

Cottage Courier

June-July 2018

Letter from the Editor

Hi Everyone

It's this time again, read on to catch-up on the Cottage's activities.

Points of interest are:

Congratulations to everyone who completed the Stepping On Program — *page 4*

Very interesting Dementia fact sheet — *page 8*

See what you think! Does the Recreation Program do anything but eat? — *page 9*

Some lovely artwork by a Linkline member — *page 10*

Read about some important issues raised by the Client Advisory Committee — *page 12*

Try your hand at the Word Search — *page 24*

Take care

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.




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Myrtle Cottage Group

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www.myrtlecottage.org.au

Elizabeth's Exciting Edit Manager's Report



Hi all,

As the beautiful winter days continue we get to enjoy our colourful garden, thanks to Syd who does such great job, and the chance to visit some popular venues.

We are also in the midst of our financial reporting activities due to end of financial year requirements and this is keeping staff quite busy as it does each year. We have now confirmed and signed the new funding agreement until 2020 for our Commonwealth Home Support Programs and this was a very welcome development for all at the Cottage.

During June we also had the opportunity to participate in a Disability Networking Event organised at the Campbelltown RSL, where we met a number of other providers and gathered lots of information for our members. Our student Siza attended this with Julie and myself, giving her the chance to experience first-hand what our sector has to offer!

And last but not least, I would like to thank our member Florencio G for his donation to the Cottage of the beautiful mosaic he created. The piece is on display in our central hallway for all to admire.

Thank you also to all those who contribute daily to help us offer the support and friendship our members enjoy!

Look after yourselves and each other!

Kind regards,

Elizabeth Delcasse, Manager



Rooms offered for Rent at Myrtle Cottage



1. Room area 70 sq. m 2 toilets, access to adjoining courtyard.
2. Room area 180 sq. m audio visual facilities, room size can be adjusted to 90 sq. m with access to large courtyard.
3. Room area 40 sq. m full kitchen facilities, 2 toilets, ideal for group training, computer access.

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.

As the weather has become cooler, our numbers have been a little lower in the DT room. In saying this, we are currently up to capacity on each day and only replacing current members when they leave.

Monday members had a great day at Warragamba Dam. We had beautiful weather, great company, fun & games and a delicious BBQ lunch thanks to our terrific drivers.

Merrylands has been the venue for our last few Tuesday outings. We've enjoyed the Morning Melodies & lunch at both the RSL & the Bowling Club.

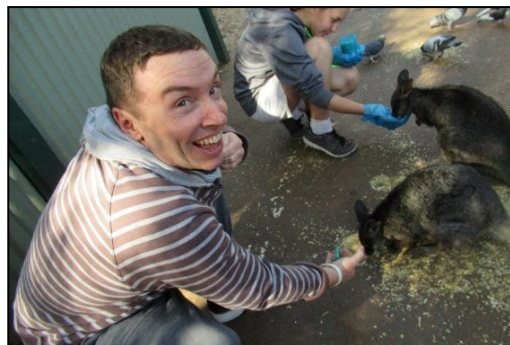
The Wednesday members have also enjoyed their last few outings. We went to see an amazing Circus / Arts Show put on by the talented students from Campbelltown Performing Arts High School. We were blessed with fantastic



Monday members enjoying Dominos @ Warragamba Dam



Tuesday group @ Club Merrylands



Wednesday group @ Featherdale

weather, ensuring we got the most out of our visit to Featherdale Wildlife Park too.

The Thursday group have been treated to an all-you-can eat Buffet at Bambusa in St Marys. Those who went along to Sublime Point Lookout loved the fabulous views and the yummy sandwiches provided by the awesome kitchen crew.

Our Friday group have enjoyed 2 great outings – 1st at Macarthur Grange Clubhouse & the 2nd being a Seniors Show @ Mounties followed by a buffet lunch.

Most of you will be happy to know that we'll be trialling the trading table being set up on a permanent basis again in the DT Room. We'll be wanting everyone's feedback as to if we should continue with this option or only having the table

operating occasionally, as we had during the storage installation process.

Our Men's groups are continuing to go well with each day group now having a "male specific" outing added to each 6 week program.

Until next time, stay safe & keep warm!



