

Cottage Courier

August—September 2022



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Welcome to our August/September Cottage Courier. I would like to thank those that have hit the Like button on our Facebook page. Please let me know your thoughts, feedback or suggestions. We are in the process of designing our new **Myrtle Cottage Website** and would love input from our members and carers. We are also after testimonials it would be great if you can email in to info@myrtlecottage.org.au or send a note along with your loved one.

We held our R U OK Day 8th September 2022. It’s our national day of action when we remind Australians that every day is the day to ask, ‘**Are you OK?**’ and start a meaningful conversation whenever they spot the signs that someone they care about might be struggling with life.

As we enter into October I would like to let everyone know that the month of October is Mental Health Awareness month. The objectives of Mental Health Awareness are:

- To increase awareness and understanding of mental health in the community
- To reduce the stigma surrounding mental illness
- To promote help-seeking behaviour
- To encourage people to take action to improve their mental health

To provide support to those who are affected by mental illness

If you think someone you know may be struggling with their mental health, the most important thing you can do is to reach out and start a conversation with them. You don’t have to be an expert on mental health to have this conversation. Just show that you care and are willing to listen.

Other tips to improve the mental health of others could be by:

- Asking your friends how they are and just checking in with them
- Grabbing a coffee
- Going for a walk together
- Playing games
- Doing any hobbies together
- Just being there for them and listening

If you are struggling with your mental health, please remember that you are not alone and there is help available. You can ring 24/7 Lifeline on 131 114 or Beyond Blue on 1300 224 636.



@ Myrtle Cottage

Myrtle Cottage Group

6 Bosci Road

Ingleburn NSW 2565

☎ 02 9426 3100

www.myrtlecottage.org.au

Disclaimer: Information contained in this newsletter is believed to be true and correct at the time of publication. This newsletter is provided for information and awareness purposes only. People should make their own enquiries and judgement concerning any information, services or products contained within. The views expressed on this newsletter are not necessarily those of Myrtle Cottage.

Elizabeth's Exciting Edit Manager's Report



Hi all,

We are in the last quarter of the year and things at the Cottage have really started to get busy. Our member numbers continue to grow in all programs and we are enjoying seeing new and old faces. Planning is underway for our AGM in November and Christmas parties in December.

You would of noticed that some Covid-19 restriction are starting to ease at the Cottage, staff will continue to ensure that all members are kept safe as these changes occur.

As we move from winter into spring here are some tips to help you along the way; spending time in nature and noticing the world around you can be a great way to renew your energy and reconnect with what's important to you. Perhaps you can take a walk and spend some time reflecting on what is important to you. Also, there are plenty of wonderful

fresh fruit and vegetables at this time of year so enjoy!

Summer updates on new Fire Danger Ratings. There are four levels of fire danger in the new system:

- **Moderate:** Plan and prepare
- **High:** Be ready to act
- **Extreme:** Take action now to protect your life and property
- **Catastrophic:** For your survival, leave bushfire risk areas

Myrtle Cottage is grateful for all our partnerships and we would like to thank **Meals on Wheels 2022 partnership with Reckitt** in supporting members and volunteers with donations of **Glen 20**.

Look after your selves and each other!

Kind regards,

Elizabeth Delcasse, Manager



DONATIONS & BEQUESTS

Make a gift to be remembered for all time.

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

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

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

We would like you to consider a bequest to Myrtle Cottage. If you require further information

on how to make a bequest, please contact the Manager of Myrtle Cottage on (02) 9426-3100.

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

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

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

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

Ageing & Disability



Jo-Anne, Sarah, Cris, Natalie & Connie

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

Hello everyone,

I hope you are all doing well.

I would like to welcome Joshua P, Robert Z, Sokhom K, Russel B, Milagros T and Kathryn W, who joined the Cottage as new members for DT, NDIS and Recreational program.

The DT program participated in RU OK week, when we reminded members, volunteers and staff that every day is the day to ask "Are you Ok?" A simple chat or a start of a meaningful conversation can mean everything to someone, a friend or loved one who might be struggling in life. Staff prepared different activities for everyone to participate in their own way like "RU OK themed bingo", communication cards and shared a list of contacts for Mental Health Support services.

