



Myrtle Cottage

COTTAGE COURIER

AUG - SEPT 2024 NEWSLETTER

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LIVE SOCIAL LIVE ACTIVE LIVE WELL

Myrtle Cottage

6 Bosci Road
Ingleburn, 2565

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Contact Us

02-9426-3100

**Visit Our Website for
More Information**

www.myrtlecottage.org.au

Scan here!



CEO

Hi all,

Last month marked 12 months in the CEO position. What a busy 12 months it has been:

- Completing the Aged Care Quality Audit
- Working on DA applications and Construction Certificates for our Spring Farm property
- Working towards changing to a Company
- Winning the Campbelltown Local Business Awards

What I love the most is spending time with members on my daily visits.

What does that mean for the next 12 months?

- Our NDIS Audit is due end of October beginning of November
- Complete the process of changing over to a Company
- Completing the Spring Farm property and opening for business
- Continue to support members, volunteers and staff so we remain a service of choice
- and have fun whilst doing it all again!



Kylie R



ASSISTANT MANAGER

By the time you read our newsletter we should know more of the changes to NDIS set to be released on October 3, 2024. We do know the NDIS will only fund supports related to the impairment(s). This means there will be a new definition of NDIS supports, clearly outlining: What you can spend your NDIS funds on. What you are not allowed to spend your NDIS funds on. As information becomes more clear we will keep you updated if you will be affected in anyway with your current services you receive at Myrtle Cottage.

You may have noticed that staff are speaking with our NDIS members and organising to meet to undertake a risk assessment. A Risk assessment is a vital component of service delivery under the NDIS. It ensures that while you are with Myrtle Cottage you will receive a safe, effective, and personalised support to meet your needs. We all have unique needs, different circumstances, and goals. Risk assessments will help us in developing personalised support plans that address specific risks associated with your disability and health conditions. It may mean that at the end of the process that we need to you to have some paperwork filled out by your doctor to help us support a health condition you have.

So, if you have not already meet with one of our wonderful staff to complete this assessment as an NDIS member don't worry we will be in contact shortly to complete the process.

This leads me to updating you on our upcoming audit with our NDIS services which will take place on 12 and 13 November this year. If you are a NDIS member we will be approaching you to seek approval for the auditors to speak with you about the services you receive from Myrtle Cottage and if the auditors can look at your file. You have the right to say yes or no to this request, it is your choice.



Penny W



**REGISTERED
PROVIDER**

AGEING & DISABILITY

Hello everyone,
I hope everyone is keeping well.
Alissa from South Western Sydney PHN, presented Advance Care Planning for seniors. The purpose of this information is to let people know their preferences about their healthcare and treatment in case they are seriously ill or injured and not able to make decisions. Angela from Creative Playground Education, organised a fun and challenging workshop for Tuesday members to stimulate their mind and body using Duplo Lego.

Thank you to all who contributed to the Father's Day raffle and silent auction. We raised a total of \$484.00. Our lucky and happy winners are: Judith T-1st Prize, Wayne M-2nd Prize, Rhonda L-3rd Prize. Consolation winners were Kim and Janice B and the Silent Auction winner was Margaret G. Thank you to all the staff and volunteers who organised the raffles. In addition, a variety of activities have been popular with the members, for instance, candle making w/Ann, variety of crafts and baking or cooking using the air fryer.

Thank you, Jo Moni, "kitchen coordinator", for making sure that we have all ingredients and supplies needed for this activity.

Finally, I want to express my gratitude to all of the staff and volunteers who help make our program a success. These events would not have been as memorable and unique without all of you. We are grateful for all of your efforts and hard work. We truly value each and every one of you!

Stay safe and healthy!



Cris and the DT Team

BELL PROGRAM

Hi everyone,

Since my last news report, everyone has enjoyed a few outings to the Botanical gardens, the weather has been perfect for picnics and BBQ's. I had fun with my bubble rope and the members thought they were pretty cool too.

Members have been planting seeds in the bell courtyard and getting quite excited to see how quickly they are growing. Our Outreach program and Flexible respite are enjoying the nice weather, doing lots of outdoor activities and visits to parks.



Please take note of the fact sheet.

We are preparing lots of prizes and pamper packs for those wonderful carers that can attend. We also have a craft activity for the members to make that week, I am sure they will enjoy giving it to someone at home.

Until next time.



