

Cottage Courier

December 2023 & January 2024

CEO's Report

Hi All,

With the new year now well underway we're busier than ever, and I'm excited about what the rest of 2024 will bring. Things for members, carers and volunteers to look out for;

- Exciting outings
- Carer information days
- Donations from Community Underwriting and Reckitt of Glen 20 for all members
- Volunteer and staff training
- Students to support and learn about the Cottage
- Our new building in Spring Farm

The Department of Health and Aged Care is developing a new Aged Care Act that will put the rights of older people at the Centre of our aged care system. [Read the full article](#)

Our Client Advisory Committee has had some vacancies created, so if you are interested in joining the group and sharing your ideas, have a chat with myself or Penny Williams and we will give you more information about it.

If there is something you would like to read about in our newsletter please let me know and we will do our best to include.

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

Live Well, Live Social, Live Active

Kind regards, **Kylie Richardson, CEO**



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Myrtle Cottage Group

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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.

Assistant Manager's Report



Embracing the New Year.

As the calendar turns to a new year, we bid farewell to 2023 and challenges we may have faced. We welcome the new year with hope and a renewed sense of purpose. A new year brings with it a sense of hope and optimism, as we embark on a new journey. The year ahead holds promise for growth at Myrtle Cottage and I am sure it will be a positive year for all.

As we embark on this fresh chapter, it's helpful to look at what we may want for the year ahead. Whether this is focusing on personal growth, building on relationships or planning some great getaways.

Every accomplishment, big or small, deserves to be celebrated. By celebrating our achievements, we inspire and uplift one another no matter how small our achievement is. Personally, if I can just cut back on my love for sugar and visiting Darrell Lea around the corner from Myrtle Cottage I will be celebrating. I will let you know later on in the year how this goal is progressing for me.

My wish for all is this that this year be filled with joy and meaningful connections for all of us and here's to a year of endless possibilities and great friendships.



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

- | | |
|------------------------|-----------------------|
| ☺ Ingleburn RSL Club | Ingleburn Rotary Club |
| ☺ Ingleburn Lions Club | Ingleburn Mowers |

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 **\$9.45** 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)

48.65

**Donations
Received:**

Donations: Ann G \$19.60, Albert F \$56.00, Craig S \$375, George S \$100, Sushila S \$40, Jo B \$100, John B \$50, Elizabeth M \$50, Margaret M \$50, Joan \$20

Remember all donations over \$2 are tax deductible.

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.

Welcome back and Happy 2024 to everyone!

We really hope that you enjoyed spending the holiday season with your loved ones.

The 2023 Christmas celebrations were a success, especially since we had new attendees. A full week of daily parties with members, volunteers and staff, where they all enjoyed the nonstop singing and dancing. We had entertainment, various Christmas activities, games and raffles. Thank you to Robert M. and his staff at Ingleburn RSL for providing us with special Christmas lunches. We sincerely thank Tony Martin, Peter Paki, and Kay White for their great performances. It added a great touch and tons of fun for our celebration week. Thank you very much.

Congratulations to all our winners who won the major Christmas raffles and consolation prizes: 1st Beryl D - Friday, 2nd Pat K - Monday, 3rd Maree P - Friday. Consolations winners are; Leanne – volunteer, Florencio – Tuesday, Rhonda – Friday and Chris H – Wednesday. Thank you to everyone who supported the Christmas raffle. We raised a total of \$1,087!

Above all, I would like to express my gratitude to Mother Hubbard's Cupboard in Camden who donated food hampers and to everyone who

also donated Christmas goods for our raffles. In addition, I would like to express my gratitude to all of the staff members and volunteers for their tireless efforts during our December 2023 Christmas celebrations; without you, the celebrations would not have been as special and unforgettable. We are appreciative of your hard work and efforts. You're all really appreciated!

We started the New Year with members catching up with their peers, various craft activities, playing bingo is a must and making/ decorating their own New Year calendars for 2024. Members have also been on outings. Such as picnics at Mt Annan Botanical Garden and lunch at Ambarvale Hotel.

