

# Cottage Courier

December 2022—January 2023


Welcome to our December/January Cottage Courier I hope you have all enjoyed the festive season and warmer weather.

We have exciting news for our members, carers, community and partners our new **Myrtle Cottage Website** will be launched very soon, watch this space for further information.

As we start the new year making healthy new year resolutions is easy, but sticking to them? We know that this is not so simple. In fact, most of us will give up on our well-intended new year goals by the end of February. This usually happens because we have attempted to change too many things at once, we've put too much pressure on ourselves or our healthy goals are too vague. It can help to think of your goals as measurable objectives. These objectives can be set, tracked and anchored in existing habits to help you stay motivated in the short run – and well into the future.

Until next time,

**Kylie**



*Don't carry your mistakes  
around with you.  
Instead, lay them on the  
ground and use them as  
stepping stones to rise  
above them.*

## Main Contents

|                           |    |
|---------------------------|----|
| Manager's Report .....    | 2  |
| Ageing & Disability ..... | 3  |
| Craft.....                | 6  |
| Client Advisory .....     | 6  |
| Bell Program.....         | 7  |
| Recreation Program.....   | 9  |
| Happy Feet .....          | 10 |
| Linkline .....            | 11 |
| From Transport Desk ..... | 12 |
| Volunteers Voice .....    | 13 |
| Member Update .....       | 15 |
| Birthday .....            | 15 |
| Policy of the Month ..... | 16 |
| From the Kitchen .....    | 17 |
| Health & Wellbeing .....  | 18 |
| Important Dates .....     | 19 |
| Find A Word .....         | 20 |



## Myrtle Cottage Group

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[www.myrtlecottage.org.au](http://www.myrtlecottage.org.au)

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# Elizabeth's Exciting Edit Manager's Report



Hi all,

A 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 most staff have reported enjoying this time tremendously!

All programs have resumed operating with full numbers and a host of new activities are being planned for the coming months, so get ready to enjoy good times with friends.

I believe the highlights for me in December was attending the Bell Christmas Party as well as the Daily Christmas Parties with the DT program. After three years with no group celebrations, every one was very excited, including myself! As the photos will show.



The programs have now planned a number of picnics and trips to the beach to take advantage of the beautiful weather we are having, so



remember to stay safe in the sun, wear a hat and drink lots a water!

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

**Kind regards,**

**Elizabeth Delcasse, Manager**





# Ageing & Disability



Natalie, Cris, Sarah & Connie

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

Welcome back, everyone!

We hope you had a lovely time spending it with your family and friends during the festive season.

At long last we finally had our Christmas parties for the whole week during December 2022. We had our daily entertainers, raffles, various Christmas activities, games and special Christmas lunches that were provided by Ingleburn RSL (thank you to Robert M. and his team!). Members, volunteers and including the staff, had fun dancing, singing along and socialising with their peers. A huge thank you to our amazing entertainers: Monday – **Evergreens**, Tuesday and Wednesday – **Tony Martin**, Thursday – **Kristy and Feathered Friends**, and, Friday – **Annette**. It made our celebration week special and lots of fun. Thank you very much.

Congratulations to all our members who won the major Christmas raffles: Monday – **Paulette B & Bev J**, Tuesday – **Dot S & Jenny F**, Wed – **Tracey C & Bruce F**, Thu – **Tio N & Jayne S**, Fri – **Anton B & Des L**. Thanks to everyone who supported the Christmas raffle. We raised a total of **\$612.70!**

Last but not least, our Christmas celebrations would not be as special and as memorable as it was in December 2022 without our volunteers and staff. Your hard work and efforts do not go unnoticed. Thank you to all of you!

We started the New Year with members catching up with their peers and making/decorating their own New Year calendars for 2023. Members have been on some outdoor outings to enjoy the warm weather, picnics and BBQs at Mt Annan Botanical Garden, Plough and Harrow, and Curry Reserve.

The DT team are looking forward to another fun and memorable 2023.

Again, welcome back!

