

Cottage Courier

December to January 2016

Letter from the Editor

Hello to you all! Renee Dean here, fellow staff member from the Bell Program and your newsletter Editor for this belated edition of the Cottage Courier, we do apologise for its lateness. Christmas has past and the New Year has started. I had a great Christmas break with an extra long holiday, wherein I was proposed to by my now Fiancé.

I do hope that you all enjoyed the festive season and the summer weather, which is coming to a close shortly with the ending of February. Within this edition you will find the Program reports, a delicious recipe for an ANZAC pudding which I suggest you give it a try, Warren's amusing joke, important dates to put in your diary, some inspirational positive thoughts and a great find a word on the back, for your enjoyment and stimulation. Be safe and Happy, live life to its fullest and remember to enjoy the life's simplest and smallest things which can be over looked by all.

Happy reading
Editor

Renee Dean *Life's Treasures*



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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Elizabeth's Exciting Edit

Manager's Report



Hi all,

Welcome back to our 2016 programs. This year promises to be full of new developments and great activities, so don't miss the opportunity to participate! Of course all our end of year events were very enjoyable and after a much deserved break we all returned full of energy and new ideas.

2016 should also see significant changes affecting our funding as we prepare for the roll out of the NDIS in July. To ensure all members get the best support we can offer, staff have started to update plans and work with members to identify their goals and needs. We are also committed to become a bit more environmentally friendly, and will have a solar power system installed in the coming months.

The sad bit? It was saying goodbye to Merilyn, who retired after 25 years at the Cottage. The good bit? Merilyn has agreed to volunteer a couple of days per program to still do her painting classes. Just another sign of how dedicated our staff members are!

Meantime please keep telling us what you would like to do in the program. Our coordinator Julie is keen to keep the members' consultations going as this gives us the chance to better respond to your needs and preferences. So join the fun and tell us what you think!!

Look after your selves and each other!

Kind regards,

Elizabeth Delcassee, Manager

Do you know a volunteer who deserves

recognition for the work they do?

Volunteer Nomination forms are in the

foyer information carousel



Ageing & Disability



Julie,
Joanne,
Sarah,
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.

Welcome back everyone! We hope you had a joyful festive season with family and friends. We had some lovely days out shopping at a variety of local shopping centres, Darrell Lea, Sara Lea, and the local lolly shop and gift store in December to help prepare us for a fun filled Christmas, with lots of special treats for our loved ones.

Everyone seemed to enjoy our daily Christmas parties during our last week in December. We had some fantastic free entertainment, and a surprise visit from Santa each day. Special thanks to all the entertainers that provided us with great music for the day. We enjoyed singing along, and some of us even got up to dance too.

Monday – Gary Wade: The Piano Man, Tuesday & Friday – Country Plus Trio, Wednesday – The Evergreens, Thursday – The 4 Directions

We took some fabulous photos in December and have spent time so far this year creating our new daily collages that are up on our walls in the DT room. They all look GREAT!

After 25 long years of service at Myrtle Cottage, we farewelled Merilyn in December. She is already missed by us all, but I'm happy to announce that she has booked in some dates to visit during our next 6 week program. She will be available for haircuts during the morning sessions, and is looking forward to assisting with some wonderful works of art in the afternoon sessions. She will be at the Cottage on the following dates. Monday 1st February, Tuesday 9th February, Friday 19th February and Thursday 3rd March. Please speak to staff if you're interested in booking in for a haircut so we can make arrangements.

So far this year we've been lucky enough to enjoy some wonderful picnics at some gorgeous locations. We've had beautiful BBQ lunches at Cordeaux Dam, Central Gardens in Merrylands and Chipping Norton

Lakes. We invited the Bell program in to boogie with us during an incredible performance by the Wizz Catz on the 18th January. Peter Paki made a special surprise guest appearance also! Thanks to Woody, Merv, Brian, Keith & Peter for another thoroughly enjoyable experience! I'm looking forward to a fantastic 2016 with you all! Again, Welcome back!

Until next time,

Julie & the DT staff

Our Craft Idea this newsletter is being replaced with a Collage of our Christmas activities. Creating our daily group collages is an ongoing craft activity that our members enjoy participate in on a regular basis.



