

Cottage Courier

December 2018 — January 2019

Letter from the Editor

Welcome back

Hoping everyone enjoyed the little Christmas break and that this Newsletter finds you all 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

Tips to Stay Cool — page 11

Recipe for Spicy Chicken Drumstick — page 19

Important Dates — page 22

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

Take care of yourselves.

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.

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Myrtle Cottage Group

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www.myrtlecottage.org.au

Elizabeth's Exciting Edit Manager's Report



Hi all,

What a busy two months! All the end of year celebrations were great, but now feel a bit far away... so maybe we should repeat them!

All the staff have now returned after their breaks and they are full of energy and ideas to run wonderful programs for our members, which is fantastic to see.

We are again preparing for the first Quality review this year with staff reviewing processes to ensure it all works smoothly.

I could not let this newsletter be published without saying that we are all very excited about the plans to work closely with Disability

Macarthur. This news was discussed across all days with members & volunteers, and was published in the local paper. I will keep all informed of further developments, but it was great to see that all could appreciate the great opportunity this represents for the Cottage.

Lastly, on behalf of the Client Advisory Committee I would like to congratulate our gardeners, Syd & Gerry. It is always wonderful to see the great garden we have and this is thanks to their dedication and hard work!!

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 organisation shall be sufficient discharge to my executors for this bequest.

Ageing & Disability



Julie, Sarah, Connie & Anna

Please Note: The Diversional Therapy Program operates at Myrtle Cottage five days per week. This program is specifically designed for younger people with a disability or people who are frail aged. The article below relates to this group only.

Welcome back everybody! We hope you had a fantastic time with family & friends over the festive season. It's definitely good to see you all again.

We thoroughly enjoyed our Daily Christmas Parties and appreciate the wonderful entertainment provided by some very talented individuals & groups. Huge thanks to our awesome entertainment for each day that made our parties lots of fun! It was great to see most of you get up and have a dance and sing-a-long. Monday: Ron Ashton, Tuesday: Roger Menzis, Wednesday: Tony Martin, Thursday: Peter Paki & Tony Vadala, Friday: Woody & Merve. I also wanted to make a special note to thank our wonderful Santa's (Mick, Garry, Larry & Greg) You guys did an amazing job – we have some fantastic photos!!!!

So far this year we've had some great outings. We've headed down the coast to Woonona / Bulli RSL Club & Towradgi Beach Hotel for

some yummy lunch meals. Our Tuesday group had a fabulous day at Menangle Raceway, while Picton Bowling Club was on the agenda for the Thursday group. Friday members enjoyed the Neil Diamond & Barbara Streisand Seniors Show at Kemps Creek.

Consultations are coming up again shortly. It's been really great having more active participation from our members – so keep it up guys!

We are starting our "Stepping On" program for our Monday members in February. This is a fantastic and free falls prevention program that is presented by South Western Sydney Local Health District. We are hoping to also be able to run the course again later in the year on either Thursday or Friday.

Until next time, take care of yourself & each other ☺

Julie & the DT Team

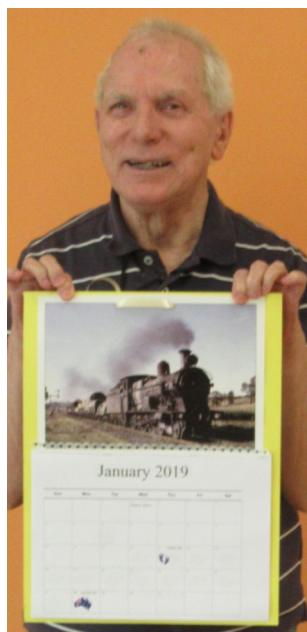




The biggest mistake you could ever make is being too afraid to make one ♡

Craft Activity

2019 Calendar



Items you need:

- 2019 Calendar – you can use any calendar of your choice or you can download a template from the internet.
- Coloured cardboard
- Scissors
- Lace
- Ribbon / String
- Glue
- Hole punch
- Background picture we used from an old calendar



Instructions:

- Cut the cardboard to the size you would like
- Glue the back of the last page of your calendar & glue it onto your cardboard
- Choose your background picture & glue onto the top half of the cardboard
- Decorate with lace & ribbon
- Using a hole punch, place a hole in the top centre of your cardboard & tie with a piece of ribbon or string

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 \$9.85 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)

\$74.85

Bell Program



Sharny, Sue, Penny, Christina,
Diana & Christine

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 spent happy times with family and friends over the festive season.