The DT team are looking forward to another fun and memorable year in 2024.

Again, welcome back! Stay safe and healthy!

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

Valentine's Day Paper Heart Tree Craft

What you need:

- construction paper
- craft glue
- tree branch (preferably already fallen!)

How to make your paper heart tree:

- cut out paper hearts (fold a paper in half and cut out half the heart along folded line to make it easier)
- put glue in the middle of the paper hearts
- glue on the branches
- let dry flat before standing vertical
- place in vase

Happy Valentine's Day! Xo



The Trading table has raised \$ 396 since the last newsletter.

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

Client Advisory Committee

Our last meeting was held 05/12/2023 and we welcomed new members Josefina B, Dorothy T and carer Dianna. We are still looking for extra members to volunteer their time with this group as we really appreciate your voice into the programs we provided.

Items discussed; students working on our media and marketing campaign, Missing Persons Policy and Procedure updates, maintenance issues, Spring Farm updates, fee increase, successful grants, Aged Care reform 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. Kylie Richardson

Bell Program



Please Note: The Bell Program operates Monday, Tuesday, Wednesday, Friday, Saturday 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 have had all our Christmas parties, the volunteers enjoyed their party at Ingleburn RSL, they enjoyed a lovely dinner and lots of raffles and socialized with each other in a relaxed happy atmosphere.

The members daily parties were here at the cottage and Cris the D.T coordinator organised all the entertainment for each day, sadly one wasn't able to attend so Kay at the last minute was able to play the guitar and sing to the members, the members requested some of their favorites' and sang and danced to her music.

Bell Carers Christmas party. There was lots of singing, dancing and laughter. It was a very hot day and we had over 90 people attend. I was unable to attend this year and I really missed seeing all of our carers and members together, this was the first carers party I have missed in 15 years, but I heard all about the day and looking at the photos everyone looked to be having a great party. One of our bell members dressed up in the famous Santa outfit and he did an amazing job giving out the gifts.

Thank you to all the staff, volunteers and a massive thank you to Rotary and lions' clubs

for cooking the food, we really appreciated you doing this in the 40-degree heat.

The staff Christmas party was at the bowling alley it was good to see each other in a social manner. My first bowl was great getting a strike, but went down hill from there. We all had lots of laughs.

Until next time, I hope you all had a great Christmas and New Year, and I look forward to another fun filled year of program days, outings, carer information days, and lots more.

Christine Turner



Dementia: Fact Sheet



Carer Wellness Program

Campbelltown

This one day group session is designed to inform strategies to support positive health and wellbeing outcomes for a carer, family or friend of a person living with dementia.

Participants will be empowered to build self-care skills which improve quality of life in a caring role. An individual follow up session will be offered to review progress in achieving your goals.

You will gain knowledge in:

- dementia and its impact on your wellbeing
- strategies to improve and maintain your health and wellbeing
- how to access appropriate services and support.

Suitable for:

- Family carers and family members of people living with dementia.
- This program is not suitable for professionals employed in the health or aged care sectors.



When: Thursday 14th March
9:30am - 3:00pm

Where: Campbelltown RSL
CARBERRY LANE,
CAMPBELLTOWN NSW
2560

Cost: FREE

Additional information:

Please book via EventBrite at <https://CW14C.eventbrite.com.au> or please contact Cathy Bastick on 0409558464 or at cathy.bastick@dementia.org.au for more information.

This program is funded by the NSW government.

National Dementia Helpline **1800 100 500**

Find us online **dementia.org.au**



For language assistance
call **131 450**

RECREATION PROGRAM

NEWS FROM THE WANDERERS

Connie and Penny



Please Note: The Recreation Program operates Friday & every second Saturday for people aged 18 to 65 years with a disability. The article below relates to this only

Hello to all our Wacky Wanderers
We sure were busy at the end of last year getting ready for the entertainment and the Christmas break.

Lucky for us as we were invited to the Bell Christmas party, we sang and danced the day away. The entertainment was awesome. Who knows, maybe next year they might ask us back for more fun.

