

Cottage Courier

April-May 2022



April was **National Garden Month**, which was news to me and I love my garden. So I thought I would share the history with you all.

Gardens have always played an important role in the history of human culture, from sources of food and sustenance to locations for leisure and entertainment. They have even been used to produce natural medicines used in the home and by holistic medical practitioners.

The word garden traces its roots to Middle English, French and German languages. Now in the world there are multiple types of gardens, flower gardens, cactus gardens, potted gardens along with formal and informal gardens.

Next time you see me let me know what type of garden you have and I'm always happy to look at garden photo's.

Until next newsletter stay safe and well.

Kylie



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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.

Elizabeth's Exciting Edit Manager's Report



Hi all,
Elizabeth is currently on leave so you all get to hear from me!

We are excited to say that our numbers are slowly growing, both Coordinators have been busy with new assessments so when you see a new face at the Cottage please make them feel welcome.

With all staff, volunteers and members up to date with their vaccinations we will be resuming outings to indoor venues from our next program. I look forward to hearing from you all about the new adventures.

We celebrated **National Volunteers Week** in May with volunteers receiving their 2022 badge along with a lovely morning tea prepared by Jo in the kitchen. Both Elizabeth and I can not thank the volunteers

enough for their dedication to the Cottage and our members, for without your daily assistance Myrtle Cottage would not run as smoothly. Remember to share any ideas as we love to have feedback on how we can better support you all in the future.

Winter is here along with a very cool snap so rug up and keep warm. It is also a timely reminder that the flu season is upon us and if you didn't already know that for the month of June your flu vaccine is free. Please book in with your doctor and help protect yourself along with others.

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

Kind regards,

Kylie Richardson Assistant Manager

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.



DONATIONS & BEQUESTS

Make a gift to be remembered for all time.

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

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

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

We would like you to consider a bequest to Myrtle Cottage. If you require further information on how to make a bequest, please contact the Manager of

Myrtle Cottage on (02) 9426-3100.

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

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

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

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

Ageing & Disability



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,

The last 6 weeks, since our last newsletter, seems to have flown by. We gained new members, welcome to; Luz T and Emily R who joined our day program. They were warmly welcomed by our members, staff and volunteers.

I would like to say a massive thank you to everyone for purchasing and supporting our raffles. This year we hosted **Biggest Morning Tea** at Myrtle Cottage and it was a huge success. The winners for **Biggest Morning Tea raffle** were: **1st Prize- Elsie H, 2nd Prize- Maria B and 3rd Prize Janet V.**

Thank you, for supporting **Cancer Council**, we raised a total of **\$330.85**. We also, raised **\$215.00** for the **Mother's Day raffle**. The lucky winners of the 3 lovely, generous prizes were: **1st Prize - Donna W,**



Biggest Morning Tea winners

2nd Prize - Patricia K and 3rd Prize - Christine L.

Thank you, also, to our DT, Kitchen staff and volunteers, who helped us with decorations, setting up tables, helping with daily raffles, and preparing our yummy



Mother's Day 1st winner



Thursday Group outing, Plough and Harrow



baked goods.

I would like to take this opportunity to say **Thank You** to our fabulous volunteers for all your hard work, commitment, friendship and care that you give us throughout the year. We appreciate all the things that you have done and continue to do for the Cottage, and words cannot express our gratitude.

Stay safe and warm everyone.



Activities at the Cottage

Cris & DT Team



Craft Activity

This craft has been done before at the Cottage with the kind help of Syd. Some of our outreach members did it recently in a star pattern and loved the results. By doing a heart a nice saying could

also be added ... maybe painted on or with stickers.

If you are interested in this craft let us know and we'll see if we can get some boards made up. Tell us what shapes you'd like. We have so much wool available to make this craft in any colour you could imagine. If you are handy maybe you could give it a try at home.



Materials

- Wood
- Nails
- Wool
- Paint
- Hammer

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,

Great news! We are now permitted to go back to indoor venues for our outings. We haven't had any outings in the Bell Program for a very long time. I have had to cancel them all this year due to the weather, but now we can do indoor outings once more, we can all look forward to them again.

You should all have your invitations to our first carers information session by now, if you didn't receive one, please give us a call. I am very excited about the two speakers I was able to book in; this will give carers the opportunity to ask questions that they may have regarding incontinence aids and dementia.

Thank you to everyone that completed the recent survey. This will help me to plan future events and the all-important improvements that may be necessary.