We have had a very busy time here at Myrtle Cottage, the Volunteers Christmas party, the Bell Christmas party, and the daily parties in the DT program. The Bell Christmas party was enjoyed by all that attended. We catered for 72 in total. It was great to see carers socializing and supporting each other even though they may never have met before. The staff and volunteers did an amazing job making sure everyone was having a great time.

The Bell members were also invited to the daily parties in the DT program, they had some great entertainers, and the members danced and sang along. A very busy but very enjoyable week for all.

We have had less craft this week due to our festive activities, guessing games, pass the parcels, and lots of other games, even though everyone was happy to participate some obviously missed their crafts.

Coming up on the 20th of February Campbelltown Council and Myrtle Cottage will be holding the Dementia Specific Concert at Wests. Campbelltown, Camden Councils and I have been working on more events that

cater to the needs of someone diagnosed with dementia. We have planned an outing to the Botanical Gardens for Tuesday members. We also have a concert in Camden on the 26/03/19 all members and carer will be invited. More information will be sent out.

Check the Councils websites for more information about what is happening in your areas.

Take care everyone

Regards

Christine Turner



Happy Birthday

Susan M, Kim L, David H, James L,
Librada M, Daphne P, Albert F, Helga K,
Mervin R, Zita C & Mary C

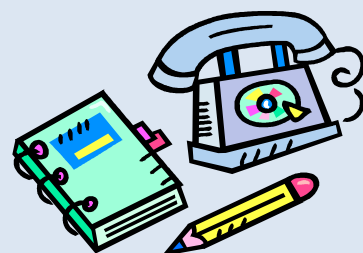


Confidentiality:

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.



Dementia: Fact Sheet



A national approach to dementia education and training



Enrol now for online learning starting 5 February

Dementia Training Australia (DTA) offers a range of online courses for people who work with people living with dementia.

Our courses are short, mobile friendly and cost free to the learner.

Courses on offer are:

- Bedtime to Breakfast: Caring at Night for People with Dementia
- Caring for Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) People with Dementia
- Community Care and Dementia: Understanding the Condition
- Community Care and Dementia: Responsive Behaviours
- Management of Antipsychotic Medications for Responsive Behaviour in Residential Aged Care
- Recognising, Diagnosing and Managing Dementia in General Practice
- The Pain Puzzle: Recognition, Assessment and Treatment of Pain in People Living with Dementia
- The View from Here

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 to all our Whacky Wanderers. Narellan Town Centre is one of our most popular outings. Most of us explored the new add-on in the shopping centre. I can see how shoppers get lost there due to its size. We lived up to our name the "Wanderers" as we got lost too...

We had a fantastic time at Narellan Court Chinese for our Christmas dinner. As per usual, Simon and Nita, the owners of the restaurant, put on a wonderful banquet. After dinner McDonald's ice cream went down well, followed by Christmas lights at Mount Annan Cascades. Everyone enjoyed their night. We stopped for some amazing photos throughout the night.

To start the New Year, we were off to Towradgi Beach Hotel. We all love the great service and the food is just right. The meals are only \$10.50 for children size meals but it sure does fill us all up. Andrew M always brings his pool

cue ready to take on anyone that's game enough to take him on. It's starting to look like we have a few pool sharks. Bradbury Hotel for the Boys Day Out to play a few games of pool is perfect as the pool tables are never too busy. It wasn't my day as I lost to Mark. Anyone that has been to Bradbury Hotel knows it's a great feed and you definitely get value for your money. The Builders at Wollongong has four diverse options for dining, there is something to satisfy everyone. Julianna's Buffet is famous for its Asian inspired buffet style.

Don't forget to check out the new format of our program. I would love a bit of feedback on how it's working (or not) for everybody. Any further ideas / suggestions are welcomed.

