

Cottage Courier

October - November 2023

Christmas: A Time for Joy and Celebration

Christmas is a time when we come together to exchange gifts, share meals, and create traditions that have been passed down through generations. It is a time to reach out to others, whether near or far, and to express gratitude for the blessings in our lives. In my family it is a tradition to make my great great grandmothers Christmas Pudding.

The spirit of Christmas extends beyond the exchange of material gifts. It is a time when acts of kindness and generosity are emphasized. Many individuals come together to support those in need, whether through donations, volunteering, or simply lending a helping hand. The holiday season reminds us of the importance of compassion and giving back to our communities.

It can be a time to decorate our homes with twinkling lights and ornaments adding a touch of magic to the season. Beautiful Christmas trees with colourful baubles and topped with a shining star, become the centrepiece of many homes. The aroma of freshly baked goodies fills the air, creating a warm and inviting atmosphere.

For children, Christmas is a time of wonder and excitement, eagerly await the arrival of Santa Claus, hoping to find presents under the tree on Christmas morning. The joy on their faces as they unwrap their gifts is a reminder of the innocence and pure happiness that this season brings.

While Christmas is traditionally associated with Christian celebrations, it has become a holiday that is embraced by people of various cultures and religions worldwide. It is a time when communities come together to celebrate diversity and foster unity.

This year, as we move through challenging times, the spirit of Christmas is more important than ever. It serves as a reminder to cherish our loved ones, spread kindness, and find joy in the simple pleasures of life.

Wishing you all a Merry Christmas filled with love, laughter, and cherished moments and look forward to seeing you all next year.

Penny Williams



Main Contents

Manager's Report.....	2
Ageing & Disability	3
Craft.....	5
Client Advisory.....	5
Bell Program.....	6
Recreation Program	8
Linkline	9
From Transport Desk	10
Volunteers Voice	11
Member Update	12
Birthday	12
Policy of the Month.....	13
From the Kitchen.....	16
Health & Wellbeing.....	17
Important Dates.....	18
Happy Feet.....	19
Word Search	20



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CEO's Report



Hi all,

It is very hectic at this time of year and 2023 is not proving to be any different. We held our **AGM** on 16th November and I would like to thank all our members, staff and volunteers for attending. This was a great event that was run smoothly with the support of our Board of Management.

We celebrated our Volunteers and all the wonderful work they do for the Cottage with their Christmas party. It was a wonderful opportunity for our volunteers to get together and reminisce with friends about a most eventful year.

We have been attending a number of **Café Connect** events in partnership with Camden and Wollondilly Councils to promote our services and provide information for our local communities. These days are well attended. It is very encouraging getting back out there to talk about the Cottage and network with other providers and members of the community.

Now we are planning to commence our end of year activities, with **Christmas Parties** planned for week beginning 11th December and getting ready for our

closing down period from **20th December to 2nd January 2024**.

You may have heard that Covid numbers are on the increase and the Department of Health are stating that the wave will peak Christmas time. I would like to remind all members, volunteers and staff if you have not had a booster vaccination in the last 12 months please book in with your doctor. Staff will continue to ensure that all members are kept safe as these changes occur.

Myrtle Cottage is grateful for all our partnerships and this month we would like to acknowledge **Ingleburn Mowers** for a generous donation which will go towards the purchasing of new tops for our Volunteers.

NAMING COMPETITION

The winning name for our Spring Farm location will be announced in the New Year we apologise for the delay.

Stay safe and best wishes for a wonderful holiday season, until next time.

Kind regards, Kylie Richardson, CEO



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

- 😊 Ingleburn RSL Club
- 😊 Ingleburn Rotary Club
- 😊 Ingleburn Lions Club
- 😊 Ingleburn Mowers



Ageing & Disability



Natalie, Cris, Sarah & 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 would like to welcome our new members: **Joyce O, Su D, Robert P, John M, Joan M, Loise H, Fe D, Sion G, Josephine A, Rhonda H, Berly G, Beryl D, and husband and wife Ian and Carol H** who all joined our programs and have settled in quite well, as well as having already made

new friends.

It has been a busy couple of months here at the Cottage. We had **Glenda from the Stroke**



Foundation present health education information. She talked about what is a stroke, signs of a stroke and how to prevent it. The aim of the program is to raise awareness of **F.A.S.T. (Face, Arms, Speech, Time)** which are the indicators of a stroke and to teach people how they can reduce the risk of having a stroke.

