

Cottage Courier

April—May 2023



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Welcome to our April/May Cottage Courier. I hope you have all enjoyed the Autumn season and the beautiful autumn leaves as you drive around the Macarthur area.

So with winter coming, should you be prepared for more aches and pains?

Science or myth, some people simply feel more joint pain in winter. If that’s you, this may help:

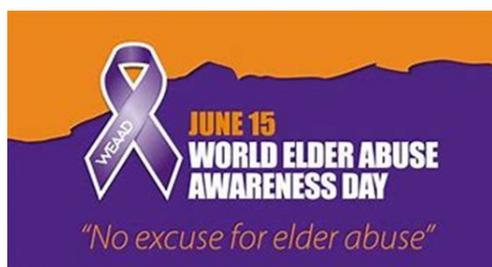
Joint pain and inflammatory symptoms are affected by body weight, tissue health, hormones and inflammatory factors (Deall 2016, Lee, 2018).

Addressing these is beneficial rain, hail or shine!

- **An anti-inflammatory diet can help.** Healthy oils, nuts, seeds, leafy green vegetables and dark berries are great. Less sugar, alcohol and red meat helps too (Chehade, 2019, Goia, 2020). Anti-inflammatory ‘nutraceuticals’ may provide extra support.
- **Exercise and weight loss are both helpful and have been researched extensively.** A trial of patients with knee osteoarthritis found exercise and weight loss safe and effective with low risk or side effects, recommending these for all patients (Charlesworth, 2019). As little as 20 mins each day helps (Akram, 2021).
- **Yoga may help in various ways.** Stretch and movement supports circulation and delivers nutrients to fascia, easing muscle movement. Central nervous system benefits of yoga may help reduce pain perception (Akram, 2021).
- **Finally, regulating your home environment may help too.** Maintaining a steady temperature and using a dehumidifier to reduce damp may improve your reactivity to weather change.

These practical actions help support general joint health and are a great compliment to your other treatments, whatever the weather!

Coming up in June



If you have any concerns about your situation, call the NSW Ageing and Disability Abuse Helpline on 1800 628 221 (Mon-Fri 9am-5pm) or Lifeline 24/7 on 13 11 14.

Until next time,
Kylie Richardson



Myrtle Cottage Group

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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,

Are you ready to welcome another winter?!

We are excited to say that our numbers continue to grow, so help us when you see a new face at the Cottage and make them feel welcome.

Last week we celebrated National Volunteers' Week and it was refreshing to spend time with them all, seeing how much they enjoy their time in our programs. Volunteers received their 2023 badges and chocolates as a small token of our appreciation, for without their daily assistance Myrtle Cottage would not run as smoothly. We are always so grateful for their help!

Winter is here with a very cool snap so rug up and keep warm. It is also a timely reminder that the flu season is upon us and if you didn't already make arrangements, please remember that the flu vaccine is free for people over 65. Please book in with your doctor and help protect yourself along with others.

We have welcomed some new guest speakers this past couple of months and got positive feedback from members, so if you have new ideas for topics of information you want to hear about, use your consultations wisely! Or just tell us about it!

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

Kind regards, *Elizabeth Delcasse, Manager*

Donations Received:

Donations: Sushila S \$50, Dot C \$40.30, Ann G \$35, Christine T \$10

Remember all donations over \$2 are tax deductible.



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 you're all keeping warm.

I would like to welcome our new members: **Maria DS, Lynette I, Tracey W** and **Ron C**, who joined our program and have settled in quite well.

We have been busy doing raffles for the last 2 months. We had Easter raffles and chocolate guessing competitions which raised a total of **\$362.50!** Congratulations to our **Easter raffle winners: Cathy H, Anton B, Merle S, Julie L** and

Easter 2023



Grant G. While **Kay W** and **Doris S**, guessed the correct number of chocolates. In addition, a total of **\$332.70** for the **Mother's Day raffle**. Our lucky winners were **Pat K, David K, Janet V, Bruce F, Kathryn W** and **Judith M**. We also celebrated **The Biggest Morning Tea** to support the Cancer Council, and, Volunteers



Mother's Day 2023

Week, where we acknowledged and showed appreciation to all our volunteers' commitment, hard work, friendship and care that they demonstrate throughout the year towards the Cottage. I would like to say a massive thank you to everyone for purchasing, supporting our raffles, and, all your donations. Thank you!



