

Cottage Courier

June – July 2020



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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:

Manager's Report — page 2

Looking After Yourself Relax Activity — page 5

Dementia Fact Sheet — page 7

Service of the Month — page 17

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

Take care of yourselves.

Colleen

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



Myrtle Cottage Group

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Elizabeth's Exciting Edit Manager's Report



Hi all,

It has been 18 weeks since we suspended group activities due to COVID and it was expected to last for four weeks. During this time we have managed to continue providing a service that is now more than ever very important to our members. We are still very much aware that our members are part of the most vulnerable groups, and so our return has been limited and closely monitored. But we are still here for everyone, thanks to the great work done by staff and volunteers who help out however they can.

Be reassured that our Safe Return Plan is in place and it covers all aspects of our operations, ensuring we monitor all those attending the Cottage and reminding us to do all those tasks that will help to keep us all safe. To help us we have introduced the role

of a COVID Safety Officer who nicely reminds us that we now have sanitisers placed at the entrance, to maintain 1.5metre social distance and to wash our hands often and between alternating tasks. Masks are worn by all staff and volunteers and we have introduced the use of an EFTPOS terminal, to avoid cash handling. Please help us ensure our measures make a difference by cooperating with these changes, and remember the most important measure is to ensure no one attends the Cottage if they have any symptoms of being unwell.

Let's be kind to each other and we will get past these difficult times.

Keep washing your hands, look after your selves and each other!

Kind regards,

Elizabeth Delcasse, Manager

Wish list for July - Donations for Annual General Meeting Raffles

**Due to COVID restrictions our AGM will be postponed
with date to be confirmed
but still start putting on your thinking caps**

**WHO WOULD YOU NOMINATE FOR THE 2020 ACHIEVEMENT
AWARD?**

Don't forget Membership payments are now due

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.

As we all continue to struggle with the **“new way of life”** we hope everyone is doing ok and managing alright. These times have been very difficult for most of us – it’s been quite challenging with all these restrictions in place ... social distancing, isolation, quarantine ... all these words are becoming way too familiar, and unfortunately – I think they’ll be around for a long while to come.

Due to recent outbreaks and current clusters within our local area, we decided that it will be a much safer and responsible option to not increase numbers as previously planned. Management opted to keep our small groups with minimal numbers for now – this will continue to be monitored and reviewed on a regular basis. We will continue to follow and abide by regulations and advice from NSW Health and Government Departments. Our aim is to maintain a safe environment for everyone and minimise risk of infection to all members,

volunteers and staff at Myrtle Cottage.

Staff will continue to keep in contact with our members and volunteers that have not returned to the Cottage, calling once a week for a quick chat and welfare check. Only a small group of members 75 years and



under have been able to resume at this point, and of course – a handful of our awesome volunteers to assist with transport, bus assisting, garden





maintenance, cleaning, kitchen duties and helping out in the program. We really do hope that we can slowly increase our members numbers in up-coming weeks, although it is our priority to move forward at a slow and steady pace, following all advice and recommendations from government and health departments.

Please try to stay safe and sane during this

testing time. We encourage you to keep busy and stay in contact with family and friends as often as you can. We are missing each and every one of you and are counting down the days and months that things can finally return to “our normal” as soon as possible.

Please remember, we are here for you - this won't last forever. We are all in it together. Don't hesitate to call our offices for a chat if you need to.

Julie & the DT Team



Craft Activity

MOSAIC VASES

Materials needed

- Glass jar
- Glue
- Lots of pretty coloured paper (*Plain coloured paper, tissue paper or birthday wrapping paper.*)
- Ribbon or lace

Instructions

1. Cut the paper in to similar size squares
2. Glue them to the jar.
3. If the jar has a lip you can also stick some lace or ribbon around the top.

The design is only limited by your imagination. Pick some pretty flowers out of the garden, use artificial ones or even make some paper ones or you could use a candle instead. Find a nice spot and admire your handiwork.