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/ Alzheimers. The article below relates to this only

Hello and Welcome back, everyone.

I hope you all had a great Christmas and happy new year.

You all should have your 2016 calendars that the members made and your next program starting on the 8th of February they show some important Myrtle Cottage dates so if you don't have them and wish to be sent one please let me know.

We had 70 people attend the Bell Christmas Party we had a lovely lunch, some singing, dancing, raffles and lots of fun. I would like to thank all that helped us with their kind donations; we couldn't do all those raffles without your help.

We have our first outing on the 5th of February. We are going to Wirrimbirra Sanctuary, then to Tahmoor Inn for lunch. Our Outreach program went to Burragorang Lookout, they were all very impressed with the scenery, they then enjoyed a lunch at Picton Bowling club. The next Outreach outing is on 10th of March. Also there will be no program on the 25th of February due to staff training day.



HAPPY BIRTHDAY

December

Lynette I, Eric H, Lindsay M,
Elizabeth W, Daphne P

January

Patrick B, Mervyn R, Zita C



The Bell program is introducing some Montessori methods, there are some methods on trial, we will keep you updated on how this trial is going and what we implement on a permanent basis.

Until next time.

Bell Program Coordinator
Christine Turner



Dementia: Fact Sheet

Montessori, changing the lives of people living with dementia

Many of us are familiar with the term Montessori as it applies to education but only a few of us in Australia are familiar with the application of Montessori methods for Dementia.

As an innovative method of working with older adults living with cognitive and/or physical impairments, Montessori has the potential to change the lives of people in residential care and enhance the lives of people in their own homes. Montessori for Dementia is based on the educational philosophies of famed childhood educator Dr. Maria Montessori. Her philosophy and principles were discovered to be effectively adapted to dementia care.

Research has provided clear evidence of decreases in responsive behaviors and increased levels of engagement and participation in activities when Montessori approaches are implemented.

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

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



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

Hello, and welcome back for a fun packed 2016! Christmas had us all at the shops a little more often than our norm. Narellan Town Centre was our most popular spot, where the Wanderers got to purchase all their favourite goodies for friends, family and most of all, (my favourite) themselves! The ladies really know how to bag a bargain.



In December, we ventured out to the Koala Park Sanctuary at West Pennant Hills. We all enjoyed the drive and loved seeing the baby animals. Most of the koalas were doing their best to sleep - as they do, they were so adorable! Even though we had a great day, we found that it probably won't be a place we would visit again due to the limited access and difficulty getting around inside the park. It was very hilly, to say the least.

We all found some fantastic bargains at Parklea Markets. Fruit and veggies were the most popular thing bought by all of us. We went on a Friday to avoid the hustle and bustle over the weekend. As always, the company was great.

We celebrated Christmas in style, once again treating ourselves at Simon's restaurant in Narellan Town Centre, with a fabulous Chinese banquet. Afterwards, we went to McDonalds for an ice cream, followed by a stunning display of Christmas lights at Mt Annan Cascades. I would like to give a big Thank You to David our Volunteer Driver for always making himself available for this event each year. Thank You David, your support and assistance is greatly appreciated!

HooRoo for now,
Connie & Penny



HAPPY BIRTHDAY

Jeanelle R and Melanie M

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

Merilyn

Hi everybody hope you have had a great Christmas break and new year. As you all know I have finished my time at Myrtle Cottage. I have to say its been a blast! I have learnt lots of great life lessons from you the members, made some very good mates and had some amazing times. A little over 1/3 of my life has been spent with all of you and I've got to say it's been a true blessing.

Highlights have been our overnight excursions away to Canberra, Gilbul-la up the coast to Terrigal with a group of young people with disabilities. We had a special floating wheel chair, which none of us knew how to handle so it spilled as much as it saved. BBQs galore, it was fun. Also at Terrigal a man just walked into the club where we were having dinner and wrote out a check for 5,000 dollars on the spot and handed it to Al-lan and walked away. Trips to Canberra that included meeting the Governor General Sir William Deane; a lovely man who was so kind and welcoming to the members even when we spilled coffee on the carpet. Taking the members to the wheelchair Olympics to see murder ball and the times we were able to take members to the Royal Easter Show with the help of extra very special volunteers who came along to push wheel chairs.

