

Cottage Courier

June - July 2019

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:

Ageing & Disability — page 3

Dementia Fact Sheet — page 7

Policy of the Month — page 16

Service of the Month (cont'd from the April-May 2019 Newsletter) — page 19

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

Take care and enjoy

Colleen



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Myrtle Cottage Group

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Elizabeth's Exciting Edit Manager's Report



Hi all,
It hardly seems like two months have passed, but the new financial year is running and we have started it full of energy once more by having the regular visit from our auditors and getting ready to implement any changes they recommend. It is a great way to ensure we stay alert!

This is also the time of year when all financial memberships are due for renewal, so stay on track and if you intend to renew it, please see a staff member who will be able to assist you.

I have noticed we have had new guest speakers during our programs, like the NSW Fire Department who visited recently. As a

result a significant number of members took advantage of the offer to have smoke alarms checked or updated. It is so important to ensure safety at all times, but much more so during winter, when we try to huddle up in front of our heaters to escape the cold weather.

With a number of opportunities coming up in the next few months to recognise the wonderful work our Volunteers do, members could assist by nominating a volunteer you believe deserves special mention. Please ask for a nomination form and help out by filling it in on your next visit to the Cottage!

Look after your selves and each other!

Kind regards, Elizabeth, 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.

It's been a busy time again in the DT program – I guess the biggest news is that our lovely staff Anna resigned quite expectantly. We have all missed Anna tremendously, but I would like to thank Connie for stepping up and really doing a great job to keep things running smoothly – especially in my absence. A huge thanks also to Sarah who is always there for us to assist in any way possible, the variety of casual staff who have covered shifts, our amazingly talented volunteers and of course our members who have been so patient and understanding during this time.

We've been on some interesting outings over the past few months. Monday members definitely got their monies worth at the Collingwood Hotel.



Monday group

The Bambusa Buffet at St Mary's Leagues Club was the destination for a bunch of very satisfied Tuesday members.



Tuesday Group

Our Wednesday group had a great day out at Club Marconi. Thursday members enjoyed a fantastic day out at Thirlmere Rail Museum. It was lovely for the Narellan group to join us at the Seniors Show at Ingleburn RSL Club – featuring one of our favourites, Peter Paki! Friday group visited a few local Op Shops, then had a lovely lunch at Crossroads Hotel in Casula.

Ingleburn Fire Brigade sent some lovely Firemen out to do a Fire Safety talk for our Monday group. The session was very informative and helpful for our members. They will be visiting all day groups over the next few

months.

We have started our Candle & Soap making activities – Tuesday, Wednesday & Thursday groups have thoroughly enjoyed participating and have requested to continue once in every 6 week program.



Wednesday group

Our Friday Men had a great time visiting the Men's Shed at Airds. They have been invited to attend a free BBQ a few times each year. We'll be heading out again before the end of the year.



Thursday group

Congratulations to Rosemary Hoy, who was the lucky winner of our West's Tigers coffee table – thanks to everyone who purchased tickets, we raised \$199. Look out for our fantastic Father's Day raffle – tickets will be on sale from Monday 29th July & will be drawn & delivered on Friday 30th August.



Last, but not least – I wanted to give a shout out to Garry Wade for continuing to come out and provide some fabulous entertainment for our groups. Our Tuesday group were recently treated to a fun filled afternoon with Garry sharing his time and talent with us. He also bought another talented friend along – Robert, thanks for joining us also.



Friday group

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

Julie & the DT Team

A smart person knows what to say, a wise person knows whether or not to say it

Craft Activity

Soap Making

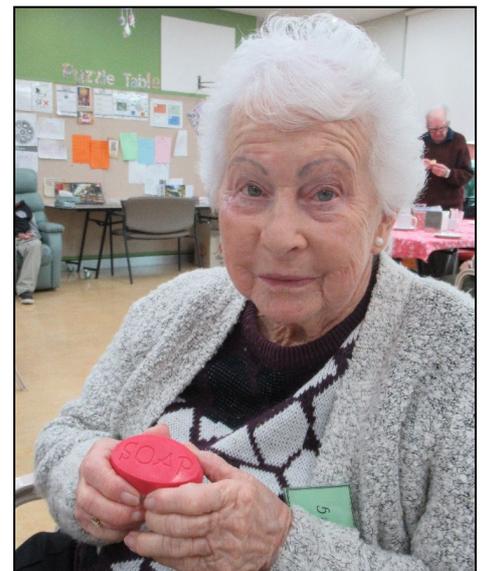


Items you need:

- 1 x box of melt and pour soap, Spatula or wooden stick, Soap moulds, Fragrance oil, Liquid soap friendly dye, pouring jug, rubbing alcohol spray

Instructions:

- Start off by ensuring soap moulds are clean and completely dry.
- Cut soap block into small cubes so it's easier to melt – put in pouring jug
- Melt in microwave for up to 1 minute, checking on it regularly, stirring using wooden bamboo stick.
- Once soap has melted to a smooth, watery consistency carefully remove from microwave and add colour and fragrance as desired.
- Carefully pour into prepared moulds
- Spray rubbing alcohol on top (reduces air bubbles)
- Let the soap set overnight, then gently remove from moulds



Everyday may not be a good day but there is good in every day

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,

The Bell Program went to the Botanical Gardens. It was a lovely day and everyone had a lot of fun.

Our NDIS group operating in Narrellan on Thursdays have also been out and about. The members of the Narellan Group enjoy preparing their own lunch. The comradery between them is lovely to see. Outreach visited Warragamba Dam. We have also had some combined outings were two programs join together, this is very busy for staff but the members enjoy meeting up with the other groups.

We will be experiencing the Sensory Walk again on the 3.9.19 this is organized by the Campbelltown Council, Myrtle Cottage worked closely with the Council last year to trial this event and due to its success the Council has decided to run it again this year. It will be a Café Connect and they have a number of events booked.

Margaret and I are working on an Pamper/Information Day for Carers Week in October, if anyone would like to request speakers or suggest information on a particular subject, please call me on 9426-3114. Hope to see you all there. It's more than likely going to be a Saturday. More information will come directly to all our Carers.



Happy Birthday

Heinrich S, Iolanda S, Alexander N,
 Michael D, Kamlawati B, William F,
 Barbara B, Mark R

Our Outreach Programs have had an influx of referrals, this is due to Myrtle Cottage becoming

a very well-known and respected service in the areas of Camden and Wollondilly. We have limited vacancy's left across most programs.

Until next time

Christine Turner

Dementia: Fact Sheet

CAPS



The **Contenance Aids Payment Scheme (CAPS)** is an Australian Government Scheme to financially assist eligible people who have permanent and severe incontinence to meet some of the costs of incontinence management products.

CAPS gives you greater choice and flexibility in how you purchase your products from a supplier of your choice.

Who is eligible for CAPS?

An Australian citizen or a permanent Australian resident, aged 5 years or older experiencing one of the following:

- Permanent and severe loss of bladder and/or bowel function caused by an eligible neurological condition
- Permanent and severe loss of bladder and/or bowel function caused by another condition, provided the person has a Centrelink Pensioner Concession Card, whether as a primary cardholder or a dependent of a cardholder
- Permanent and severe loss of bladder and/or bowel function caused by another condition, provided the person has a Department of Veterans' Affairs (DVA) Pensioner Concession Card, whether as a primary cardholder or a dependent of a cardholder

How much is the CAPS payment?

CAPS clients receive up to **\$596.60** which will be indexed annually. You can choose one full payment in July, or two half payments in July and January each year.

Customer Service team on **1300 788 855** if you need assistance with managing your CAPS account or transferring your funding to Independence Australia.

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

Our members absolutely love to travel! We made it all the way to the lower Blue Mountains at Springwood Sports Club a few times over the last few months. We had a lovely spot right next to the fire place. This club also supplies blankets that you could use if you got too cold. The food was well priced and delicious.

The Fiddlers at Rouse Hill boasts a multitude of dining options and spaces to relax. The menu has something for everyone and is simply bursting with a huge variety of share plates. We enjoyed our lunch in the alfresco area surrounded by climbing vines, hanging ferns and an abundance of undulating



Blue Mountains Springwood Sports Club



Camden Historical Museum

greenery. It was like stepping into a modern wonderland as we were exploring all the different areas. John O had the biggest pork knuckle I've ever seen, it's hard to believe he actually finished it.