Looking After Yourself Relax Activity

I am sure that I can say that the last few months have been extremely challenging for all of us. Members, Volunteers and Staff have all had to make changes. I know as a staff member I have found it difficult to readapt to the role that I now play in Myrtle Cottage. I have missed the interaction I have with Members and Volunteers. I have enjoyed phone calls, home visits and deliveries but it is not the same as seeing you all. I know that all of us have had moments where we are anxious and stressed and I would like to share some of the techniques I have found helpful to me in these difficult times.

DEEP BREATHING

We often fob this off as something that could not possibly help. The aim of this and any other exercises like this are to be able to focus our mind and then give it a rest from the racing, stressful and anxious thoughts that are taking over our lives. To make this a successful tool in overcoming a stressful or anxious situation, we really need to focus and concentrate. Take in healing deep breaths, concentrating on feeling the breath entering and leaving your lungs. Focus on this and you will feel tension and stress leave your body.

THE FOUR STABILISING QUESTIONS

This technique is something that I use all the time. Although it might sound complicated I have found that now it just happens almost automatically. For me when I say D.R.O.P. to myself, in times when I find that I am overly worried and can't focus on what is actually worrying me, this simple little process helps me immensely.

D – Be definite

What is it that we are really worried about?

Sometimes we don't really have an idea of what is the real reason we are feeling anxious or stressed.

R – Be rational

Is it certain, probable or only possible? If something is only possible is there any reason to be worried about it?

O – Be wise

How important is it? If it's importance is negligible why are we wasting our time on it?

P – Be practical

What shall I do about it? If I have no control over it, and don't really care then why am I worrying at all? If it is important then I need to come up with a solution.

We often spend time worrying about things that aren't important or that we have no control over. Let's use our time to fix the things we can and let go of the things that don't matter.

My favourite saying, and one that I used to struggle to understand is this one and it has been described as the **Overall Key to Mental Health**.

Settle for disorder in lesser things for the sake of order in greater things, and therefore be content to be discontent in many things.

To me this means don't stress if the linen cupboard is messy. Focus on the fact that you rang and connected with some people today and made them feel better. Forget the little things in life that can't change a person's life. There are so many amazing things you can do today that will actually change a person's life. Sometimes the person's life you change is your own.

Jo-Anne DT

Bell Program



Please Note: The Bell Program operates Monday, Tuesday, Wednesday, Friday and Saturday for Campbelltown, Thursday for Wollondilly, Thursday for Narellan NDIS group, Wednesday for Camden and Tuesday at Willowdale covering the surrounding areas. This program is specifically designed for people with Dementia. The article below relates to this only.

Hi Everyone,

I hope you are all well. The Coronavirus has put a lot of stress on us all, but we are still here, and if anyone needs to have a chat or thinks we may be able to help them in some way please do not hesitate in giving us a call. We are operating within the current restrictions, social distancing and regular Covid cleaning just to mention a few. We have volunteers and students assisting with the ongoing cleaning.



I have a few spots for our Flexible respite. Flexible respite is new, we were calling it in home service, but can now give it the official name as we have been approved a small funding grant under flexible respite. This service can provide respite for carers by arranging a short social outing, or a social activity in home while the carer attends to something else, e.g. appointments, shopping or just time out to relax. Please call the office for any further information.

The staff are still making regular wellness calls to members and Carers that are not able to attend our program or access our Flexible respite.

I would like to thank Elaine F for all the lovely items she continues to send in to us, also Zelma S, and Bridget W, for knitting some beautiful Quilts. We appreciate all the items that are donated and I personally am a little jealous of their talents.

