

Cottage Courier

August - September 2020

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

Dementia Fact Sheet — page 7

Sweet Banana Dessert Recipe — page 15

Service of the Month — page 16

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

Take care of yourselves.

Colleen



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Myrtle Cottage Group

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Elizabeth's Exciting Edit Manager's Report



Hi all,

The last two months have been a busy and productive time. We have been able to keep everyone active and involved thanks to the commitment of our staff and volunteers who continue to provide support, both within the Cottage and at home for those that are still unable to attend the small groups currently in operation.

As we continue to work within the restrictions provided by the Department of Health, we appreciate that our most vulnerable members miss the opportunities to socialise and interact with their friends. To help out in this situation, we have been working hard to implement in home visits for those most in need, making use of our Flexible Respite funding. This has been successful, with all staff undertaking some home visits. We hope some volunteers will be able to assist with this program shortly, and so offer this support to more members.

Some of our group activities have been resumed, although with a very limited number of participants, while those still at home have

been receiving deliveries of a variety of materials, from **entertainment packs** to winter woollies. As a result we have received a tremendous number of **thank you** messages to let us know how much members and volunteers appreciate a friendly face knocking on their door with a little package that says **we miss you and are thinking of you**.

Myrtle Cottage also offered a small **Helping Hand in Tough Times** that saw all activities and attendances go without charge during September. This was made available to all members, regardless of program.

Be assured we will continue to review our programs and increase attendance when safe to so. In the meantime let's be kind to each other until we will get past these difficult times. Keep washing your hands, look after your selves and each other!

Kind regards,

**Elizabeth Delcasse,
Manager**

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



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.

Unfortunately, not much has changed since our last newsletter ...

We are still running our smaller groups on Tuesdays, Wednesdays, Fridays & Saturdays for our DT members that are 75 years and younger. We have recently started regular fortnightly home visits for those members that are really struggling with isolation. Again, a number of things are taken into consideration when deciding on who would benefit most from these visits. If you are interested in finding out more information regarding our home visits, please give me a call so we can discuss further.

The last few weeks have seen some warmer weather and we have been blessed with some beautiful days. We have taken advantage of the opportunity and spent some time outside in the gardens which has been very pleasant. Members that have returned are enjoying Diamond Art as a new craft and our afternoon interaction activities. Staff and volunteers have facilitated some great games such as



The Price is Right, Charades, Memory games and Hangman. We are all still enjoying our regular favourites like Domino's & Bingo too.

A big thanks to Jo M and the kitchen volunteers for preparing our milkshakes to



celebrate “Chocolate Milkshake Week” during September. It was a lovely, special treat that all our members thoroughly enjoyed!

As staff at the Cottage continue to follow all advice, recommendations and guidelines from government departments, please know that staff will continue to keep in contact with you all by either calling once a week for a quick chat and welfare check, providing a home visit, or seeing you face-to-face at the Cottage. Also, don't forget to let your contact person know if you would like find-words, colouring in, crosswords, crafts etc. We can arrange for a drop off of anything that might help to keep your minds stimulated during these times. Remember, we have a huge



range of books available to borrow here as well, so if reading is your thing – let us know so we can deliver a few books for you to enjoy.

Until next time, stay safe, stay strong, connect with family and friends when you can and reach out if you need to. Look after yourselves and each other.

Julie & the DT Team

Wish list for September – Donations for Christmas Raffles



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.

Craft Activity

DIAMOND ART

The latest craft craze at the Cottage is diamond art with members on Tuesdays and Wednesdays really enjoying this activity.

Diamond art kits can be purchased on-line or from craft and **cheap shops**.

Diamond painting is a relatively new art form that breaks images down into patterns, very

similar to cross stitch. Small, glossy acrylic tiles are then applied to canvas to make the pattern.

Kits contain – canvas with colour key, tiles, tray to help keep tiles upright, point drill pen and diamond wax.



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.



Bell Program



Please Note: The Bell Program operates Monday, Tuesday, Wednesday and Friday 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 small group we have attending at the moment are enjoying the program but missing all there regular days and friends.

The Narellan program is also operating within the restrictions.

As you can see they made some lovely little bears, they all really enjoyed this craft.



At this stage we are still following the N.S.W Health restrictions so no changes to our numbers here at the cottage.

I am looking into the Bargo re-commencing, it



will be great if we can accommodate more members in that area.

The wellness calls to members, Carers, and volunteers also the Flexible Respite is still going well, and most carers that I have spoken to look forward to both.

