

# Cottage Courier

June - July 2023

Welcome to our June/July Cottage Courier. I hope you have all managed to keep warm during the Winter months.

Aged Care Employee Day is a National Day of Significance for Australia’s aged and community care workforce held on **7 August** each year, which this year falls on a Monday. **#ThanksforCaring** campaign recognises all the varied roles involving the aged care workforce – from nurses to personal care workers, allied health professionals to lifestyle coordinators, hospitality teams, drivers, cooks, cleaners, administration staff and so many more. Myrtle Cottage would like to thank all staff for their hard work and dedication towards all our members and members why not give them a thankyou too!

**We received a lovely poem from one of our members Albert F, click on the link to listen.**

[https://drive.google.com/file/d/1G8I6mCLJQy3YMDDm\\_5NtHjSm5eS-oMj-/view?usp=drivesdk](https://drive.google.com/file/d/1G8I6mCLJQy3YMDDm_5NtHjSm5eS-oMj-/view?usp=drivesdk)

***This story is dedicated to all the teenagers wherever they are and to all the social workers and their volunteers wherever they are and more importantly dedicated to all the elderly and frail citizens wherever they are.***

Our next Cottage event will be R U OK Day 8<sup>th</sup> September 2022, keep an eye out for further information on this event.

Lastly if you haven’t already don’t forget to follow us on **Facebook @ Myrtle Cottage** and check out our new website at

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

Until next time,

**Kylie Richardson**



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# Elizabeth's Exciting Edit Manager's Report



Hi all,  
It is funny how time catches up with us and now another newsletter is due. I have lost count of how many I have now done but it has always been an opportunity to stay in touch with you all and let you know what we have been doing over the last 13 years, as that is how long my story at the Cottage has gone on for.

As some of you are aware I have been planning to retire for a little while and the time has now come for me to pursue a more leisurely lifestyle.



For me it has been both a pleasure and a privilege to have worked and lead Myrtle Cottage along these years. It has been

very rewarding to work with you all. I always expected it would be, being able to enhance your lives, but didn't anticipate how each of you would enhance my own life at the same time. For that I am very grateful.

During my time here, the Cottage has gone through many changes and I am sure it will go through many more with confidence that it is the best service around and the stability gained from being such a resilient community.

I wish to thank you all for the support you have given me and expect you will do the same for Kylie Richardson, who is replacing me. Kylie is very experienced and knows you all, so I am certain she will be a great asset for the organisation.

My best wishes to all of you! And once again, thank you for being part of the last 13 years of my life!!

*What I learned?*



***If you turn your face to the sun, the shadows will always fall behind you! (Maori proverb)***

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.

Hello everyone,

I would like to welcome our new members: Abdurrof B (AB), Daphne H, Fe (Faith) D, Tere A, Judith T, Pamela D and Bev M who joined our program and have settled in quite well.

It has been a busy few months here at the Cottage. We had speakers who came and gave us information regarding Falls Injury prevention where they talk about improving your motor skills to minimize the risk of falls. The Wednesday group were fortunate to have the **Ingleburn Fire Department** visit the Cottage, reminding members about general fire safety within the household. We have been celebrating NAIDOC week where members painted, World Music Day which they enjoyed Singing and listening to their requested songs, they played games, quizzes and ate chocolates for World Chocolate Day, and for World Milk Day, the members played Milk-the-Cow and had milkshakes.

Even the last week of July we were full on! Members, volunteers and staff celebrated Christmas in July, 5 days of non-stop concerts! We had Peter Paki, Roger Menzies, Garry Wade and Tony Martin. Thank



Tuesday



Monday

Wednesday



you very much for all our entertainers who came to entertain and made us sing and dance. We also raised a total of \$700!!! from the Christmas in July raffle. Thank you everyone who purchased tickets and for your ongoing support. Thank you to all volunteers and staff who helped the program to run successfully.

Stay safe and healthy everyone! 😊



**Thursday**



**Friday**



**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.



**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.*

# Craft Activity

## How to Make a Beaded Key Ring

### What you will need

- A key ring
- A jump ring
- An eye pin
- Wire thread
- Assorted beads
- Pliers

### Instructions

#### Step 1: *Select your beads*

We recommend that you use quality beads for an adult key ring, glass beads tend to work best. Plastic beads are fine for kids but if you want a glamorous addition to your keys, you should stick to glass. It is a good idea to use a mix of colours and styles, you want to make something unique right?

#### Step 2: *Lay out your pattern*

Find a flat surface and lay your beads out on to a piece of fabric so that they don't roll away. Try playing around with patterns, alternating colours, going from largest to smallest or pick beads at random and see where it takes you.