Thanks, **Connie & Penny** ☺

Happy Birthday

Margaret H, Jeanelle R, Elizabeth C, Melanie M



David P & Brittany Xmas party



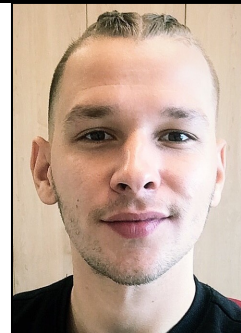
Christmas on bus



Master Builders

Link up to Linkline

Josip



Please Note: The Linkline Program operates Monday to Friday at allocated times for an hour. The article below relates to this only

Welcome back to all our Linkliners! I hope you all have a happy and healthy 2019.

It has been quiet on the lines throughout this season as members are on holidays with their families or generally just out and about. It has been great to hear that people have been able to spend some quality time with people that mean the most to them.

The rest of our members have been trying to stay away from the heat but the main message would be to drink plenty of water and stay hydrated. Also remember to indulge in a variety of salads, fruits and vegetables throughout this warm season.

I hope to have many more members joining us in 2019 and an aim would be to have a men's group up and running as well.

For our members that started the year of with us we were fascinated and learnt a lot about monuments and facts around the world, various types of foods and their origin, as well as a variety of random facts which left us saying "wow". Proverbs were the highlight for trivia as it left all members reminiscing on old sayings they used to say and some members

even shared some sayings I've never heard which was great!

Our Linkline members are looking forward to speaking & meeting new people in 2019. Our next program will cover animal trivia, randomised trivia, Australian history, 1970's trivia, general knowledge & an alphabet quiz.

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's all for now. Please keep safe and indulge in a good laugh.

Take care and keep smiling!

Regards,

Josip Perosh

Happy Birthday

Jessie F, Beryl N, & Lynette F

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 tips to stay cool

As temperatures soar and thousands head off on holiday to make the most of the long, hot summer days, we discovered ways to keep your cool in the heatwave:

Eat small meals and eat more often. The larger the meal, the more metabolic heat your body creates breaking down the food. Avoid foods that are high in protein, which increase metabolic heat.

Run your wrists under a cold tap for five seconds each every couple of hours. Because a main vein passes through this area, it helps cool the blood.

Eat spicy food. Although this may be the last thing you fancy in hot weather, curries and chillies can stimulate heat receptors in the mouth, enhance circulation and cause sweating, which cools the body down.

Take a tepid bath or shower just below body temperature, especially before bedtime. Although a cold shower might sound more tempting, your body generates heat afterwards to compensate for the heat loss.

If you have a basement, use it during the hottest hours of the day when the sun is highest. Basements are usually 10-15 degrees cooler than the upstairs part of the house.

Wear lightweight, light-coloured cotton clothes. Heat is trapped by synthetic fibres, but cotton absorbs perspiration and its evaporation

causes you to feel cooler. The light colours reflect the sun's radiation.

While you're out, keep the house curtains drawn to stop it heating up like a greenhouse.

You may be longing for a cold beer or a chilled white wine spritzer. But you should avoid alcohol because it dehydrates the body. You are better off with mineral water or low-sugar fizzy drinks. Also, avoid drinks with caffeine such as coffee and colas. These increase the metabolic heat in the body.

Women should replace their usual body moisturiser with a cooling aloe vera aftersun product to use morning and night. This will help lower your skin temperature.

Slow down and avoid strenuous activity which will stimulate your body and raise its core temperature. If you must go jogging, do it during the coolest part of the day, which is usually before 7am.

Get Liquid Ice. This re-useable ice wrap is perfect for cooling hot skin. The cloth, pre-soaked in the Liquid Ice solution, cools instantly when removed from the packet without need for refrigeration.

Get some Mentholatum Migraine Ice patches. These soft gel patches - designed to soothe headaches - come into their own during heatwaves as they instantly reduce skin temperature when applied. They can be found in chemists.

Drink chrysanthemum tea. Practitioners say chrysanthemum is a cooling herb which clears the head.

Sleep on a feather or down pillow with a cotton pillowcase. Synthetic pillows will retain heat.

The night before you go out for the day in the sun, roll some damp flannels up and pop them

in the freezer. Take them with you in a plastic bag. Then, when you start to feel hot, unwrap them and place them over your face.

Sit back, close your eyes and picture snow. Research has shown that the body reacts to these daydreams, reducing its overall temperature.



JOKE OF THE MONTH:

A woman awoke during the night to find that her husband was not in bed. She put on her robe and went downstairs.

