

# Cottage Courier

February—March 2023

Welcome to our February/March Cottage Courier. I hope you have all enjoyed the Summer season and are preparing for Autumn, whether that be in the garden or thinking about road trips to see all the magnificent colours of the Autumn trees within the Macarthur and surrounding areas.

## Digital updates

**Be Connected** is an Australian Government initiative committed to increasing the confidence, skills and online safety of older Australians.

**Be Connected** aims to empower everyone to use the internet and everyday technology to thrive in our digital world. Find free online courses and resources on everything from how to use your smartphone or tablet to cyber safety tips.

Check the link for further information **Be Connected | Free online courses for seniors— esafety.gov.au**

## Myrtle Cottage Website update

We have very exciting news for our members, carers, community and partners our new **Myrtle Cottage Website** was launched **Thursday 23<sup>rd</sup> March**. Go to **www.myrtlecottage.org.au** and please let us know your thoughts. Please feel free to forward this information onto any other interested parties or services as we are always happy to meet new people and welcome them into the Cottage group.

If you are interested in receiving our **Cottage Courier Newsletter** by email, please email **info@myrtlecottage.org.au** and we will add you to our mailing list.

The office and services will be closed for the **Easter public holiday** weekend from **Friday, 7<sup>th</sup> April, to Monday, 10<sup>th</sup> April**, as well as **ANZAC Day** on **Tuesday, 25<sup>th</sup> April**.

Until next time,

**Kylie Richardson**



## Main Contents

Manager's Report .....	2
Ageing & Disability .....	3
Client Advisory .....	4
Craft.....	5
Improvement Box.....	5
Bell Program.....	6
Recreation Program.....	9
Linkline .....	10
From Transport Desk.....	11
Volunteers Voice .....	12
Member Update .....	13
Birthday .....	13
Policy of the Month .....	14
From the Kitchen .....	15
Health & Wellbeing .....	16
Important Dates .....	18
Happy Feet.....	19
Find A Word .....	20



## Myrtle Cottage Group

6 Bosci Road  
Ingleburn NSW 2565

☎ 02 9426 3100

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

With the new year now well underway we're busier than ever, and I'm excited about what the rest of 2023 will bring.

The long announced Aged Care Reforms are now being implemented and funding in arrears commenced, however we seem to be adjusting well to the changes and our numbers remain steady, benefiting all members and Carers.

We have seen some activities restart as well, like concerts and larger gatherings for which we receive very positive feedback and this is wonderful!

I always say one of the best parts of the job is celebrating people, and in particular our people. I was very pleased to attend the presentation of the Pride of Workmanship Awards this year, organised by the Ingleburn Rotary Club. Our Linkline & Volunteer Coordinator Nasima Akhter was the proud

recipient. Nasima has done such a terrific job, that we could not imagine a more deserving Awardee... if such word exists! It is a pleasure to work with her and our whole team!

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

Keep washing your hands, 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



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.

Hello everyone,

I hope everyone is keeping well.

I would like to welcome our new members **Wayne M, Marta K, Ian R, Janet B, Roselyn M, Joan H and Cathy H**, who joined our program and settled in quite well.

This last 2 months we have been busy celebrating a variety of activities, including **Seniors Week** for members and volunteers. Tuesday members watched the **Seniors Concert at West Leumeah** and they went to check variety of services that the **EXPO** offers for seniors. Friday members went to **Liverpool Museum** for a **"Tour of Liverpool Museum and reminiscing from the 50's, 60's and 70's"**. After the tour, we were fortunate to get nice weather to have a picnic in their lovely garden. Monday members had special morning tea at the Cottage and Thursday members enjoyed the concert performed by **Garry Wade**. Members celebrated **International Women's Day, Harmony Day and St Patrick's Day** where you can see in the attached photos that most members were dressed in greens and wearing St Patrick's accessories.

We recently re-introduced the baking activity. We started with the easy recipe **"Coconut Pineapple Balls"**, we had positive feedback from members who participated in this activity. We also had a Reminiscing activity, where members brought young photos of themselves, lay on the table and they have to guess who is in that photo. These activities encourage our members to socialise and communicate.

