

Cottage Courier

October-November 2019



Main Contents

Manager's Report.....	2
Ageing & Disability	3
Craft.....	5
Bell Program.....	6
Recreation Program	9
Linkline	11
Transport Report	12
Client Advisory.....	13
Volunteers Voice	15
Member Update	16
Birthday	17
Policy of the Month.....	18
From the Kitchen.....	19
Service of the month	20
Improvement Box	21
Important Dates.....	22
Happy Feet.....	23
Spot the Difference	24

Letter from the Editor

Merry Christmas to one and all !!

Hoping this Newsletter finds everyone well. Read on to discover what has been happening at the Cottage over last two months.

I draw your attention to the following:

Dementia Fact Sheet — page 7

2019 AGM Raffle Winners — page 8

Service of the Month — page 20

Important Dates — page 22

And enjoy your **Spot the Difference** on the back page, but no cheating as answers are in this Newsletter.

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

Colleen

Disclaimer: Information contained in this newsletter is believed to be true and correct at the time of publication. This newsletter is provided for information and awareness purposes only. People should make their own enquiries and judgement concerning any information, services or products contained within. The views expressed on this newsletter are not necessarily those of Myrtle Cottage.



Myrtle Cottage Group

6 Bosci Road, Ingleburn NSW 2565

 (02)9426 3100

www.myrtlecottage.org.au

Elizabeth's Exciting Edit Manager's Report



Hi all,

It's now December, time to start counting the days until all the Christmas activities in the Cottage! I dare anyone to find another group of people more keen on celebrating!

It has been an exciting and wonderful year, with programs maintaining full capacity for CHSP members while we see the younger activities under NDIS continue to increase in numbers.

We have received an extra bus, donated by the Ingleburn RSL Club, which has already been put to work. Isn't it great to have such incredible friends and supporters?!

We have now held this year's AGM where all required motions were approved and passed by members present. Thank you for making the effort to attend and support the Cottage in its running.

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

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

Look after your selves and each other!

Kind regards, Elizabeth Delcasse, Manager



DONATIONS & BEQUESTS

Make a gift to be remembered for all time.

There's no more generous contribution you can make to others and your community than to leave a gift in your Will. All funds from these gifts go towards enhancing the services our members rely on.

A bequest to Myrtle Cottage is an invaluable gift which will ensure we can continue to provide the great service we are known for.

Every year the money we receive from generous donors like you helps us to ensure we provide the best services for people to come together, have fun while maintaining skills to live independently.

We would like you to consider a bequest to Myrtle Cottage. If you require further information

on how to make a bequest, please contact the Manager of Myrtle Cottage on (02) 9426-3100.

The following is a sample of the correct wording to be included in your will to ensure that your bequest is received by Myrtle Cottage Group:

I give to Myrtle Cottage Group Inc. (ABN 74 489 511 308):

- *The rest and residue of my Estate or*
- *_____ percent of my Estate or*
- *_____ percent of the residue of my Estate or*
- *The sum of \$ _____*

free of all duties and testamentary expenses for its general purposes and I direct that the receipt of that organization shall be sufficient discharge to my executors for this bequest.

Ageing & Disability



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 been a busy few months in the DT rooms. We've finished the year off with some great outings.

Our Monday group enjoyed a beautiful BBQ lunch at Mount Annan Botanic Gardens, where they celebrated the **100th Birthday** of one of our beautiful members Amy W. Huge congratulations to Amy for reaching this amazing milestone! It was an honour for us to be able to celebrate with you!



Tuesday Group

delicious meal at Towradgi Beach Hotel – still definitely one of our most favourite places to go. Lucy and her team of staff do such a wonderful job in looking after us so well each time we visit.



A picnic at Windang Beach kept our Wednesday group happy with a lovely drive and beautiful scenery to add to the yummy, fresh variety of sandwiches prepared by our awesome kitchen crew!



Wednesday group



Monday Group

Our Tuesday members were treated to a



Our Thursday members had a wonderful day at Sublime Point Lookout. We had a beautiful BBQ lunch, and most of us walked over to the lookout point to soak in the



Thursday group



spectacular views and get some great pics. Robert even went for a short bushwalk – something he hasn't done in a while!



Friday members had a lovely BBQ lunch out at Cordeaux Dam



Friday Group

where a few enjoyed a leisurely walk across the dam wall.

