

# Cottage Courier

August—September 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:

**Ageing & Disability** — page 3

**Dementia Fact Sheet** — page 7

**Policy of the Month** — page 16

**Service of the Month** — page 19

For something different, try the **Spot the Difference** on the back page, but no cheating as answers are in this Newsletter.

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.*



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# Elizabeth's Exciting Edit Manager's Report



Hi all,

Another busy two months have just slipped by. During this time all staff attended training on the Aged Care Standards and are now very familiar with its practical application.

We are now preparing to celebrate Carers' Week with a very deserved Pamper Day, and so hope that local carers will take full advantage of this. Make sure you find the flyer somewhere in this newsletter!

We are also almost fully prepared for our AGM, which is being held on a Tuesday this year. I am looking forward to seeing many of our financial members there and hearing your feedback first hand.

After a recent recruitment we have welcomed two new permanent staff to our programs, Jo-Anne and Helen, who have joined our DT team. I know you will all help them settling in.

In the coming weeks we will call nominations for new members to join our Client Advisory Committee. The group meets every two months and has a significant influence in how things are run in the Cottage. If you are interested, do keep it in mind and put your hand up to join us. It is important each day group is represented so new ideas are always received!

Look after your selves and each other!

*Kind regards, Elizabeth Delcasse, Manager*

## Donations Received:

**Donations:** Dot \$200, Olga \$120, Jack \$10, Reg \$10

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

## 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.

# 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.

It's my great pleasure to announce & introduce our new DT staff members. We would like to welcome both Jo-Anne & Helen as our new permanent staff for the DT program. Congratulations to you both for being successful with your applications and interviews. I'm sure you'll fit into the team well and settle in nicely.

The last few months have seen our groups attend some fantastic outings. Monday members enjoyed a buffet lunch @ Picton Bowling Club and a lovely day out to see the Tulips in Bowral. Our Tuesday group also visited the Bowral



Tuesday group



Monday group



Tulip Festival and tried out the Seniors Social Show @ Wests Leagues Club. Wednesday members thoroughly enjoyed a great pub feed @ Appin Hotel and were unfortunately rained out for their BBQ lunch @ Mount Annan Botanic Gardens. Instead we ventured out to Bargo Community Hall and had take away for lunch. Fairy Meadow Bowling Club put on a scrumptious feed for our Thursday group while our Friday members had lunch at one of our favourites – Towradgi Beach Hotel. We also visited the Powerhouse Museum at Casula and a beautiful BBQ lunch @ Plough & Harrow Reserve.



Wednesday group

We raised a massive **\$385** for our Father's Day raffle! The lucky winners were: 1<sup>st</sup> – Mary L, 2<sup>nd</sup> – Michelle M & 3<sup>rd</sup> – Richard J. We have also drawn our winner for the uniquely made "Parramatta Table" Congratulations to Kath W for being the lucky winner. We raised another \$95.00 for the Cottage during this fundraiser raffle. A huge thanks to our amazing gardener Sid for his on-going support with donating magnificent prizes for our fundraising raffles! We truly appreciate you being so generous with sharing your great and skilful talents.

With the AGM fast approaching, we will be starting to sell raffle tickets for this event from Monday 30<sup>th</sup> September. Our AGM will be held on a Tuesday this year – 22<sup>nd</sup> October. We look forward to seeing many of you there.

Over the last few months we've enjoyed visits from Ingleburn Fire Station, Macquarie Fields High School, Hussy the Husky (Big thanks to



Thursday group



Friday group



Bob for bringing her in).

Until next time, take care of yourselves & each other J

**Julie & the DT Team**

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



# Craft Activity

## Key Rings

### Equipment

- ◆ Clear plastic key ring
- ◆ Fake Flowers
- ◆ Ribbon
- ◆ Glitter Shapes
- ◆ Wire Cutters



### Method

- ◆ Using wire cutters
- ◆ Cut Fake Flower Stems
- ◆ Place three flowers together
- ◆ Tie ribbon around the stems

- ◆ Place bunch of flower in the heart shape
- ◆ Tie ribbon through the hole at the top
- ◆ You can hang them from your bag or walker

***Great for personal use or to give as a gift***



## 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.*

# 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,

On Tuesday 3<sup>rd</sup> September members enjoyed a BBQ at Botanical Gardens, some of the members went on the sensory walk and joined the café connect activities. Thank you to those carers that were able to accommodate the earlier pick up. They should have all brought home a little promotional bag from Carrington.

