

# Cottage Courier

December 2021 - January 2022

## Letter from the Editor

### Welcome to 2022!

It has been nice to see all our members returning after the Christmas break we hope you are all rested and ready for a year full of fun activities, outings and best of all time spent with your Myrtle Cottage friends.

Please let the staff know if you have any ideas for craft activities, games or something new you would learn this year and we will be more than happy to see what we can do.

**Valentine's Day**, also called **Saint Valentine's Day** or the **Feast of Saint Valentine**, is celebrated annually on February 14. It originated as a Christian *feast day* honouring one or two early *Christian martyrs* named *Saint Valentine* and, through later folk traditions, has become a significant cultural, religious, and commercial celebration of *romance* and *love* in many regions of the world.

**Kylie**

**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.

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# Elizabeth's Exciting Edit Manager's Report



Hi all,

Happy New Year!! Hope you all had a great Christmas break as I had! We were all overdue for some quiet time relaxing at home, and even when travel was not possible the break was welcomed.

It is good to see that we have been able to maintain all programs working with no interruptions and I am grateful for everyone's cooperation to ensure we are all kept safe. It is always a challenge to make sure everyone is safe, but with your help we will achieve this without a doubt!

Most of our members are back and have now a number of new referrals waiting to have days allocated, so get ready to see some new faces about. Speaking of new faces, don't forget to say 'Hi!' to Cris, our new Ageing and

Disability Coordinator. I bet she is enjoying her new role and hope she will make a great addition to the team. Meantime, a little bird has told me Julie is in Queensland and enjoying the sun up there, so join me in wishing her the best for the future.

As we continue to navigate this COVID reality, just remember that should members or Carers have concerns about their wellbeing, you can contact the Older Person's Covid-19 Support Line which can provide help, support and mental health resources to older Australians, on 1800 171 866.

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

Kind regards,

**Elizabeth Delcasse, Manager**

## Client Advisory Committee

Due to COVID-19 there has been no Client Advisory Meeting. The next meeting on 5th April 2022 remains to be confirmed.

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

Take care and hope to see you all soon

**Kylie Richardson,**  
**Assistant Manager**

**Believe you can and you're halfway there. THEODORE ROOSEVELT**

# Ageing & Disability



Jo-Anne, Sarah, Cris, Natalie & Connie

**Please Note:** The Diversional Therapy Program operates at Myrtle Cottage five days per week. This program is specifically designed for younger people with a disability or people who are frail aged. The article below relates to this group only.

Hello, everyone. Welcome back!

I would like to take this opportunity to introduce myself and to express that I am excited to be part of this amazing Myrtle Cottage team. My name is Cris and I am the new Aged & Disability Coordinator. I started last year, December 2021, and I was lucky enough to meet Julie, who gave me a hand over and introduced me to our lovely members and volunteers before she left. I have been a diligent Leisure/Multicultural Programme Officer with over 10 years of experience in providing person-centred care. I organised and implemented lifestyle and leisure activities for seniors. So far, I have been delighted to meet most of you, and I hope that in the course of the next few weeks I get the chance to meet you all.

December 2021, we had our low key Daily Christmas Parties due to COVID restrictions. We hope that 2022 Christmas celebrations will be more festive. We took lovely photos during Julie's farewell and during our Christmas party, some have been included in this Newsletter.

A big thank you to Christopher H, who dressed up as Santa Clause for Wednesday and took photos with our members, that was a lot of fun! I would like to say a massive thank you to Syd who handcrafted our wooden side

tables, and, thank you to Cia for donating her lovely diamond arts, both items were part of our Christmas Major Prizes. Thank you all for your generous support towards our Christmas Raffle, which raised a total of **\$402**.

Congratulations to the 2021 Christmas Raffle Winners:

1<sup>st</sup> Prize – Judy C; 2<sup>nd</sup> Prize – Geraldine McA; 3<sup>rd</sup> Prize – Beryl B; 4<sup>th</sup> Prize – Maria B; 5<sup>th</sup> Prize – Peter S; 6<sup>th</sup> Prize – George S.