We raised a massive **\$543** for our AGM raffles! Congratulations to all our lucky winners on the day!

The Melbourne Cup Sweeps went off with a bang again this year! We had a total of 13 sweeps which meant lots of happy 1st, 2nd & 3rd place winnings for everyone to enjoy. All day groups had fun getting into the spirit of things by having the opportunity to make their own fascinators and having our own races in preparation for the **'Race that Stops the Nation'** There was certainly plenty of laughs and fun had by all that participated.

We've been busy little bees, getting everything in order for our daily Christmas Parties coming up in the next few weeks. I would like to say a big thank you to Rita, Jerry & Barbara for doing such a fantastic job making up our Christmas hampers & raffles. You ladies make it look so easy!

Seeing as this is the last newsletter for the year, I would like to wish everyone all the best for a safe & Merry Christmas. Enjoy the short break over the festive season – we're looking forward to catching up with you all in the new year!

Until 2020, take care of yourselves & each other 😊

Julie & the DT Team



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

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

Craft Activity

Candle Making

Items you need:

- 1 glass jar
- 1 wick
- 1 wick sticker
- 1 peg,
- 1 paddle pop stick
- stirring stick
- Fragrance
- colour
- paper towel
- sticky tape
- label sticker
- wax
- pouring jug



down firmly with paddle pop stick to ensure its stuck on properly.

5. Place paddle pop stick over the top of wick, through hole. Use peg to secure wick and ensure its straight
6. Add fragrance (10%) and colour to allocated wax jug – stir gently but thoroughly
7. Ensure wax is heated to recommended pouring heat 85-95 degrees Celsius
8. Pour wax into prepared jar, ensuring its on a stable table / bench and be careful not to bump or knock the area.
9. Leave to set overnight, remove paddle pop stick & peg after 24 hours, cut wick to length required

Instructions:

1. Start off by ensuring glass candle jar is clean and completely dry.
2. Insulate candle using paper towel & sticky tape
3. Write name on sticky label and stick on bottom of jar (add details of fragrance if you would like)
4. Stick the wick in the centre of the jar using the double-sided wick sticker and pushing



The Trading table has raised \$130 since the last newsletter.

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



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,

I hope you all have had a great year in the Bell, Outreach and Narellan programs. The members have made lots of crafts, played lots of games, danced, sang and most importantly socialized with each other. I wish you could all see how much conversation and fun they all have while doing the programs activities.

We have had a few outings this year, the ones that stand out are the Café Connects with Wollondilly, Camden and Campbelltown Councils, especially the Botanic Gardens Sensory Walk.

Teagan from (Community Links Wellbeing) and myself are planning a large outing in Seniors Festival Week in February, I will send out more information next year.

We have our Members and Carers Christmas party on the 7/12/19; the staff, volunteers, and myself are looking forward to seeing you all there. The photos will be included in the first newsletter in 2020.

I would like to thank Elaine, Jim Farrer and

Ann Spinks for their continuous support to the Bell Program, Elaine and Ann make so many of the lovely gifts that we use all year for our Raffles and lucky door prizes.



This is just a few things they have made and kindly donated this year. I know the members love getting their little prizes, so it's great to be able to give them all one on our outing days.

This year has gone so quick, see you all in 2020.

Merry Christmas and Happy New year from us all.

Christine Turner

Bell Program Coordinator

Donations

Donations: Olga \$60

Received:

Remember all donations over \$2 are tax deductible.

Dementia: Fact Sheet

Tips for holiday cheer

Holiday celebrations and religious festivities are traditionally a time for family gatherings, the exchange of gifts, sharing food and drink, and general holiday cheer. However, it can also be a stressful time because it represents a break from normal routine. This Sheet gives some useful tips on how to make life easier at these times.

Tips for families, friends and carers

Try and make holiday times easy upon yourself and others so that you can relax and enjoy the time together. The following tips often refer specifically to Christmas time, but they are also a useful guide for other gatherings and religious celebrations.

1. Modify the environment

Look for triggers that may cause confusion for the person with dementia and change the environment if necessary. For example, at Christmas, these triggers may be in the form of edible looking artificial table decorations such as fruits, sweets or blinking Christmas lights. Consider a Christmas tree without lights, and place a tray underneath if the person with dementia is likely to water it.