We also had an outing to the Mt Annan Hall where our Outreach Program operates weekly, the weather kept us indoors but the members had a fun filled day.

This year Margaret and I have organized a **Wellbeing and Pamper Day** for Carers Week. If you and are interested please call me on 9426-3114.

We have a few things coming up so please take note of your programs. Cottage closed on the 22/10/19 for our Annual General Meeting. Cottage closed on the 22/11/19 for the Volunteers Christmas party. We also have an outing on the 9/11/19.

The members enjoy the singing and dancing



in the afternoons, we have our own private little disco.

Until next time

**Christine T**

*Bell Program Coordinator*

**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.



# Dementia: Fact Sheet

MYRTLE COTTAGE

## Wellbeing and Pamper Day

*Live Social, Live Active, Live Well*

**Date: 19th October 2019**

**Time: 11am to 1pm**

**RSVP for catering purposes:  
to Christine or Margaret by  
12th October 2019**

**Morning tea and  
Lunch provided**

**MYRTLE  
COTTAGE**

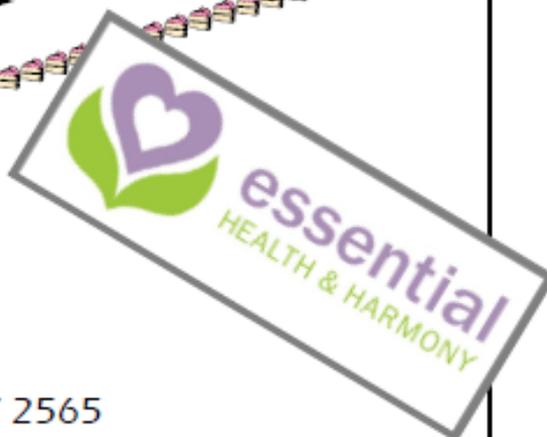
6 Bosci Road  
Ingleburn NSW 2565

Phone: 02 94263100

Fax: 02 974263199

Email: [bell@myrtlecottage.org.au](mailto:bell@myrtlecottage.org.au)

**NATIONAL CARERS WEEK 13-19 OCTOBER 2019**



*The Body Shop  
Pamper gift pack*

### AGENDA

- 11am—Welcome
- 11.15am—Guest Speaker  
Monique Morgan,  
Carrington  
**Short term Respite**
- 11.45am—Guest  
Speaker Vandita  
Nijhawan, Dementia  
Australia  
**Understanding and  
responding to  
changed behaviour's**
- 12.30pm—Lunch



# 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  
As soon as I found out that Kemps Creek Sporting and Bowling Club had the Elvis and Friends Show, I included it in the program. I know of a few names that would definitely get a kick out of the show.

We also had the pleasure of attending another show at the same venue the following month. The Tom Jones and Friends Show. Some of us were convinced that it was the same performer that did multiple impersonations. He dressed as Kenny Rodgers and sounds just like him, Neil Diamond was another impersonation he did. When he did the impersonation of Tom Jones some of the ladies got a little rowdy and loud. We all knew the songs like Delilah and Green, Green Grass of Home. Knickers were thrown on stage at the end when Tom Jones was on stage singing. Some were red and frilly and some were large xxx size which made the crowd all burst in laughter. Dolly Parton also came out with a big



strong voice with some of the songs we all remember like Jolene; 9 to 5; and Islands in the Stream. It was nice to see the members singing along to all the songs that were played.