Christine T



DEMENTIA FACT SHEET

Service supports you can use your home care packages for:

- Home carers can assist you with showering, grooming, toileting and dressing.
- Help get you moving by paying for crutches, walkers, walking frames, walking sticks, wheelchairs, and mobility scooters.
- Help with shopping and meal preparation. Alternatively, it can pay for your dinner to come to you.
- For taxi vouchers and/or personal support to travel to health appointments and social engagements.
- Service provider can assist you to effectively communicate, including reading and writing cards or letters.
- Support to travel to and from local gatherings, clubs, social Support groups like Myrtle Cottage.
- Welfare checks and provide simple, regular companionship. We all need a cuppa and a chat sometimes.
- Pay for wound dressings, bandages, and skin emollients, as well as a carer to regularly apply and change them.
- Assistance with continence aids, as well as the purchase of pads, commode chairs, catheters, and enemas.
- Visits to the hospital, or your GPs, regular home visits from a Registered Nurse or Care staff.
- Home visits from speech therapists, podiatrists, occupational therapists, and other allied health services.
- Can cover regular tasks like washing dishes, hanging out the laundry and vacuuming the carpet.
- Organize for your cupboards cleaned, cleaning your skirting boards, wash windows, or clean behind the fridge.
- Lawn mowing, weeding, hosing pathways and maintaining your garden.
- Pet care can be included by taking your pup for a walk, assist with regular feeding, and take your pet to the vet for you.
- An alert system can be peace of mind for both you and your family.
- Some home modifications examples, ramps, rails, shower heads or easy-access taps, and the purchase of modified appliances.

***More information can be found on:
<https://agedcaredecisions.com.au>***



Myrtle Cottage

CARER'S WEEK

INFORMATION DAY

Join us on the 31st of October
at Myrtle Cottage for

- 10:30am - Morning Tea
- 10:45am - **Guest Speaker Leanne Borg of the Aged Care Assessment Team**
- 11:45am - **Guest Speaker Olive McBride Gerriatitian of South Western Sydney LHD**
- 1:15pm - Light Lunch
- 2:00pm - Finish

Pamper Packs
for all attendees!

Lucky Door Prizes
given out at 1:45pm!

This is your opportunity to:
Learn more about dementia
Learn more about the Myrtle Cottage programs and how they benefit members
Ask questions to guest speakers and staff

Please RSVP your attendance to Christine Turner
02 9426 3100 or 0400 309 292
A.S.A.P.



Scan here!



Contact Us
02-9426-3100



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www.myrtlecottage.org.au

NDIS WANDERER'S PROGRAM

We are excited to announce the appointment of Leanne Marks as the new Team Leader for our NDIS services. With a passion for supporting people with disabilities and a strong background in service delivery, Leanne brings a wealth of experience to our team.

Leanne has spent many years in the disability sector, having previously worked with day programs, recreational supports and STA (respite) within her roles. Her expertise in navigating the NDIS framework and commitment to fostering positive relationships with members makes her an invaluable addition to Myrtle Cottage.

In this new role, Leanne will oversee the coordination of NDIS services, ensuring that our members receive the highest quality of support tailored to their unique needs. Leanne is dedicated to promoting a person centered approach, enhancing communication, and driving continuous improvement within our team.

Please join us in welcoming Leanne to Myrtle Cottage! We are confident that her leadership will greatly benefit our members and enhance our services. If you have any questions or would like to connect with Leanne, feel free to reach out or when you see her stop for a chat.

Trading Table

The Trading Table has raised **\$399** since the last newsletter.

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

Donations

Thank you so much to members making use of the donation box for loose change. *Every little bit counts!* The total recieved since last newsletter is **\$459.15**.

The donation box is located near the entrance to the activity room. It is the slot in the wall.

LINK UP WITH LINKLINE

Healthy Habits for Winter

Hello everyone,

Welcome to spring time health tips. Spring brings flowers, warm weather, shower and allergies.

It is important to stay healthy to enjoy the season.

1. Stay hydrated: As the temperature rises it is necessary to drink enough fluid to stay hydrated. The seniors at higher risk of dehydration.

2. Health check-ups & allergy medication: It is a great idea to see you doctor to keep up with your health screening and vaccination. Make sure you have enough allergy medication in stock as spring brings pollen.

3. Update your Wardrobe: As temperatures rise, switch to lighter, breathable clothing. Make sure to wear comfortable shoes and consider layering to adjust to changing weather throughout the day.

Member Updates

Sadly, June H, our Monday member who moved to nursing home recently, passed away. Our condolence to the family and prayers for the departed soul.

Lately the Linkline members have been found struggling to join the group calls and not being in great spirit.

Please let us know if there is something we could do to make the program more enjoyable for you.

I hope the warmer weather and the blooming nature help to make you all feel better. We would love to get you all back to the group calls.

