

Cottage Courier

October - November 2020



Letter from the Editor

It's Beginning to Look a Lot Like Christmas...

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 6

Recreation Program — page 7

Transport Report — page 10

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.

Main Contents

Manager's Report.....	2
Ageing & Disability	3
Craft.....	4
Bell Program.....	5
Client Advisory.....	5
Recreation Program	7
Linkline	9
Transport Report	10
Volunteers Voice.....	11
Member Update.....	12
Improvement Box	12
Birthday	13
Policy of the Month.....	14
From the Kitchen	15
Service of the month	16
Important Dates.....	17
Happy Feet.....	19
Spot the Difference.....	20



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,

I can't believe we are on the home stretch to Christmas! Where has this year gone? We continue to work to ensure that as many members as possible resume their visits to our Cottage. Our Group programs are now back 5 days a week, although with reduced numbers and a strict criteria to decide which members can resume activities. Having said that, I can report that all attending, members, volunteers and staff have so far been safe and healthy and we will continue to work hard to ensure this remains so, so thank you all for assisting us in this process with your help and patience. We have just had our last podiatry clinic for the year and this means we now start the end of year wrap up, getting ready for the **Silly Season**, just much quieter! Unfortunately this year we will not be able to

hold all the Christmas Parties we are all used to and enjoy, but the good will and the cheer remain and will be shared with all.

We are now planning to increase days and numbers in the new year, while we adapt as best as we can. We need to remember that COVID-19 is going to be with us for some time yet and that we will need to define what COVID-normal is for our operations and our lives. I do feel positive about it all and I am sure we will do this together.

And despite all these challenges I wish you all a very Merry Christmas and a great start to 2021!

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

Kind regards,

Elizabeth Delcasse, Manager

May this Christmas season bring all the jingly, jolly joy to your family and friends.

MERRY CHRISTMAS

© messages.365greetings.com



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.

The last few months have continued to remain quite similar to previous months during this pandemic, although a few changes have occurred recently. We have now resumed our Monday program, offering 11 members the opportunity to return for social groups. We have continued with our home visits too. Our plan is to continue with the current arrangements for the remainder of 2020 then introduce our Thursday program back and start to increase numbers for each of our day groups in January 2021. We are very excited with the prospect of slowly but surely having all of you back in the very near future!

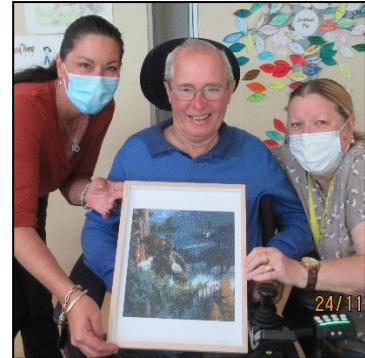
For those that have returned, it's been great seeing you all and catching up when you attend. We've been keeping busy with lots of table games, crafts – the Diamond Art still seems to be the preferred choice for most members at the moment, and our group games in the afternoon have been great fun too.



As we start to prepare for the festive season,

Christmas craft will be an option for those that are able to put their Diamond Art aside for a few weeks. We'll be trying our best to get everyone into the Christmas spirit, although it's definitely not going to be the same this year. Staff and volunteers will start preparing the DT rooms with our tree and decorations from next week – hopefully this will brighten up our days and put some smiles on our faces.

With the weather starting to get warmer, we encourage you all to try and spend a bit of time outside each day. A short walk, a coffee in a shaded area of the garden or just a moment of some fresh air and vitamin D will do us all the world of good! In saying that, we must remember to stay hydrated so keeping up with our fluids and drinking water throughout the day is important too.



As this is the last newsletter for the year, we want to wish you all the Merriest of Christmas's and a fabulous New Year. It's looking promising that 2021 is going to be a much better year for us. Stay connected over the festive season by contacting family & friends. We will continue to think of you all during our closure and really can't wait to see you all



again in the new year!