This year, 2022, we needed to reflect late changes to our next program. Our group outings will be postponed until further notice and until the Covid situation eases.

We'll be reintroducing Walks to the café and garden centre for our next program. We will also be adding members choice, where there will be a few choices of different crafts that you can choose on the day and watching concerts in the afternoon as part of our new activities. If you have any suggestions and ideas, please keep a record so that you can share at our next consultation.

I would like to say thank you all for being so welcoming. I look forward to getting to know you and I will do my best to remember all your names. 😊

**Cris and the DT Team**



Julie's Farewell



Christmas Party



Welcome 2022 — Calendar Making





# Craft Activity

If you are anything like me you probably have a jar of buttons at home. You save them just in case and then ... you do nothing with them.

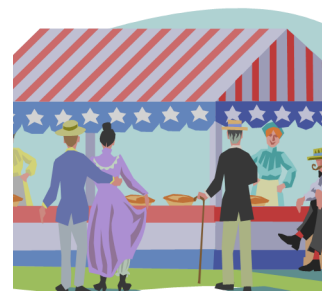
Here are some crafts using all those lovely buttons. We will be doing some crafts using the enormous crate of buttons we have here at the Cottage soon.

Maybe you would like to try some at home ...



**The Trading table has raised \$185 since the last newsletter.**

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



# Bell Program



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

Hi all,

Hope everyone is well, we have all been struggling with the pandemic but Bell is still running as safe as possible. We are still doing our daily cleaning and COVID checklist on pick up.

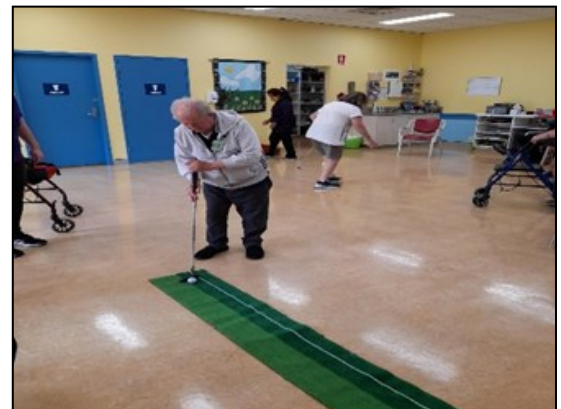
The Bell Program has many carers requesting another day, when I have completed all the new assessments I will offer extra days where possible. We have new members in Bell and Outreach Mt Annan, we have vacancies for Bargo area.

The members are all returning slowly and having a great time doing all the activities we offer. Due to numbers and facilities we have combined the NDIS program and outreach program, the members are really enjoying this.

Outings are still on hold, but we all hope we can resume very soon.

Bye for now

**Christine Turner**



## Donations

**Donations:** Jillian W \$100, Mary L \$10, Elizabeth D \$5, Filippo R \$5

## Received:

**Remember all donations over \$2 are tax deductible.**



# Dementia: Fact Sheet

## Drug treatments and dementia

This help sheet discusses some of the drugs used to treat dementia. This includes drugs approved for treatment of Alzheimer's disease which may improve memory and thinking, and also treat accompanying symptoms such as depression and anxiety. Carers and families should ask their doctor before being prescribed any of these drugs.

A number of drugs are currently available in Australia for treating the memory and thinking problems experienced by people with Alzheimer's disease. They may also provide benefits for other types of dementia, especially Lewy body disease and vascular dementia. These drugs fall into two categories, 'cholinesterase inhibitors' and 'memantine'. Cholinesterase inhibitors are drugs which can lessen the cognitive symptoms of Alzheimer's disease for some people. They may improve memory and thinking for a time. They work by increasing the levels of a brain chemical that is important for memory called acetylcholine. Three cholinesterase inhibitors [common name Aricept], are available for use by people with a diagnosis of Alzheimer's disease. They can also provide benefits for some people with Lewy body disease or vascular dementia.