Some feedback from the results of the survey were:

- Some more outings were suggested



- The majority are happy with the Bell/Outreach programs.
- Some suggested more information regarding changes to the transport.
- Most people said they receive the 6 weekly programs and the bi-monthly newsletters, but in regards to those that don't receive them, please don't hesitate to call us and we will arrange to have one sent out to you.



The highlight of the results was that you are happy with the staff communication and the care we provide.

I will work on the improvements suggested over the next few months

Bye for now,

Christine Turner

Dementia: Fact Sheet

Benefits of Centre-Based Respite Care for People with Dementia

- Centre Based respite provides temporary care to people with dementia, usually for a few hours a day.
- It provides members with an opportunity to enjoy meaningful activities whilst encouraging social interaction and stimulation. The services provided have many benefits, and are strongly linked with protection against cognitive decline seen in dementia.
- Respite care provides an opportunity for members to socialise, meet new people, and get involved with the community.
 - ◊ A study in England found that loneliness and isolation can increase the chance of cognitive decline and dementia onset, while social engagement appears to protect against it.
 - ◊ Social factors are found to be protective, increasing mental resilience and reducing psychological stress, allowing members to find ease through relaxation.
- They allow members to participate in fun and intellectually stimulating activities, including scrapbooking, puzzles, and crafts.
 - ◊ Engagement in intellectually stimulating activities has been linked with a reduced risk of developing dementia. Intellectual stimulation is considered an important part of treatment of the disease, outside of medical interventions.
- They provide an outlet to exercise and get your body moving.
 - ◊ It has been found that there is a relationship between exercise and cognitive function. Higher fitness levels showed improvements in attention, processing and memory.
- Respite care also importantly provides carers with a break, so that they are able to attend to their personal health or social needs.
- The social health lens focuses attention on improving health and wellbeing by supporting the current capacities of a person living with dementia, encouraging new skills and abilities and promoting social engagement.

Helpful Links

Making the most out of respite care

https://www.dementia.org.au/sites/default/files/helpsheets/Helpsheet-CaringForSomeone06-MakingTheMostOfRespiteCare_english.pdf

The basics of respite care

<https://www.healthdirect.gov.au/respite-care>

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



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.

Thanks again for all the Wanderers that stuck with us during the last few years.

We have certainly been through some trying times over the last couple of years with Covid 19 and all the changes we have had to adapt to. Finally, we are going back out to venues to catch up on all the fun things we have been missing out on.

We found one of the nicest parks just 30 minutes' drive from Ingleburn at **Harrington Park Lake**. The lake at Harrington Park has been designed for more than just aesthetic appeal. They also increase environmental sustainability and provide shelter for native wetland birds and animals. It has a covered

BBQ area, playground, fitness station and a cycle area. Members have been going for short walks after having their picnic or sitting back and watching the duck families swim by. If anyone is interested in spending the day there, you'll definitely have a great day walking around seeing the wild life and be in a wide-open space.

Some of the venues to look forward to are Wallacia Hotel, Flower Power Garden Center, Op shopping at Picton, Aqua Golf at Penrith Panthers, Crossroads Hotel, Parklea Markets, Appin Pub, and the Cinema.

Bye for now.

Connie, Penny and Jo-Anne

Client Advisory Committee

Due to COVID-19 Client Advisory Meetings have been interrupted. The next meeting has been confirmed for 7th June 2022 .

The Committee will work on a plan to re-start the meetings and attract new members to participate and share their ideas.

Take care and hope to see you all soon

Kylie Richardson,

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 \$80.80 which brings the total since July 2021 to;

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

\$98.55

Link up to Linkline



Nasima

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

Hello Everyone,

Hope you are well. Winter is already here. I am so happy that I can sleep longer ☺. How about you all? Any plans yet?

During winter we tend to spend longer time at home, and move less to make ourselves cosy in one spot. Here are some ideas to make our winter more fun.



Exercise is the foremost important thing to reduce the risk of a chronic health condition, improve our mood, strength and balance.

There are lots of YouTube videos tailored for senior citizen. It is safer to walk and exercise indoors. If you wish to take a walk outside please make sure you dress with adequate winter clothing to keep yourself warm and stay safe. Apart from walking you may also like indoor swimming, bowling or dancing. Respect your limit, stretch and warm up when you do any sort of activity, and stay hydrated.

Mind exercise is as important as our body. One hour a day is necessary to keep our mind healthy and active. You may like to do puzzles, quizzes, play cards, listen to music, learn a new skill like rock painting, indoor gardening, dancing, teach a



new skill, try new recipes, try a new route while driving, walking, bike riding, taking public transport or any other activities.