Julie & the DT Team



Craft Activity

LEST WE FORGET PLAQUE

Materials needed

1 CD
1 A4 sheet of white cardboard
Soldier cut out, Lest we Forget cut out, Poppy cut out

Black ribbon

Glue

Instructions

1. Glue ribbon to either side at top of CD (This is the hanger for the plaque)
2. Trace around CD on white cardboard and cut out two circles
3. Glue white cardboard on both sides of CD and cut around if needed
4. Arrange soldier cut out and Lest we Forget on front of CD
5. Turn CD over and glue poppy on back of CD



Bell Program



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

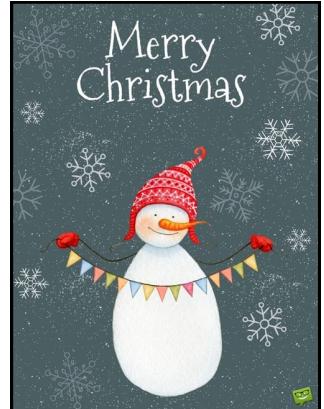
Hello everyone,

Wow I can't believe it's only a few weeks off Christmas, I hope you are all more organised than me, my seven Grandkids will be very disappointed if I don't do some shopping, so I will be shopping like crazy for the next few weeks.

Take care in the heat waves we are experiencing this summer, some home tips for keeping cool are: Make sure your ceiling fans are set to go counterclockwise, this pulls hot air up and out instead of just twirling around the room. Freeze a hot water bottle for an ice pack. If you have your window open try to have the door open to create a cross breeze.

The Bell Program is slowly moving forward we have recently re-commenced our Bargo program, accommodating members from the Camden and Wollondilly areas. As we are still following all the COVID 19 restrictions I have

been very limited with numbers, but I am confident that in the new year we will be able to accommodate more. Our Narellan Vale program for younger or early onset Dementia is also up and running we recently had a new member start, Laura has settled in and enjoying the social interaction and activities.



We have now started our Christmas crafts but the members enjoyed doing their last regular craft the birds.

Lastly please call me if you did not receive your October/ November programs.

Take Care everyone

Christine Turner

Bell Program Coordinator

Client Advisory Committee

Due to COVID-19 there has been no Client Advisory Meeting. The next meeting on 2nd February 2021 remains to be confirmed.

The Client Advisory Committee nominations

for the Thursday and Friday groups and Bell to be held in 2021.

Take care and hope to see you all soon

Margaret Donnelly, Assistant Manager

Dementia: Fact Sheet

Symptoms of Early Dementia

Dementia is a collection of symptoms that can occur due to a variety of possible diseases. Dementia symptoms include impairments in thought, communication, and memory.

Symptoms of dementia

If you or your loved one is experiencing memory problems, don't immediately conclude that it's dementia. A person needs to have at least two types of impairment that significantly interfere with everyday life to receive a dementia diagnosis. The person may also experience impairments in: Language, Communication, Focus and Reasoning.

Other symptoms of changes in short-term memory include forgetting where they left an item, or forgetting what they were supposed to do on any given day.

Difficulty finding the right words. Another early symptom of dementia is struggling to communicate thoughts. A person with dementia may have difficulty explaining something or finding the right words to express themselves.

Apathy or listlessness, commonly occurs in early dementia.

A person with symptoms could lose interest in hobbies or activities. They may not want to go out anymore or do anything fun. They may lose interest in spending time with friends and

family.

Difficulty completing normal tasks. A subtle shift in the ability to complete normal tasks may indicate that someone has early dementia.

Confusion. Someone in the early stages of dementia may often become confused. When memory, thinking, or judgment lapses, finding the right words, or interacting with people normally.

Being repetitive is common in dementia because of memory loss and general behavioural changes. The person may repeat daily tasks, such as shaving, or they may collect items obsessively. They also may repeat the same questions in a conversation after they've been answered.

Struggling to adapt to change. For someone in the early stages of dementia, the experience can cause fear. Suddenly, they can't remember people they know or follow what others are saying. Difficulty adapting to change is also a typical symptom of early dementia.

For more information:

<https://www.dementia.org.au/resources/help-sheets>

National Dementia Helpline 1800 100 500

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.



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.