Thursday members @ Sublime Point Lookout



Friday members enjoying the Morning Melodies @ Club Merrylands

Julie & the DT Team

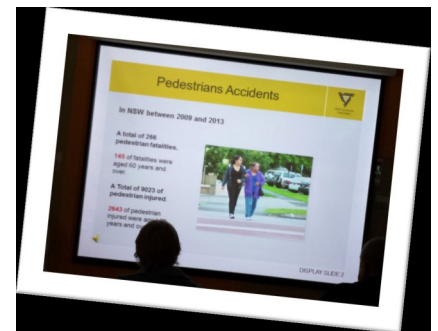
Congratulations to all ...

who took part in the 8 week Fall Prevention Program at Myrtle Cottage. The Stepping On program was facilitated by myself & Bev Garrick, we look forward to catching up with all our participants in a few months time to hear positive stories of great improvement in self confidence. Both Members and Volunteers learnt evidence based exercises vital for strength and balance. They enjoyed a variety of guest speakers such as Physiotherapists, Pharmacists and Occupational Therapists. Vision Australia increased our awareness of fall risks as eyesight deteriorates. Each week we worked through the exercises together and discussed the many ways to improve our own environment in an effort to decrease our fall risks. On our last week we identified risks, and discussed solutions navigating our way along

the path and road to the lolly shop.

Across the whole group everyone has improved. Sit

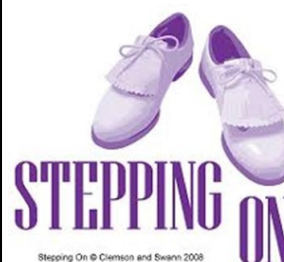
to stand was quicker, balancing with eyes closed could be performed longer. The best improvements over the 7 weeks were their personal achievements in daily life. To be able to confidently walk down 3 steps to the backyard for the first time in 2 years, to be able to walk unassisted to the front yard to pickup the newspaper. To make their own bed because they had more control with their balance for the first time in a long time. Walking again on uneven ground, making plans to walk to a friends' home close by for a cuppa.



A lot of excitement for a persistent group of ladies enhancing their independence. It has been an absolute pleasure.

Ell Gatt,

Stepping On
Facilitator / Longevity
Senior Services



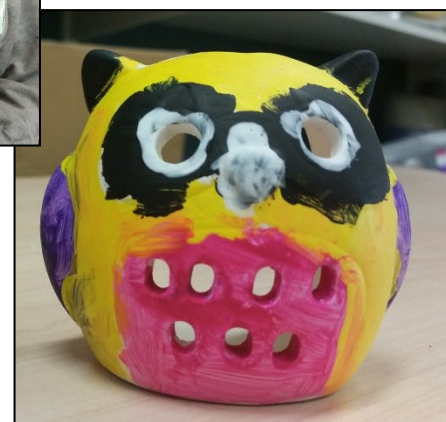
Stepping On © Clemson and Swann 2008

Craft Activity

Owl Ceramic Tea Light Holder

Items you need:

- Owl Ceramic – can purchase at any craft shop or through Cleverpatch
- Paint – your choice of colours
- Glitter
- Tea Light Candle
- Paint Brush
- Apron
- Hair Dryer (optional, for drying purposes)



Instructions:

Paint your ceramic owl using your choice of colours. You can also decorate your owl using glitter. Allow to dry slowly or dry using your hairdryer. Once the paint has dried put your tea light candle behind the owl. Light the candle and see your owl all nice and lit up.



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):

- *The rest and residue of my Estate or*
- *_____ percent of my Estate or*
- *_____ percent of the residue of my Estate or*
- *The sum of \$ _____*

free of all duties and testamentary expenses for its general purposes and I direct that the receipt of that organization shall be sufficient discharge to my executors for this bequest.

Bell Program



Sharny, Jordan, Diana,
Christine, Sue and Penny

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,

I hope you are all keeping warm, not long now and we will be trying to cool off again, it's hard to believe we are in the second half of the year already.

On the 5.6.18 our outing was to Appin Inn. The food was very nice a little large for some members, but everyone enjoyed what they ordered. The staff were very accommodating with our request.