Treating the accompanying symptoms of dementia People with dementia often experience behavioral and psychological symptoms which can be very distressing. These symptoms may respond to reassurance, a change in the environment or removal of the source of any distress such as pain. Medication should be used as a last resort, but is sometimes necessary. Antipsychotics are drugs used to treat severe psychotic symptoms including delusions or hallucinations. In dementia, they may also be used to treat agitation or aggression. The newer antipsychotics such as risperidone and olanzapine have fewer side effects and are more commonly used. Antipsychotics will not always be helpful, and may be associated with an increased risk of stroke. If an antipsychotic drug is used, it is important to regularly and carefully monitor the person. Antipsychotics are particularly dangerous for people with Lewy body disease. Drugs for treating depression Sy Dementia Australia provides up to date and detailed information about drug treatments for dementia in its Dementia Q&A help sheets, available at the website [dementia.org.au](http://dementia.org.au)

### Further Information

Dementia Australia offers support, information, education and counselling. Contact the National Dementia Helpline on **1800 100 500**, or visit our website at **[dementia.org.au](http://dementia.org.au)**



For language assistance phone the Translating and Interpreting Service on **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 you Wacky Wanderers

Welcome back everyone, we hope you all had a fantastic Christmas and New Year. Let's all hope 2022 will be a lot better than the previous year. Programs have started but outings that were due to resume in January have had to be cancelled due to the increasing numbers of Covid cases across NSW. Never the less, a small number of Friday wanderers have been joining in the DT program and have made some new friends, whilst our Saturday's have been held at the Cottage. Numbers are a little lower than normal but I'm sure that will change when we get back to normality (*whenever that will be*). Members that have been coming in have had lots of fun doing craft, activities, games and watching movies.

**Some quick tips to keep**



**yourself busy at home**

Upcycle your furniture, learn calligraphy, write a journal, clear your kitchen cupboards, learn to cook, create a mood board, make a bucket list, plant herb garden, learn sign language, set goals, get reading, give your home a spring clean, learn to play an instrument.

Please remember for future reference it is each member's responsibility to notify the Cottage 24 hours prior if cancelling. The normal fee will be charged otherwise. See you all around like a rissole

**Connie, Penny and Jo**



# 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 and happy summer to our lovely Linkline members!

***“Let us lay in the sun and count  
Every beautiful thing we can see”  
- Collected***

Here comes another new year and another summer. Life has many folds and surprises to offer us and we are finding new ways to adapt, who knows better than you wise people.

The past two years have been different and challenging and there are new challenges to face ahead but it taught us to be connected with each other. All the Linkline members have been very thoughtful and supportive of each other. We have a busy time in Linkline due to being home most of the time. Lately it has been a little quiet as everyone has different appointments to attend, which is understandable.

Please make sure you have enough sun protection when you go out and about or work in the garden. Take enough fluid to keep

yourself hydrated. Many of you may have lost your appetite and not eating regularly. Try to have some healthy snack at your mealtime even if you do not feel like having a meal. Daily routine movement like walking in the garden, even inside the house, or some light exercise holding on to your chair, kitchen bench, or sitting in your chair or couch helps to maintain a healthy habit.

Linkline runs from 1.30pm to 2.30pm. If you know of anyone, frail aged and/or a carer that feels isolated in their homes and would enjoy conversation, trivia and games to brighten their week, please encourage them to call the Cottage for more information and assistance as we want to connect, socialise and learn from many in this program.

Please be kind to yourself and keep supporting the others with a smile. Keep following the COVID safety measure and stay healthy.

Bye for now.

**Nasima**



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

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

# From Transport Desk



## **GUIDES ON HOW TO SAFELY PUSH A MEMBER IN A WHEELCHAIR**

**SAFETY WARNING:** If a member has very limited mobility, is unsteady on their feet or is on medication that affects their balance, do not attempt to assist them on your own.

