

Cottage Courier

February—March 2022

Rotary of Ingleburn presented **Elizabeth Delcasse** the **Pride of Workmanship Award**. Elizabeth was nominated for the following reasons;

- Exceptional leadership over the last two years to all members, volunteers and staff given the ever-changing landscape of COVID-19 including the two lockdowns and returning to work planning
- Making all the hard decisions during Covid keeping us all as safe as possible
- Ensuring care packages full of goodies where sent to members and staff during lock down to lift everyone's spirits
- Always displaying empathy when dealing with difficult situations which have been many
- Willingness to teach all people and learn from those moments, always encouraging when they have a successfully achieved their goals
- Showing she cares for staff, both personally and professionally
- Always willing to help when needed on all programs even in the kitchen serving meals
- Having a Vision, being able to see the big picture and the company's goals and communicating that to all



Please join me and the team at Myrtle Cottage in congratulating **Elizabeth** on this wonderful achievement.



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Elizabeth's Exciting Edit Manager's Report



Hi all,

As another year has started to slip past us, things are quite busy at the Cottage. We have now resumed assessing new referrals and the staff continue working to ensure all new members wanting to attend can be accommodated. Behind the scenes we are also working to ensure transition into the new Aged Care reforms planned to start in July this year, and the measure of our success will be if you don't notice any changes at all, so the challenge is on!

We are currently celebration **Senior's Week** with a little flock of guests in the form of **Hatching chicks and ducklings**. They will stay with us for two weeks and I hear members love to look after them, patting them often and generally enjoying their presence. It is always nice to have something growing nearby ... as long as they are of the feathery kind!

I wanted to share with you that last Tuesday I

received the Pride of Workmanship Award. The award being an initiative from the Rotary Club of Ingleburn. A number of staff have been nominated and



received this award in the past and I was very touched to be nominated by our staff this time around. The presentation was lovely and I would like to thank all those who supported my nomination. Another way to remind us of the great team we have at the Cottage!

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

Kind regards, Elizabeth Delcasse, Manager

Client Advisory Committee

Due to COVID-19 there has been no Client Advisory Meeting. The next meeting on 4th June 2022 remains to be confirmed.

The Client Advisory Committee nominations for the Thursday and Friday groups and Bell to be held in 2022.

Take care and hope to see you all soon

Kylie Richardson,
Assistant Manager

Ageing & Disability



Jo-Anne, Sarah, Cris, Natalie & Connie

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.

Hello everyone,

I hope everyone is keeping well and are probably feeling the onset of Autumn.

I would like to welcome our new members Jo, James and Tio who joined our program and have both settled in quite well. I would also like to welcome Nat, who has joined our DT Team on a permanent basis.



The month of February, there were no major outings. Instead, our activities at the Cottage revolved around: craftwork, card games, bingo, and, walks to our local café to enjoy a milkshake and, of course, while having a chat. The Wednesday group enjoyed visiting the lovely local garden center a few doors down from the Cottage. At the garden, the members are able to see and touch various plants and flowers. We are slowly getting our group outings back in to the program. At the moment, we can only visit the various suburban parks for picnics.

DT staff and members celebrated St Patrick's Day, with our Thursday members dressed up in green, listened to Irish music and watched an Irish dance concert on the big screen. Harmony week, we held an open discussion encouraging members and staff to share experiences based on their respective cultural backgrounds and traditions.



We also celebrated Seniors week, where a **hatching chick display** was organised by the



Cottage for 10 days. Members had the opportunity to watch and hold the baby chicks.



Senior members had their High Tea for morning tea and BBQ for lunch. I would like to say thanks to Jo M. and the kitchen volunteers for baking and preparing food for all the events mentioned. In addition, I would like to thank the DT staff who helped create/ set up the decorations, coordinate the different activities, and, made sure the events held by the program ran smoothly!



Cris and the DT Team

Craft Activity

HOW TO MAKE A

tea cup bird feeder



MATERIALS NEEDED

- Tea cup and saucer
- Wild bird seed
- Super glue adhesive
- Gutter hook

INSTRUCTIONS

- Make sure cup and saucer are clean
- Squeeze some glue onto the edge of your saucer
- Tip tea cup onto its side and place on top of glue
- You will need to let it sit for about 24 hours to dry thoroughly
- Next, all you have to do is pour in your birdseed and hang up your feeder.
- Sit back and watch the birds come.

