

# Cottage Courier

February - March 2019



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## Letter from the Editor

Hi All

Hoping that this Newsletter finds everyone well.

Read on to discover what has been happening at the Cottage over the last two months.

I draw your attention to the following:

**Dementia Fact Sheet** — page 7

**Recreation Program** — page 8

**Premier Gala Concert** — page 10

**Anzac Slice Recipe** — page 18

**Protect yourself SCAMwatch** — page 22

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

Take care and enjoy

**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.*



*Myrtle Cottage Group*

6 Bosci Road, Ingleburn NSW 2565

☎ (02) 9426 3100

[www.myrtlecottage.org.au](http://www.myrtlecottage.org.au)

# Elizabeth's Exciting Edit Manager's Report



Hi all,  
How wonderful it is that the temperature drops together with the rain we have had of late. No wonder our gardens look so healthy and vibrant!

As we continue working our way slowly through another year of great services and lasting friendships, I would like to congratulate the latest group to graduate from the 'Stepping On' program that has been so competently run by Ell Gatt and her support team. I have been told everyone had lots of fun doing it and every one will feel much more confident stepping out in the world. Well done everyone!!

We have been busy holding information tables during Café Connect events in the Camden area, taking the opportunity to promote our

programs and showcase the Cottage wherever we can. Thank you to the members and volunteers who take the time to approach us and say 'hello' or give us feedback.

Lastly I wanted to mention that our Narellan Social Group is up and running steadily each Thursday, meeting and running activities from Narellan Vale. This has been possible thanks to Disability Macarthur making Sunflower Cottage available for us to access.

Keep well and remember the flu season is almost upon us, so make sure you ask your doctor about getting your flu

vaccination before it gets you!

Look after your selves and each other!

*Kind regards,*

*Elizabeth Delcasse, Manager*



**Our AGM is on Tuesday 22<sup>nd</sup> October  
so start putting on your thinking caps**

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

***Don't forget Membership is due 30<sup>th</sup> June***

# 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.

We've had a busy few months in DT. Our Monday group has now completed the "Stepping On Program". It has been a huge success this time around, with lots of participants sticking with the program till the end. Congratulations to all our members and volunteers who have now successfully completed this great program! We know you're all much more confident and will continue to benefit from this opportunity in the future.

We've had some great outings so far this year too. Our Monday and Friday groups had a fabulous day catching the Ferry to Cronulla then returning to Bundeena for a beautiful meal at the Community & Services Club.

Tuesday members were treated to a gorgeous day out down the coast, having lunch at one of our favourite spots – Towradgi Beach Hotel. The Wednesday group loved Bankstown Sports Club for a show and lunch. Then had a great day out at Nepean Dam for a BBQ lunch.

Our Thursday group got to enjoy a BBQ lunch at Cordeaux Dam. Friday members visited Kemps Creek Bowling Club for a Neil Diamond & Barbara Streisand Show and fish & chips for lunch.



*Monday members enjoying Ferry trip to Cronulla from Bundeena*

We will be looking into split outings again over the next few weeks to



*Tuesday members @ Towradgi Beach Hotel*



*Tuesday members playing Botchi*

try and give members that aren't attending the planned outings, the opportunity to still attend the Cottage for the day.

Congratulations to Michael Cottrell for winning the Valentine's Day Raffle! Michael was very happy with the beautiful heart-shaped coffee table. Thanks to all who purchased tickets – we ended up raising a total of \$178.20 for the Cottage.

We are currently preparing for our Easter Raffles. Thank you to everyone who has made a donation, it's greatly appreciated. We have our prizes on display in the foyer – they look absolutely amazing. Please see DT staff if you are interested in purchasing tickets. Tickets are being sold for \$1.00 each or a book of ten for \$8.00 Prizes will be drawn & delivered on

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

**Julie  
& the DT Team**



**Wednesday group @ Bankstown Sports Club**



**Thursday members @ Cordeaux Dam**



**Friday group @ Kemp's Creek Bowling Club**

# Donations Box

Thanks to members making use of the donation box for loose change etc. Every *little bit counts*. The total received since the last newsletter is \$7.80 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)**

**\$82.65**

# Craft Activity

## Table Vase Craft

### Items you need:

- Glass Jar or any Vase (you can use any size or any coffee jars etc)
- Floral Foam (can be purchased from Bunnings or any craft shop)
- Star Beads (can be purchased from any craft shop)
- Rhinestone Gems or Decorative Rocks (can be purchased from Bunnings or any craft shop)
- Plastic Flowers
- Scissors
- Paint
- Lace/Ribbon
- Glue
- Contact paper



### Instructions:

1. Begin by selecting the jar or vase that you want to decorate.
2. Cut a small piece of the floral foam and place the flowers onto your foam then place it inside your jar/vase.
3. Then start adding your choice of decorations inside your jar/vase. We used decorative rocks and star beads.
4. You may choose not to decorate the inside of your vase, instead you can decorate outside of your vase.
5. If you prefer to use material, lace, ribbon, contact paper or paint instead.
6. Just let your creative imagination run wild.