Congratulations to the 3 winners of the Father's Day Raffle. 1st Prize – Frank T, 2nd Prize – John C and 3rd Prize Fred C. We raised a total of \$378.00! Thank you very much to everyone who bought tickets.

Members have been going on outings including: Appin Pub, Crossroads Hotel, West Leagues Leumeah, Marconi Club, and, Ingleburn Bowling Club. When the weather permits, members go for a walk to the Café and Nursery as part of their exercise and to get some fresh air. We also have the morning visits to ABCOE, Glenquarie shops, and, Darrell Lea, which are all still popular.

I would like to share the following, beautiful poem,

created by one of our members, Robert Z., about Myrtle Cottage. Happy reading ☺:

Myrtle Cottage

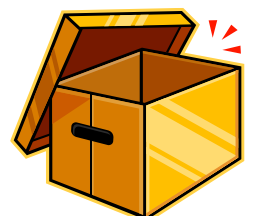
Myrtle Cottage is the place to be
Everyone there is full of glee
It doesn't matter if you're young or old
Everyone there has a heart of gold
You go some places and all they do is stare
This is the place where we all have fun and share
We hope the staff have realised their part
They have given us all a brand-new start
Where would we be without the beautiful place
Just sitting alone somewhere staring into space
There isn't just staff but volunteers as well
They too make our lives a great story to tell
There's never a time we have to admit
The friendship here is more than a bit
When everyone's there it's not like a class
For each person shows love which they want to pass
We look forward to going there all the time
This is because the feelings shown grow like a vine
So, it just does not matter who you are
For when you are there you feel like a star.

Written by — Robert Z.

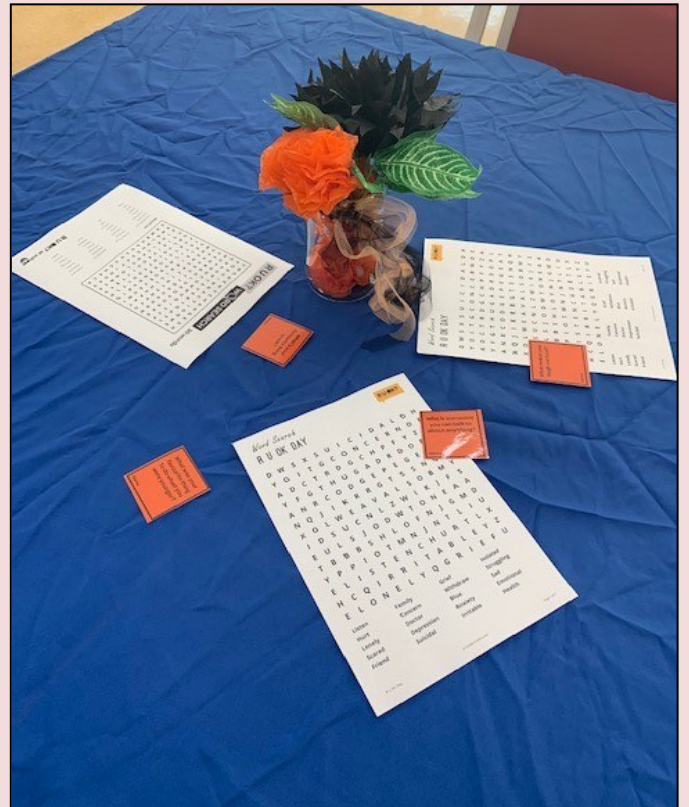
Stay safe and healthy everyone!

Cris and DT Team

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.



RU OK? Week



Group Outings



Birthdays



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



Craft Activity

MATERIALS

- Stones
- Pots
- Different coloured green paints
- Different coloured paint for pots
- Gravel to fill pots for stones to stand in

METHOD

1. Collect an assortment of stones, nice flat smooth ones will work best.
2. Paint stones in different shades of green and decorate with dots, or stripes of white paint.
3. Pots can be decorated any way you like. Mexican themed colours would be nice.
4. Fill pots with gravel which can be purchased in different colours from hardware stores.
5. Stones are then “planted” in the pots. A very easy to maintain and water wise garden. These pots would look lovely on a sunny window sill in your kitchen.