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

Again, welcome back!

Stay safe and healthy! ☺

**Cris and DT Team**

## Seniors Week



At the Cottage



**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***

## Client Advisory Committee

The Client Advisory Committee meeting dated 09/03/2023 was cancelled due to low numbers. Our next meeting is scheduled for 8<sup>th</sup> June 2023. If you are interested in joining the Client Advisory Committee we are looking for members to represent for the following days: Monday,

Tuesday, Wednesday, Thursday and anyone from Linkline.

Take care and hope to see you all soon

***Kylie Richardson,  
Assistant Manager***

# Craft Activity

Craft supplies you will need:

- Cardboard to cut into a heart or any shape you like
- 3 different colour paper cut into 1cm squares
- Glue
- Ribbon or string

**Instructions:**

- Cut cardboard into shape
- Tie ribbon or string to chosen length
- Using glue stick first colour down wait to dry and repeat with second and third colour until complete

These items can be used to decorate anything in the home or given to a loved one.



THE KEY TO CRAFTING IS TO START  
INSPIRATION WILL FOLLOW

## From the Improvement box

**Date:** 22/02/2023

**Type — How raised:** Compliment.

**Raised by:** DT Members

**Issue:** Members that day attended a concert at Wests Leagues Club.

**Action/Response:** The day was very enjoyable for all, people liked the entertainment that was offered most members seemed to like the food and a lot of them would be interested in doing something like this again.

---

**Date:** 24/02/2023

**Type — How raised:** Request, Compliment.

**Raised by:** DT members

**Issue:** Members that day had a cooking class where they made coconut balls.

**Action/Response:** Several members enjoyed the cooking class they were impressed that it was something they have never done before and thought it was a lot of fun. Several members suggested that cooking classes should be more regular as it is a fun alternative to other activities on offer here.

---

**Date:** 03/03/2023

**Type — How raised:** Suggestion.

**Raised by:** Helen Smith

**Issue:** Regarding 18/02/2023 Saturday Outing.

When more than 10 people on an outing please use two buses as there are different destinations to go to. Example Ruse, Bradbury, Airds, Claymore, Raby to Hammondville. People got hungry with the length of time on the bus.

**Action/Response:** Staff to use two buses from now.

# 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 had a busy couple of months with our outings. We have had lunch at the **Crossroads, Camden Valley Inn**, and **Menangle Country Club**, the combined outing where we invited Carers and members from other days, was the **Forget Me Not Concert**. The Bell and Outreach Programs had 57 people attend from **Myrtle Cottage**.

This Concert was held by **Camden Council** and the **Civic Centre**. We arrived at 11am and met many carers there. The room was set up perfectly for our Dementia group, nicely spread out tables to avoid overcrowding. There were two coffee stations available all day. The entertainer **Tony Martin** was great as usual, just the right era of songs, the members and Carers sang-a-long and had a dance or two. The Civic Centre staff served a lovely lunch. I requested Tony to sing the Hokie Pokie and he was keen, but I don't think he believed me when I told him how much the Bell and Outreach groups enjoy doing this dance. There were very few people sitting, but they were obviously enjoying watching us all

dancing. Many members and carers have commented on what a great time they had. I can't thank Camden Council and the Civic Centre enough for organizing this event.

**Myrtle Cottage** is in the process of organizing a new Outreach venue and this is very exciting for us all. It will be a few months before we can access it, as there are a few changes to be made, but the Outreach staff especially can't wait.

I have lots of photos to share with you all so I will finish this report, hope you get a picture of how much fun we have had over the last few months.

Bye for now

**Christine Turner**





## DEMENTIA AUSTRALIA

Dementia Australia have many courses available to view more go to: <https://www.dementia.org.au/events>



### Understanding Younger Onset Dementia

This session provides an introduction to younger onset dementia and the unique impacts of a diagnosis of dementia earlier in life.

**Date:** Friday, 21 April 2023  
5:00pm-8:30pm ACST

**Location:** Online

[View event](#)



### Grief, Loss and Dementia

This session provides an overview of the grief, loss and emotional impact of the changes caused by dementia.