Take Care everyone
Christine Turner
Bell Program Coordinator

Enjoy the little things in life for one day you'll look back and realise they were the big things

Dementia: Fact Sheet

Covid-19: Common Reactions

As the COVID-19 pandemic and its far-reaching implications continue to unfold globally and, in our community, it's normal for people to experience a wide range of thoughts, feelings and reactions including:

- Feeling stressed or overwhelmed
- Anxiety, worry, or fear
- Racing thoughts
- Sadness, tearfulness, loss of interest in usual enjoyable activities
- Physical symptoms, such as increased heart rate, stomach upset, fatigue, or other uncomfortable sensations
- Frustration, irritability, or anger
- Restlessness or agitation
- Feeling helpless
- Difficulty concentrating or sleeping
- Feeling disconnected from others
- Apprehension about going to public spaces
- Trouble relaxing

These experiences are all understandable in the face of this significant challenge. There has been loss of life, rapid changes to our way of life (e.g., study, work, social gatherings), and disrupted plans due to travel restrictions and **social (physical) distancing** measures in our efforts to slow the spread of transmission. People are naturally concerned for their own and their loved ones' health and safety. There is still much uncertainty.

It's important to recognise the seriousness of the public health challenge facing our community, *and* be mindful that reacting from

a place of panic and fear is usually unhelpful, especially in the long-term. Looking after our wellbeing in times like this can help to reduce stress, and is crucial in enabling us to still take calm and effective action in the midst of this global crisis.

Strategies to cope with stress, anxiety or distress

When many things feel uncertain or out of our control, one of the most effective ways we can manage stress and anxiety is to focus on the actions that are in our control.

Learn how to protect yourself and others from COVID-19. The Australian Department of Health has recommended **important actions** we can all take to protect against infection and prevent the virus from spreading including **practising good hygiene, self-isolation, and social (physical) distancing**.

Acknowledge your feelings. Whatever you are feeling right now, know that it's okay to feel that way. Allow yourself time to notice and express what you're feeling. This could be through, talking with others, or channelling your emotions into something creative (e.g., drawing, painting, poetry, music).

Maintain your day-to-day activities and a routine as much as possible. Having a healthy routine can have a positive impact on your thoughts and feelings. Go back to basics: eating healthy meals, physical exercise (e.g., walking, stretching, running, cycling), **getting enough sleep**, and doing things you enjoy. Even if you're in self-quarantine, or working from home, there are

many ways to **develop new routines and stay healthy.**

Stay connected. Receiving support and care from others has a powerful effect on helping us cope with challenges. Spending time with supportive family and friends can bring a sense of comfort and stability. Talking through our concerns, thoughts, and feelings with others can also help us find helpful ways of thinking about or dealing with a stressful situation.

Remember that physical distancing does not need to mean social disconnection. There are many ways we can use technology to **stay connected**, and both give and receive support (remotely). You could:

- Call, text, or video-chat with friends and family
- Share quick and easy recipes
- Start a virtual book or movie club
- Schedule a workout together over video chat
- Join an online group or peer forum.

Seek accurate information. Finding credible sources, you can trust is important to avoid the fear and panic that can be caused by misinformation.

Set limits around news and social media. It's understandable to want to keep informed and prepared. At the same time, constantly reading, watching, or listening to upsetting media coverage can unnecessarily intensify

worry and agitation. When you get the urge to check updates, see if you can pause, notice the urge, delay acting on the urge, and let it pass without judgement.

General counselling and mental health support

- **Beyond Blue** - online and phone mental health support. Phone: 1300 22 4636 (24 hours a day, 7 days a week).
- **Care in Mind** - online and phone counselling for people living, working, or studying in Melbourne's northern, central, and western suburbs. Phone: 1300 096 269 (24 hours a day, 7 days a week).
- **eheadspace** - confidential mental health and wellbeing support for young people (12 - 25 years) and their families, including information, support, and health services. Phone: 1800 650 890 (9am - 1am, 7 days a week).
- **MensLine** - professional telephone and online support and information service for Australian men. Phone 1300 78 99 78 (24 hours a day, 7 days a week).
- **Mindspot** - free telephone and online service for people with stress, worry, anxiety, low mood or depression. It provides online assessment and treatment for anxiety and depression and can help you find local services. Call 1800 61 44 34 (8am - 8pm, Monday - Friday; 8am-6pm, Saturday).