Camden Historical Museum was filled with plenty of old artefacts. The history of Camden district is as old as Australia itself and our unique heritage unfolds in the exhibited stories and displays as you wonder through the large collection of Aboriginal and 20th century material which has been donated by the people of the town and district.

For our mystery trip we ventured off to the Blowhole at Kiama, which has long been translated as "where the sea makes noise" Luckily enough we were treated to nice weather on the day. The group agreed that it was well worth the day trip just to see a nature wonder. The members didn't know until 5 minutes before we arrived, so that was a lovely surprise for



The Fiddlers at Rouse Hill

Happy Birthday

Jan R

all. Frank had never been to the Blowhole before and really enjoyed it. We also had our photo taken at the Kiama Lighthouse. For lunch, we made our way over to Kiama Leagues Club for a nice warm meal.

Bye for now Connie.

Mystery Trip Kiama Blowhole



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

The cold and flu season has really hit some of us the past couple of months. Try and enjoy a nice cup of soup, some winter seasonal vegetables and fruit. The past program everybody enjoyed learning about different foods from all over the world, as well as some trivia from the 1960's which left us all reminiscing.

We currently have a medical student named Yee who has distributed the Aged Care Charter of Rights to all our Linkliners. He will also be conducting an evaluation on our program. It will allow us to determine the quality of the service as well as ways we could improve it in the future. I am looking forward to all the results and feedback I will receive over the next month.

It has been great to provide a service from

the comfort of your own homes and your continued support and encouragement for one another is truly amazing.

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

Happy Birthday

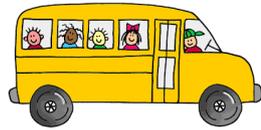
Glynis F

Warren's Wisdom

Transport Report



Exit the Bus Backwards



During the months of August-September we are going to encourage all members to exit the bus backwards or on the hoist.

Remember if you walk out forwards and you fall the only place for you to land is on the roadway or footpath and it is a very long way down and you will probably be seriously injured.

If you fall or loose your balance when you are coming down backwards you will have a chance to grab for the hand rail, the seat in front of you or the floor of the bus and you will only fall a short distance.

Coming out of the bus backwards or on the hoist is the safest way to exit the bus. The assistant, driver, or staff will help you and it is important to take as much time as you need.

If you use the hoist instead of the stairs the driver or assistant will provide support so that you feel comfortable and safe.

So how about having a go coming down backwards. Not only will you be safer but you will also be setting a good example for other members.

Members Ready for Pickup

All members are asked to be ready for pickup from around 0815 on the day you attend the cottage, the reason for this is sometimes when some members are not attending due

to illness or appointments this may shorten the bus run which you are on and may change the time of your pickup. Also please inform us if you are not attending the Cottage for any reason.

Joke of the Month

A Firefighter was working on the Engine outside the station when he noticed a little girl in a little red wagon with the ladders hung off the sides and a garden hose tightly coiled in the middle.

The girl was wearing a firefighters helmet, The wagon was being pulled by her dog and her cat.

The firefighter walked over to take a closer look.

“That sure is a nice fire truck, “ the firefighter said with admiration

“ Thanks” the girl replied.

The firefighter looked a little closer.

The girl had tied the wagon to her dogs collar and the cats **Testicles**.

“Little partner” the firefighter said. “I don’t want to tell you how

To run your rig but if you were to tie that rope around the cats collar

I think you could go faster”.

The little girl replied thoughtfully. “You are probably right, but then I wouldn’t have a siren”.