Seniors Rights Service, a community organisation, visited to present and provide information regarding rights of older people, particularly vulnerable and disadvantaged groups. General legal issues were also discussed that may affect our members. Should you require further information, please visit their website: <https://seniorsrightsservice.org.au/> Thank you, **Dianne T**, for conducting the presentation.

Stay safe and healthy everyone! 😊

Cris and DT Team

Biggest Morning Tea 2023



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



Joke of the month

This is a Seniors version of the song "My Favourite Things"

My Favourite Things - Senior Version

Music by Richard Rodgers

Lyrics: Anonymous

Maalox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favourite things.

Cadillacs and cataracts and hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favourite things.

*When the pipes leak, When the bones creak,
When the knees go bad,
I simply remember my favourite things,
And then I don't feel so bad.*

Hot tea and crumpets, and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heat pads and hot meals they bring,
These are a few of my favourite things.

Back pains, confused brains, and no fear of sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short shrunken frames,
When we remember our favorite things.

*When the joints ache, when the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.*

Craft Activity

How to Make a Star Bow for Gifts

What you need

- the star bows template guide {free printable for this below}
- a sheet of computer paper
- scissors
- a sheet of cardboard {shoebox kind of cardboard I've found to work best}
- a pen or Sharpie marker

Instructions

Step 1: Print a Star Bow Template Guide

Cut out the desired flower-shaped template including the hole in the center.

Place the star bow template guide on the cardboard. Trace around it {including the hole in the center} with a pen or Sharpie marker.

Cut the cardboard template out {including the center hole}. Discard the center hole.

Finally, number each "petal" on the template as indicated on the template guide. The template is now finished.

Since it would take a bunch of photos and a lot of possibly confusing writing to illustrate how to make the bows, I instead just add the link to a video to demonstrate it. Happy watching!

<https://measuringflower.com/star-bow/>



A Note About the Ribbon

How much ribbon you'll need for each bow depends upon which size bow you're making, how puffy you want the bow to be, what kind of material the ribbon is made of, and how thick the ribbon is. Here's a rough estimate {I'd recommend getting 1/2 to 1 whole yard extra just in case}:

Small Bow {3 inches} — approximately 3-1/2 yards

Medium Bow {4 inches} — approximately 4-1/2 yards

Large Bow {5 inches} — approximately 5-1/2 yards

**Our AGM is on Thursday 16th November
so start putting on your thinking caps**

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

Don't forget Membership is due 30th June

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,

Our new staff photo Myself, Penny, Diana, Sue and Sharny, as you can imagine everyone doing different programs and shifts its not easy getting a photo of everyone. We have staff that work on Outreach and Flexible Respite at times Natalie, Melynda, Rachel, Jo, Debbie and Cathy.

Hope you are all coping with the weather change, we have had some really cold days. Even some snow in the southern Highlands.

The outings this program will be on the 17.5.23, 8.6.23 and the 17.6.23 if weather permits we will try to go to the **Botanic Gardens** or other parks in area, but if not, we have a few places we can visit, for a lovely lunch.



the invites in the near future.

I am working on carer 's visits as, I would like to invite carers that are interested to visit the program. I understand s o m e m e m b e r s may not be able to tell you all about their day at the Cottage. I will send out

Also, would like to ask you all to pass on our contact information to anyone that may be interested in volunteering at Myrtle Cottage. There are many options for anyone interested. We will be moving our

o u t r e a c h program into the new premises at Spring Farm soon, so a f e w volunteers in that area would be great.

Our last outing was to **Tahmoor Inn** the members especially liked this venue.

We have introduced some new activities for

the afternoon program. They are having a lot of fun and laughter with the remote-control cars.