Despite the changes caused by the COVID 19 pandemic, there's still plenty of fun to be had. In fact, seeking out fun activities may be even more important now. Doing something you enjoy can distract you from problems and help you cope with life's challenges. Going outdoors each day to get some sun on you, or even going for a walk / picnic. Pack food from home or pick up takeout from your preferred restaurant and take it to enjoy at your favourite public park. Complete a puzzle, the more pieces the better! Try a crossword, write poetry, watch all the really long movies you've avoided until now, try lying down with your eyes closed, palms up and while focusing on your breath. Repeat a soothing word to yourself in your head. Take time to reflect: What have you accomplished in the last year? What goals are you setting for yourself in the next year.

It's all starting to come together, every time I see one of the Wanderers working on their Diamond Art. It's looking great guys! Everyone has been working so hard on getting their masterpiece finished to take home by Christmas. We have an array of different landscapes and pet diamond art. The one of a dog is looking awesome with some beautiful colours.

Some members bring in their craft like knitting a blanket. If you have any hobbies you love, bring them in and who



Quality Time	Physical touch	Words of affirmation
Enjoy the sunset	Work on your skincare routine	Keep a gratitude jar
Watch a meaningful move you enjoy	Do a few stretches	Recite some positive affirmations
Paint a picture	Take a bubble bath	Write positive notes
Start a garden	Eat fruit and veggies	Compliment yourself
Go on a nature hike	Enjoy a cup of tea	With each exhalation, I invite peace and calm

knows; maybe someone might like to join in. We all shared lots of laughter as we waved our pool noodles trying to hit the balloons, as the challenge was not to let the balloon hit the ground. In the back of the DT room, we have a



Foosball table if anyone wants to challenge me or any of the staff and volunteers at the Foosball table. I'm always up for trying to win at that game.

Bye for now

Connie and Penny



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

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



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 organisation shall be sufficient discharge to my executors for this bequest.

Link up to Linkline



Nasima

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

***Summertime is always the best
of what might be***

— Charles Bowden

Summer has arrived already and Christmas is at our door steps! I hope everyone is well and delighted and busy preparing for Christmas. Linkline has been quite busy this year and also, we have a few new members. We have also been enjoying a little twist in the Linkline programs.

We have had some animal jokes to indulge us in good laughter, stimulating word ladders and riddles to solve, we learnt about the famous places of the world and so many more.

Please take your sun hats and apply enough sunscreen when you go out of home, try not to be out in the garden in the afternoon. It is very important to include the lovely seasonal salad, fruits and vegies in your meal, and of course plenty of water to keep you all cool and hydrated.

It has been amazing how all our members

have been a great source of support, comfort, encouragement and joy for each other, we believe this will continue to grow stronger in next year. Christmas might not be as happy and engaging for everyone around us, so please extend your kindness and support to anyone who might be in need.

Hopefully this summer, Christmas and new year will bring us a whole new start, a better time and better understanding. We have learnt a lot through this difficult year and we will keep extending our support to all of the community as we did this year.

Linkline runs from 1.30pm to 2.30pm. If you know of anyone, frail aged and/or a carer that feels isolated in their homes and would enjoy conversation, trivia and games to brighten their week, please encourage them to call the Cottage for more information and assistance as we want to connect, socialise and learn from many in this program.

Have a happy and safe distancing holidays everyone. Take care.

Nasima

Solution to Spot the Difference: 1: Tree in background is missing. 2: Point on girl's hat is missing. 3: Lacce on skatle is missing. 4: Mouth on bunny is missing. 5: Corner of gift is coloured in. 6: Tag on gift is coloured in. 7: Chimney has moved. 8: Tail on piggy has moved. 9: Pocket on girl's pants is taller. 10: Ribbon on sleigh is longer. 11: Arm opening on shirt is lower. 12: Design on Santa's mitten is different.

Transport Report

This is the final newsletter for the year. It has been a year of many changes and emotional turmoil. Some of the changes for transport:

- Programs shut down though drivers that were able to come in, delivered relief packages or food, activities and presents. *Thank you so much to all those drivers.*
- Warren retired and Sarah filled in the role until Steve started. *Warren we will miss you and Sarah we couldn't have survived without you.*
- Programs are slowly being introduced COVID style with limited numbers on the buses and being picked up for any program on the one bus then add cleaning before and after its use. *Thank you to everyone for complying and understanding.*
- The Annual General Meeting was very small, was run later than allocated and was in the afternoon. *For those that went I hope you had a great day.*

So now what:

- Currently we are working on the Master Rosters for the Cottage. For transport this means the permanent bus runs are being set up with bus drivers and assistants. *Drivers and bus assistants, can you please let Steve know what program and day or days and bus (if you would like to put in a preference) you would like or you did before.*
- We are delivering members Christmas

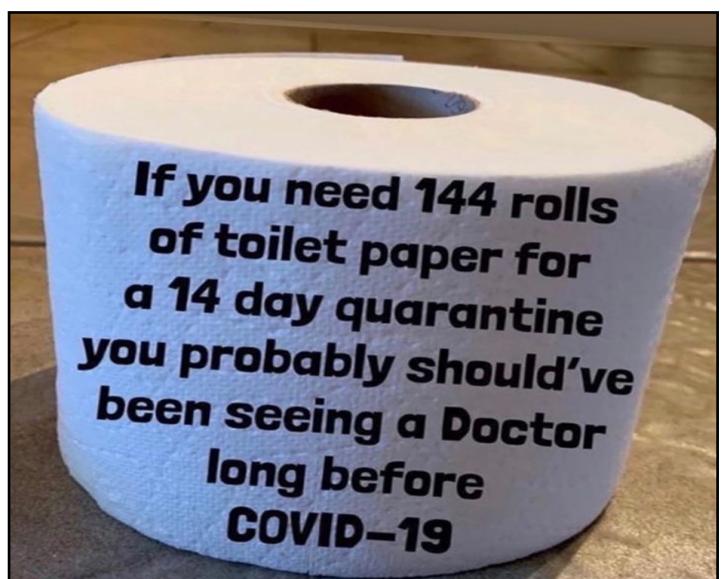
presents this week for anyone who is not at the Cottage. We are hoping that the staff can do the deliveries with a volunteer.

Finally, I would like to introduce Steve Cannon as Myrtle Cottage Transport and Safety Team Leader. Steve started in October and has completed his WHS training during November. He has been learning about TRACCS by entering our members on the permanent roster, creating the daily runs and the Annual General Meeting bus runs. He has big shoes to fill with all the tasks Warren did with his eyes closed. Welcome Steve I hope you enjoy your time with Myrtle Cottage.

As I am writing the Transport Report this time I felt that the joke needed to be presented in a way that was relevant to me and I like pictures ... next newsletter there will be a photo of Steve 😊

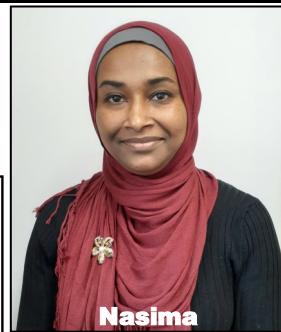
Take care over this Christmas period and stay safe,

Margaret Donnelly, Assistant Manager



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



Summertime

Summertime is here!
I'm letting out a great cheer!
Sunshine and flip flops,
Ice cream and tank tops.
Summertime is here!
Let's all give a great cheer!
Swimming and trips to the park,
It's late in the night when it gets dark.
Summertime is here!
Let's all give a great cheer! (Collected)

Hi everyone, Summer has arrived early this year! It has been pretty hot already. Christmas is knocking at the door too!!

Don't forget your sunhat and sunscreen while going out. If you are going to a community pool please register on council website first. There is a limited number of entries for each session. You can register 24 hours prior and you need to space out at all

times. Each session at the pools is for about 2 hours. Include plenty of water, fresh fruit vegies and salad to keep yourselves hydrated.

Please congratulate Rita M, Colleen W, Garry C for winning outstanding volunteering award from Liverpool Resource Centre, and Yuri B and Stanley B for their recognition too.

You all are champions in our community and we appreciate your every single contribution.

I hope Christmas will be joyful unlike this year, which has been a bit different and challenging.

Please look after yourselves well. Bye for now.