**Date:** Wednesday, 26 April 2023  
11:00am-12:30pm ACST

**Location:** Online

[View event](#)

**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.



# Dementia: Fact Sheet



## ELDAC Dementia Toolkit

The ELDAC Dementia Toolkit offers evidence-based resources about palliative care and advance care planning that can assist you and your organisation in supporting the end of life needs of people with dementia and their families.



The toolkit is designed for health professionals and aged care staff and is a free online resource that is user-friendly, evidence-based, and developed by aged care experts. The Dementia Toolkit contains 2 main sections with information, tools, and downloadable resources to use across care settings.

### Clinical Care

- Information on dementia
- Clinical assessments and resources for palliative care and advance care planning organised according to the ELDAC Care Model's 8 clinical care domains
- Best practice management of pain, nutrition and responsive behaviours
- Resources for families.

### Education and Learning

- Opportunity to evaluate your dementia knowledge
- Dementia Personal Learning Plan to focus your education needs
- Recommended dementia education and resources to meet your learning goals
- Links to online websites and resources.

**The Dementia Toolkit is available on the ELDAC website:**  
[www.eldac.com.au](http://www.eldac.com.au)

# 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

**Harrington Park Lake** for a Picnic is so nice to relax outdoors. We actually went for a long walk on this day and found some gym equipment. Check out the boys going for it. We all had a go on trying to get fit with heaps of laughs, after one minute us girls had



enough of a working out and told the boys it's just too hot. As usual



the members with their wicked sense of humour had plenty to say. We watched a black Geese come up to us that seemed to want to hang out with us.

**At Belgenny Farm** at Camden was interesting to see how the community lived their lives in 1805 and contains the earliest collection of colonial farm buildings in Australia. Only a few of us wanted to walk around and look at the old buildings as the rest of us sat and had conversations, told each other jokes and listened to music.



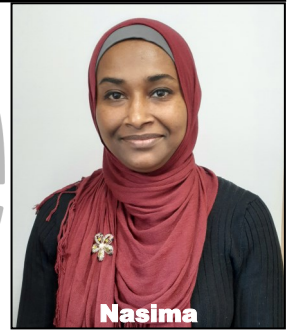
**Movies** at the Cottage is always a good day. A Big thanks to Bruce for bringing in Maverick (part 2 of Top Gun). Members had takeaway lunch from McDonald's, Hungry Jack's or KFC. The Plant Bank at Mt Annan Botanical Gardens have dedicated volunteers take you through the seed bank building which is an experience for them. Due to the weather the Friday Wanderers joined the Ageing Program on their Mystery Trip. They were all thrilled as none of them had been to Towradgi Beach Hotel for years due to Covid.

I'm sure the Wanderers will definitely want to go to the NSW Rail Museum on the next program.

**Bye for now, Chao!**



# Link up to Linkline



Nasima

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

Dear Linkline Members,

Welcome to the newsletter and Autumn.

It is a relief from the exhausting heat, which allows us to have some good night's sleep, provides opportunities with some physical activities like walking and gardening. Soil is moist and easier to replenish your favourite plants. Lovely fruits and vegetables in season open up a wider option for healthier meals. You may like to use your evening for making some apple, pear or pumpkin pies. You might consider to cut and freeze some of the fresh seasonal vegetable for winter soups. There is plenty to do, isn't it?

Did you know that the vibrant colours of the Autumn actually help to bring delight to our mood! It helps to cheer us up and uplift our energy. Please make some time for yourself to sit outdoors, take a stroll outside to breathe in the fresh air and look at nature. This is a very simple and effective practice for all of our self-care.

At the same time, you must be aware of the fact of wet and slippery floors and ground, which is a hazard for falls. Falls can bring serious injuries. How about we look into some fall preventative measures to stay healthy this Autumn. Physical exercise can help maintaining the strength of our muscles and bones, and improve our balance. Appropriate

footwear and clothing at home and outside, removing things away that can be a trip hazard, adequate lighting inside the house, proper support within bathrooms and physical movements, eating well and drinking enough throughout the day, talking to your doctor about your health conditions regularly are some very effective, and doable preventative measures.