All staff have completed their first Aid training, some online COVID training, and also having regular meetings to keep everyone up to date.

Like you all, we are all hoping we will see restrictions lifted or reduced soon, but for now most important we all stay safe and look after one and other.

Take care everyone

Christine Turner

Bell Program Coordinator

If life was easy where would all the adventures be?

Dementia: Fact Sheet

Urinary Tract Infections

Your urinary system is made up of the kidneys, ureters, bladder and urethra. Your kidneys do many important jobs. One is to remove waste and extra fluid from the blood to make urine.

Narrow tubes called ureters carry urine from the kidneys to the bladder. Urine is stored in your bladder and emptied through the urethra. The urethra is the tube that drains the bladder.

What are urinary tract infections?

Urinary tract infections (UTIs) are very common – particularly in women, babies and the elderly. **Around 1 in 2 women and 1 in 20 men will get a UTI in their lifetime.**

There are different types of UTIs and this can depend on which part of the urinary tract is infected.

Pyelonephritis describes an upper urinary tract infection, which is very serious as it may affect the kidneys. If the infection is in the bladder, it is called cystitis. Cystitis is the most common lower urinary tract infection, which causes the bladder lining to become raw and inflamed (swollen).

What causes urinary tract infections?

Bacteria do not normally live in the urinary tract. When bacteria enter the urinary tract and multiply, they can cause a UTI.

There are many germs that can cause urine infections or cystitis. The most common germ causing urinary tract infections is found in your digestive system, *Escherichia coli* (E.coli). E.coli can easily spread to the urethra and stick to the lining of your urinary system.

Germs such as *Mycoplasma* and *Chlamydia*

can cause urethritis in both men and women. These germs can be passed on during sexual intercourse so both partners need medical treatment to avoid re-infection.

Some people may be at higher risk of infections due to the urinary flow being blocked or when the urine flows back up from the bladder to the kidneys.

Why are Urinary tract infections more common in women?

UTIs are common, particularly with increasing age. Women are more likely to get a UTI than men. **Nearly 1 in 3 women will have a UTI needing treatment before the age of 24.**

In women, the urethra is short and straight, making it easier for germs to travel into the bladder. For some women, UTIs relate to changes in their hormonal levels. Some are more likely to get an infection during certain times in their menstrual cycle, such as just before a period or during pregnancy.

In older women, the tissues of the urethra and bladder become thinner and drier with age as well as after menopause or a hysterectomy. This can be linked to increased UTIs.

During pregnancy, the drainage system from the kidney to the bladder widens so urine does not drain as quickly. This makes it easier to get a UTI. Sometimes germs can move from the bladder to the kidney causing a kidney infection. UTIs during pregnancy can result in increased blood pressure and a smaller, premature baby, so it is very important to have them treated as soon as possible.

Women are more at risk of repeated UTIs if they:

- use spermicide jelly or diaphragm for contraception
- have had a new sexual partner in the last year (an increase in sexual activity may trigger symptoms of a UTI in some women)
- had their first UTI at or before 15 years of age
- have a family history of repeated UTIs, particularly their mother
- suffer from constipation

Do men get urinary tract infections?

Men can get UTIs, particularly if they have trouble with urine flow. Older men who experience prostatitis (an inflammation of the prostate) are at a higher risk. If the bladder is not emptying properly, the build up of urine makes it more difficult to cure the infection. A small number of young men may get a UTI. In males, this is usually the result of a sexually transmitted disease.

What is the link with diabetes?

People with diabetes are at increased risk of having UTIs as their urine may have a high glucose (sugar) content, which makes it easier for bacteria to multiply. Diabetes may also change the body's immune (defence) system making it harder to fight a UTI. The risk of developing a UTI increases as diabetes progresses.

Why are older people more at risk?

Chronic conditions, some medications, and problems with incontinence put older people at an increased risk for developing UTIs. People using bladder catheters are also more likely to develop a UTI.

This is intended as a general introduction to this topic and is not meant to substitute for your doctor's or Health Professional's advice.

Believe you can and you're halfway there

Member Update

**Welcome to all
our new Members:**

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

Members who are Sick:

Pat W, and Dawn M

Members that have passed away:

Beth C

Members that are not returning:

Brittany R, and Susanne F

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

Hello to all our Wacky Wanderers. I hope you have all been taking care of yourselves and insuring being mindful of the Covid 19 social distancing. Don't forget if you have any symptoms please follow this up as soon as possible with you're doctor or you could have a Covid test just to be sure. On an other note, mental health is quite significant during these times. Making sure you are keeping in contact with family, friends and neighbours. 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 face as we all in the same boat.