Weekend Forecast: Crafting with a chance of chocolate!

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.

Hi all,
Bell Program have re commenced our outings. The first one was on the 21.03.22. The members had a lovely picnic. Outreach enjoyed a BBQ on the 31st, **Gary** did most of the cooking with a massive smile, he has been looking forward to it for quite some time. On the 08.04.22 we will be going to Botanical Gardens, if weather permits. As you are all aware we are only going to outdoor venues until further notice, but this is usually where the Bell Members are most comfortable.



During Seniors Week we had a chick farm at the cottage, the members were able to experience the chicks hatching and we looked after them for over a week. Members,

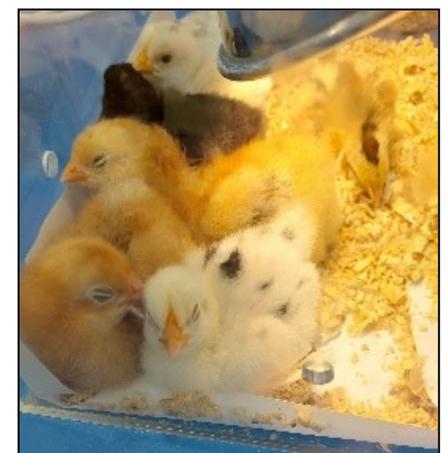
volunteers and staff were getting as many cuddles as they could once they hatched, the whole process was enjoyed by all. **Jo** our kitchen supervisor put on a special morning tea and BBQ lunch that was also enjoyed by everyone.

I would like to share some feedback from carers this month, many expressing their gratitude and thanking our fantastic drivers and bus assistance.

I am researching topics and speakers for a Carer Information Session, it has been a while since our last face to face session, if you have any ideas please let me know bell@myrtlecottage.org.au

Bye for now

Christine Turner



Dementia: Fact Sheet

Dementia stages:

Stage 1: Normal Outward Behaviour

Alzheimer's disease usually starts silently, with **brain** changes that begin years before anyone notices a problem. When your loved one is in this early phase, they won't have any symptoms that you can spot. Only a **PET scan**, an imaging test that shows how the brain is working, can reveal whether they have Alzheimer's.

Stage 2: Very Mild Changes

You still might not notice anything amiss in your loved one's behaviour, but they may be picking up on small differences, things that even a doctor doesn't catch. This could include forgetting words or misplacing objects.

At this stage, subtle **symptoms of Alzheimer's** don't interfere with their ability to work or live independently.

Keep in mind that these symptoms might not be Alzheimer's at all, but simply normal changes from aging.

Stage 3: Mild Decline

It's at this point that you start to notice changes in your loved one's thinking and reasoning, such as:

- Forgets something they just read
- Asks the same question over and over
- Has more and more trouble making plans or organizing

Can't remember names when meeting new people

You can help by being your loved one's "memory" for them, making sure they pay bills and get to appointments on time. You can also

suggest they ease **stress** by retiring from work and putting their legal and financial affairs in order.

Stage 4: Moderate Decline

During this period, the problems in thinking and reasoning that you noticed in stage 3 get more obvious, and new issues appear. Your friend or family member might:

- Forget details about themselves
- Have trouble putting the right date and amount on a check
- Forget what month or season it is
- Have trouble cooking meals or even ordering from a menu
- Struggle to use the telephone
- Not understand what is said to them

Struggle to do tasks with multiple steps like cleaning the house.

You can help with everyday chores and their safety. Make sure they aren't driving anymore, and that no one tries to take advantage of them financially.

Stage 5: Moderately Severe Decline

Your loved one might start to lose track of where they are and what time it is. They might have trouble remembering their address, phone number, or where they went to school. They could get confused about what kind of clothes to wear for the day or season.

You can help by laying out their clothing in the morning. It can help them dress by themselves and keep a sense of independence.

If they repeat the same question, answer with an even, reassuring voice. They might be asking the question less to get an answer and

more to just know you're there.

Even if your loved one can't remember facts and details, they might still be able to tell a story. Invite them to use their imagination at those times.