He was sitting at the kitchen table with a cup of coffee in front of him. He appeared to be in deep thought, just staring at the wall.

She saw him wipe a tear from his eye and take a sip of his coffee. "What's the matter dear? Why are you down here at this time of night?" she asked.

"Do you remember twenty years ago when we were dating and you were only 26?" he asked.

"Yes, I do," she replied.

"Do you remember when your father caught us in the back seat of my car making out?" He added.

"Yes, I remember."

"Do you remember when he shoved that shotgun in my face and said, 'Either you marry my daughter or spend twenty years in jail?'" He asked.

"Yes, I do," she said.

He wiped another tear from his cheek and said, "You know ... I would have gotten out today."



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.

Client Advisory Committee

Date: 4th December 2018

OBJECTIVE 3: Efficient and Effective Management

Attendance: Elizabeth D, Josip P (minute taker), Kerrin B, Janice S, Sheila J, Brian F, Janet V, Peter M

Apologies: Maria B, Stan L, Kath W, Peter S, George C, Robyn O

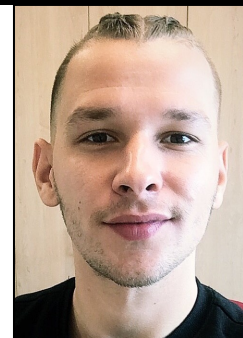
Item	Discussion	Outcomes/ solutions
Business arising from previous meeting	Strategic Plan Update – see Strategic Plan AGM – Panel & Questions – See other business Fundraising Committee – see Other Business	
Training – attended or required	Dignity and choice in ageing – Volunteers currently attending a 2 week course over a 2 day period which has been provided by TAFE.	Course will finish on Thursday 06/12/18.
Work experience / volunteers	Still need bus drivers and assistants	Warren & Josip continue trying to recruit
Policy development, review & Implementation	Signed an agreement with community services program to allow Myrtle Cottage to access their participants to assist with a number of upkeep tasks, i.e. cleaning, kitchen, floor maintenance, etc.	It is hopefully going to start by Christmas or beginning of 2019.
WH&S	Gap in bus on stairs – Sheila J raised an issue on a gap in the bus on the stairs. Elizabeth explained when the bus is modified they probably take these factors into consideration.	Sheila to show Elizabeth the gap after meeting.
Other business	Fundraising committee – Josip is working on the fundraising committee that will consist of volunteers & potentially some members. Questions raised included: – Who will the committee report too? Members stated maybe having 1 committee member to report to client advisory. – Can members join the committee? Members' state having 1 representative or so. – Fundraising committee is to develop ideas for future fundraisers. Whether it is once a year – 4 times a year? – Fundraising committee to target businesses for fundraising if possible.	Members of the Advisory will ask on their days for interest & bring back in February

Item	Discussion	Outcomes/ solutions
Other business cont'd	AGM – Panel & Questions: Advisory members stated that the panel & questions was fantastic and they enjoyed the day. Many members enjoyed having the ability to grab the microphone and have a say. It was great.	Elizabeth explained AGM is booked for a Tuesday in 2019.
	New bus signage under development – A sample image of the bus signage was shown. Members state the picture shows togetherness, happiness and friendship. Stated that the photo looks lovely. A question was raised and discussed as to whether the photo can really define the nature of the facility as a social community type group. But it was not known how you could demonstrate that in a photo.	A promotional launch will be arranged when the vehicle is ready It was felt that the change is a great improvement in the right direction.
	Membership to the association – Elizabeth explained that members pay \$5 a year to be a part of the association. The constitution also allows for volunteers to become association members, although they are exempt from the payment. In the past volunteers did not have the option to choose whether they would like to be members of the association. This is necessary as not all volunteers like to go to meetings, vote, etc. Elizabeth corrected this through a memo and handout to all volunteers & out of 102 volunteers, 19 volunteers did not want to remain financial members.	Josip to update the induction form for future inductions.
	Fundraising Luncheon provided – Elizabeth explained a fundraising luncheon was provided to the Rotary Club on Sunday 02/12/18.	It was a great day & the club was happy with event.
	Kitchen/ Food feedback re Sugars – Advisory members state the level of sugar in general & processed sugars handed out in raffles, desserts etc are becoming extreme. Elizabeth explained the kitchen has begun working to reduce sugar in desserts & that this work will continue as a priority.	To be raised with kitchen staff
	Meeting dates 2019 Meeting dates for 2019 were handed out to all client advisory members present.	
	Praise gardener. The committee asks that Josip should praise gardeners in the February newsletter for their efforts throughout the year.	Josip will follow up

Next Meeting will be: Tuesday 5th February 2019

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



Josip

Happy New Year and welcome back to all our fantastic volunteers! You have all returned back to the cottage refreshed and ready to make a difference. All your dedication and enthusiasm is contagious.