Congratulations to all sweeps winners on **Melbourne Cup Day!** Members decorated their own head fascinators and played racing games. Lots of fun was had by the members. DT members, staff and volunteers dressed up for Halloween. We took many photos, handed around treats and played games with everyone. We also had visitors from **Camden Choir** who entertained us with their singing. Thank you



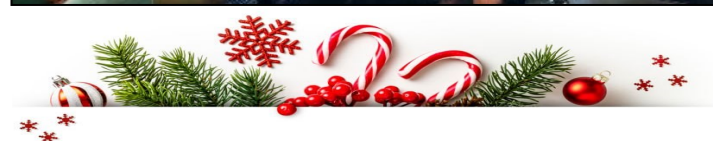
Amanda and team!

We also celebrated **Vegemite 100-year Anniversary**, **World Animal Day**, **Australian National Bird Week**, **World Hello Day** and **Kindness Day**, and **International Tongue Twister Day**. Members have been on outings, including: West Leagues Leumeah, Country Club Gledswood, Marconi Club, Ingleburn Bowling Club, and Cataract Dam while enjoying the spring weather.

I would like to say thank you for all the staff and volunteers who are involved in decorating, preparing and facilitating these activities. Thank you, all!

Stay safe and healthy everyone! 😊

Cris and DT Team

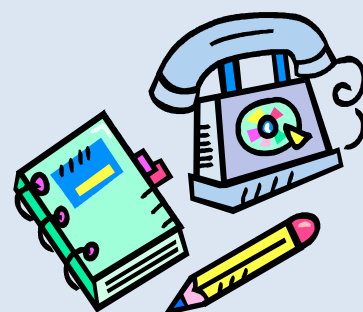


Confidentiality:

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.



Craft Activity

CHRISTMAS CARD

Use some old or spare Christmas paper or Christmas cards to create a beautiful card.



1. Gather your equipment : Paint, paint brushes, cardboard with cut out & folded for card, glue, Christmas stamps, cardboard for backing.

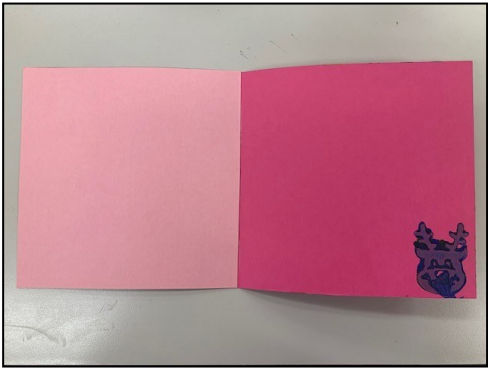
2. Apply paint to the Christmas stamps & press onto the card. Press some onto the front & some on the inside of the card.



3. When the paint is dry, glue the selected picture on the inside of the cut out.

4. Glue the extra piece of cardboard on the back of the picture to finish it off nicely from the inside.

5. You are now ready to write your special Christmas message in your beautiful handmade card to your



loved ones.

Craft activity brought to you by Natalie

Client Advisory Committee

We held our last Client Advisory Committee Meeting 05/12/2023. This meeting we welcomed 2 new members into the committee, it was lovely to see new faces and hear new ideas. Items discussed; Student Placements, new Missing Persons Policy & Procedure, Spring Farm update, successful grants, Aged Care reform, seniors week and our Christmas closure.

Dates for 2024 meetings: 5th March, 4th June, 3rd September, 10th December, please let me know if you are interested in attending.

Take care and Hope to see you all soon

Kylie Richardson, CEO

Bell Program



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

Hi everyone,

We are all getting very busy organizing the 2023 Christmas parties, crafts and decorations, the programs have their Christmas decorations up and they look great.

We recently visited the Macquarie Fields TAFE on a Wednesday. The members were greeted by the TAFE students, they enjoyed a hand massage, morning tea and a craft activity. The student worked with the members giving them firsthand experience working with someone diagnosed with Dementia.



In the next 6 week program, we will be joining the Diversional Therapy program. They have some awesome entertainment booked. We will also be doing Christmas crafts most days. The program will show you the dates the cottage is closed over the Christmas break.

The carers information I mentioned in the last newsletter went very well, carers feedback



was very positive, we will be organising three sessions next year. I would love to hear from you if you have suggestions of speaker/training you would like me to look into.

We recently had our volunteers Christmas party, thank you Ingleburn RSL the volunteers had a great time.

If you would like to see more photo's please go to our Face Book page.