DT Staff are all looking forward to Natalie's paper flower making craft sessions. Natalie made all the paper flowers for our "R U OK" day table decorations and they looked great. Hope everyone will enjoy making them.

To plant a garden is to believe in tomorrow.

**Our AGM is on Thursday 17th November
so start putting on your thinking caps**

**WHO WOULD YOU NOMINATE FOR THE 2022 ACHIEVEMENT
AWARD?**

Bell Program



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

Hi everyone,

We have been on a few outings some places we have visited are; **Macarthur Tavern, Cross Roads Hotel.** We have tried to follow the program and go to members favorite places like the **Botanical Gardens** but weather has forced us to change at

the last minute.

I have sent the invites to everyone for the **Carers Week event** that Myrtle Cottage will be holding, hope to see many of you there.

Bye for now



The Trading table has raised \$161 since the last newsletter.

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



Dementia: Fact Sheet

Memory changes

This help sheet describes some of the differences between memory loss as a part of normal ageing and as a symptom of dementia. It provides some tips for keeping your memory sharp.

One of the main symptoms of dementia is memory loss. We all forget things from time to time, but the loss of memory with dementia, particularly Alzheimer's disease, is very different. It is persistent and progressive, not just occasional. It may affect the ability to continue to work, or carry out familiar tasks. It may mean having difficulty finding the way home. Eventually it may mean forgetting how to dress or how to bathe.

An example of normal forgetfulness is walking into the kitchen and forgetting what you went in there for, or misplacing the car keys. A person with dementia however, may lose the car keys and then forget what they are used for.

Key points about normal forgetfulness

- As we get older, the most common change that we complain about is memory change
- Knowledge about how memory changes as we get older is a lot more positive than in the past. Memory change with healthy ageing certainly doesn't interfere with everyday life in a dramatic way
- Everyone is different, and the effect of getting older on memory is different for each person
- Recent research describes the effect of getting older on attention processes, on the ability to get new information into storage, on the time it takes to recall things and "on the tip of the tongue" experiences
- Research also suggests that immediate memory and lifetime memory do not change as we get older

Debunking memory myths

Myth One: Forgetfulness is a sign that something is wrong with your brain. **Fact:** If we didn't possess the capacity to forget we'd all go crazy. The ability to remember what is important and discard the rest is a skill to be treasured.

Myth Two: You lose 10,000 brain cells a day, and one

day you just run out. **Fact:** This is an exaggerated fear. Some parts of the brain do lose nerve cells, but not where the process of thinking takes place. You lose some nerve connections, but it's possible to grow new ones, or maintain the connections you have, by exercising your mind.

Myth Three: Compare yourself to others to tell if your memory is normal. **Fact:** A huge range of ability exists across the general population. Even a single individual experiences variations in memory over the course of a lifetime. Just as certain people have a talent for music and others do not, some of us are naturally gifted at various types of remembering.

Tips for keeping your memory sharp

- As yet, there is no prevention or cure for dementia. However, here are a few tips for keeping your brain fit and memory sharp:
- Avoid harmful substances. Excessive drinking and drug abuse damages brain cells
- Challenge yourself. Reading widely, keeping mentally active and learning new skills strengthens brain connections and promotes new ones
- Trust yourself more. If people feel they have control over their lives, their brain chemistry actually improves
- Relax. Tension may prolong a memory loss
- Make sure you get regular and adequate sleep
- Eat a well balanced diet
- Pay attention. Concentrate on what you want to remember
- Minimise and resist distractions
- Use a notepad and carry a calendar. This may not keep your memory sharp, but does compensate for any memory lapses
- Take your time
- Organise belongings. Create a particular place for essential items, such as car keys and glasses
- Repeat names of new acquaintances in conversation

Further Information

Dementia Australia **1800 100 500**, or visit our website at dementia.org.au

RECREATION PROGRAM

NEWS FROM THE WANDERERS

Connie and Penny



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

Hi all, we hope everyone is doing well.

