

Cottage Courier

October - November 2018

Letter from the Editor

It's starting to look a lot like Christmas ...

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

Volunteers Voice — page 13

AGM Winners — page 18

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

Have a very Merry Christmas & a safe & happy New Year.

Colleen

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.

Main Contents

Manager's Report.....	2
Ageing & Disability	3
Craft.....	5
Bell Program.....	6
Recreation Program	9
Linkline	10
Transport Report	11
Client Advisory.....	12
Volunteers Voice	13
Member Update	15
Birthday	16
Policy of the Month.....	17
From the Kitchen	19
Service of the month	20
Improvement Box	21
Important Dates.....	22
Happy Feet.....	23
Word Search	24



Myrtle Cottage Group

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www.myrtlecottage.org.au

Elizabeth's Exciting Edit

Manager's Report



Hi all,

It's now December, almost the end of another wonderful year and we are, as it's appropriate, in the midst of all our Christmas parties. I dare anyone to find another group of people more keen on celebrating! And as we celebrate it is also time to reflect on what has happened.

It has been exciting to see our programs maintain full capacity and to see the younger activities under NDIS increase in numbers. Participation in our Client Advisory Committee has improved and we have had lots of fun working with some members to improve our promotional material.

We have had the 'best Volunteer Christmas party ever' or so I have been told, and are now

preparing for the last few activities before everyone gets a well deserved break. I must say, volunteers never cease to amaze me. They go through it all with great calm and humour, while some of us are desperate to get a few extra hours out of the clock to finish our shopping!

I would like to take this opportunity to thank each and everyone, members, volunteers and staff for an absolute great year.

On behalf of myself and the staff at the Cottage we wish you all a happy, peaceful and safe holiday season.

Look after your selves and each other!

Kind regards, Elizabeth Delcasse, Manager



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.

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.

We've been busy little bees getting ready for Christmas. The DT rooms have been decorated and are looking lovely – all ready to celebrate and enjoy the last month of 2018!

Our Monday group had a beautiful day out at Wollongong Botanic Gardens where they indulged in a yummy BBQ lunch. Melbourne Cup day was enjoyed by our Tuesday members who visited Cataract Dam. Mount Annan Botanic Gardens was where our Wednesday members enjoyed their last outing for the year, while the Thursday group spent the day at Nepean Dam. Our Friday members were looking forward to heading out to Club Condell Park (formally known as Bankstown Trotting Club). Everyone had a great day, just a little disappointed that the horses weren't out & about.



Tuesday group @ Cataract Dam



Wednesday group @ Mount Annan Botanic Gardens

We had our Melbourne Cup Sweeps again this year, with a total of seven \$2.00 sweeps and six \$1.00 sweeps. There were lots of happy winners who received 1st, 2nd & 3rd places.



Thursday group @ Nepean Dam



Monday & Friday members
Fascinator Craft

It's been great to receive lots of positive feedback from those members and volunteers that attended our AGM at Ingleburn RSL Club. It was a fantastic, interactive day with lots of listening, chatting, catching up & we won't forget the Scrumptious 2 course meal we

were served too!

Our daily chocolate guessing jars raised a total of \$186.00. Congratulations to our winners that guessed correctly! Monday: Mary H – 204; Tuesday: Ross S – 190; Wednesday: Kathy O – 198; Thursday: Mary L – 201; Friday: Joanne T – 195.

The ABCOE shopping trips have been quite successful, with most members enjoying the experience! Most of us are looking forward to the Darrell Lea visits coming up in December, and of course – our Daily Christmas Parties.

Wishing you all a fabulous Christmas and a safe & happy New Year. Hoping to see you all back in 2019!!