Finally being able to make a decent scone so that the members started asking for them instead of just tolerating them! Thanks for your forbearance. I'd never have been able to make them if you had not been so tolerant. My family laughs all the time about the fact that I'm in the kitchen making desserts, but I would not make them at home for family as I was too worried they would get fat like me. Now all the family asks for my desserts at special occasions so thank you again for the opportunity. Thanks also for the interest in my family that you have shown, particular-

ly about my gorgeous grand children. I know they think they have very special nanas at Myrtle Cottage.

Finally to all my much loved members of LINKLINE what a privilege I've had in setting up and running Linkline for 25 years. It was a great pleasure getting to know your stories and your families. I miss the members we have lost both to time and to nursing homes. My time is up and Linkline needs to go a different way. Things change and I'm sure Linkline will change too. I will remember each and every one of you

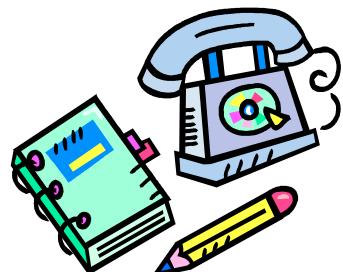
Thanks

Merilyn Gear

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.



Donations Received:

Donations: Ruth \$40, Sandra \$100,
Hawker Foundation \$5,000.00,
Claude \$100, Heidi \$20

Thank you!

Remember all donations over \$2 are tax deductible.

The Trading table has raised \$386.10 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.



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**



FROM THE KITCHEN

Anzac Pudding

1 1/2 cup self-raising flour

100 gms butter

1/2 cup rolled oats

1/2 cup brown sugar

1/4 cup coconut

1 cup milk

1 egg

1 tsp vanilla essence

Sauce

50 gms butter

1/2 cup golden syrup

2 cup boiling water

Method

1. Preheat oven to 160C.

2. Sift flour and rub in butter with fingers.

3. Add rolled oats, sugar, coconut and mix.

4. Mix milk, eggs and vanilla and add to dry ingredients. Mix well.

5. For the sauce, mix together butter, syrup and boiling water.

6. Pour over



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 \$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)

\$140.85

Warren's Wisdom



Warren

Transport Report

OLD PHOTO'S OF MYRTLE COTTAGE:

I am after any old pictures of the Cottage so we can create a collage of pictures over the past decades, they will be placed on the wall in the foyer of the cottage, if you want your photo's back I will have them digitally copied and give you back your originals.



Crime Prevention Tips For Seniors

At Home

- Never open your door automatically. Install and use a peephole.
- Lock your doors and windows.
- Vary your daily routine.
- Use "Neighbour Watch" to keep an eye on your neighbourhood.
- Don't leave notes on the door when going out.
- Leave lights on when going out at night; use a timer to turn lights on and off when you are away for an extended period.
- Notify neighbours and the police when going away on a trip.
- When you are away remember to cancel deliveries such as newspapers and arrange for someone - a neighbour's child, perhaps - to mow the lawn if need be. Arrange for your mail to be held by the Post Office, or ask a neighbour to collect it for you.
- Be wary of unsolicited offers to make repairs to your home. Deal only with reputable businesses.
- Keep an inventory with serial numbers and photographs of re-saleable appliances, antiques and furniture. Leave copies in a safe place.
- Don't hesitate to report crime or suspicious activities.
- Install deadbolt locks on all your doors.
- Keep your home well lit at night, inside and out; keep curtains closed.
- Ask for proper identification from delivery persons or strangers.
- If a stranger asks to use your telephone, offer to place the call for him or her yourself.

- Never let a stranger into your home.
 - Do not hide your keys under the mat or in other conspicuous places.
 - Never give out information over the phone indicating you are alone or that you won't be home at a certain time.
- If you arrive at home and suspect a stranger may be inside, **DON'T GO IN.** Leave quietly and call 000 to report the crime.