Our outing to Bulli Beach Café was a lovely spot, although it was very windy on the day, the members, volunteers and staff thought this was a great new place to go. We had members say it was lovely to sit and watch the ocean.

We have also had another outing to the Art



Gallery. Many of the members were very involved and responsive, and gave their own interpretations of the art work. Dancing and volley balloon have become popular activities in the afternoons.

We had a Career's information



session on the 12.7.18. The topic was Understanding and responding to changed behaviors. The session went very well, the

Carers all stated it was very useful information and were eager to try some of the suggested responses. The next information day will be the 9.8.18.

Until next time

Christine Turner

Happy Birthday

Mani A, Jean C, Gary G, Heinrich S,
Iolanda S, Michael D, Kamlawati B,
Robert S, Loraine S, Barbara B, Maliha A

If you don't like where you are, then change it.

You are not a tree.



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

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

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

\$47.10 which brings the total since **July 2017** to;

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

\$226.35

Dementia: Fact Sheet

The KISA® phone

Making a phone call is as simple as a single button press. There are no confusing menus, touch screens to swipe or numbers to remember. Receive incoming calls with the clearly visible answer button in the top left hand corner.

Each KISA phone is made to order, with a maximum of ten pre-programmed mechanical contact buttons. You can choose to have buttons with large text or images such as a picture of a family member or doctor. Personalize your KISA phone with a wide range of background colors and designs.

KISA phone can be located at any time through our easy to use GPS location service. The GPS location service is perfect for knowing where your children or elder loved ones may be at any time. GPS can be activated or deactivated at your request and is accessible only to persons nominated by you.

You can customize the rear of the KISA phone with vital information that explains medical needs immediately for first responders attending to you or your loved one.

For more information you can contact KISA by www.kisaphone.com.au

1300 557 453



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.



RECREATION PROGRAM

NEWS FROM THE WANDERERS

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 all you wacky Wanderers

In June we made our way to Pancakes on the Rocks at Campbelltown for an early breakfast. Thanks Jeanelle for coming up with that great idea, all the members loved having ice cream for breakfast.

Once again we made our way to Penrith to jump aboard the Nepean Belle Paddle wheeler where we got to feast on a three course meal. What an absolutely brilliant day out on the water. Our seats were spectacular and the service was perfect.

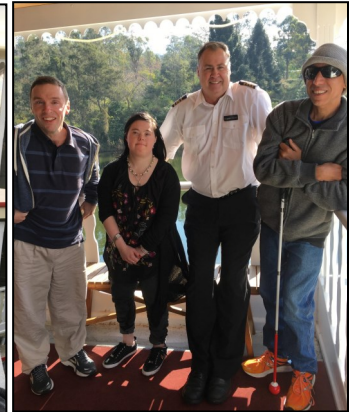
The Collegians at Wollongong is a great club with four different eateries to choose from for a cheap meal, where else can you get a healthy meal for \$5.50.

Hubertus Country Club, Luddenham specialises in German food. The scenery over looks paddocks and fields and is quite relaxing while enjoying wonderful food. Mark ordered the pork knuckle which he couldn't possibly eat because of the sheer size of it! The day was a success and members have asked to go back.

Some of the other places we visited were: Bunnings, Mittagong RSL, Kemps Creek



Nepean Belle Paddlewheeler



The guys with Captain Chris



Ian captaining the Paddle wheeler

Bowling, Shopping at Narellan, Ten Pin Bowling, Wirrinbirra Wild Life, St Marys Leagues Club, Revesby Workers, Sara Lea/ Shopping at Casula shops.

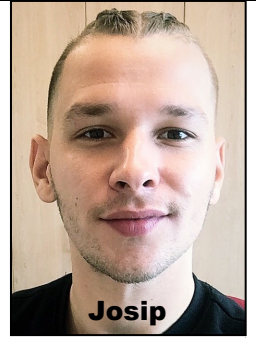
Bye for now

Connie & Penny

Happy Birthday

Robert S, Jan R, Ann G, Kerry R, Colin Le M, Ann Maree M, George S

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

I hope everyone is managing to stay warm and well. At this stage I am looking forward to spring, especially for the beautiful weather and the lovely garden arrangement that is looked after every week by our fantastic volunteers!

