

Cottage Courier

February - March 2017

Letter from the Editor

Hello everyone,

Our Myrtle Cottage Seniors' Week late last month was such a success, page 3. I am delighted that we've finally found our Ms Myrtle in this edition. Keep it coming folks. Check out page 15.

Also, don't forget next month is The National Volunteers Week on 8th - 14th May and Mother's Day on 14th May.

Last but not least, check out our program reports and other regulars in this edition.

Azree Mohamed

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.



GIVE HAPPY
LIVE HAPPY



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Myrtle Cottage Group

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Elizabeth's Exciting Edit

Manager's Report



Hi all,

It feels like only yesterday that I was doing my last report to you all! Now I can tell you we held our 40th Anniversary Open Day last week and it was a very successful affair, with visitors from the community and other local providers coming to see what we are all about. Ell prepared a beautiful presentation to show on the day and it featured quite a few members showing activities and fun things we do, so thank you all for your assistance, although you may not have known!

We have been very busy as well working on developing our Strategic Plan for the next three years, to guide and direct what you believe the Cottage should concentrate on. To achieve this we involved members, volunteers and staff by having consultation days with our Client Advisory Committee and on our Training Day in February. It has been so far an interesting process, with some really innovative ideas being proposed. The Plan's Draft is now due for Board consideration and approval. I am sure our future plans will reflect everyone's input so keep an eye out for it!

We continue working to assist all members under the age of 65 to transition over to the NDIS, a process that takes some time, but surely will be of great benefit to all involved. If anyone has questions about the scheme I encourage you to ask myself or your program coordinator, to ensure all can access appropriate services after June 2017.

Remember it is now time to get vaccinated against the flu before the season starts, so visit your GP's for advice!!

Look after your selves and each other!

Kind regards,

Elizabeth Delcasse, Manager

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



Celebrating 40 years of Day Activity Services

Myrtle Cottage had an open day on Thursday 30th March 2017 for anyone interested in finding out about a day activity centre.



It was a great day, we had people from the community who were interested in becoming a member (client) and others who wanted to volunteer. Also there were service providers who now know more about what Myrtle Cottage does, looks like and have met the staff.



One of our wonderful volunteers, Debbie, welcomed and directed guests at the front door. We had some morning tea (thanks to Jo and volunteers in the kitchen) while meeting, greeting and selling raffle tickets. Elizabeth then provided information about Myrtle Cottage while a presentation scrolled through pictures of the Cottage over the years (thanks to Ell, staff member, for putting together). There were 3 lucky door prizes that were won by Elisa (Service Provider), Shirley (potential volunteer) and Jayne (potential member); Shirley requested a redraw so the prize ended up with Katie (Service Provider).

The Seniors Week Raffle was also drawn and won by Karen (Service Provider). Margaret and Elizabeth then took a group each through the Cottage showing off what a great place we have to work in.

Thanks to everyone who made the day a great success.

Margaret Donnelly

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



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.



Julie, Sarah, Connie & Anna

What an amazing start to 2017 we've had! We've started the year off with some fantastic outings.



Monday group - Ferry trip

Our Monday members

had the pleasure of a lovely ferry cruise from Abbotsford into Darling Harbour, then returned to Sydney Rowing Club for a fabulous meal with gorgeous views. We also enjoyed a great buffet meal at Club Marconi in March. The Tuesday group also enjoyed a beautiful meal with the same spectacular views. Unfortunately, due to some terrible weather, we didn't do the ferry trip as planned, but have decided that we'll put it



Tuesday group at Sydney Rowing



Wednesday exercise group with Jordan

back on the program to try again. Let's keep our fingers crossed for a sunny day next time! Our Thursday members had a wonderful day down at Towradgi Beach Hotel. The staff there are fantastic and do a great job looking after us and catering to all our needs. Lunch at Wests Leagues Club and a drive through Mount Annan Botanic Gardens was also an enjoyable day for our Friday group. We have started our split outing options with our Wednesday group. We had a



Thursday group at Towradgi Beach Hotel

small group go to Campbelltown Arts Centre, then meet up with the rest of the group that had a great time hanging out, playing pool & darts at Campbelltown RSL Club. The whole group then enjoyed lunch at the Star Buffet.