Nasima

New Volunteers

Mani H, Zhou M, Carlo V, Katrina A, Kathy M, Christine O

Wish list – Donations for the next years raffles

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 \$19.55 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)

\$36.80

Member Update

Welcome to all
our new Members:

New Members:

Filippo R, Anne B, Laura P

Members who are Sick:

Pat W, Dawn M, Carlo P, Mark T

Members that are not returning:

Karen H

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

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

Eliesa C, Iolanda S, Anne D, Janice M

Members that have passed away:

Beth C, Pamela C, Jim L

We wish you a Merry Christmas and a happy New Year

From the Improvement box

Date: 27/10/2020

Type — How raised: Compliment

Raised by: Volunteer Maureen

Issue: Maureen (Volunteer) called to thank us for the birthday card she received from us. Her birthday was the day she received the card. She is spending the day with her brother as it is his birthday tomorrow. She received some flowers from one of her family relatives today. She turns 84

Action/Response: We try to plan this so well, this was just amazing

Date: 06/11/2020

Type — How raised: Compliment

Raised by: Student Darina

Issue: Dear Margaret, I hope you are well. I just wanted to send my gratitude to you for being an amazing supervisor. It was a real pleasure being at Myrtle Cottage for this term. I feel like that has helped on different levels! What you all do is truly beautiful, and I hope that I can one day contribute to the community in the same way! Thank you so much for everything you've taught me!

Action/Response: This is so appreciated.



HAPPY BIRTHDAY!



People born in October crave balance and stability in everything they do, and have a positive outlook on life. They don't like confrontation, and avoid it whenever possible. If born in October, you likely have an active social life and love your friends to death. You're charming and talkative. Though you love being around people, you're fiercely independent as well.

<u>Members:</u>	Domenico M	<u>Volunteers:</u>	Robyn O
Penelope W	Kathleen N	Carlo V	
Margaret P	Jack M	Garry C	<u>Staff:</u>
Helen K	Peter M	David P	Rosemarie S
Jacobus V	Rhonda B	Kim G	
Losalini V	Gillian R	Maureen J	
Salaha P	Doris W	Aura L	

People born in November are very secretive, and often hide their true feelings from others. They don't like others telling them what to do, and tend to carve their own path in life. **November-born people don't have too many fears, and will jump into a situation headfirst, no matter the consequences.** They don't let anything in life stop them, and have a headstrong, passionate approach to life.

<u>Members:</u>	Brian F	<u>Volunteers:</u>	<u>Staff:</u>
Gurcharan S	Andrew L	Debbie S	Cia S
George C	Ian M	Patricia M	Natalie V
Katherine G	Halina H	Peter R	Jo-Anne F
Mary L	Ann P	William M	
Saras C	Anne B	Ellaine S	
Anne C	Samir S	Kushum K	
Tony F	Joan W	Katrina A	
Andrew P	Sharren M	Jeffrey R	



Policy of the month

Safe Driving Policy Continued

4.7 Drugs

Alcohol, medicines and illegal drugs can impair driving and increase crash risk.

The following medications can affect driving:

- Depressants slow down all the body's systems and may cause sleepiness, slow reactions and poor co-ordination. Commonly used medicines which contain depressants are: tranquilisers, sleeping pills, some pain killers, allergy medicines and some medications for epilepsy, blood pressure, nausea, inflammation and fungal infections. Most hay fever treatments, travel pills and many cough and cold remedies also contain depressants. When inhaled, solvents also have a depressant effect.
- Stimulants speed up the body's systems and can make people jittery, uncoordinated and overly anxious. Appetite suppressant drugs and some decongestants and cough and cold remedies contain stimulants.

Anyone taking medication should ask their doctor or chemist whether it would impair driving and check the container for any warning messages. Some medications may increase the effect of alcohol

4.8 Transporting Members

Transporting members can involve risks if the driver is distracted or injured as a result of an incident relating to member behaviour or wheelchair faults in relation to positioning and being secured in place.

When transporting members additional risk management steps are required to ensure the safety of both drivers and members.

- Identify hazards – are wheelchairs able to be secured, are there client behavioural issues in relation to transport etc.
- Assess the risk – all risks assessed as moderate or high require a control measure to be put in place by the driver or assistant for the trip to continue safely.
- Control the risk – ensure the measure adopted for transporting members addresses the specific needs of the client or client group to ensure safety.

4.9 Vehicle Breakdown

In the event of a vehicle break down procedures are documented in the Myrtle Cottage's Motor Vehicle Policy.

To ensure the safety of staff and members, move the vehicle to the side of the road and put hazard lights on before commencing breakdown procedures.