Bell staff and volunteers are looking forward in seeing most of our carers on the 9th for the Carers Christmas party. Also, carers will meet the new Myrtle cottage management and they are looking forward in meeting you. **Kylie (CEO) and Penny (Assistant Manager)**

Bye for now, Christine Turner



Dementia: Fact Sheet

What is a Home Care Package?

A Home Care Package provides a set amount of money for care services, determined by level of need, that is paid by the government to an approved provider of choice. The individual and the provider work together to decide how best to spend the money on a range of home care services, and to coordinate delivery of these services.

There are four levels of Home Care Packages, each with a different level of funding.

Home Care Packages help thousands of Australian seniors to live happily at home, rather than move into residential aged care.

Did you know that in addition to assisting with household chores, transport and social connections, a Home Care Package can fund impactful, life-changing supports to help you live your best life at home?

If the following inclusions are required as part of your Care Plan, a Home Care Package may fund:

1. Home visits from a Registered Nurse and/or Allied Services

Home Care Package funds can be allocated for a Registered Nurse to visit your home to help you with medication management and wound care. An RN can also provide regular medical attention to help manage chronic conditions such as rheumatoid arthritis and diabetes.

2. Meal preparation and meal delivery services

Your home care service provider can go grocery shopping for you and help you with meal preparation in your home. This can include preparing food to suit special diets for health, religious, cultural, or other reasons.

You can also access home delivered, ready-made fresh or frozen meals with your Home Care Package. Your Home Care Package can fund the meal preparation and delivery component, while you cover the cost of ingredients.

3. Goods, equipment, and assistive technology

Goods, Equipment and Assistive Technology (**GEAT**) are items that can help you to cope with functional limitations and maintain your independence at home.

4. Home modifications

Some home modifications can be funded by Home Care Packages to improve safety, accessibility, and independence.

Modifications that specifically address your ageing-related care needs can be covered or partially covered by your Home Care Package.

5. Mobility aids

If they are specified in your individual Care Plan, mobility aids such as walking frames, wheelchairs, lift chairs and mobility scooters can be funded by your Home Care Package.

For more information please go to: <https://agedcaredecisions.com.au/>

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 Wanderers

For the mystery trip we were rained out for the outside venue, so we ended up at **Cronulla RSL**. With a marvellous view of the sea in the back ground who wouldn't have a good day!



Mystery Trip—Cronulla RSL

Early morning breakfast at **Mounties**, in the Fresh breakfast restaurant, who wouldn't want a big breakfast?! Triple Berry smoothie or even a smashed avocado in the morning for breakfast.

Aqua Golf at Penrith didn't have any winners on

the day, but we enjoyed each other's company... and it was fantastic that we had the time to get to know each other! We love taking photos on our outing and It took more time to take this photo then the time we spent playing.



Aqua Golf

Narellan Town Centre shopping with the members had us all going in all different directions. Some like to read, others like to window shop, and some like to make sure they have something for dinner.

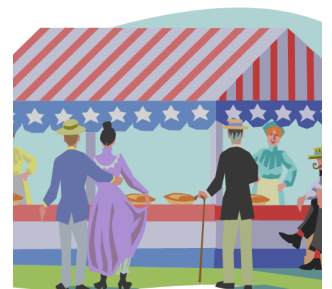
Bye for now
Connie and Penny



Narellan shopping

The Trading table has raised \$419 since the last newsletter.

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



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,

Welcome to the last newsletter of the year!! The year has just rushed passed!! Here we are at the doorstep of another Christmas and a New Year!!

The Cottage is sparkling with Christmas decorations, and daily Christmas Parties will be starting at the Cottage from 11 December to 15 December 2023, every day of the week. Please take the opportunity to join the party on your allocated day and experience the activities at the Cottage. You will be able to meet all the lovely members, volunteers and staff.

Certainly, this is the busiest period of the year and requires a lot of energy and engagements. This can get a little exhausting and stressful at times. You need to take it slow as it suits you. Buying presents for everyone and organising a picture-perfect meal is not the spirit of Christmas. Spreading kindness and love, being hopeful and make a new beginning are the spirits of Christmas. How about you all concentrate on these and be calm and relaxed.