Upcoming Outings

October Outings to Leumeah Club, Cross Roads Hotel and Marconi Club.

November Outing list will be sent out to you with the upcoming Linkline programs. Hoping to get some fresh air by outdoor outings in November.

9-13 December 2024 we will have daily Christmas party for the members at the Cottage. Note the days in your diary so you do not miss out.

Christmas parties at the Cottage are actually great fun. Please let me know if you wish to attend so I can arrange the Cottage transport for you.



Nasima A

VOLUNTEER'S VOICE

Hello Volunteers,

Welcome to our August- September Newsletter and the Spring.

I thank you all for attending the volunteer support sessions and providing us with your valuable suggestion and thoughts. From next year we will include the dates for support sessions in the yearly calendar so you all know well ahead. If you are interested to join via zoom, please feel free to let me know. Hope it will increase the attendance and support us to grow.

Please follow us on Facebook to receive all the exciting updates.



Nasima A

NEW VOLUNTEERS

A very warm welcome to all of our new volunteers:

Ivago K, Eman R, & Charmain R

Bus Drivers Needed

We are looking for Friday bus drivers desperately. Please contact the Cottage if you are interested.

Volunteers

We are looking bus assistants and program assistants for Wednesday, Thursday, and Fridays. Please contact if you love working with elderly people and people with disability and dementia.

Glad your back!

Matt R & Greg W

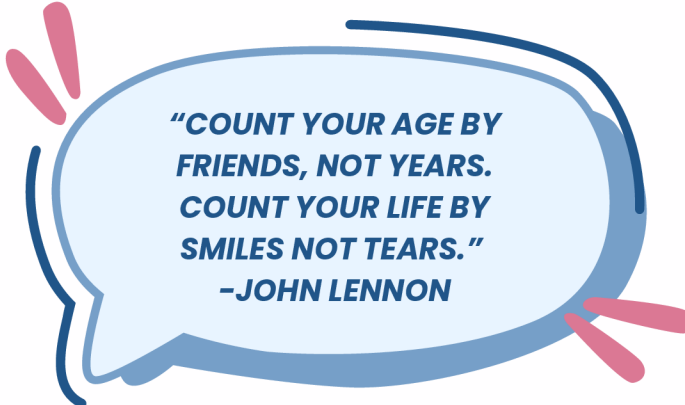
Welcome back to both of our divers after a break for health recovery. We are delighted to have you back. It is a great inspiration for all of us not to give up. I hope it is as beneficial for you as it is for us.

Special Days in October & November

Tuesday 8th October & 12th November: Volunteer Induction @ 10.30am.

Friday 29th November: Volunteer Christmas Party.

Venue & Time to be advised.



"COUNT YOUR AGE BY FRIENDS, NOT YEARS. COUNT YOUR LIFE BY SMILES NOT TEARS."
-JOHN LENNON



Myrtle Cottage

VOLUNTEERS NEEDED

**We need you
to be our new**

- Bus Driver (License Required)
- Bus Assistant
- Activities Assistant
- Cleaner & Kitchen Assistant
- Gardener & General Maintenance Assistant




We need passionate and committed volunteers for a variety of tasks to provide the best for our members living with dementia, people with disability and the frail aged.

Transportation is provided!

Morning pick-ups and afternoon drop-offs to and from Ingleburn Station.



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02-9426-3100

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TRANSPORT DESK

Continued from: “The Road Ahead, Navigating your journey as an older adult”

Detecting changes in your driving:

Detecting changes in your own driving abilities can be difficult. These examples include some of the signs and situations that show your ability to drive safely might be changing.



Signs of changes in your driving ability:

- Constantly feeling tired when driving
- Finding it difficult to read signs, see in poor light or cope with glare
- Experiencing a number of “close calls” or near misses, or being involved in a crash
- Friends or family expressing their concerns about your driving
- Nervousness and loss of confidence when behind the wheel
- Reacting to medications and feeling less alert or coordinated
- Finding it difficult to turn your head and see over your shoulder
- Finding it hard to handle difficult driving situations, including:
 - Being surprised by passing cars
 - Braking harder than normal for hazards
 - Going through red lights or stop signs
 - Turning too fast or too slowly
 - Backing into or over objects
 - Running over the kerb
 - Keeping the car centred in a lane
 - Judging when to turn at intersections.