On a Saturday we visited the Woolshed Kitchen at Yallah. The Woolshed is an exceptionally unique and iconic venue in the Illawarra with two open fireplaces, exposed hardwood beams and delicious catering by Fine Spun. The Woolshed is like no other venue in the Illawarra with an exquisite combination of rustic elegance and natural beauty.



Ten Pin Bowling at Campbelltown is usually a stiff competition. Congratulations to Jeanelle who showed the boys how it's done, taking the win of 113 points.

These are some of the other venues we have visited recently: Dumaresq Street Cinema, the Bowling Greens in Ingleburn, La Perouse drive, C-Side Function Centre Kyeemagh,



Mounties, Tulip Festival Bowral, Narellan Town Centre and Lake Alexander Mittagong just to name a few.

Take care & stay safe,  
Connie & Penny

# Link up to Linkline



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

I can guarantee that all of our Linkliners are looking forward to putting the cold and flu season behind them. With the warmer weather arriving shortly ensure you keep your nutrition up with a variety of fruits, salads and vegetables.

The past program has really challenged us all with various topics ranging from Spring, Octoberfest & Australia. The Linkline program evaluation that our medical student completed really demonstrated how much all of you are enjoying the program so please continue to suggest ideas for future topics and activities so I may accommodate the program for each and every one of you.

Some of our new Linkliners have stated they have been bothered at home with pushy sales reps over the phone. The Australian Government established a **Do Not Call Register** in response to increasing concern

about the growth in unsolicited telemarketing calls. To register your number please call 1300 792 958.

It is also wonderful to hear that many of our Linkline Members are still attending and enjoying the DT Outings. If you would like to join an outing please give me a call and I will arrange it if possible.

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 P**

# Warren's Wisdom

## Transport Report



### Road Rage Tips

#### You Can Control Road Rage

Here are a few tips on how to deal with aggressive drivers, plus helpful hints to reduce your own stress while driving.

#### Protect yourself

If you are dealing with an aggressive driver, make sure your doors are locked. If you're stopped in traffic, leave enough room to pull out from behind the car you're following. If an aggressive driver confronts you, dial 000 or go to the nearest police station.

#### Don't take it personally

Be polite and courteous, even if the other driver isn't. Avoid any conflict, if possible. If another driver challenges you, take a deep breath and move out of the way! Never underestimate the other driver's capacity for causing mayhem.

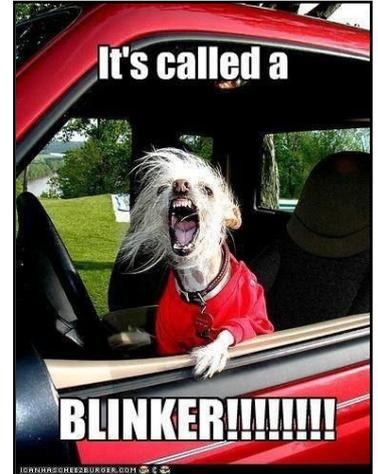
#### Reduce your own stress

Allow plenty of time for a trip and listen to relaxing music when you drive. Make sure your seat position and climate are both comfortable for you. And mostly understand that you cannot control traffic, only your reaction to it. In the end, you may find that personal frustration, anger and impatience are the real danger zones on the highway.

#### Report aggressive drivers

Most states have a phone number that you can use to report "hoons" or dangerous driving to the appropriate law enforcement

agency. Keep the number handy on your mobile phone. If you make a call, be sure you give a vehicle description, licence number, and the location and travel direction. You could prevent a tragedy.



#### Be a courteous driver

You can set the example, which can help make our roads safer.

- Control your anger.
- Don't take traffic problems personally.
- Avoid making eye contact with an aggressive driver.
- Don't make obscene gestures.
- Don't tailgate.
- Use your horn sparingly — even a polite honk can be misinterpreted.
- Don't block the passing lane.

#### Talk to others

Share a recent road rage incident with members of your family and friends, or even with community groups. This will help you better understand the situation and protect you in the future.