#### Step 3: *Threading*

You've decided on your pattern so now is the time to thread your beads on. Start by tying a 10-inch piece of wire on to the jump ring. Pull the knot tight with your pliers. You can now thread your beads on, tie another knot at the end, big enough that the beads won't slip off, and secure.

**Step 4 (Optional):** Try adding some more bead strands to your jump ring. Be sure to stick to a theme with colours. A key ring with a few strands is far more fun than just one.

**Step 5:** Jazz up your old key ring by attaching your new beaded one. If you're having trouble attaching, use the pliers to open the jump ring, attach and then clasp again to make sure it doesn't fall off...and you're finished!



**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***

# 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,

Bell, Outreach and Flexible Respite have limited vacancies, if you are interested in joining any of the programs please give the Cottage a call.

The outings for the last program have been to the Country Club for a very nice lunch.

The outing scheduled for the week of the 24.07.2023 will be **Christmas in July** entertainment in the D.T Program room. Cris has organised entertainers for the whole week. The members have been enjoying singing and dancing each day.

Referrals are consistent and we have started a few



new members. We have also said goodbye to some long-term members that are missed by all.

Being full time carers of a loved one with Dementia can be very hard at times, staff understand this and we are all very happy we can provide quality respite until the next stage of their lives, whatever that looks like.

**Bye for now  
Christine Turner**



# Dementia: Fact Sheet



## Advance care planning and directives

Advance care planning involves having discussions and planning for your future care needs. It allows you to plan and make decisions about your care treatment if you or a loved one were to become ill and/or unable to communicate your preferences.

Advance Care Directives record your specific wishes in relation to future healthcare. This includes any medical or dental treatments you would like or not like if you were to have a life-threatening illness or injury. In NSW you do not need to see a specific form.

An Enduring Guardian is a person you appoint to become your substitute decision-maker if you can no longer make lifestyle, health and medical decisions.

### Advance Care Planning Australia

#### 🌀 TOPIC AdvancedCare Planning and Dementia

[www.advancecareplanning.org.au/understand-advance-care-planning/advance-care-planning-it-specific-health-areas/advance-care-planning-and-dementia](http://www.advancecareplanning.org.au/understand-advance-care-planning/advance-care-planning-it-specific-health-areas/advance-care-planning-and-dementia)

📞 1300 208 582

🌀 [www.advancecareplanning.org.au](http://www.advancecareplanning.org.au)

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# 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

**Dingo Sanctuary at Bargo** was fantastic to be shown around by a guided tour guide who told us about the history of each Dingo and how they ended up at Bargo Sanctuary. Initially the members weren't



**Dingo Sanctuary at Bargo**

too sure about touching the Dingos, but once we were reassured, we started taking photos. Members report they love the options and variety they get at the **Marconi Club**. With so much to choose from who wouldn't go home happy and ready for a sleep.

**Darrell Lea** is always one our favourites places, as we have a bit of a sweet tooth, lots to pick from at a great price. I would like to thank the staff that assist our members in choosing and letting us try new products they have on trial.

**St Marys Band Club** is one of our old venues that



**Early Morning Breakfast at Mounties**

we haven't been to for a while. Thank goodness we had lots of food options for a great price.



**St George Sailing Club**

Here we are sitting at **St George Sailing Club**, which was a great day to get out, we enjoyed the warm weather sitting right near the water with a fabulous view. We were feeling posh in this lovely area.

Some of the other outings we have visited are **Dumaresq Street Cinema, Lifeline Camden, Rooty Hill (West's HQ) RSL, St Marys Band Club and Appin Park** for some morning tea.



**Darrell Lea**

Members choose to stay at the Cottage to enjoy **DT's Christmas in July** with live entertainment.

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

Hello Everyone,

We have nearly finished the Winter!! Colours in nature will appear soon!!! I cannot resist myself from saying the most quoted line **“Every cloud has a silver lining”**.

I know many of you have been through challenges lately and cold weather did not help much, but as you all know **“only in the darkness you can see the stars”**. Life throws challenges to us to teach positivity. We can look at challenges optimistically which increases longevity, can protect against the development of chronic diseases, improve immunity, resilience, enhance performance and confidence, reduce anxiety.

The bias towards negative thinking can be overcome by paying deliberate and conscious attention to the good things that happen. That means we can learn positivity in the same way that a person can learn new skill through repetition. Isn't this exciting!!! This is called Neuroplasticity. If you like to do online research then please have a browse. If you like to have some more information about it please let me know.