Jokes! Jokes! Jokes!



Yesterday my wife asked why I didn't do something useful with my time. She suggested I go down to the senior center and hang out with the guys. I did this and when I got home last night I told her that I had joined a parachute club. She said "are you nuts? You're 72 years old and you're going to start jumping out of air planes?" I proudly showed her that I even got a membership card. She said to me, "You idiot, where are your glasses! This is a membership to a Prostitute Club, not a Parachute Club!" I'm in trouble again and don't know what to do! I signed up for five jumps a week! Life as a senior citizen is not getting any easier.



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.

Client Advisory Committee

Client Advisory Committee Meeting Agenda/ Minutes

Date: 2/2/2016

OBJECTIVE 3: Efficient and Effective Management

Attendance: Peter M, Robyn O, Kerrin B, Andrew M, Brian F, Fay T, Elizabeth D, Stanley L, Sarah C

Apologies: Sheila J

Item	Discussion	Outcomes/ solutions
Business arising from previous meeting	Delegation of Function - Is being re-done by the Board of Management and will be brought to the meeting once its completed	Expected to have it ready for the April meeting
Training– attended or required	Person centeredness - A consultant has been booked for this training. It will be presented to all staff and some volunteers as there are 20 spots available	Thursday 25 th of February is a staff training day.
Work experience and volunteers	Numbers are stable, however some days/ programs can use extra volunteers. In general the number of volunteers are lower during January due to school holidays and Christmas.	An induction day is being held on Tuesday the 9 th of February
WH&S	Fire Drills- An evacuation drill was done on Friday the 29 th of January. Members asked what the purpose of drills are. This was explained to everyone and discussion occurred around the benefit of members used to follow staff directions in emergencies.	Drills to continue to be held for each day once a year.

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.



Item	Discussion	Outcomes/ solutions
WH&S	Incidents-There were 10 incidents recorded in the last 4 months since our last meeting in early October 2015. Each one was explained and discussed together with some of the recommendation implemented to avoid repeats where possible.	Procedure implemented to warm up meals brought in by members.
Strategic Plan Updates	Consultation with members is proving valuable in planning future programs, with significant number of suggestions being included in new planned activities. In general members are happy with this outcome	Consultation planning to continue regularly
	Raffle prizes for yearly events – A larger number of small prizes were arranged for the major events this year. Feedback was all the major event raffles were great. The Combined Christmas Party prizes were beautiful.	Similar arrangement to continue where possible
Other business	Attendance to local festivals – Inglesburn Alive Festival to be held in March this year. Application has been sent to set up an information stall	Management will be asking staff to assist on the day for a few hours.
	Lunch – feedback - The process for getting and planning meals received from the RSL was explained. Feedback so far is they would like to see more green vegetables and baked potato. The pie they received recently was really nice. Julie has been in contact with the RSL on suggestions on what we could have offered to us.	Elizabeth asked members to get feedback from each day on the meals.

Item	Discussion	Outcomes/ solutions
Other business	<p>Managers Report - Was discussed and explanations offered for queries raised</p> <p>Outings -Stanley brought up the first outing this year to Cordeaux Dam. Weather turned cold unexpectedly and there were not enough rugs for everyone. Question was asked whether outdoor outings would go ahead if the weather is too hot. In case of extreme weather outings would be moved to a cooled location</p> <p>Small group outings- Brian suggested having eskys on the buses for small group outings if people want to purchase cold items.</p> <p>Photos- Kerrin asked if there was a way that volunteers and members could possibly purchase photos that they would like to keep. Idea given was to add the photos to one of the member's laptops for them to access from the Cottage.</p>	<p>Rugs to be packed for each outing in case of weather changes. Rugs to be added to the list of packing items for outings</p> <p>Information to be passed onto the staff meeting</p> <p>Subject to be taken to the next staff meeting for brainstorming ideas on how to introduce purchasing of photos etc</p>



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.