*Warren, Transport Coordinator*

***Joke of the Month see page 12***

# Client Advisory Committee

**Date:** 6th August, 2019

OBJECTIVE 3: Efficient and Effective Management

**Attendance:** Maria B, Janice S, Therese G, Kerrin B, Ross, Elizabeth D, Taylah, Sheila J

**Apologies:** Peter M, Kath W, George C, Robyn O, Stanley L, Sheila J, Brian F

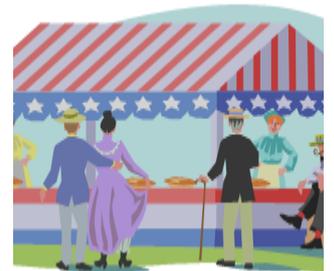
Item	Discussion	Outcomes/ solutions
<b>Training – attended or required</b>	Discussion of standards and new rights required for aged care facilities.	Aged care Standards training day – 29 <sup>th</sup> August
<b>Work experience and volunteers</b>	Fundraising committee Discussion of ideas, take to members for suggestions of fundraising ideas. Bunnings BBQ, raffles, selling craft at community events (Ingleburn alive) etc. Members find students engaging and helpful.	
<b>Policy development, review and Implementation</b>	Charter of Aged Care Rights. New rights for those in aged care facilities.	New Charter of Aged Care Rights is being distributed to all members, having these signed and filed as per Commonwealth requirement.
<b>WH&amp;S</b>	Recent bus accident saw claim assisted by dash camera information	Repair to be organised with insurance
<b>Strategic Plan Updates</b>	No current update	
<b>Other business</b>	T-shirts – As the fundraising committee investigates if t-shirts may be printed and sold to all in the Cottage, the Client Advisory is agreeable to the idea of bright coloured shirts to stand out in the community.	Committee is happy to view samples and make the design available to members.

Item	Discussion	Outcomes/ solutions
<b>Other business continued</b>	Client Advisory Committee Stickers – discussion occurred about a more prominent badge to be available to committee members, as members are not happy with a sticker, to return badges at the conclusion of their term in the committee.	New badges to be designed and considered
	Jewellery making – It was proposed that a cost of \$2-\$4 per craft is applied to cover cost and one piece of jewellery per class is completed.	Take to staff meeting for further consideration

**Next Meeting will be:** Tuesday 1st October, 2019

**The Trading table has raised \$114 since the last newsletter.**

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



## **JOKE OF THE MONTH by Warren**

**QUESTION: How can you speed up the heart rate of your 60+-year-old husband?**

*ANSWER: Tell him you're pregnant.*

**Question: How can you avoid getting wrinkles?**

*ANSWER: Take off your glasses.*

**Question: No, seriously. How can I get rid of these crow's feet and all the wrinkles on my face?**

*ANSWER: Go braless. It usually pulls them out.*

**Question: What is the most common remark made by 60+ year old's when they browse an antique store?**

*ANSWER: I remember these.*

**Question: Where can a man over 60 find a younger, good looking woman who is interested in him?**

*ANSWER: Try the bookstore under fiction.*

**Question: Why should 60+ people use valet parking?**

*ANSWER: The valet won't forget where he parked your car.*

# The Volunteers Voice



Josip

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

Another big thank you to all our volunteers who go out of their way to ensure our members have a wonderful day here at Myrtle Cottage.

I hope we are all enjoying the transition to the warmer weather. I know I will be spending a lot of time down at the beach for the rest of the year.

It is coming up to the time where we have our next round of support sessions. We will continue discussing the aged care standards so make sure you all have your thinking caps on and don't forget to bring your suggestions. It is also the time of the year where we are updating all our volunteer profiles and updating photos so please make yourself available for this process.

ceremonies in the region. A big thank you to the centre for volunteering for recognising all the hard work all volunteers do for our community. Congratulations to Larry on achieving an award from The Centre for Volunteering!



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 8<sup>th</sup> October from 10:30am — 12:00pm and they are held on every second Tuesday of each month.

*“Volunteerism is the voice of the people put into action. These actions shape and mould the present into a future of which we can all be proud.” – Helen Dyer*

Take care and indulge in a good laugh!