For more information, call 13 22 13 or visit nsw.gov.au/driving-boating-and-transport

THE KITCHEN

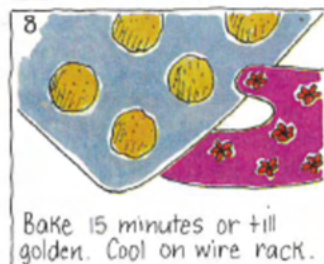
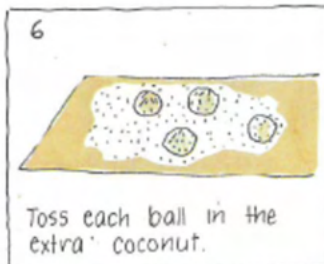
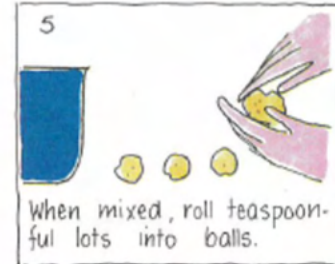
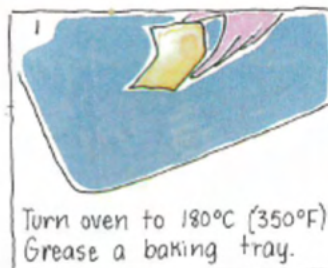
Members and volunteers alike have been asking for this recipe - enjoy your baking!



Jo M

COCONUT COOKIES

Makes about 40
 125 g butter
 1 cup caster sugar
 1 egg
 1 teaspoon imitation vanilla essence
 1 tablespoon white vinegar
 ¾ cup desiccated coconut
 1½ cups self-raising flour
 ½ cup extra coconut



WELCOME

We would like to extend a warm welcome to all of the new members of Myrtle Cottage. We hope you have a wonderful time and make many new friends.



BIRTHDAYS

Wishing all of our members, staff and volunteers who celebrated their birthdays in August & September a Happy Birthday!

Members

Frank T, Bruce F, Jean E, Lisa A, Hellenyta R, Colleen G, Susan D, Laurel P, Bruce R, Maree P, Lily M, Sion G, Robert P, Roslyn M, Beverly W, Manuel P, Con Z, Margaret S, Daphne H, Herti H, Gail F, Carol T, John P, Mary W, Tracey C, Samia D, Fe D, James P, Lynette H, Noleen R, Beryl G, Rodney C, Dianne B, Johnson C, Subash U, Dorothy T, Luz T, Elsie H, Stephen G, Jimmy L, Robyn C, Pamela L, Donna W, Reginald S, James B, Barbara F, Christine L, Charles S, Dean P, Patricia M, Trisilowati S, Pushpa Mcl, Alfred O, Annette F



Staff

Penny W, Melynda L, Babitha C, Boris R, Stephen F, Nasima A, Penny C, Connie V

Volunteers

Deidre P, Courtney C, Graham T, Abu K, Helen K, Fatima H, Supodjanart McG, Allan H, Bob S, Geraldine McA, Tiana M, Sidney T, Marie J, Syd B, Beverly M, Chang D, Greg W, Phoebe O, Ian E, Anne H, Neil S, Pam P, Isabelle V, Manimbul H, Margaret W



THE BELL GROUP PROGRAM

Bell group is our dementia group and operates Monday, Tuesday, Wednesday and Friday from Ingleburn and Wednesday and Thursday from MT Annan hall. I try to call into the Ingleburn group daily to say hi and see what our members get up too! Christine the Coordinator calls into the Mt Annan group.

They really have a wonderful time, whether it be enjoying arts and craft activities, games, walking in the gardens or singing.

Not all of these members are able to go home and explain their day to their loved ones however I can assure you all, they are well cared for and looked after. Their faces light up when I ask them to show me their work and talking about travel is another highlight I share with these members as they walk down memory lane.

"This group is made of friendships, with other members, staff and volunteers which is a lovely thing to be part of."

I would like to thank the staff and volunteers for their dedication in supporting our members with dementia and making their day full of sunshine.



Kylie R



Hi all,

Once again I'm back with another edition of the Happy Feet report for the newsletter. I hope everyone has been feeling well.

Podiatry has remained a popular health service for people here at Myrtle Cottage and there was always been an interest in the service from people that come here. If you would like to join the Happy Feet Project, please don't hesitate to ask Sarah or myself for a podiatry pack.

This Podiatry pack will come with a care plan that you must take to your G.P in order to be able to access this service. We would also need a full copy of your medical history from your G.P, this for the Podiatrist Corrina so she can address any health issues you have. We really need to be strict with getting this care plans filled out by your G.P has it can get very difficult for our podiatrist.

We were made aware that without a care plan that you would either need to pay \$56 directly to the Podiatrist Corrina or you may not be able to see the Podiatrist until you send in the care plan. This is due to guidelines from Medicare that have been explained to us by our Podiatrist Corrina and really needs to be implemented.