Client Advisory Committee

Date: 4th June 2019

OBJECTIVE 3: Efficient and Effective Management

Attendance: Janice S, Peter M, Maria B, Kath W, George C, Robyn O, Elizabeth D, Victoria M

Apologies: Stanley L, Janet V, Kerrin B, Therese G, Sheila J, Brian F, Josip, Kevin L

Item	Discussion	Outcomes/ solutions
Business arising from previous meeting	T-shirts available for members — see Other Business	
Training – attended or required	Next training day in August — Announcements have been introduced for drivers each week, to keep them updated	Copy to Christine
Work experience & volunteers	Volunteer week activities were well received	Good feedback on the photo session Members enjoyed all the props, how it was something different and that it was interactive
WH&S	Update on recent incidents — Members have been taking off their seatbelts during bus rides to and from the cottage.	Advise all members to keep seatbelts on until the vehicle has come to a complete stop. Add include in announcement sheet for drivers and programs
Strategic Plan Updates	No feedback available for this meeting	
Other business	T-shirts for members	Members cannot choose one colour for T-shirts, maybe have a vote for what two colours everyone would be happy to choose from
	Kitchen — doing a great job, members are happy with morning tea they are loving the scones	

Myrtle Cottage Courier

Item	Discussion	Outcomes/ solutions
Other business cont'd	BBQ more often as member's enjoy it	
	CAC stickers not popular — change design?	Will take to staff meeting for options
	Tuesday vacancy — Ross S accepted nomination to CAC	All are happy about the acceptance of Ross S nomination to the CAC
	Fundraising committee due to commence work- committee made up of volunteers with a support staff. No members nominated	
	Sheila and Maria B proposal on jewellery making — Jewellery making has been very popular, resulting in amount of materials being low Maybe a \$1 fee for those who would like to participate in it so that there are more materials? Or limit it to only one item made by each individual?	

Next Meeting will be: Tuesday, 6th August 2019

Did you know? Winter facts

Millions of Monarch butterflies fly 4,000 kilometers to migrate to a warmer climate each winter. They like to hibernate in the same trees every year.

A New Zealand insect called the Weta freezes completely solid when temperatures drop during the winter. However, when temperatures warm back up, the insect unfreezes, thaws, and resumes its activities

Chionophobia is the persistent fear of snow, especially becoming trapped by snow. The term is derived from the Greek words chion and phobos, meaning “snow” and “fear,” respectively.

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

All our volunteers have consistently ensured our members in all our programs have enjoyed their day with us at the Cottage. All your compassion and dedication to our services never goes unnoticed. Our volunteers also had the opportunity to meet for our supports sessions in July where we had Margaret join us to discuss the first Aged Care Standard. We also had the opportunity to address any issues and collect suggestions.

The fundraising committee had its first meeting to determine how we will address fundraising activities and events for Myrtle Cottage. If you were interested in being a part of the committee please don't hesitate to let me know. We also had a student named Yousif who went around collecting emails from our volunteers so we could send out the newsletter digitally. Our volunteer nominations have been rolling in the past year with a great success and I am proud to say we have received well over 100 nominations.

We are always looking for more volunteers for all our programs so if you know of a volunteer who is looking for the right role or a great organisation to be a part of please tell them not to hesitate to give us a call. Our next volunteer induction is scheduled for the 13th of August from 10:30am-12:00pm and they are held on every second Tuesday of each month. Providing formal and informal recognition of the commitment, sacrifice and 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. There are several organisations in our region that have been presenting awards to our dedicated volunteers over the years. These include: the Volunteer Award presented by Federal Member for Macarthur Dr Mike Freelander, Volunteer Awards awarded by Liverpool Volunteer Resource Centre, NSW Volunteer of the Year Awards by The Centre for 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.

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." – Leo Buscaglia.

Take care and indulge in a good laugh!

New Volunteers

Amiria P, Mary G, Ian E, Anne H, Jermine L,
Merna A, Kayla W, Stanley B, Brittany T,
Rosey A, Chang D, Chris S, Lily D

Member Update

Welcome to all
our new Members:

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

New Members:

Judith M, Roslyn B, Elizabeth R, Edmund P,
Lilly G, Kevin N, Alexander N, Jean W, Anne
C, Nina P, Dean P, Hinearri W

Members who are sick:

Amy W, Helen D, Helen B, Annastasia H,
Lynette L, Bev J, Rama N, Susanne F, Beth
C, Andrew P, Norma H, Sharren M, Sisinio M

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

Glenville M, Brian T, Peter R

Members who have passed away:

Madeline S, Moira G, Sudesh S

Members that are not returning:

Aileen M, Kim L, Frank C, Hassan Z, Lilly G

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



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.