**Josip P**



Our volunteer nominations continue to keep rolling in which has been great. I recently attended the first lot of volunteer award

## New Volunteers

Jeanette W, German R, Vanitha E,  
Nancy M, Sabintra N, Harrison C, Emily B,  
Renee P, Saskia S, Tiffany P, Paul H,  
Derek P, Cecilia C

# Member Update

Welcome to all  
our new Members:

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

**New Members:**

Henry N, Stefan M, Halina H, Gary S,  
Anthony C, June M, Yvonne S, Rosa S

**Members who are sick:**

Helen B, Helen Bl, Susan D, Helen D, Ted T,  
Peter M, Bev J, Lynette L, Edmund P, Beth  
C, Kathy O, Beth C, Sharren M, Sisinio M

**Members who are in permanent  
care:**

Peter R, Kerry D, Norma H

**Members not well enough to  
return:**

Helen R, Jinnyta C, Annastasia H

**Members who have passed away:**

Fred C, Maria I

**Members who have left the  
Cottage:**

Vince T

**Members who have moved out of  
area:**

Rosemary H

## 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 \$12.50 which brings the total since July 2019 to;

The Donation box is located near the entrance to the



**“When I was young, I used to admire intelligent people; as I grow  
older, I admire kind people.” ~ Abraham Joshua Heschel**



# HAPPY



**August:** some famous horses & owners to celebrate the Horses Birthday. Lone Ranger - **Silver**; Trojan War - **Wooden Horse**; Anna Sewell - **Black Beauty**; Roy Rogers - **Trigger**; Cisco Kid - **Diablo**; Horse in 1960s TV Show - **Mr Ed**; Winged Horse - **Pegasus**; New Zealand Race Horse - **Phar lap**; Zorro - **Tornado**; George Washington - **Old Nelson**

**Members:**

Yvonne S  
 Frank T Henry N  
 Bruce F Miriam M  
 Susan D Tracey C  
 Ishaque K Faize A  
 Beverly W  
 Susanne F  
 Norah D

**Volunteers:**

Harrison C  
 Marge F

Allan H  
 Bob S  
 Marie J  
 Sandra R  
 John P  
 George W  
 Carol W  
 Syd B

Chang D  
 Maha E  
**Staff:**  
 Jaime J



**September:** Spring is in the air along with singing birds, flower blossoms, warm weather and sunshine! Celebrate spring with a Garden party or Tea party filled with fun and laughter.

**Members:**

Annastasia H  
 Noleen R Valerie B  
 Eileen M Dean P  
 Dell O Alfred O  
 Johnson C Cathy H  
 Dorothy T David K  
 Elsie H Kathleen W  
 Patricia C Margaret K  
 Ross S Joyce J  
 Jimmy L  
 Pamela L

**Volunteers:**

Greg W

Tiffany P  
 Larry F  
 Derek P  
 Ian E  
 Anne H  
 Neil S  
 Nasima A  
 Pam L  
 Clarice M  
 Sapi L  
 Joe C  
 Ann M  
 Rita McC  
 Margaret W  
**Staff:**  
 Stephen F  
 Penelope C  
 Maria H  
 Connie V

# Policy of the month

## Acceptance of Gifts

### Objective

Set clear guidelines for staff and volunteers of Myrtle Cottage Group as to their obligations under this policy and the Code of Behavior when offered a gift from members or carers.

### Definition and scope

A gift is anything that is useable and/or has a monetary value.

### Policy

This policy should assist staff and volunteers to recognise that the receipt of a gift from a member is due to their opportunity to assist and support that member at Myrtle Cottage. If the staff or volunteer were not involved with Myrtle Cottage they would not have received the gift. The acceptance of a gift could place the staff, volunteer or the member in a situation where they could feel a debt is owed. This could lead to a Conflict of Interest with that member receiving or feeling entitled to favoured treatment or feeling obligated to continue providing gifts.

Staff and volunteers are not allowed to give gifts to members or carers as an environment of favouritism created from this situation can have a negative impact on the service and other members and carers.

