

Cottage Courier

August-September 2018

Letter from the Editor

Hello

Hoping this Newsletter finds everyone well. Read on to discover what has been happening at the Cottage over last two months.

I draw your attention to the following:

Ageing & Disability — page 3

Bell Program — page 6

Dementia Fact Sheet — page 7-8

Transport Report — page 11

Client Advisory Committee — page 12

From the Improvement Box — page 21

And enjoy your **Find-A-Word** on the back page.

Take care and enjoy.

Colleen

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Myrtle Cottage Group

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www.myrtlecottage.org.au

Elizabeth's Exciting Edit Manager's Report



Hi all,

I can not believe how soon the time for the next newsletter comes around! Someone told me it is because we are so busy, we hardly notice the calendar pages turning! But I wish I could slow it down ... I heard last week there was only about 150 days until Christmas!

We have now completed all the financial tasks required at the end of the year, have had our auditors visit to make their checks and inspection and are ready for our Annual General Meeting coming up on 31st October.

September was an eventful month. We had our new van delivered and modified to fit in the hoist and rails to make it safe for members. I believe we were also put to the test when we had a Friday with no water due to a burst main pipe not far from us. The day ended up in an unplanned outing, with

morning tea at a park and lunch at a club. Members said they enjoyed themselves tremendously and I can't thank enough all the staff and volunteers that made it possible. The three programs running that day went ahead without disruption. It would not have worked better if it was planned!

Our Client Advisory Committee will be looking for new members in coming weeks, so why not think about joining us and assist us with suggestions or ideas? Take the opportunity! Or ask me about it to see if it would interest you.

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

Look after your selves and each other!

Kind regards,

Elizabeth Delcasse, Manager

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.



“One small positive thought in the morning can change your whole day.”

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.

It's been a fun filled few months in the DT Rooms. We've had some great outings, including trips to Auburn Botanic Gardens, Club Marconi, Towradgi Beach Hotel, Bankstown RSL Club, Penrith RSL Club & Picton Bowling Club.

We also had an impromptu outing when we lost all water supply at the Cottage. We spent the morning at Koshigaya Park, then headed to Ingleburn RSL Club for lunch. I would like to thank everyone: all our amazing volunteers & great staff for pulling together and making the day run as smoothly as it did! - and of course our fantastic members for being so supportive, patient and positive throughout the day.

We've also welcomed and



Monday members outing



Tuesday Craft Group



Wednesday Cooking Group

enjoyed lots of visitors & guest speakers recently. Australian Hearing have been great, offering a chat and free hearing tests to all interested persons. Bob, the Memory Man came and reminisced with the Thursday group. Friday's members were treated to a lovely performance by our great friends 'The Evergreens' while our Tuesday members were touched by a wonderful speaker from Beyond Blue to discuss and talk about her personal experiences with Mental Health.

After completing another round of consultations our most popular activities continue to be: Bingo, Jewellery Making, Shopping Trips and a variety of table and card games.



Thursday members Outing @ Penrith RSL Club



Winner of Father's Day Raffle: Sam Cooper – Friday member

Father's Day Raffle. 1st Prize went to Sam Cooper. Anne Daley won the 2nd basket, while Anne Cox took out 3rd prize! Congratulations to our winners and to everyone who purchased tickets. Our Chocolate Jar Guessing Competition was won by Andrew Leeding – 316 being the correct guess. \$167.15 was raised during this fundraiser. Mary Lamb was the lucky winner of the uniquely made Panthers Footy Table. Huge

thanks to Sid, our truly talented and generous volunteer for his on-going support of special donations for raffles. Another \$86.00 was raised during this raffle too.

Until next time, enjoy the warmer weather that's heading our way!

Julie & the DT Team



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.

Craft Activity

How to Make Your Own Pom-Poms

Pom-Pom Materials

- Cardboard
- Circular items to trace (small glass, lids, etc.)
- Pen
- Scissors
- Yarn



Instructions

1. Hold two pieces of circular cardboard together, attach these together by wrapping wool through the centre circle and then around the outside edge of the circle.
2. Wrap the wool until the hole in the centre of the donut shape can no longer fit wool through. Change colours as often as you like by tying on a new colour wool.
3. Once the centre is full tie off the wool.
4. Snip around the outside edge of the circle.
5. Pull the two pieces of cardboard away from the wool. Tie a separate strand of wool in between the two cardboard circles before fully removing the cardboard from the wool.
6. Fluff out and trim your pom-pom.