Bye for now

Christine Turner



Dementia: Fact Sheet

♥ AGED CARE DECISIONS*

Australia's Largest Aged Care Placement & Support Service

Aged Care Decisions is a 100% free and independent aged care placement and support service. Using Australia's largest aged care vacancy database, we work with over 70% of Providers across the metro areas of Australia to assist over 10,000 families per month navigate the aged care journey.



FAST



FREE



INDEPENDENT

How we work:

STEP 1
Let us know all about your family's aged care home preferences, budget, preferred location and timeline using our simple and easy application process.

STEP 2
Receive a customised options report matched to your individual needs. We match you and your family with residential aged care and in-home services that suit your location, care needs and budget.

STEP 3
Receive unlimited aged care support from your designated placement specialist. We can book tours on your behalf, give you personalised advice and provide you with helpful aged care resources.

agedcaredecisions.com.au

What families say about our 100% free service:

"I was very pleased with the service I received at Aged Care Decisions. It saved me a lot of time running from aged care to aged care and we chose an aged care home from the list and it is beautiful."

- Colleen Boosma

"Aged Care Decisions contacted aged care facilities on our behalf and were very helpful in navigating the overwhelming steps involved in finding a suitable placement. I would highly recommend using a service like this if you are looking at placing a loved one into care."

- Bronwynne Billiau

"The staff have been very supportive and helpful. They have made the process much easier to navigate and the follow up calls have been brilliant."

- Lysa Scott

1300 775 870

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 to all our Wanderers

Aqua Golf at Penrith driving range is a great spot for activity for all ages. We enjoyed the spectacular views of the Blue Mountains on the other side of the water. We don't just play for fun, we hope to win some of the prize money. Lots of laughter



and good spirits. None of us had a good aim on the day! A hole-in-one could win you up to \$500! Better luck next time.

Dairy Road Alpacas at the Oaks: Lyn and Peter have been breeding Alpacas for years now. They make quality products, and can be found on the outskirts of Sydney. We were



thrilled to touch and feed the Alpacas. Members purchased Alpacas scarves, beanies, hand mittens and so much more.

Science Space Museum at Wollongong are the only



dedicated science experience in NSW. They are a place where anyone, young or old, can come and see how science and technology discoveries have become a reality. We played a musical instrument that had no strings. Fun times using tubular thongs, for a moment I thought we were great musicians. LOL

The Bradman Museum and International Cricket Hall of Fame is set in the beautiful surrounds of Bradman Oval. On this cold day



we had a quick look at the oval and spent most of our time inside the museum looking at old footage from the 70's and 80's. There is so much more at the museum since we had last visited.

Members enjoyed going to various places during the last two months, like Austinmer Beach for fish and chips, Towradgi Beach Hotel, Moorebank Sports Club and the Equestrian centre.

Until the next newsletter.

Bye for now Penny and Connie

Link up to Linkline



Nasima

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

“It’s your reaction to adversity, not adversity itself that determines how your life’s story will develop.”
— Dieter F. Uchtdorf

Isn’t it a beautiful reminder for all of us to look at life positively!!

Winter might not be the favourite season for everyone, but look at the opportunity it opens up to all of us. It allows us the time to enjoy some long-forgotten things and get some of the long overdue things done.

Many of our Linkline members are facing some challenging changes in their lives, which has made the afternoon group a bit quiet. We miss you all and our chit-chat and laughter together. Winter might have aggravated some physical and mental health condition for many of us. Cold weather, longer nights, darkness might make us feel a bit down. How about we think what opportunities it is opening up for us!

We got offered some more time in winter to listen to music and sing along, we even can try dancing without falling :-D. No one’s there to laugh at you, isn’t it relaxing? You might be interested to go back to your knitting, crocheting, hand embroidery, painting, drawing and more. Many of you might have been longing to do those for a long time but your busy schedule did not allow you for quite some time, and eventually you have forgotten about those. Bring your skills back, learn the skills you wanted to learn as a child, reweave your dreams ... it is never too late.

Some of you might like to take the time to declutter your home and redecorate it, make some more space to move around. If you like doing some admin

tasks how about you sort your paperwork and get everything labelled and tidy. You may shred the unwanted paper and use them as mulch in the garden. It is a great way of recycling. How about candle light dinner for yourself or with a friend. More time to catch up with friends and family. I am sure they will love it too.