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



# Bell Program



**Please Note:** The Bell Program operates Monday, Tuesday, Wednesday, Friday & Saturday for Campbelltown, Thursday for Wollondilly and Wednesday for Camden. This program is specifically designed for people with Dementia. The article below relates to this only.

Hi Everyone,

Seniors Week for the Bell Program was a busy one this year. It's great to have more dementia specific events. Thank you Kerrie from Campbelltown Council for the concert at West Leagues Club and the Sensory Tour at Botanical Gardens. Everyone enjoyed their days out.



Thank you Lisa from Camden council. The concert at Camden Civic Centre was also a success. The 50 people we took had a great time. We know how much work everyone puts in to organise these events and we really appreciate it. We have taken between 50-60 people to the events and 99% of the feedback is they had a great time.

It's time for the Bell Survey. Varsha, our Medical student has been in contact with some

and we have had over 15 surveys returned. She is now working on the report. I am coordinating two new services that cater for NDIS clients. Thursday Social Group operates in Narellan Vale



at Sunflower Cottage. They are a small group of four, enjoying lots of activities and outings. A favorite at the moment is cooking. The "In Home Social Support" has recently commenced and last week Christina took Mark to the movies. This was a long day to accommodate the carer, which we are more than happy to do when possible. The Outreach program at Mt Annan is currently at capacity.

If anyone would like more information on any



of the programs at Myrtle Cottage please give us a call.

Lastly for this month, I would like to wish everyone a **Happy Easter** from all the Bell staff, volunteers and students.

Regards

*Christine Turner*

**Happy Birthday**

Shirley B, Mary T,  
Sudesh S, Ivana S

# Dementia: Fact Sheet

## Frontotemporal dementia

Frontotemporal dementia (FTD) is the name given to dementia when it is due to progressive damage to the frontal and/or temporal lobes of the brain.

The right and left frontal lobes at the front of the brain are involved in mood, social behavior, attention, judgement, planning and self-control. Damage can lead to reduced intellectual abilities and changes in personality, emotion and behavior.

The right and left temporal lobes at the two sides of the brain are involved in processing what we hear and understanding what we hear and see. Damage may lead to difficulty recognizing objects or understanding or expressing language.

### Common symptoms can include:

- Fixed mood and behavior, appearing selfish and unable to adapt to new situations
- Loss of empathy, emotional warmth and emotional responses
- Apathy or lack of motivation, abandoning hobbies or avoiding social contact
- Loss of normal inhibitions, talking to strangers or exhibiting embarrassing behavior
- Difficulty in reasoning, judgement,

organization and planning

- Distractibility and impulsiveness
- Changes in eating patterns, craving sweet foods, overeating or unusual food preferences
- A decline in self-care and personal hygiene

Reduced ability to perform daily activities is an early feature. As the disease progresses, the person may become obsessive, or repeat patterns of movement or behaviors

For more information contact

National Dementia Helpline  
1800 100 500

### Wish list

Donations for Mother's Day  
Raffles

*For example:*

Soaps

Hair Shampoo & Conditioner

Hand Cream

Nail Care (emery boards)

Heel Balm

Combs

# RECREATION PROGRAM

NEWS FROM THE WANDERERS

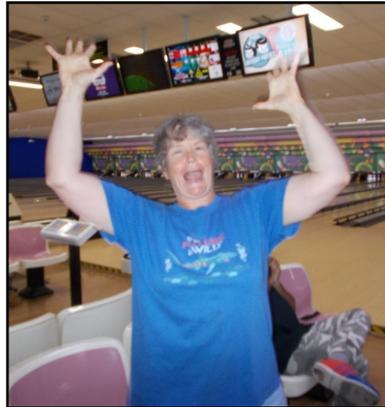
Connie and Penny



**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

Ten Pin Bowling at Campbelltown is always a treat for a laugh, so I thought I would give it a go too. The plan was to beat as many members as I could, but it didn't quite work out as planned. The members were just way better than me. The only ones who got a strike were Jeanelle, Mark and I. Jeanelle was the winner with 112 points followed by Mark 97, Ian 79 and Andrew 72. I came second last on 77.