The Wanderers have been enjoying some new and past venues since we last caught up and what fun has been had. We visited **Campbelltown Catholic Club** this was a new venue for some members and how nice to attend one of their local clubs. The club also allowed members to purchase children's meals at a low cost. This was great as members really like to bag a bargain. **Dumaresq Street Cinema** is also one of our popular spots. Other venues we have attended are: **Darrell Lea and Glenquarie Hotel, Shopping at Glenquarie Town Centre, Abcoe and Clearance outlet, Museum Camden Library, Op**



Bagging some bargains at Bunning's

Shopping at Camden, The Base Warehouse, Club Marconi Star Buffet. We also got some last-minute things to enjoy Halloween. Whenever we have some spare time, **Bunning's** is always a winner to stroll around.

Now that the weather is warming up we are looking forward to adding picnics and BBQ's with our future programs so don't forget to pack a hat and put on sun screen before we pick you up.

Connie, Penny and Jo-Anne

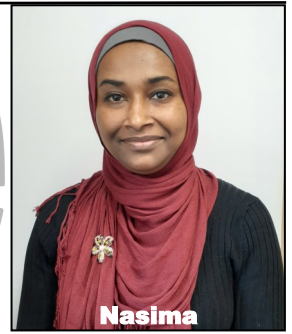


Getting ready for Halloween



Enjoying our Thai Lunch

Link up to Linkline



Nasima

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

Hello everyone,

Welcome to the August—September Newsletter and to the Spring.

I have noticed lately that a few of our **Linkline** members are not doing very well with their health. As a result, they are feeling very down and keeping themselves isolated, which is concerning. It would be best to consult your GP for support and make a suitable healthy diet plan to start with. In spring we have beautiful vegetables and seasonal fruits, so try to include some of these in your diet every day.

Getting some fresh air every day is very much needed for all of us to live a healthy life. You might like to sit outside every day for at least 10 minutes, take a walk outside every day if possible. Spring is a season of pollen and allergies, but there is always a way when there is a will. You can get out after it rains as it washes away the pollens, have your allergy medications handy, take a shower after the walk.

It would be a good idea to utilise Cottage outings that are on offer. You get the opportunity to socialise with others and make friends without any hassle of making any arrangement of your own. The outings are indoors at this stage so you do not need to worry

about the weather. This will help to lift your spirit. I have mentioned the venues in **Linkline** Program, if you have any question regarding those please feel free to give me a call. Please note that if you are willing to join any outing it needs to be on the day you join **Linkline** group and you need to have at least two COVID vaccine doses.



Halloween and Christmas are at our door steps already!! Something to look forward and be cheerful about! If you celebrate Halloween and Christmas you may like to start your planning now! It will give you enough time so you do not need to rush and stress. You can avoid the mad rush in the shopping mall, you may look into booking your Community Transport ahead for your shopping trips. Cheer yourselves up!!!

I would like to finish today with the quote of **Olivia Benson**:

“You’re a fighter

Look at everything you’ve overcome

Don’t give up now.”

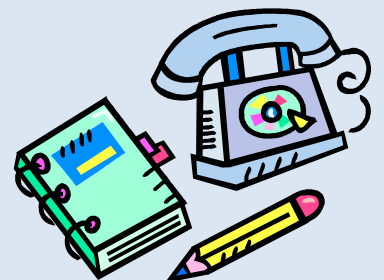
Nasima

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.



From Transport Desk



Safer Driving Habits (adapted from TfNSW, On the road 65Plus; staying independent and safe)

It can be useful to adopt some safer driving habits to protect you and others on the road if you notice that your driving habits have changed over the years.

Ready to Drive:

Every time you get in a car make sure you're ready to drive. Check your:

- Seatbelt
- Handbrake
- Seat Position
- Pedal Position
- Mirrors

The simplest mistakes, such as confusing the brake and accelerator pedals, can lead to serious crashes.