Donations

Donations: Hawker Foundation \$5000, Yuri B \$150, Tanti & Helen Families \$100, Margaret F \$50 and Syd B \$50

Received:

Remember all donations over \$2 are tax deductible.

RECREATION PROGRAM

NEWS FROM THE WANDERERS

Connie and Penny



Please Note: The Recreation Program operates Friday & every second Saturday for people aged 18 to 65 years with a disability. The article below relates to this only

I hope every one has been keeping good hygiene, washing their hands and ensuring the 1.5 social distancing is continuing around them. Being mindful of the Covid-19 symptoms such as cough, sore throat, fever, shortness of breath or tiredness. If you notice any of these symptoms please follow this up with your Doctor.

On another note, mental health is quite significant during these times. Making sure you are keeping in contact with family, friends and neighbours is important. If anyone need to chat please don't hesitate in calling Myrtle Cottage during our office hours or you could leave a message on the answering machine. In these times we all need to keep a smile on our faces as we are all in the same boat.

Hoping everyone is getting enough sun as we all try and stay in doors due to the Covid-19. It may be a good idea to sit out the back or front of your property for 5-10 mins when you can. Maybe grab a book or magazine to read. Start a new outdoor activity or hobby doing some

painting or gardening and enjoy these nice sunny days.

All staff are keeping in contact with the welfare calls to our members that are not attending the Cottage just yet. We are also calling our awesome volunteers to ensure their welfare is maintained.

At this stage, I'm unsure when the Wanderers will be allowed to go back into the community. I've had many people asking when we can start going on outings. Believe me, I can't wait to get out and have some fun with the banter that goes on with the '**Wacky Wanderers**'.

So for all the members that are a part of the Wanderers Group please get your thinking caps on and think of any new venues you would like to attend, as isolation times will not be forever.

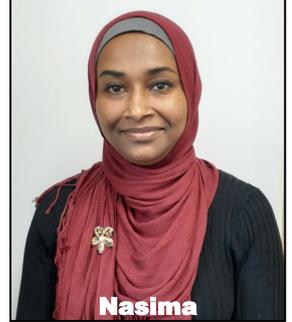
Bye for now

Connie and Penny

We have added a few photos from previous outings for you to enjoy! Can you remember when and where these pictures were taken?



Link up to Linkline



Nasima

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

Hello everyone, hope you are all in good health and watching a lot of TV shows, movies, trying new soups, listening to music, reading novels, doing word search sitting next to your window, enjoying the sun glimmering on your window pane and taking deep breaths in the fresh crispy air.

Winter has its own beauty. Enjoy the hot food, warm clothes and make yourself comfortable in your home. This will save you from going out and keeping away from the crowds. As all of you have been coping with this COVID-19 for a while so you all know by this time how to follow appropriate hygiene, and how to keep yourself safe. Please do not stress and keep doing what you have been doing over the past few months. Buzz me if you have any

questions.

We have tried a few different things in the current LinkLine program and hope everyone will have some of their favourites. We are very careful about our members safety and well-being and did not include any outings in the current program. Please feel free to input your ideas and likings anytime to develop LinkLine programs.

Please note that Linkline calls are from 1.30 to 2.30 pm every day. If you know of anyone who 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.

Take care and bye for now.



This is a picture of a winter morning in Bangladesh. Guess what they are doing?

Stay safe everyone. Bye for now.

Transport Report

Hi Everyone,

Welcome to the latest Transport article.