Stay safe and healthy! ☺

**Cris and DT Team**

## Christmas Parties



## Monday with Evergreens





Tuesday



Wednesday



Thursday







Friday



# 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.



## Donations

**Donations:** Campbelltown Craft Society \$302; Ralph D \$250; Kath W \$90; Craig S \$50; Mani \$6; Found on bus \$5; Anita B \$5

## Received:

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



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

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



# Craft Activity

## MIRROR LEAF DRAWINGS: NATURE ART

Make some beautiful mirror leaf drawings as activity for all to enjoy! Great for practising observational drawing skills and learning firsthand about nature, the structure of leaves and symmetry. This would work well for any season and could be done with flowers too!



## Client Advisory Committee

We held our last Client Advisory Committee Meeting 08/12/2022 with 2 members, 2 volunteers in attendance and apologies from 4 members.

Items discussed covered the new **Aged Care Code of Conduct** coming into effect from 1/12/2022 for residential aged care. Whilst this Code of Conduct does not apply to CHSP services as yet we always pride ourselves on respecting the rights of all our members. We also discussed the **Seniors Rights Service** 1800 424079 who work with seniors on Advocacy issues and will look at inviting them to come and speak at the Cottage this year. Lastly, we discussed the current **Strategic Plan** which was developed with staff, volunteers, members and our board of management to guide the direction of the Cottage.

The CAC are another voice for all members so please look for who is your daily representative 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**



# 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,

Welcome back, I hope you all had a great Christmas.

We are all looking forward to another year of fun and activities with Bell, Outreach and Flexible Respite members.

We had a change of scenery for the **Bell/Outreach Christmas Party** this year at the **Botanical Gardens**, the weather was great, we had many carers and members attend. We would like to thank

the Volunteers for their exceptional help, the **Rotary Club** for giving their time and cooking a great BBQ, **Elaine F** for the gifts she made for everyone. Congratulations to all who won a raffle.

The January programs have been sent out and our outings are back on. The first one will be on Monday the 30.01.23. We will be taking members to **Camden Valley Inn**.

Bye for now

**Christine Turner**



**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.





# FORGET-ME-NOT CONCERT

This concert is designed for Seniors living with dementia who would benefit from a more relaxed concert environment. Music is a great way to kick start the brain and unlock memories. Carers and family members of seniors living with dementia are also invited to attend.

**WEDNESDAY 1 MARCH 2023  
FROM 11AM TO 1PM**

**CAMDEN CIVIC CENTRE - OXLEY STREET, CAMDEN**

Bookings: <https://www.trybooking.com/CFDDN>  
For booking support, please call 02 4645 5009





# RECREATION PROGRAM

NEWS FROM THE WANDERERS

Connie and Penny



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

Hello Everyone

One of our members requested to go to **Rashays** to celebrate her Birthday with



some of her friends. The turnout was fantastic, **Jeanelle** had a big smile on her face the whole day long.

**Parklea Markets** had us searching for the freshest fruit at reasonable prices from Johnny's Fruit and Veg. Some of us were looking for clothing, while others had to find a gift for friends. Lunch was at our usual spot at the market as there is a large variety to choose from. It's called Corn Dog Avenue. We viewed over 60 stalls on the day.



**Flower Drum Campbelltown** Xmas Dinner was lovely to see the members come out for the night, unfortunately we didn't have any time to see the Xmas lights, but we got to see some on the way home.



**Bankstown Sports Club**, we



have been going there for a few years now and we all love it. Inside is like being outside because of atmosphere, its really different. Plenty of choices for lunch, from Chinese, Pizza, Cafes if you want a light lunch, and that's just to name a few options. Members chose an eatery that had a lot of options which include all of the above. Coffee and dessert for some as well. Always a popular venue.

**Vinnies Picton** – unable to go due to roads being flooded.

**Thai Emerald**, highly recommend, had a fantastic lunch. They took our order quickly and all the meals came out together. The food was excellent as always and the service can never be faulted.