There is no outing for the rest of the year due to the holiday season, but there will be plenty exciting places to visit next year. Linkline program has been a great source of socialisation, outlet to express people's feeling, meeting new people and sharing experience, source of information for different

supports available in the community, and many more. We have existing members, who have been enjoying the benefits of the program for years and this reassures the effectivity of this program. So, please encourage your family, friends, neighbours, carers, who will be benefited from this program. It might sound a little strange at the beginning, but I am confident that they will see the benefit soon after they join. By the way, the beautiful ladies on the picture are one of our long-term Linkline and Diversional Therapy program member, who can tell you all about the programs. And one of our excellent volunteers, who love to support the members.



I strongly encourage the existing Linkline members to join our social support group at the Cottage, to enhance the quality of their daily and social life. It is fun, active, engaging, and best of all, hassle free. Let's make it our new year resolution!!

Have a safe, healthy and happy holidays everyone. Bye till next Year 😊

Nasima



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 \$15.05 which brings the total since July 2023 to;

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

\$39.20

From Transport Desk



Seat belts on Buses:

Just a friendly reminder for everyone to please not take your seat belt off until the bus completely stops. This is for your safety in case the bus has to stop in a hurry.

Attendance over the Christmas break:

Please notify the office if you are intending on being away over the Christmas period so we don't send a bus unnecessarily to your residence and you may not be home or may be unwell.

Information on Transport options (Taken from "On the road 65Plus" booklet):

Whether you've handed in your licence or are thinking about giving up driving, there are other ways to stay mobile and independent.

Public Transport

If you have a NSW Seniors Card, Pensioner Concession Card or Department of Veterans Affairs Health Card, you can apply for a Gold Senior/ Pensioner Opal Card offering unlimited travel throughout the Opal network capped at \$2.50 per day. For more information about the Gold Senior/ Pensioner Opal card, call **13 67 25** or visit **opal.com.au**. For information about public transport timetables, fares and accessibility call **131 500** or visit **transportnsw.info**.

People with limited mobility may be eligible for discounted taxi fare vouchers. These can reduce travel costs up to 50 per cent. They are provided under the Transport for NSW Taxi Transport Subsidy Scheme. For more information and to obtain an application form call **1800 623 724** or visit **transportnsw.gov.au**.

Community Transport

Community transport services are available throughout NSW. They provide access to recreation, shopping, medical and government services. For contact details of the service providers in your local

area and to check eligibility, visit **transport.nsw.info**.

Local bus services

In many regional areas, local clubs and councils provide free or low-cost bus services. To find out more, call your local club or council or check their websites.

Jokes for Christmas

Knock knock!
Who's there?
Snow
Snow who?
Snow business like show business!

* * * * *

Child: This turkey tasted like an old sofa!
Mother: Well, you asked for something with plenty of stuffing!

* * * * *

The Judge asked the defendant what he was charged with.
Doing my Christmas shopping early", was the reply.
"That's is not illegal! How early were you shopping?" asked the Judge.
"Before the store was open."



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



Nasima

Welcome to the last Volunteer Voice of the year everyone.

It has been an amazing year for me to build relationships with the volunteers, knowing you all better. I would like to express my appreciation to begin with. You guys have been outstandingly supportive and flexible throughout the year. We have only got handful of new volunteers joined the team this year and they also have fitted in very well. All of you have created a very positive work culture, and led the new volunteers by example. Your involvement, support, and care made everyone feel welcome. Be it a member, volunteer, student or staff.

Compared to the pre-COVID situation, our number of volunteers has gone down to half. And with this team we have managed very well to uphold the service standards of the Cottage. This displays the strength and the dedication of the team. We could not have survived without you all.

We have received some very constructive feedback and suggestion throughout this year from Volunteer **Support Sessions** and survey. We are working towards implementation which can take a little while. Please keep putting your thoughts, feedback and suggestions in at any time. Those help us with finding opportunities to strive for continuous improvement.

The Cottage is getting busier and some addition to the team would be great. Please invite your friends, neighbours or anyone, who might be benefited by the social connection, to come and attend the programs



as a trial. I am very positive that they would love the experience.

The turnout at the Christmas party was great!! Everyone looked beautiful, happy, and engaged. That was such a delightful sight! It was such a fun evening with you all, and went by so quick!!

A massive thank you to all our volunteers for their dedication and support all year round. We look forward to working with you all in the coming years.

Have a lovely time off and look after yourselves.