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.

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 have attended and had a stall at two carer information days since my last report. Glenquarie Library had representatives from a number of services, like Carrington Care, the Library Home Service and many more. Bargo Sports Ground had over 45 stalls with other services information, M.D.S, Ability Options, Community Transport, Autism Spectrum and many more. These events are happening more often and covering more areas, so keep your eye on the flyers we send home. I have no doubt that some of you would find the other service information very useful.



The October/November program is a busy one, if you haven't received one please let me know. We have the A.G.M on the 31/10/18 so there will be no programs on this day. We have a Powerhouse outing on the 15/10/18 and we have our regular outing on the 29/10/18. 'See the Bell Program in Action'

is set for the last week of the program, we are all looking forward to showing our Carers what we do each day.

Cares Week is the 14/10/18 to the 20/10/18 Campbelltown Hospital has a Carers information session on Friday the 19th for more information contact Kathy on 4634 3877 Art center Café is holding a Wellness day on the 19th for more information contact Julie on 02 8778 4223

The Men's Shed Narellan has a luncheon on the 16th for more information contact Colin on 0425 225 299

Aged Care Services Campbelltown has a Wellness Day on the 18th for more information contact Michelle on 02 4627 1188

There are many more events happening close by check these out by going to www.carersnsw.org.au/national-carers-week or by calling 02 9280 4744

Until next time

Christine Turner

Happy Birthday

Edgar B, Terrence C, Mary A, Beverly W

Dementia: Fact Sheet

Men in a supportive role

This Help Sheet describes some of the issues that may affect men who support a person with dementia.

Many men find themselves caring for someone with dementia. Most will support their wives, although many other men, will support their mothers, daughters, sisters and friends.

The symptoms of dementia can be quite challenging for the person with dementia, which may lead to life changing circumstances. These changes may impact on some aspects of the relationship and the role held by the person supporting the person with dementia. Men who move into this supportive role may often be identified as the carer.

Men can face a number of challenges when having to adapt to this new caring role.

Taking over household tasks

In many homes it is often the woman who takes the main responsibility for meal planning, cooking, cleaning, laundry and many of the other jobs that keep a household running. If the woman has dementia, she will gradually become unable to continue to do these tasks. The man in the caring role may need to begin assisting the person with dementia, perhaps by asking to be shown how to do these things. For some men, taking responsibility for these tasks may mean learning new skills or different ways of doing things.

Helping with personal skills

A male assisting a person with dementia may need to provide personal and intimate care, particularly as the illness progresses. Assistance may be needed with bathing and toileting. The person with dementia may also

need help with dressing, hairdressing and applying makeup. For most men, these would represent new and unfamiliar experiences, which might make them feel uncomfortable. Male carers may need to seek help from other females, family or friends to learn how to perform these tasks.

New challenges of everyday tasks

Some things that have been part of everyday life may become more complex. For instance buying a bra for a woman with dementia can present a challenge for many men. Helping to try on new clothes can be difficult when the person with dementia needs assistance in the ladies' change room.

Losing the emotional support of a partner

Generally, men do not have the extensive support systems that most women have. They often rely on their partners for emotional support and to maintain the friendships and family contacts that make up most of their support systems. As dementia progresses the ability of the woman to provide emotional support and maintain friendships and family contacts will be gradually lost. It is important that the man in the caring role is aware of these changes and takes action to ensure that they both have social and emotional support.

Men need support too

- It is important for all families and carers to take care of themselves. You may need to pay more attention to your diet and exercise
- It is essential to maintain social contacts

- Balancing your own needs with the day to day demands of caring can be difficult, but is important
- Arrange regular respite from caring so that you don't get worn down. Contact support services to find out ways to arrange a respite
- Some men find it helpful to talk with other men who are also caring for someone with dementia. Dementia Australia can put you in touch with other men in a similar role
- Find a safe place to air emotional issues. Supportive family and friends, as well as support groups, help many men who are caring for someone with dementia
- Dementia Australia can link people to a large number of support groups throughout Australia. Many people find comfort and practical assistance by attending these meetings with others who know what it is like to care for a person with dementia. Support groups bring together families, carers and friends of people with dementia under the guidance of a group facilitator. The facilitator is usually a health professional or someone with first-hand experience of caring for a person with dementia

Who can help?