I'm hoping that you're taking advantage of the sun and getting out of the four walls. Get excited, spring has officially arrived! It's a busy month in the garden, but one of the best, so celebrate by getting your hands dirty.

Now that we are in Spring and the warmer weather we are having. If you have any pot plants around the house or even a veggie patch try growing some beans,

carrots, celery or cucumbers, there are gorgeous marigolds, chrysanthemums and salvias to plant and once you're done it's time to protect all those delicate new vegetable and flowers seedling with animal friendly snail pellets.

I've had the opportunity to catch up with most of the Wanderers on the small group at the Cottage and for the ones I haven't seen the staff have been calling them and telling me that all the others are doing well too.

I'm still unsure when the Recreation Program will be able to go back out into the community. Believe me, when I tell you I'm am looking forward to getting back the way we are used to living. Stay positive Wanderers and keep thinking of any new venues you would like to visit. Be kind to each other.

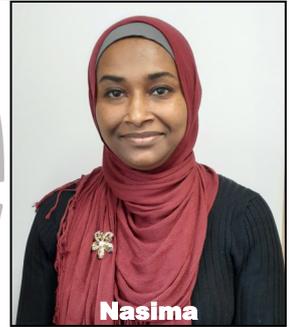
Until next time I see you all.

Bye for now

Connie and Penny



Link up to Linkline



Nasima

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

Here comes the spring with abundance of colours, beautiful sunshine, plenty of fruits and vegetables. I am sure you all will love to include some of your favourites in your daily meals to make your meal healthier.

Everything has its good and bad, COVID 19 has made Linkline calls for this year even more successful. We have got few new members, and the group calls have most of the members participating most of the times. We still do not have outings to offer for any of the Myrtle Cottage members, but we have interesting Linkline programs to enjoying lots of interesting conversation and laughter.

Please be mindful that you need to look after both your mental and physical health. As I know all of you are trying to keep yourself inside and might not feel hungry and you might skip your meal. Please do not do that, there are lots of light and healthier options during spring to include in your meal. You may like to take a little walk in your backyard and

do some light exercise sitting in your lounge to boost your immune system. If you are feeling down, anxious, stressed please share with someone you are comfortable with so right help can be sought for you. Please feel free to ask me any question you have.

I have got positive feedback from many members about the changes in the Linkline programs, please feel free to input your ideas and likings anytime to develop LinkLine programs.

Please note that Linkline calls are from 1.30 - 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.

Don't forget to enjoy the sun and indulge in good laughter. Stay safe and bye for now.

Nasima



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

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

Transport Report

Welcome to the latest article for Transport.

We have had a busy few months with transport. In the last 2 months we have done a newsletter delivery to all our Members and Volunteers. It was a great opportunity for our drivers and our staff to do a well being visit as well as deliver some gift packs and support information. We continue to transport members 4 days a week in very small groups.

Thank you for your patience during each bus run as we follow our mandated guidelines to ensure the safety and well being of everyone that attends Myrtle Cottage.

A big thank you to our valued Bus Drivers and Bus Assistants who have come in to assist us during this time of need.

Until next time take care

Sarah Clarke

Joke:

EXERCISES FOR SENIORS

You know how important exercise is, as we grow older. Here are a few suggestions. I start by standing outside behind the house and, with a five-kilo potato sack in each hand, extend my arms straight out to my sides and hold them there as long as I can.

After a few weeks, I moved up to 10-kilo potato sacks, then 50-pound potato sacks and finally I got to where I could lift a 100-kilo potato sack in each hand and hold my arms straight out for more than a full minute!

Next, I started putting a few potatoes **IN** the sacks, but I would caution you not to overdo it at this level.



Client Advisory Committee

Due to COVID-19 there has been no Client Advisory Meetings. The next meetings on 6th October and 1st December are also cancelled. Hoping to be able to hold meetings in 2021.

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

The Volunteers Voice



Nasima

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

Spring has come with bouquet of flowers and life will flourish with hundreds of colours.

this tough time, and a little act of kindness can make a huge difference to someone's life.

Hello everyone, I would like to start with congratulating our volunteers for winning the 2020 New South Wales Volunteer Award from The Centre of Volunteering. It has been amazing to have you all during this unprecedented tough time. Myrtle Cottage team could not have been able to support the community so well without you all. A BIG thank you to all our volunteers. Our volunteer nomination will keep rolling for the rest of the year. We have got



so many great and inspiring stories of our volunteers to share with the community.