2. Share the caring

Create opportunities for family members and friends to share the caring role. They may assist by hosting an event in their home. Or, go out as a group for a specific activity, like a small local carols by candlelight or a church service.

3. Aim for flexibility

Consider the best time to share a celebratory meal, bearing in mind that a change in routine may be confusing for a person with dementia.

Try to stick to the routine of the person with dementia to minimise possible feelings of insecurity and stress that may occur.

4. Rest and quiet times are important

Taking on too many tasks or trying to maintain past traditions may increase the feeling of being overwhelmed by the demands of the occasion. Pace yourself and allow time and space in your day for rest and quiet times. Where possible maintain your normal routines and ensure that there are occasions that are not filled with activity and noise. People with dementia may also need quiet times and to be around smaller groups of people.

5. Gift giving and receiving

Encourage the person with dementia to be involved in gift preparation and giving, according to their interest and their ability. Bake biscuits and pack them in boxes, wrap gifts or write cards together. It's also helpful to suggest gift ideas to family and friends.

6. Involve the person with dementia

Assisting with simple event or meal preparation activities is important in maintaining a sense of well-being for the person with dementia. If attempts to provide assistance cause anxiety or confusion, modify the task or provide an alternative activity such as folding serviettes.

7. Reminiscence supports shared memories

The festive season may trigger memories of past family events spent with loved ones. Listening, sharing recollections with each other and encouraging reminiscence can be a reassuring and validating experience for everyone involved. Singing Christmas carols and traditional songs and watching old movies can be enjoyable for young and old.

8. Seek emotional support

Christmas is a time when both the person with dementia and family members may feel a sense of loss. This may impact more strongly upon those people without family members or

those who may be living away from their family. Recognising emotional needs and seeking support during this period may reduce feelings of loneliness and social isolation.

FURTHER INFORMATION

Dementia Australia offers support, information, education and counselling. Contact the National Dementia Helpline on **1800 100 500**, or visit our website at **dementia.org.au**



For language assistance phone the Translating and Interpreting Service on **131 450**

National Dementia Helpline **1800 100 500**
dementia.org.au

2019 AGM Raffle Winners

We had our Annual General Meeting on Tuesday the 22nd of October at Ingleburn RSL. A great day was had by all who attended. 3 buses were used to transport our members for the day. Thank you to all the drivers and bus assistants for your help in making the day run so smoothly. The RSL put on a beautiful lunch for us. Thank you to the RSL for always looking after us and for all your support over the many years we have been in partnership.



- Jack M (*Bell*)
- Florencio G (*Tues*)
- Robert W (*Mon*)
- Irene R (*Board*)
- Carmel D
(*Macarthur Accommodations*)
- Helen S (*Wed*)
- Elaine S (*Vol*)
- Margaret K (*Wed*)



- Patricia K (*Mon*)
- Elizabeth Van Den B
(*Wed*)
- Janice P (*Mon*)
- Janice M (*Fri*)
- Kathy W (*Wed*)
- Patricia K (*Mon*)
- Dot C (*Thurs*)
- Beryl B (*Mon*)
- John H (*Board*)



Sarah Clarke
Admin / DT Assistant



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! We went back to one of our favourite annual venues - the Tulip Festival at Bowral, to see the spectacular display of colourful tulips held in the Corbett Garden. We experienced a kaleidoscope of tulips carpeting public gardens and premier private gardens. The 75,000 mass-planted tulips nestled among blossoming mature trees. The Corbett Gardens are the center piece of the Tulip time festival where there is daily live musical entertainment and an array of market stalls and lots of photo opportunities.



After picking up all our Wanderers for the day we headed down the coast. Our drive along the Princess Highway was a long way out but well worth the trip. At the Har's Aviation Museum at Albion Park we experienced first-hand what it's like inside one of these magnificent aircraft. Due to the sheer size of these planes we felt very small standing beside them. A few of us were able to board a

double decker 747. We also boarded a plane called the Constellation and the staircase we



climbed had some history to it. They were the stairs that the Beatles used when they came to Australia "Remember that famous picture taken back in 1964?". The café at the museum was named Connie. We were able to order coffees and lunch when we arrived and by the end of our tour our lunch was ready for us. The museum is solely run by volunteers and they could not have been more helpful.