- **My Aged Care: 1800 200 422**

The Australian Government's My Aged Care contact centre and website www.myagedcare.gov.au is your starting point to access a range of aged care services

- **National Dementia Helpline: 1800 100 500**

A free confidential phone and email information and support service for anyone interested in

dementia, concerned about their memory, anybody who has been diagnosed with dementia or who works with people with dementia, or anybody who simply wants to know more

- **National Respite for Carers Program: 1800 052 222**

Provides access to a variety of respite services as well as access to extra social opportunities

- **Dementia Support Australia: 1800 699 799**

Provides support to carers of people with dementia who have behavioural and psychological symptoms that are impacting on their care

- **Carers Victoria: 1800 242 636**

Short term counselling for carers, carer advice and information and links to support groups

- **National Continence Helpline: 1800 330 066**

A free telephone advisory service staffed by a team of continence nurse advisors who provide information, education and advice to callers with incontinence or who are caring for someone with incontinence

- **Nurse on Call: 1300 60 60 24**

A phone service that provides immediate, expert health advice from a registered nurse, 24 hours a day, 7 days a week.

Further Information Dementia Australia offers support, information, education and counselling. Contact the National Dementia Helpline on **1800 100 500**, or visit our website at **dementia.org.au**

**Our Annual General Meeting
is on 24th October**

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 fabulous Wanderers. Wow! What an awesome couple of months we have had.

We were all weaving and meandering around the wonderful sites of our neighbouring



Parklea Markets Penny and John

suburbs. We weaved our way around Parklea Markets on the hunt for some fabulous treasures. A microphone was spotted by John so Penny stepped in to test the microphone out Wow! What crazy sound effects had us all laughing! We play a round of Putt Putt Golf at Liverpool with John taking first place followed by George with one point behind. As you can see by the picture Andrew and Frank really got into lunch at Bulli RSL Club. It was our first time there and it won't be our last. The



Andrew and Frank at Woonona/Bulli RSL

venue, food and service were first class.

We debuted our movie mania at the Cottage a few weeks ago, what a successful day. We watched two movies the first being **A Walk To Remember** followed by a BBQ lunch and our second movie was **Sister Act 2**. The members enjoyed popcorn and choc top ice creams making them feel like they were really at the movies.

Once again we made our way to the Tulip Festival at Bowral to celebrate one of Australia's leading floral Festivals which run annually. Over 75,000 tulips, 15,000 annuals what wonderful display of tulips. We also got to see some of the entertainment, there's something on offer for both young and young at heart.

Ten Pin Bowling had us all revved up, as winning is everything to some of the members not mentioning any names: John, Mark, Andrew.

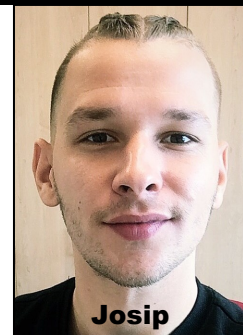
Bye for now

Connie & Penny

Happy Birthday

Tracey C, Anne D, Cathy H, Margaret K

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 enjoying the transition into spring! I am looking forward to the beautiful weather and the blossoming flowers that the season has to offer. It is great to hear that our Linkline members enjoy the trivia and the stimulation it provides. Our current program is covering topics involving food, 1960's music trivia, the royal family, Australia and many more.

The support and encouragement of daily members for one another continues to amaze me. Unfortunately, we were unable to operate our group calls for over a week during August/September as our phones were down due to disruptions happening here at Myrtle Cottage. The hour on Linkline always manages to pass by very quickly as we are all busy updating each other with what has been going on and of course indulging in a lot of laughs. It has been a privilege to be a part of all of your days and getting to know you all.

It is also important to make sure meals are well balanced. Your daily meals should include all the important food groups with a primary focus on whole grains, fruits and

vegetables. A tip for ensuring your meal is well balanced is dividing your plate in two halves. One half should contain vegetables and the other half should contain some starchy foods along with some protein which could be some lean meat or fish.