Keep in touch with friends, family and get engaged with community to improve your mental health. You are welcome to join Myrtle Cottage Diversional Therapy outings, which are well organised, considering the weather and needs of our members. Best news is, you can easily enjoy a day outside your home with a bunch of friendly people! How does that sound!

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.

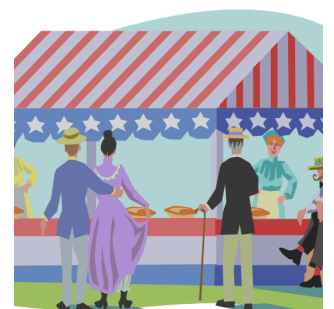
Easter is around the corner, have a great time!!

Take care.

**Nasima**

**The Trading table has raised \$249 since the last newsletter.**

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



# From Transport Desk



## Breakdown safety

### Tips for staying safe in a breakdown:

1. Find a safe spot to pull over such as an emergency breakdown area.
2. Park your vehicle as far to the left as possible.
3. Always activate your hazard lights.
4. Activate your parking lights in poor light.
5. Call roadside assistance on your mobile phone or use a roadside emergency phone.
6. When leaving your vehicle always check for traffic.
7. Leave your vehicle from the passenger side if possible.
8. Avoid crossing the road at all times.
9. Stand clear of the road. Move behind a safety barrier if safe.
10. Stay in your vehicle with your seatbelt on if its not safe to leave.

### Remember

- Check your fuel, oil, water and tyre pressures (including the spare) before a long journey.
- Carry a high visibility vest, warning triangles and a torch inside your vehicle.
- Breakdown lanes are only for breakdown situations.
- Use a rest area for making social phone calls, toilet stops or attending to children



### Special breakdown situations:

#### Breakdown on a freeway or country road:

- Always activate your hazard lights.
- Activate your parking lights in poor light.
- Call roadside assistance or use a roadside emergency phone.
- Move behind a safety barrier if safe to do so.
- Avoid crossing the road at all times.
- Do not change a tyre yourself, wait for roadside assistance.
- Stay calm, help may take longer to arrive on a country road.
- Let roadside assistance come to your vehicle and follow their instructions.

#### Breakdown in a tunnel:

- Always activate your hazard and parking lights.
- Do not get out of your vehicle.
- Keep your seatbelt on.
- Stay calm, major tunnels are constantly monitored and operators will send for help.
- Listen to your radio for instructions from the tunnel operator.

#### If you see a breakdown:

- Slow down to about 30kms/h below the posted speed limit.
- Avoid crossing the road if you are helping someone.

# 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 to all our champion Volunteers,

Welcome to February-March Newsletter. Autumn has arrived with its playful weather. Rain and shine all in one day! That's not so bad, is it? Better than the scorching heat.

Easter is approaching and it provides us with another opportunity to catch up with family and friends and sometimes with ourselves. We all need little breaks to unwind and rejuvenate. If you guys have any plan for this Easter and planning to take any extra day off please let me know as soon as possible so I can be well prepared, to provide enough support to the programs. I must say how well we are running after COVID with almost half of the volunteers we originally had. All credit goes to you guys for being so flexible and supportive. I do sincerely thank you all for being so positive and proactive.

We have noticed some opportunities in the community sector for training, if you are interested please let me know so I have the list handy and can register the volunteers for free trainings on offer. I love to join the trainings myself and I really found these helpful, not only at work but in all aspects of life. You may like to have a go! Thank you all for joining the training on 28<sup>th</sup> February. It was a delight to have all the volunteers together and hope you found it helpful! We got really good feedback.

Volunteer award season is around the corner and I love our volunteers to be recognised through these platforms. I invite you all to get involved in this process by nominating the volunteers. You can find the feedback form in the foyer and write a couple of lines to outline their outstanding performance. It will help me a great deal to make the nomination process easier.