### **Pushing the wheelchair up onto a footpath or kerb**

- Look for a ramp, driveway or other alternative. If there is no option stand close to chair at the back, firmly holding the handles.
- Face the wheelchair as close as possible to kerb.
- Put your foot on the tipping or tilt bar (the lower horizontal bar between the back wheels).
- Tip the chair back using the tipping bar until balanced on rear wheels.
- Ensure you keep your back straight using your arm and leg muscles to balance chair.
- Push steadily and firmly forward until the front wheels are on the pavement and the back wheels ride up.
- Roll the wheelchair up kerb.
- **Never** attempt to lift the rear wheels off the ground.

### **Pushing the wheelchair down a footpath or kerb**

- Reverse the wheelchair to edge of kerb.
- Carefully step down from the kerb onto the road (or lower surface) while holding onto the chair.
- Let the person know that the chair will dip and roll down.
- Gently lower the wheels, rolling slowly down the kerb, making sure that both rear wheels hit the ground together.
- Use the tipping bars (lower horizontal bar between the back wheels) to raise the front wheels and roll the wheelchair back on its rear wheels.
- Ensure you keep your back straight using your arm and leg muscles to tip chair.
- Move backwards until the front wheels clear the kerb and gently lower down onto the road.

### **Pushing the wheelchair down a slope**

- Check for any obstacles before moving.
- If the slope is very steep, find someone to assist you.
- Go down backwards slowly using your leg muscles and body weight to slow the chair down.
- Try not to twist to look behind you whilst moving



# 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

**“It always seems impossible until it is done.” - Nelson Mandela**

Hi Everyone,

Happy New Year and welcome back. The new year might not have started the way we wanted but it is the beginning of a new hope. Does not matter how hard it appears to be, we will get there.

Hope you all had a lovely Christmas with your family and loved ones. At least this one was better than the last. We had a surprise raffle drawn for the volunteers. We have included all the volunteers, who worked during the week of Christmas. And the winners were Collin S, Derek P and Anne H. Congratulations to the winners and sincere thank you to all our volunteers for being with us and supporting us all the time.



I would like to give a big thank you to Neil S, John P, Abu K and Dayne T for assisting the staff members cleaning up the Cottage before Christmas.

As you all know by this time the COVID booster shot is mandatory for all the staff members and volunteers, please send the

proof of your booster shot to the office at [info@myrtlecottage.org.au](mailto:info@myrtlecottage.org.au)

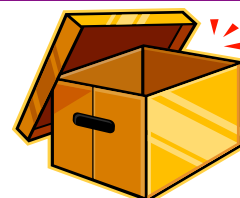
Our regular monthly volunteer induction is starting from February and we are hoping to continue every month from then on. Our inductions will take place the second Tuesdays of every month. The number of volunteers have gone very low in the last couple of years. We are looking for volunteers in all areas of the Cottage, like bus drivers, bus assistants, program assistants, kitchen assistants, COVID officers. If you know anyone who is interested to work in a friendly, welcoming environment and willing to make a difference in the community please refer them to the Cottage.

Stay safe and happy, enjoy the summer

**Nasima**



**LOST PROPERTY:** If you have misplaced an item please see staff. The Lost Property Box will also be placed on the Trading table for people to identify their belongings.



# Member Update

## Welcome to all our new Members:

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

### **New Members:**

Betty E, Edi I, Dianne M, Rose G, John M,  
Phillip R, Donna W, Robyn B, Max G,  
Antonino B, Margaret M

### **Welcome back:**

Dot C

### **Members that have gone into permanent care:**

Terrence B

### **Members that have passed away:**

Carlo P

### **Members who are sick:**

Margaret K, Ted T, Robert S, Gurcharan S,  
Dot C, Doris H, Anne D, Patricia V

### **Members that are not returning:**

Pamela D, Sukhma K

### **Members that are too ill to attend:**

Narise F



## **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.*





# Happy Birthday!

## December

### Members:

Margaret H  
Susan M  
Margaret R  
Gary C  
Robert M  
Christopher T  
Pricila L  
Christopher S  
Maxine V  
Jeffery B  
Helen May D  
Christel K  
Albert F