Seniors Week Celebrations saw us offering an additional outing or the option to come to the Cottage as a normal day. We had a few small groups attend activities at the Arts Centre, Glenalvon Heritage House, Dumaresq St Cinemas and the Seniors Concert. Feedback from those that attended was great, most agreeing that it was really good to have the option of attending the outing or staying at the Cottage. Just a reminder, that we are looking into this being a more permanent option into the near future – we are currently trialling this idea with our Wednesday group.

As the warmer weather draws to an end, and the rainy days look like they're here to stay we hope everyone stays warm & well!

Until next time,

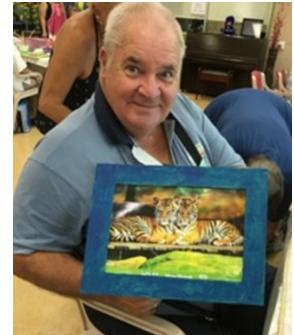
Julie & the DT staff

A promotional poster for National Volunteer Week. The background is a vibrant teal color. In the upper left, there is a stylized, smiling face with a wide white-to-purple gradient smile and two small white dots for eyes. To the right of the face is a circular logo with the text "NATIONAL VOLUNTEER WEEK" around the perimeter and "8-14 MAY 2017" in the center. Below the face and logo, the words "GIVE HAPPY LIVE HAPPY" are written in large, bold, purple letters. Underneath that, "NATIONAL VOLUNTEER WEEK" is written in smaller, red letters. At the bottom, the dates "8-14 MAY 2017" are displayed in a large, bold, red font.

Craft Activity Photo Frame

ITEMS NEEDED:

- Paper Mache photo frame
- Paint, or fabric / material
- Picture / photo
- Glue, stickers, glitter, decals



METHODS:

- Paint your frame using your choice of colour and design. If you prefer not to use paint, you can cover your frame using glue and fabric
- Decorate your frame using stickers, glitter and / or decals
- Slide in your favourite photo or picture
- Sit back and admire your artwork and picture



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

Confidentiality:

Due to privacy laws we are unable to give out personal information e.g. address and phone number.

It is very important to exchange contact details with people you would like to be in touch with outside the Cottage.

With your permission we can try to contact the person and give them your contact details.



Bell Program



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. The article below relates to this only



Hi Everyone,

Firstly I would like to thank everyone for completing the surveys, we will collate the results and keep you updated with the outcomes. Thank you to our medical student, Tzen Hugh Leong for all his work and empathy when conducting and reporting our surveys. We wish you all the best in your future studies and your career.



We have welcomed a few new members since coming back this year, I am happy to say they are settling in very well. Some were reluctant at first but after attending a couple of times and getting to know everyone, sorting out some small concerns, they are now all enjoying the program. On average we have 12-14 members per day and due to their locations and level of care needed, we have limited vacancies. Our Outreach program operating in Mt Annan and Bargo areas both have a vacancy. The dementia

specific concert held at West Leagues Club was enjoyed by all, most had a dance, but all enjoyed the music and socialising.

A big thank you to the volunteers who attended and helped in making it a very enjoyable day. Bell staff are continually researching stimulating activities for our members. Due to our research and training sessions attended we are trialing some new activities where staff have chosen the activity they would like to run.

Until next time ***Christine Turner***



HAPPY BIRTHDAY

Feb: Mary T, Benny F, Gabriel C, Frances S, Ronald S, Daryl B & Elda K

Mar: Victor A

Dementia: Fact Sheet

Alzheimer's Australia Fact Sheet

Parkinson's disease dementia

A topic in the Alzheimer's Association® series on understanding dementia.