Linkline calls run every afternoon from 1.30 to 2.30 pm except for Thursday. Please refer to anyone who might be interested and benefit by this free service. Don’t forget to keep an eye on the outing list. Best way to get out and about in this winter and have fun.

Speak to you all soon. Stay happy and warm.

Nasima

**This is your
Monday morning
reminder that
you can handle
whatever this week
throws at you.**

—UNKNOWN



From Transport Desk

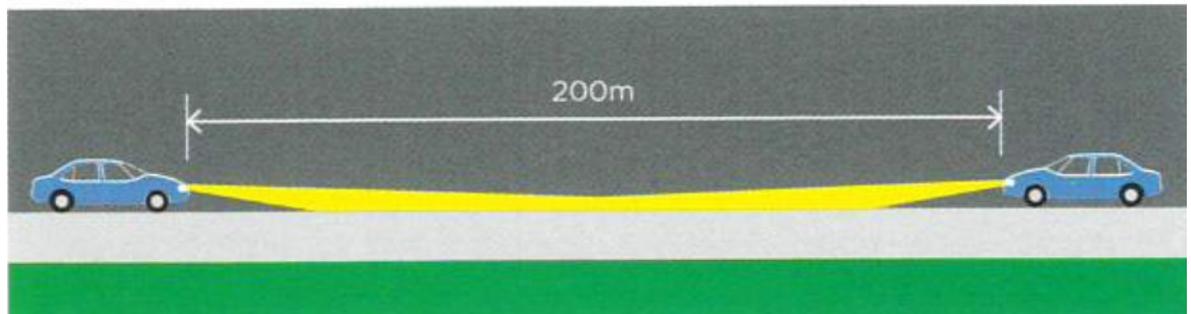
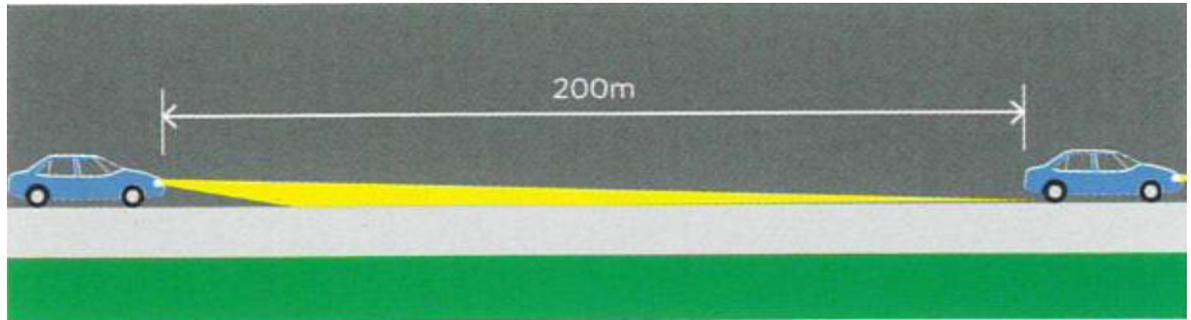


Using headlights and fog lights:

High Beam:

A driver must not use their headlights on high beam if travelling:

- less than 200m behind a vehicle travelling in the same direction
- less than 200m from an oncoming vehicle.



Must not dazzle

A driver must not use any light fitted to their vehicle that may dazzle another road user.

Fog Lights

A driver is only permitted to use fog lights if driving in fog, mist or other atmospheric condition that restricts visibility.

Spot lights

A driver may only use a spot or search light if:

- The vehicle is stationary and the light is being used for making adjustments or repairs to a vehicle. The light must not be projected more than six metres.
- The light is used temporarily to read a house number or noticeboard.

Lights

When driving at night, or in conditions where there is insufficient daylight to render a person dressed in dark clothing discernible at a distance of 100m, a driver's vehicle must have clearly visible:

- Headlights
- Tail lights
- Number plate lights
- Clearance lights and side marker lights if they are fitted to the vehicle.