Stage 6: Severe Decline

As Alzheimer's progresses, your loved one might recognize faces but forget names. They might also mistake a person for someone else, for instance, think their wife is their mother. **Delusions** might set in, such as thinking they need to go to work even though they no longer have a job.

You might need to help them go to the bathroom.

It might be hard to talk, but you can still connect with them through the senses. Many people with Alzheimer's love hearing **music**, being read to, or looking over old photos.

At this stage, your loved one might struggle to:

Feed themselves, having swallowing difficulties,

or getting dressed.

Stage 7: Very Severe Decline

Many basic abilities in a person with Alzheimer's, such as eating, walking, and sitting up, fade during this period. You can stay involved by feeding your loved one with soft, easy-to-swallow food, helping them use a spoon, and making sure they drink. This is important, as many people at this stage can no longer tell when they're thirsty.

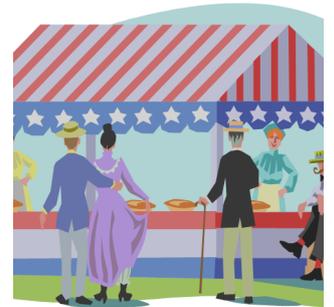
In this stage, people with Alzheimer's disease need a lot of help from caregivers. Many families find that, as much as they may want to, they can no longer take care of their loved one at home. If that's you, look into facilities such as nursing homes that provide professional care day and night.

For more information please visit

<https://www.webmd.com/alzheimers/guide/alzheimers-disease-stages>

The Trading table has raised \$405 since the last newsletter.

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



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.



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

Hi all, we hope everyone is well.

We would like to thank all the Wanderers for still attending the Rec Program on Fridays and Saturdays. We have had some challenging times due to Covid and although we are open at the Cottage the Rec Program isn't fully operational as yet. Although we are still unable to go to Clubs/Restaurants/Shopping Centre's etc we have managed one Saturday Picnic. The weather has also been a big problem with record breaking rain which



is unusual for this time of year. Unfortunately, picnics would not be enjoyable, so we have had to cancel them and stay at the Cottage.

Let's all hope that the weather improves and the final Covid restrictions will be lifted and we can once again become Wanderers as our name implies!

Hope to keep seeing you all

Bye for now.

Connie, Penny and Jo-Anne



Link up to Linkline



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

Hello everyone,

Welcome to Autumn. I would like to remind you all that the daylight saving ends on 3rd April and the nights get longer. As a result, you might need to adjust your meal, medication and bed time. A month of Autumn has gone already, which means the winter is approaching. You all may like to plan and prepare for the winter slowly.

Three of our Linkline members have moved into nursing homes and they are happy the way they are getting looked after. Sadly, two of our members are in hospital and we hope for their quick recovery.

I am glad that Linkline is getting more popular and we are increasing our numbers 😊. We have currently 30 members on Linkline!! It's exciting!!! It is keeping me really busy and I enjoy our conversations, quizzes, games together. I thank you all for being yourself and it reminds me the quote of Yoko Ono:

***“You change the world
By being yourself”***

Outings are back!!! Aren't we glad that the Diversional Therapy Program has extended

their outings to the Linkline members after the COVID interruption! At this stage the outings are to the parks only for picnics and BBQs. We are trying to avoid the enclosed areas for everyone's safety. I include all the details of the outings with Linkline Programs that get sent out to you all every six weeks. Please feel free to let me know if you are interested to join on your allocated days.

It has been a year since we have updated members' profile. Please let me know if any of your details has changed since then. Linkline is your program and I would love to take your feedback on board at any time to make it more suitable for you.

Linkline runs from 1.30pm to 2.30pm. If you know of anyone, who is over 65 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.

Stay dry and safe, be happy 😊

Nasima

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.



From Transport Desk



BUS INCIDENTS:

Please report incidents of any kind whilst travelling in the bus to any staff member immediately. There is an online form that needs to be filled out for our WHS record.

SEATBELT SAFETY:

Just a reminder that seatbelts are to be worn by everyone seated in the bus. If you are unable to do your seatbelt up and have accidentally been overlooked by the driver/bus assistant, please do not hesitate to inform them immediately. Seatbelts are to be fitted firmly and not loosely. Please tell the driver/bus assistant if you think your seatbelt is loose or uncomfortable.

When the bus approaches your place of

residence your seatbelt is to remain fitted until the bus stops. You are also to be seated until the bus comes to a complete stop. This is for your own safety.