About dementia Dementia is a condition in which a person has significant difficulty with daily functioning because of problems with thinking and memory. Dementia is not a single disease; it's an overall term like heart disease that covers a wide range of specific medical conditions, including Alzheimer's disease. Disorders grouped under the general term dementia are caused by abnormal brain changes. These changes trigger a decline in thinking skills, also known as cognitive abilities, severe enough to impair daily life and independent function. They also affect behavior, feelings and relationships.

Brain changes that cause dementia may be temporary, but they are most often permanent and worsen over time, leading to increasing disability and a shortened life span. Survival can vary widely, depending on such factors as the cause of the dementia, age at diagnosis and coexisting health conditions.

Parkinson's disease dementia Parkinson's disease dementia is a decline in thinking and reasoning that develops in many people living with Parkinson's at least a year after diagnosis. The brain changes caused by Parkinson's disease begin in a region that plays a key role in movement, leading to early symptoms that include tremors and shakiness, muscle stiffness, a shuffling step, stooped posture, difficulty initiating movement and lack of facial expression. As brain changes caused by Parkinson's gradually spread, they often begin to affect mental functions, including memory and the ability to pay attention, make sound judgments and plan the steps needed to complete a task.

The deposits are called "Lewy bodies" after Frederick H. Lewy, M.D., the neurologist who discovered them while working in Dr. Alois Alzheimer's laboratory during the early 1900s. Lewy bodies are also found in several other brain disorders, including dementia with Lewy bodies (DLB). Evidence suggests that DLB, Parkinson's disease and Parkinson's disease dementia may be linked to the same underlying abnormalities in the brain processing of

alpha-synuclein. Another complicating factor is that many people with both DLB and Parkinson's disease dementia also have plaques and tangles — hallmark brain changes linked to Alzheimer's disease. Recent studies following people with Parkinson's over the entire course of their illness estimate that 50 to 80 percent of those with the disease may experience dementia.

Symptoms Commonly reported symptoms include changes in memory, concentration and judgment; trouble interpreting visual information; muffled speech; visual hallucinations; delusions, especially paranoid ideas; depression, irritability and anxiety; and sleep disturbances, including excessive daytime drowsiness and rapid eye movement (REM) sleep disorder.

Causes and risk factors An estimated 50 to 80 percent of those with Parkinson's eventually experience dementia as their disease progresses. Some studies have reported that the average time from onset of Parkinson's to developing dementia is about 10 years.

Treatment There are no treatments to slow or stop the brain cell damage caused by Parkinson's disease dementia. Current strategies focus on improving symptoms. If your treatment plan includes medications, it's important to work closely with your physician to identify the drugs that work best for you and the most effective doses.

Additional resources

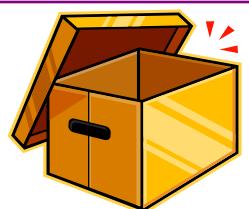
National Parkinson Foundation, Inc.

parkinson.org

Michael J. Fox Foundation for Parkinson's Research

michaeljfox.org

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.



RECREATION PROGRAM

NEWS FROM THE

Connie and Penny



Please Note: The Recreation Program operates Friday & second Saturday for people aged 18 to 65 years with a disability. The article below relates to this only

Welcome back and hello again all you Whacky Wanderers. Firstly I would like to introduce two new members that have been going on outings with the Wanderers John and Ian. We also have two other new members that are looking forward to joining the Wanderers Jan and Karen. Over the last couple of

months we have celebrated a few Birthdays, Andrews was at the boy's day out playing pool. Also went to West League Club for Brittany's Birthday and Sizzlers for Kathy O and Janelle's Birthdays. Our first venue was the Movies to watch a fabulous movie called Logan with Hugh Jackman.