As you all know that we are always looking for new volunteers to support the programs better, so we have created a leaflet for volunteers and it is kept in

front of the office. Please feel free to pick up couple on your way to and from the Cottage. Give it to friends, family, neighbours, and feel free to put it up on any community notice board to make people aware of this opportunity. You never know, it might change someone's life. Not only the Cottage need more volunteers but a lot of community members need positive engagement to make their day better! It would be a win-win situation for all. Thank you all again and have a lovely time during Easter!!

Bye until next time.

**Nasima**

## New Volunteers

Jennifer H, Jamie K, Beverly M

Volunteering  
makes a  
difference



# Member Update

## Welcome to all our new Members

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

### **New Members:**

Marta K, Elias Z, Wayne M, John W, Janet B, Phyllis S, Ian R, Warick W, Maria L, John B, Sheryl H, Michael O, Joan H, George S

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

Anita B, Janice S, Rhonda M, Ross S, Mick S, Susan S

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

Edi I, Rita C, Yolande H, Rhonda M, Janet S

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

Imtiaz A, Owen C

### **Welcome back:**

Cathy H

## Happy Birthday!

### February

#### **Members:**

Alexis T, Joshua P, Marie G, Janet G, Merle S, Anthony S, Melita V, Nola D, Andrew M, Gladys F, Ralph D

#### **Volunteers:**

Kim F, Karen S, Sharon M, Dave H, Carmen M, Colin S

#### **Staff:**

Kylie R, Sarah C, Rebecca T, Cathy M, Sharny J

### March

#### **Members:**

Robin B, Judith McC, Wayne M, Beryl B, Andrew S, Anton B, Gordon McL, Coral S

#### **Volunteers:**

Michael S, Michelle M, Karen H, Christine W, Sarah W, Robyn C, Mary C

#### **Staff:**

Azree M



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



# Policy of the month

## Non-Response Policy and Procedure

### Objective

To ensure the safety and welfare of members attending Myrtle Cottage who does not respond when scheduled to be picked up.

### Definition and scope

There is public concern that frail older people have died alone in the community and have not been found for weeks or months after they have passed away. A high portion of Myrtle Cottage members live at home alone in private dwellings. Taking appropriate and timely action when a member does not respond to a scheduled pick up may reduce the risk of adverse event or result in earlier discovery of a mishap.

### Policy

In recognition of the vulnerability of members receiving services from Myrtle Cottage, procedures have been established to ensure member's safety is not neglected. While member's autonomy is to be respected at all times there can be many reasons why a scheduled pick up is missed these include:

- Member may have forgotten to notify the Cottage
- Member may have fallen, be injured or sick inside their home

### Procedure

1. Driver/Bus Assistant to contact the office to check if the member has left a message regarding not attending. Office staff can check in the attendance book and check member file for case notes.
2. Ring the contact number for the member.
3. Office staff to action:
  - a. Implement members' wishes as stated in their individual Service Agreement.
  - b. Assess and direct staff/volunteer drivers action considering assistance needed, other members already on the vehicle, members to pick up and other supports that can be implemented e.g. staff member near by
    - i. If assistance is required and need to enter the home staff/Volunteer driver and staff/volunteer bus assistance to enter house together or person entering the home rings the office and stays on the phone until they have left the premises. **NB:** When access to the home is restricted the Police are to be called.
    - ii. If calling card is to be left at the door as per the Service Agreement check for other calling cards, windows and curtains closed, doors locked, newspapers and mail.
    - iii. If the member, carer and/or emergency contact cannot be contacted staff will contact the GP listed then the Police if any concerns noted.
4. 'Personal Information Update form' completed by member and/or carer annually to ensure 'Non-response' procedures are up to date.
5. If member continually fails to answer when scheduled to be picked up Coordinator to trigger a reassessment to update individual needs, develop a 'Behaviour Plan' and/or refer to appropriate service e.g. Case Management.

# FROM THE KITCHEN



Jo

Greetings from the Kitchen,

I hope everyone is keeping safe and well. We have had a very full calendar in the kitchen, which has kept all the staff extremely busy. I'd like to take this opportunity to say a heartfelt thankyou to all kitchen volunteers, who work tirelessly each and every day, and always give 110 %. You are all appreciated so very much. We also welcome Jamie Lee and Lalit to our amazing team.