Firstly, I would like to start off by thanking ALL of our WONDERFUL and DEDICATED Drivers and Bus Assistants!!! Over the last 5 months, our drivers and bus assistants have gone above and beyond to assist the staff in organising deliveries, doing small group bus runs, sometimes doing multiple bus runs one after the other to cater for all the programs currently running based on the current restrictions that are in place for our service. They have also assisted in the programs for the day as well as so many other tasks. We could not continue to maintain our service, to create contact and well being checks for our Members and Volunteers without your support. You are all very much appreciated.

I want to thank everyone for your patience

whilst we are checking everyone's temperatures and completing the Covid Protective Measures form during the pickups of a morning. It can make each pick up a bit longer to complete but is important that we do everything we can to stop this virus from entering our service.

Just a reminder especially in this wet weather to wear enclosed and non-slippery shoes when you are out and about. This will prevent you from having a fall on wet surfaces.

Lastly if you know of anyone that is interested in Volunteering as a driver please let me know. We are always looking for Drivers.

Until next time please stay safe and healthy and warm and we will see you all again soon.

Yours In Transport,

Sarah C

JOKE OF THE MONTH:

Gone fishin!

One Saturday morning a fisherman gets up early, dresses quietly, gets his lunch made, puts on his long johns, grabs the dog and goes to the garage to hook up his boat to the truck and head down the road. Coming out of his garage, rain is pouring down in a torrential downpour. There is snow mixed in with the rain, and the wind is blowing 50 mph. Minutes later, he returns to the garage. He comes back into the house and turns the TV to the weather channel. He finds it's going to be bad weather all day long, so he puts his boat back in the garage, quietly undresses and slips back into bed. There he cuddles up to his wife's back, and whispers, "The weather out there is terrible". To which she sleepily replies, "Can you believe my stupid husband is out fishing in that gale?"



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

“Life is not the way it’s supposed to be, it’s the way it is. The way you cope is what makes the difference” --- Virginia Satir

Things are not going the way we wanted, but the way our volunteers are going above and beyond to ensure the members well-being, and safe participation in the program is outstanding. Volunteers from all areas of the Cottage are working in such a beautiful balance to run the Cottage smoothly.

Volunteers who are unable to attend the Cottage for health concerns or family responsibilities, offered to check up on the members over the phone. Volunteers assisting with the program learnt many new procedures and got into an excellent habit of keeping the new high standards of hygiene. Bus drivers and bus assistants are multi-tasking. Our COVID Officers are working long hours to make sure we do not miss any important steps of hygiene and cleaning, cleaners are reaching every corner of the Cottage. Kitchen volunteers have cooked delicious food with Jo M while RSL was not able to provide food for the members. Our gardener comes regularly to keep our garden and the Cottage looking beautiful, which lifts everyone’s spirit. Many

have come up with excellent ideas of fund raising, and the donations made for fundraising are mind-blowing. The craft room getting tidied, new craft ideas are put together, new recipes, knitting patterns and many more.

Volunteer inductions have been cancelled since April but we have done individual induction for bus drivers as we need more drivers. Please refer any interested driver to the Cottage. Client Advisory meetings and volunteer support session did not take place due to the current situation, but we have got podiatry back on.

It may be frustrating when we look ahead but when we look back we can see how far we have come. Well done everyone! Thank you all for staying positive, being a better team and helping us building up the community during this tough time. Don’t forget to be kind to yourself 😊.

Take care and bye for now.

Nasima

New Volunteers

Ramla A, Alyssa A

Spot the Different Solution: 1. Spot on parachute is missing. 2. Sign on tanker truck is missing. 3. Bush appears below man. 4. Extra string on man’s parachute. 5. Tree beside house is coloured in. 6. Roof on house is coloured in. 7. Buoy in lake is coloured in. 8. Tail on plane is coloured in. 9. Car has moved. 10. Parachute in background has moved. 11. Truck is facing opposite direction. 12. Bird’s wing is different.