Our ability to feel good and function well is called

wellbeing. And, we are responsible for our own wellbeing. So, let us all practice **Neuroplasticity**. We can use 10 minutes in the morning to focus on what good happened to us and start the day with a positive energy. When you are positive yourself then you will be able to spread it amongst others even by a smile, a funny or kind word, by a quick call or a letter. I am pretty sure you have better tricks under your sleeves.

How about you start talking to the afternoon group, coming to the **Cottage**, joining the outings, going for a walk, encouraging a friend to join **Linkline** or any other program at the Cottage as a positive start. Anything is worth trying ... what do you say?

**Linkline** calls run every afternoon from 1.30pm to 2.30 pm except for Thursday. 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.

That is plenty for now. Bye until next newsletter 😊

**Nasima**

## 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 \$5.10 which brings the total since July 2023 to;

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



# From Transport Desk



## Masks & COVID form:

This newsletter has some exciting news for everyone at the Cottage.

## **WE NO LONGER NEED TO WEAR MASKS OR COMPLETE THE COVID QUESTIONNAIRE!!!**

We were given the news by Elizabeth as her parting retirement gift to the Cottage on **Friday 21<sup>st</sup> of July**. Look at those smiles!!!!



We still need to wipe down the handles of the buses so we can reduce the risk of illness spreading especially during the cold and flu season. Thank you to every single person in the Cottage for your ongoing support and understanding of wearing the masks for such a long time. The goal was to keep the Cottage COVID free as much as possible and I think we have achieved that.

## Detecting changes in your driving:

Detecting changes in your own driving abilities can be difficult. These examples include some of the signs and situations that show your ability to drive safely might be changing.

### Signs of changes in your driving ability:

- Constantly feeling tired when driving
- Finding it difficult to read signs, see in poor light or cope with glare
- Experiencing a number of “close calls” or near misses, or being involved in a crash
- Family or friends expressing their concerns about your driving
- Nervousness and loss of confidence when behind the wheel
- Reacting to medications and feeling less alert or coordinated
- Finding it difficult to turn your head and see over

your shoulder

- Finding it hard to handle difficult driving situations, including:
  - Being surprised by passing cars
  - Braking harder than normal for hazards
  - Going through red lights or stop signs
  - Turning too fast or too slowly
  - Backing into or over objects
  - Running over the kerb
  - Keeping the car centred in a lane
  - Judging when to turn at intersections

### Retiring from driving:

Making the decision to retire from driving doesn't mean that you will lose your mobility and independence. While there will be some lifestyle changes when you stop driving, if you plan ahead you can minimise any loss of independence and ease the transition.

One way to plan ahead is to incorporate your mobility and transport needs into your general retirement plan. Consider the advantages of moving to an area that has a variety of transport options, with shops, medical and community services and social activities close by.

Planning ahead can provide financial advantages. By replacing some of your travel needs with public transport and taxi trips, you could save money on running your car.

You are eligible for discounted public transport throughout NSW if you hold a NSW Seniors Card, Pensioner Concession Card or a Department of Veterans Affairs Health Card.

**Taken from Road Safety: On the road 65Plus**

**Azree**

**Transport & Accounts Coordinator**

**Joke of the month:**

**Hearing Aids**

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted with a set of hearing aids that allowed the gentleman to hear 100 per cent.

A month later, the elderly gentleman went back to the doctor for a check-up. The doctor said "Your hearing is perfect, your family must be really pleased that you can hear again".

The gentleman replied "Oh, I haven't told my family yet, I just sit around and listen to the conversations - **I HAVE CHANGED MY WILL THREE TIMES!**

*(Taken from Golden Carers Website)*

# 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.



# Client Advisory Committee

We held our last Client Advisory Committee Meeting 06/06/2023 with 2 members, 1 volunteer and 1 staff member in attendance and apologies from 4 members.

Items discussed was the low attendance and some ways to increase attendance. A decision was made to move this meeting back to Tuesdays and once again invite new members to join. So, if you are a member or carer and would be interested in joining our CAC would we love to hear from you.

The CAC are another voice for all members so please look for who is your daily representative is for the day you attend and let them know your thoughts and ideas.

Take care and Hope to see you all soon

**Kylie Richardson, Assistant Manager**

# 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!

Welcome to June-July Newsletter.

We have already passed half of the year! How quick was it! Despite being in the flu season you guys have done an amazing job with your attendance. I thank you all for being so supportive and punctual during this winter and school holidays. I know many of you need to look after the grand children during school holidays, which is absolutely understandable. This winter school holidays went quite well; hardly many volunteers took time off. Which shows, you are looking after yourselves and enjoying your time at the Cottage. These are great news!!!!