Our current program is covering enjoyable topics such as riddles, the 1950's/1960's, finish the line, brain teasers, general trivia and 1970's television trivia. Our daily groups still continue to support and encourage each other whilst having many laughs along the way.

It is also good to see that our Linkline members are keeping busy at home through a range of different therapeutic activities. One of our Linkline members Gillian has sent in some photos to show everybody some of the art she has completed at home:

Some of our client members have mentioned they have been bothered at home with pushy sales representatives. The Australian

Government established a **Do Not Call Register** in response to increasing concern about the growth in unsolicited telemarketing calls. To register your number and opt out of receiving telemarketing calls please call 1300 792 958 or you may complete an online registration at <https://www.donotcall.gov.au/consumers/register-your-numbers/>

Linkline runs from 2.30pm to 3.30pm so if you know of someone that feels isolated in their homes and would enjoy conversation, trivia and games to brighten their week, please encourage them to call the Cottage for more information and assistance as we want to connect, socialise and learn from many in this program.

Well that is all from the Linkline Program for now. Please keep safe and indulge in a good laugh.

Take care and keep smiling!



Regards,
Josip

**Happy
Birthday**
Glynis F

Warren's Wisdom

Transport Report



WEAR YOUR SEAT BELT

Why are we bringing up the First Law of Motion in order to convince you to wear a seat belt? Because the Law of Inertia applies to you whenever you're in a vehicle (also all the time, but that's beside the point...). Your body is traveling at the same speed as the vehicle even though you're just sitting on your butt. If the vehicle stops abruptly, whether it's a hard stop or an automobile accident, your body will continue moving forward. Something's gotta stop that motion and airbags usually aren't enough. Do you want it to be a seat belt or the windshield? Seat belts prevent excessive injury when your vehicle and your body need to slow down in a hurry. This applies whether you're in the driver seat, passenger seat or if you're a back seat passenger. *'quote'*



JOKE OF THE MONTH:

Sister Mary was truly a religious woman. Besides her duties as a nun, she was also very active in various hospitals visiting sick patients and taking care of all their needs.

So it was no surprise that one day when she ran out of gas, the only container she could find to put the gas into was a bedpan. Sister Mary happily walked two blocks to the closest gas station filled up the bedpan with gas and headed back to her car.

Luck would have it that as Sister Mary started tipping the gas into the fuel tank, the traffic light turned red and she had quite a large audience witnessing the spectacle.

Just when she finished pouring in the last drops of gas a fellow opened up his window and hollered, "I swear! If that car starts I'm becoming a religious man!"



Client Advisory Committee

Date: 05/06/18

Attendance: Elizabeth D, Azree (minutes taker), George C, Peter Mc, Robyn O, Janice S, Fay T, Sheila J

Apologies: Stan L, Kerrin B, Michael T, Valerie B, Kath W, Brian F

Next Meeting will be: 07/08/18

Item	Discussion	Outcomes / solutions / feedback
Business arising from previous meeting	Name badges to identify Client Advisory Members	Stick on label has been provided to put on badge to identify Client Advisory members
Training – attended or required	Next staff training is in August 2018	
Work experience and volunteers	Support sessions held in April – complete	
	Volunteer's week – High tea held and badges handed out. Acknowledged that it is not easy to get volunteers to get together on the same day for celebration. Volunteers' number is constant but sometimes there are more volunteers on a particular day than others.	Members were told by volunteers that they are pleased with the new badges
Policy development	Advocacy Policy was discussed. Advocates list to be updated.	We cannot be advocates for members as we're not funded for advocacy. We do provide general information for members ease of access
WH&S	Water leak in the laundry.	Warren is to investigate the leak
	Dash cams are installed in vehicles and occupants need to be aware that they record both image and sound. This is to manage accidents / incidents while vehicles are in motion	Stickers advising of this have been placed on all buses