Item	Discussion	Outcomes/ Solutions
Other business	<p>Grammar in newsletters- Peter pointed out that sometimes in newsletters and other promotional material the grammar could be improved by further correction before printing Elizabeth explained the difficulties we are currently having with some work done by students on work experience doing their placement at the Cottage. As a result sometimes things are missed.</p> <p>Diary dates for Client Advisory Meetings for 2016</p>	<p>Peter was welcomed to assist by bringing to our attention publications that need to be corrected.</p> <p>Was handed out to members</p>

Member Update

Members that have left the Cottage:

George M,
Anthony P
Shane G
Margaret K
Anne W
Iris W
Yvonne G
Ella J
Davidia H
Elvira B

Members that are in permanent care:

Muriel D
Marie H
Members that are too ill to attend: Anthony E
Shirley W
Trevor R
Anthony P

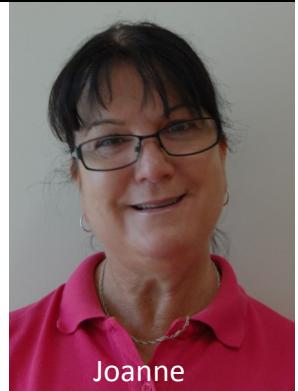
New Members:

Teresa V
Charlie M
Maria G
Suzanne T
Shirley G
Thomas S
Annette K
Colin W
Yvonne G

From the Improvement box

There was no items in the Improvement box .

The Volunteers Voice



Joanne

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 all had a wonderful Christmas and looking forward to 2016 I know I am. I had a great break spending time with my family which I always enjoy. I am glad to be back at the Cottage, enjoying my new role in the kitchen has been quite challenging. I am learning so much so, Thankyou to all the volunteers who have been very helpful and supporting while I am still settling in. Our Volunteer's Christmas party went really well with a lot of fun and games and of course great company. I hope you all enjoyed yourselves, it was a pleasure to have your company. Thank you all so much for the wonderful work you all do here at the Cottage. We are looking for more volunteers so if you know of anybody that would like to volunteer our next induction is March 8th 10:30-12. Hope you are all keeping cool in this weather and keeping up your fluids.

Just want to wish all our volunteers a very Happy Birthday for those who celebrated their Birthdays over the festive season and new year.

Take care and bye for now

Joanne Greenwood Volunteers Voice



New Volunteers:

- Karen S
- Rhonda M

Birthdays of the Month

December

Members: Bibi R, Margaret H, Roslyn B, Sydney B, Audrey M, Helen E, Jenny M, Ann A, Joan F, Fred C, Helen D, Abel F, Jean P, Lynette I, Eric H, Lindsay M, Elizabeth W, Daphne P and Jeanelle R



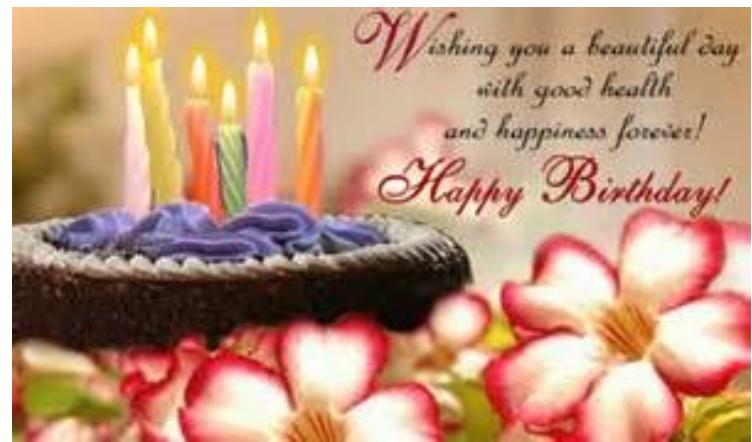
Volunteers: Noel D, Don A, Sharon W, David M, Karen T, Keith M, Jasmine A, Kathryn P

Staff: Christine T and Alex R



Birthdays of the Month

January



Members: Helen M, Annette K, Lynette F, Janice P, Mary C, John H, Maria B, Donald U, Richard J, Patrick B, Mervyn R, Zita C and Melanie M

Volunteers: Beverly W, Lynda K, Mary Jane P, Julie Y, Peter M, Gerry S, Colin C, Jennifer W, Kerry c, Shirley R, Linda W, Wayne J and Christina K

Staff: Diana A



Policy of the month

Access to Confidential Information Policy

Objective

Myrtle Cottage Group is committed to transparency in its operations and to ensuring it is open to public scrutiny balanced with this are the rights of individuals to privacy and of the organisation to confidentiality on sensitive corporate matters.