As you all know due to winter we are going to clubs mostly for outings and we have a ratio of members to volunteers due to members' need. As per the number of the members and their needs we determine the numbers of volunteers will be accompanying. The bus drivers and bus assistants come first as they are inseparable from this process. As a result, some of the allocated volunteers of the day may not be able to attend the outings each week. I believe most of the volunteers are already aware of it, but a little reminder is always helpful. 😊

Thank you all who have participated in the volunteer survey 2023. It helps us a great deal to find out our areas of improvement and changes that need to be made. In life we always need to make changes to

suit changing circumstances otherwise life would be dull, wouldn't it? We wish to conduct volunteer surveys each year and all of your participation will be greatly appreciated. Apart from the survey, please feel free to come and see me anytime to raise any issue or discuss any concerns.

**Code of Conduct for Aged Care** is available for all the volunteers. It is a good read and must know for all of our volunteers. Please feel free to ask any question you have regarding the Code of Conduct.

We are still looking for volunteers in all areas of the Cottage. Please refer anyone interested to have some positive fun-filled engagement in the community. We run volunteer induction every second Tuesday of the month. If any of you are interested to drive or bus assist please let me know so we can organise the training for you. It is always fun to learn some new skills.

Thank you all again for your continuous support. Stay happy and connected.

**Nasima**

## New Volunteers

Myah B, Hayley C, Justin B, Anik B, Elizabeth C,  
Jennifer L, Makayla F

**Ask yourself always:**

**How can this be done better?**

**G C Lichtenberg**

## Volunteer Drivers Wanted



**Ring 02 9426 3100**

# 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:**

Lucy C, Robert D, Ab B, Fe D, Pam D, Hans K,  
Trisilowati S, Judith T, Daphne H, Manuel I,  
Beverley M

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

Anthony S, Dorothy S, Brian C, Rosa R

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

Cathy H, Leonard H

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

Rita C, Lynette I, Paulette B, Beverly W, John C,  
Margaret M

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

May W

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

Susan L

## Happy Birthday!

### June

#### **Members:**

Christopher H, Barbara B, Joan H, Tio N, Sheryl H,  
John C, Beverly F, Elaine A, Barbara R, Michael R,  
Helen H, Jan R, Julie L, Grant G, Joan F, Brian R,  
Wayne S

#### **Volunteers:**

Jordan N, Linda M, Annette P, Thomas A

#### **Staff:**

Rachel N, Jo M

### July

#### **Members:**

Ann G, Faris A, Anita B, Rhonda H, Michael O,  
Colin LeM, Denis M, Eric E, William F, Ann Maree  
M, Desmond L, Marlene X, George S, Nola J,  
Grace M

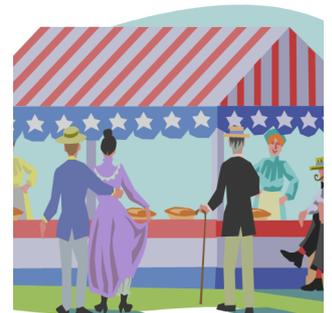
#### **Volunteers:**

Jenelle F, Leeann K



**The Trading table has raised \$511.85 since the last newsletter.**

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



# Policy of the month

## Transition of Care between Services Policy and Procedure

### Objective

Myrtle Cottage Group is committed to the safe transition of care of both NDIS and CHSP members from service to hospital or secondary service provider.

### Definition and scope

Transition of care refers to the movement of people between places or services providing care such as people moving between disability supports services and hospitals. Transitions of care are key points where there is a possibility of risk of harm to members.

### Procedures

Myrtle Cottage Group will ensure that each member experiences a planned and coordinated transition to or from the provider.

- Coordinator will assess potential members using our Risk Assessment Checklist, this will involve the assessment of transport and mobility concerns
- Member Service Agreement is signed before starting at the Cottage and this document also gives consent to collect, store and share private information about members if any concerns or health emergency arises
- Any identified concerns re: transport and mobility will be noted on the transport run sheet for staff and driver attention for transition to and from services

- Member Profile and Care Plan is developed, copy is kept in Coordinators office for staff, copy in the Outing folder and soft and hard copy on members personal file
- Member Profile and Care is given to any medical professional in case of an emergency or transition to hospital
- In the event of an emergency e.g. member is taken to hospital whilst under Myrtle Cottage care the next of kin is contacted to inform them of the incident details
- Staff to complete relevant documentation i.e. case notes and incident report
- A debrief is conducted for all parties involved to determine final outcome and if relevant policies and procedures need to be reviewed and any further reporting requirements
- Some of our members may have a Communication book that staff record handover notes for the Carer or alternate Service Provider (Group home/Accommodation service)
- If a member returns after a long-term absence they are re-assessed to ensure our service can still meet their needs
- Coordinator to request any relevant paperwork from the hospital, carer or group home
- All member paperwork will be updated with current needs and any changes to ensure safe delivery of services

"Out of the mountain of  
despair, a stone of hope."