Another favourite for our Wanderers' Group, is Pancakes on the Rocks. We all enjoyed a wonderful lunch. Pizzas, crepes, pancakes etc were all on the menu and everyone agreed NO dinner tonight!

We also enjoyed a picnic to Lake Alexandra and just after arriving, some decided to walk around the lake. Well, maybe a tenth of the way around the heavens opened up and it sure did pour down. Luckily there was an undercover area to take shelter until the rain stopped, which eventually it did. The walk was then abandoned as the clouds kept rolling in.

No one wanted to take the chance, just in case it started to pour again. We had a nice picnic lunch after that. Thanks to kitchen staff and volunteers that prepared it for us.

Cobbitty Markets is another preferred venue that we all enjoy. It was a very hot day and it was hard to keep cool. There were so many people there we could hardly move, but that didn't stop anyone from buying up. The entertainment for the day was a duo brother and sister act. They were absolutely terrific and if we could have stayed



longer we would have just to listen to them. A few of us bought the CD. We have also been to the Fiddler at Rouse Hill, Bunnings at Campbelltown and the Royal National Park just to name a few. Until next time Merry Christmas and have a safe and happy New Year.



Connie & Penny

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.



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.

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

Wow! It's starting to look a lot like Christmas! Here comes all the beautiful days spent by the water, with a refreshing drink in hand or in front of the fan with your friends and family.

I am hoping that all our Linkline members are safe and well during this bush fire season.

Josip, our Linkline Team Leader, has moved onto another wonderful fulltime opportunity, which has seen the role temporarily divided between three casual staff members here at the cottage. Nasima, Jaime and Jo.

Our most recent programs have certainly taught us all a thing or two, from various history questions to exactly how long a "Jiffy" is!

If anyone has any suggestions, for topics and activities they would like, please don't hesitate to give us a call so that I am able to accommodate them in the next programs.

There are no DT outings for the remainder of the year, however the DT program are hosting Christmas parties each day. The parties are scheduled from 9th December to 13th December during normal program hours. If you would like to attend, please contact us and we will try to arrange this for you.

Linkline runs daily at various times. 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.

Wishing you a Merry Christmas & Happy New Year.

Jaime

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



Warren's Wisdom

Transport Report



STAYING SAFE AT HOME:

Home is where the heart is, so it's no wonder that most people want to live independently for as long as they can. Since many seniors either live at home alone or with an ageing partner, it's important to make sure the home is not just comfortable, but also safe and secure. Even if you're completely self-sufficient, some things just get a little harder as we get older. To help reduce the risk of accidents and falls in the home, here's a comprehensive list of some handy home safety tips for seniors.

Have proper precautions in place

Let's start with the basics.

- Make sure there are working smoke alarms fitted, as required by legislation
- Keep a fire extinguisher on hand just in case
- Install durable locks on all windows and doors. You could also consider stainless steel mesh fly screens or a home security system
- A personal emergency alert system can be a smart investment, especially for seniors who live alone and have medical concerns

Sort out the surfaces

With around 30% of over 65s having experienced a fall in the last year, they're one of the most common causes of injury and

hospitalisation for seniors.

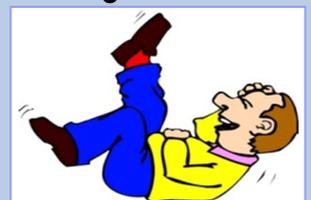
Addressing uneven and slippery surfaces around the home is a cost-effective way to improve safety and reduce the risk of falls.

- Remove area rugs or ensure they're firmly tacked down to flooring
- Check for loose or slippery tiles and have them replaced, especially in the kitchen, bathroom and laundry
- Keep loose cords and cables secure with electrical tape to avoid trip hazards
- Install anti-slip surfaces in high traffic areas and stairways

JOKE OF THE MONTH

A guy is reading his paper when his wife walks up behind him and smacks him on the back of the head with a frying pan. He asks, "What was that for?" She says, "I found a piece of paper in your pocket with 'Betty Sue' written on it." He says, "Jeez, honey, remember last week when I went to the track? 'Betty Sue' was the name of the horse I went there to bet on." She shrugs and walks away.

Three days later he's reading his paper when she walks up behind him and smacks him on the back of the head again with the frying pan. He asks, "What was that for?" She answers, "Your horse called."