We made our way through the Southern Highlands on a cold and rainy day to the famous Robertson Pie Shop and also noticed The Cheese Factory as we drove past. We bought some of those delicious pies and pastries to take home. Our lunch was devoured in minutes. We just couldn't help ourselves we had to stop at The Cheese Factory on our way back home just for the cheese lovers. YUMMO The Early Breakfast at Coco Cubano at Penrith was amazing looking around at all the memorabilia. Ten Pin Bowling is getting pretty serious between Mark and Andrew always competing to be the winner. Campbelltown Theatre Group did a fantastic job on stage with Twelve Angry Men which is a true story. In the next Program we will be making our way to Camden Show so looking forward to the Animal Nursery, Whip Cracking, the Sheep Yard Dog Demonstration (Kelpies) and Racing Pigs WOW I think that will be cute and hilarious. For those that have never experienced the Camden Show it really is worth visiting. Hope you have a safe Easter break.

Connie & Penny



HAPPY BIRTHDAY

Feb: Marcella M, Andrew M
Mar: Kathleen O

Link up to Linkline

Please Note: The Linkline Program operates Monday to Friday at allocated times for an hour. The article below relates to this only. **SPECIAL full page report on the next page**



Ell

HAPPY BIRTHDAY

Feb: Therese G, Merle S

Mar: Sharrynanne C, Beryl B

The Trading table has raised **\$156.40** since the last newsletter.

Larger items can be photographed and placed on the notice board



DONATIONS & BEQUESTS

Make a gift to be remembered for all time: There's no more generous contribution you can make to others and your community than to leave a gift in your Will. All funds from these gifts go towards enhancing the services our members rely on. A bequest to Myrtle Cottage is an invaluable gift which will ensure we can continue to provide the great service we are known for. Every year the money we receive from generous donors like you helps us to ensure we provide the best services for people to come together, have fun while maintaining skills to live independently.

We would like you to consider a bequest to Myrtle Cottage. If you require further information on how to

make a bequest, please contact the Manager of Myrtle Cottage on (02) 9426-3100

The following is a sample of the correct wording to be included in your will to ensure that your bequest is received by Myrtle Cottage Group:

I give to Myrtle Cottage Group Inc. (ABN 74 489 511 308):

- o The rest and residue of my Estate or*
- o ____ percent of my Estate or*
- o ____ percent of the residue of my Estate or*
- o The sum of \$ _____ free of all duties and testamentary expenses for its general purposes and I direct that the receipt of that organisation shall be sufficient discharge to my executors for this bequest*

LINKLINE Report—2017 Premier's

5 rows back from the stage, this was going to be a wonderful experience. Three of our caring volunteers; Marie, Therese and Colin travelled to Sydney with some of our Linkline members to attend this years Premier's Gala Concert which was held at the new Convention Centre at Darling Harbour. For two of our Linkline Members; Valerie & June, this was a great opportunity to catch up since last meeting at the 2016 Myrtle Cottage Christmas Party at Ingleburn RSL. For our two other Linkline members; Therese & Gillian, this was their first ever meeting face to face after talking to one another every week on Linkline for years. It was such a thrill to bring these ladies together finally.



'Oh what a Night' was the theme of this years show. It was toe tapping entertainment from start to finish, being entertained by Kate Ceberano, The Diamonds, Damien Leith, The Boys in the Band & Andrew O'Keefe. It was thoroughly enjoyable only to be topped off with a photo opportunity at the end of the show with Andrew O'Keefe. The Transport to and from the venue organised by Family and Community Services was seamless, which topped off a pleasant day for all. Thank you to our Myrtle Cottage Kitchen team who made a packed lunch for all of us and our dedicated Bus Drivers who made sure that all our Volunteers & Members arrived home safely.



**NSW
SENIORS
FESTIVAL**
Community Partner

Warren's Wisdom

Transport Report



Road Rage Tips

You Can Control Road Rage

Here are a few tips on how to deal with aggressive drivers, plus helpful hints to reduce your own stress while driving.

Protect yourself.

If you are dealing with an aggressive driver, make sure your doors are locked. If you're stopped in traffic, leave enough room to pull out from behind the car you're following. If an aggressive driver confronts you, dial 000 or go to the nearest police station.