We have enjoyed many celebrations over the last couple of months including Seniors Week High Tea, St Patrick's Day and Harmony Day. Cooking Classes are back on the program, and have been enjoyed by all that participated, as well as Picnic and BBQ outings at various locations. We look forward to Easter celebrations and Australia's Biggest Morning Tea in the near future.



We encourage any comments, suggestions and ideas or recipes brought to the kitchen. They are always most welcome, and we are always happy to try new things and expand on our skills.

I have included a recipe for Lemon Slice, which has been one of our most requested recipes.

ENJOY

**BY JO M**



## NO BAKE LEMON SLICE

### INGREDIENTS:

- 1 packet of milk arrowroot biscuits, crushed
- Lemon juice and rind of ½ a lemon
- 1 cup desiccated coconut
- ½ tin sweetened condensed milk
- 125 grams melted butter

### METHOD:

Mix all ingredients together in a bowl, then press into a greased and lined pan  
Refrigerate to set 20-30 min

Top with icing

### ICING MIX:

- 1 cup icing sugar
  - 2 tablespoons butter
  - Juice of ½ a lemon
  - A few drops of yellow food colour (optional)
- Mix and spread over the top, and refrigerate for about 10 min to set

## Health and Wellbeing

### Happy Habits

The following eleven daily habits may help you achieve more happiness in your life:

#### 1. Smile

You tend to smile when you're happy. But it's actually a two-way street. We smile because we're happy, and smiling causes the brain to release dopamine, which makes us happier.

#### 2. Exercise

Exercise isn't just for your body. Regular exercise can help reduce stress, feelings of anxiety, and symptoms of depression while boosting and happiness. Even a small amount of physical activity can make a difference. Remind yourself of any fun activities you once enjoyed but that have fallen by the wayside. Or you could consider starting activities you always wanted to try, such as golf, bowling, or dancing.

#### 3. Get plenty of sleep

Most adults need at least seven hours of sleep every night. If you find yourself fighting the urge to nap during the day or just generally feel like you're in a fog, your body may be telling you it needs more rest. No matter how much our modern society steers us toward less sleep, we know that adequate sleep is vital to good health, brain function, and emotional well-being.

#### 4. Eat with mood in mind

If you want to eat with your mood in mind, consider starting with making one food choice for your mood each day. For example, swap a big, sweet breakfast pastry for some Greek yogurt with fruit. You'll still satisfy your sweet tooth, and the protein will help you avoid a midmorning energy crash. Consider adding in a new food swap each week.

#### 5. Practice gratitude

Simply being grateful can give your mood a big boost, among other benefits. You might try starting each day by acknowledging one thing you're grateful for. As you go about your day, consider keeping an eye out for pleasant things in your life. They can be

big things, such as knowing that someone loves you or getting a well-deserved promotion. But they can also be little things, such as a co-worker who offered you a cup of coffee or the neighbour who waved to you. With a little practice, you may even become more aware of all the positive things around you.

#### 6. Give a compliment

Performing acts of kindness may also help promote your overall well-being. Giving a sincere compliment is a quick, easy way to brighten someone's day while giving your own happiness a boost. Catch the person's eye and say it with a smile so they know you mean it. You might be surprised by how good it makes you feel.

#### 7. Breathe deeply

You're tense, your shoulders are tight, and you feel as though you just might "lose it." We all know that feeling. Instinct may tell you to take a long, deep breath to calm yourself down. If you're having a hard time taking slow, deliberate breaths, try counting to 5 in your head with each inhale and exhale.

#### 8. Acknowledge the unhappy moments

A positive attitude is generally a good thing, but bad things happen to everyone. It's just part of life. If you get some bad news, make a mistake, or just feel like you're in a funk, don't try to pretend you're happy. Acknowledge the feeling of unhappiness, letting yourself experience it for a moment. Then shift your focus toward what made you feel this way and what it might take to recover.