Policy Statement

Myrtle Cottage Group will prevent unauthorised persons gaining access to an individual's confidential records and permit individuals access to their own records when reasonable and appropriate. Accordingly, access to some documents and records of the organisation will be limited to specified individuals viewing. This policy applies to the internal records, client records and unpublished materials of Myrtle Cottage Group.

Procedures

Client records

Myrtle Cottage Group will only use personal information for the purposes for which it was collected – purposes directly related to the functions and activities (**Primary Purpose**) of Myrtle Cottage. For example: the assessment for and provision of services under current programs or employment of paid staff and volunteers.

Client records and personal information is confidential and will only be made available to clients and to appropriate members of Myrtle Cottage staff, unless prior consent has been given by the client

Myrtle Cottage Group will not use or disclose personal information for purposes other than the above unless one of the following applies:

- The individual may reasonably expect, or has been told, that personal information is usually passed on to those individuals, bodies or agencies in keeping with the Primary Purpose
- It is required or authorised by law
- It will prevent or lessen a serious, imminent threat to somebody's life or health
- It is reasonably necessary for the enforcement of criminal law, the enforcement of a law imposing a pecuniary penalty, or for the protection of public revenue.

All client records will be kept securely in locked cabinets and/ or electronic databases and updated, archived and destroyed according to the organisation's client records policy.

To be Continued

Service of the month

First Stop Transport

What is travel training?

Travel training teaches people to travel independently on public transport. Those of us who use public transport regularly may not realise how hard it is for a person who has never used it to understand the system or to feel confident that they will get to their destination safely and easily.

Who is it for?

Travel training can be for individuals or groups who wish to travel on public transport services.

It may be of interest to older people who can no longer drive themselves, younger people changing schools or commencing employment, or families moving into a new area. Transport training can also assist people with a mobility, sensory or intellectual disability to travel independently.

Group travel training sessions have been successful in helping people with limited English speaking or reading skills and seniors groups to participate more fully in the community.

What does travel training include?

Travel training addresses the range of concerns people may feel in using public transport. Topics can include understanding timetables, types of tickets, getting to and from public transport, how to board and disembark safely, being safe whilst travelling and changing between transport modes.

What is TfNSW doing about travel training?

Transport for NSW has developed *First Stop Transport* for anyone in the community wanting to learn how to use public transport. It is available free of charge and can be accessed from the **transportnsw.info** website.

This resource is complemented by *First Stop Transport eLearning* which brings the travel training process to life through scenarios and practical activities. It is also available for free and can be used by anyone wanting to train someone to use public transport – either in a formal setting or for

a family member or friend. It includes four typical transport training scenarios: an older person who no longer has access to a vehicle, a teenager with an intellectual disability changing schools, a person using a wheelchair and a group of people who have newly arrived in Australia. The eLearning module also incorporates training materials for those seeking accreditation as a Travel Trainer through a Registered Training Organisation.

When will it be available?

The resources will be available from mid-December 2015:

First Stop Transport website firststop.transportnsw.info

eLearning module firststop.transportnsw.info/elearning/pages/index.html

Welcome to all

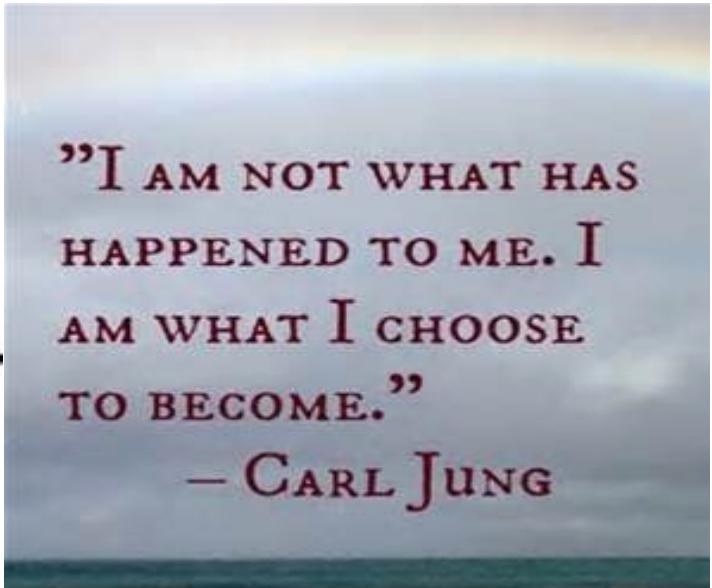
our new Members:



*Faith,
Divine Nature,
Individual Worth,
Knowledge,
Choice and Accountability,
Good Works,
Integrity
and Virtue*

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

Teresa V, Charlie M, Maria G, Suzanne T, Shirley G, Thomas S, Annette K, Colin W, Yvonne G



Wish list

- ❖ Any unwanted Christmas Presents and items we can use for
- ❖ Raffles Prizes

Important Dates to Put In Your Diary

25/2/16 – Staff Training Day	Meeting 10am
Cottage Closed	9/8/16 – Volunteer Induction
3/3/16 – Happy feet Project day– Podiatrist	18/8/16 -Happy Feet Project Day– Podiatrist
8/3/16 –Volunteer Induction	25/8/16 – Staff Training Day– Cottage Closed
25-28/3/16 – Easter Break Cottage Closed	13/9/16 Volunteers Induction
1-10/4/16 Seniors Week	26/9 –7/10/16 – School Holidays
5/4/16 – Client Advisory Committee Meeting 10am	29/9/16 – Happy Feet Project Day—Podiatrist
11-15/4/16 – School Holidays	3/10/16 – Labour Day Holiday Cottage Closed
12/4/16 Volunteers Induction	4/10/16 CAC
14/4/16 – Happy feet Project Day– Podiatrist	11/10/16 Volunteers Induction
25/4/16 – ANZAC Day Holiday Cottage Closed	19/10/16 AGM
9-15/5/16 – National Volunteers Week	8/11/16 – Volunteer Induction
10/5/16 – Volunteer Induction	10/11/16 – Happy Feet Project Day– Podiatrist
26/5/16 – Happy Feet Project Day – Podiatrist	23/11/16 – Combined Christmas Party
6-12/6/16 – Carers Week	2/12/16 - Volunteer Christmas Party
7/6/16 – Client Advisory Committee Meeting 10am	6/12/16 – Client Advisory Committee Meeting 10am
13/6/16 – Queens Birthday Holiday	10/12/16 – Bell Carers' Christmas Party
14/6/16 Volunteers Induction	17/12/16 (Sat) - Recreation Program Last Day for the year
4-15/7/16 – School Holidays	21/12/16 (Wed) - DT, Bell, & LL last day for the year
7/7/16 – Happy Feet Project Day– Podiatrist	22-23/12/16 – Clean up and staff last day
1/8/16 – Bank Holiday Cottage Closed	Return* *Tuesday 3/1/17)
2/8/16 – Client Advisory Committee	



I am looking for a Ms Myrtle.

Who Are
you?

Tell us your story!



Look Up!

Find and circle all of the items that you might see when you look upward.
The remaining 24 letters spell an additional item you might see.

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

AIRPLANE	GALAXY	METEOR	SMOG
BIG DIPPER	HAZE	SHOWER	SOLAR
BIRDS	HELICOPTER	MOON	ECLIPSE
BLIMP	HOT AIR BALLOON	PLANETS	STARS
BLUE SKY	JET EXHAUST	POWER LINES	STREET
CHIMNEY	JUPITER	RAINBOW	LIGHT
SMOKE	KITE	SATELLITE	THE SUN
CLOUDS	LIGHTNING	SATURN	TREETOP
COMET	MARS	SKYDIVER	UNIVERSE
DRONE	MERCURY	SKYSCRAPER	VENUS
FIREWORKS		SKYWRITING	