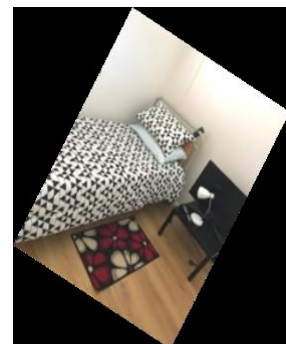
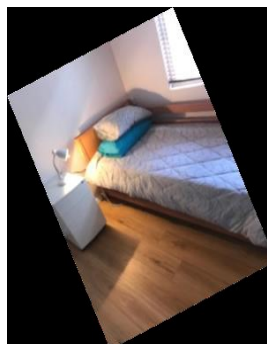
Item	Discussion	Outcomes / solutions / feedback
WH&S cont'd	A member asked about the wheelchair policy. Who could/could not push a wheelchair – not all volunteers are willing or able to push members on wheelchair	Members can ask staff directly for help if needed. Staff will allocate a person or assist themselves.
Strategic Updates	No discussion undertaken	
Other business	Members are happy with Jordan going to see and ask feedback on their meals Members need to be aware that Jordan is the point of contact in regards to kitchen's issues Member enquired about why the rolls were rationed on one particular instance. Members are once again reminded to fill in the complaint/suggestion form to allow us to address issues appropriately and promptly	It was explained that rolls are supplied/thawed out based on the number of members. On some days, there might be just enough rolls to go around and not enough for extras. Difficult to respond some weeks after the incident.
	Suggestions/ complaints received - Fishers Ghost Festival <ul style="list-style-type: none"> • A member suggested it is a dying event • Having staff participate in the event could be costly 	Elizabeth is to look into the viability of participating in the festival A member suggest that we set up stall to raise money by selling items from the Cottage.
	Contact details provided to third parties <ul style="list-style-type: none"> • A volunteer has raised concern that personal information was given to third party after being contacted by a student for a survey • A volunteer expressed dissatisfaction that she was contacted whilst away 	It was explained that the student acted on behalf of and from Myrtle Cottage and no personal information was distributed to a third party. For quality assurance, it is part of funding requirements that Myrtle Cottage undertakes surveys from time to time. Member/volunteer can choose to have their phone number taken off

Item	Discussion	Outcomes / solutions / feedback
Other business cont'd	<ul style="list-style-type: none"> - Managing items to be raffled <ul style="list-style-type: none"> • New/Used items are normally raffled or put on trading table. • Some items bought by the Cottage can have use by/best before date. 	It is suggested that Myrtle Cottage introduces items that are not perishables.

Service of the month:



Short Term Accommodation (Overnight Respite) **Primrose Cottage** **OPEN FOR REFERRALS**



MDSI is a registered NDIS provider of Short Term Accommodation (overnight respite). We provide quality short breaks for people with a disability to enjoy time away from their usual home environment.

Primrose Cottage, located in central Campbelltown at Dumaresq Street is open for service and caters for adults with any disability type who are 18 years of age and over. MDSI has friendly, experienced and trained staff who are committed to providing person centred and quality support.

Access to Primrose Cottage is open to people

with any type of disability who have NDIS funding for Short Term Accommodation in their plan. The service is also accessible on a fee for service basis to people without an NDIS plan.

Primrose Cottage has 4 bedrooms, is wheelchair accessible, and has a large backyard with a BBQ area and an activities room.

For further information contact: Necia Allen –
Disability Services Coordinator

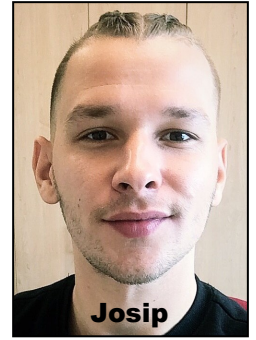
Telephone: 4627 1188 Mob: 0490 815 500

Email: info@mdsi.org.au

mdsi.org.au

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



Volunteers have been fantastic throughout winter in providing a supportive and caring environment for all our members during the cold and flu season ensuring everybody is warm and enjoying each day.

I had the opportunity to meet with all volunteers throughout July in our volunteer support sessions to raise issues and collect suggestions which are valuable to the Cottage. I would like to thank all volunteers who attended our support sessions and provided valuable feedback.