Wish list: *Donations for 2020 Raffles*

eg unwanted items you may have hiding in your cupboards

Client Advisory Committee

Date: 1/10/2019

OBJECTIVE 3: Efficient and Effective Management

Attendance: Elizabeth. D, Josip. P (minutes), George. C, Brian. F, Kerrin. B, Therese. G, Ross. S, Sheila. J, Kath. W

Apologies: Stanley L, Janice S, Maria. B, Peter. M, Peter. S

Item	Discussion	Outcomes/ solutions
Business arising from previous meeting	Committee members badges –	Badges were handed out to: George C, Brian F, Kerrin B, Therese G, Ross S, Sheila J, Kath W. All members were happy with the badges. The rest to be distributed to client advisory members who were not in attendance.
Training – attended or required	August training sessions attended by all staff -	Elizabeth discussed the staff training day with members. Training included the aged care standards (1-6) & the charter of rights. Last 2 standards will be covered at the start of the year.
Work experience and volunteers	Update –	Discussed work experience attendance and how that was all going. Still struggling to find drivers and bus assistants.
Policy development, review and Implementation		No current policy to discuss. Elizabeth discussed the merger not going ahead with Disability Macarthur. Great partnerships developed.
WH&S	One incident considered a near miss, sparks refresher training on wheelchair transport –	Discussed what happened with members. Ultimately, things were not done correctly so Warren and Margaret are in the process of developing a new training session with buses for all drivers and staff.
Other business	AGM –	Tuesday 22 nd October. Invites have gone out. Can seat a max of 100 people. Client advisory members Kath. W & Sheila. J will be asked questions to promote the CAC at the AGM. CAC members will have their own table.

Myrtle Cottage Courier

Item	Discussion	Outcomes/ solutions
Other business	Low attendance in client advisory committee meetings (CAC)	The resolution was to promote the CAC at the AGM.
	Room on buses	There was discussion around not enough room on buses on outings due to wheelchairs, walkers & outing equipment. Equipment is divided amongst all buses. Suggestion by the CAC to purchase a trailer.
	Fire alarms	3 false alarms in 2 and a half weeks. There was a malfunction in the ceiling. Ultimately, 17 smoke detectors in the ceiling were replaced.
	Discussion about defibrillators/ oxygen machine	There was a decision made a while back to implement policy stating we will not have a defibrillator on site. Also discussed there is no need to keep the oxygen machine downstairs. First aiders responsibility is to maintain life and ambulance is to be called. Emergency department will guide what needs to be done in emergency.
	Candle making	CAC members stated some members downstairs don't like the smell of candle making. Refer to Julie.
	Smokers area	Smokers area moved around the corner and there was an awning built for shelter.
	Cut off switch	CAC members stated having a cut off switch for the gas bottle for BBQ. Kath mentioned there is a member who cooks unsupervised sometimes so this could be a risk.
	Water/cordial jugs	Members would like 1 water / 1 cordial jug back on tables.
	Tea/coffee on Wednesday	Tea/coffee not being offered to members after lunch on Wednesdays. They would like the option.
	Trading table	Members would like the newsletter to promote bringing unwanted items for the trading table (Wish list).

Next Meeting will be: 3rd December 2019 at 10:00am.

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

*A reason to wake and get up in the morning,
a sense of purpose, motivation; life is no longer boring.
Collecting our hugs and our smiles on the way in,
warm welcomes, good wishes, how have you been?
Everyone's excited to see you and chat for a while,
we are made to feel special, included, worthwhile.
The members give us more than we could ever return,
a sense of pride and belonging, and so much we've learnt.
Activities, craft, games, reminiscing, Melbourne cups,
hat parades, conga lines, Christmas parties, dress ups.
Sand art, jewellery, paintings that leave members beaming,
the smiles on their faces are massively rewarding.
Encouraging, uplifting, life changing for some,
socialising, friendship, laughter and fun.
Filling a void, lifting depression, killing isolation,
loving seeing progress, it fills us with elation.
Every day is a happy day, we appreciate our lives a bit more
and we would rather be at Myrtle than anywhere else, for sure.*

A short poem compiled by one of the Volunteer Support Coordinators, Jo M, using thoughts and memories the volunteers had shared with her.