Jean P

### Volunteers:

Kathryn P  
Ahmad R

### Staff:

Christine T  
Colleen W

## January

### Members:

Lutchnee N  
June P  
Judith C  
Yilmez O

Anna T

Robert W  
Robert C  
Jayne S  
Gerry S  
Lynette F  
Edeltraud I  
Jenny F  
Janice P  
Zita C  
Melanie M  
Mary C  
Janice S  
Maria B  
Adrianna V

Danny T

Anne V  
Lucy G

### Volunteers:

Tisela V  
Peter McM  
Gerry S  
Vaughan H  
Shirley R  
Linda W  
Nani M

### Staff:

Diana A  
Ronnie M  
Christina L

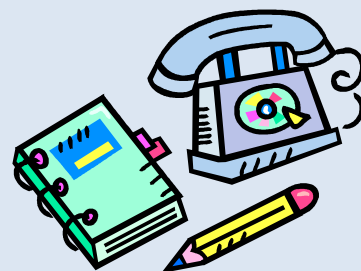
**You are never too old to set another goal or to dream a new dream. C.S. LEWIS**

## 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.



# Policy of the month

## Feedback and Complaints for Service Users

***Continued from 2021 10-11  
Newsletter ...***

### Complaints procedure

1. Members are encouraged to raise their complaint with the staff member/ volunteer concerned in the first instance.
2. If the member is not satisfied with the outcome, or not happy to discuss the issue with the staff member concerned, they should contact the program coordinator of the program the issue relates to or the Manager, or use an advocate to negotiate on their behalf.
3. If the issue is still not satisfactorily resolved, the member should raise the issue with a member of the Board of Management in writing or request that the Manager refers the matter to the next meeting of the Board of Management.
4. If after approaching the above people, the issue is still not resolved, the member can contact:

#### **For members under 65 years**

NSW Ombudsman Office

Level 24, 580 George Street

Sydney NSW 2000

Phone: 02 9286 1000 or 1800 451 524

Email: [nswombo@ombo.nsw.gov.au](mailto:nswombo@ombo.nsw.gov.au)

Disability Services Commission

Phone: 02 9319 6622

#### **For members over 65 years**

Aged Care Complaints Scheme

Australian Department of Health and

### Ageing

GPO Box 9848

Sydney NSW 2000

Phone: 1800 500 552

If you are deaf or have a hearing or speech impairment:

- Telephone Typewriter (TTY) users: phone 1800 555 677
  - Internet Relay users: go to [www.iprelay.com.au](http://www.iprelay.com.au) and enter 1800 550 552
  - If you do not speak English, call the Translating and Interpreting Service on 131 450 and ask to be put through to the Aged Care Complaints Scheme on 1800 550 552
  - If you do not speak English, call the Translating and Interpreting Service on 131 450 and ask to be put through to the Aged Care Complaints Scheme on 1800 550 552
5. The member should be informed of the outcome of their complaint and asked for their feedback on the complaints procedure.
  6. All complaints are to be recorded in the Complaints & Feedback Form, noting actions taken and outcome.
  7. Complaints and Feedback Forms will be entered in the Complaints Register. This will ensure that complaints received about performance will inform improvements to service delivery.

### Using feedback for service improvement

Management will be responsible for



maintaining and managing 'Complaints and Feedback Register' and the program annual surveys.

General issues and their outcomes will be displayed in the Myrtle Cottage newsletter. Annual survey reports with recommendations will be included in the individual program Operational Plans.