Each day I walk into the kitchen the volunteer team have been making cakes for birthdays and trialling different dessert options for our members on a daily basis which drives creativity. The Diversional Therapy and Bell volunteer teams have been fantastic in ensuring our members are being supported and encouraged here at the cottage. The dedication to provide both physical and mental stimulation to our members is recognised daily. I believe our volunteer team here at the Cottage stands by the statement "alone we can do so little; together we can do so much" – Helen Keller.

We still have over 100 volunteers active at the Cottage and our next volunteer induction is on

New Volunteers

Siza M, Kim F, Kylie A, Christine J,
Carol W, Faith O

the 11th of September. We still struggle to fill some roles. The DT program requires program and bus assistants on Mondays, Tuesdays and Fridays. The Bell program requires bus assistants on a Tuesday. We really do need more bus drivers across both programs so if anybody knows somebody interested please tell them to give us a call. Liverpool Resource Centre and Sector Connect in continually advertising for us.



I would also like to Congratulate Liz on her 'Werriwa Volunteer of the Year Award – 2018. Liz was invited to morning tea with the Federal Member Anne Stanley along with many other deserving Volunteers from a range of organisations.

Take care and indulge in a good laugh!

Josip Perosh



Member Update

Welcome to all our new Members:

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

New members:

Eileen M, Kay W, Faris A, George W, Nita M,
Samuel C, Patricia M, Richard M, Andrew L,
Samir S

Sick:

Fay T, Michael T, Michael C, Darinka R, Lucy
G, Lynette F, Bibi R, Nellie G, Les B, Roslyn
B, Fred C

Members that have passed away:

Norman J, Harry S

Members that have gone into permanent care:

Brian L, Ron M

Members that have moved out of the area:

Daphne H

Members that have left the Cottage:

Shardha S, Erna H, Mark D, Bhaskar B,
Madhuri B, John S

Members not well enough to return:

Ron B, Shirley B, Yvonne S, June B

Welcome back:

Bev J, Dot S, Kath W, Louise H

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





HAPPY BIRTHDAY!



[The June birthstone](#), pearl, has long been a symbol of purity. The ancient Greeks believed that pearls were the hardened tears of joy from Aphrodite, the goddess of love.

Members:

Mani A	Janice M
Robert S	Jan R
Elva H	Richard McB
Safwat A	June B
Michael T	<u>Volunteers:</u>
John C	Barry B
Kevin B	Kylie A

Faith O
Jo M
Gail J
Linda M
Christine J
Thomas A
Zlatko K

Staff:

Warren K
Julie R
Joanne G
Jane A

[The July birthstone](#), ruby, was regarded by ancient Hindus as the “king of gems.” It was believed to protect its wearer from evil. Today, the ruby’s deep-red color signifies love and passion.

Members:

Faris A	Dorothy S
Ann G	Helen B
Kerry R	Ann Maree M
Colin Le M	George S
Maria K	Patricia M
	Elva W

Volunteers:

Malcolm P	Jenelle F
Philip S	Carol D
Robert W	
Becky S	
Val W	

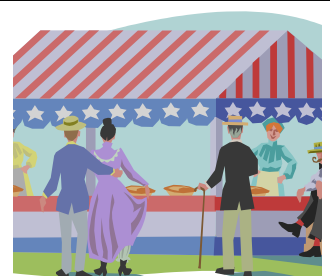


Staff:

Margaret D

The Trading table has raised \$158.50 since the last newsletter.

If you wish to donate larger items, they can be photographed and advertised on the notice board.



Policy of the month

Members Records Procedure

Objective

Myrtle Cottage staff will ensure that they provide a standard of care whilst also respecting the person's right to choose to take risks. All people have equal rights to take risks and assist members to enjoy the broadest range of life opportunities and experiences in an environment of care, support, information, education and advocacy.

Definition and scope

Duty of Care encompasses the obligation to take reasonable care to avoid injury (interpreted broadly and includes more than physical hurt) to a person whom it can reasonably be foreseen might be injured by an act or omission. Neglect of this duty is the basis for the civil (court) action of negligence

A duty of care is owed by a worker to a member because the actions, or failure to act, of the worker will directly and adversely affect the member.

To establish an action in negligence, four factors must be shown:

- That duty of care exists

- That there has been a breach of the duty. This means that an accident was reasonably foreseeable and that the person failed to take reasonable steps to prevent the accident from occurring.