Bye until 2024!! **Nasima**

New Volunteers

Zannatul H, Shamima R



Volunteer Drivers Wanted



Member Update

Welcome to all our new Members:

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

New Members:

Joyce O'D, Alex C, Carol H, Ian H, Beryl D, Beryl G, Lynette H, Nelly S, Theo S, Olivia C, Carole C, Patrick C, Josefina M, Rhonda H, Lucy I, Ursula P, June B, Shirley C, John M, Louise H, Robert P, Pauline E, Joan M, Josefina A, Sion G

Members who are sick:

Rita C, Patricia K, John C, Helen S, Margaret M

Members that have gone into permanent care:

Tony B, Joan F, Grace M, Alfie R, Tony F, Ann P, Andrew P, Margaret J, Helen D

Members that are not returning:

Jan R

Members that are too ill to attend:

Frank W, Enid W



Happy Birthday!

October

Members:

Penelope W, Joseph C, Margaret P, Max G, Ian H, Fred C, Vera L, Janet B, Abdurrof B, Kathleen N, Margot B, Eleanor L, Robyn R, Gillian R, Doris W

Volunteers:

Garry C, Jennifer L, Julie O'N, David P, Robyn O

November

Members:

Carole C, Amanda W, George C, Janice B, Geoffrey S, Jeanette S, Brian F, Anita F, Margaret Mcl, Lucy I, Ian M, Alexander C, Michael R, Louise M, Claudette A, Samir S, John M, Liduvina H, Margaret Mcl, Robert Z

Volunteers:

Debbie S, Patricia M, Zannatul H, William M, Peter R

Staff:

Cia S, Natalie V, Jo-Anne F

Donations Received:

Donations: Village Mowers \$2,500, Sushila S \$50, Ann G \$30, Coral S \$50, Janet B \$17.35 and Anton B \$3.05

Remember all donations over \$2 are tax deductible.

Policy of the month

Missing Persons Policy and Procedure

Objective

Myrtle Cottage Group is committed to the safety and well-being of all members attending activities. Our aim is to have clear processes and protocols in case a member goes missing while in our care.

Policy Statement

Myrtle Cottage Group is committed to ensuring the safety and well-being of all individuals participating in our programs. This policy establishes a comprehensive protocol for responding to and preventing incidents of missing persons during activities, with the primary objective of safeguarding the welfare of all members.

Procedures

Prevention Measures

Programs will maintain accurate and up-to-date member records, including emergency contact information, relevant medical or behavioural considerations and risk assessments.

For members who are deemed at risk of becoming lost, clear identification protocols will be in place such as identification photos and notes of what the member is wearing for the day which maybe recorded by taking a new photo of each day of attendance. A business card to be given to the member to keep on them in case they get lost or can not find the group when out in the community.

Maintain appropriate staff/volunteer ratio to ensure adequate supervision and minimize the risk of the member going missing.

Have completed risk assessment of venues to identify potential hazards of areas where members may be at higher risk of wandering or becoming lost.

Missing Person Response

Arriving at Members home by Transport

1. Driver/Bus Assistant to contact the office to check if the member has left a message regarding not attending. Office staff can check in

the attendance book and check member file for case notes.

2. Ring the contact number for the member.
3. Office staff to action:
 - a. Implement members' wishes as stated in their individual Service Agreement (Under Non-Response Procedure section).
 - b. Assess and direct staff/volunteer drivers action considering assistance needed, other members already on the vehicle, members to pick up and other supports that can be implemented e.g. staff member near by
 - i. If assistance is required and need to enter the home staff/Volunteer driver and staff/volunteer bus assistance to enter house together or person entering the home rings the office and stays on the phone until they have left the premises. **NB:** When access to the home is restricted the Police are to be called.
 - ii. If calling card is to be left at the door as per the Service Agreement check for other calling cards, windows and curtains closed, doors locked, newspapers and mail.
 - iii. If the member, carer and/or emergency contact cannot be contacted staff will contact the GP listed then the Police if any concerns noted.

Arriving at Members home by In Home Supports

Use this procedure if you arrive for support and the person is missing from their home.

1. Follow the members plan for non-response.
2. Follow the steps below as required
 - Continue to ring the doorbell (if they have one).
 - Knock loudly on external doors and windows (front, back and side if safe to do so).

- Continue to call out loudly.
- Try to call the person we support on their mobile or home phone.
- Can you hear any noises coming from inside the home? Any voices or noise from the radio or television?
- If you can hear voices and recognize them to be the person we support, knock and call out loudly. If they still don't answer, follow their non-response plan on their file.
- If you can hear a radio or television knock and call out loudly to the person we support.