It is recommended that in some daytime situations driving with the vehicles headlights on can improve the likelihood of being seen by other road users.

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



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

Hello everyone and welcome to the April-May newsletter.

We just finished celebrating **National Volunteer Week** 15-23 May 2023. It is something to celebrate beyond our organisation and country. Helping others knows no bounds. One act of kindness keeps going for ever. Especially, in this digital era we can help out people all over the world from within our four walls. We take the formal opportunity to acknowledge and appreciate the hard work and dedication of all the volunteers throughout this week. You guys are amazing in whatever you do and, the encouragement and enthusiasm you provide to the programs and community is beyond measure. We are fortunate to have all these volunteers from all walks of life. Keep up your great work!!

As you all know, we are in flu season and the cold weather may aggravate some health conditions. Please look after yourselves and notify the Cottage as soon as possible if there is any change in your daily routine. It allows us to have some time to find enough support for the programs.



V o l u n t e e r



New Volunteers

Mevanka G, Deidre P, Narelle F,
Aaron L



Nomination follows the volunteer week closely, and we would like to highlight the amazing work our volunteers do to the broader community. Please pick up a Volunteers Nomination slip kept near the volunteer sign in sheet and fill it in. Nomination ends by mid -June.



We are eagerly looking for some new addition to the volunteer team and word of mouth is the best possible mean to attract some new



volunteers. Please spread the word and take some leaflets. One of our volunteers, Allan H has been making a great effort to put the leaflets up on different notice boards to attract some new members to the team. We appreciate his effort and hope the others will be encouraged by him 😊 .

Thank you all again. Stay warm and healthy in this winter and always.

Bye until next time.

Nasima

Member Update

Welcome to all our new Members:

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

New Members:

Michael R, Lynette I, Ronald C, Allen B, Vera L, Maria Dos S, Eric E, Shirley B, Melvyn R, Hector V, Eileen J

Members that have gone into permanent care:

Ian C, Fred C, Marta K, Laura P, Norman Y, Yolande H, Bev S

Members that have passed away:

Peter S

Members that have moved out of area:

Pushpa N

Members who are sick:

Rita C, Edi I, Lynette I, Dot S, John C, Luz T, Jimmy L

Members that are not returning:

Ishaque K, Milagros T

Members that are too ill to attend:

Rosie M

Happy Birthday!

April

Members:

Ruby P, Emily R, Tracey W, Kathryn W, Joan S, Leo G, Patricia K, Allen B, Maria B, Helen S, Sushila S, Doreen C, Clyde G, Beverly J, Josefina B, William S, Antonino B, June H, John C

Volunteers:

John S, Marie T, Elaine F, Philip D

Staff:

Susan P, Cris V, Elizabeth D

May

Members:

Anne-Marie P, Leslie M, Kathryn W, Patricia T, May W, Florencio G, Ronald C

Volunteers:

Jasmina B, Cecilia C, Daniel N, Dayne T, Jennifer H, Lourdes P, Aaron L

Staff:

Debbie T



The Trading table has raised \$315.50 since the last newsletter.

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



Policy of the month

Social Media Policy

Objective

To establish and provide clear and concise regulation on the rules governing the use of social media both during and after working hours and the disciplinary action for failure to adhere to this policy. This information is for staff members who are paid or unpaid.

Definition and scope

Social media includes but is not limited to the following:-

- Facebook
- Instagram
- MySpace
- Twitter
- LinkedIn
- YouTube
- BlogSpot

This policy applies to all usage of social media whether it is onsite, offsite, after hours, during work hours and via Myrtle Cottage computer hardware/software or a personal device connected to any server owned and/or operated by Myrtle Cottage.

Staff members should also note that social media content can be subject to court orders for production as evidence in the course of litigation.

Policy

Myrtle Cottage is committed to ensuring a strict social media procedure is followed at all times.