**Movies** - Puss in Boots although it was a cartoon all the members said they enjoyed it thoroughly. To top off the day lunch was amazing at Wests with some having dessert as well. One of our members (*but we won't mention who*) ate an entire pizza by himself. Yum Yum

**Bunnings** Who doesn't love a day out at Bunnings,



our member sure do. Plants, kitchen fixtures, soils, where just a few on members lists. Coffee to start the day at the café which was enjoyable as was lunch after shopping. Not much seating left on the bus as it was loaded with boxes from the day purchases. What a great day.

**Japanese Garden** feature a traditional water fall, Koi pond, timber bridge, stonework pathways, lush plantings and a 16<sup>th</sup> Century designed teahouse handcrafted by Japanese craftsmen. It was one of the most peaceful days walking around the garden and finding different spots where we could stop and rest for a while.

**Austinmer Beach** The weather was great for a beach day. All enjoyed fish and chips under the



shade of some palm trees overlooking the beautiful blue waters.

**Bye for now, Chao!**

# Happy Feet



**Sarah & Rebecca**

Hi I hope everyone is well and good, it's an exciting time as we are in the New Year and I hope everyone enjoyed their holidays and their time spent with family and friends.

Just wanted to let anyone who is interested know that if you would like to join our Podiatry service that is on offer at Myrtle Cottage please don't hesitate to contact either Sarah or Myself and we can give you a care plan form that you can take to the G.P.

Once again, I would like to thank the Volunteers and Staff that help out with the podiatry service. Your help is very much appreciated and everyone works so hard to make sure things run smoothly.

The first Podiatry session will be on the 16<sup>th</sup> of February this year and here are the other dates for the year.

**Rebecca**

**Admin Assistant**



## Podiatry Dates for 2023

Thursday 16<sup>th</sup> February

Thursday 23<sup>rd</sup> March

Thursday 27<sup>th</sup> April

Thursday 1<sup>st</sup> June

Thursday 6<sup>th</sup> July

Thursday 10<sup>th</sup> August

Thursday 14<sup>th</sup> September

Thursday 19<sup>th</sup> October

Thursday 23<sup>rd</sup> November

**The Trading table has raised \$202 since the last newsletter.**

**Larger items can be photographed and placed on the notice**





# Link up to Linkline



Nasima

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

Happy New Year to all the Linkline Members!!! Hope you are all well and had a fantastic time over the Christmas and New Year period. We have been going a little quiet on Linkline after the holidays, which is not very unusual at this time of the year. Hope you guys have been keeping yourselves positively engaged. For the past few years we have been making an effort to make a men's group on Linkline. Guess what!!! We nearly made it!!! We have Monday group with three male members and also, a female member to make it even better ☺. **Shhhh** ... don't tell anyone, but I think everyone is even happier that way. Every year we update the members' profile in order to update any changed circumstances. It will happen this year too, but if any of your details and/or conditions have changed please feel free to let me know at any time. We have covered many interesting topics last year including numbers, letters, words, colours, music, movies, riddles, rhymes and many more. If you have any other topic in mind please let me know so we can dig into that and have more fun. Cottage outings were limited due to various factors last year and we are optimistic to explore more places during this year. This is a great opportunity to meet the other members in the group you have been speaking with. The Linkline program includes the list of the venues and the cost to attend the outings.



Please have a close look and choose your outing as soon as you get the program. Please note that Linkline members are invited to join the outing on their allocated days.

I have noticed lately that many of the members do not have

the program when we do the daily activities on Linkline. As a result, we are not able to get the full benefit out of it as desired. You may like to keep a little tray next to your phone where you can keep the program as soon as you receive it. Also, you may consider putting a tag on the tray so it is even more convenient to locate.



What do you think about making a new resolution this year? How about getting out of home one day a week, you may think of starting to come to the Cottage once a week. It will provide you with the opportunity of face to face socialisation, stay out of loneliness and anxiety, lift your spirit. Feel free to let me know so I can make a referral for you. You may like to revise your diet plan and improve it with some healthier options, adding some exercise to your daily routine, re-establish some lost connection with old friends and family. Tell me next time what is your resolution. We can find some more ideas through our discussions. I have added some pictures of the Linkline members who attend the Cottage as well. They enjoy coming to the Cottage and have lots of fun here.