If no answer check the following:

- Check if there is washing on the clothesline
- If they have pets, can you see if the pets are in or around the home.
- Look in the mailbox for uncollected mail or junk mail.
- Check if their carer or other related vehicles are parked nearby.
- Check external doors to see if they are unlocked.
- Check with neighbours if they have seen the person we support in the past 48 hours if safe to do so.
- If the person is found to be injured, call 000 and ask for an ambulance
- If the person is found to be deceased call 000 and ask for the police and do not touch anything.

Call the office and speak with the Coordinator or management to obtain further direction.

Missing from Myrtle Cottage Centre's

[Use this procedure if you notice a member is missing from the program/Centre.](#)

1. Upon discovering a member missing from their program/centre the staff are to immediately notify the designated supervisor or Coordinator in attendance.
2. If the member has been identified as high risk of leaving the program or area please follow strategies outlined in the members risk assessment.
3. Allocate staff to stay with other members to

ensure their safety.

4. Other staff/volunteers when safe to proceed to check immediate area of the building, surrounds and in surrounding streets.
5. Any staff/volunteers leaving the site are to carry a mobile phone to be able to communicate with site and others searching.
6. If member has a mobile phone staff that have stayed behind to try and make contact.
7. If the member is found they are to be encouraged to return to the centre where they can be checked by staff for any injuries. If they are injured staff are to contact 000 and ask for an ambulance.
8. If the member is not located or is at a high risk if unsupervised Team Leader/Management are to call 000 and ask for the police. Other Individuals and local services which may be of assistance:
 - Carer/group home (notify of situation and where they think the member might go)
 - Local bus company to put out an alert to drivers.
 - Local taxi companies whom can put an alert out to drivers.
9. Once the member is found any supports that have been contacted to help need to be notified and updated that the member has been found.
10. Staff are to complete a detailed incident report when safe to do so and before they finish their shift.
11. A report to be made within 48 hours to the NDIS Quality and Safeguard Commission for a NDIS Member or to SIRS Quality & Safeguard Commission for any Aged Care Members.

Community Access

Use this procedure if you notice a member is missing from a community access outing.

1. Delegate a meeting point for the group in case anyone gets separated.
2. Check that members and volunteers have contact details of the program mobile phone.
3. Upon discovering a member missing from the activity staff are to immediately notify the designated supervisor or Team Leader in

attendance.

4. Staff/volunteer are to be delegated to stay with other members and to stay where they are.
5. Any extra staff/volunteers are to ensure they have a mobile phone for communication purposes with the group and others searching.
6. If the member has a mobile phone staff that have stayed behind to try and make contact.
7. If the member is found they are to be encouraged to return to the group where they can be checked by staff for any injuries. If they are injured staff are to contact 000 and ask for an ambulance.
8. If the member is not located or is at a high risk if unsupervised Team Leader/Management are to call 000 and ask for the police. Other Individuals and local services which may be of assistance:
 - Carer/group home (notify of situation and where they think the member might go)
 - Management at venue being visited
 - Local bus company to put out an alert to drivers.

- Local taxi companies whom can put an alert out to drivers.

9. Once the member is found any supports that have been contacted to help need to be notified and updated that the member has been found.
10. Staff are to complete a detailed incident report when safe to do so and before they finish their shift.
11. A report to be made within 48 hours to the NDIS Quality and Safeguard Commission for a NDIS Member or to SIRS Quality & Safeguard Commission for any Aged Care Members.

Look after yourself

Dealing with a missing person is difficult. Please talk to your Team Leader or management. They are there to help and assist you. You may like to contact the Employee Assistance Program, with EAP Assist and chat with them. To book a counselling appointment go to eapassist.com.au/booking-form/ (use company code: 0407086000)



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.

FROM THE KITCHEN

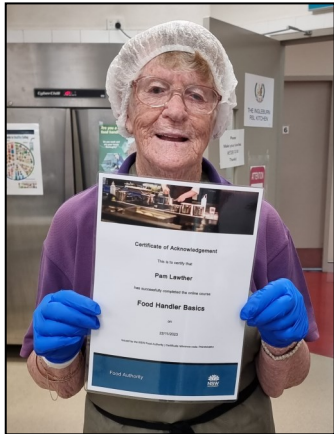


Jo

Greetings from the kitchen,
In this edition, I would like to pay tribute to our amazing kitchen volunteers, who are all extremely hard working and reliable.

Each and every one has completed a Basic Food Handling course, and all have received a certificate for their efforts.