HAPPY BIRTHDAY!



June is named after Juno, the goddess of the Roman pantheon. She symbolizes marriage and welfare of women. Juno is said to be the wife and sister of Jupiter. Juno is also known as the Greek Goddess Hera. Getting married in the month of June is considered good luck.

Members:

Robert S
Elva H
Patricia H
Deborah G
John C

Kevin B

Janice M
Julie L

Volunteers:

Rosey A
Kay R

Faith O

Samar H
Gail J

Linda M
Christine J
Thomas A

Staff:

Warren K
Julie R
Jo M
Joanne G
Jane A

July was originally known as Quintilis, which means the fifth month. Julius Caesar was later born in the same month, and he updated the Roman calendar and renamed this month after his own name.

Members:

Ann G
Faris A
Rhonda H
Kerry R
Jinnyta C
Colin Le M
Maria K,

Dorothy S,
Helen B
Denis M
Ann Maree M
Marlene X,
Ramakrishnan N
George S,
Edward T

Patricia M

Volunteers:

Lilly D
Mary G
Chris S
Finauga F
Jenelle F

Carol D

Brittany T

Staff:

Margaret D



Wish list: Donations for Annual General Meeting Raffles

LOST PROPERTY: If you have misplaced an item please see staff. The Lost Property Box will also be placed on the Trading table for people to identify their belongings.



Policy of the month

Conflict of Interest Policy Staff and Volunteers

Objective

This policy provides guidance to managers, staff and volunteers about addressing conflicts of interest that may arise at Myrtle Cottage Group

Definition and scope

A **conflict of interest** arises when someone has a personal interest in a matter, which could improperly influence or appear to influence the performance of their duties. A conflict of interest can arise from avoiding personal losses as well as gaining personal advantage, whether financial or otherwise.

Perceived (or apparent) conflict of interest is where it could be perceived by others that an employee's private interests could improperly influence the performance of their work duties, whether or not this is in fact the case.

Potential conflict of interest – one that an objective observer or reasonable person would think could be potentially problematic, whether or not this is actually the case.

Policy

Dealing with conflicts of interest involves:

- **Being aware:** managers, staff and volunteers should be aware of any actual, potential or perceived conflicts of interest
- **Disclosing:** conflict of interest should be disclosed immediately

- **Taking action:** conflicts of interest should be addressed in an open, honest and accountable manner

Any person who has or is aware of an actual, potential or perceived conflict between staff/volunteer's private interests and their responsibilities as a staff/volunteer of Myrtle Cottage Group must disclose the conflict to the manager immediately. The manager must take action to address the conflict, which should be resolved in favour of Myrtle Cottage Group's interest and record actions as per this policy.

The manager must take accountable action ensuring the decision-making process is fair, unbiased and impartial and considering:

- How serious the matter is?
- Whether it directly impacts on the rights and interests of a specific individual or Myrtle Cottage Group as a whole.
- Whether the staff/volunteer has a current or previous personal, professional or financial relationship with a client member and if so, the significance of the relationship.
- Whether the staff/volunteer, anyone associated with the staff/volunteer could benefit from, or be detrimentally affected by, a decision or finding in favour of, or adverse to, an interested party
- Staff/volunteers must manage work-related

relationships in such a way that professional and ethical boundaries are maintained at all times (see Personal Relationships Policy)

Staff/volunteers should not obtain gifts or opportunities for personal benefit from their employment with Myrtle Cottage Group. All gifts must be declared, with the manager determining how to deal with each instance. (see Acceptance of Gifts Policy)

Procedure

- All staff/ volunteers must be open and honest about, and disclose, any conflicts of interest as soon as they become aware of them.
- To make a disclosure, a staff/volunteer should discuss the matter with a supervisor or the manager and then complete the 'Conflict of Interest Disclosure Form'
- The manager will decide how the conflict of interest will be addressed as per this policy.
- On the form, the manager will detail his/her decision and reasons for decision.

Where the manager becomes aware of a potential conflict of interest, the manager should discuss the matter with the staff/ volunteer concerned, and together complete a disclosure form.