- That harm has been suffered

- That the harm was the result of the breach of the duty of care. That is, there must be a causal connection between the breach and the harm.

Policy

All people, regardless of conditions, impairments or disabilities, have innate value and should be treated with respect and dignity. They have the right to choose and be involved in decisions about their lives and to participate in all activities and consequences that impinge upon their lives.

All people with a disability or ageing condition have the right to access and participate in the normal patterns and conditions of life enjoyed by other non-disabled or younger members of society and the right to receive the required

FROM THE KITCHEN



Hi everyone

I am proud to say that everyone is working well together still. The kitchen crew and I would like to welcome Carol, Christine and Faith, who are new volunteers in the kitchen. These 3 ladies have fitted into the kitchen lifestyle quickly.

During the next couple of months, the kitchen will be serving a variety of soups for morning tea so that everyone is warmed up for the days' activities.

The recipe below has been done a few times

at Myrtle Cottage for dessert and has received excellent feedback, with some members requesting the recipe.

I enjoy hearing the feedback, both good and bad, from both the members and the volunteers. I also enjoy hearing the suggestions for morning tea and desserts. Keep the suggestions coming and if you do have any ideas/suggestions, please write them down and place them in the suggestion box outside the DT room.

From Jordan and the Kitchen Crew

Peach and Sour Cream Slice

(Time Required: 50 minutes, Makes about 15 squares)

Ingredients

340g packet buttercake mix
1 cup desiccated coconut
125g melted butter
800g canned peach slices
300g carton sour cream
1 egg, lightly beaten
1/4 cup milk
Cinnamon sugar, to taste

Method

- 1) Preheat the oven to a moderate 180°C. Lightly grease and line a shallow 20cm x 30cm baking pan. Place the unprepared buttercake mix into a bowl and add the desiccated coconut, stir until combined. Add the melted butter and mix well.



- 2) Press the mixture into the base on the prepared pan and bake for 10 minutes or until light and golden brown.
- 3) Arrange the peach slices across the cake base. Combine the sour cream, beaten egg and milk and whisk until combined. Pour the mixture over the cake and spread with a spatula. Sprinkle generously with cinnamon sugar and bake for 30 minutes or until set and golden brown. Cool in the pan and chill until required. Cut into squares and serve.

From the Improvement box

Date: 01/06/2018

Type (How raised): Compliment

Raised by: Western Univ.—School of Medicine

Compliment: Thank you for your ongoing support to our community-engaged teaching and learning program.

Action/Response: Thermos cup and photo frame to be raffled. Card filed.

Date: 01/06/2018

Type (How raised): Compliment

Raised by: Carer

Compliment: On behalf of the family of Erna I would like to thank you for the wonderful friendship, caring concern that you showed towards our mother. Mum is now in a high care facility because of a mild stroke that has made her bed ridden. Thank you sincerely for making mum's last few years meaningful.

Action/Response: Received donation from carer.

Date: Undocumented

Type (How raised): Complaint

Raised by: Member

Issue: I was upset because a volunteer asked for my number

Action/Response: This volunteer was spoken to on the day. Remember it is your choice if you want to share contact details with people you have built a friendship with though we do ask that a Personal Relationship form be completed for relationships between volunteers and members.

Date: 18/06/2018

Type (How raised): Suggestion form

Raised by: Member

Issue: Visit to Spotlight especially for the ladies

Action/Response: Referred to Aged and Disability Coordinator

Date: 29/06/2018

Type (How raised): Compliment

Raised by: Carer

Issue or compliment: Thank you for thawing my heart yesterday. You have been a rock and I will be eternally grateful. Know always that YOU made a huge difference to the lives of five people. YOU were the reason and YOU are an angel to me

Action/Response: Donation to Myrtle Cottage

From the Improvement box

Continued...

Date: Documented

Type (How raised): Compliment

Raised by: Carer

Compliment: You know after everything that Myrtle Cottage did for mum and the pressure you took off the family £30 or so 'donation' every now and then is nothing! Mum was never happier than when she was going to Myrtle Cottage, she was stimulated and really looked

forward to getting up and going to the 'club' five times a week. I have nothing but gratitude, affection and respect for you and your team.