Linkline runs from 2.30pm to 3.30pm. 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.

I am looking forward to have fun and learn with all of you this year. Take care of yourselves.

Bye for now.

**Nasima**



# From Transport Desk



Hi Everyone,

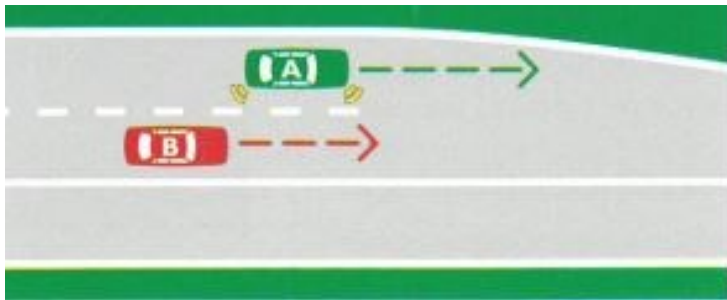
Welcome to the Transport report. Just a few housekeeping reminders for the new year.

- Masks are to still be worn in the buses when travelling. If you don't have a mask or forgot to bring it with you, please ask your driver or bus assistant and we can supply you with one.
- Please make sure that you keep your seat belt on until the bus stops completely either at the Cottage or at your home. This is for **YOUR** safety.
- If you are unwell or are unable to attend the service, please call the office as soon as you can to notify us so we don't come to your home and get you out of bed. We understand that emergencies happen. Our answering machine is on after hours if you need to leave a message.

## Road Rules: Merging:

### **Merging when the number of lanes is reduced:**

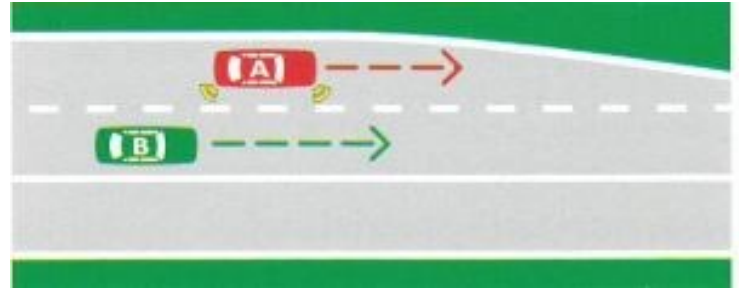
When a driver is travelling on a road without lane markings and the number of lanes or lines of traffic is reduced, they must merge by giving way to any vehicle that is ahead of them. This is often called a zipper merge.



Car B gives way to Car A

### **Changing lanes when a marked lane ends:**

When a driver is travelling in a marked lane which is ending and is required to cross a broken painted line to enter the adjacent lane, the driver must give way to the traffic travelling in the lane being entered.



Car A gives way to Car B

### **Keeping left**



On multi-lane roads with a speed limit of more than 80km/h, motorists must not drive in the right-hand lane unless they are:

- Overtaking
- Turning right or making a U-Turn
- Avoiding an obstacle
- Driving in congested traffic
- Driving in a special purpose lane or if there is a *Left Lane Must Turn Left* sign or a left traffic arrow and the driver is not turning left.

If a *Keep Left Unless Overtaking* sign is displayed, the requirement applies regardless of the speed limit.

**(Taken from booklet: Road Safety: Top 10 misunderstood road rules in NSW)**



# The Volunteers Voice

This column is for volunteers. It provides a summary of the volunteer meetings held, any notices or issues for volunteers & provides an opportunity for volunteers to have their say



Nasima

Hello Everyone!!

Welcome to 2023 and to the first newsletter of the year!!!

Thank you all for coming back to the Cottage after the break. I hope you all have managed to get some time to yourself as well as with your loved ones.

The Volunteer Support Sessions have been moved to February due to low number of volunteers in January. Some of the volunteers were away the first couple of weeks of January so we have decided to wait until most of the volunteers return to the Cottage. More attendance will provide us with more food for thought.