#### **Dispute between Member and Carer**

If staff members or volunteers become aware of a dispute between a member and their carer which concerns a Myrtle Cottage Group Inc service they should refer the situation to a Coordinator or the Manager who will either:

- Mediate and attempt to negotiate a solution, or

- With the member's permission, bring in someone with mediation skills to mediate.

If a dispute arises which does not involve Myrtle Cottage Group Inc, staff should not interfere but should, if requested, refer the matter to the Manager. The Manager should then refer the member and their carer to an appropriate agency for further assistance.

#### **Privacy and Confidentiality**

Complaints received by Myrtle Cottage will be handled in a manner that protects the privacy and dignity of complainants and members and ensures that information is handled by the minimum of people required to manage the complaint. Consent to provide information to a third party should always be obtained.

# **FROM THE KITCHEN**



**Jo**

Greetings from the kitchen,

Wishing a big warm welcome back to everyone. I hope you all had a wonderful Christmas, and a happy and safe New Year.

I would like to extend a heartfelt thankyou to all the amazing kitchen volunteers that turn up week after week and work their little tails off. You are all appreciated so very much.

Please don't hesitate to bring any ideas, comments or suggestions to the kitchen. Any feedback is always welcome.

I have included an easy, tasty recipe from the '4 Ingredient' cookbook.

#### **Sausage Rolls**

##### **INGREDIENTS**

- 400 gm chicken mince

- 1 carrot, peeled and grated

- 2 tbs honey

- 2 sheets puff pastry

##### **METHOD**

preheat oven to 200C

Mix together mince, carrot and honey. Season to taste

Lay a sheet of pastry on a flat surface and cut in half

Spoon mixture down the centre of each half

Fold pastry over filling, overlapping the edges and place the join on the bottom

Cut each into 4 pieces and bake for 30 min on a lined tray

Repeat with remaining pastry and filling

**ENJOY**

**Bye Jo M**

## Wellbeing tip of the month:

### Why Sleep Matters

Sleep gives your brain a much-needed break from the stresses of the day. It rejuvenates your mind and allows it to process information. Most adults who get seven to eight hours a day have lower mortality rates, and tend to be healthier, than those who have more or less than this amount. If you don't get enough sleep, you may be more vulnerable to catching colds, and you may have trouble maintaining a healthy weight, because a lack of sleep impairs your body's ability to regulate the hormones associated with appetite. Even worse, people who sleep fewer than four hours, or more than eight hours, a day are more likely to suffer from high blood pressure, depression, diabetes, dementia, and heart disease. Not getting enough sleep can affect your memory, learning, creativity, productivity, and emotional stability. You may also be more irritable, lack concentration, or have problems focusing on your daily tasks.

### 10 Practical Ways to Get a Better Night's Sleep

#### 1. Exercise Regularly

Daily exercise can improve your sleep. You release feel-good hormones – endorphins – which help reduce stress, elevate your mood, and relieve anxiety and depression. Just exercising for 20 to 30 minutes a day can help. However, limit your exercise to mornings and afternoons. Doing a strenuous activity within two or three hours of your bedtime raises your body temperature and makes it harder to sleep.

#### 2. Increase Your Exposure to Daylight

The more natural daylight you're exposed to, the more your body produces the hormone



melatonin, which makes you feel sleepy. Aim to get at least two to three hours each day, and this will help you fall asleep at night. If you're stuck in an office, the lack of daylight may make you feel sleepy during the day. Go out into the fresh air at lunchtime, and work by a window, if possible.

#### 3. Avoid Eating Large Meals Close to Bedtime

You might find that, when you eat a large dinner, you struggle to sleep while your stomach digests it. In particular, spicy and acidic foods can cause heartburn, which makes it more difficult to sleep well. A light snack, however, may satisfy your hunger before bed, and allow you to sleep. Eat foods that are low in sugar, such as bananas, or wholegrain cereal with milk, yogurt or granola.