New Volunteers

Amanya J, George G, Saskia S, Rose McK, Josie R,
Tisela V, Michele C, Karen U, Kiara H, Mokarrabin S,
Avisha S, Lyn R, Darren S, Debbie S, Debra V

Member Update

Welcome to all our new Members:

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

New Members:

Betty T, Barbera W, Mary W, Jim C, Sushila S, Mary W, Betty L, Rosa S, Ruby P, Suzanne M, Vince T, Doreen S, Censina B

Sick:

Helen B, Susan D, Helen D, Ted T, Bev J, Kathy O, Sharren M, Kath W, Dennis T, Eileen M, Brian F

Welcome Back:

Helen B. Peter M

Members that have passed away:

Michael C, Stan L, Joyce J

Members that have gone into permanent care:

Thelma K, Nina P, Sylvia B, Yvonne S, Josie L, Norma H

Members that are not returning:

Edmund P, Maureen J, Kevin N, Ellie W, Beryl N

Members not well enough to return:

Sisinio M, Annastasia H

Members that have moved out of area:

Rosa S

Spot The Difference Answers: 1. Line on boy's pocket missing. 2. Strap on sandal missing. 3. Hair at back of ball cap missing. 4. Elbow patch missing. 5. Back of seat by girl's arm missing. 6. Hub cap missing. 7. Collar on girl's top coloured in. 8. Boom box handle coloured in. 9. Patch on pants moved up. 10. Light on bus moved down. 11. Musical note moved to right. 12. Back of skateboard is longer

Donations Box

Thanks to members making use of the donation box for loose change etc. *Every little bit counts.* The total received since the last newsletter is \$9.00 which brings the total since July 2019 to;

The Donation box is located near the entrance to the activity room. (it's the slot in the wall)





HAPPY



*Individuals born in the month of **October** are either born under the zodiac sign of Libra or on the Libra-Scorpio cusp. The individuals influenced by the sun sign of Libra are blessed with inner beauty as well as outer charm. These people are extremely motivated and achieve great heights in their career, owing to their beguiling personality and sense of diplomacy.*

Members:

Salaha P
Penelope W
Margaret P
Peter B
Eliesa C
Helen K
Jacobus V
Colin T
Losalini V
Salaha P
Domenico M
Kathleen N
Jack M
Peter M
Gladys B
Rhonda B
Wanda A
Brian D

Doris W

Gillian R

Volunteers:

Michele C
Asifa A
Garry C
Ulufale F
Mokarrabin S

David P

Kim G

Maureen J

Aura L

Robyn

Staff:

Rosemarie S

Jordan B

*Those born in the month of **November** either fall under the zodiac sign of Scorpio or are born on the Scorpio-Sagittarius cusp. Those under the influence of Scorpio are easily approachable and are blessed with sharp mind. These individuals are known for their forward thinking and are always full of unique and extraordinary ideas.*

Members:

Brian F
Gurcharan S
George C
Katherine G
Mary L
Saras C
Beryl M
Anne C
Dennis T
Andrew P
Brian F
Andrew L
Ian M
Amy W
Anne E
Robert S
Betty T
Halina H
Ann P
Samir S

Vincenzo T

Sharren M

Volunteers:

Debbie S
Patricia M
Peter R
William M
Ellaine S
Kushum K

Poh L

Linda P

Jeffrey R

Staff:

Jo-Anne F



Policy of the month

	<h2>Structure of Myrtle Cottage</h2>
---	--------------------------------------

Board of Management

Manager

Client Advisory Committee

Aged and Disability Coordinator

Assistant Manager

Bell (Dementia) Coordinator

Program Assistants

Recreation Program Team leader

Transport Coordinator

Linkline & Volunteers support

Kitchen

Podiatry

Administration

Outreach Team Leader

Program Assistants

Volunteers

Program Assistant

Volunteers

Volunteers

Volunteers

Program Assistants

Volunteers

Volunteers

FROM THE KITCHEN



Hi everyone, the kitchen has been moving along smoothly and each day is a new adventure. During October and November, the kitchen was busy preparing for DT outings which included 2 BBQ's and a picnic. The feedback was that the food was delicious and filling.