Members are asked not to talk to the driver while the bus is in motion. The driver has a lot of responsibility with the members on the bus. Accidents may occur if he is distracted with conversations while driving.

One last point to remember is that members are not allowed to enter or disembark the bus at the Cottage unless there is a staff member present. This is to ensure better crowd control and staff may also have certain knowledge of members mobility that drivers/assistants may not have.



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.

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

Hello everyone,

Hope you are keeping well and dry.

We are nearly back to our full capacity. We love seeing the Cottage filled up with laughter and familiar faces. Also, we are happy to welcome the new faces. Along with the new members we have welcomed 5 new volunteers to the Cottage this year. Please feel free to introduce yourselves when you see them around.

The Cottage is back to operating fully after couple of staggering years. As we are short of volunteers you might find increasing work load in some areas. Please feel free to contact me if you have any issues. The great news is that the Volunteers Support Sessions are coming back soon!!! Please start putting in your concerns and suggestions.

We have successfully celebrated Harmony Week and Senior's Week at the Cottage. All

New Volunteers

Hasna K, Janette W, Shila T,
Julie O'N, Jasmina B, Harmony M
Jordan N

| the beautiful decorations, high tea, activities have been done successfully and the programs have run smoothly because of your cooperation. I thank you all sincerely for being with us, rain or shine.



A special thank you to John, Abu and Allan for helping out Sarah with the long day out for Seniors' Gala Concert. Your kind assistance has made it a fun filled and outstanding day for the members.

We are looking for volunteers in every area of the Cottage for all the days from Monday to Saturday. If you know anyone who would be interested to spend some enjoyable active time in the community please refer them to the Cottage.

Bye for now.

Nasima



Member Update

Welcome to all
our new Members:

New Members:

Anita B, Coral S, Kristianti R, Tony B, Serge M, Susan L, Cynthia B, Wayne S, Kerry L

Members who are sick:

Anne D, Patricia V, Kath W, Peter S
Helen D, Cathy H, Margaret M

Members that are too ill to attend:

Christel K

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

Members that have gone into permanent care:

Rhonda B, Louis Z, Joanne C, Dianne M,
Donald B, Rose G, Lenore H

Members that are not returning:

Wilson M, Lorna W, Ganna S, Jane I, Saras C,
Joanne T, Janet E, Philip R, Lucy G

Jokes for the Month

Too Many Figurines

A young girl watched her grandmother move several duck figurines from the bottom shelf to the middle shelf of a cabinet. The grandmother picked up one of the ducks and then set it down on the middle shelf. She picked up another duck figurine from the bottom shelf and set it beside the first duck. She continued moving the ducks from one shelf to the next.

Finally, she stood back and looked at the cabinet.

"Hmm..." She moved back to the cabinet and began moving the ducks onto the top shelf.

"Grandma," the little girl finally spoke, "what are you doing?"

"I'm just trying to get my ducks in a row," the grandmother answered.— Sally Painter

A Judge's Prerogative

Judge Ferris slammed the gavel down trying to bring order in the courtroom.

Staring over the rims of her glasses, the judge frowned at the elderly man, Alan T. Book.

"Mr Book, what do you have to say?"

"About what, your honor?"

"How you managed to conceal your crime for sixty years?"

"Well judge, it's quite simple. No one suspected me. I didn't look like anyone who'd do such a thing. After all, you can't judge a Book by its cover!"— Sally Painter



Happy Birthday!

February

Members:

Therese G
Janet G
Merle S
Nola D
Andrew M
Gladys F
Ralph D
John McD

Volunteers:

Dave H

Colin S
Kerrin B
Karen S
Kim F
Sharon M
Narelle F

Staff:

Kylie R
Cathy M
Sarah C
Sharny J
Rebecca T

March

Members:

Robin B
Judith McC
Beryl B
Colin S
Sarah D
Edith L
Vince B
Flor C
Anton B
Coral S

Volunteers:

Mary C
Robyn C
Michael S
Christine W
Zhou M
Michelle M
Sarah W

Staff:

Azree M



Policy of the month

Feedback and Complaints for Service Users

Objective

To outline the principles Myrtle Cottage Group uses in the handling of complaints and encourage feedback from service users to assist staff and volunteers to respond to complaints according to the principles and guidelines outlined in this policy.