Don't take it personally.

Be polite and courteous, even if the other driver isn't. Avoid any conflict, if possible. If another driver challenges you, take a deep breath and move out of the way! Never underestimate the other driver's capacity for causing mayhem.

Reduce your own stress.

Allow plenty of time for a trip and listen to relaxing music when you drive. Make sure your seat position and climate are both comfortable for you. And mostly understand that you cannot control traffic, only your reaction to it. In the end, you may find that personal frustration, anger and impatience are the real danger zones on the highway.

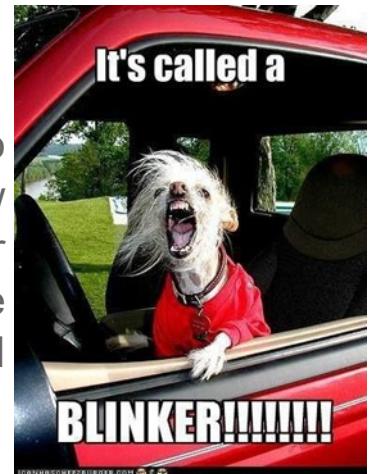
Report aggressive drivers.

Most states have a phone number that you can use to report "hoons" or dangerous driving to the appropriate law enforcement agency. Keep the number handy on your mobile phone. If you make a call, be sure you give a vehicle description, licence number, and the location and travel direction. You could prevent a tragedy.

Be a courteous driver.

You can set the example, which can help make our roads safer.

Control your anger.



Don't take traffic problems personally.

Avoid making eye contact with an aggressive driver.

Don't make obscene gestures.

Don't tailgate.

Use your horn sparingly — even a polite honk can be misinterpreted.

Don't block the passing lane.

Talk to others.

Share a recent road rage incident with members of your family and friends, or even with community groups. This will help you better understand the situation and protect you in the future.

JOKE OF THE MONTH:

I've sure gotten old!

I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes.

I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia.

Have poor circulation; hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92.

Have lost all my friends.

But, thank God, I still have my driver's license.



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

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

Client Advisory Committee

Myrtle Cottage New Strategic Plan was discussed during the February meeting

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



I would like to say a big Thank You to all our volunteers for their reliability & professionalism in the Cottage. With a team of 100+ volunteers it is vital that each day's programs have the best volunteer team in action. Your fantastic efforts over the past months have helped our Client Members to enjoy outings such as the lunch outings to Wests Tennis Club, Club Marconi & Campbelltown RSL. Your dedicated assistance also made this year's Seniors Week Festival one of the best we have had, offering split programs during such a busy week.

We are inducting new volunteers each month, which is fabulous. There is so much we can do as an organization in the community when we have a proactive group of volunteers. It is imperative that volunteers continue to communicate with their coordinators and myself. Remember to always sign in and out at the front door and make sure you tick 'Outings' if going out for the rest of the day.

To keep the operation of the Cottage programs running smoothly we need all rostered volunteers present. For those volunteers who are required to complete a certain number of hours each week, it is important that you arrange your appointments on the days you are not required here. If you need to have a day off, please speak with your coordinator to organise a replacement day. If you are sick please call us, so we know that you will be away. On returning, give your Medical Certificate to your Coordinator or myself to be filed.

The volunteers shift times are scheduled to maximize the overall benefits of the Cottage's programs and their delivery. If you have any issues or concerns regarding these times please talk with your Coordinator or myself.

I look forward to celebrating National Volunteers Week with you in May.

We have said good bye to 3 wonderful volunteers recently who have moved away from the area. We wish them the very best. They will all be sadly missed.

"No act of kindness, no matter how small, is ever wasted" - Aesop

Take Care and keep smiling

Ell

New Volunteers

Kavana I, Kay R, Jeanette W, Garry L, Fa T, Rebecca M, Susan C, Stephen E, Marie J, Susan L, Hugh L, Koreti F



Miss Myrtle - *Discovery by LinkLiners*

With a focus on Concerts and music over the past month thanks to the Seniors Week Festival celebrations I heard the members talking about some of the good old days.