**Jeanelle Ten Pin Bowling winner**

Vinnies staff at Picton (Julee and Vivienne) really know their shop back to front. Every time the members needed something they were straight on to it. Thanks so much to the ladies for lending a helping hand at finding great treasures for us all.



**Vinnies at Picton (Staff Julee & Vivienne)**

Plough and Harrow at Abbotsbury for a BBQ lunch was so relaxing as we were surrounded by a beautiful trees and the rolling green hills of grass. We all felt at peace with our surrounding. Abbotsbury had a great vibe about it so we are definitely going back when the weather starts to get warmer. Some of us had a few games of cards. Uno was popular for the day.



**Plough and Harrow at Abbotsbury for a BBQ**

What a fabulous day of great weather as we made our way to La Perouse for a bit of site

seeing. We travelled along the M5, through the airport tunnel



**Plough and Harrow Abbotsbury BBQ**

and along Foreshore Drive. Most of us had never been through the tunnel. The

**Happy Birthday**  
Andrew M, Kathleen O

topic of conversation heading towards the movies was about tunnels and how unsafe they can be if something was to go wrong. For lunch we ended up at Kyeemagh for a healthy seafood lunch. Thanks to Angelo from the C-

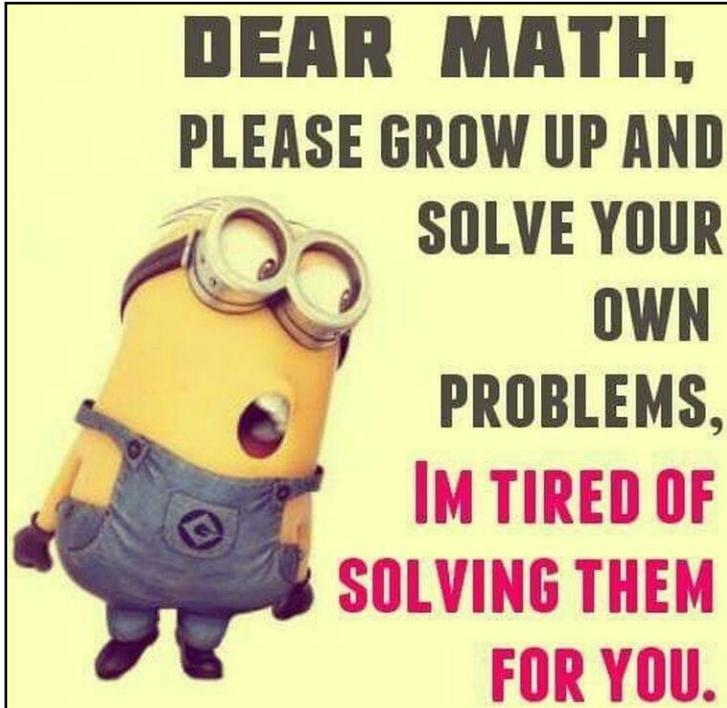
Side function centre for giving us great service and a delightful fresh food. We then walked over to Cook Park where we sat amazed watching as the planes landed at Botany Bay airport.

The atmosphere is awesome at Austinmer Beach as some of us wanted to get our feet wet and feel the sand in between our toes. John and I were the first to get in the water. We walked to the end of the rock pool to take the photo, I was hoping we were going to get a little wet when the waves hit the rocks.



*Austinmer Beach at the rock pool*

**Bye for now  
Connie & Penny**



**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.*

# Link up to Linkline



Josip

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

Most of us are back on Linkline and I hope you are all enjoying the slightly cooler transition. As most of you are aware, I am currently unable to be here on Thursday and Friday as I have undertaken a new role. I would like to welcome Helen to the position and I am positive you will enjoy talking to her on Linkline on Friday! Helen and I are also looking forward to all your suggestions for the upcoming program.

We have a new member who has joined us on Friday so please make her feel welcome. A couple of our Linkliners also attended the Premier Gala concert recently.

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.

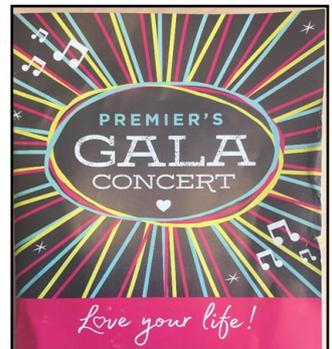
Well that is all from the Linkline Program for now. Please keep safe and indulge in a good laugh.

**Josip Perosh & Helen Samorukoff**

**Happy Birthday**  
Therese G, Merle S, Sharrynne C

## 2019 Premier Gala Concert

Only 7 rows away from the stage for most of our members, the Premier Gala Concert was set to be an amazing experience. Two of our dedicated volunteers John & Linda P accompanied myself and some of our Linkline members to this year's Premier Gala Concert held at the ICC Sydney Theatre at Darling Harbour. For two of our Linkline members Gillian and Therese, this was an opportunity to meet face to face again after almost 2 years speaking over the phone with one another. It was great to finally make this happen!