Drive to the conditions - Reduce your speed in bad conditions like rain or fog. This gives you more time to respond to an unexpected event. If the conditions are really bad, its best not to drive at all. If you are already driving, pull over in a safe place off the road, turn on the hazard lights and wait for the conditions to improve.

Increase your response time - All drivers need to allow a three-second gap when travelling behind another vehicle. If you allow a slightly longer gap you will have more time to respond to other drivers and dangerous situations.

Look for other road users - Before you begin driving, make sure pedestrians and cyclists are away from your vehicle by checking your mirrors, blind spots, sensors and reversing camera.

Drive during the middle of the day - It can be harder to see in the late afternoon sun and at night. If you drive during the middle of the day, you are able to see more clearly and there are fewer cars on the road.

Drive short distances - Plan ahead so you only drive short distances. Drive to the shopping centres closest to you at the least busy times to avoid high-traffic situations.

Share the driving - If you're planning an outing with family or friends or a long journey, share the driving.

Drive on familiar roads - Before you set out, plan our journey so you drive on familiar roads, and avoid situations you may find difficult such as complex intersections, heavy traffic and high-speed roads.

Be well rested - make sure you have a good night's sleep and feel alert before driving. This is especially important in the morning, at night and in the early afternoon as many people feel tired at these times. If you feel tired, it's best not to drive.

Avoid distractions - Turn off mobile phones before you begin driving and avoid distractions so you can focus on driving.

Avoid driving if you are unwell - When you're not feeling well, your risk of crashing increases. Wait until you feel better to drive.

Donations Donations: Kath W \$350; Nasima A \$60; Sugar \$35; Elizabeth D \$20; Anita B \$10

Received: Remember all donations over \$2 are tax deductible.

Volunteer Drivers Wanted

Ring 02 9426 3100

The Volunteers Voice



Nasima

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

Welcome to the August—September newsletter everyone.

I would like to start with thanking you all for the support you have been providing throughout to ensure smooth operation in order to provide an enjoyable day to our members at the Cottage.

We are very happy to say that all our volunteers, staff members and members are very friendly, supportive with each other. We love to have a good chat while we are at the Cottage. Please do not forget to include our members at all times, when they are around so they feel part of the team. We uphold the value, "**Treat others the way you would like to be treated**". We run this service for the members and we need to put them first.

There will be one more volunteer support session before Christmas closure. Please put your thoughts and suggestions together so we can make a great start for next year.

Here is the picture of **Werriwa Volunteers Award 2022** as promised. Congratulations again to all the kitchen volunteers for their achievement. Sadly, **Anne M** has left the Cottage in September to enjoy her retirement. She will be missed dearly. On the other hand, the great news is **Pam L** has completed her twenty years of volunteering at the Cottage and



wishes to continue many more!!

We are thinking of bringing Hands On program back and looking for interested volunteers. Also, we are looking for volunteers in all areas of the Cottage. Please refer to anyone who is interested. Our monthly inductions are held every second Tuesday of the month at 10.30 am.

Enjoy the beautiful spring and look after yourselves.

Nasima

New Volunteers

Sam G, Margaret G, Philip D, Helen K, Gabby S, Ian E

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 \$164.20 which brings the total since July 2022 to;

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



Member Update

Welcome to all our new Members

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

New Members:

Sokhom K, Joshua P, Joan F, Margaret R, Alan T, Stephen G, Russell B, Kathryn W, Fred C, Ron F, Robert Z, Dima B, Helen H, Ian C, Brendan D, Therese T

Members that have gone into permanent care:

Anna T, Margaret H, Kerry L, Vince B, Pydiah N, Cynthia B, Tom B

Members that have passed away:

Danny T

Members who are sick:

Rita C, Margaret P, Helen D, Doris H, Brian F, Merle S

Members that are not returning:

Gerry S, Belinda F, Serge M, Ron F, Maxine V, Therese T

Happy Birthday!