Myrtle Cottage drivers and assistants wear safety vests that assist in the event that members need to be unloaded from the vehicle in a traffic area.

5. Monitoring

Management will monitor accident and claims statistics to identify any incidents that require further investigation or risk assessment. If a driver has an accident they will be required to undergo another 'Driver assessment and training checklist', multiple accidents by the

same driver to be investigated by Management.

6. Compliance

Failure to comply with NSW Motor Traffic

Regulations, or unsafe driving practice, while driving a Myrtle Cottage vehicle for work related purposes would breach Safe Work Procedures and constitute poor work performance.

FROM THE KITCHEN

Tuna (rice base) quiche

Ingredients - to make 4-6 serves

Base

$\frac{3}{4}$ cup brown or white rice

1 small onion, chopped (could be left out or replaced with shallot)

1 egg, beaten

Filling

2x180g. cans tuna

4 eggs, beaten

1 cup grated cheese

$\frac{3}{4}$ cup milk

1 small onion chopped

$\frac{1}{4}$ cup chopped parsley

Method

1. Cook rice, drain when cooked then mix with other base ingredients and press into greased baking dish
2. Mix together all filling ingredients and spoon over rice base
3. Bake in a moderate oven (180) for 1 hour or until filling has set

Tips

- The filling ingredients can be halved if you wish to make a smaller amount. Leave rice base ingredient amounts as per the recipe
- Rice can be cooked ahead of time. Cooked rice can be frozen
- This dish can be kept in refrigerated for up to 3 days.

Recipe from **Relish Magazine**, Fourth Edition 2019.

A publication of **Meals on Wheels NSW Ltd**



Service of the month:

Free and Cheap Meals — Macarthur Region

Nazfoodbank Sydney

6 Macbeth Way Rosemeadow Facebook:

Nazfoodbank Sydney

Food Hampers

Fri 2.00pm

\$5 donation for mixed food hamper. Order through Facebook or present and pay



South West Multicultural & Community Centre

4 Surrey St Minto Ph: 9603 2500

Food Hampers

Tues 3.30-5.00pm

\$10 per hamper. Meal available on collection.

Tharawal Aboriginal Corporation

187 Riverside Drive, Airds Ph: 4628 4837

Community Kitchen

Monday lunch in school term

Free. Cook and share affordable and nutritious foods. Run by the dietitian

Food Vouchers

By appointment

Vouchers to purchase food. Based on assessment at appointment. Mainly for Aboriginal or Torres Strait Islander people.

Good Tucker Fruit & Veg

Deliver on Tuesday

\$20 per box of fruit & veg. Can be delivered to home or picked up from centre. Required to complete registration form.

The Junction Works Claymore Community Centre

9 Gould Road Claymore Ph: 4626 2007

Community Pantry

Wed & Fri 10.00-2.00pm

\$10 per bag, \$20 for 3 bags and \$15 per meat bag.

Food Express - Food Relief

Mon 2.00pm until unavailable

Food relief in form of food items

Shining Star Community Lunch

Mon 12.00-1.00pm (except public holidays)

Coin donation optional

Kalon Community Lunch

Second & fourth Tuesday of month 12-2.00pm

Free

The Junction Works

Tallowood Community Centre 2 Littimer Way, Ambarvale Ph: 4625 7333

Community Pantry

Tues 11:00am - 12:30pm

Discounted pantry items. Meat and fresh produce when available.

Community Lunch

Every second Tues 11.30-12.30pm. Free

The Junction Works

Macbeth Way Community Centre, 6 Macbeth way, Ambarvale Ph: 4625 7333

Community Lunch

Fourth Thurs of month 12:00 - 1:30pm. Free

We are Community

18 Blaxland Rd Campbelltown Ph: 0430 391
971

Breakfast Service

Sat 8.00-10.30

Free Washing machines, dryers, showers, clothing, toiletries and books also available.

Roast dinner Service

First Sunday of month 5.00pm

Free. Hair cuts also available.

Night Patrol Meal delivery

Mon - Fri

Referral required from local organisation e.g. Anglicare or Argyle Housing. If homeless, no referral required, will meet in safe place of your choosing.