Julie & the DT Team

Wish list for November: Baskets for raffle prizes



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

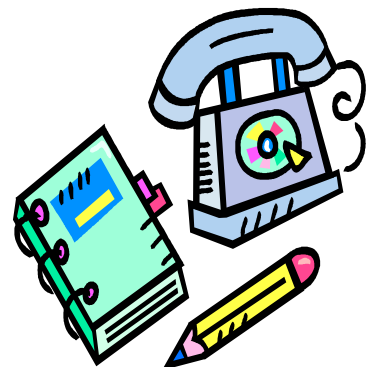
- ☺ Ingleburn RSL Club
- ☺ Ingleburn Rotary Club
- ☺ Ingleburn Lions Club
- ☺ Ingleburn Quota Club

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.



Craft Activity

MELBOURNE CUP FASCINATORS

ITEMS YOU NEED:

Head band / Hair Comb (*purchased from any supermarket or craft shop*)

Glue / Double Sided Sticky Tape

Lace

Material

Plastic flowers

Ribbon

Scissors

Feathers

Tulle

Bows



INSTRUCTIONS:

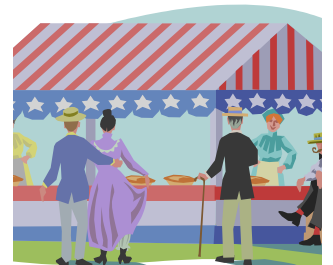
Add some glue / double sided sticky tape around your head band.

Attach the fabric of your choice around your head band and press firmly to make sure the glue has set.

Decorate using lace, feathers, bows, ribbon, flowers

The Trading table has raised \$315 since the last newsletter.

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



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



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 all received your Carers week gifts. The AGM went very well and all Carers that are members of the association attended. If you would like to be a member of the association please let me know. There is no cost to Carers for this.

I am sure you are all aware, in response to the 2018 Bell questionnaire, carers stated the members are not able to recall what they did on the program. In response to this I sent out Invitations to see the Bell Program in action. I would like to thank all the carers that were able to attend, I know how busy you all are. I didn't get to meet everyone, but from the photos and carers feedback I have to say well done to all the staff.



Harold & daughter Lyn



Jack, Kathleen & Maureen

Dear Christine

We wish to thank you for the opportunity you gave us to see the programme Jack attends, in progress.

We have always felt happy for Jack to go to Myrtle Cottage after our first visit & talk with you, but having seen the way your programme runs & the care taken of everyone, we absolutely elated & realise how fortunate we are that you were able to accept him into your programme.

Jack obviously enjoys trying to do what is suggested. I caught him smiling while trying so hard to concentrate on painting. He was more than happy to participate in the 'dance' & singing & quite content to stay when we left. (I guess he knew he was better off with you than doing the household shopping with us!)

You gave us some new ideas on how to engage Jack in activities which keep him doing what he can manage.

We really can't thank you enough for the time you spent with us & the wonderful programme you run with the help of all the Carers.

Thank you once again & please let all your helpers know we appreciate them very much.

Regards



Helga & husband
Wolfgang



Zita & carers

Shirley, and Jack.

The next event for the Bell members and Carers will be our Christmas party. This will be the 8.12.18. Look forward in catching up with you all.

Until next time

Christine Turner

Happy Birthday

Peter B, Eliesa C, Brian T, Colin T, Losalini V,
Salaha P, Jack M, Rhonda B, Christine G,
Beryl M, Colene P, Robert S, Eric H

During this week we also had a guessing competition. The winners of those lovely jars of chocolates were Carlos, Libby, Mervin,

Dementia: Fact Sheet

Tips for eating and swallowing

After a stroke or in the later stages of dementia, there is a risk of poor nutrition due to:

- loss of appetite
- forgetting to eat
- problems with mouth, chewing and swallowing
- problems using cutlery.

Loss of appetite

A person with dementia may have a loss of appetite. They might forget how to chew and swallow, have ill-fitting dentures, a sore throat, tooth or gum problems, or constipation, not enough physical activity or be embarrassed by problems with eating.

What to try:

- Check there are no treatable causes for loss of appetite, such as illness or depression.
- Offer regular small snacks during the day, rather than three big meals.