Member Update

Welcome to all
our new Members:

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

New Members:

Carlo P

Members who are Sick:

Carlo P, Margaret W, Helen B, Ishaque K,
Eileen M, Bev J, Sukhma K

Members not well enough to return:

Vince T

Members that have gone into permanent care:

Robert B, Michael D, Juana C, Dell O,
William S, Sergio P

Members that have passed away:

Wanda A, Damien C, Jae F, Robert S



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.





HAPPY BIRTHDAY!



If you were born in June, you are sensitive and caring toward other people and their feelings. You can be shy and soft-spoken, but people admire that about you. A creative spirit helps you think far into the future about what you can create. You spend time considering how you can bring your ideas into the world. Though you don't always express your feeling, you have a whole world living inside you, and you hope to figure out how to realize your many dreams.

Members:

Robert S
Elva H
Patricia V
Deborah G
John C
George W

Janice M
Jan R
Julie L
Iolanda S

Volunteers:
Rosey A

Faith O
Kay R
Linda M
Mark B
Annette P
Thomas A

Staff:

Warren K
Julie R
Jo M
Joanne G
Jane A

*People born in **July** have many of the same traits as those born in June, except they are often more spontaneous and extroverted. They live for adventures, and love to have a good time. Outwardly, they appear confident and cheerful, but inside, they harbor a lot of dark secrets. If you were born in July, you might tend to hide your pain from others. **You have lots of energy, and people love to hang out with you because of this.***

Members:

Ann G
Faris A
Glynis F
Kathleen B
Rhonda H
Kerry R
Colin Le M
Maria L

Dorothy S
Helen B
Barbera W
Denis M
William F
Ann Maree M
Marlene X
Ramakrishnan N
George S

Barbara B
Patricia M
Edward T

Volunteers:

Celeste K
Ramla A
Darren S
Jenelle F

Carol D
Jeanette W

Staff:

Margaret D



Policy of the month

Safe Driving Policy

Objective

Myrtle Cottage is committed to ensuring the health and safety of employees and members whilst driving by increasing the awareness and understanding of safe driving practices among staff and volunteers and ensuring that drivers behave in a manner that is conducive to road safety.

Policy

1. **Myrtle Cottage motor vehicles must only be driven by persons holding a current and appropriate driver's license that is accepted by the Road and Maritime Services (RMS).**

Unlicensed persons or disqualified drivers must not drive a Myrtle Cottage vehicle at any time.

In line with the law, as detailed in the Australian Road Rules, Myrtle Cottage requires that drivers and passengers must wear seatbelts when travelling. Drivers must keep within designated speed limits and obey other road rules, whilst driving Myrtle Cottage vehicles.

Mobile phones are not to be used whilst driving unless the vehicle is fitted with a hands-free mechanism.

2. **Who does this policy apply to?**

This policy applies to all staff and volunteers who drive vehicles owned or

hired by Myrtle Cottage or their private vehicles when used for Myrtle Cottage's business.

3. **Responsibilities**

The Manager has the ultimate responsibility for the effective implementation of this Safe Driving Policy

Coordinators are responsible for ensuring that the policy is implemented and that staff and volunteers are encouraged to adopt safe driving practices including being in a fit and healthy state to drive.

Drivers are responsible for:

- Holding a current NSW driver's license
- Operating a vehicle in a safe manner;
- Not being under the influence of any drug whilst driving (including alcohol);
- Not smoking in the Myrtle Cottage vehicle;
- Maintaining the vehicle clean and tidy and reporting any faults;
- Complying with road rules and safe practices; and

Complying with safe work procedure on safe driving.

... *Cont'd next Newsletter*

You only live once but if you do it right once is enough

FROM THE KITCHEN

Greetings from the kitchen, I hope everyone has been staying safe and keep rugged up and toasty warm, now that we are in the middle of our coldest winter days. It has been wonderful to see some familiar faces back at the Cottage, and I have really loved having the opportunity to cook the lunches for those attending. I did receive plenty of positive feedback which was wonderful, and extremely encouraging. Please don't hesitate with any comments or suggestions, as they are always welcome.