Definition and scope

A complaint is an expression of concern, dissatisfaction or frustration with the quality or delivery of service, a policy or procedure, or employee/ volunteer conduct.

Feedback, both positive and negative, is a source of ideas for improving the services and activities.

Types of complaints

For the purpose of this policy complaints include:

1. **Service delivery:** Refers to service delivered by Myrtle Cottage Group as part of its Centre Based Day Activities programs.
2. **Service access:** Refers to the manner in which an eligibility or intake process may have been managed. That is, where service has been refused without a reason based on applicable criteria and reference to the relevant process.
3. **Staff issues:** This refers to demonstrated inappropriate attitude or behaviour by staff and volunteers of Myrtle Cottage Group

Other Feedback

All feedback received from members is important in improving service delivery, policy development and customer service. Not all

feedback received is negative or represents a complaint.

1. **Compliments:** These refer to comments that provide positive feedback about the service, a staff or volunteer. Compliments should be responded to, thanking the person for their feedback and be passed on to the person/s directly involved in the matter and their supervisor.
2. **Suggestions:** Myrtle Cottage has a number of forums where discussion of Myrtle Cottage's business can occur. These can lead to constructive suggestions for improvement or development of service delivery and policies. Suggestions for improvement should be documented and forwarded to the Client Advisory Committee or appropriate management level for consideration.

Policy

Myrtle Cottage Group:

- Inform clients about the standards of service they can expect, fostering a service culture that encourages open and honest communication
- Accepts complaints and other feedback about all aspects of its business.
- Is committed to handling complaints in a fair and professional manner, ensuring that all parties to a complaint have an opportunity to have their say, without fear of retribution or victimization.
- Will ensure that its management of complaints complies with relevant

legislation, standards and guidelines, carrying out the complaint handling process in a transparent manner, treating all parties in a respectful manner and providing reasons for decisions made.

- Will ensure that all complaints are responded to in a timely manner, with initial response expected within 2 weeks. It is anticipated that for complex or contentious complaints investigation and

gathering information may require longer timeframes and so the complainant should be contacted and advised of the anticipated resolution time.

- Will monitor and review the receipt and management of complaints to ensure that issues identified through the complaints process inform service delivery and policy development.

... Continued next Newsletter

FROM THE KITCHEN



Jo

Greetings from the kitchen,

The kitchen has been a hive of activity, as always and we have had a few celebrations lately, including **Harmony Day** where we served up some delicious orange items, and **Seniors Week** in which all members attending enjoyed a special High tea, BBQs for lunch and everyone was excited to have the **Hatching Chicks** for the week. Our next celebration to look forward to will be **Easter**, and much to all members delight, BBQS and outings are back.

Thankyou to all the wonderful kitchen volunteers, who work tirelessly and consistently. I would like to say a huge congratulations to **Mick S** who received our **AGM Achievement Award** this year, which is so well deserved. We also welcome Janette to our team.

Please don't hesitate to bring us any ideas, comments or suggestions, as they are always most welcome.

I have included a recipe from **Meals on Wheels Relish magazine**, which is delicious and easy to make.

By Jo

MACARONI CHEESE

INGREDIENTS:

- 1 cup Macaroni pasta
- 2 tablespoons butter/margarine
- 2 tablespoons plain flour
- $\frac{3}{4}$ cup grated cheese
- 1 teaspoon mustard (optional)

METHOD:

- Boil macaroni until tender and drain
- Melt butter, remove from heat and add flour
- Return to heat and cook gently for 1 min stirring
- Remove flour mix from heat and add stir in milk
- Return to gentle heat and bring to the boil, stirring
- Add macaroni, then stir in cheese. More cheese or milk may be added if too thin or thick.

ENJOY

Health and Wellbeing

5 reasons to have annual medication reviews with your GP

Introduction

Australia's population is rapidly aging, with an estimated one in four Australians projected to be aged over 65 years by 2050. Older adults have a higher risk of having multiple chronic diseases, which brings with it a number of challenges when it comes to medication prescription; both over-prescribing and under-prescribing medications can have serious impacts on health and wellbeing.

Medication reviews are structured evaluations of all the medications you are taking, to ensure that they are safe and appropriate for you. Here are 5 reasons why you should be having annual medication reviews with your GP.