#### 9. Keep a journal

A journal is a good way to organize your thoughts, analyse your feelings, and make plans. It can be as simple as jotting down a few thoughts before you go to bed. If putting certain things in writing makes you nervous, you can always shred it when you've finished. It's the process that counts.

#### 10. Face stress head-on

Life is full of stressors, and it's impossible to avoid all of them. For those stressors you can't avoid, remind yourself that everyone has stress — there's no reason to think it's all on you. Instead of letting

yourself get overwhelmed, try to address the stressor head-on. This might mean initiating an uncomfortable conversation or putting in some extra work, but the sooner you confront it, the sooner the pit in your stomach may start to shrink.

### 11. Avoid comparing yourself to others

Whether it happens on social media, at work, or even at a yoga class, it's easy to fall into a place where you're comparing yourself to others. The result may be more discontent, lower self-esteem, and even depression and anxiety. It can take practice to stop comparing yourself but it's worth it for the benefit of having your inner peace and happiness.



## 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.



## Joke of the month

### Diner Counter Confusion

Nelson Love sat at the diner's counter and watched the waitress refill his coffee cup. She unscrewed the lid on the saltshaker and the maple syrup dispenser, then turned from the counter to get the salt container and syrup container to refill them when Love reached for the saltshaker.

She stood there watching in disbelief when he poured the salt into his cup of coffee. Love stirred the coffee with a spoon and then reached for the maple syrup dispenser grabbing it by the handle.

Before the waitress could stop him, Love had poured it into the coffee cup.

"What on earth?" One of the wait staff whispered beside her. "Did Nelson Love just put salt and pancake syrup in his coffee?"

"He sure did!"

"Why did he do that?"

"Cause Love is blind."

**Chocolate covered Peanuts** - A tour bus driver is driving with a bus load of seniors down a highway when he is tapped on his shoulder by a little old lady. She offers him a handful of peanuts, which he gratefully munches up. After about 15 minutes, she taps him on his shoulder again and she hands him another handful of peanuts. She repeats this gesture about five more times. When she is about to hand him another batch again he asks the little old lady, 'Why don't you eat the peanuts yourself?' 'We can't chew them because we've no teeth', she replied. The puzzled driver asks, 'Why do you buy them then?' The old lady replied, 'We just love the chocolate around them.'

## Important Dates to Put In Your Diary

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

**Donations:** Sushila S \$50, Anita B \$40, Connie V \$30, Cris V \$25, Jeanette S \$20, Colleen W \$15, Elizabeth D \$15, Debbie T \$15, Ann G \$10, Kylie R \$10, Sarah C \$10, Nasima A \$10

## 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

# Happy Feet



**Sarah & Rebecca**

Hi Everyone,

I hope everyone is good and is well, I have another edition for the Happy Feet Newsletter report for February and March.

There is something important that I need to let everyone know. Starting from the **23<sup>rd</sup> March** anyone that accesses this service that has a NDIS plan or a Home Care Package will be invoiced their normal daily service as if they attend for a full day. If you only attend for Podiatry, Myrtle Cottage will charge you minimum of 3 hours through your plans and packages. If you need any more information please don't hesitate to ask any questions.

If anyone would like to come and join the Happy Feet Podiatry service please let either Sarah or Rebecca know and we are happy to give you a care plan that you can take to your G.P.

Also, I would like to remind everyone that each members Podiatry appointment will now be running for thirty minutes so there is no rushing and your needs are looked after.

Once again, I would like to thank the Volunteers that help out on the day, your help is very much appreciated, please find below the dates for future Podiatry dates.

Take Care.

**Rebecca, Admin Assistant**

**Sarah, Administration and DT Assistant**



## Podiatry Dates for 2023

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

**Change is hard at first, messy in the middle and gorgeous at the end.**

**- Robin Sharma**

# 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 \$21.30 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)**

**\$223.35**

# 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

TALUS

PATELLA

STERNUM

RADIUS

STAPES

TEMPORAL

MALLEUS

METATARSAL

HAMATE

ULNA

HUMERUS

FEMUR

TRAPEZIUM

CLAVICLE

FIBULA

SCAPHOID

TIBIA

COCCYX