I would like to say a heartfelt thankyou to the small handful of volunteers who have been

helping out in the kitchen putting together our morning teas, baking our beautiful desserts, cleaning and sanitizing and scrubbing all those extra pots and pans! You are appreciated beyond words and I couldn't have done it without you.

I have included a 4 ingredient recipe given to me by a friend and I was very excited to try it as it takes no time to put together very easily, and it turned out very tasty. It is budget friendly and you can feed the whole family for around \$10.

Jo M

PINK PASTA

Ingredients:

½ packet pasta spirals (250 gm) cooked
400gm can diced tomatoes
425gm can tuna in spring water
300ml thickened cream
A little grated cheese for the top (*optional*)

Method:

Drain the tuna and break into pieces
Combine all ingredients
Place in baking dish
Add grated cheese on top if desired
Warm through in oven (200°C for 10-15 min)
Enjoy!

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



Service of the month:

Free and Cheap Meals — MacArthur Region

Pillars Relief Agency

1/5 Moorlands Rd, Ingleburn. Ph: 8119 5126

Food Hampers

Mon-Thurs 12-4.00 pm Fri 12-3.00 pm. \$25 per hamper. Order by phone or via Facebook.

ADRA

6 Mallee Pl, Macquarie Fields. Ph: 9829 6701

Food Hampers

Thurs 2.00-4.00 pm. \$10 per hamper, hampers can be collected fortnightly. Visit centre to register. Discounted pantry items also available.

Emergency Food Relief

Mon-Thurs 9-5.00 pm Fri 9-3.00 pm. Emergency food relief in form of food items.

Community Lunch

Every second Tues 12.00-1.30 pm. Free.

Ambarvale / Rosemeadow Community

6 Macbeth Way, Rosemeadow

Fruit & Veg Boxes

Every Thurs 11.30. \$2 for a fruit and vegetable box. Allowance of one hamper per fortnight. See Facebook page for further details.

Anglicare

Shop 1 & 2/31-35 Chamberlain St, Campbelltown. Ph: 4621 6666

Emergency Food Relief

Mon-Fri 9:00 - 5:00 pm Appointment required. Emergency relief in form of food parcels & financial assistance

Anglicare

16-26 Dumaresq St, Campbelltown.



Ph: 8774 7467

Community Pantry

Mon - Fri 9.00-4.45 pm Sat 9.00-2.45 pm

Anglicare

St Andrews Anglican Church, 1 Riverside Dr, Airs. Ph: 0407 776 817

Mobile Community Pantry

Every second Wed 1.00-2.00 pm.

Anglicare

Eagle Vale Anglican Church 1 Emerald Dr Eagle Vale. Ph: 9820 2680

Mobile Community Pantry

Every second Wed 9.30-10.30 am. \$10 for a bag of groceries of choice from stock available. Pension, Health Care or Immigration Card required.

Australian Pacific & Maori Community Services

AB Central - 52 Riverside Dr, Airs. Ph: 0412 345 945

Food Hampers

Wed 12-2.00 pm. \$10 per hamper. Pre-order before 10.00 am Wednesday.

... Cont'd next Newsletter

Client Advisory Committee

Due to COVID-19 there has been no Client Advisory Meetings. The next meeting on 4th August is also cancelled. Hoping to be able to have the meeting on the 6th October.

There were no Client Advisory Committee nominations for the Thursday and Friday groups and Bell.

Take care and hope to see you all soon

Margaret Donnelly, Assistant Manager

From the Improvement box

Date: 01/06/2020

Type — How raised: Compliment

Raised by: Volunteer Poh

Issue: (Nasima) Received volunteer exit evaluation from Poh this morning, she mentioned “The checking in call during COVID is very heart warming to know you care”.

Action / Response: It has been great receiving these fabulous comments.