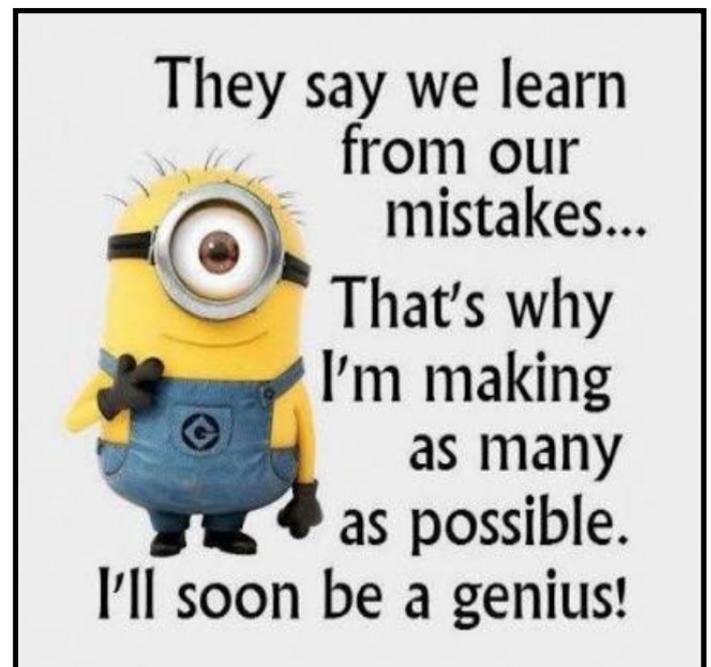
Information in the Conflicts of Interest Register is confidential and only accessible by the manager. The manager may record limited information on Personnel files when and if relevant to the daily operation of Myrtle Cottage.

When addressing conflicts of interest disclosures, the manager will:

- make decisions based on relevant facts

and evidence

- conduct the decision-making process without undue delay
- deal with staff/volunteers sensitively and with regard to the specific issues of the situation
- ensure all parties involved are afforded an opportunity to be heard and to respond to any allegations
- protect confidentiality and privacy to the fullest extent possible
- keep records in accordance with legislation, policies and guidelines
- ensure support and advice is available to all involved
- take into account cultural and linguistic diversity, and the needs of Aboriginal and Torres Strait Islanders
- take into account the needs of people with a disability
- take into account anti-discrimination, harassment and bullying policies and legislation



FROM THE KITCHEN



Hello everyone

June and July have been two full-on months in the kitchen. During these last two months, I was on holidays for a week and the kitchen was supervised by a different staff. I would like to thank the volunteers who worked hard and helped the relief staff that week. The feedback that I have been receiving has all been positive.

The number of volunteers in the kitchen has been declining each day but there are volunteers who turn up each day and work hard. They make everything easier when serving the DT and Bell programs. I would like to thank all the kitchen volunteers who turn up week in and week out, but I would also like to thank the volunteers and those

who come in from other programs to help the kitchen function efficiently each day.

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.

Jordan & Kitchen crew

Celery, pumpkin and butter bean soup

Ingredients

- 4 stalks celery
- ½ small butternut pumpkin
- 1 medium onion, chopped
- 425g can butter beans
- ½ cup red lentils
- 1 tablespoon stock powder or 2 stock cubes

Method

1. Wash celery, cut into small pieces
2. Peel and cut pumpkin into small pieces
3. Place celery, pumpkin, chopped onion, stock powder and red lentils into a large saucepan and cover with water
4. Bring to the boil and boil gently until pumpkin is soft
5. Add butter beans (no need to drain before adding)
6. Reheat if necessary and serve. You could top with a 'dollop' of sour cream



Service of the month:

Commonwealth Home Support Programme

Interaction with Home Care Packages cont'd from April-May 2019

Client's waitlisted for HCP

Clients who have been assessed and approved as eligible for a HCP, but who are waiting to be assigned a package, may be eligible to receive some services under the CHSP as an interim arrangement. The services provided should be at an entry-level of support consistent with the CHSP, not at the level of support of the HCP they have been assessed at.