We have been purchasing fresh fruit from foodbank that was used every day, until it ran out, for dessert. Each day had a freshly made fruit salad full of oranges, watermelon, banana, peaches and some other fruit. It was a welcomed change from the regular desserts. Now as we are moving into December, we are preparing for the Christmas parties that will be happening over the course of a week. This week will be very hectic but the reward that we will receive is seeing the smiles and

enjoyment on the members faces when they arrive for the day. These Christmas parties are always busy for the kitchen, but I know that the kitchen volunteers are up for the challenge each day and will put in 100% to make the days rememberable for all involved.

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

Jordan and Kitchen Crew

Chocolate Pudding in a Mug

You will need 2 microwave-safe mugs or ramekin dishes

Ingredients (for 2 puddings)

- ½ cup wholemeal self-raising flour
- 1 tablespoon cocoa
- 2 tablespoons brown sugar
- 3 tablespoons milk
- 1 egg, beaten
- 2 tablespoons melted margarine

Method

1. In a bowl, mix together the flour, cocoa and sugar
2. Stir together the egg, milk and melted margarine and pour into dry ingredients. Mix gently
3. Grease the microwave-safe dishes (mugs or

ramekins) well with butter or margarine

4. Spoon the mixture evenly into the mugs, leaving at least 1cm from the top
5. Place into the microwave and cook for 90 seconds on high. Test in the centre of the pudding with a skewer. If there is uncooked batter on the skewer, return to microwave for another 5 seconds

Helpful Tips

- Refined flour could be used
- 2 tablespoons of Milo or drinking chocolate could replace cocoa
- White sugar can be used instead of brown sugar
- Butter could be used instead of margarine or you could use 2 tablespoons of oil
- You could add ¼ cup chopped walnuts

Service of the month:

Campbelltown City Council Master Locksmith Access Key (MLAK) Service

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



What is a MLAK?

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

Who is eligible for a MLAK from Campbelltown City Council?

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

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

Where can I purchase a MLAK?

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

The cost of the MLAK is \$18.90 including GST

The Application Form can be found on Council's website

www.campbelltown.nsw.gov.au/MLAK

For more information

Phone: (02) 4645 4000

www.campbelltown.nsw.gov.au/MLAK

Location of facilities

Council 24/7 hour facilities

www.campbelltown.nsw.gov.au/MLAK247



This is a pilot initiative of the DIAP

From the Improvement box

Date: 28/10/2019

Type — How raised: Complaint

Raised by: No name

Issue: Monday we had only 1 member doing the jewellery making no-one wanted to do it because they found the prices too high. We think this will be the end of jewellery making which will be a shame because everyone liked doing it. And the members kept what they made or gave it away as a gift and didn't throw it in the bin as for other crafts.

Action / Response: Jewellery making, like candle making, is an expensive activity. Jewellery making was subsidized by the Cottage when introduced. To maintain the activity the introduction of the pricing is dependant on the materials being used for an item. Members can still make lovely gifts at a reasonable price whilst enjoying the benefit of doing the task.

Date: 6/11/2019

Type — How raised: Suggestion

Raised by: Volunteer Christine

Issue: When we go to the café in the afternoons its too rushed. By the time we get our coffee at the café it's already time to leave for the afternoon bus at the Cottage. An idea is perhaps we use a bus when we go to the café in the afternoons to make the activity go longer. Also going to the cafe in the afternoon in summer is too hot.

Action / Response: Refer to DT and Transport.

Date: 6/11/2019

Type — How raised: Suggestion

Raised by: Member Robert

Issue: When we go for coffee there is no zebra crossing to cross the road. It is very dangerous, please contact the council.

Action / Response: Refer to Transport

Date: 27/11/2019

Type — How raised: Complaint

Raised by: Member Margaret

Issue: When we go home of an afternoon could the staff consider how the buses are loaded. They need to be aware of the order members go on the bus for example if one member is put on the bus early then it is a trip hazard for the next member when they board the bus as the first member has to stretch their feet out.

Action / Response: Refer to Transport

Date: No date

Type — How raised: Suggestion

Raised by: Unclear

Issue: I would like to nominate Rita for the highest accolades possible as a volunteer. In the short time I have been here she has become my mentor. Her attitude, willingness is outstanding and I can see by all the members she is loved. There are lots of staff and volunteers here that are highly professional but Rita stands out.

Action / Response: Given to Volunteer Team Leader for recognition nominations.