Linkline runs from 2.30pm to 3.30pm. If you know of anyone, frail aged and/or a carer 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 Perosh

Happy Birthday

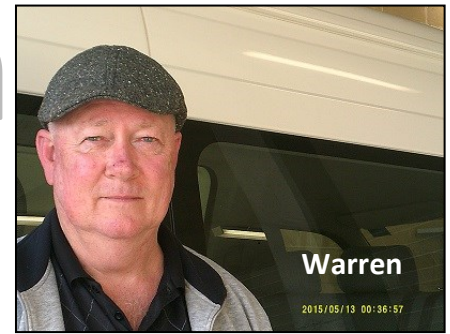
Noleen R, Patricia C, Valerie B

**I can do things you cannot, you can do things I cannot;
together we can do great things.**

— Mother Teresa

Warren's Wisdom

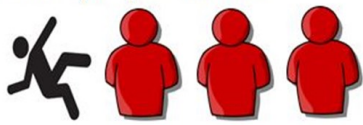
Transport Report



Falls facts:

One in four people over the age of 60 have a fall each year, and one in three people over the age of 65 experience a fall each year.

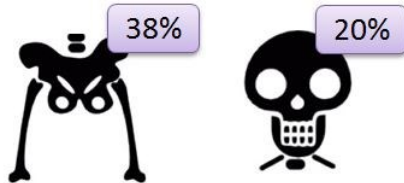
1 in 4 people over 60



1 in 3 people over 65



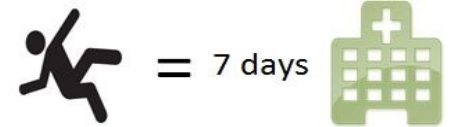
The most common injuries from a fall are fractures to the hip and thigh, followed by injuries to the head.



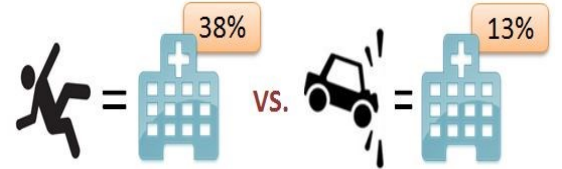
Slipping, tripping and stumbling were the most common causes of falls leading to hospitalisation.



The length of time spent in hospital from an accidental fall and related injury is, on average, 7 days.



In men and women over the age of 65, falls remain one of the leading reasons



for older people being admitted to hospital at a rate of 38% compared to 13% for transport related injuries.

Falls cause more injury-related deaths in Australian than transport crash fatalities.



Joke of the Month

Pilot Announcements:

"Welcome to your flight. And I have a special announcement for all the children on board with us today. On behalf of your parents, we are nearly there, and we will be nearly there for the remainder of the flight. So sit back and relax. You won't need to ask your parents about it anymore."

"As we reach our cruising altitude of 35,000 feet, we'd like to remind everyone that for the comfort and convenience of all, this is a non-

smoking flight. Anyone caught smoking will be asked to exit the aircraft immediately."

"The weather at our destination is rough with severe thunderstorms in the area. To better prepare yourself for the turbulence and landing, you are encouraged to cinch your seat-belt a bit tighter than usual, take a Dramamine if you have one, resist the urge to look out the windows, and have your air sickness bag at the readiness. Just in case."



Client Advisory Committee

Date: 2/10/2018

OBJECTIVE 3: Efficient and Effective Management

Attendance: Elizabeth D, Josip P, Stan L, Kath W, Janice M, Maria B, Brian F

Apologies: Peter M, Michael T, Sheila J, Kerrin B, Peter S, George C, Robyn O

Item	Discussion	Outcomes/ solutions
Business arising from previous meeting	Valerie B no longer apart of the client advisory committee	
Training – attended or required	Staff Training Day	Staff training day was explained to advisory members. They all liked the fact it brought cohesion and communication amongst staff members. A question was raised whether there was a follow up on the effectiveness of training. Elizabeth explained the feedback forms after the day was complete along with a follow up over a period of time. Client advisory members satisfied.
Work experience and volunteers	Zlatko K (no longer in Bell) Susan L (no longer able to attend in DT due to health circumstances)	A few days in the bell program need to be filled due to the fact we lost a volunteer and others are on holidays.
Policy development, review and Implementation	Equipment (Room) Hire Policy	The room hire policy was read out and Elizabeth explained the room availabilities amongst particular days. There has to be some changes made in the wording of the policy under the headings 'Policy' and 'Availability'. Minimal changes such as changing "HACC funded organisations" to "not for profits" and the Bell room only being available on Thursdays and removing Mondays.