- Let the person eat when hungry.
- Encourage physical exercise.
- Have balanced meals to avoid constipation.
- Offer ice cream or milk shakes, if appropriate.
- Try to make familiar foods in familiar ways, especially favourite foods.
- Encourage eating all or most of one food before moving on to the next. Some people become confused when the tastes and textures change.
- Try to make mealtimes simple, relaxed and calm. Be sure to have enough time for a meal.

Helping a very impaired person to eat can take up to an hour. Speak with a doctor if there is a lot of weight loss. Check with the doctor about vitamin supplements.

Forgetting to eat

What to try:

- An alarm clock – or even better, a phone call – may be a useful reminder at mealtimes.
- Leave snacks out that are easy to eat and don't

need to be refrigerated. Try leaving them where they can be easily seen.

- Have meals with other people around a table.

Mouth, chewing and swallowing problems

Some causes of problems with eating may be related to weakened muscles of the mouth or throat. This can cause coughing or choking when eating or drinking. A dry or sore mouth from gum disease or ill-fitting dentures is also common.

What to try:

- Have a dental check-up of gums, teeth and dentures.
- Think about making a time with a speech pathologist for expert advice.
- For chewing problems, try light pressure on the person's lips or under their chin, tell the person when to chew, do a chewing action yourself, wet foods or offer small bites one at a time.
- For swallowing problems, remind the person to swallow with each bite, stroke their throat gently, check their mouth to see if food has been swallowed.
- Offer smaller bites.

Speak with the doctor if choking problems start to happen.

Problems using cutlery

People should be able to eat with dignity. If a person with dementia is having trouble with cutlery, try offering. This way, people can still feed themselves.

What to try:

- Make a plate of nutritious and attractive food that can be picked up with the fingers.
- Put the food on a flat plate with no pattern so that the food is easy to see. Make sure the plate is easy to reach.
- Serve only one plate of food at a time.
- Have simple table settings without lots of different cutlery, crockery, glasses, food and drinks together.
- Have tasty, strongly flavoured and aromatic food so people feel like eating.
- Leave time for the memory to return.
- At first, maybe help a person's fingers to take the food from plate to mouth.
- It can help to eat together so that the person with dementia can copy you.
- Have food that is familiar, and that the person likes.
- Have foods that fit in with the person's culture and past eating habits.

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

\$5.30 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)

\$65.00

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

Hi to all you Wild and Wacky Wanderers

David had the best time at Aqua Golf! Although he wasn't actually able to play, he was telling me how fascinated he was while watching Ian play. Ian started playing golf from the very young age of 3. Ian continued playing, then as a 16 year old, had a 3 stroke handicap. It really is amazing how Ian has improved over the time we have known him. No wonder we all like to watch Ian belt those balls.

Lake Alexander at Mittagong is one of our favourite places to enjoy a beautiful picnic. We thoroughly enjoyed the 800 metre walk around the lake, taking some nice photos of the wildlife. While we were there – we caught up on some of the history involved and found it quite



interesting. Lake Alexander is a man-made lake which started life as a Dam, supplying water for engines hauling coal to the Fitzroy Iron Mines almost 140 years ago. A parkland reserve surrounds the lake and birdlife lives in profusion on the water and shores. Barbecue facilities and shelter sheds are available. There is also a liberty swing for the disabled.

When we go to the Movies, there's always 2 and sometimes 3 to choose from. We usually break up into small groups to watch the movie we prefer. For the first time in over 4 years we all chose to watch the same movie ... Bohemian Rhapsody. It is about a British band that formed in London in 1970. Their classic line up was Freddie Mercury, Brian May, Rodger Taylor, and John Deacon. Since then, we have all been singing songs by Queen. AND YES, WE ARE THE CHAMPIONS!!

St Mary's Leagues Club here we come! We're all looking forward to the "All you can eat" buffet of yummy foods & desserts to fill our bellies.

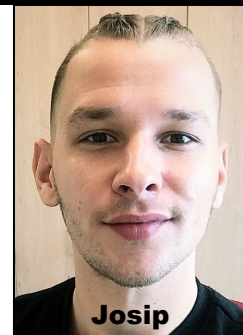
Wishing you all a safe and happy Christmas & New Year! Can't wait to see you all in 2019!