Making a target for each week or for the whole winter will help you to keep going. You may like to cook something you like once a week. You can plan, make a list of ingredients, shop and then you cook. If you like knitting, crocheting, painting, sewing etc then make a target you would like to achieve for the winter. Then you work towards it at your comfortable pace.

It is always fun to speak to you all. Stay happy and healthy so we can keep enjoying our chit chats. Please feel free to input your ideas and provide your feedback anytime.

Take care and bye for now.

Nasima



From Transport Desk



Top 10 Misunderstood Road Rules in NSW The Series – One (adapted from TfNSW)



Approaching a roundabout

Drivers approaching a roundabout must use their indicator if they intend to turn left or right, or make a U-turn at the roundabout. They must give other road users sufficient notice of their intent to turn.

Entering a roundabout

Drivers must slow or stop to give way to any vehicle already in the roundabout. Drivers must also continue to use their indicator if they intend to turn left, right or make a U-turn.

Turning left

Drivers must indicate left on approach and be travelling in the left-hand (unless there are road markings with other instructions), stay in the left lane and exit in the left lane.

Going straight ahead

There is no requirement for drivers to signal when approaching the roundabout, if they are going straight ahead. Drivers may approach the roundabout from either the left or right lane (unless there are road markings with other instructions).

Turning right

Drivers must indicate right on approach and be

travelling in the right-hand lane (unless there are road markings with other instructions).

Making a U-turn

When using a roundabout to make a U-turn, drivers must approach in the right lane and signal right.

Changing lanes in a roundabout

Drivers may change lanes in a roundabout if they wish. The usual road rules for changing lanes apply. Drivers must use their indicator and give way to any vehicle in the lane they are entering.

Exiting a roundabout

Just like exiting any road, drivers must signal left when leaving a roundabout, if it is practical to do so, and stop indicating as soon as they have exited the roundabout.

When travelling straight ahead on a small single lane roundabout, it may be impractical to indicate left when exiting.



Knowledge comes, but wisdom lingers.

Alfred Lord Tennyson

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

Hello Everyone,

Welcome back to the **Volunteers Voice**. I would like to start by thanking all the volunteers for your cordial support and genuine hard work. We have had **National Volunteers Week** from 16 to 26th May. It was lovely to spend some time with you all during the morning tea. I have missed some of you due to DT outing and being away, but I did not forget you at all. I have the Volunteer Badges saved for all. Please pop in to my office whenever you are in. We have



Dave H, Kim F and **Steven C** as the winners of the **Volunteer Raffle**. Congratulations to the winners!!!

As you all know our monthly volunteer induction resumed and we are slowly picking up. We still need volunteers especially Bus drivers. Please refer anyone who might be interested and benefit from this lovely social connection. Anyone, who is interested to join must have all the three shots of COVID vaccination. We have also students coming back for work placement.

Volunteer Support Sessions are back from June and your feedback is valuable to run this place better. Please join the sessions and feel free to

New Volunteers

Harmony M, Jordan N , Bradley M, Maree C, Gopinath S, Karen H, Laura E, Harrison G

provide your feedback anytime.

It is a friendly reminder to all our volunteers that we still need to wear masks at all time and follow the COVID protocol every day we come to the Cottage as per Public Health orders.

Stay warm and safe during this cooler transition to winter. Bye for now 😊

Nasima



Member Update

Welcome to all our new Members:

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

New Members:

Geoffrey S, Luz T, Rhonda M, Brian C, Lesley H,
Herti H, Janet S, May W

Members that have gone into permanent care:

Robert C, Dianne M, Jean P, Jean W, Edith L, Faiza
A

Members that have passed away:

Colin S, Anne C

Members who are sick:

Anne D, Kath W, Peter S, Rita C, Janet G, Con C,
Judith C, Helen D, Margaret J

Members that are not returning:

Kris R, Vince T, Maria K, Barbara B, Maria G, Cathy
H, Doris H, Helen H, Betty E

Members that are too ill to attend:

William R, Janet H, Ted T, Lutchnee N, Patricia V

April

Members:

Emily R
Ruby P
Kathryn W
Wesley W
Joan S
Patricia K
Leo G
Joan F
Helen S
Maria B
Pydiah N
Sushila S
Doreen C
Clyde G
Barry C

Irene K
Beverly J
Josefina B
William S
Anita B
Antonino B
Mary H
June H
John C
Peter M

Volunteers:

John S
Marie T
Christine S
Elaine F

Staff:

Susan P

Happy Birthday!