These clients will generally be managed by their ACAT who will explore these options with the clients and refer to CHSP only where the person is able to continue living safely in their home on these entry time-limited services. If this is not the case, the ACAT will discuss other aged care options with the client, carer and family.

Frequently asked questions

Who determines if a HCP client requires additional CHSP services?

In the first instance, My Aged Care will need to establish the circumstances of the HCP client and whether they are seeking additional services due to a further decline in functionality or an emergency situation such as the client's carer being unwell.

Re-assessment of existing clients is referred to the assessment service who undertook the client's last assessment. In the case of a HCP client, their last assessment would generally have been undertaken by an Aged Care Assessment Team (ACAT).

Can a HCP client who is receiving an

interim Level 1 or 2 HCP also receive additional nursing and allied health services under the CHSP whilst they are waiting for their higher level HCP?

Yes. HCP clients who are receiving an interim HCP (Level 1 or 2) can access additional, short-term or episodic Allied Health and Therapy services or Nursing services under the CHSP, where these specific services may assist the client after an adverse event (such as a fall).

How long can the additional short-term or time-limited services be provided for?

There is no definitive time-frame stipulated by the Department regarding how long the additional short-term or time limited CHSP services can be provided for, as this is likely to vary on a case by case basis and depending on the specific circumstances and needs of each individual client.

My Aged Care assessment services are responsible for developing a support plan with the HCP client, which should identify the needs, goals and additional time limited services required to support the client. The assessment information should also identify what other supports the client is receiving, including their HCP.

Although no specific time limit is stipulated within the CHSP Program Manual due to the complexities outlined above, it is anticipated that up to three months would be considered as 'short-term' services. However, it is expected that some additional CHSP services

might be delivered for a longer period where specific circumstances warrant it.

However, these additional services can only be provided on a short-term or time limited basis and at an entry-level in line with the circumstances outlined above and not at the level of support of the HCP that the client is eligible for.

Who is responsible for ensuring that additional CHSP services provided are time-limited, monitored and reviewed?

The HCP client's My Aged Care assessment service (usually the ACAT) is responsible for ensuring that where an existing HCP client is referred for additional short-term CHSP services (in line with the three defined circumstances outlined above), a suitable review date for the client is also included. This should be aligned with the expected end date for the additional CHSP services provided in order to review the client's progress against the short-term goals identified.

CHSP service providers also have a responsibility to regularly review a client's progress against their individual goals and should refer the client to their most recent assessment service for a support plan review or re-assessment if their needs change.

What should a CHSP service provider do if they receive a referral to deliver CHSP services that are above entry-level?

Service providers are funded under the terms

and conditions of the CHSP Grant Agreement to deliver a range of entry-level CHSP service types to eligible clients that are referred through My Aged Care. If a service provider receives a referral to provide CHSP services to individual clients above the entry-level they are funded to provide, they can reject the referral for service within the My Aged Care provider portal.

How many CHSP services can clients who are waitlisted for a HCP receive as an interim measure?

Clients who have been assessed and approved as eligible for a HCP, but who are waiting to receive that package, can receive some services under the CHSP as an interim arrangement but only to an entry-level of support consistent with the CHSP, not at the level of support of the HCP they are eligible for.

The CHSP program manual does not stipulate how many services should be provided to clients at entry level as this is likely to vary on a case by case basis and depending on the specific circumstances and needs of each individual client. However, CHSP services delivered to an entry-level client are expected to be, in total, lower than the Government subsidised cost for services provided under a Level 1 HCP (less than \$8,000 per annum). For example, the significant majority of CHSP clients should only require small amounts of one or two support services.

Donations

Donations: Hawker Foundation \$5,000, Bob \$500, Olga \$120, Joe \$20

Received:

Remember all donations over \$2 are tax deductible.

From the Improvement box

Date: 31/05/2019

Type — How raised: Compliment

Raised by: Western Sydney University School of Medicine

Issue: Thank you card, drink bottle and folder given to Margaret for Supporting the Health across the life spans work shops as the Aged and Disability expert.

Action / Response: Drink bottle was given for raffles and Margaret kept the folder.