Some members reminiscence about the days when afternoon dances were held with Afternoon Tea. They danced the afternoon away to the likes of the Glenn Miller Orchestra. His Orchestra was a swing dance band formed by Glenn Miller in 1938. It was arranged around a clarinet and tenor saxophone playing melody, while three other saxophones played the harmony. Alton Glenn Miller was an American big band musician, arranger, composer, and bandleader in the swing era. He was the best-selling recording artist from 1939 to 1943, leading one of the best known big bands. Miller's recordings include "*In the Mood*", "*Moonlight Serenade*", "*Pennsylvania 6-5000*", "*Chattanooga Choo Choo*", "*A String of Pearls*", "*At Last*", "*Kalamazoo*", "*American Patrol*", "*Tuxedo Junction*", "*Elmer's Tune*", and "*Little Brown Jug*".

On our search we came across a compilation called '101 Best Wartime Favourites Songs'. Memory lane had these members singing & recalling events of those times. Fondly remembered was Piggy Lee's '*Bye Bye, Blackbird*', Bing Crosby's '*I'll be seeing you*', Flanagan & Allen's '*Can't We Meet Again*' & '*We Going to Hang Out the Washing*', Joe Loss's, '*I'll Never Smile Again*', Kay Kyser, His

Orchestra, '*Don't Sit Under the Apple Tree*', Lita Roza, '*How Much Is That Doggie in the Window*', to name a few.



All this singing lead us to the Pictures, the group couldn't get passed Jeanette MacDonald & Nelson Eddy. They were "America's Singing Sweethearts" of the 1930s. They starred in classic movies like *Naughty Marietta*, *Rose Marie*, *Maytime*, *New Moon*, in live opera, on radio and in early television... And yes, Virginia, they did have an off-screen romance but because of MGM studio boss Louis B. Mayer, never married each other. I conclude, this was a special era of Entertainment.

On to my next case, signing out for now Miss Myrtle



Member Update

**Welcome to all
 our new Members:**

*We hope you enjoy your time
 with us at Myrtle Cottage & make
 new friends*

New Members: Ralph P
 Jessie F
 Judith J
 Marie W
 Thomas G
 Asma H
 Dennis T
 Rosemary K
 John L
 Robert M
 Annastasia H
 Janice K
 Giobanni C
 Karen H

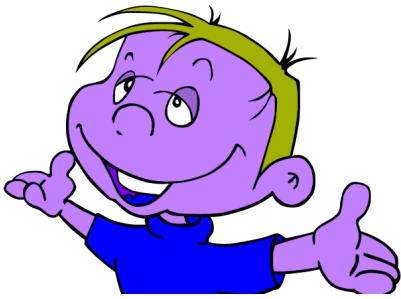
Welcome back: Coleen D
 Dot S
 Stephan D
Members that have left the Cottage:
 Yvonne D
 Trevor M
 Elle D
 Gurcharan S
 George V
 Harry C
 Vickii C

Sue R
 Members not well enough to return:
 Ellen M
 Norma H
Members that are in permanent care:
 Marie W
 June F
Members who

are sick:
 Mary W
 Bev J
 Pat W
 Walter W
 Stan L
 Barbera R
 Ellen M
 Norma H
Members who have passed away:
 Val O

Important Dates to Put In Your Diary

25/04/17 (Tue)- Anzac Day	Meeting	
27/04/17 (Thu)- Happy Feet Project Day	06/06/17 (Tue)- Client Advisory Meeting	
18/04 - 19/05- Program Evaluation Surveys	08/06/17 (Thu)- Happy Feet Project Day	
08/05 - 14/05 - National Volunteers Week	12/06 - 18/06- Carers' Week	
11/05/17 (Thu)- WHS Committee	12/06/17 (Mon)- Queen's Birthday	



HAPPY BIRTHDAY!