Modes of access to Social Media:

For the purpose of this policy, access to Social Media includes access by any electronic means which may include but is not limited to:

- Telephone
- iPhone or mobile phone that are owned by Myrtle Cottage or the staff member
- Computers including desktop and laptop computers, iPads and notebooks owned by Myrtle Cottage or by the staff member

Procedure/ Use of Social Media in the workplace

The following rules concerning the use of Social Media in the workplace should be observed by all staff members:

Participation in social media and social networking sites in relation to non-work related matters is prohibited during working hours. This prohibition extends to but is not limited to:

1. Watching videos on social media sites such as YouTube
2. Sending or receiving blogs
3. On-line shopping
4. Sending and receiving non-work related emails

Participation in social media and social networking sites in relation to work related matters is subject to the following rules:

1. Staff members are not permitted to use computers, laptops or other equipment owned by Myrtle Cottage when participating in social media or social networking sites without the prior approval of management.
2. Staff members are not permitted to speak on behalf of Myrtle Cottage, nor to represent Myrtle Cottage when participating in social media or social networking sites unless prior written approval from management has been obtained by the staff member.
3. Staff members are not permitted to use any trademark or logo owned or used by Myrtle Cottage when participating in social media or social networking sites without explicit permission in writing from management.
4. Where staff members have approval to represent Myrtle Cottage in social media or social networking sites staff members must disclose that they are a staff member of Myrtle Cottage and must always aim to protect the interests of Myrtle Cottage when representing Myrtle Cottage. Staff members are required to disclose

- they are employed by Myrtle Cottage if staff members post any comment that promotes or endorses the services of Myrtle Cottage in any way and/or mentions other staff members, clients or competitors on any social media or social networking sites.
5. Where staff members have approval to represent Myrtle Cottage for the purpose of developing a website or writing blogs that mention other staff members, clients or competitors, which necessitates staff members making comments or expressing personal views, staff members are obliged to make clear that the views expressed do not represent the views of Myrtle Cottage by posting a disclaimer in a prominent place.
 6. The disclaimer should include words to the effect of the following: *The opinions or views expressed by me on this social media platform represent my personal and individual thoughts and not necessarily those of Myrtle Cottage or any of its management, staff members or respective members of the board and affiliates.*
 7. Staff members are prohibited from using any confidential or secure information held by Myrtle Cottage. This includes information about upcoming product releases, sales, finances, quantity of services provided, number of staff members, business strategy, information in regard to clients and related third parties. For questions about whether information has been released publically or doubts of any kind, management must be contacted and the information to be released must be approved in writing by management.
 8. Staff members must ensure that all content published is accurate and not misleading to the best of their knowledge and ability.
 9. Staff members are prohibited from making disparaging comments about Myrtle Cottage in any manner or form.
 10. Staff members should be aware that any actions captured via images, posts or other online comments can affect the image and respectability of Myrtle Cottage within the community. When participating in social media or social networking sites staff members must not reference Myrtle Cottage or other staff members as well as the organisation's affiliates, associates, partners, vendors, clients or related third parties without their express and written consent.
 11. Staff members are required to honour the privacy rights of fellow staff members, by seeking their permission and approval from management, before writing about or displaying internal happenings that may be considered to be in breach of the privacy and confidentiality policy held by Myrtle Cottage.
 12. Staff members must be aware of and follow copyright laws. This policy is to help build that awareness. For the protection of all staff members as well as for the protection of Myrtle Cottage, staff members must comply with all laws governing copyright and fair use of copyright material owned by others. This means, for example, that you may not publish copyrighted material without the permission of the copyright owner, whether that is Myrtle Cottage or a third party. The accepted process to obtain the required consent from the individual or entity must be followed. The accepted process in this instance is making contact with the individual or entity and obtaining written permission to use the copyrighted material. If this process cannot be followed then the staff member must under no circumstances use the copyrighted material. Myrtle Cottage will not be held legally responsible for staff members who do not follow this process and the laws that govern copyright.
 13. Staff members are not permitted to sell any product or service when participating in social media or social networking sites that would compete with the services provided by Myrtle Cottage. Staff members are prohibited from engaging in personal attacks or in making derogatory remarks against Myrtle Cottage, other staff members, clients, competitors or related third parties when participating in social media or social networking sites, whether through actions, captured images, posts or other online comments.