Date: 07/06/2019

Type — How raised: Compliment

Raised by: MWLP student

Issue: Victoria provided a box of chocolates to say thank you for her placement.

Action / Response: Chocolate shared with staff

Date: 17/06/2019

Type — How raised: Request

Raised by: Member

Issue: Danny likes steak, Peter likes T-bone steak, continental sausages for the BBQ, no onions, no cucumber for Pat W

Action / Response: Refer to program Coordinator and/or the Client Advisory Committee. This has budget implications.

Date: 22/07/2019

Type — How raised: Thank you

Raised by: Long term volunteer

Issue: (please note dates reflect when information was recorded) Thank you for taking time and having our talks and of course our laughs.

Action / Response: Fragranced sachet



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**

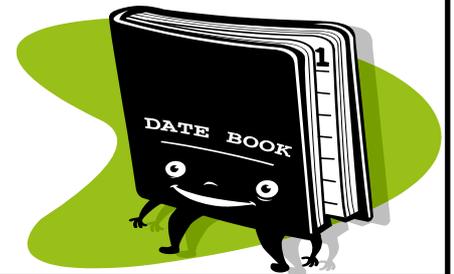
**WHO WOULD YOU NOMINATE FOR THE 2019 ACHIEVEMENT
AWARD?**

Don't forget Membership renewals are due 31st August

Important Dates to Put In Your Diary

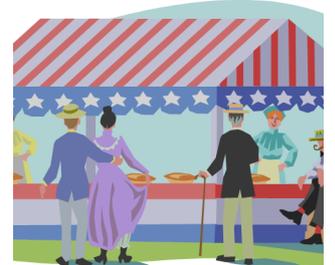
05/08/19: Bank Holiday — *Cottage closed*
06/08/19: Client Advisory Committee Meeting
10.00am
13/08/19: Volunteers Induction 10.30am
22/08/19: Happy Feet Project Day — Podiatry
29/08/19: Staff Training Day — *Cottage closed*
02/09/19: Father's Day
10/09/19: Volunteers Induction 10.30am
30/09-11/10/19: 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



The Trading table has raised \$221 since the last newsletter.

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



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 \$15.40 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)

\$105.85

Happy Feet



Welcome to the latest Happy Feet Podiatry article!

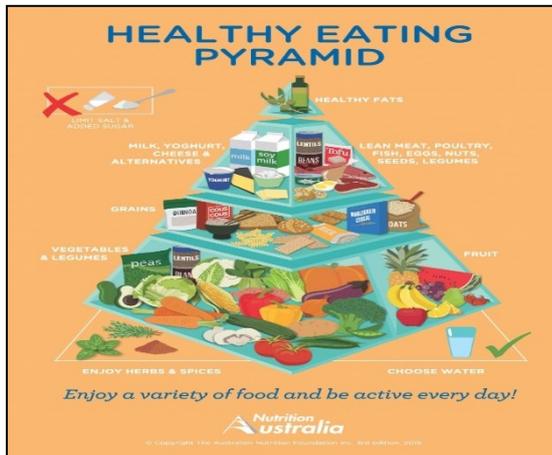
It has been a busy few months with a lot of people asking to spend the whole day at the Cottage whilst they wait for their appointment. It has been great to see the DT room so full of members. A big thank you to all staff and volunteers for your assistance in running this day. The DT room was full to the brim!! Big thank you to Jordan and his kitchen volunteers for catering for such a large group.

Podiatry dates for 2019

Thursday 22nd August

Thursday 3rd October

Thursday 14th November



Corinna and Julie are currently working out dates that Corinna can come in to do a diabetes talk in the afternoon and how having a Podiatrist can assist in the treatment for diabetes. So watch this space. Our next session is on the 22nd August so please let me know if you would like your feet to be floating on air!

Until next time keep on dancing

Sarah Clarke

Admin/DT Assistant

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.

Types of Fruit, 1

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

KUMQUAT
LEMON
LIME
DATE
LYCHEE

BANANA
MANGO
TOMATO
POMELO
MELON

PLUM
STRAWBERRY
GUAVA
PEAR
APPLE

POMEGRANATE
GRAPE
CHERRY
COCONUT
ORANGE