August

Members:

Frank T
Bruce F
Jeanette B
Hellenyta R
Mary Y
Susan D
Ishaque K
Beverly W
Margaret S
Elizabeth McG
Herti H
Tracey C

Volunteers:

Abu K
Helen K
Gopinath S

Allan H
Bob S
Geraldine McA
MarieJ
John P
Syd B
Chang D

Staff:

Melynda L
Babitha C

September

Members:

Alan T
Noleen R
Dianne B
Johnson C
Margaret R

Dorothy T
Luz T
Elsie H
Ross S
Laura P
Stephen G
Jimmy L
Pamela L
Rita C
Donna W
Christine L
Dean P
Doris H
Alfred O
David K
Kathleen W
Margaret K

Volunteers:

Greg W

Larry F
Vincent C
Derek P
Ian E
Anne H
Neil S
Pam L
Manimbul H
Margaret W

Staff:

Stephen F
Nasima A
Penelope C
Connie V



Policy of the month

Code of Behaviour for Employees And Volunteers

Continued from 2022 6-7 Newsletter ...

Code of Behaviour for employees and volunteers

All employees and volunteers of Myrtle Cottage Group, including Board members, commit to follow this Code of Behaviour, including but not limited to:

General Principles

- Abiding by the philosophy of Myrtle Cottage Group (see **Philosophy** in policy manual); observing all the rules of Myrtle Cottage Group including those specified in the Constitution and policy manual of the organisation;
- Acting in a lawful and ethical manner and according to this Code
- Taking all necessary steps to ensure the health and safety of myself and others whilst attending Myrtle Cottage or its activities
- Representing Myrtle Cottage Group Inc in a positive way
- Expecting that I will be treated fairly and equitably with my peers
- Not attending work under the influence of alcohol or other drugs. Myrtle Cottage has a zero tolerance to drugs and alcohol.
- To be open and honest when confronted by ethical dilemmas and seek to resolve these by consulting management
- Not harassing (in any form) members, staff or volunteers of Myrtle Cottage Group (see **Bully Harassment and Discrimination** definitions in this Code)
- Political and/or religious views are not to be imposed on others while attending Myrtle Cottage or while involved in any activity organised by Myrtle Cottage

Interacting with Client members and members of the community

- Act with courtesy, promptness, fairness, efficiency and impartiality
- Respect individual differences and not

discriminate against, harass or bully people

- Respect the rights and dignity of clients
- Maintaining confidentiality of all information gained due to involvement with Myrtle Cottage (see **Confidentiality** in policy manual) i.e. not providing access to personal phone numbers, private addresses or being contactable outside of Myrtle Cottage hours
- Promoting opportunities that allow members to develop and maintain meaningful personal relationships within the community
- Not engage in relationships which may lead to a conflict of interest (actual or perceived) between professional and personal roles (see **Personal Relationships** policy)
- Not visiting Members in their homes, hospital or in the community for any reason (socialising, lawn mowing, or to provide private services, etc) without the approval of the Manager of Myrtle Cottage. This includes not engaging with members on social media while involved in Myrtle Cottage and 3 months after leaving.

Interacting with each other

Treat staff and volunteers with courtesy and respect
Not engage in discriminatory, harassing or bullying behaviour and not accept such behaviour in the workplace

Work cooperatively as a member of a team – which includes accepting a fair share of the workload, being punctual and honouring commitments

Contribute to the creation and maintenance of a safe working environment.

Resolve and address any grievance that arise as per Grievance Policy

A Supervisor, Manager or Member of Management Board

Adhere to the principles of Equal Employment Opportunity and Equity and Diversity

Act ethically

Ensure that staff members know what their job entails, how they are expected to do it, what results they are accountable for, and how their performance will be managed

Encourage open communication

Manage change as an ongoing, continuous and positive aspect of the work environment

Ensure that this Code of Conduct is brought to the attention of staff and volunteers

Use of Myrtle Cottage Property

Myrtle Cottage believes in allowing reasonable personal use of telephones, e-mail, faxes, computers, photocopiers, text messaging and the Internet by its staff/ volunteers.