14. Staff members are prohibited from engaging in commentary, content or images in reference to Myrtle Cottage, other staff members, clients, competitors or related third parties when participating in social media or social networking sites that are obscene, pornographic, profane, defamatory, threatening, harassing or abusive or that can create a hostile environment within the work place. Such postings will expose the staff member to legal liability and is also in breach of their employment conditions, Code of Behaviour, Work Health and Safety and bullying and harassment policies held by Myrtle Cottage.
15. Staff members are prohibited from engaging in commentary, content or images about fellow staff members on social media or social networking sites that are derogatory with respect to race, religion, gender, sexual orientation, colour, disability or any other protected characteristic, or that are sexually suggestive, humiliating or demeaning. Such postings will expose the staff member to legal liability and is also in breach of the employment and discrimination and harassment policies held by Myrtle Cottage.

Use of Social Media after working hours

The rules concerning the use of social media in the workplace will generally be applied to the use of social media in private social networks or to the use of social media outside of working hours. This policy applies to staff members if:

1. Their conduct damages or has the potential to damage the interests held by Myrtle Cottage. Their conduct is incompatible with their job description or the duties owed by the staff member to Myrtle Cottage
2. Staff members act in a manner that violates the rules governing the use of social media and/or participating in social networking sites which result in:
3. The use of objectionable or insulting language
4. Dishonesty
5. Conflict of interest
6. Engaging in obstructionist activity contrary to the interests of Myrtle Cottage
7. Soliciting client's/members held by Myrtle Cottage's or potential client's/members that Myrtle Cottage intends to hold
8. Disclosure or misuse of confidential information
9. Conduct which breaches privacy, copyright and fair-use laws
10. Conduct involving personal attacks or making derogatory remarks against another person or entity
11. Conduct which breaches existing policies held by Myrtle Cottage will be deemed to be in direct violation of this policy and any laws that relate to and govern such behaviour.

Breaches of this policy represent a breach of Code of Behaviour

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.



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 THE KITCHEN



Jo

Greetings from the kitchen,

The last couple of months have been very busy for the kitchen ... we have packed for many picnics and BBQ outings for all programs, DT enjoyed morning tea on the lawn and cooking classes, and we have celebrated **Australia's Biggest Morning Tea and Volunteer's Week**.

I would like to thank each and every one of my kitchen Volunteers for their tireless efforts and hard



work. You are all appreciated so very much, and the kitchen could not run as smoothly without you.

We have also had Hospitality students from various high schools come to work their placement hours.



This has been a wonderful experience, and they leave us with new knowledge and baking skills, while learning the day to day running of a commercial kitchen.

We receive so many requests for our recipes, which is extremely encouraging and rewarding. Please do not hesitate to bring any comments, suggestions or complaints to us. All feedback is welcome and contributes to our future menus and baking.

I have included a family favourite as the recipe for this issue. It does not have a name (we call it Balls), but is very easy to make, has few ingredients and is a great winter warmer. It will feed a family of 4 with leftovers.

BALLS

INGREDIENTS :

- Meatballs, either roll your own or purchase from Woolies or Coles
- Sliced mushrooms (2-3)
- 2 Rashers of bacon, chopped
- 2 jars of pasta sauce, any flavour

METHOD :

Lightly Fry the meatballs and place in a casserole dish

Fry up the bacon and mushrooms and add to dish

Pour pasta sauce over the top and place in the oven for around 20 min 200°C

Serve over pasta

ENJOY
By JO M

*Baked
with love*

Health and Wellbeing

Wellbeing Tips for Elderly people during Autumn

As the days become colder and shorter during Autumn, it is important we know how to take proper care of elderly people and keep their wellbeing and diets healthy.

Ensuring their living spaces are warm and tidy

- To escape the cold weather, ensure the heater or fireplace is working to keep their house warm.
- Also, ensure to check the surroundings of the house and look for fallen leaves as these could be a potential hazard and cause falls and injury.