Volunteering situation is staggering all over Australia currently, so we are no different. We would greatly benefit from having some new additions to our volunteer team. Our monthly Induction is back from February. Please refer any potential volunteer to the Cottage, encourage them to attend the induction, which will help them to know the Cottage better.

We have received "Gift of Time" awards from Campbelltown City Council for the volunteers who



donate their time in the local council areas. Congratulations to the Award winner volunteers!!! Sorry, did not manage to take everyone's photo.

The Cottage will be closed on 28<sup>th</sup> February for all staff and volunteer training. Please feel free to see me for more information. All the volunteers are encouraged to join the training.

Annette P, Dayne T and Derek P had been nominated for the NSW Volunteer of the Year



## New Volunteers

Helen M, Vanitha E, Carmen T, Nazifa K







Award 2022. Please congratulate them for their achievement. They were so close to winning!!!  
Thank you all for your continual support and look

forward to have another successful and even better year. Take care of yourselves. Bye till next time.

**Nasima**



## 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.*

**Our AGM is on Thursday 16<sup>th</sup> November  
so start putting on your thinking caps**

**WHO WOULD YOU NOMINATE FOR THE 2023 ACHIEVEMENT  
AWARD?**

***Don't forget Membership is due 30<sup>th</sup> June***



# Member Update

## Welcome to all our new Members

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

### **New Members:**

Maureen T, Fay F, Rosa R, Imtiaz A, Patricia M

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

Daphne P, James B, Edith L, Peter M, Ian McT,  
Margaret R, Andrew L, Ann V

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

Robert S, Ross S, Dot S, Helen D, Margaret J

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

Margaret K, Russell B, Doris H, Mary L, Anne D,  
Therese T, Flor C, Sokhom K

## Happy Birthday!

### December

#### **Members:**

Margaret H  
Susan M  
Fred C  
Ian R  
Margaret R  
Dima B  
Rosa R  
Gary C  
Fay F  
Christopher T  
Georgina Z  
Pricila L  
Christopher S  
Anthony S  
Maureen T  
Helen May D  
Albert F  
Daniel R

Jean P

#### **Volunteers:**

Ahmad R  
Margaret G  
Gabby S

#### **Staff:**

Christine T  
Colleen W

### January

#### **Members:**

June P  
Judith C  
Susan S  
Romaine McG  
Aytekin T  
Yilmez O  
Robert W

Jayne S

Imtiaz A

Lynette F

Edeltraud I

Janice P

Pauline B

Jenny F

Zita C

Melanie M

Mary C

Janice S

Barbara B

Maria B

Janet S

Adrianna V

### **Volunteers:**

Tisela V  
Sam G  
Peter McM  
Carmen T  
Vaughan H  
Hasna K  
Janette W  
Linda W  
Lalit K  
Norhani M

### **Staff:**

Diana A  
Ronalie M  
Christina L





# Policy of the month

## Work Health & Safety Policy

### Objective

Our Work Health and Safety Policy is based on a belief that the well being of people employed at work, or the people affected by our work, is a major priority and must be considered during all work performed on our behalf.

People are our most important asset and their health and safety is our greatest responsibility. The public shall be given equal priority to that of our workers.

### Policy

To implement the policy and to ensure that actions are taken as soon as possible to rectify any possible shortfalls or problems relating to Work Health & Safety. As well as responsibilities defined below.

- Provision of a workplace which is safe and free from risks;
- Compliance with the Work Health and Safety Act 2011 and Work Health and Safety Regulation 2017.