For our Christmas dinner we managed to get ourselves back to the best Chinese restaurant in Narellan, Narellan Court Chinese. Our friend Simon owns this restaurant. After eating our 6 courses of food, we made our way to McDonalds for dessert. Once we were finished we were ready to seek a spectacular display of Christmas lights around Narellan and the Cascades.

Recent outings; Harrington Park Reserve our day started out overcast with a little bit of a sprinkle on arrival. No way that was going to stop us from going out on our picnic. On our visit to the Ambrosia Olive

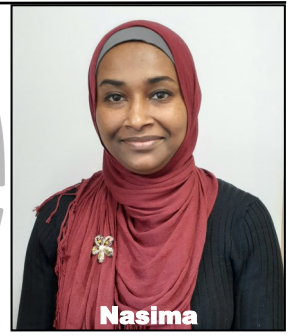
Farm at Silverdale, Dawn and Steve the owners of this property have been planting Olives for over 25 years.

Dawn gave us a tour of some of her property, we collected Macadamia nuts from the ground to eat them. We took photos of a large dam with carp fish that we fed. Dawn then took most of us for a walk to see the Rosters, Chickens and Emus. We bought freshly picked Olives, Olive oil, fresh eggs and Oil dressing.

Some of the other venues were Flower Power Mt Annan, Picnic at Harrington Park Reserve and Bankstown Sport Club.



Link up to Linkline



Nasima

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

Happy New Year to all our lovely Linkline members!!

We look forward to a new year with optimism and hope. As you all know that life does not go the way we plan. Changes take place in our physical, emotional and financial condition and that can be stressful.

The difficult life experience can be productive for increasing resilience. When we can bounce back from these struggles we grow profoundly. As per different study older adults are more content due to the resilience they grow through different life experiences.

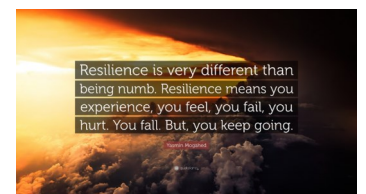
In other words, resilience is the ability to survive difficult experience. But the ability to adapt and cope with circumstances are lessons to be learnt. There are three categories of resilience: mental, social and physical. Mental characteristics are adaptive coping style, gratitude, happiness, mental health and optimism. Some common social characteristics are community involvement, contact with family and friends, a sense of purpose and strong, positive relationship. And finally, physical characteristics mainly centre around the ability to remain physically independent and mobile, enjoying good health and believing that one is aging successfully.

Remember, we are living a short moment in time and this will pass. Worrying about a situation does not change it but only makes us feel more helpless. You can look for actions you can take and things that are within your control. Then do something about those. Actions help building positive feelings like empowerment and optimism.

Some of the things you can practice to increase your ability to cope with difficult circumstances are: engage in new activities, cultivate new friendship or social support group, accept that some things are out of your control, and take action on the things you can affect, practice stress-management techniques, Develop a spiritual practice like prayer, meditation, yoga or mindful journaling, practice self-care through proper nutrition, regular exercise and good sleep habits, volunteer your time to help others, ask for help when you need it, look for the lessons you can learn from the situation.

Hope you find the above-mentioned ways helpful. The more you practice the better you get in overcoming difficult circumstances of your life. It will lead you toward a more engaged, empowered, happy and resilient life.

Take care of yourself.



From Transport Desk



Seat Belts:

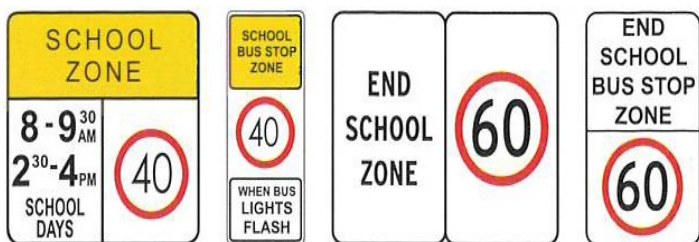
Just a reminder to please not take your seat belts off until the bus comes to a complete stop outside your home. This is for your safety as well as in case of the driver having to stop in an emergency.