Item	Discussion	Outcomes/ solutions
WH&S	Volunteers undergoing motorised wheelchair training	Staff are currently training volunteers interested in the motorised wheelchair training.
Other business	<p>AGM – Panel & Questions AGM moved back to the 31st of October. Elizabeth explained there are limited numbers for the AGM (95 in total) and financial members will have preference but unfortunately not all members and volunteers will be selected as the event has to accommodate for the board, staff, members, volunteers and voting members will need to be present to select a public officer, auditors, board, etc. RSVP's received first will be a priority.</p>	<p>It was discussed next year that the AGM will potentially be moved to a Tuesday so other members do not miss days. The panel and questions will be presented to Stan L, Kerrin B and Janice S next week in order to ensure they cover everything they would like to say for the AGM. Kath W has also put her hand up to be a backup in case of emergency. Client advisory members have proposed that the membership fee should be increased to \$10.00 as there has been no increase in over 15 years. They state it is more appropriate.</p>
	Fundraising Committee	<p>Members will ask members regarding interest in the fundraising committee before next meeting. Some suggestions for the fundraising committee include: Brian F: Wrapping unwanted items in newspaper, selling raffle tickets to raise funds and throwing a dice at the end where a member receives a prize and so does the organisation. He has stated there is more to it but if required he will explain it in the future. Another suggestion was a stall at Fisher's Ghost, however, that was no as viable as it runs throughout the night and it will cost the organisation more to pay staff.</p>

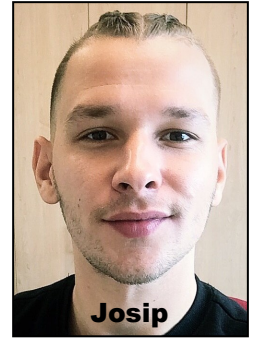
Item	Discussion	Outcomes/ solutions
Other business cont'd	New Bus	Mary, Stan, Florencio and Janet were selected to have their photos taken to be put on the side of the bus. Originally, wrapping the bus was going to cost too much money, however, Warren may have found a supplier with a cheaper alternative.
	Client Advisory Attendance	Client advisory member attendance is currently an issue and members have stated it is essential to nominate 3 people per day. In particular, Tuesday representation is a priority.
	Staff Congratulations	Stan L would like to congratulate staff and volunteers on behalf of everyone from the Thursday and Friday group for their efforts on providing a fantastic day on Friday where they had morning tea at Koshigaya Park, drove around the botanical gardens followed by the RSL for lunch. Elizabeth also stated there was an email sent out to all staff and a letter of thanks to the RSL.

Next Meeting will be:
04/12/18



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



Spring is here! The weather is finally starting to warm up but I am really looking forward to the flowering garden arrangement that is looked after by our dedicated volunteers.

Volunteers have been proactive throughout winter ensuring our members are enjoying each day in a supportive, entertaining and caring environment. I had the opportunity to meet with most volunteers throughout August/September to touch base, raise issues and collect suggestions. I would like to once again thank everybody for attending our support sessions and providing valuable feedback.

Volunteers in the kitchen have been trialling different morning tea and dessert options. The Diversional Therapy and Bell programs have continued to support and encourage our members. Our volunteers who work in the craft room have been busy preparing a variety of activities and maintaining order! Our 'Hands On' program is continually pampering our members and ultimately we would like to offer the service 5 days a week. Overall, the contribution of every volunteer's individual commitment towards a common goal is what makes our team work to reach organisational

objectives.

We have 103 volunteers active at the cottage and our next volunteer induction is on the 11th of September. We are still struggling to fill some role positions. The DT and Bell programs require more program and bus assistants. We could definitely do with some more bus drivers across both programs so if anybody knows somebody who would be interested please tell them to give us a call.