I Famous people born in February - Abraham Lincoln, Steve Jobs, Christiano Ronaldo, Michael Jordan, Rihanna

<u>Members:</u>	Benny F	Colin S	Kerrin B
Therese G	Valerie P	Davel H	Rosa Lazos
Merle S	Gabriel C	Debbie W	Sharon M
Michael C	Elda K	Denise M	Susan C
Marcella M	Frances S	Dorothy B	Susan H
Andrew M	Nola D	Fa T	<u>Staff:</u>
Janet G	Daryl B	Jeraldine B	Josip P
Sheila J	Ronald S	Karen S	Sarah C
Mary T	<u>Volunteers:</u>		Sharny J
Shirley B	Anastasia C		

I Famous people born in March - Albert Einstein, The Undertaker, Quentin Tarantino, Mariah Carey, Kurt Russell, Chuck Norris

<u>Members:</u>	Victor A	Mary C	Azree M
Anton B	Jo'anne T	Michelle M	
Kathleen O	Diana D	Mick S	
Sharrynanne C	Robert M	Philip C	
Beryl B	<u>Volunteers:</u>	Sarah W	
Patricia W	Christine W	<u>Staff:</u>	



Policy of the month

Continuing from Dec 2016—Jan 2017 Newsletter: **Code of Behaviour for Employees and Volunteers**

1. General Principles

- *Abiding by the philosophy of Myrtle Cottage Group (see Philosophy in policy manual); observing all the rules of Myrtle Cottage Group including those specified in the Constitution and policy manual of the organisation;*
- *Acting in a lawful and ethical manner and according to this Code*
- *Taking all necessary steps to ensure the health and safety of myself and others whilst attending Myrtle Cottage or its activities*
- *Representing Myrtle Cottage Group Inc in a positive way*
- *Expecting that I will be treated fairly and equitably with my peers*
- *Not attending work under the influence of alcohol or other drugs*
- *To be open and honest when confronted by ethical dilemmas and seek to resolve these by consulting management*
- *Not harassing (in any form) members, staff or volunteers of Myrtle Cottage Group (see **Bully Harassment and Discrimination** definitions in this Code)*
- *Political and/or religious views are not to be imposed on others while attending Myrtle Cottage or while involved in any activity organised by Myrtle Cottage*

2. Interacting with Client members and members of the community

- *Act with courtesy, promptness, fairness, efficiency and impartiality*
- *Respect individual differences and not discriminate against, harass or bully people*
- *Respect the rights and dignity of clients*
- *Maintaining confidentiality of all information gained due to involvement with Myrtle Cottage (see **Confidentiality** in policy manual) i.e. not providing access to personal phone numbers, private addresses or being contactable outside of Myrtle Cottage hours*
- *Promoting opportunities that allow members to develop and maintain meaningful personal relationships within the community*
- *Not engage in relationships which may lead to a conflict of interest (actual or perceived) between professional and personal roles (see **Personal Relationships** policy)*
- *Not visiting members in their homes, hospital or in the community for any reason (socialising, lawn moving or to provide private services etc) without the approval of the Manager of Myrtle Cottage.*

FROM THE KITCHEN



Welcome Everybody. Hope you all survived the heat wave we had a month or so ago thank goodness it is starting to cool down I must say I am enjoying the cooler weather. How beautiful is our garden looking thanks to Syd and Jerry our volunteers they do a wonderful job thank you so much.



Speaking about volunteers we have had some new ones starting in the kitchen which is great and Thank you to those volunteers who make them feel welcomed and guide them while they are learning the ropes in the kitchen. Also I would like to thank all the volunteers for your hard work and support in the kitchen you really make a difference.

I would also like to wish all the best to Therese, our kitchen and Bell volunteer for all her hard work and dedication while here at the Cottage. You will be missed and best of luck for the future.

I cannot believe we are only a few weeks to Easter it's a great time of year we have a reason to a little indulgence and also have a few days break which is always nice.