Important Dates to Put In Your Diary

21/12/19: DT, Bell & LL last day for the year
02/01/20: Members return
14/01/20: Volunteers Induction 10.30am
27/01/20: Australia Day Holiday
28/01/20: School returns
04/02/20: Client Advisory Committee Meeting
10.00am
06/02/20: Happy Feet Project Day — Podiatry
11/02/20: Volunteers Induction 10.30am
12-23/02/20: Seniors Week
13/02/20: Staff Training Day — *Cottage closed*
10/03/20: Volunteers Induction 10.30am
19/03/20: Happy Feet Project Day — Podiatry
07/04/20: Client Advisory Committee Meeting
10.00am
10-24/04/20: School Holidays
10/04/20: Good Friday
11/04/20: Easter Saturday
13/04/20: Easter Monday
14/04/20: Volunteers Induction 10.30am
25/04/20: Anzac Day Holiday
30/04/20: Happy Feet Project Day — Podiatry
10/05/20: Mother's Day
12/05/20: Volunteers Induction 10.30am
18-24/05/20: National Volunteers Week
www.volunteeringaustralia.org/nvw
02/06/20: Client Advisory Committee Meeting
10.00am
08/06/20: Queen's Birthday Holiday
09/06/20: Volunteers Induction 10.30am
11/06/20: Happy Feet Project Day — Podiatry
06-17/07/20: School Holidays
14/07/20: Volunteers Induction 10.30am
23/07/20: Happy Feet Project Day — Podiatry

04/08/20: Client Advisory Committee Meeting
10.00am
11/08/20: Volunteers Induction 10.30am
13/08/20: Staff Training Day — *Cottage closed*
03/09/20: Happy Feet Project Day — Podiatry
06/09/20: Father's Day
08/09/20: Volunteers Induction 10.30am
28/09-09/10/20: School Holidays
05/10/20: Labour Day Holiday — *Cottage closed*
06/10/20: Client Advisory Committee Meeting
10.00am
13/10/20: Volunteers Induction 10.30am
13-19/10/20: Carers' Week
www.carernsw.org.au/national-carers-week
15/10/20: Happy Feet Project Day — Podiatry
20/10/20: Annual General Meeting
10/11/20: Volunteers Induction 10.30am
20/11/20: Volunteers Christmas Party —
Cottage closed
26/11/20: Happy Feet Project Day — Podiatry
01/12/20: Client Advisory Committee Meeting
10.00am
03/12/20: International Day of People with
Disabilities
05/12/20: Bell Carers' Christmas Party
07-11/12/20: Daily Christmas Parties
22/12/20: Members' last day for the year
21/12/20: School Holidays (*start*)
04/01/21: First day back



Happy Feet



We had our last Podiatry session for 2019 on the 14th November and what a busy day it was!!!

Firstly, I would like to say a VERY big thank you to Rita, our wonderful volunteer, for running the day on the floor for me during this year. Your dedication to the role has been nothing short of amazing!!

I would also like to say a VERY BIG thank you to the wonderful Corinna, our Podiatrist. Your professionalism, care, dedication to each and every member over the last 12 months has been greatly appreciated by all the members.

A VERY BIG THANK YOU to all the staff and volunteers at the Cottage on every Podiatry day. It does increase the number of members attending on the day but you all work wonderfully together as a team to make this program such a strong success.

Next year I will be looking at making a few changes: We have had some feedback in regards to the yellow reminder slips and the times people are getting their feet done. Due to some people making their own way into the Cottage and having time constraints in waiting to be seen, sometimes I need to move members that attend for the whole day's appointment into either an earlier or later time slot and this can sometimes create confusion for members if they are not being done at the time they have been set.

Next year as a trial, the yellow reminder slips will only have a time put on it if you have your

own transport to the Centre. If you are here for the whole day, Rita or myself will come and get you when Corinna is ready for you. Rest assured you will be done before the buses leave the Cottage at 2pm. On the very rare occasion that you cannot be done on time e.g. we have delays or emergencies come up, we will organise alternative arrangements for you to get home.

As always feedback is much appreciated. So please feel free to come and see me if you have any suggestions.

Podiatry for 2020

Thursday 6th February

Thursday 19th March

Thursday 30th April

Thursday 11th June

Thursday 23rd July

Thursday 3rd September

Thursday 15th October

Thursday 26th November

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



Can you spot 12 differences between these pictures?