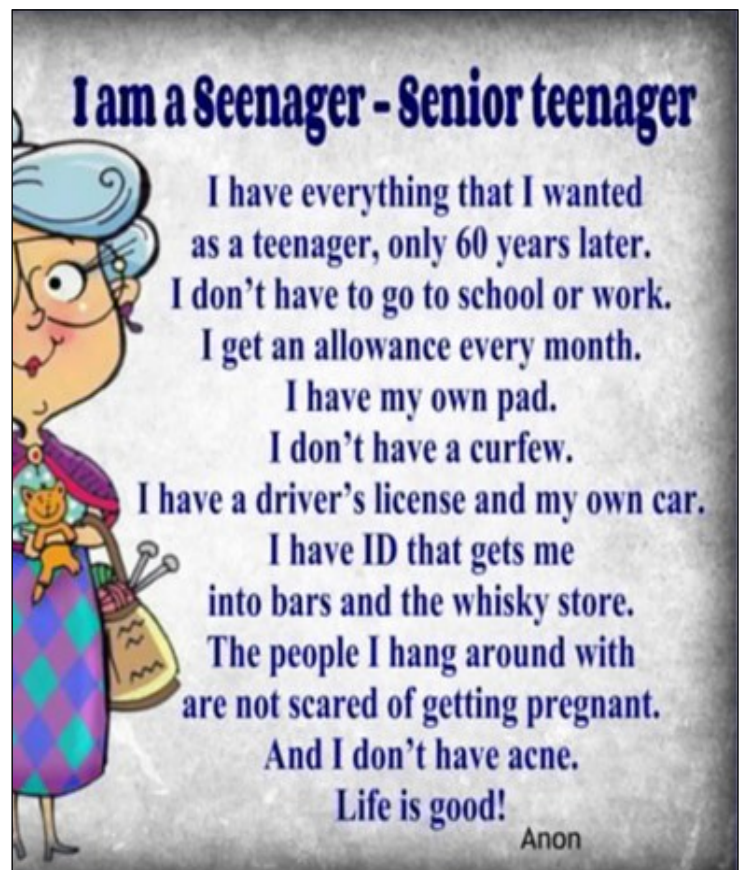
The main objectives of our policy are:

- Ensure the health welfare and safety of all workers and others in the workplace;
- Ensure workers have the ability to identify and control risks in the workplace through a system for hazard identification and risk assessment;
- Involve workers in the decision-making processes through regular communication, consultation and training;
- Use specialist professional advice where necessary to ensure that the service meets its WHS obligations;
- Ensure that workers compensation (or other appropriate insurance), injury management and rehabilitation is available for all staff members of the service;
- Ensure continual monitoring and review to the WHS systems and work activities;

- Provide appropriate information, instruction, training and supervision to workers involved in service operations;
- Investigate accidents and incidents and ensure appropriate actions are taken to avoid reoccurrence;
- Monitor and review safety systems through in-house and external safety reviews.

Procedures to assist the service comply with the above obligations have been developed and implementation will be monitored and amendments made as part of the continuous improvement practices of the service.

Workers are required to cooperate and actively contribute to the health and safety of themselves and others within the workplace through consultations and commitment. Myrtle Cottage will strive to continuously improve our safety performance for the well being and safety of all.





# FROM THE KITCHEN



Jo

Greetings from the kitchen,  
Happy New Year to all, and I hope everyone enjoyed a wonderful Christmas break. We all enjoyed Christmas parties each day with some great entertainment, and some beautiful Christmas lunch kindly donated by **Ingleburn RSL Club**. We look forward to celebrating Seniors Week and Easter.

We have received a few requests for our morning teas and desserts, and will do our very best to accommodate. Any comments, ideas and suggestions are always most welcome, so please do not hesitate to bring them to the kitchen.

The kitchen welcomes **Carmen T** to our team and hope that she enjoys her time with us, and can add to her culinary skills and knowledge. I would like to take this opportunity to say a massive Thankyou to all the kitchen staff who work incredibly hard each and every day.

I have included a recipe for a delicious chocolate slice that was suggested by a kitchen volunteer.