Bus runs:

With our numbers in each program increasing there may be times that we need to move members onto different buses to accommodate the extra members. We will do our best to keep you on the same bus as much as possible. The number of members attending can vary at times due to illness, holidays or being in respite etc. We will endeavour to keep the disruption to a minimum as much as possible.

School Zones:

Being that schools are returning in February here is a friendly reminder on the rules regarding school zones.



A school zone is the area around a school with a speed limit of 40km/h. Between the *School Zone* and *End School Zone* signs, drivers must

obey the school zone speed limit. The school zone speed limit applies on NSW gazetted school days and during the times detailed on the school zone sign. School zone hours are normally 8am-9.30am and 2.30pm-4pm. **Pupil free days fall within the gazetted school days, thus school zones are operating and enforceable. There are a small number of schools with different school zone times-these will be detailed on the school zone sign.** Some non- government schools do not operate on gazetted school days. Motorists should be aware that school zones still operate and are enforceable on these days.

Details on NSW gazetted school days can be located at:

www.roadsafety.transport.nsw.gov.au/staying-safe/schools/flashinglights/index.html

One liner Jokes:

1. How many retirees does it take to change a light bulb? One, but it will take all day.
2. Old age makes us great multitaskers. Why, I can sneeze and pee at the same time!
3. One benefit of old age is that your secrets are always safe with your friends ... because they can't remember them!
4. Age is an issue of mind over matter. If you don't mind getting older, then it really doesn't matter.

Azree Mohammed

Transport/Accounts Coordinator

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

Hello Everyone!!

Welcome to 2024 and wish you all a very happy new year!!!

We have had a successful year in 2023, with some significant challenges. We are very proud to say that we have been able to overcome those challenges because of all of your help. I cannot thank you enough for all the support you have provided to keep us going strong.

I have included some of the beautiful photos from last year to remind us the great time we have spent together in spite of the hard work.

Elizabeth left the Cottage last year to enjoy her retirement, but she has promised to come back and help us as a volunteer. I am so delighted as I need more volunteers as we are growing with the numbers in all the programs. Please spread the news, get some volunteer pamphlets from the office to give to some of your friends, neighbours, who might be interested to come and join the team. Don't forget our last year's plan to bring some friends over.

Couple of our volunteers left this year and they will be missed dearly. Dayne T, who moved interstate and wanted me to pass his regards to everyone. He also mentioned that he had a great time with everyone and he has started missing the Cottage already, when he was on his way to the new destination. Karen S has decided to retire and take some rest. We wish them both all the very best.

In 2024 lots of students from different fields are going to join the Cottage to gain experience. They will be great help for our team. Please support them with your knowledge, experience, guidance and patience. They will spread the news in the community about how great the service we provide here at the Cottage.

Please provide your valuable feedback and suggestions at any time you want. We do consider those highly and try our best to incorporate in our service delivery as soon as possible. We are looking forward to work with you all together to create 2024 another successful year.

Take care of yourselves. Bye till next newsletter

Nasima.



New Volunteers

None to report



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:

Theo S, Nelly S, Reavi V, Lola P, Ruth S, Vladimir S,
Antonino T, Robyn C, Subash U, Teresia W

Members who are sick:

Robyn B, Michael R, Joan H, Jo B

Members that have gone into permanent care:

Vera L, George S, June B, Komiti T, Pauline E, Alex
C, Jennifer C

Members that are not returning:

Lynette I

Members that are too ill to attend:

Margaret M

Members that have passed away:

Janet S, Peggy C, Janet V



Happy Birthday!