Staff or volunteers must disclose all gifts from members irrespective of the value.

Staff or volunteers must not ask for gifts from members attending Myrtle Cottage.

The acceptance of gifts from members will be recorded in the "Gift Register" by a supervisor or manager and will have no bearing on the access to service or the service provided to individual members. (Refer to form: Gift Register, available from office upstairs)

### Procedure

Any Staff or volunteer who receives a gift from a member or carer, no matter how small, will be required to have it recorded in the "Gift Register". The register will record the:

- ♦ date the gift was received;
- ♦ the name of the member;
- ♦ the gift received;
- ♦ the decision on what was done with the gift (decision made by management);
- ♦ The name of the staff or volunteer who received the gift and signature of management following the review of the gift register.

All gifts of money will be receipted and recorded as a donation to Myrtle Cottage. Members offering items of large value will be requested to donate such items to the Cottage.

Possible outcomes from the review of a gift:

- ♦ Staff or volunteer is permitted to retain (if gift is of token value).
- ♦ Used by Myrtle Cottage.
- ♦ Myrtle Cottage to raffle or sell.

Gifts/ items not allowed to be kept by staff or volunteers include:

- ♦ Gifts of cash

♦ Lottery tickets

Staff and volunteers must obtain management approval prior to any goods being purchased from a member or carer. If management considers, that the price to be paid for the

goods is favourable to the staff or volunteer, that gain to the staff or volunteer will be considered to be a gift.

**Breaches of this policy represent a breach of Code of Behaviour**

**MC**

# Happy Feet



Welcome to the latest article for Podiatry.

We have had a few quiet sessions for

Podiatry lately with a lot of members being away sick or on holidays. We only have 2 sessions left for the year so if you need your feet pampered please let me know as soon as you can.

The last session for the year will be on Thursday, 14<sup>th</sup> November. This will be the last session until

the 6<sup>th</sup> February, 2020. Gosh that is coming up fast!!! Reason for the big gap is that 6 weeks after the 14<sup>th</sup> November will be Boxing

day and we will be closed for our annual Christmas holiday break.



I will do my best to accommodate everyone on each session. The last and first session for the year is always full. Corinna is so accommodating in being able to come in early on the day when we have a full session so if you need an earlier appointment please let me know.

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

# FROM THE KITCHEN



During these last few months, we have had some very adventurous days where the kitchen went above and beyond. One of these days was preparing food for a Bell outing. The volunteers in the kitchen did a great job preparing the food for the outing and making it all look delicious. The feedback that was received was that it was tasty and that everyone enjoyed it. In the last two months, we had 3 fire alarms that did disrupt the day but the kitchen crew were prepared for what has to happen when a fire alarm goes off. The kitchen crew acted very professionally when this happened and I am proud of that.

The kitchen has also had to prepare 100 sandwiches across two picnic outing days. I would like to thank Julie, DT coordinator, for bringing in fresh bread for those two outing because the feedback that was received was that the sandwiches tasted delicious and

looked amazing. I would also like to thank the volunteers who turn up each day to work in the kitchen, it is definitely noticed by myself and the other staff when there is a day that is low in numbers.

The recipe below has been done a few times at Myrtle Cottage for dessert and has received excellent feedback, with some members requesting the recipe. I enjoy hearing the feedback, both good and bad, from both the members and the volunteers.

I also enjoy hearing the suggestions for morning tea and desserts. Keep the suggestions coming and if you do have any ideas/suggestions, please write them down and place them in the suggestion box outside the DT room.