The theme of this year's show was "Love your life" and what was not to love with such a captivating performance from the likes of Casey Donovan, Marina Prior, Adam Brand, Tim Campbell, Lonnie Lee and Victor Martinez Parada. I would like to personally thank John for transport to and from the venue. It was

truly impeccable. His dedication in ensuring our members get home safely never goes unnoticed. I would also like to personally thank Linda for ensuring our members had a wonderful day. A big thank you to our kitchen team who ensured we had packed lunches for the day which everyone enjoyed.

**Josip Perosh & Helen Samorukoff**



# 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.



## 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.

# Warren's Wisdom

## Transport Report



### Extra days for members:

We have had a lot of new members start recently. The buses are starting to fill to capacity. So if you have requested an extra day/s we will try and accommodate as soon as we can.

### Members changed on buses:

From time to time members are moved onto other buses due to low number of members attending on the day or to accommodate new members starting. We try to keep to the same pick up time for everyone. But if you are concerned that you have been missed please call the Cottage as soon as possible so we can investigate where the buses are on their pickups.

### Thank you:

Lastly I would like to thank all drivers and bus assistants for their support and assistance whilst Warren was on extended leave. Thank you to all the drivers that assisted in doing extra bus runs and days for both the Bell and DT program. We could not run without your valued support.

If anyone knows anyone that would like to drive or bus assist we have a number of vacancies available.

**Sarah Clarke**

### Joke of the Month

## ONE DAY WONDER

Can you believe I lasted less than a day as a retail store greeter?

A few hours into my first day on the job a very loud, unattractive, mean-acting woman came into the store with her two children, yelling at them all the way through the entrance.

As I had been instructed, I said pleasantly, 'Good morning, and welcome. Nice children you have there; are they twins?'

The ugly woman stopped yelling long enough to say, 'Hell no, they ain't twins, the oldest one's nine, and the other one's seven. Why the hell would you think they're twins? Are you blind, or just stupid?'

So I replied, 'I'm neither blind nor stupid, ma'am, I just couldn't believe someone would make a baby with you twice. Have a good day and thank you for shopping at K-Mart.'

The HR department said I probably wasn't cut out for this line of work.



**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.



# Client Advisory Committee

**Date:** 5th February 2019

OBJECTIVE 3: Efficient and Effective Management

**Attendance:** Peter M, Therese G, Janice S, Kerrin B, Sheila J, Maria B, Elizabeth D, Josip P, Kevin L

**Apologies:** Brian F, Janet V, Kath W, Stan L, George C, Robyn O, Peter S

Item	Discussion	Outcomes/ solutions
<b>Business arising from previous meeting</b>	Strategic Plan Update – see Strategic Plan Fundraising committee – see Other Business	
<b>Training – attended or required</b>		Staff training day on the 28 <sup>th</sup> of February.
<b>Work experience and volunteers</b>	Continue to try recruiting bus drivers	2 long-term drivers retired
<b>Policy development, review and Implementation</b>	Working on policies regarding individual service.	
<b>WH&amp;S</b>	Relevant staff and volunteers alerted to the need to assist travellers to step in middle of steps	Issue has been communicated to staff, bus drivers and assistants
<b>Strategic Plan Updates</b>	Update to January 2019 – Document was read and discussed	Members received strategic plan update.
<b>Other business</b>	Fundraising committee – Update	No members interested in participating in fundraising committee. Staff meeting to allocate to fundraising committee
	Bus signage – completed	New signage will be followed up and increased on buses as we replace vehicles. Members and staff happy with outcome of new image.
	Sugar content on foods served – Kitchen has started to revise all recipes and reduce sugar content. 70% complete so far	Kitchen staff to keep looking after food quality. Members to give feedback to kitchen about food on the day.

**Next Meeting will be:** Tuesday 2<sup>nd</sup> April 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

I would like to thank all volunteers for their fantastic efforts, communication and reliability for the past few months. Your efforts this year has allowed our members to enjoy some memorable activities and outings in 2019.

I would also like to thank all volunteers who attended and contributed to our support sessions where we covered a safety talk on handling a wheelchair. Our next round of support sessions are scheduled for May so I will be looking forward to hearing some great suggestions and feedback.

We currently have over 110 volunteers active here at Myrtle Cottage and as always we are aiming to expand to a larger team throughout 2019. In particular we are always looking for volunteer drivers and bus assistants. We hold volunteer inductions monthly and we would be happy to have more amazing volunteers join our team this year.