Our volunteers have been busy assisting our wonderful members through various activities, shopping trips, Bunnings trips and outings stretching from Picton all the way to Wollongong. I can't forget our kitchen team who has been stuck into it this year preparing morning tea, lunch, desserts and how could I forget all those beautiful cakes! I would also like to praise our gardening team for their spectacular efforts in maintaining our beautiful grounds and the very colourful display that everybody likes to appreciate every day. Our cleaning team has been amazing in making sure the cottage remains sparkling and in neat order. Our drivers and bus assistants do a great job in continually ensuring our members are transported happily and safely each day.

We are always looking for volunteers to fill in roles around the cottage and we aim to expand to a larger team throughout 2019. Throughout conversations with volunteers I

have truly realised what the Cottage offers to each and every single volunteer. Whether it be social interaction, friendship, the satisfaction of helping others or working in a team, our volunteers come together to make a huge difference in the lives of others. If you know anybody who is looking to give back to the community, tell them not to hesitate to give us a call. We hold volunteers induction monthly and we would be happy to have more volunteers join our amazing team this year.

Our first round of support sessions for 2019 will commence throughout this month so I am looking forward to hearing some great suggestions and feedback.

"The smallest act of kindness is worth more than the grandest intention" - Oscar Wilde.

Take care and indulge in a good laugh!

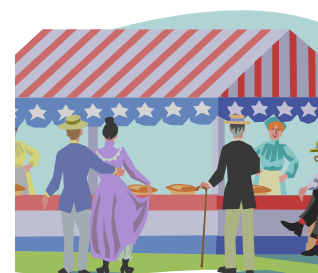
Josip Perosh

New Volunteers

Robyn C, Erin W, Nita N, Kevin L, Lima P

The Trading table has raised \$210.85 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:

Danny T, Susan D, Isaac K

Sick:

Annastasia H, Nita M, Allan S, Nellie G,
Valerie B, Fred C, Anne D, Edward T, Blanche
E, Patricia P, Darinka R, Beth C, Harold G

**Members that have gone into permanent
care:**

Jean C, Maliha A

Members that have passed away:

Joy B, Neil C, David L, Francesco C, Anne D

Members that have moved out of the area:

Vicki S

Members that have left the Cottage:

Richard G, Mary A, David M

Welcome back:

Madeleine S, Kathy O



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

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

**Our AGM is on Tuesday 22nd October
so start putting on your thinking caps**

**WHO WOULD YOU NOMINATE FOR THE 2019 ACHIEVEMENT
AWARD?**

Don't forget Membership is due 30th June



HAPPY



December derives its name from the Latin word '**decem**' that means ten. It was the last month in the Roman calendar, and it remains the last month even now. In the beginning of the month, the Romans celebrated a festival to honour the God of Sea and Water, or Poseidon known to the Greeks. The end of the month signified the start of a new solar year.

Members:

Margaret H
Judith R
Jeanelle R
Christopher T
Christopher S
Anne A

Herbert W
Fred C
Helen D
Gwen S
Elizabeth V
Jean P

Volunteers:

Noel D
Sharon W
Erin W
Irene S
Colleen W
Keith M

Jasmine A
Kathryn P
Kavana I

Staff:

Christine T

The month of January is named after '**Janus**', the Roman God of Gates and Doorways. Janus is represented with two heads that are back to back, which signifies that he is looking backward as well as forward. His festival was celebrated at the arrival of the new year, and hence this month was named after him.