Due to COVID 19 volunteer support sessions have been postponed, please feel free to input your thoughts, ideas, feedback, and suggestions anytime via the suggestion form. We would love to hear from you to improve our service. We would like to encourage all to extend our kindness to everyone as we do not know what someone is going through during

We are still doing the individual induction for the interested volunteer bus drivers. Our effort did not go in vein! We have got a new bus driver for Saturdays. We will keep trying, and please keep referring anyone who is interested to drive. As you all know, we are paying home visit to our members, which is much needed during this pandemic, we are looking for interested volunteers for home visits. If you are interested please inform me or any of the

program co-ordinators.

I hope you all indulge in the warmth and hue of the nature and cheer yourself up for a new start.

Take care everyone.

Nasima

New Volunteers

Darina D, Connie K, Cindy G, and Elaine F



HAPPY BIRTHDAY!



*Those born in August are natural leaders, not afraid to stand on their own with their opinions. They can be bossy and opinionated, but they have big hearts. If you were born in August, you might tend to overthink matters, and find difficulty considering other approaches. **People born in August do well in careers that involve critical thinking and analysis, because they see life in a logical manner.** They find it challenging to express their emotions, so understanding the deeper side of them can seem difficult at times.*

Members:

Frank T
Bruce F
Doreen S
Susan D
Ishaque K
Beverly W
Norah D

Margaret S

Henry N

Tracey C

Faize A

Volunteers:

Harrison C

Diane H

Marge F

Allan H

Bob S

Lyn R

Marie J

Sandra R

John P

George W

Carol W

Syd B

Chang D

Maha E

Staff:

Jaime J

*People born in September have high expectations of others, and can tend to get disappointed easily. They have a stubborn streak, and hold grudges if you get on their bad side. **If you were born in September, you are probably a perfectionist, holding yourself and others to high ideals.** You are likely a sensual, creative, and kind, always wanting to help others when you can.*

Members:

Noleen R
Eileen M
Johnson C
Dorothy T
Elsie H
Patricia C
Ross S
Patricia C
Jimmy L

Pamela

Valerie B

Dean P

Cathy H

Alfred O

Kathleen W

David K

Margaret K

Volunteers:

Greg W

Larry F

Derek P

Anne H

Neil S

Pam L

Clarice M

Joe C

Ann M

Rita McC

Margaret W

Staff:

Stephen F

Nasima A

Penelope C

Maria H

Connie V



Policy of the month

Safe Driving Policy Continued

Safe Driving Guidelines

4.1 Seat Belts

Wearing a seatbelt is the law and it is one of the simplest and most effective ways of protecting yourself as the driver or passenger in a vehicle.

If you are the driver ensure before the vehicle starts to move:

- Seatbelts are adjusted for safety and comfort;
- Your own seatbelt is fastened and adjusted; and
- Your passengers' seatbelts or harnesses are fastened and adjusted.

If your passenger is a person in a wheelchair:

- Ensure the wheelchair is secure; and
- Ensure the person is secured in the wheelchair by a seatbelt

If you are a passenger:

- Make sure your seatbelt or harness is fastened and adjusted; and
- Encourage the driver and other passengers to buckle up.

4.2 Planning Your Journey

Planning your journey in advance can increase your safety, particularly if you are transporting members. It only takes a couple of minutes and saves having to pull over to obtain/locate directions during the journey.

4.3 Vehicle Maintenance

If vehicles are not adequately maintained they can be a hazard to safe driving. In line with the Myrtle Cottage's Motor Vehicle Policy, vehicles are to be regularly serviced to ensure their

ongoing safety.

There are ongoing hazards that need to be checked in between servicing. These include:

- Tyre pressure which can affect vehicle handling;
- Lack of properly maintained spare tyre which could possibly leave the vehicle stranded;
- Broken lights or blown bulbs;
- Window washer empty possibly causing vision difficulties; and
- General dirty windows affecting vision.

4.4 Speeding

Drivers must obey the road rules and drive within the designated speed limit. It is important to understand that travelling at an inappropriate speed can put the driver, passengers and other road users at risk.

Inappropriate speed is defined as:

- Travelling at excess speed, i.e. faster than the speed limit posted for that section of road; or
- Travelling at a speed that is wrong for the road and traffic conditions (e.g. bad weather or heavy traffic) even though it may be within the speed limit.