Action/Response: Carer from 2 years ago still brings gifts for craft and activities from the UK

Wish list for July

Smart TV x 2, for Activity room walls for promotional displays eg like in a doctors surgery



**Our AGM is on 24th October
so start putting on your thinking caps**

**WHO WOULD YOU NOMINATE FOR THE 2018 ACHIEVEMENT
AWARD?**

***Also, to anyone who is yet to pay for 2018/2019 Membership
please see Sarah as she collects membership fees***

Important Dates to Put In Your Diary

23/08/18: Staff Training Day —
Cottage closed

27-31/08/18: Client Advisory
Committee Nominations (Mon, Tues,
Wed)

02/09/18: Father's Day

13/09/18: Happy Feet Project Day —
Podiatry

29/09-13/10/18: School Holidays

01/10/18: Labour Day Holiday

02/10/18: Client Advisory Committee
Meeting 10.00am

14-20/10/18: Carers' Week
www.carernsw.org.au/national-carers-week

24/10/18: Annual General Meeting

25/10/18: Happy Feet Project Day —
Podiatry

23/11/18: Volunteers Christmas
Party

04/12/18: Client Advisory Committee
Meeting 10.00am

06/12/18: Happy Feet Project Day —
Podiatry

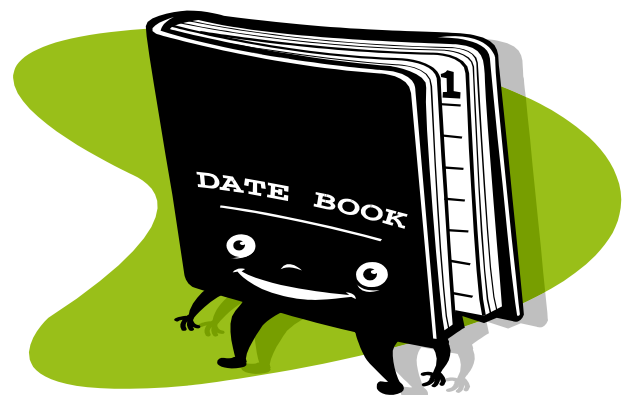
08/12/18: Bell Careers' Christmas
Party

10-14/12/18: Daily Christmas Parties

20/12/18: Members' last day for the
year

20/12/18: School Holidays (start)

02/01/19: First day back



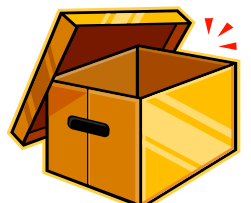
Hair cuts

Anyone wishing to get their haircut whilst at Myrtle
Cottage are welcome to make an appointment.

Cost \$10.00 Phone the Cottage: **9426 3100**



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 Feet



Hi Everyone,

We had a session on the 21st of June with our wonderful Podiatrist Corinna. She has been busy pampering and attending to our foot care needs.

Some peoples referrals are starting to run out so if you are on your last visit please come and see me for a new referral form to take to your GP. Most people are entitled to 5 free visits a year. Depending on your foot care needs, we recommend that you use the visits every 12 weeks (so every second session) so it will last you the whole 12 month referral period.

We have had some volunteers and staff come on board the program which is great to see. I love hearing comments from everyone such as: "My feet are floating." "Their feet feel so light."

Corinna now has a new Podiatry chair for people to sit in to have their feet done. It not only helps Corinna in attending to each person's feet at the right height for her but it also assists members to get in and out of the chair in a safe and comfortable manner.

Until next time keep dancing,



Sarah Clarke
Admin/DT Assistant

Dates for 2018:

Thursday 13th of September
Thursday 25th of October
Thursday 6th of December

Donations

Received:

Donations: Hawker Foundation \$5,000, Erna \$100, Grilled Macarthur \$100, Olga \$120, Darinka \$15

Remember all donations over \$2 are tax deductible.

Disney Characters

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

THUMPER

WALL-E

POO BEAR

SCROOGE MCDUCK

CHIP

DUMBO

MICKEY MOUSE

BOLT

WOODY

BAMBI

PLUTO

ARIEL

NEMO

ABU

MOWGLI

BALOO

DALE

GENIE

GOOFY