Our longest serving kitchen volunteer received another certificate



and a lovely engraved clock for her 30 years of service, and at 81 years old, received her very first qualification. I am so happy and proud of everyone's efforts, and our kitchen could not run as smoothly without them. I have also included some lovely pictures.

I would also like to bid a sad farewell to one of our kitchen volunteers, who is not returning due to ill health. Mick has been with Myrtle Cottage for 10 years and will be missed by all that know him.

By Jo M



Baked with love

Health and Wellbeing



Australian Government

Department of Health

Home Care/CHSP services caring for older people in warmer weather

High temperatures are often experienced across Australia every summer and you must be alert to the possibility of heatwaves.

Service providers need to be particularly aware of the severe hazards associated with extreme heat events. Older people living in the community may suffer from heat stress and those who live alone without regular contact from others may be particularly at risk.

Heatwave checklist

To assist you to meet your responsibilities under the Aged Care Act 1997 and the Aged Care Quality Standards which support aged care service providers to maintain high quality service delivery, the checklist below may be useful in considering the activities you may need to undertake during a heatwave.

Clinical assessment

A clinical assessment will be required if a care recipient shows any signs of deterioration. The effects of heat-related illnesses can range from mild conditions such as a rash or cramps to very serious conditions such as severe confusion or heat stroke. If you are concerned about a care recipient's wellbeing their general practitioner should be contacted immediately.

Further information

Further information is available from state and territory health department websites.

Checklist

Before a heatwave

- ☐ assess which care recipients are at risk—who has limited capacity to keep cool; or which homes are prone to being hot
- ☐ check cooling systems in care recipients' homes are adequate and working effectively

- ☐ ask relatives and friends to ensure care recipients are cool and comfortable and appropriately dressed on hot days

- ☐ offer extra support to care recipients where family and friends are not available to help

- ☐ provide contact details of your care recipients to the local emergency services, where appropriate.

During a heatwave

- ☐ continue to deliver care—source additional staff or volunteers if required

- ☐ be aware care recipients may be at particular risk following high overnight temperatures

- ☐ keep curtains and blinds closed in care recipients' homes to reduce excess heat

- ☐ make small amounts of fluids readily available to care recipients

- ☐ provide alternative forms of fluid, and discourage alcoholic or caffeinated beverages

- ☐ encourage care recipients to eat frequent small meals

- ☐ encourage care recipients to wear loose fitting clothing, use sunscreen and keep skin covered when exposed to direct sunlight

- ☐ encourage care recipients to seek shade when outside, and to avoid going out between 11 am and 3 pm

- ☐ offer additional tepid showers or sponging

- ☐ look for signs of heat stress, such as nausea, and changes in appearance including red, pale or severely dry skin

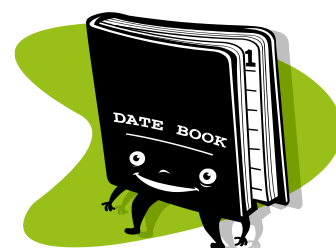
- ☐ ask for a clinical assessment if care recipients show any signs of deterioration.



Important Dates to Put In Your Diary

2/1/24 (Tue): Members return
26/1/24: Australia Day Holiday
1/2/24: Happy Feet Project Day - Podiatry
13/2/24: Volunteer Induction 10.30 am
27/2/24: Staff Training Day – Cottage Closed
5/3/24: Client Advisory Committee Meeting 10.00 am
7/3/24: Happy Feet Project Day - Podiatry
11 – 24/3/24: Seniors Week – theme Reach Beyond!
12/03/24: Volunteer Induction 10.30 am
29/3 – 1/4/24: Easter Break
29/3/24: Good Friday Holiday
30/3/24: Holy Saturday
31/3/24: Easter Sunday
15/4 – 26/4/24: School Holidays Term 1
1/4/24: Easter Monday
9/4/24: Volunteer Induction 10.30 am
4/11/4/24: Happy Feet Project Day - Podiatry
9/5/24: Volunteer Induction 10.30 am
16/5/24: Happy Feet Project Day - Podiatry
20/5 – 26/5/24: National Volunteers Week
4/6/24: Client Advisory Committee Meeting 10.00 am
10/6/24: King's Birthday Holiday
11/6/24: Volunteer Induction 10.30am
20/6/24: Happy Feet Project Day - Podiatry
8/7 – 19/7/24: School Holidays Term 2
9/7/24: Volunteer Induction 10.30 am