Maria V
Elizabeth D

Anne-Marie P
Ronald C

Yuri B
Daniel N
Dayne T
Maree C
Lourdes P

May

Members:

Peter S
Madeline D
Leslie M
May W
Suzanne Mcl
Florencio G
Patricia T
Harry R

Volunteers:

Cecilia C
Jasmina B
Barbara L



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

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

Policy of the month

Acceptance of Gifts

Objective

Set clear guidelines for staff and volunteers of Myrtle Cottage Group as to their obligations under this policy and the Code of Behavior when offered a gift from members or carers.

Definition and scope

A gift is anything that is useable and/or has a monetary value.

Policy

This policy should assist staff and volunteers to recognise that the receipt of a gift from a member is due to their opportunity to assist and support that member at Myrtle Cottage. If the staff or volunteer were not involved with Myrtle Cottage they would not have received the gift. The acceptance of a gift could place the staff, volunteer or the member in a situation where they could feel a debt is owed. This could lead to a Conflict of Interest with that member receiving or feeling entitled to favoured treatment or feeling obligated to continue providing gifts.

Staff and volunteers are not allowed to give gifts to members or carers as an environment of favouritism created from this situation can have a negative impact on the service and other members and carers.

Staff or volunteers must disclose all gifts received from members irrespective of the value.

Staff or volunteers must not ask for gifts from members attending Myrtle Cottage.

The acceptance of gifts from members will be recorded in the "Gift Register" and if approved, will be signed by a supervisor or manager. Gifts made or offered will have no bearing on the access to service or the service provided to individual members. (Refer to form: Gift Register, available from office upstairs)

Procedure

Any Staff or volunteer who receives a gift from a member or carer, no matter how small, will be required to have it recorded in the "Gift Register". The register

will record the:

- ◇ date the gift was received;
- ◇ the name of the member;
- ◇ the gift received;
- ◇ the decision on what was done with the gift (decision made by recipient and approved by management if of token value);
- ◇ The name of the staff or volunteer who received the gift and signature of management following the review of the gift register.

All gifts of money will be receipted and recorded as a donation to Myrtle Cottage. Members offering items of large value will be requested to donate such items to the Cottage.

Possible outcomes from the review of a gift:

- Staff or volunteer is permitted to retain (if gift is of token value).
- Used by Myrtle Cottage.
- Myrtle Cottage to raffle or sell.

Gifts/ items not allowed to be kept by staff or volunteers, regardless of value, include:

- Gifts of cash
- Lottery tickets

Staff and volunteers must obtain management approval prior to any goods being purchased from a member or carer. If management considers, that the price to be paid for the goods is favourable to the staff or volunteer, that gain to the staff or volunteer will be considered to be a gift.

Breaches of this policy represent a breach of Code of Behaviour

Enthusiasm is the greatest asset in the world. It beats money, power and influence. - Henry Chester

FROM THE KITCHEN



Jo

Greetings from the kitchen,

I hope everyone is keeping well and staying warm, now that the cooler months are on their way. We are pleased to say welcome to our new volunteers **Karen** and **Laura**, and we say a sad farewell to **Zhou Ma (Natasha)** and wish her well.

The kitchen crew are all extremely hard workers, and have been baking up a storm as always. I would like to say a huge thankyou for all your efforts. Picnics and BBQs are back and we have celebrated Senior Gala Day, Volunteers week and a special Morning tea for "Australia's Biggest Morning tea", which raised \$330. Well done to everyone.

We have had more requests for copies of some of our recipes, which is extremely encouraging and we always welcome any comments, suggestions and ideas.

I have included a recipe for **Weetbix Slice** (one of the requests), which is very easy to make and delicious too.

Jo M



WEETBIX SLICE

Ingredients:

- 4 Weetbix crushed
- 125 grams melted butter or margarine
- 1 cup Dessicated coconut
- 3/4 cup brown sugar
- 3/4 cup S/R flour
- Icing for the top if required

Method:

Mix all the ingredients together and press into a greased and lined Square cake pan.
Bake for 15 min 180 C



Health and Wellbeing

Journaling Benefits

Keeping a journal is a powerful tool, this is because journaling can offer a safe space to process and explore thoughts and emotions that affect your mood and reflect on impactful life events and experiences. For example, journaling may help by:

Boosting mindfulness

Journaling about your current thoughts and feelings, or visual and other observations, can help you to become more mindful.

Processing emotions

Journaling can make emotions feel manageable. When there are a lot of negative thoughts floating around in your head, getting them out and onto paper will help put things into perspective, making it all feel less daunting.

Identifying triggers

The more you journal about what's happening in your daily life, the more you'll be able to become aware of which events, thoughts, or behaviours may be making you feel down.