4.5 Mobile Phones

Mobile phones are an important way of keeping in contact whilst away from the Cottage but it is illegal to use a hand-held mobile phone while driving. Mobile phones pose a risk to safety when used whilst driving. In circumstances where you must take calls, the risk can be minimised by:

- Pulling off the road to take calls, if safe to do so;
- Arranging for the bus assistant to answer the call; or
- Ensuring that calls are answered through a hands-free mechanism, either car mounted or earpieces, if in place.

4.6 Fatigue

Being fatigued significantly raises the risk of a crash. It makes us less alert to what is happening on the road, and less able to react quickly and safely if a dangerous situation arises.

Two main causes of fatigue are lack of quality sleep and driving at times when you would

normally be asleep. Other risk factors include driving in the 'afternoon lull' (1pm - 5pm) when our biological time clock makes most of us sleepy.

Signs of fatigue include:

- Repeated yawning
- Drifting in the lane
- Sore or heavy eyes
- Trouble keeping your head up
- Delayed or jerky reactions
- Daydreaming
- Difficulty remembering the last few kilometres
- Variations in driving speed

... *Cont'd next Newsletter*

FROM THE KITCHEN

Greetings from the kitchen,

Wow, Springtime is finally here! The sun is shining and we can stash away our winter woollies and bring out our summer hats and sandals. Time for barbecues and salads is upon us. Whether you're out walking the dog, pottering in your garden or staying home, I hope everyone is staying safe and keeping well.

National Chocolate Milkshake Day was on September 12th, so we celebrated during that week and all members that attended the Cottage enjoyed an icy cold milkshake as a treat in the afternoon. Our next yummy celebration to look forward to will be Oktoberfest.

I'd like to say a huge thankyou to the wonderful team of kitchen volunteers who tirelessly work extremely hard. Due to the COVID19 restrictions there are only two volunteers assisting in the kitchen each day. You are all amazing!

I have included a recipe for a yummy sweet treat from the *Meals on Wheels magazine Relish*, which is very easy to make and will surely tempt your taste buds!

Jo M

SWEET BANANA DESSERT

- 1 tablespoon butter or margarine
- 2 tablespoon brown sugar
- 2 tablespoon orange juice
- 2 bananas chopped ½ inch

METHOD

- Melt butter
- Add juice and sugar, then heat until dissolved stirring
- Add banana, cook 3-4 min over moderate heat

Serve with ice cream, custard or cream. Enjoy!

Service of the month:

Free and Cheap Meals — MacArthur Region

Break the Cycle Glenquarie Inc.

32 Edgar St, Macquarie Fields Ph: 9829 8898

Community Pantry

Tues, Wed, Thurs 9:30 - 2:30pm

\$20 + \$2 joining fee. Can shop once per week

Food Vouchers & Assistance

Appointment required Tues, Wed, Thurs 9:00 - 2:00pm

Assessment appointment required. Catchment Glenfield-Campbelltown. Must be receiving Centrelink payments or job loss in family

Campbelltown Church of Christ

65 Woodhouse Drive, Ambarvale Ph: 4625 7981

Emergency Food Relief

Tues & Thurs 9:30 - 12:30pm

Food relief in form of vouchers and food. Ambarvale, Rosemeadow & St Helen's Park residents.

Food Pantry

Mon, Tues, Thurs 9.00 - 1.00pm

\$10, \$20, \$30 bags. Concession card not required.

Community Lunch

Tues 11.30 - 12.30pm

Free - all welcome.

Lomandra Community Project

4/5 Hollylea Rd Leumeah

Community Pantry

Tues - Fri 9.30-2.00pm

Includes pantry staples, school snacks and household items. Meal packs available for \$5 (feeds family 3-4) & \$10 (larger families)

Macarthur Diversity Services Initiative



127 Dumaresq St Campbelltown Ph: 4627 1188

Food vouchers

Mon - Fri 8.30-4.30pm

Assistance is based on individual assessment

Nagle Centre Family Care & Support Service

St Vincent de Paul Society, 22 Iolanthe St Campbelltown Ph: 4628 2928

Food Vouchers

Mon-Fri by appointment

Contact centre to book appointment. Residents of Campbelltown, Leumeah, Bradbury, Claymore or no fixed address. Home visit for other suburbs. Nil concession card required.