Members:

Elizabeth C
Yomez O
Robert W
Jayne S
Lynette F
Janice P
Clive Beard
Melanie M
Janice S

Maria B
John H
Anglia C
Donald U
Danny T
Lucy G
Richard J

Volunteers:

Sam G

Mary Jane P
Peter McM
Julie Y
Gerry S
Jennifer W
Siza M
Kerry C
Linda W
Shirley R
Wayne J

Susan L
Christina K

Staff:

Diana A
Christina L



Policy of the month

Personal Relationships

Objective

Set clear guidelines for staff and volunteers of Myrtle Cottage Group as to their obligations under this policy and the Code of Behaviour in relation to Personal Relationships

Definition and scope

Personal relationships include family, sexual, other close personal partnerships e.g. dating, organising social activities outside of the cottage activities, and going to a members home to do jobs in own time.

Myrtle Cottage regards relationships between staff and volunteers with members and carers as an important professional issue where the staff or volunteer has or is likely to have a service provision responsibility for the member or carer.

Policy

Staff and volunteers are expected to complete tasks and activities identified in their job description; any variations must be given prior approval by the manager. Personal relationships may give rise to serious questions regarding conflict of interest, trust, confidence, and dependency. Equal treatment regarding assessment, access and the provision of services must be given by all staff and volunteers representing Myrtle Cottage.

This policy aims to safeguard staff and volunteers work relationships and to secure the interests of members and carers with regards to service provision. The emphasis is

placed on the ethical responsibility of the staff and volunteers not to abuse their power and trust when dealing with member and carers. This protects all concerned and enhances the overall quality of the services provided at the cottage.

Staff and volunteers have a duty of care to declare personal relationships (See Personal Relationship Disclosure form) with the aim to minimise or remove potential negative situations. The manager will make a decision on the possible solutions available. Myrtle Cottage has a responsibility to provide information, training and support to staff and volunteers to enable them to understand the difference between advocacy, personal friendships, care relationships and professional services.

If a conflict of interest is discovered, the manager will discuss this with the parties involved, and review the situation. All situations will be treated in confidence. Personal relationships that need to be declared are between:

- Staff
- Staff and volunteers
- Staff and members
- Staff and carers
- Volunteers and members
- Volunteers and carers

Relationships between volunteers, between carers or between members are excluded from this list.

... Cont'd to page 21

FROM THE KITCHEN



Hello everyone

Happy New Year and welcome back to Myrtle Cottage.

Last year, Myrtle Cottage hosted a lunch for Ingleburn Rotary Club here at the Cottage. The day went smoothly, the food looked and tasted amazing and the feedback that we received was all positive. I would like to thank Mick S and Jo M, for giving up their time on Sunday the 2/12/18 to come and help with the preparation, the cooking, serving and cleaning up of the food and equipment used, and for helping Elizabeth, Margaret and myself. It was a hot day but everyone pushed through and made it an absolutely awesome day.

The kitchen volunteers and I were very happy with how successful the daily DT parties were and are very grateful with all the positive feedback that we received throughout the week. I would like to thank all the volunteers who helped in the kitchen throughout that week, as it was a hectic week and your help didn't go unnoticed.

With the start of a new year come new challenges and the kitchen is up for these new challenges.

I would also like to remind everyone to keep the suggestions coming in and if you have any ideas or suggestions, please write them down and place them in the suggestion box outside the DT room. I enjoy hearing and reading feedback, because any feedback is good feedback, from both the members and the volunteers.

The recipe below is from the Meals on Wheels magazine called **'Relish'**. There are more delicious recipes in it that can be tried at home. I hope you all enjoy this one.

from Jordan and the Kitchen Crew

Spicy Chicken Drumsticks

Ingredients

- 4 small chicken drumsticks or 2 large drumsticks
- ½ cup Hoi Sin or Teriyaki sauce
- ¼ cup tomato sauce

Method

- 1 Turn oven on to 180°C
- 2 Remove skin from drumsticks
- 3 Mix sauces together
- 4 Place drumsticks into a baking dish and pour the sauces over
- 5 Place drumsticks in the oven for 30 minutes
- 6 Turn drumsticks over and cook for a further 20 minutes or until cooked
- 7 Serve warm with a salad or vegetables for a delicious and nutritious meal.



Service of the month:

Your Health Your Time Your Way

At SWSPHN we want your health to be your priority, but understand accessing health information, or seeking advice isn't the same journey for everyone.