Connie & Penny

Happy Birthday

Penelope W, Rosemary H, Kathleen N,
Ian M, Sharren 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

Summer is here! The last few months on the Linkline program have been very productive with a lot of chatting, reminiscing and challenging trivia. We have learnt about different sorts of animals around the globe, challenged ourselves on some British trivia and gone back over some old proverbs and duos. Our current program involves reminiscing, arts and literature, food, arts and history and general knowledge.

As the days get warmer please remember to apply sunscreen if you will be going outside and avoid staying in the sun for long periods of time. It is also important to make sure meals are well balanced. If large meals are planned for certain events during the Christmas season try indulging in a light salad. Please remember to stay hydrated as drinking water is a great fluid throughout this warm season.

Christmas season could also be a time of stress for many people so please remember to keep an ear open for people who may be in

need. The support and encouragement that the Linkline program offers continues to amaze me week in and week out.

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.

That is all from the Linkline Program for now. Please keep safe, have a great holiday break and indulge in a good laugh.

Take care and keep smiling!

Regards,

Josip Perosh

Happy Birthday

Penelope W, Margaret P, Helen K, Gillian R, Brian F, Doreen B

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**



Warren's Wisdom

Transport Report



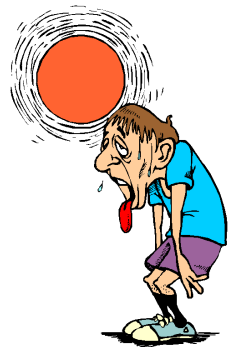
Hot Weather Safety Tips for Older Adults

Hot weather can be dangerous, especially for older adults. Every summer, nearly 200 Australian's die of health problems caused by high heat and humidity—and most of them are 50 or older. Hot weather is more likely to cause health problems for older adults for a number of reasons. Physical changes that happen with age make older people less likely to notice when they feel hot, even when outside temperatures are high. They also can't cool down as quickly or as well as younger people. Older adults are also less likely to feel thirsty, which means they're more likely to become dehydrated (a loss of too much water in your body). Heart disease, diabetes and other chronic diseases common in later life also increase risks of heat-related problems. So do some medicines prescribed for these and other health problems, and many over-the-counter drugs. Some of the medicines that may have these side effects are water pills, allergy and sinus pills, and nerve medications.

- **SPEND AS MUCH TIME AS POSSIBLE INSIDE** with the air conditioning on. If you don't have an air conditioner, go somewhere that is air-conditioned, such as a shopping mall, library, senior centre, or movie theatre. Fans can't provide enough cooling if the temperature is in the 30s or higher.
- **STAY OUT OF THE SUN** whenever you can, and wear loose, light-coloured clothes (dark-coloured clothes absorb heat) and a

lightweight, broad-brimmed hat when you must go out. That will help you both stay cool and avoid sunburn. Being sunburned can also make it harder for your body to cool off. Use "broad spectrum" sunscreen with sun protection factor (SPF) 15 or higher.

- **WAIT UNTIL THE SUN IS GOING DOWN**, or until early the next morning—when it's cooler—to go for a walk or do demanding activities such as yard work.
- **DRINK PLENTY OF COOL WATER**, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine can dehydrate you.
- **TAKE TEPID (NOT TOO COLD OR TOO HOT) SHOWERS, BATHS**, or sponge baths when you're feeling warm. Use wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck. This will also cool you down.



JOKE OF THE MONTH:

Old is When...

"OLD" IS WHEN...Your sweetie says, "Let's go upstairs and make love," and you answer, "Honey, I can't do both!"

"OLD" IS WHEN...Your friends compliment you on your new alligator shoes and you're

barefoot.

"OLD" IS WHEN...A sexy babe catches your fancy and your pacemaker opens the garage door.

"OLD" IS WHEN...You don't care where your spouse goes, just as long as you don't have to go along.