Layering clothes and having proper footwear

- With Autumn's fluctuating temperatures, it is important to layer up with lighter sweaters and jackets to avoid colds.
- It is also important to check that elderly people have proper footwear that are in good condition with soles that are sturdy and have plenty non-skid traction. This is to prevent any types of slips and falls and keep them safe in and outside of their home.

Keeping elderly people active and getting enough

sleep

- To keep immune systems strong and illness-free during this season, it is important for elderly people to get enough exercise and sleep. This can be easily achieved through daily walks and stretching.

Look out for signs of seasonal depression

- Elderly people are at more risk of getting seasonal depression during Autumn, and isolation indoors could lead to signs like loss of appetite, chronic fatigue, poor sleeping habits etc.
- Don't forget to keep yourself hydrated during Autumn!
- Some alternative other than water could include, herbal teas and vegetable or fruit juices.

Ways in trying to minimize effects of seasonal depression include encouraging exercise, eating plenty of fresh fruits and vegetables along with spending quality time outdoors and indoors.



Too often, the opportunity knocks, but by the time you push back the chain, push back the bolt, unhook the two locks and shut off the burglar alarm, it's too late.—



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

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

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 \$102.75 which brings the total since July 2022 to;

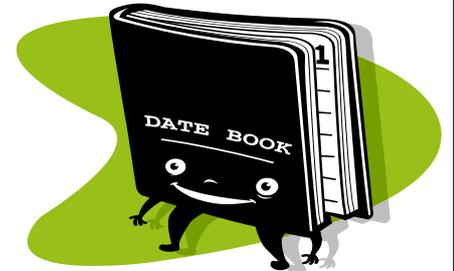
**The Donation box is located near the entrance to the activity room.
(it's the slot in the wall)**

\$326.10

Important Dates to Put In Your Diary

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



If at first you don't
succeed, try, try, try again.

William Edward Hickson

quote fancy

Client Advisory Committee

There was no meeting held over the past 2 months. Our next meeting is scheduled for 8th 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

Happy Feet



Sarah & Rebecca

Hi Everyone,

I hope everyone is doing well and are good. I once again have another report of the Happy Feet report for this edition of the newsletter.

As previously discussed in the last newsletter starting from the 23rd 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

- Thursday 1st June
- Thursday 6th July
- Thursday 10th August
- Thursday 14th September
- Thursday 19th October
- Thursday 23rd November

need any more information please don't hesitate to ask any questions.

If you are interested in the podiatry service please don't hesitate to contact Sarah or myself

with any questions, we can provide you with an information pack that let's you know all about this service and an EPC form to take to your G.P.



I would also like to remind everyone that comes for Podiatry that appointments will run for 30 minutes to ensure the best care is taken for your needs and you aren't rushed while you are here.

Once again, I would like to thank volunteers and staff that help out with Podiatry, your help is very much appreciated and we are thankful for your assistance.

Please take note of the dates for Podiatry for the rest of the year.

Warm Wishes,

Rebecca, Admin Assistant

Improvement Box

Date: 02/05/2023

Type — How raised: Compliment

Raised by: 3 DT members

Issue: Senior Rights Service Speaker came to speak to Members at Myrtle Cottage.

Action/Response: Members were happy with the information provided, they found out about a lot of services that they didn't know of and found the speaker was able to get a lot of information out about what the senior rights service does.

Date: 08/05/2023

Type — How raised: Suggestion

Raised by: Kath Williams

Issue: Member suggested more games for the visually impaired.

Action/Response: Suggestion, Request Member was playing a game and noticed that there was a limited choice for games to play for the visually impaired. She suggested that there should be more games to be more inclusive at Myrtle Cottage. Cris to purchase games.

Animal Behavior

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

AGGRESSIVE

ESTIVATION

INSITINCT

RESPONSE

BEHAVIOR

FIGHT OR FLIGHT

LEARNED

RHYTHMS

COMMUNICATION

HABITUATION

MIGRATION

SOCIAL

CONDITIONING

HIERARCHY

MOTIVATION

STIMULUS

COURTSHIP

INNATE

PHEROMONES

TERRITORY

DOMINANCE

INSIGHT

REFLEX

TRIAL AND ERROR