Community Breakfast

Mon-Fri 9.00-10.30am Free for Macarthur Community members

Community Lunch

Mon - Fri 12:00 - 1:30pm Free for Macarthur Community members

Community Dinner

Tues & Wed 5:30 - 6:45pm Free for Macarthur Community members

... Cont'd next Newsletter

From the Improvement box

Date: 21/07/2020

Type — How raised: Compliment

Raised by: Member Kathleen

Issue: Kathleen called me to say thank you to the Cottage for the newsletter and the care package she received today. She said that a “handsome young man came to my front door” She loved the placemat and will cherish it forever. She has been down in the dumps lately as it’s the 2nd anniversary of her son’s death. She told me that she is “weeping tears of gratitude” and cant wait for her daughter to come home so she can show her. Kathleen is going to sit in the sun with a cuppa and read our newsletter ☺

Action / Response: We might be a bunch of softies, but isn’t this what we live for?! Well done everyone

Date: 27/08/2020

Type — How raised: Compliment

Raised by: Member Patricia

Issue: She is very happy to get the placemat

and hand cream in the care pack, and the newsletter delivered. She said “it’s B-E-E-E-A-U-T-I-F-U-L ... I did not have a placemat. It’ll be very useful and the hand cream too.”

Date: 27/08/2020

Type — How raised: Compliment

Raised by: Volunteer Kathy

Issue: Please say thank you to Elizabeth and everyone else at the Cottage for everything they do, I appreciate the calls (well-being check calls) and the text messages

Date: 27/08/2020

Type — How raised:

Raised by: Volunteer Mary

Issue: thank you! this is lovely, I wish to give you a hug if I could

Action / Response: These thank you's are worth more than you might realise



Rooms offered for Rent at Myrtle Cottage

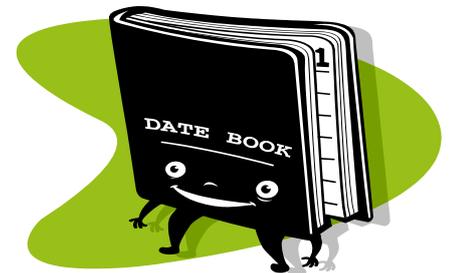
Due to COVID-19 there are no rooms offered for rental by outside groups or parties

**Let your smile change the world
but don't let the world change your smile**

Important Dates to Put In Your Diary

05/10/20: Labour Day Holiday — *Cottage closed*
06/10/20: Client Advisory Committee Meeting
 10.00am —Cancelled
13/10/20: Volunteers Induction 10.30am —
 Cancelled
13-19/10/20: Carers' Week
www.carernsw.org.au/national-carers-week
15/10/20: Happy Feet Project Day — Podiatry
10/11/20: Volunteers Induction 10.30am —
 Cancelled
20/11/20: Volunteers Christmas Party —
Cottage closed —Cancelled
26/11/20: Happy Feet Project Day — Podiatry
01/12/20: Client Advisory Committee Meeting

10.00am —Cancelled
03/12/20: Annual General Meeting
03/12/20: International Day of People with
 Disabilities
05/12/20: Bell Carers' Christmas Party —
 Cancelled
07-11/12/20: Daily Christmas Parties —
 Cancelled
22/12/20:
 Members' last day
 for the year
21/12/20: School
 Holidays (*start*)
04/01/21: First day
 back



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.



Spot the Different Solution: 1. Carpenter's side pocket is missing. 2. Light bulb in lamp is missing. 3. Drawer handle is missing. 4. Chest pocket is coloured in. 5. Top of hat is coloured in. 6. Elbow on lamp is coloured in. 7. Pant cuff is coloured in. 8. Hole on board has moved down. 9. Tall jar has moved. 10. Screwdrivers have moved. 11. Desk drawer is narrower. 12. Carpenter square is longer.

Due to COVID restrictions our AGM will be invite only held Thursday 3rd December at 2-4pm

WHO WOULD YOU NOMINATE FOR THE 2020 ACHIEVEMENT AWARD?

All membership renewal payments have been waived for 2020

Happy Feet



Welcome to the latest Podiatry report. I hope you are all keeping well and active as much as you can.

September session of Podiatry was very low in numbers due to the current circumstances. We have 2 more sessions for the year before the Christmas period. (Wow that has come up so quickly!)

If anyone is interested in having their feet pampered please feel free to contact me.

Podiatry Dates for 2020

Thursday 15th of October

Thursday 26th of November



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

Love doesn't just make
the world go
around...
it makes the
ride worthwhile!



Can you spot 12 differences between these pictures?