"OLD" IS WHEN...You are cautioned to slow down by the doctor instead of the police.

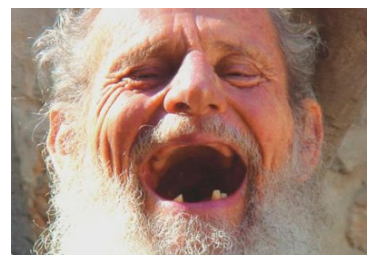
"OLD" IS WHEN..."Getting a little action"

means you don't need to take any fiber today.

"OLD" IS WHEN... "Getting lucky" means you find your car in the parking lot.

"OLD" IS WHEN...An "all nighter" means not getting up to pee.

"OLD" IS WHEN...
Going Bra-less pulls
all the wrinkles out of
your face.



Client Advisory Committee

No meeting since 2nd October 2018

Campbelltown City Council Master Locksmith Access Key (MLAK) Service

The Campbelltown City Council Disability Inclusion Action Plan's (DIAP) purpose is to promote positive attitudes to disability inclusion across the City. It also includes improving access to public facilities locally and across Australia.



What is a MLAK?

The MLAK enables people with disability to have easy access to bathroom facilities particularly after hours. The key opens all accessible toilets displaying the MLAK symbol, Australia wide.

Who is eligible for a MLAK from Campbelltown City Council?

The purchase of a MLAK is available to people who have a disability living in the Campbelltown City LGA.

Residents are required to attach a letter from their Doctor or Disability Service provider confirming their eligibility for the key.

Where can I purchase a MLAK?

Local residents can now purchase a key online or at Council's Administration Office, 91 Queen Street, Campbelltown.

The cost of the MLAK is \$18.90 including GST

The Application Form can be found on Council's website

www.campbelltown.nsw.gov.au/MLAK

For more information

Phone: (02) 4645 4000

www.campbelltown.nsw.gov.au/MLAK

Location of facilities

Council 24/7 hour facilities

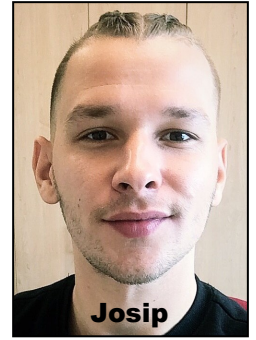
www.campbelltown.nsw.gov.au/MLAK247



This is a pilot initiative of the DIAP

The Volunteers Voice

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



I would like to thank all volunteers for your commitment and efforts throughout 2018 here at Myrtle Cottage.

I would also like to thank Liverpool Volunteer Resource Centre for providing the opportunity to recognise the service of our volunteers for 2018.

Congratulations to Greg W, Kerry C, Linda M,

Carol D, Val W, Ann M, Maha E and Karen S. I would also like to congratulate Larry F on receiving an award at the Dr Mike Frelander volunteer awards ceremony.

We celebrated our volunteers Christmas party which turned out to be a great day.



New Volunteers: Irene S, Peter R, Zennique G, Kate N, Alison C, Tise A



I hope you all have a great break and I look forward to seeing you all in the new year! **Josip**

Member Update

Welcome to all our new Members:

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

New Members:

Kim L, Blanche E, Julie L, Richard G, Frank C

Members who are sick:

Annastasia H, Kenneth J, Nita M, Allan S,
Madeleine S, David M, Nellie G, Valerie B,
Fred C, Anne D

Welcome back:

Richard J

Members who have passed away:

Walter W, Samuel C, Kenneth J

Members that are in permanent care:

Benny F, Errol W, Nita P, Cliff W, Michael T,
Barry P

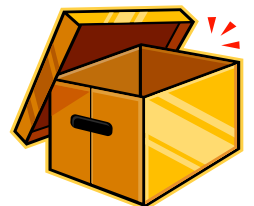
Members that have moved out of the area:

Jenny M, Richard M, John L

Members that have left the Cottage:

Jean T

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.



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.



HAPPY BIRTHDAY!