It has been a pleasure getting to know you all more over the past few months and I look forward to many exciting times to come.

"The heart of a volunteer is never measured in size, but by the depth of the commitment to make a difference in the lives of others." – Deann Hollis.

Take care and indulge in a laugh!

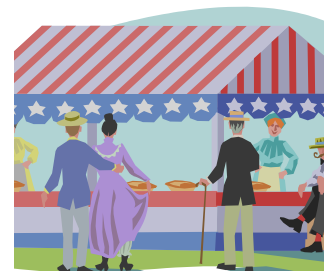
Josip

New Volunteers

Rojina M, Rojina M, Layla M, Neil S,
Shyam S, Jade W, Stephanie M, Afroja S,
Erin W

The Trading table has raised \$258 since the last newsletter.

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



Member Update

Welcome to all our new Members:

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

New Members:

Jinnyta C, Beverly B, Yomez O, Pam B, Mary H, Helga K, Susan M, Renate P, Vicki S, Rhonda H, John H, Colene P, Bruce F, Chizuko T, Barry P

Members who are sick:

Patricia P, Nita P, Madeleine S, Annastasia H, Dot S, Beth C, Nellie G, Richard M

Members who have passed away:

Safwat A, Marjorie C, Marcella M, Lorraine K

Members that are in permanent care:

Patricia P, Violet S

Members that have moved out of the area:

Nancy D, Gary G, Fay T

Members that have left the Cottage:

Boris F, Gwen W, Renate P, Judith J

Members not well enough to attend:

Robert S

Welcome back:

Shirley B

Wish list: Projectors for the dementia room that show virtual games
(Sue to investigate and provide details)

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 \$59.70 which brings the total since July 2018 to;

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

\$59.70



HAPPY BIRTHDAY!



August — The sixth month of the Roman calendar was known as Sextilis, which was later changed by Augustus Caesar (who became the emperor of Rome) who decided to have a month after his name. This month is named in honour of Augustus Caesar, who reformed the calendar of Julius Caesar.

Members:

Hellenyta R
Nita McG
Allan S
Mary A
Norah D

Clifford W
Tracey C
Faize A

Volunteers:

Tima E
Marge F

Bob S

Marie J
Sandra R
John P
George W
Carol W

Syd B

Maha E

Staff:

Anna R
Jaimie J

September — The word "September" comes from the Latin word, septem which means seven. Though it is the ninth month now, it earlier used to be the seventh month in the Roman calendar. It is said that this month was the time of games — Ludi Romani (Roman games), in respect of Jupiter, which were played during the middle of the month at Circus maximus.

Members:

Noleen R
Eileen M
Glenville M
Patricia C
Ross S
Anne D
Jimmy L

Annastasia H
Nellie G
Valerie B
Cathy H
Kathleen W
Margaret K

Volunteers:

Ron B

Greg W

Larry F
Neil S
Pam L
Clarice M
Joe C
Ann M
Rita McC

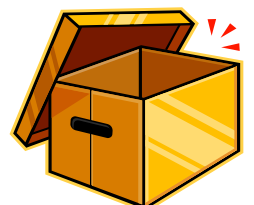
Margaret W

Staff:

Stephen F
Penelope C
Maria H
Connie V



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.



Policy of the month

Duty of Care

Levels of Responsibility

Myrtle Cottage

It is expected that staff provide a standard of care commensurate with their position that aims to achieve the best outcome for each member whilst respecting the person's right to choose to take risks.

Manager/ Board of Management

- To ensure appropriate and sufficient experienced and qualified staff employed within each program.
- To ensure all prospective employees are thoroughly screened and assessed including (where appropriate) references
- To investigate and respond to any suspected breaches of Duty of Care
- To ensure all Coordinators receive appropriate training on Duty of Care issues

Staff

- To ensure members are provided with adequate education and training in order to make informed decisions
- To inform the Manager of any controversies, conflicts or contentious consequences relating to a decision.
- To maintain appropriate documentation on each member and keep documentation in accordance with program guidelines.
- To inform the Manager of any actual, suspected or foreseeable breaches of Duty of Care
- To regularly inform the Manager on the development of member issues.