#### 4. Avoid Drinking Caffeine or Alcohol in the Evening

If you have drinks that contain caffeine or alcohol too close to bedtime, they can interfere with your sleep patterns. Caffeine stays in your system for up to 12 hours, so limit your consumption to the morning. And even though alcohol can help you fall asleep, it can also cause you to wake up periodically through the night, so drink it in moderation.



## 5. Alleviate Stress Before Bed

It's important to feel relaxed before you go to sleep, so write down any sources of stress before your bedtime. If you have a To-Do List, cross off what you've accomplished that day, and write down the tasks you need to do the next day. This way, you'll find it easier to relax so that you're not worrying about forgetting important things while you should be sleeping.

## 6. Establish a Regular Sleep Pattern

You can improve your chances of getting a good night's sleep by going to bed and waking up at the same time every day. Consistency is the key, so don't break your pattern at the weekends, when it may be more tempting to stay up late and then sleep in the next morning.

## 7. Stick to a Familiar Routine

Get into the right frame of mind by establishing a bedtime routine. For example, you may read a book, enjoy a cup of herbal tea, or take a relaxing bath. Meditation and other relaxation techniques can be useful for winding down before you go to bed.

## 8. Create the Right Environment

Avoid using your bedroom as a place to work or watch TV. If you use your bed exclusively for sleeping, your mind and body will recognize that getting into it means that it's time to go to sleep. Your bedroom should have a temperature of around 18°C and

adequate ventilation. Drown out any background noise by playing calming music or white noise. Use low-wattage lightbulbs in your bedroom, and make sure it's completely dark when you turn out the light. Do this by investing in blackout curtains, or by wearing an eye mask. If you have to get up during the night, don't turn on your main lights, as this will wake you up fully. Use a side lamp instead.

## 9. Keep a Sleep Diary

A sleep diary can help you identify the habits that affect your ability to [sleep](#). Make a note of what you consumed before bed, particularly alcohol and caffeine. If you take any medication, include this information as well. Mention whether you did any exercise or relaxing activities, or if your day was particularly stressful. This will show what has a positive or negative impact on your ability to nod off. Write down your thoughts before you go to bed, track the number of hours you sleep, and describe how you feel in the morning. Over time, you'll be able to recognize patterns and use this information to improve your sleep.

## 10. Take a Nap

Short naps can boost your energy and help you perform at your best throughout the day. Research has shown that afternoon naps can help improve work productivity.

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



## Important Dates to Put In Your Diary

**01/02/22:** Client Advisory Committee Meeting  
10.00 am  
**03/02/22:** Happy Feet Project Day - Podiatry  
**08/02/22:** Volunteer Induction 10.30 am  
**24/2/22:** AGM for 2021  
**03/03/22:** Training Day – Cottage closed  
**08/03/22:** Volunteer Induction 10.30 am  
**10/03/22:** Happy Feet Project Day - Podiatry  
**25/03 – 03/04/22:** Seniors Week  
**05/04/22:** Client Advisory Committee Meeting  
10.00 am  
**11/04 – 25/04/22:** School Holidays Term 1  
**12/04/22:** Volunteer Induction 10.30 am  
**14/04/22:** Happy Feet Project Day - Podiatry  
**15/04 – 18/04/22:** Easter Break  
**15/04/22:** Good Friday Holiday  
**16/04/22:** Holy Saturday  
**17/04/22:** Easter Sunday  
**18/04/22:** Easter Monday  
**25/04/22:** Anzac Day Holiday  
**10/05/22:** Volunteer Induction 10.30 am  
**16 -22/05/22:** National Volunteers Week  
**19/05/22:** Happy Feet Project Day - Podiatry  
**07/06/22:** Client Advisory Committee Meeting  
10.00 am  
**13/06/22:** Queen's Birthday Holiday  
**14/06/22:** Volunteer Induction  
**23/06/22:** Happy Feet Project Day - Podiatry  
**04/07 – 15/07/22:** School Holidays Term 2  
**12/07/22:** Volunteer Induction 10.30 am  
**28/07/22:** Happy Feet Project Day - Podiatry