ENJOY

BY JO M



## CHOCOLATE SLICE

### INGREDIENTS:

- 1 cup plain flour
- 1 cup coconut (and a little extra to sprinkle on top)
- ½ cup sugar
- 1 tablespoon cocoa
- 185 grams butter, melted
- ½ teaspoon vanilla essence or flavouring
- 1 egg

### ICING:

- 1 cup icing sugar
- 3 tablespoons cocoa
- 30 grams butter
- 2 ½ tablespoons hot water

### METHOD:

Sift dry ingredients into a bowl and mix

Add butter, Vanilla and egg

Mix well and press into a greased

lined pan 28 x18 (11 in x7 in)

Bake in a moderate oven for 20 minutes

Ice when cool and sprinkle coconut or colour sprinkle on top

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





## Health and Wellbeing

### Habits

Hands up if you have a bad habit or two that you can't seem to stop? Most of us do! It might be something minor – like using your phone too much before bed so you struggle to sleep, or it could be more serious – like a dependency on cigarettes, drugs or alcohol that's affecting your health and lifestyle.

Habits are often caused by triggers – actions, objects, feelings or memories that remind you of something. So, if the trigger is something you see, do or experience regularly, then the bad habit can become an almost unconscious part of your daily life. Some unhealthy habits can affect your overall health and wellbeing, so it's important to honestly assess your own situation. Are you caught up in a negative cycle that might be affecting work or your personal life? This is nothing to be ashamed of – no one is immune to unhealthy habits, especially considering the intense challenges we've all faced over the last year.

To break negative habits, it can help to think about what the trigger is and avoid it. Most people want to create at least one good habit or give up a bad habit. Creating healthy habits helps with mental health and wellbeing. You can use a simple plan to create and maintain good habits and avoid returning to older unwanted habits.

#### Ways to create good habits

It's hard to change everything all at once; it's easier to set small goals and achieve them. This helps create good habits. For example, it is easier to do a small amount of exercise each day than to decide to run a marathon.

It might take you several months to create a new habit. So you need to include the change as part of your regular routine. A diary (hard copy or online) or a wall planner may help.

Many habits are triggered by events. For example, washing your hands is triggered by going to the toilet. It helps if you set triggers for your new habit as part of your existing routine. This could include a particular time of day, or an event such as waking up or eating lunch.

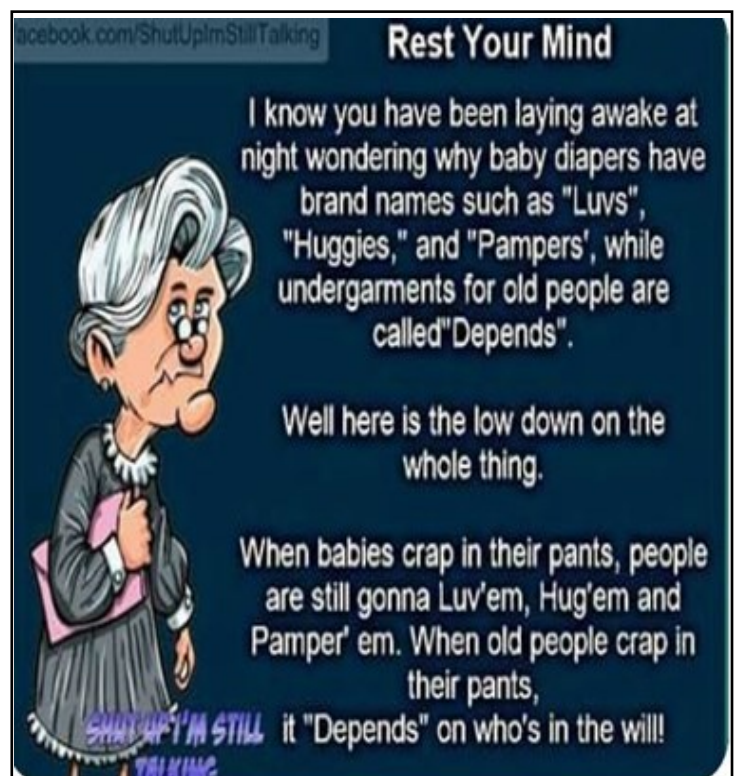
Setting reminders can help you maintain good habits. If you use an online diary, set automatic reminders on your computer and your phone. There are also apps available that help with goal setting and new habits. Your family and friends can also be a great support and can help to keep you motivated. If you slip back into your old habits, don't give up – this is common. Just remember why you wanted to make the change. This will help you pick up where you left off.