You may also start to notice certain patterns. Maybe you notice a worsened mood:

at particular times of the day

after talking with certain people

when engaging in certain habits, like saying "yes" to something you don't want to do or spending a lot of time on social media

Say you've felt pretty down recently, with no clear idea as to why. After journaling about the things happening in your life for a week, you notice you've been experiencing consistent feelings of self-doubt across a range of situations. Pinpointing the underlying trigger can help you address it, along with any specific situations fueling it, and brainstorm alternate coping strategies.

Reframing thinking

Repetitive negative thinking, especially revolving around worries, can feed into symptoms of depression and anxiety. Here's how it might play out:

A friend doesn't respond to your text for days.

This triggers the thought that maybe they're mad at you or no longer like you.

Eventually, you find yourself in a low, sad mood, worrying constantly about the loss of that important friendship.

Journaling presents an opportunity to acknowledge and challenge these thoughts and reframe them in a more positive way.

Consistency is key

Journaling consistently tends to make the most difference when it comes to mental health benefits. As a general guideline find a place where you can journal that's free of distractions and committing to a specific time of day and amount of time for writing. To get started, setting a timer for just 5 to 10 minutes and allowing yourself to journal in a stream-of-consciousness manner about whatever comes to mind. Try to avoid self-editing so you can express yourself freely.

Another good strategy for beginners is to try journaling about your intentions or goals in the morning, and then reflecting on how you followed through in the evening. While reflecting on the day's events, make it a point to acknowledge small wins to build up your self-esteem.

If you're having a difficult time with negative thought patterns practice journaling [positive affirmations](#). Such affirmations tend to activate the reward system in your brain, which can help you have a more optimistic outlook about the future.

Donations

Donations: Peter S \$50, Mary L \$25, Filippo R \$15, Alfert F \$10, Ann G \$10, Ian McT \$10, Lyn M \$10, Gerard B \$5, Yoland H \$2

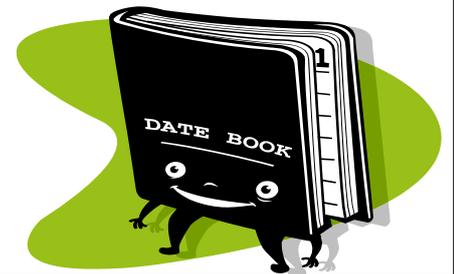
Received:

Remember all donations over \$2 are tax deductible.

Important Dates to Put In Your Diary

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



The Trading table has raised \$255 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.



Happy Feet



Sarah & Rebecca

Hi Everyone,

I hope everyone is doing good. I have another edition for the Happy Feet Newsletter report for April and May.

As always if you would like to participate in Podiatry please don't hesitate to contact Sarah or Rebecca and they would be happy to give you an information pack.

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.

I would like to thank the Volunteers that run the day on Thursday, your help is very

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 23rd June
- Thursday 28th July
- Thursday 1st September
- Thursday 6th October
- Thursday 10th November
- Thursday 8th December

Jokes of the Month

An older man, living alone, decided he wanted to add a pet companion to his life. After thinking long and hard about the decision, he buys a parrot and brings it home. However, the parrot almost immediately starts insulting the older man and gets really rude. In a moment of frustration, the man picks up the parrot and tosses it into the freezer to teach it a lesson. But when the bird stops squawking, the man panics and opens the freezer. The parrot walks out, looks up at the man, and says, "I apologize for offending you, and I humbly ask your forgiveness." The man replies, "Well, thank you. I forgive you, and I'm sorry too." The parrot then says, "If you

don't mind my asking ... what'd the chicken do?"

Two older gentlemen, Fred and Sam, went to see a movie. Merely minutes into the movie, Sam heard Fred rustling around. It appeared that he was reaching under all of the seats. "What on earth are you doing, Fred?" asked Sam. Fred indignantly responded, "I had a caramel in my mouth and it dropped out. I'm trying to find it!" Annoyed, Sam told him not to worry about it — they could get him another caramel later since that one was ruined by now. "But I've got to," said Fred, exasperated. "My teeth are in it!"

Mammals

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

AARDVARK
 ALPINE SHREW
 BINTURONG
 BISON
 DOLPHIN
 ELK
 FERRET

FIELD VOLE
 GIRAFFE
 GNU
 GORILLA
 HARP SEAL
 HORNBILL
 HORSE
 HYENA

INDRI
 KANGAROO
 KUDU
 LION
 MOUNTAIN HARE
 MUSKRAT
 OKAPI
 PIG

PLATYPUS
 POLAR BEAR
 PORPOISE
 RED DEER
 RINGED SEAL
 SABLE
 TARPAN