**02/08/22:** Client Advisory Committee Meeting  
10.00 am  
**09/08/22:** Volunteer Induction 10.30 am  
**25/08/22:** Training Day – Cottage closed  
**01/09/22:** Happy Feet Project Day - Podiatry  
**13/09/22:** Volunteer Induction 10.30 am  
**26/09 – 7/10/22:** School Holidays Term 3  
**03/10/22:** Labour Day Holiday  
**04/10/22:** Client Advisory Committee Meeting  
10.00 am  
**06/10/22:** Happy Feet Project Day - Podiatry  
**11/10/22:** Volunteer Induction 10.30 am  
**08/11/22:** Volunteer Induction 10.30 am  
**10/11/22:** Happy Feet Project Day - Podiatry  
**17/11/22 (Thu):** AGM – 2-4 pm  
**25/11/22 (Fri):** Volunteer Christmas Party -  
PM  
**03/12/22:** International Day of People with  
Disabilities  
**06/12/22:** Client Advisory Committee Meeting  
10.00 am  
**08/12/22:** Happy Feet Project Day - Podiatry  
**10/12/22 (Sat):** Bell Carers' Christmas Party  
**12 – 16/12/22:** Daily Christmas Parties  
**21/12/22:** School Holidays Term 4 start  
**21/12/22:** Members' last day for the year  
**22/12/22:** Clean  
up and staff last  
day  
**03/01/23:** First  
day back



**Don't cry because it's over, smile because it happened**



# Happy Feet



**Sarah & Rebecca**

Hi Everyone,

I hope everyone had a good break over Christmas and New Year's. This year the first podiatry session will be on **Thursday, 3<sup>rd</sup> February**.

2022 should be a busy year and if you would like to come to Podiatry don't hesitate to ask Sarah or myself for a care plan to give to your G.P and you can get five free sessions a year for Podiatry.

If you can't get to your GP, you can pay \$45 directly to Corrina on the day and transport would be provided on the day if you choose to come.

As always, I would like to thank the Volunteers that help on the day, your help is greatly appreciated.

Have a great day.

**Rebecca/Sarah**

**Admin/DT Assistant**



## 2022 Podiatry Dates

Thursday 3<sup>rd</sup> February

Thursday 10<sup>th</sup> March

Thursday 14<sup>th</sup> April

Thursday 19<sup>th</sup> May

Thursday 23<sup>rd</sup> June

Thursday 28<sup>th</sup> July

Thursday 1<sup>st</sup> September

Thursday 6<sup>th</sup> October

Thursday 10<sup>th</sup> November

Thursday 8<sup>th</sup> December

## Joke of the Month

**One day, Einstein has to speak at an important science conference.**

On the way there, he tells his driver that looks a bit like him:

"I'm sick of all these conferences. I always say the same things over and over!"

The driver agrees: "You're right. As your driver, I attended all of them, and even though I don't know anything about science, I could give the conference in your place."



"That's a great idea!" says Einstein. "Let's switch places then!"  
So they switch clothes

and as soon as they arrive, the driver dressed as Einstein goes on stage and starts giving the usual speech, while the real Einstein, dressed as the car driver, attends it. But in the crowd, there is one scientist who wants to impress everyone and thinks of a very difficult question to ask Einstein, hoping he won't be able to respond. So this guy stands up and interrupts the conference by posing his very difficult question. The whole room goes silent, holding their breath, waiting for the response.

The driver looks at him, dead in the eye, and says: "Sir, your question is so easy to answer that I'm going to let my driver reply to it for me."

**Thanks Warren**

# Human Bones

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

MANDIBLE

RADIUS

METATARSAL

FEMUR

SCAPHOID

TALUS

STAPES

HAMATE

TRAPEZIUM

TIBIA

PATELLA

TEMPORAL

ULNA

CLAVICLE

COCCYX

STERNUM

MALLEUS

HUMERUS

FIBULA