providers across NSW.

The application is completed by your optometrist or optical dispenser. You will receive an instant assessment of your eligibility based on information you provide. If Vision Australia confirms that you are eligible, your optometrist or optical dispenser will order your spectacles or optical appliance and let you know when they are ready to collect.

What information do I need to provide to apply?

Personal information

To make an application to the Program your optometrist or optical dispenser will ask you to provide personal details including your name, address, date of birth, gender, marital status, Medicare number, Pension type and concession number.

Centrelink Income Statement

If you receive a Centrelink benefit, you must provide a Centrelink Income Statement that is no more than 3 months old. The Centrelink Income Statement provides details of your **income** and **assets**. A Centrelink Income Statement can be requested by visiting a Centrelink office, using your Centrelink online account or via telephone, call 136 240.

Low income earners

If you are a low income earner, you must provide a payslip to confirm your income and a bank statement to confirm your assets. Both of these documents must be no more than 3 months old.

Consent and declaration

At the time of application, your optometrist or optical dispenser will provide you with the terms and conditions for participating in the Program. This will explain privacy conditions for the protection of your personal information and any action Vision Australia or the NSW government may take to verify information provided in your application.

You will be asked to provide verbal consent to the terms and conditions of the Program and a declaration that the information you have provided is true and correct.

Where can I get further information?

For further information on the NSW Spectacles Program, visit the Vision Australia website www.visionaustralia.org/spectacles

Or contact Vision Australia on:

Phone: 1300 84 74 66

Email: info@visionaustralia.org

List of Providers in the Macarthur region for the NSW

Free Spectacles program:

<u>Business Name</u>	<u>Address</u>	<u>Suburb</u>	<u>Post code</u>	<u>Telephone Number</u>
Allan Poulter Optometrist	5-6/ 186 Queen Street	Campbelltown	2560	02 46262969
Icontact Optometrist	Shop 28, Upper Level Campbelltown Mall	Campbelltown	2560	02 46279688
Rod Tracey's Eyecare Plus	21 Dumaresq Street	Campbelltown	2560	02 46283651
Iwise Campbelltown	254 Queen Street	Campbelltown	2560	0246284534
Elegance Eyewear Boutique	Shop 2/ 192 Queen Street	Campbelltown	2560	0246282111

The Optical Shop Campbelltown	Shop 12 171 -179 Queen Street	Campbelltown	2560	0246261335
Gerald C Sue	Suite 4 Glenquarie Town Centre Brooks Street	Macquarie Fields	2564	0296183923
I Design Optical Optometrist	Shop T74, 14 Brook Street	Macquarie Fields	2564	0296059953
Visual Optical	131B Cumberland Rd	Ingleburn	2565	0296053589
Liam Trinh Optometrist	6/10 Ingleburn Road	Ingleburn	2565	0296052900
I Design Optical Optometrist	Shop 52, 10 Brookfield Road	Minto	2566	0287950974
Eyesense Optometrist	Shop 16, 11-13 Main Street	Mount Annan	2567	0246482881
Rod Tracey's Eyecare Plus	90 Argyle Street	Camden	2570	0246552944
Medispecs Optical	158 Argyle St	Camden	2570	0246556965
Wink Optical	93 Argyle Street	Camden	2570	0246558892
Medispecs Picton	Shop 3, 150-158 Argyle St	Picton	2571	0246772348

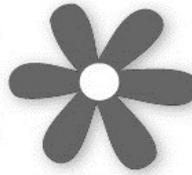


Our AGM is on 28th of October so start putting on your thinking caps: WHO WOULD YOU NOMINATE FOR THE 2015 ACHIEVEMENT AWARD?

Don't forget Membership is due NOW!

Spring Flowers

word Search Puzzle



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

Azalea
 Anemone
 Begonia
 Bluebell
 Cornflower
 Crocus

Daffodil
 Dogwood
 Freesia
 Gardenia
 Geranium
 Hawthorn

Hyacinth
 Impatiens
 Iris
 Jasmine
 Jonquil
 Lilac

Lily
 Marigold
 Magnolia
 Orchid
 Pansy
 Petunia

Poppy
 Rose
 Snowdrop
 Spirea
 Tulip
 Zinnia