Important Dates to Put In Your Diary

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

21/12/20: School Holidays (*start*)

04/01/21: First day back. Members return

01/01/21: Programs due

21/01/21: Happy Feet Project Day — Podiatry

26/01/21: Australia Day Holiday

27/01/21: School returns

02/02/21: Client Advisory Committee Meeting

10.00am

12/02/21: Programs due

18/02/21: Happy Feet Project Day — Podiatry

11/02/20: Volunteers Induction 10.30am

09/03/21: Volunteers Induction 10.30am

25/03/21: Happy Feet Project Day — Podiatry

26/03/21: Programs due

02-16/04/21: School Holidays

02/04/21: Good Friday

03/04/21: Easter Saturday

05/04/21: Easter Monday

06/04/21: Client Advisory Committee Meeting

10.00am

13/04/21: Volunteers Induction 10.30am

14-24/04/21: Seniors Week

25/04/21: Anzac Day Holiday

29/04/21: Happy Feet Project Day — Podiatry

07/05/21: Programs due

09/05/21: Mother's Day

11/05/21: Volunteers Induction 10.30am

17-23/05/21: National Volunteers Week

www.volunteeringaustralia.org/nvw

01/06/21: Client Advisory Committee Meeting
10.00am

08/06/21: Volunteers Induction 10.30am

10/06/21: Happy Feet Project Day — Podiatry

14/06/21: Queen's Birthday Holiday

18/06/21: Programs due

28/06-09/07/21: School Holidays

08/07/21: Happy Feet Project Day — Podiatry

13/07/21: Volunteers Induction 10.30am

30/07/21: Programs due

03/08/21: Client Advisory Committee Meeting
10.00am

10/08/21: Volunteers Induction 10.30am

12/08/21: Happy Feet Project Day — Podiatry

05/09/21: Father's Day

10/09/21: Programs due

14/09/21: Volunteers Induction 10.30am

16/09/21: Happy Feet Project Day — Podiatry

20/09-01/10/21: School Holidays

04/10/21: Labour Day Holiday — Cottage
closed

05/10/21: Client Advisory Committee Meeting
10.00am
09/10/21: Volunteers Induction 10.30am
10-17/10/21: Carers' Week
www.carernsw.org.au/national-carers-week
21/10/21: Happy Feet Project Day — Podiatry
22/10/21: Programs due
04/11/21: Annual General Meeting
19/11/21: Volunteers Christmas Party —
Cottage closed
25/11/21: Happy Feet Project Day — Podiatry
03/12/21: Programs due
07/12/21: Client Advisory Committee Meeting
10.00am

03/12/21: International Day of People with Disabilities
04/12/21: Bell Carers' Christmas Party
07/12/21: Client Advisory Committee Meeting
10.00am
13-17/12/21: Daily Christmas Parties
22/12/21: Members' last day for the year
20/12/21: School Holidays (*start*)
03/01/22: First day back



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



Confidentiality:

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

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

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



Happy Feet



Hi All,

Welcome to the latest article for our newsletter. The year is sure flying past!!! Christmas is only just around the corner. I'm sure a lot of us are looking forward to spending some long overdue quality time with our family. I think it's going to be even more important this year more than ever.

We have had our last Podiatry session for 2020!!! Most of you have been seen during this session which was great. A MASSIVE THANK YOU to our dedicated drivers and bus assistants on the day. You worked so hard to keep the members occupied and safe while

2021 Podiatry Dates

Thursday 14th January

Thursday 18th February

Thursday 25th March

Thursday 29th April

Thursday 3rd June

Thursday 8th July

Thursday 12th August

Thursday 16th September

Thursday 21st October

Thursday 25th November

they were here.

I personally would like to thank Rita for the wonderful job she has done through the year. Without you we would be lost on the day. A very special thank you as well to Sarah W for filling in for Rita this year while she has not been available. Your assistance has been greatly appreciated.

Most of you will have new care plans due early next year. We will let you know if you need to get a new care plan from your GP.

Until next time keep on dancing,
Sarah Clarke

A little more sparkle,
a little less stress.

This Christmas, I wish
you the very best.



Inspirational Christmas Messages © AllWording.com

We wish you a Merry Christmas and a happy New Year

Can you spot 12 differences between these pictures?