With the transition into cooler weather please let staff know if you are feeling unwell or unable to make it in as it will allow programs to adapt and run smoother for our members throughout the day.

As most of you are aware, I am currently unable to be here on Thursday and Friday as I have undertaken a new role. I would like to welcome Helen to the position and I am positive you will enjoy her volunteer support! Helen and I are looking forward to recognising all volunteers for their contribution to the Cottage during National Volunteer Week in May.

*“The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves.” – Helen Keller.*

Take care and indulge in a good laugh!

**Josip Perosh & Helen Samorukoff**

## New Volunteers

Chrissie S, Poh L, Megan N, Kushum K, Sue H, Jamie P, Samar H, Shai M, Heidi B, Varsha C, Michelle Mck, Asifa A, Angela G, Carolynne P, Rubina M, Finauga F, Mary S, Hytham A, Tima M, Jessica S

## Volunteer Recognition

In our previous Volunteer Support Meetings we have been talking about how volunteers should be recognised, in particular on their last day of volunteering. Providing formal & informal recognition of the commitment, sacrifice & hard work of our volunteers is something that Myrtle

Cottage considers to be vitally important. There are several formal ways that Myrtle Cottage provides volunteers with recognition. These include award ceremonies, volunteer exit documents and announcements in the programs if the volunteer would like to be recognised.

... **Cont'd page 16**

# Member Update

Welcome to all  
our new Members:

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

**New Members:**

Joyce J, Anglia C, Peter M, Frank C, Maureen T, Dennis M, Mehmet T, Jennifer O, Rama N

**Members who are sick:**

Edward T, Helen D, Patricia P, Sue D, Wanda A, Allan S, Bev J, Julie L, Peter R, Valerie B, Fred C

**Members who have passed away:**

Harold G, George W

**Members not well enough to attend:**

Nellie G, Darinka R

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

Carlos G, Colene P, Daphne P, Joseph Z, Gabriel C, Rita B, Clive B

**Members that have moved out of the area:**

Libby M

**Members that have left the Cottage:**

Pam B, Nita M, Rex C, Edgar B

## Getting Ready for Your Appointment

**Be prepared:** Make a list of your concerns. Before going to the doctor, make a list of what you want to discuss. For example, are you having a new symptom you want to tell the doctor about? Did you want to get a flu shot? If you have more than a few items to discuss, put them in order so you are sure to ask about the most important ones first. Take along any information the doctor or staff may need such as insurance cards, names of your

other doctors, or your medical records. Some doctors suggest you put all your prescription and over-the-counter medicines in a bag and bring them with you. Other recommend bringing a list of medications you take.

**Consider bringing a family member or friend:** Sometimes it is helpful to bring a family member or close friend with you. Let them know in advance what you want from your visit. They can remind you what you plan to discuss if you forget.



# HAPPY



The name **February** comes from the Roman period of Februa, a festival of purification, which is also known as Lupercalia. The festival of Februa was named after the Roman God Februus, who represented purification, and the month and has originated from the Sabine culture.

<b><u>Members:</u></b>	Nola D	Narelle F	Kerrin B
Sheila J	Andrew M	Tima M	Colin S
Peter R		Karen S	
Therese G	<b><u>Volunteers:</u></b>	Sharon M	<b><u>Staff:</u></b>
Michael C	Debbie W	Jeraldine B	Sarah C
Janet G	Kim F	Dave H	Josip P
Merle S	Dorothy B	Denise M	Sharny J

**March**, the third month of our calendar, was originally the first month of the year. The month of March is named after the Roman God of war - Mars. This month was considered as the time to resume war, and hence named after the War-God. Mars is also identified with the Greek God Ares.

<b><u>Members:</u></b>	Jo'anne T	Angelia G	<b><u>Staff:</u></b>
Helen B	Robert M	Michelle M	Azree M
Beryl B	Anton B	Clara F	
Patricia W	Chizuko T	Christine W	
Kathleen O		Robyn C	
Patricia P	<b><u>Volunteers:</u></b>	Soes I	
Sarah D	Mick S		



### ***Volunteer Recognition from Page 14***

There are several organisations in our region that have been presented awards to our dedicated volunteers over the years. These include: the Volunteer Award presented by Federal Member for Macarthur Dr Mike Freeland, volunteer awards by