December

Members:

Albert F, Alis P, Christopher S, Christopher T, Fay
F, Gary C, Georgina Z, Ian R, Jean P, Jean L, Judith
T, Margaret R, Margaret H, Pricila L, Warick W

Volunteers:

Matt R, Elizabeth C, Gabby S, Margaret G

Staff:

Christine T, Colleen W

January

Members:

Aytekin T, Barbara B, Edi I, Elias Z, Janice P, Jayne
S, Jenny F, Judith C, June P, Lynette F, Maria B,
Mary C, Melanie M, Pauline B, Rhonda L, Robert
W, Romaine M, Ronald C, Vladimer S, Yilmez O,
Zita C

Volunteers:

Adelaide C, Hasna K, Janette W, Linda W

Donations Received:

Donations: Village Mowers \$2,500, Sushila S \$50, Ann G \$30,
Coral S \$50, Janet B \$17.35, Safety Champion—Craig \$375 and
Anton B \$3.05

Remember all donations over \$2 are tax deductible.

Policy of the month

Diversity and Inclusion Policy and Procedure

Objective

Myrtle Cottage Group is committed to ensuring a supportive workplace that respects and values diversity of all people, their abilities, customs, culture and beliefs. Myrtle Cottage will ensure services are delivered in a manner that respects and values the customs, culture and beliefs of its members, carers and its employees and volunteers.

Definition and scope

Management Committee, CEO, Employees, Volunteers, Members and Community.

Policy

At Myrtle Cottage we are committed to fostering a diverse and inclusive workplace. We believe that diversity brings different perspectives, experiences, and ideas, which ultimately leads to better decision making and innovation. 'We strive to create an environment where all employees, volunteers' members and carers feel valued, respected and included. This applies to: Aboriginal and Torres Strait Islander, People from non-English speaking backgrounds, People from diverse racial, religious or cultural background, People with a disability, Gay, Lesbian, Transgender, Bisexual or Intersex People.

Procedure

To ensure that Myrtle Cottage has a clear outline for organisation and employee expectations for embracing differences and diversity in community service operations.

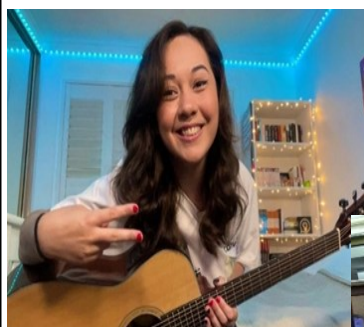
To ensure employees are aware of the behaviours expected of them when delivering inclusive member services in the home, in centre or other settings.

Providing equal employment opportunities within a supportive workplace that respects and values diversity of members, carers, culture and beliefs.

Preventing harassment or discrimination of any kind through proactively managing the culture of Myrtle Cottage to be inclusive and to be able to raise issue or concerns and have them addressed without retribution.

Proactively educating staff/volunteers about their responsibilities and standards and expected codes of behaviour that are acceptable in the workplace.

Delivering in home, group and community services in a manner that acknowledges and values the customs, culture and beliefs of members and carers.





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

JANUARY 2024



SURVEY

A survey was carried out with members who attended programs from the 15th - 19th January 2024 regarding morning tea options. This survey involved 109 members.

OUTCOMES

- 106 want to keep Salada biscuit and cheese with a sweet
- 2 want the biscuit to be changed to a softer version
- 1 would prefer 2 sweets instead of the biscuit.

CHANGES

- Softer Biscuit for members requesting change will be offered Clix Crackers with cheese
- Extra Sweets - member will be provided with 2 sweets instead of biscuit and cheese



*Baked
with love*

Health and Wellbeing



Australian Government

Department of Health

The Importance of a Balanced Diet for the Elderly

As we age, our nutritional needs change, and maintaining a balanced diet becomes increasingly important for overall health and well-being. A balanced diet provides the necessary nutrients, vitamins, and minerals that support the aging body's functions and help prevent various health conditions. In this article, we will explore the importance of a balanced diet for the elderly and discuss key considerations for achieving optimal nutrition in later life.

One of the primary reasons a balanced diet is crucial for the elderly is to support healthy aging and prevent chronic diseases. Aging is associated with an increased risk of conditions such as heart disease, osteoporosis, diabetes, and cognitive decline. A well-balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats can help lower the risk of developing these diseases. These nutrient-dense foods provide antioxidants, fibre, omega-3 fatty acids, and other essential nutrients that support immune function, promote cardiovascular health, maintain bone density, and support cognitive function.