**Jordan & Kitchen crew**

## Wheatgerm and Yogurt Smoothie

### Ingredients (for 1 person)

- ◆ 1 tablespoon wheat germ
- ◆ 2 tablespoons natural yoghurt
- ◆ 1 teaspoon honey
- ◆ 2 tablespoons pureed fruit or one well mashed up ripe banana
- ◆  $\frac{3}{4}$  cup milk

### Method

1. Mix all together and serve as a snack or for breakfast

### Helpful Tips

- ◆ Flavoured yoghurt can be used
- ◆ You can buy fruit already pureed, in small containers
- ◆ Any sugar can be used instead of honey. Brown sugar gives a nice flavour
- ◆ Any type of milk can be used



**Service of the month:**



**NSW Police Force**

**NEXT OF KIN PROGRAM**

*Developed by NSW Police Force*

**Next of Kin is the person you would like police to contact in case of an emergency.**

**WHAT IS THE NEXT OF KIN PROGRAM?**

The Next of Kin Program helps people living alone to have the contact details of their nominated person recorded at a local police station.

The contact details of the Next of Kin, as well as the nominated doctor, dentist and any medical alerts that would help in an emergency situation will be entered onto a register. Any information provided will be securely stored and only accessed by NSW Police.

This information may assist the police and emergency services to contact a relative or other nominated person if needed in an emergency situation.

**HOW DO I REGISTER?**

Contact your local police station and ask to speak with the Crime Prevention Officer about the Next of Kin Program.

The Next of Kin Program is a FREE to join.

You can complete an online application form to take into your local Police Station

[https://www.police.nsw.gov.au/data/assets/pdf\\_file/0003/572394/next-of-kin-program-application-form.pdf](https://www.police.nsw.gov.au/data/assets/pdf_file/0003/572394/next-of-kin-program-application-form.pdf)

# From the Improvement box

**Date:** No date

**Type — How raised:** Thank you

**Raised by:** Volunteer Linda

**Issue:** Thank you for the award I received, it was quite unexpected. I feel fortunate to be able to come to Myrtle Cottage knowing that I thoroughly enjoy what I do. The staff are a big part of that. Everyone's enthusiasm and support make it a pleasure to come here every day.

**Action / Response:** Card

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**Date:** No date

**Type — How raised:** Thank you

**Raised by:** Carers: Harold and Lynn

**Issue:** Thank you so much for all the great years you've had mum but more so dad. I know he always enjoyed the day and the craft (making many things for Stella)

**Action / Response:** Card

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**Date:** No date

**Type — How raised:** Thank you

**Raised by:** Staff Kim

**Issue:** Thank you for the support on the passing of my father.

**Action / Response:** Card

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## REMINDER

**Myrtle Cottage is closed for the Annual General Meeting held on Tuesday, 22nd October**



### **Wish list**

Donations for Christmas Raffles: *eg plates, serviettes, tablecloth, Christmas cake or pudding, fruit pies, tin ham etc.*

**Solution:** 1. Cat's whisker is hidden. 2. Stripe on coat sleeve is missing. 3. Bottom rung on ladder is missing. 4. Top flap on carton is missing. 5. Knothole on branch is coloured in. 6. Top of axe blade is coloured in. 7. Door handle on fire truck has moved. 8. Toy mouse has moved. 9. Cat's tail is longer. 10. Buckle on coat is lower. 11. Top of ladder is taller. 12. Handle on net is longer.

## Important Dates to Put In Your Diary

**29/09-13/10/18:** School Holidays

**01/10/18:** Labour Day Holiday

**02/10/18:** Client Advisory Committee Meeting 10.00am

**14-20/10/18:** Carers' Week  
[www.carernsw.org.au/national-carers-week](http://www.carernsw.org.au/national-carers-week)

**24/10/18:** Annual General Meeting

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

**23/11/18:** Volunteers Christmas Party

**04/12/18:** Client Advisory Committee

Meeting 10.00am

**06/12/18:** Happy Feet Project Day — Podiatry

**08/12/18:** Bell Careers' Christmas Party

**10-14/12/18:** Daily Christmas Parties

**20/12/18:** Members' last day for the year

**20/12/18:** School Holidays (start)

**02/01/19:** First day back



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

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

# Confidentiality:

Due to privacy laws we are unable to give out personal information e.g. address and phone number.

It is very important to exchange contact details with people you would like to be in touch with outside the Cottage.

With your permission we can try to contact the person and give them your contact details.



**Can you spot 12 differences between these pictures?**