October comes from the word 'Octo', which means eight, as this was the eighth month of the Roman calendar that became the tenth month later. In the early days, this month was full of celebrations with regard to Juno and Jupiter - the Wine God. The celebrations included feasts, games, and consuming a lot of wine.

Members:

Shirley B	Wanda A	Maureen J
Madeleine S	Nicholas A	Kim G
Penelope W	Doris W	Aura L
Margaret P	Richard G	Robyn O
Carman H		
Helen K		
Josephine L		
Norma H		
Deidre A		

Volunteers:

Staff:

Garry C	Jordan B
Zennique G	
David P	

The word **November** has been derived from the Latin word novem, meaning nine. Its name remained intact, even after January and February were added to the Roman calendar in which it became the eleventh month. This month is said to be named after Tiberius Caesar following Augustus' time.

Members:

Brian F	Stanley L	Linda P
Vivian D	Sharren M	Anne F
Gurcharan S	Sisinio M	
George C		
Mary L		
Martha E		
Dennis T		
Harold G		

Staff:

Atul S

Volunteers:

Rojina M
Patricia M
Ellaine S



Policy of the month

Duty of Care con'd

Breach of Duty of Care

Examples of Breaches of Duty of Care may include the following:

- Failure to provide information that is within the staff person's area of expertise and results in harm to the member
- Failure to provide or arrange a necessary and available service resulting in harm to the member
- The standard of care required by a staff person's position (as set in the Statement of Duties and in Myrtle Cottage Policies and Procedures) is not provided and harm results.
- An accident was reasonably foreseeable and the staff person failed to take reasonable steps to prevent the accident from occurring, including failure to take reasonable steps to prevent one member injuring another
- Medication is given incorrectly or without authority or contrary to the advice of a doctor or pharmacist
- Unnecessary or excessive physical restraint is used
- Physical, sexual or emotional abuse of a member (it is illegal for a staff person to have sexual relations with a person with an intellectual disability who is under the staff person's supervision)
- Other illegal and exploitative activities e.g. using a staff person's position to obtain

financial gain from a member or defrauding a member

- Failure to notify the Manager of known breaches of Duty of Care is in itself a breach of Duty of Care

Procedures

When a suspected or known breach of Care occurs, the Manager will be immediately informed.

The Manager will discuss the matter with the Board of Management

- Assess the seriousness of the incident, including an initial assessment as to whether the incident may involve civil or criminal proceedings
- Develop a plan for responding to the incident ensuring that:
 - ◊ The member is provided with any necessary and available services and assistance
 - ◊ The members parents or guardian, if appropriate, is informed of the incident and offered counselling and support
 - ◊ The relevant supervisory Government Department is informed (usually the Department of Community Services and/or the Office of the Public Guardian) where there is a legal or administrative mandate to do so. In some instances, the Manager may choose to notify the Department even if not mandated to do so.
- If the incident is thought to be a criminal matter, it will immediately be referred to the

police for their investigation

- The incident will be discussed with the relevant staff person. The Manager may be satisfied with the staff person's account of the incident. On the other hand, there may be instances when appropriate disciplinary proceedings will be applied and may involve a reprimand, warning or dismissal. The staff may be required not to perform work duties while enquires occur.

The member is entitled to receive any ongoing

and available services from Myrtle Cottage and will not be in any way disadvantaged as a result of the breach of Duty of Care.

Program policies and procedures will be reviewed in the light of the incident to determine whether changes can be made to prevent similar breaches from re-occurring.

If a breach of Duty of Care is assessed as being of a minor nature, it may simply involve discussion with the staff person.

AGM Report

We had our Annual General Meeting on the 31st of October. With 5 buses running it was a great success with Members, Volunteers, Staff, Board and Community Members in attendance.

We drew our raffle and we had a lot of lucky winners with Margaret P winning TWICE!!
Congratulations to all our lucky winners!!!



Sarah Clarke

FROM THE KITCHEN



Hi everyone

The kitchen has been receiving positive feedback 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.