Date: 09/06/2020

Type — How raised: Compliment

Raised by: Case Manager Rubita

Issue: Grace has expressed great satisfaction using your services. Therefore has decided to add extra days to services Johnson is currently receiving.

Action / Response: Partnerships are so important so this is very appreciated

Date: 11/06/2020

Type — How raised: Compliment

Raised by: Volunteer Jacquelin

Issue: Thank you all so much for the birthday

wishes!! Really means a lot! And the fact that you knew it was my birthday has me stoked!!



Action / Response: Thank you for these nice words.

Date: 03/06/2020

Type — How raised: Compliment

Raised by: Member Ross

Issue: He stated the following, Happy with the calls and jokes, Happy with the home visit.

Action / Response: Calls make him feel connected to Cottage Staff

Date: 16/06/2020

Type — How raised: Compliment

Raised by: Carer Kathleen

Issue: She stated the following in all the conversation I had with her. She does appreciate the support from the cottage and especially from the Staff. Home visits are good and stimulate Jack and her. The attention from the cottage staff makes her feel they care. Cottage support staff calls and visits are

great. Family is very grateful

Action / Response: Thank you for these nice words.

Date: 16/06/2020

Type — How raised: Request

Raised by: Member David

Issue: When will we be able to have fish and chips and BBQ's again. They are my favourite meals and I really miss them.

Action / Response: Please let the Coordinator know so this can be arranged with Ingleburn RSL.

Date: 07/07/2020

Type — How raised: Compliment

Raised by: Student Mahdy

Issue: I just wanted to pass my thanks to you and the rest of the staff for having wished me a happy birthday. It's meant a lot! Hope to see you soon sometime!:)

Action / Response: Thank you for these kind words.

Date: 10/07/2020

Type — How raised: Compliment

Raised by: Carer Diann

Issue: Thank you so much 😊 Thank you all for participating in Brittany's development and socialization over the last many years. We appreciate everything you and your team have done. Thank Azree for helping in the financial transition to a new group he has been exceedingly kind and understanding at all times. As for Connie, I do not have enough vocabulary to describe her kindness, professionalism, and inclusiveness. Connie is a special person and is purpose built for her role at the cottage.

Action / Response: Thank you for these kind words.

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.



Rooms offered for Rent at Myrtle Cottage

Due to COVID-19 there are no rooms offered for rental by outside groups or parties

Important Dates to Put In Your Diary

04/08/20: Client Advisory Committee—
Cancelled

11/08/20: Volunteers Induction—Cancelled

13/08/20: Staff Training Day — *Cancelled*

03/09/20: Happy Feet Project Day — Podiatry

06/09/20: Father's Day

08/09/20: Volunteers Induction—Cancelled

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

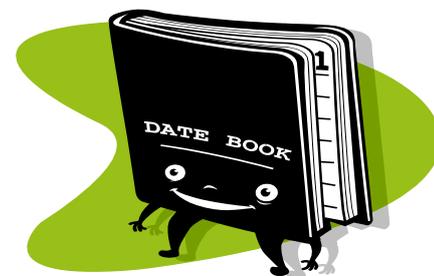
07-11/12/20: Daily Christmas Parties

22/12/20: Members' last day for the year

21/12/20: School

Holidays (*start*)

04/01/21: First day
back



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.

Happy Feet



Welcome to another edition of the Podiatry report. We had our last session on Thursday the 23rd of July. A few members were able to come in for a short period of time to get their feet pampered and cared for. It was great to see you!! It feels like forever since everyone was back together. Hopefully we will see each other again soon.

We have 3 sessions left for the year so if anyone is interested please come and see me and I will give you an information pack. Just a reminder if you don't have a care plan the fee paid directly to Corinna is \$45 each session.

Dates for 2020:

Thursday 3rd September

Thursday 15th October

Thursday 26th November



Until next time keep on dancing,

Sarah Clarke

Admin/DT Assistant

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 \$17.25 which brings the total since July 2020 to;

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

\$17.25