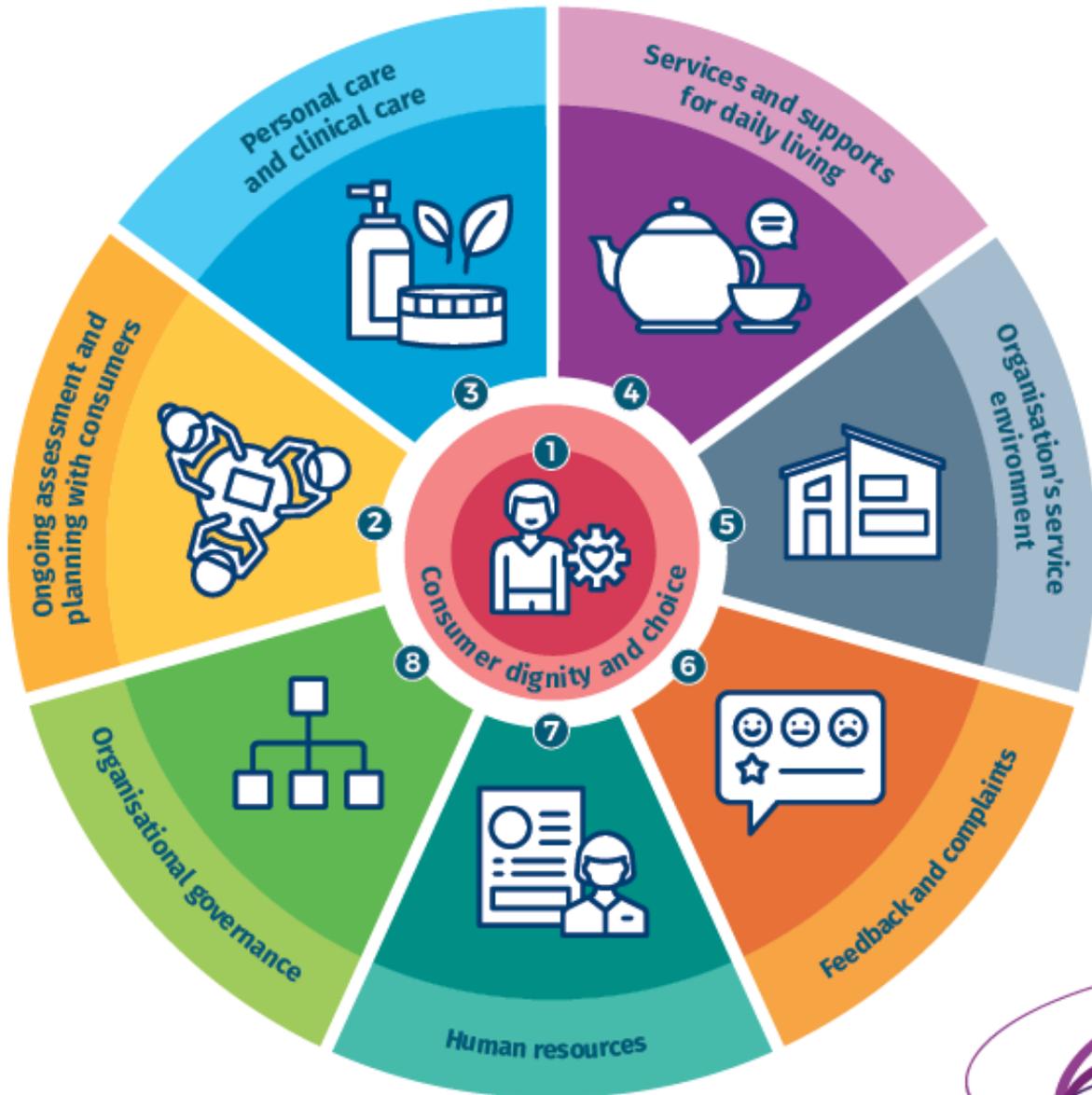
Liverpool Volunteer Resource Centre, NSW Volunteer of the Year Awards by The Centre of Volunteering and Campbelltown Council Awards. When a volunteer leaves the Cottage, along with a farewell letter and survey they are given a Certificate of Appreciation.

# Policy of the month



Australian Government  
Aged Care Quality and Safety Commission

Engage  
Empower  
Safeguard



## Aged Care Quality Standards

Be ready for July 2019

1800 951 822  
agedcarequality.gov.au

# FROM THE KITCHEN



Hello everyone,

The last couple of months have flown by and they have been full of new adventures and experiences.

One of the adventures that were undertaken was the trial of serving the DT programs' morning tea on individual plate instead of trays. The feedback that the kitchen received was fantastic and the results were far better than expected.

The kitchen volunteers have also been showing a lot of initiative by wanting to cook new and existing recipes that can be served for either morning tea or desserts. The results from these recipes being made, has been fantastic and all credit goes to the volunteers in the kitchen.

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 attached 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.