Here is a recipe that has been tried and tested in our kitchen.

Crumble Topping

½ cup plain Flour ½ cup rolled oats
 ¼ cup brown sugar ⅓ cup desiccated coconut
 ½ tsp ground cinnamon
 90g butter chopped
 550g can of peaches (fruit of your choice)

Method



- Step 1 Mix to combine flour, oats, sugar, coconut and cinnamon
- Step 2 Rub in butter with fingertips until mix resembles coarse breadcrumbs
- Step 3 Sprinkle topping over fruit.
- Step 4 Bake at 180c for 25-30 mins. ENJOY.

I would like to wish everybody a safe and happy Easter Take Care until next time

Kitchen Coordinator, **Joanne Greenwood**

Campbelltown Meals on Wheels

FOOD SERVICE



Our menu has a range of nutritious affordable meals offering frozen main meals, mini meals, sandwiches, breggie bakes, soups, desserts and juices catering for most dietary requirements.

Our meals are delivered by our dedicated and trained team of volunteers, Monday to Friday between 9am-11am.

The volunteers provide wellbeing checks and a social connection.

All meals are nutritiously balanced and our meals are able to be used as a staple diet or a supplement to your current menu.

We cater for specific dietary requirements, including: portion sizes, vegetarian, modified meals (pureed, minced, diabetic and gluten free meals).

No matter what your needs we are here to help. Our meal ordering is flexible - you can order as many or as little as you require. From meals once a week to meals once a fortnight we can accommodate to suit you.

Why don't you try out some of the samples we currently have from Meals of Wheels, namely:

- 1. Sweet & sour Pork**
- 2. Corned Silverside & Parsley Sauce**

3. Grilled Sausages & Gravy

4. Cottage Pie (Gluten free)



SHOPPING SERVICE

A shopper will call at the clients home, pick up a shopping list and the money, do the shopping at the nearest centre and return the goods to the clients home. (\$7.50 fee)
Service is flexible and available Monday to Friday

Wish list

If you have any donations for Volunteers Week & Mother's Day Raffles please contact Ell or Connie

LIBRARY SERVICE



This service is provided in conjunction with Campbelltown City Library with assistance from Campbelltown Meals on Wheels volunteers from the community.

The Home Library Service provides a free home delivery of library materials to people living in the Campbelltown area who are unable to visit the library because of incapacity due to age, illness or disability.

Library staff will select items from their collection based on your interests and these items are then delivered to you in your home. There are a range of resources available, and these include large print books, audio books on CD or MP3 players, audio visual material, such as videos and DVDs.

Eligibility for the Home Library service is subject to conditions and you can find our more by contacting the Home Library Team on 4645 4559.

The Home Library Service can also arrange bulk loans of materials to Nursing Homes.

donations box

Thanks to members making use of the donation box for loose change etc. Every *little bit counts*. The total received since the last newsletter is \$13.75 which brings the total since July 2016 to:

The Donation box is located near the entrance to

\$50.30

Donations **Donations:** Debra \$40, Elizabeth \$100, Glenville \$10, Volunteers \$44

Received: Remember all donations over \$2 are tax deductible.

Happy Feet Project



Hi Everyone,

We have been very busy with our Podiatry program the last 2 months. We have had a few new members join the program which is great!!



We now have a regular Podiatrist Carolina from Dimple. This is great news for our members as it gives our members consistency in who they see for their treatment. It allows Carolina to also follow through on treatment options for members she sees on a regular basis.

For anyone interested in seeing a Podiatrist please feel free to come and see me and I can give you an information pack.

Below are the dates that Dimple will be coming to Myrtle Cottage to pamper your feet and make them feel brand new!!!

Podiatry dates for 2017

Until next time keep dancing,

Sarah Clarke

DT/Admin

Thursday 27th of April

Thursday 8th of June

Thursday 20th of July

Thursday 31st of August

Thursday 12th of October

Thursday 23rd of November

We have no suggestion in The Improvement Box

SUDOKU

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