1. Impacts of Ageing on Medication

As you age, certain changes take place in your body which can impact your ability to process certain medications. Changes in the liver and kidneys, for example, can impact how concentrated a medication is as well as how long it remains in the body, therefore changing how it may work for you. Your GP should be constantly monitoring these changes so that dose adjustments can be made as appropriate.

2. Avoid Adverse Drug Reactions (ADRs)

Polypharmacy describes the use of multiple medications at the same time. However, complications can arise when more medications are used than are appropriate. This is of particular concern in older adults, who may have multiple medical conditions that need to be addressed with multiple drugs. Increased numbers of medications are associated with increased incidence of ADRs, which are responsible for up to 30% of hospital admissions in people aged over 75 years. Your GP should tailor your drug regimen specifically to your

individual needs and priorities, which means carefully reviewing when to discontinue or substitute medications.

3. Avoid drug-drug interactions

Taking multiple medications increases the risk of drug-drug interactions and doesn't only happen with prescription medications. If you are taking complementary and alternative medicines like vitamins, minerals, or herbal products, as well as over-the-counter medications, these can interact with your prescribed medications and potentially result in adverse effects. By updating your GP on what you are taking, they can assess what ingredients are in the medications you are taking as well as their potential to interact with your prescribed medications.

4. Maintain balance

While over-prescribing medications has serious consequences, simply limiting the number of medications prescribed may not be the solution as this can lead to undertreatment, which has consequences of its own. It is estimated that over 40% of people aged 60 and over are undertreated. It is important for your GP to balance over-prescribing and under-prescribing to sufficiently address your health needs while minimising side effects of multiple medications.

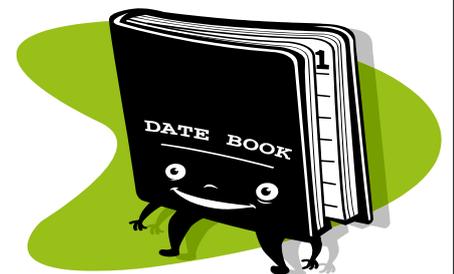
5. Simplify your medication plan

The prescription of multiple medications has the potential to complicate medication regimens, which can make them difficult to follow, especially for older adults. Remembering to take different pills at different times, before or after different activities, can quickly become confusing. If you are having trouble with following your medication regimen, your GP can help by developing a system for you to follow, as well as simplifying your dosing schedule and refills.

Important Dates to Put In Your Diary

25/03 – 03/04/22: Seniors Week
05/04/22: Client Advisory Committee Meeting
10.00 am
11/04 – 25/04/22: School Holidays Term 1
12/04/22: Volunteer Induction 10.30 am
14/04/22: Happy Feet Project Day - Podiatry
15/04 – 18/04/22: Easter Break
15/04/22: Good Friday Holiday
16/04/22: Holy Saturday
17/04/22: Easter Sunday
18/04/22: Easter Monday
25/04/22: Anzac Day Holiday
10/05/22: Volunteer Induction 10.30 am
16 -22/05/22: National Volunteers Week
19/05/22: Happy Feet Project Day - Podiatry
07/06/22: Client Advisory Committee Meeting
10.00 am
13/06/22: Queen's Birthday Holiday
14/06/22: Volunteer Induction
23/06/22: Happy Feet Project Day - Podiatry
04/07 – 15/07/22: School Holidays Term 2
12/07/22: Volunteer Induction 10.30 am
28/07/22: Happy Feet Project Day - Podiatry
02/08/22: Client Advisory Committee Meeting
10.00 am
09/08/22: Volunteer Induction 10.30 am
25/08/22: Training Day – Cottage closed

01/09/22: Happy Feet Project Day - Podiatry
13/09/22: Volunteer Induction 10.30 am
26/09 – 7/10/22: School Holidays Term 3
03/10/22: Labour Day Holiday
04/10/22: Client Advisory Committee Meeting
10.00 am
06/10/22: Happy Feet Project Day - Podiatry
11/10/22: Volunteer Induction 10.30 am
08/11/22: Volunteer Induction 10.30 am
10/11/22: Happy Feet Project Day - Podiatry
17/11/22 (Thu): AGM – 2-4 pm
25/11/22 (Fri): Volunteer Christmas Party -
PM
03/12/22: International Day of People with
Disabilities
06/12/22: Client Advisory Committee Meeting
10.00 am
08/12/22: Happy Feet Project Day - Podiatry
10/12/22 (Sat): Bell Carers' Christmas Party
12 – 16/12/22: Daily Christmas Parties
21/12/22: School Holidays Term 4 start
21/12/22: Members' last day for the year
22/12/22: Clean
up and staff last
day
03/01/23: First
day back