**Jordan & Kitchen Crew**

## Anzac Slice

### Ingredients

- 1 cup rolled oats
- 1 cup firmly packed brown sugar
- $\frac{3}{4}$  cup desiccated coconut
- $\frac{1}{2}$  cup plain flour
- $\frac{1}{2}$  cup self-raising flour
- 125g butter
- 2 tablespoons golden syrup

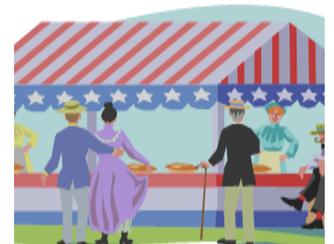


### Method

1. Preheat oven to 180°C. Lightly grease an 18cm x 28cm slice pan. In a large bowl, combine oats, sugar, coconut and sifted flours
2. Heat butter and golden syrup in a small saucepan on low heat for 1-2 minutes, until butter has melted and mixture is well combined
3. Make a well in centre of dry ingredients. Add butter mixture and combine well
4. Press firmly into prepared pan using base of a glass. Sprinkle with coconut
5. Cool completely in pan. Cut into squares to serve

**The Trading table has raised \$633.70 since the last newsletter.**

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



**Service of the month:**



**PrYme Movers**

As we get older, our options to exercise shouldn't be fewer. That's why we offer tailored exercise programs for people over 55. Improve your heart health, bone density, flexibility and strength.

Senior's exercise is about staying fit, healthy and socially connected. Turn up for a workout. Stay for a coffee and a chat. That's what we call active ageing.

<b>TIME</b>	<b>MON</b>	<b>TUE</b>	<b>THU</b>
8:30 am			<b>PRYME MOVERS</b> 8:30am - 9:30am
10:30 am	<b>PRYME DANCE</b> 10:30 am - 11:30am	<b>PRYME MOVERS</b> 10:30am -11:30am	

**PrYme Dance**

Dance class designed with over 50s in mind. Great for mobility, stability and fun.

**PrYme Movers**

This class is designed for over 50s to improve muscle strength, mobility, stability and fall prevention.

**Mount Annan Leisure Centre**

368 Welling Drive, Mount Annan NSW 2567

Phone: 02 4648 4830

# From the Improvement box

**Date:** 29/01/2019

**Type — How raised:** Complaint

**Raised by:** Member

**Issue:** I do not understand how you treat your volunteers, staff and members especially your bus drivers after all the years they have been part of this program. You cannot run the program successfully if it wasn't for your volunteers; bus drivers and others who are considerate, helpful and through the love of their hearts. What do you reward these beautiful people with? A piece of paper if they are lucky! But nothing else? Without these people you would not have a program at all. Surely they deserve more than this

**Response:** Myrtle Cottage agrees that we cannot truly thank the wonderful work of the volunteers and staff that assist on the programs and buses. This was brought up during intense consultation a couple of years ago where some volunteers did not want the recognition as they were here to help. Although it was agreed that we could still nominate volunteers for local awards, achievement award and provide a certificate when they leave the service. It is also part of our standards for individual choice. So, it is with regret that it is the individual volunteer's choice to notify people and how they notify people.

---

**Date:** 30/01/2019

**Type — How raised:** Suggestion

**Raised by:** Volunteer

**Issue:** Due to the amount of "games" the

"boys" table do from cards, dominoes, board games, etc. A weekly trophy may be handy to give positive reinforcement and social inclusion for all to join in (accumulative recorded wins)

**Action:** Referred to DT program for Client Consultations..

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**Date:** 07/02/2019

**Type — How raised:** Complaint

**Raised by:** Volunteer

**Issue:** Driver was too fast. Did 120 km/hr on freeway. Was over speed limit on suburban roads. Had a near miss then joked about the situation. Volunteer didn't feel comfortable or safe on the vehicle.

**Action / Response:** Reminder to all drivers about convoys, speeding and jokes. Reminder about talking to the person first, if not happy then talk to supervisor who can arrange a meeting to discuss issue.

---

**Date:** No date

**Type — How raised:** Complaint

**Raised by:** Volunteer

**Issue:** Why is there no handle/grab bar next to the bus assistant seat near the window? We have to reach for the rail behind.

**Response:** Referred to Transport Coordinator. Response was - if there was a rail next to the assistants front seat it would be a hazard. It would also make access to the engine difficult.

**Date:** 08/03/2019

**Type — How raised:** Suggestion

**Raised by:** Volunteer

**Issue:** I suggest everyone that enters the kitchen to make a tea or coffee pay a gold coin donation. This can make the cottage some money as there are a lot of coffees and teas going out of the kitchen.