Under this Code staff/ volunteers will not use Myrtle Cottage property for activities that might be unlawful, questionable, controversial or offensive (for example abusive or threatening messages, gambling, accessing chat lines, transmitting chain mail or inappropriate jokes, accessing or sending pornographic material, sending junk programs or mail, copying or sending unauthorised copyright material, or downloading software)

Use of Motor Vehicles

Myrtle Cottage Vehicles can only be used for authorised work purposes, as per Motor Vehicle Policy

Acceptance of Gifts

Myrtle Cottage staff/ volunteers will not seek nor accept gifts or benefits as per the Gift Policy

Failing to abide by the above rules may lead to dismissal from Myrtle Cottage Group Inc

Code of dress

Employees and volunteers clothing should be neat, clean and tidy and appropriate to the type of work they perform.

Examples of inappropriate dress:

- Thongs, sandals or high heels (closed in shoes must be worn as per Work, Health and Safety (WH&S policy)
- Clothing with slogans on them (Some slogans/ pictures can be offensive and **can not** be worn at the Cottage.)
- Frayed or torn clothes
- Hats worn inside

Procedure for entering a member's home

Drivers or volunteers are not permitted to enter a member's home without the presence of a staff or another volunteer or prior approval by management. Staff or volunteers should only enter a members home alone in the event of a member being in need of urgent assistance, and following Risk Assessment of the situation.

Joke of the Month

Married Four Times

The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time.

The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation. "He's a funeral director," she answered. "Interesting," the newsman thought... He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

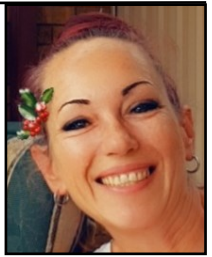
She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now - in her 80's - a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

(Wait for it...)

- She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."

FROM THE KITCHEN



Jo

Greetings from our very busy kitchen,

I hope everyone is keeping well, and staying healthy. The warmer weather is fast approaching, and Christmas along with Christmas parties will be here before we know it.

The kitchen volunteers have been very busy baking tasty Morning teas and delicious desserts, and we always welcome any comments, suggestions and ideas.

Our crew all attended a special Morning tea in August for the **Werriwa Volunteers Awards**, and each received a goody bag and certificate. Well done to all kitchen volunteers, who always work tirelessly and are never afraid to learn new skills. Thankyou so very much for all your hard work. You are all appreciated so much. We say a sad farewell to **Ann M** as she heads into retirement and wish her all the best. Her beautiful cakes and desserts will surely be missed.

We celebrated **RU OK day** with a special morning tea every day during that week.

I have included a delicious recipe for **Fudge Brownies** for which we have received a couple of requests for a copy of the recipe.

FUDGE BROWNIES

INGREDIENTS :

- 200 grams butter
- ½ cup cocoa
- 2 cups brown sugar
- 1 teaspoon vanilla essence
- 1 cup plain flour
- 2 eggs

METHOD :

1. Preheat oven to 180 C and grease/line a 30 x20 cm cake tin
2. Put butter and cocoa in a big pan and melt gently. Do not boil
3. Add sugar and vanilla and stir well
4. Take off heat and sift in flour. Stir it in
5. Add eggs and beat them in really well
6. Spread evenly in the tin and bake for 20-25 min
7. When cool, top with icing if required, or enjoy as it is.

By Jo M

Client Advisory Committee

I am pleased to say we have had two meetings since our last Newsletter, one was to gain ideas around what the Client Advisory Committee (CAC) will look like after such a long break due to COVID and the other was exciting as we started to lay down new foundations.

The CAC has a total of seven members and three volunteers now representing all programs within the Cottage. The CAC are another voice for all members so please look for who your daily representative is for the day you attend and let them know your thoughts and ideas.

Take care and hope to see you all soon

Kylie Richardson,
Assistant Manager

Health and Wellbeing

Gum disease causes 75% of all tooth loss.

Here are four things you must know about dental hygiene as you age.