The kitchen and its crew have been kept busy preparing for the daily Christmas parties happening in DT. We did have some members come into the kitchen from each day to make cupcakes, short bread cookies or moulded chocolates. The kitchen dressed them up in aprons, hair nets and gloves so that they looked like the real deal when they were cooking. I would like to thank the

volunteers who helped the DT members to create some amazing treats for their daily Christmas parties. The members looked like they enjoyed your help and support while they made their treats.

The recipe below is a quick and easy meal to make, and tastes delicious on a cool night.

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/suggestions, please write them down and place them in the suggestion box outside the DT room.

from Jordan and the Kitchen Crew

Stir fry

Ingredients

- 1 to 2 teaspoons of polyunsaturated or canola oil
- 1 to 2 cups of chopped, mixed vegetables (you can buy them pre-chopped either fresh or frozen)
- 100 to 150 grams of meat or chicken
- 2 teaspoons of soy sauce or oyster sauce
- Sesame seeds



Method

Heat the oil in a fry pan. Add the meat and brown. Add the vegetables and stir until soft. Add the soy or oyster sauce. Serve with rice or noodles and sprinkle some sesame seeds over it for looks.

"I have not failed. I've just found 10,000 ways that won't work." — Thomas A. Edison

Service of the month:

Bushbred - Horse Assisted Learning Programs

Myrtle Cottage staff training with **Bushbred**. This was a fabulous day for team building, communication reflection, confidence building and all while in the great outdoors with obliging animals. For more information contact: Dave Hollier 0418 761 340



From the Improvement box

Date: 27/09/2018

Type - How raised: Suggestion form

Raised by: Linda M — Volunteer

Issue or compliment: Have a lot of chocolates and lollies, so could they be wrapped and given out as Xmas goodies bag to members

Action/ Response: Plans have been discussed for this to occur, and the sweets available will be used as suggested

Further details/ review: Linda happy to do the wrapping

Date: 09/11/2018

Type - How raised: Suggestion form

Raised by: Michelle M — Volunteer

Issue or compliment: Can we buy dark colour aprons for the kitchen? It is expected that these will not show so many permanent marks

Action/ Response: New aprons in different colour was sourced and ordered

Further details/ review: Awaiting delivery

Date: 20/11/2018

Type - How raised: Suggestion form

Raised by: Ross — Member

Issue or compliment: I feel to select the best volunteer out of the group working at

Myrtle Cottage is a little hard to do. It is my opinion they are all good and do a fine job. I feel the top office should complete this task, all the people I talk to feel the same way.

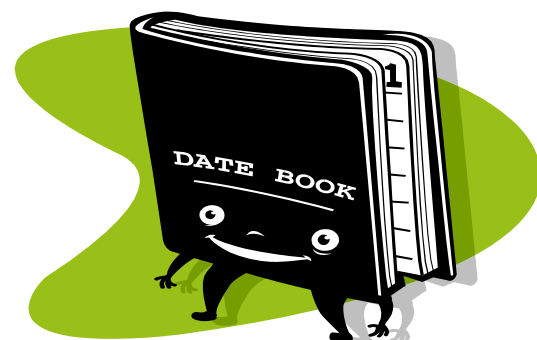
Action/ Response: Margaret presented to the member on Tuesday 20th November photos of the different recognitions Myrtle Cottage provides for the fabulous volunteers to have. There is the events held for Volunteer Week that recognises the volunteers as a group. There is the Local Member Awards, National Volunteer Awards and Liverpool Volunteer Resource Centre Awards that recognise one volunteer at a time. We use the 'Volunteer Recognition' forms to create our story explaining what the volunteer does and how it impacts the service.