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

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

Happy Feet



Sarah & Rebecca

Hi Everyone,

I just wanted to welcome everyone to another edition of the Happy Feet newsletter report for February and March.

It is great how much interest people are in having Podiatry at Myrtle Cottage. If you are interested in coming and joining the service don't hesitate to contact Sarah or myself to get started.

For current and future Podiatry clients please note session times will now be 30 mins long so members aren't as rushed to get their feet done. Because of this members will now be put on a waiting list.

Remember if you need a new care plan Corrina will tell us, so please take the care plan to the G.P so you can get your subsidised visits.

As always, I would like to thank everyone that helps on our Podiatry days your help is very much appreciated.

Please find below the future dates for Podiatry for 2022 and if you have any questions please contact Sarah or Rebecca on 94261300

Take Care.

Rebecca/Sarah

Admin/DT Assistant



Thursday 14th April

Thursday 19th May

Thursday 23rd June

Thursday 28th July

Thursday 1st September

Thursday 6th October

Thursday 10th November

Thursday 8th December

Premier's Seniors Gala Concert 2022

On Thursday, 31st March, I had the absolute privilege to take a group of **Linkline** and **DT members** to the **Premier's Seniors Gala Concert** in Sydney. We had a lovely drive into the city thanks to our ever-dedicated Volunteer Driver **John P.** We had the amazing Volunteer assistance of **Abu K** and **Allan H** who without them the day



would not have been such a success. We had a picnic lunch (*provided by our always hard-working Kitchen Supervisor Jo M.*) We were able to look around at the **Seniors Expo** next door to Aware Super Theatre before heading into a real treat of a concert. We saw performances from **Phil Burton** from Human Nature, **Christine Anu**, **Shannon Noll**, **Emma Pask**, **Gary Pinto** and **The Diamonds**.

One member reported to us, *“Thank you for counting me in on the Seniors Gala Concert. I felt like being in a crowd of teenagers swooning on the performers. A variety of musical genre! What an uncontrollable joy. The volunteers and staff exemplary care is an understatement. Kindly pass onto Emily and Janet my apologies who I missed to say*



goodbye on the bus when I got off. Thank you.”

Below are just some of the fantastic photos we took on the day. We look forward to giving this opportunity to other members next year.

Sarah Clarke Admin/DT Assistant

Donations

Donations: Peter S \$100, Elizabeth D \$70, Yuri B \$50, Filippo \$5

Received:

Remember all donations over \$2 are tax deductible.

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



Types of Food

K	A	E	T	S	B	A	E	C	U	T	T	E	L
R	T	A	E	A	U	L	A	E	R	E	C	S	S
V	E	L	I	T	T	E	H	G	A	P	S	A	H
E	N	N	A	H	T	O	F	D	N	B	A	L	A
G	A	A	T	U	E	G	A	A	L	U	E	A	M
E	D	T	N	P	R	E	S	E	A	R	A	D	I
T	I	U	R	F	A	E	T	R	I	G	O	N	H
A	O	N	I	O	N	B	F	B	T	E	O	G	O
B	O	T	A	V	K	R	O	P	D	R	D	R	T
L	L	S	E	L	D	O	O	N	A	S	S	A	D
E	F	N	T	U	N	A	D	C	A	T	H	V	O
S	L	E	U	E	M	T	A	L	G	N	A	Y	G
R	O	L	L	S	P	M	R	V	G	A	M	M	S
R	A	D	I	S	H	T	V	D	I	N	N	E	R

ONION

PORK

BURGERS

FAST FOOD

LETTUCE

VEGETABLES

NOODLES

BREAD

CEREAL

HAM

FRUIT

TUNA

SALAD

SPAGHETTI

BUTTER

ROLLS

TV DINNER

HOTDOGS

STEAK

GRAVY