Another important aspect of a balanced diet for older adults is maintaining a healthy weight. With age, metabolism naturally slows down, and muscle mass tends to decrease. This makes it easier to gain weight and harder to lose it. Consuming a diet that is well-balanced and portion-controlled can help manage weight and prevent obesity, which is associated with an increased risk of various health

problems, including diabetes, cardiovascular disease, and joint issues.

A balanced diet is also essential for promoting optimal digestive health. Many older adults may experience digestive issues such as constipation or reduced appetite. Including an adequate amount of dietary fibre from fruits, vegetables, whole grains, and legumes can help regulate bowel movements and prevent constipation. Additionally, drinking plenty of water is crucial for hydration and maintaining healthy digestion.

Furthermore, a balanced diet plays a crucial role in maintaining energy levels and supporting optimal mental health in older adults. Nutrient deficiencies, such as low levels of B vitamins or omega-3 fatty acids, can contribute to fatigue, cognitive decline, and mood disorders. Consuming a variety of nutrient-rich foods can help provide the necessary nutrients for energy production, cognitive function, and emotional well-being.

When planning a balanced diet for the elderly, there are specific considerations to keep in mind. Older adults may have reduced appetite, dental issues, or difficulty swallowing, which can make eating a challenge. It is important to focus on nutrient-dense foods and explore creative ways to increase calorie and nutrient intake, such as adding healthy fats to meals, using spices and herbs for flavour, and incorporating smoothies or pureed foods for those with swallowing difficulties.



Health and Wellbeing



Australian Government

Department of Health

Consulting a registered dietitian can provide personalized guidance and meal planning strategies tailored to individual needs and preferences.

In conclusion, a balanced diet is of utmost importance for the elderly population to support healthy aging, prevent chronic diseases, manage weight, promote digestive health, and maintain optimal energy levels and mental well-being. By prioritizing nutrient-dense foods and incorporating a

variety of fruits, vegetables, whole grains, lean proteins, and healthy fats, older adults can ensure they are obtaining the essential nutrients necessary for their overall health and quality of life. Remember, it is never too late to make positive dietary changes and reap the benefits of a balanced and nourishing eating plan.



Rooms offered for Rent at Myrtle Cottage

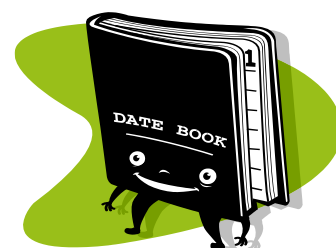
1. Room area 70 sq. m 2 toilets, access to adjoining courtyard.
2. Room area 180 sq. metre, audio visual facilities, room size can be adjusted to 90 sq. m with access to large courtyard.
3. Room area 40 sq. m full kitchen facilities, 2 toilets, ideal for group training, computer access.



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 All,

I hope everyone is doing well and had a great Christmas and New Year. I'm back with a new edition of the Happy Feet Report for the Newsletter.

I hope everyone is ready for the New Year and it should be a good year.

I would just like to remind everyone, that if you would like the Podiatry service please don't hesitate to contact either Sarah or Myself.

We would be able to get you an information pack that you can give to your G.P to get the Podiatry service, your G.P will need to fill out a care plan for yourself.

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 got some fun facts for everyone just like I did on the last newsletter.

Humans have been wearing shoes for 40,000 years

Nearly a quarter of all the bones in our bodies are in our feet

Plantar fasciitis is one of the most common forms of foot pain. It affects more than 2 million people a year.

The human foot contains 26 bones, 33 joints, 107 ligaments, 19 muscles and tendons!

<https://watsoniapodiatry.com.au/podiatry-fun-facts/>

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

Warm Wishes

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 5th December

Rebecca Admin Assistant



Christmas Word

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

Cookies
Snowman
Candy Cane

Elf
Reindeer
Poinsettia

Christmas Tree
Mistletoe

Santa
Presents

Snowflake
Sleigh