#### Ways to avoid bad habits

Make a note of what triggers a bad habit. If you are trying to eat less junk food, think about when and where you eat it. When driving? Getting it from the machine at work? After dinner?

Avoid the trigger if you can. So, if you buy chips from a vending machine at work, see if you can avoid the machine. If you smoke on the steps outside the office, see if you can use a different entrance. Replace the bad habit with a good one. So, if you can't avoid the vending machine, buy something healthy instead. If you can't avoid the steps, chew sugarless gum instead.

Congratulate yourself when you find yourself doing the action. It gets easier with time, and within 10 weeks you should find you are doing it without even thinking.

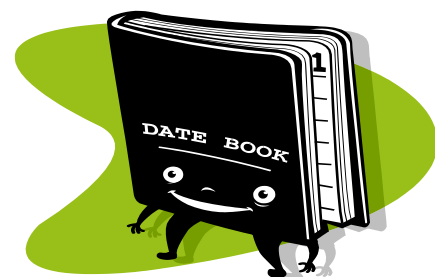




## Important Dates to Put In Your Diary

01 - 12/02/23: Seniors Week  
14/02/23: Volunteer Induction 10.30 am  
16/02/23: Happy Feet Project Day - Podiatry  
28/02/23: Staff Training Day – Cottage Closed  
09/03/23: Client Advisory Committee Meeting 10.00 am  
14/03/23: Volunteer Induction 10.30 am  
23/03/23: Happy Feet Project Day - Podiatry  
07/04 – 21/04/23: School Holidays Term 1  
07/04 – 10/04/23: Easter Break  
07/04/23: Good Friday Holiday  
08/04/23: Holy Saturday  
09/04/23: Easter Sunday  
10/04/23: Easter Monday  
11/04/23: Volunteer Induction 10.30 am  
25/04/23: Anzac Day Holiday  
27/04/23: Happy Feet Project Day - Podiatry  
09/05/23: Volunteer Induction 10.30 am  
15 -21/05/23: National Volunteers Week  
01/06/23: Happy Feet Project Day - Podiatry  
08/06/23: Client Advisory Committee Meeting 10.00 am  
12/06/23: King's Birthday Holiday  
13/06/23: Volunteer Induction  
03/07 – 14/07/23: School Holidays Term 2  
06/07/23: Happy Feet Project Day - Podiatry  
11/07/23: Volunteer Induction 10.30 am  
08/08/23: Volunteer Induction 10.30 am

10/08/23: Happy Feet Project Day - Podiatry  
24/08/23: Training Day – Cottage closed  
12/09/23: Volunteer Induction 10.30 am  
14/09/23: Happy Feet Project Day - Podiatry  
14/09/23: Client Advisory Committee Meeting 10.00 am  
25/09 – 06/10/23: School Holidays Term 3  
02/10/23: Labour Day Holiday  
10/10/23: Volunteer Induction 10.30 am  
19/10/23: Happy Feet Project Day - Podiatry  
14/11/23: Volunteer Induction 10.30 am  
16/11/23 (Thu): AGM – 2-4 pm  
23/11/23: Happy Feet Project Day - Podiatry  
24/11/23 (Fri): Volunteer Christmas Party - PM  
03/12/23: International Day of People with Disabilities  
07/12/23: Client Advisory Committee Meeting 10.00 am  
09/12/23 (Sat): Bell Carers' Christmas Party  
11 – 15/12/23: Daily Christmas Parties  
20/12/23: School Holidays Term 4 start  
20/12/23: Members' last day for the year – all programs  
21/12/23: Clean up and staff last day  
02/01/24: First day back



# 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 \$10.20 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)**

**\$202.05**



# Happy Valentine's Day!

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

CANDLE LIGHT

CARDS

CHOCOLATE

CUPID

DATE

DINNER

FIRST KISS

MEMORIES

MOVIE

PINK

POEM

PROPOSAL

RED

ROMANCE

ROSES

ST VALENTINE

SWEETARTS

TEDDY BEAR

TRUE LOVE