25/7/24: Happy Feet Project Day - Podiatry
13/8/24: Volunteer Induction 10.30 am
22/8/24: Training Day – **Cottage closed**
29/8/24: Happy Feet Project Day - Podiatry
3/9/24: Client Advisory Committee Meeting 10.00 am
10/9/24: Volunteer Induction 10.30 am
30/9 – 11/10/24: School Holidays Term 3
3/10/24: Happy Feet Project Day - Podiatry
7/10/24: Labour Day Holiday
8/10/24: Volunteer Induction 10.30 am
7/11/24: Happy Feet Project Day - Podiatry
12/11/24: Volunteer Induction 10.30 am
21/11/24 (Thu): AGM – 2-4 pm
29/11/24 (Fri): Volunteer Christmas Party - PM
3/12/24: International Day of People with Disabilities
9 – 13/12/24: Daily Christmas Parties
10/12/24: Client Advisory Committee Meeting 10.00 am
12/12/24: Happy Feet Project Day - Podiatry
14/12/24 (Sat): Bell Carers' Christmas Party
23/12/24: School Holidays Term 4 start (23/12/24 – 30/1/25)
21/12/24: Members' last day for the year – all programs
23/12/24: Clean up and staff last day
6/1/25: 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



Happy Feet



Sarah & Rebecca

Hi everyone,

I am back once more with the podiatry report for the newsletter. How has everybody been doing, great feet I bet!

Once again things have been running smoothly for Podiatry for this year. If you would like to come please don't hesitate to contact Sarah or myself and we can give you an information pack that you can take to your G.P to get the podiatry services. Your G.P will be able to give you enough care plans that can last 12 months for you.

I do need to ask if anybody that wants to access this service can you please ask your G.P for a copy of your full medical history which needs to be given to Corinna. This is important as our Podiatrist Corinna may need to know if any medical history is affecting your health. Please note that if you can't get a care plan you can pay directly to Happy Feet Podiatry which will be \$56 for each visit.

Now I have decided to spice things up this time and I am going to give you some general fun facts:

Australia is wider than the Moon. The Moon sits at 3,400 kilometres (2,113 miles) in diameter, while Australia's diameter from east to west is almost 4,000 km (2,485 miles).



Scotland chose the Unicorn as its National Animal. In Celtic mythology, the fictional creature is connected with both chivalry and dominance as well as purity and innocence.



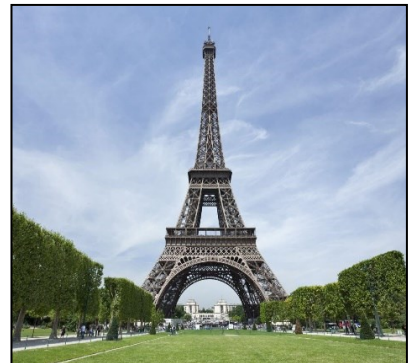
Podiatry Dates for 2024

Thursday 1st February
Thursday 7th March
Thursday 11th April
Thursday 16th May
Thursday 20th June

Thursday 25th July
Thursday 29th August
Thursday 3rd October
Thursday 7th November
Thursday ?th December

The Eiffel Tower gets taller in the summer.

When the iron heats up, the tower can be up to 15 centimetres (6 inches) taller due to thermal expansion.



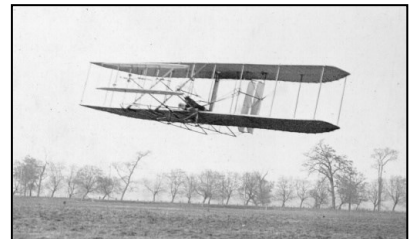
Switzerland prohibits the ownership of just one guinea pig.

Since guinea pigs are such social creatures, one guinea pig would get lonely so having just one is considered animal abuse in Switzerland.



The first airplane flight was on December 17, 1903.

Wilbur and Orville Wright took the first airplane on four short flights at Kitty Hawk, North Carolina.



Source: <https://www.weareteachers.com/weird-fun-facts/>

Once again, I would to thank all staff and volunteers that help out with Podiatry. Your help is very much appreciated.

Please note that is the last Podiatry Date for 2023:

Thursday 23rd November

Warm Wishes, **Rebecca, Admin Assistant**

Movies

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

ANNIE

GREASE

ROMEO AND JULIET

BACK TO THE FUTURE

JAWS

SUPERMAN

FOOTLOOSE

MARY POPPINS

TITANIC

FORESTGUMP

MATILDA

TOPGUN

GHOSTBUSTERS

ROCKY

WEST SIDE