We want to ensure access to health information and education is done in your time, when you need it, and in your own way, whether that be accessing the information online, through a GP or a support service. Our goal is to empower our residents in South Western Sydney to make the right choices, know where to go to find the right information and to build a relationship with a regular GP.

Region Priorities

At South Western Sydney PHN we focus on key health priority areas to help residents achieve better health outcomes

- Healthy Ageing
- Mental Health

- Aboriginal Health
- Drug & Alcohol
- Chronic Disease
- Overweight & Obesity
- Immunisation
- CALD/Refugees
- Pregnancy & the Early Years
- Cancer Screening
- Tobacco Control
- eHealth

#talktoyourgp

Your GP can play a central role in this planning, particularly health care decision. They can talk you through your options as they have long-term trust and care they have provided means they are most knowledgeable about what care is available.

<http://yourhealthyourtimeyourway.com.au/>



Donations Received:

Donations: Hawker Foundation \$2,600, Rotary Ingleburn \$1056.00, Barbara \$200, Olga \$120, Gwen \$30, Josie \$9.30

Remember all donations over \$2 are tax deductible.

From the Improvement box

Date: 03/12/2018

Type — How raised: letter

Raised by: Steward, Western Sydney University

Issue or compliment: Thank you for the supervision of the student completing their Health Service Management practicum.

Action / Response: Letter filed and Certificate displayed

Date: 03/12/2018

Type — How raised: Email

Raised by: Ken, Ingleburn Rotary

Issue or compliment: Hi Elizabeth &

Margaret, I just wanted to say thanks so much for all you did for us yesterday. I feel a bit guilty that you sacrificed your Sunday for a bunch of oldies ☺ Your dedication to the wellbeing of Myrtle Cottage is wonderful, and yesterday made me realise that I haven't appreciated our friendship enough. So, thank you both good friends, you are fun to be around, and you make a difference to us and the community. I guess that makes you both very lucky, there's not many people who can leave their mark in this world for the better. Regards, hoping you get through the week ok (sorry I dashed off early without saying goodbye). Ken (& Lynn)

Action / Response: Shared with staff.

... cont'd from page 18

Policy of the Month

Where a staff member is currently (or was recently) involved in a personal relationship with a member, carer, volunteer or another staff member, then that staff member will not take part in the following relating to that person:

- Assessments
- Decision making processes regarding the member or carers service provision
- Complaint procedures and disciplinary matters
- Employment process
- Supervision

It is important that staff and volunteers avoid situations where personal relationships could influence professional judgment. The possible consequences of 'Personal relationships' outside of Myrtle Cottage are that these could lead to situations including, but not limited to:

- An expectation that, services outside of Myrtle Cottage's funding criteria will be provided by staff and/or volunteers
- Social cliques forming and a perceived favouritism for people within this group
- Problems in maintaining the boundaries between professional and personal life
- Inappropriate release of confidential information

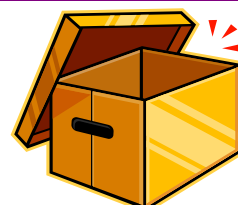
Important Dates to Put In Your Diary

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



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

This column provides updates regarding the podiatrist that provides services at Myrtle Cottage.



Sarah

Hi Everyone,

Welcome to a new year for Podiatry!! What a busy year we have ahead of us. We had our first session for 2019 on the 17th of January and didn't we keep Corinna busy!!

This time of year everyone may be due for renewal of their care plans. Corinna is extremely organised and will let you or myself know if you need a new care plan. Just a reminder that if you are not able to get a care plan and would still like to access the service

there is a \$45 fee that is paid directly to Corinna on the day.

If you are a new member and you are interested in joining the Happy Feet Project please feel free to come and see me at any time and I will give you an information pack to take to your GP.

Until next time keep on dancing,

Sarah Clarke

Admin/DT Assistant



Dates for 2019:

Thursday 7th March

Thursday 18th April

Thursday 30th May

Thursday 11th July

Thursday 22nd August

Thursday 3rd October

Thursday 14th November

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



School Life

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

GLITTER

ERASER

CRAYONS

BOOKS

SHARPENER

BLACKBOARD

SCISSORS

CALCULATOR

HOMEWORK

NOTEBOOK

GLUE STICK

COMPASS

JOURNAL

BACKPACK

MARKERS

PENS