Our Podiatrist Corrina has been very patient and understanding but we do need to follow the guidelines, if you do need to speak to someone regarding this please don't hesitate to ask.

I would like to thank everyone that helps out on the day. Your help is very much appreciated when our Podiatry day is on and really means a lot for your assistance.

Now I'm going to move on to some interesting fun facts regarding our feet and legs.

- Children spend 30 hours a week in their school shoes
- The first shoe dates back to 3,500 BC. They were made from a single piece of leather!
- The average person walks 177,000 kilometres in their lifetime!
- In Europe, in the sixteenth and seventeenth centuries heels on shoes were always coloured red
- Your feet mirror your general health, so conditions like arthritis, diabetes, nerve and circulatory disorders can show their initial symptoms in your feet

These are the following dates for Podiatry for 2024:

- **Thursday 3rd October**
- **Thursday 7th November**
- **Thursday 5th December**

Take care!

● ● ●
Rebecca



IMPROVEMENT BOX



Thank you to everyone who left their feedback in the Improvement Box. We received great feedback on lego program, staff and volunteers and outings.

Sharing lovely feedback in this month from a member moving on:

"I'm leaving soon and I would just like to say thank you for providing such a wonderful and a very positive experience. I also appreciate that I and the other clients are treated with dignity and respect. I have loved the time I have spent here and feel I have made a few friends. i'm sorry to be leaving such a wonderful community. I cannot thank everyone for the wonderful care and friendships I have found here."

ADVISORY COMMITTEE

Our last meeting was held 03/09/2024 and what a busy meeting it was. Feedback on the new Medication Policy, the introduction of fruit to morning teas and daily programs. This meeting the committee discussed our new Whistleblower Policy and will bring back any feedback/suggestions to the next meeting. The new Aged Care Act and the upcoming AGM and committee elections.

Our next meeting will be held on the 10th December 2024 at 10am.

See below our Client Advisory Committee Policy and Procedure.

Please ask your Coordinator who your representative is for the day you attend and let them know if you have any feedback or ideas.

CLIENT ADVISORY COMMITTEE POLICY & PROCEDURE

Objective

Myrtle Cottage Group is committed to support the development and growth of the Client Advisory Committee achieve its goals in feedback to the development of Myrtle Cottage Group service delivery.

Policy Statement or Definition and scope

The Client Advisory will be a permanent committee of the Board of Management with information flowing between the two committees through CEO's reports and or Agenda's records. The committee will be made up with a mix of members, carers and volunteers to ensure a voice for our dementia members is heard.

Procedures

Advisory Committee meetings are held quarterly on the second Tuesday of the month from 10.00am to 11.30am at the Myrtle Cottage Group Inc office. The committee as required may arrange other meetings.

Attendance

All committee members are encouraged to attend as their contribution to the running of the Cottage is necessary to ensure operational efficiency.

The CEO and/or Assistant Manager should attend and Chair committee meetings.

Agenda

Agenda items are to include standard items as per organisational agendas and General Business items to record matters that arise from time to time, including issues/problems arising in operation of service, targets for next meeting and meeting feedback with the corresponding solutions/actions agreed upon.

Election of Client Advisory Committee

Each year all members of the Committee will be re-elected for a further 12 months. The CEO will seek nominations every December for the following year. This will ensure a good number of existing members, carers and volunteers is always available to provide their skills and experience.

At any one time the Committee will include:

- 2 representatives of the Diversional Therapy Program elected from each day (Monday to Friday),
- 2 representatives from Linkline and Bell (Dementia)

Programs

Groups can nominate either members, volunteers or carers (from Bell)

Quorum

A simple majority of Client Advisory Committee members will constitute a Quorum.

Role of CEO at Client Advisory Committee Meetings

The senior management attend Client Advisory Committee meetings to provide advice, information, assist in its deliberations and will provide a report on the operations of the service including outcomes achieved, future plans and any issues which need to be considered by the committee.

Annual General Meeting

The Annual General Meeting (AGM) will be held within 6 months of the end of the financial year in accordance with the constitution and the Associations Incorporation Act 1984. Committee members are encouraged to attend.

SPRING GARDEN

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

WORD LIST

BIRDS
BLOOMING
BLUEBELL
BOUQUET
CROCUS

DAFFODIL
DAISY
FLOWERS
GARDEN
GRASS

INSECTS
IRIS
LADYBUG
LILY
NEST

RAIN
ROSE
SEASON
SPRING
TULIP