- To provide an appropriate standard of care to members in accordance with the employee's skill, competence and training

Application of the Principles of Duty of Care

Safety

Myrtle Cottage has a responsibility in the delivery of services to minimise the risk of injury and maximise the safety of members.

Decision Making

Myrtle Cottage staff will encourage and assist all members to make their own decisions where possible by:

- Identifying and evaluating issues
- Providing relevant information that is understood by the member
- Developing an individualised plan which will be the least restrictive for the member
- Taking reasonable steps to reduce risk while achieving the best possible outcomes for the member
- Providing continuing support to assist the member achieve his/her goal
- Providing continuing education about risks and risk minimisation
- Documenting the decision making process and its implementation

If at the end of this process, it is considered that the member does not have the ability to make the decision to carry out an activity; Duty of Care must outweigh the Dignity of Risk.

People with a Disability or who are ageing

All members over the age of 15 years, including members with a disability or who are ageing have the right to make decisions for them self,

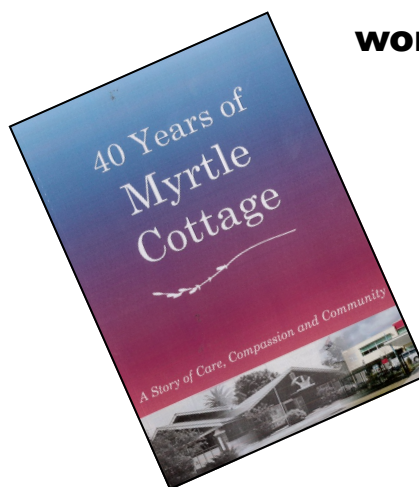
taking into account the steps outlined above. Parental, care giving or advocacy involvement in the decision making will vary according to the level of decision-making ability of the member.

Where members over the age of 15 years have a legal appointed person responsible for the member (e.g. Public Guardian) the person responsible will have the right to make some or all of the decisions on the member's behalf.

Continue onto next Newsletter

Limited Stock Available

74 pages of great history & wonderful memories



\$20 per book

Important Dates to Put In Your Diary

02/08/18: Happy Feet Project Day — Podiatry

06/08/18: Bank Holiday

07/08/18: Client Advisory Committee Meeting 10.00am

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

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

31/10/18: Annual General Meeting

23/11/18: Volunteers Christmas Party

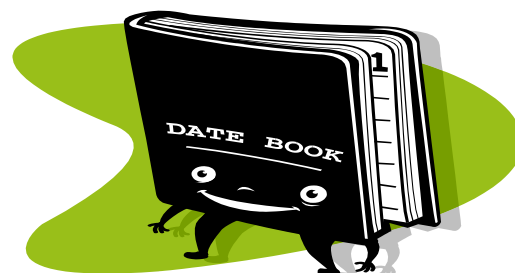
04/12/18: Client Advisory Committee Meeting 10.00am

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



FROM THE KITCHEN



Hi everyone

The kitchen is very happy with the feedback that we are getting on a daily basis. The feedback is mainly for the morning tea and desserts, which are mostly made by the volunteers.

The volunteers work hard to create these treats each day and deserve all the praise. I would like to thank Ann, Linda, Christine W, Christine J, Jo, Mick, Faith, Carol, Pam, Denise, Jasmine, Kavana, Malcolm, Jenelle and Michelle for the effort that you all put in when you are in the kitchen on your allocated days.

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, because any feedback is good feedback, 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 or suggestions, please write them down and place them in the suggestion box outside the DT room.

from

Jordan and the Kitchen Crew.

Cinnamon pikelets

Ingredients

- 150g (1 cup) self-raising flour
- 50g (1/4 cup) caster sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking powder
- 185ml (3/4 cup) milk
- 1 egg, lightly whisked
- 20g butter, melted
- 1 teaspoon hot water
- 2 teaspoons butter, extra

Serve with:

- Icing sugar, to dust
- 115g (1/3 cup) strawberry jam
- 80ml (1/3 cup) double cream

Method

1. Sift flour, sugar, cinnamon and baking powder into a bowl. Make a well in centre

and add milk, egg, melted butter and water. Use a wire balloon whisk to whisk until mixture forms a smooth batter.