1 – If you want to keep your natural teeth as long as possible, you must prevent gum disease

Gum disease develops when bacteria build up on your teeth and gum line, leading to inflammation (known as gingivitis). Gingivitis is a treatable and reversible condition. However, if left untreated, gingivitis turns into periodontal disease (gum disease). Over time, gum disease eats away at the supporting ligaments that hold your teeth in place, leading to wobbly teeth and eventually tooth loss. Unfortunately, gum disease is irreversible and is the leading cause of tooth loss.

2 – 6-monthly check-ups really are essential

Regular professional dental cleans, along with daily at-home care, are an essential part of preventing gum disease. There is mounting evidence that chronic gum disease increases your risk of heart attack, diabetes, and stroke, amongst other conditions. The mouth is the gateway to the body, so



Courtesy of Dr Darryl Marsh BDS. Dr Darryl is the author of two books and the Founder of Today's Dentistry in Chermside.

if you want to keep your body as healthy as possible, it's important to keep your teeth and gums healthy as well.

3 – Oral Health Therapists are best suited to helping you prevent gum disease

Most patients are used to their 6-monthly 'check-up and clean' being 15-20 minutes long and rushed through by a dentist. At Today's Dentistry, we have employed Dental Hygienists and Oral Health Therapists for decades because they are dedicated to helping patients prevent dental disease. An Oral Health Therapy appointment is generally 60-minutes long and includes checks for oral cancer, periodontal charting to catch early signs of gum disease, as well as thorough deep cleaning of any built-up tartar.

4 – Floss is not your only option

Traditional dental floss is still a highly effective way of removing extra food and bacteria from between your teeth. However, many patients struggle with floss. If you're not currently flossing, or you find it difficult due to arthritis or other mobility issues, be sure to talk to your dentist about alternative flossing options. There are many innovative products on the market including interdental brushes and electric water flossers which may help you clean your teeth more thoroughly.

Do you have your Seniors Cards?

If you are 60 or over, and a permanent resident of NSW, you are eligible.

Discounts and deals at thousands of businesses state-wide - from shops to tradies to travel and professional services and lots more.

Go to <https://www.seniorcard.nsw.gov.au/membership>

If having trouble getting online, just ask for help from staff or a family member.

Just two samples for savings:

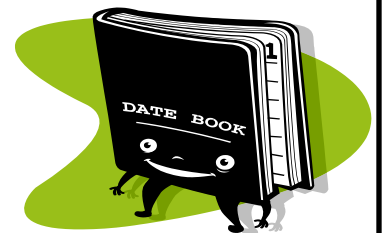
- **10% Discount for all Senior Card Holders Tuesday & Wednesday at Coles.** Just present your card at any Coles checkout register to receive storewide discount. This promo does not apply to purchases of tobacco, cigarettes, gift cards, iTunes cards, and mobile phone recharges.
- Save on average \$200 a year on groceries by using Woolworths WISH eGift cards bought on the Seniors Card website. **The eGift cards can be used at Woolworths Group stores, including supermarkets and Big W.**



Important Dates to Put In Your Diary

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



Happy Feet



Sarah & Rebecca

Hello All,

I hope everyone is good. So far this year **Podiatry** has been doing well and we have a fair few people that are coming so that is great.

Once again if you are interested in coming to Podiatry don't hesitate to contact Sarah or myself so we can give you an information pack you can take to the doctor and get your subsidised visits or you can pay directly **\$56** on the day. If you are interested in coming to this service transport can be arranged for you.

Most importantly I would like to thank everyone that helps out on the day, your help is very appreciated.

Please see below the Podiatry dates for the rest of the year and take care everyone.

Rebecca

Admin Assistant

Thursday 6th October
Thursday 10th November
Thursday 8th December



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

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

The Colour Green Find-a-Word



ARTICHOKE
 ASPARAGUS
 BEANS
 BROCCOLI
 CABBAGE
 CHLOROPHYLL
 CLAY

CLOVER
 DINOSAURS
 ENVY
 FROG
 GRASS
 IGUANA
 KERMIT

LEPRECHAUN
 LETTUCE
 MARKERS
 MARTIAN
 MONEY
 PEAS
 PLANTS

SHAMROCK
 STEMS
 TREE
 TURTLE