**Action / Response:** Referred to the Client Advisory Committee who thanked the volunteer for the suggestion however the advisory have decided not to charge because it is likely that bus drivers and assistants enters the kitchen when trolley is not ready. If that is the case then it would be unfair to charge these volunteers when other volunteers do not have to pay.

---

**Date:** 14/03/2019

**Type — How raised:** Complaint

**Raised by:** Members

**Issue:** Not enough good young men attending

**Response:** Thank you for your thoughts

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**Date:** 14/03/2019

**Type — How raised:** Suggestion

**Raised by:** No name

**Issue:** Pet therapy and singers or people playing guitar / keyboard

**Action:** Referred to DT program for Client Consultations.

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**Date:** 14/03/2019

**Type — How raised:** Suggestion

**Raised by:** Member

**Issue:** We would like pet therapy visit, preschool children visit, life story-tellers,

singing and keyboard players

**Action:** Referred to DT program for Client Consultations.

---

**Date:** 14/03/2019

**Type — How raised:** Request

**Raised by:** No name

**Issue:** More dominoes and salad was too dry, no dressing available, too much lettuce would prefer iceberg lettuce.

**Action:** Referred to DT program for client consultation and kitchen for comment.

---

**Date:** 20/03/2019

**Type — How raised:** Suggestion

**Raised by:** Member

**Issue or compliment:** Suggestion to request someone from Guide Dog Association to speak about how people with low vision have different visual problems in certain situations e.g. travelling in unfamiliar places and different lighting (going from familiar places to unfamiliar). People with low vision include older people with cataracts, macular degeneration, etc.

**Action / Response:** Refer to DT program for Client Consultations.



**When a woman says "What?", it's not because she didn't hear you.**

**She's giving you a chance to change what you said.**

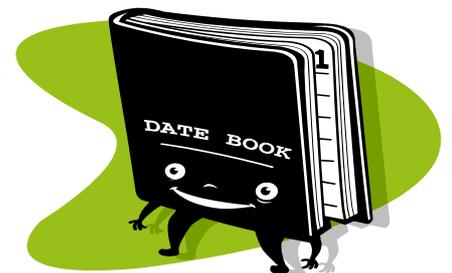
POSTED BY THE FIGHT LIKE A GIRL CLUB™

PERSONAL USE ONLY

## Important Dates to Put In Your Diary

**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](http://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](http://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



## Protect yourself — sign up to SCAMwatch

To stay one step ahead of scammers, visit the ACCC's SCAMwatch website — [www.scamwatch.gov.au](http://www.scamwatch.gov.au) — where you can sign up for free email alerts on new scams targeting consumers and small businesses. You can also follow SCAMwatch on Twitter at [@scamSCAMwatch\\_gov](https://twitter.com/scamSCAMwatch_gov) or [http://twitter.com/SCAMwatch\\_gov](http://twitter.com/SCAMwatch_gov).

# Happy Feet



I hope everyone is keeping well and healthy with the mixture of warm and cool weather we are having.

We have had a small session during March for Podiatry. I had the wonderful and multi skilled Rita M (Volunteer) who ran Podiatry for me on the 7<sup>th</sup> of March. A very big thank you to Rita for your assistance in making this day such a success and smooth running. We had a half day as only a low number of members wanted their feet pampered.

### New referrals:

Corinna has been busy keeping up to date with the care plans and when they are due for renewal. Corinna lets me know when they need to be renewed and I will then notify you that you need to see your GP for a new care plan.

Our next session is on Thursday the 18<sup>th</sup> of

### **Podiatry sessions for 2019**

- Thursday 18<sup>th</sup> April
- Thursday 30<sup>th</sup> May
- Thursday 11<sup>th</sup> July
- Thursday 22<sup>nd</sup> August
- Thursday 3<sup>rd</sup> October
- Thursday 14<sup>th</sup> November

April, just before Easter. If you need to see Corinna please come and talk to me so I can put your name down.

**Until next time  
keep dancing,  
Sarah Clarke  
Admin/DT  
Assistant**



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

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

## Donations

**Donations:** Olga \$120, Katie & Michael \$100, Kerry P \$40, Jamie \$22, Dot \$16.75, Jack \$5

## Received:

**Remember all donations over \$2 are tax deductible.**

# Find-A-Word

## Musical Instruments 1

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

FLUTE

GUITAR

ACCORDION

ZITHER

HARMONICA

VIOLA

TRUMPET

PICCOLO

RECORDER

CORNET

PAN PIPE

OCARINA

OBOE

SAXOPHONE

CLARINET

FIDDLE

TROMBONE

BAZOOKA

BAGPIPE

SNARE