2. Melt half the extra butter in a large non-stick frying pan over medium heat until foaming. Pour four 60ml (1/4-cup) quantities of batter around the edge of the pan and cook for 30 seconds or until bubbles appear on the surface and pikelets are golden underneath. Turn and cook for a further 1 minute or until golden.
3. Transfer pikelets to a plate. Repeat with remaining butter and batter. Divide pikelets among serving plates. Dust with icing sugar, and top with jam and cream. Serve immediately



Service of the month:

BE AMBITIOUS

INDUCTION TO DISABILITY

FEE FREE SKILL SET TERM 4 2018 @ CAMPBELLTOWN TAFE

Monday & Tuesday (9.30-2.30)
4 weeks commencing 22 October 2018

This course provides an introduction to the Disability Care field for people with no/limited experience or previous study. This is a pathway to Certificate IV Disability study in 2019 (you will receive 3 units via credit transfer).

4 units:

- CHCCOM005 Communicate and Work in Health and Community Services
- CHCDIS007 Facilitate the empowerment of people with disability
- CHCCCS015 Provide individualised support
- HLTWHS002 Follow safe work practices for direct client care.

Register Now

Section Contact: Maree Purcell
Phone: (02) 4620 1876
Email: maree.purcell3@tafensw.edu.au
Website: www.tafensw.edu.au
TAFE Information: 13 79 74

To be eligible for **FEE FREE** study, you must meet the Smart and Skilled criteria as listed below:-

- 15 years of age or older
- no longer at school
- living or working in NSW
- an Australian citizen, Australian permanent resident, humanitarian visa holder or New Zealand citizen.

For more information about Smart and Skilled go to:

www.training.nsw.gov.au/smartandskilled

From the Improvement box

Date: 18/06/18

Type (How raised): Suggestion form

Raised by: Patricia (member)

Issue or compliment: For the ladies benefit — how about we have a visit to Spotlight?

Action/Response: Referred to the Ages & Disability Co-ordinator

Discussed during consultants; agreed that we could look at starting this program from 2019. It would mean we would need alternate Ladies/ Men's groups. Have contacted Spotlight to see if they are able to run workshops, but did not receive a response.

Monday group that were present during discussions in consultants were happy with this outcome.

Date: No date

Type (How raised): Compliment

Raised by: Carer Bell Program

Issue or compliment: You know after

everything that Myrtle Cottage did for mum and the pressure you took off the family £30 or so pounds 'donation' every now and then is nothing! Mum was never happier that 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.

Date: 29/08/18

Type (How raised): Compliment

Raised by: Bell Program

Issue or compliment: Assistance and encouragement from Christine in times of dementia related anxiety. The staff and volunteers of Myrtle Cottage are wonderful.

Action/Response: Given to Bell staff to review and celebrate.

Donations

Donations: Name Withheld \$3000, Olga \$120 (9/8, 23/8, 6/9, 20/9), Stan \$20.05, Nita \$20, Rose \$20, Gail \$10, Samuel \$10

Received:

Remember all donations over \$2 are tax deductible.

Hair cuts

Anyone wishing to get their haircut whilst at Myrtle Cottage can call to make an appointment.

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



Happy Feet



We had our latest session for Podiatry on Thursday the 13th of September and what a jam packed day it was. Corinna was kept busy until 3pm. Thank you to all drivers and bus assistants for doing extra bus runs for us to pick up our members for the day. It was a big success.

Just a reminder that we have 2 more sessions for Podiatry left for this year. So if you need your feet done before we break up for the year please come and see me.

A lot of volunteers and members are taking advantage of having their feet pampered whilst they are here at the Cottage for the day and they all report that it's so convenient having the service here as they don't have to organise transport as we run extra buses for

members. If you are interested in using our Podiatry service here at the Cottage please come and see me for some information.

Until next time keep dancing,

Sarah Clarke

Admin/DT Assistant



Podiatry dates for 2018:

Thursday the 25th of October

Thursday the 6th of December



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

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

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



Farm Animals

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

LAMB

BEES

BIRDS

BUFFALO

BISON

ANIMALS

GOOSE

DUCK

CHICKEN

SHEEP

FOAL

HEN

TURKEY

COW

DOG

FISH

LLAMA

HORSE

GOAT

ROOSTER