Important Dates to Put In Your Diary

20/12/18: DT, Bell & LL last day for the year
02/01/19: Members return
08/01/19: Volunteers Induction 10.30am
17/01/19: Happy Feet Project Day — Podiatry
28/01/19: Australia Day Holiday
29/01/19: School returns
05/02/19: Client Advisory Committee Meeting 10.00am
12/02/19: Volunteers Induction 10.30am
28/02/19: Staff Training Day — *Cottage closed*
07/03/19: Happy Feet Project Day — Podiatry
12/03/19: Volunteers Induction 10.30am
18-24/03/19: Seniors Week
02/04/19: Client Advisory Committee Meeting 10.00am
09/04/19: Volunteers Induction 10.30am
15-26/04/19: School Holidays
18/04/19: Happy Feet Project Day — Podiatry
19/04/19: Good Friday
20/04/19: Easter Saturday
22/04/19: Easter Monday
25/04/19: Anzac Day Holiday
12/05/19: Mother's Day
14/05/19: Volunteers Induction 10.30am
20-26/05/19: National Volunteers Week
www.volunteeringaustralia.org/nvw
30/05/19: Happy Feet Project Day — Podiatry
04/06/19: Client Advisory Committee Meeting 10.00am
10/06/19: Queen's Birthday Holiday
11/06/19: Volunteers Induction 10.30am
08-19/07/19: School Holidays
09/07/19: Volunteers Induction 10.30am
11/07/19: Happy Feet Project Day — Podiatry
05/08/19: Bank Holiday — *Cottage closed*
06/08/19: Client Advisory Committee Meeting

10.00am
13/08/19: Volunteers Induction 10.30am
22/08/19: Happy Feet Project Day — Podiatry
29/08/19: Staff Training Day — *Cottage closed*
02/09/19: Father's Day
10/09/19: Volunteers Induction 10.30am
30/09-11/10/19: School Holidays
01/10/19: Client Advisory Committee Meeting 10.00am
03/10/19: Happy Feet Project Day — Podiatry
07/10/19: Labour Day Holiday — *Cottage closed*
08/09/19: Volunteers Induction 10.30am
14-20/10/19: Carers' Week
www.carernsw.org.au/national-carers-week
22/10/19: Annual General Meeting
12/11/19: Volunteers Induction 10.30am
14/11/19: Happy Feet Project Day — Podiatry
22/11/19: Volunteers Christmas Party — *Cottage closed*
03/12/19: Client Advisory Committee Meeting 10.00am
03/12/19: International Day of People with Disabilities
07/12/19: Bell Careers' Christmas Party
09-13/12/19: Daily Christmas Parties
21/12/19: Members' last day for the year
23/12/19: School Holidays (*start*)
02/01/20: First day back



Happy Feet



We had our last session on Thursday the 25th of October which had low numbers in attendance. Our next session for the year will be on Thursday the 6th of December which will be our last session for 2018!!! This year has flown by!!

This session is already full but if anyone would like to put their name down on our reserve list please feel free to see me.

Our first session in 2019 will be on Thursday the 17th of January. So if you miss out on the 6th please make sure you have your name down for the first session back in 2019.

Just a reminder that if your referral runs out Corinna will notify you or myself and we will give you a referral form to take to your GP for them to complete.

If you are interested in joining the program please come and see me and I can give you an information pack. The program is open to all members, volunteers and staff. So come and join this great program and have your feet pampered and cared for!!



Until next time keep dancing,

Sarah Clarke

Admin/DT Assistant

Podiatry Dates for 2019

Thursday 17th of January

Thursday 30th of May

Thursday 3rd of October

Thursday 7th of March

Thursday 11th of July

Thursday 14th of November

Thursday 18th of April

Thursday 22nd of August

Donations

Received:

Donations: Luigi \$500, Olga \$270, Elaine \$100, Penny \$220, Peter \$103.40, Members \$21.50, Ingleburn Ladies Bowling \$74.30, Carmel \$5, Colin \$5,

Remember all donations over \$2 are tax deductible.

Christmas

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

JACK FROST
ANGEL
CHRISTMAS
SNOWFLAKE
GIFTS

PRESENTS
FAMILY
SCROOGE
MERRY
NATIVITY

MANGER
CRACKERS
GRINCH
JOLLY
FRIENDS

TREE
CANDY CANES