Martin Luther King, Jr.

# FROM THE KITCHEN



Jo

Greetings from the Kitchen,

Members have enjoyed celebrating **World Milk Day**, with mock milking of cows which was so much fun for all, and were rewarded with a delicious milkshake. We have also had a great time with Morning Tea on the lawn, cooking and baking classes, and everyone enjoyed our regular BBQs and outing days. Christmas in July celebrations were a big success, with some lovely food, dancing and great entertainment, and as always our beautiful hot lunches are kindly donated by **Ingleburn RSL**.



We do our very best to cater to all allergies, religious and cultural requirements and any special diet needs, and are always welcoming of any feedback, comments and suggestions.

Our very busy, and friendly kitchen could not run so smoothly without our wonderful volunteers. Thankyou so much for all you do.

I have included a recipe for a simple, yet delicious winter tummy warmer. Pumpkin Soup is easy to make, and can be stored in the fridge for 4-5 days or the freezer for up to 3 months.

By Jo M

**PUMPKIN SOUP**

**INGREDIENTS :**

- ½-1 butternut pumpkin, peeled and diced
- 2 potatoes, peeled and diced (optional)
- 1 onion
- 2 cloves Garlic, chopped finely or 1 tsp minced garlic
- ½-1 litre chicken stock

**METHOD :**

- Place all ingredients in a pot and boil until tender
- Blend until smooth
- Add ¼ cup cream or milk

**ENJOY**





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

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

## Health and Wellbeing

# The importance of elderly Nutrition

Every age group needs nutrition because it is essential for good health. However, it becomes even more imperative as we grow older because a nutritious diet can contribute to our ability to deal with ongoing issues.

In addition to paying attention to your diet, a good understanding of nutrition is also beneficial to maintaining or improving your health. Having a healthy diet can give you energy, reduce your weight, and even prevent some diseases, such as hypertension, diabetes, osteoporosis, and some types of cancer.

The body and life of a person change as they age. Because of this, your health requirements also vary. A smaller diet maybe required, or more dietary proteins might be required.

Changing appetites is expected as some people age since their metabolism and activity level slows down, meaning they need fewer calories. You can affect your loved one's nutrition by skipping meals or choosing poor food options.

It can be detrimental to a senior's health to have poor nutrition as it can cause weight loss and weaken the immune system, making them more prone to infections like the common cold and flu.

Snacks and meals must be nutrient-dense but not energy dense. Try and adhere to the recommended number of servings per day from the five food groups in the dietary guidelines. For special occasions and celebrations, it is best to enjoy additional servings and discretionary foods and drinks now and then.

A variety of food is essential, limiting sugar, salt, alcohol, trans fat, and excessive alcohol consumption.

Good nutrition: what does it mean?

To keep our bodies running, we need fuel. Humans are like finely tuned engines. Food and nutrients in those are fuel sources to our bodies.

Among our nutritional requirements are proteins, carbohydrates, and fats, and those need to be replaced each day. We need water as well to stay

hydrated.

Well balanced diets also include a variety of natural foods, including fruits vegetables, whole grains and proteins. You should eat various foods, with poultry and lean meat providing most of your protein, while low fat dairy products should provide the remainder.

You should also limit the consumption of overly processed foods or contain a lot of salt as part of a well-balanced diet. To have a well-balanced, nutrient rich food, you should also monitor your fat and cholesterol intake.

A balanced diet must also contain micronutrients. Minerals and vitamins constitute micronutrients, both are also essential in some small quality.

Proper nutrition is beneficial for a senior's. A proper diet for seniors has many benefits, including higher mental capacity and better energy levels and reduced risk of illness or disease. A senior who practices better eating habits live longer and is overall healthier.

Instead of increasing the portion size, increase the nutrient density. Serving many foods at one time can be overwhelming, use milk instead of water for cereal and soup, add peanut butter to toast instead of butter, and add cheese to scrambled eggs.

Regularly schedule your meals. Regularity is crucial to your health. Your appetite is impacted when you stray from your regular schedule.

Before and during meals, avoid excessive fluid consumption. We are more likely to overeat if we consume to many liquids before meals.

How to change your diet for optimum nutrition?

The body uses food as a fuel source. To stay active and energized, you must fill your tank with what your body needs. You will consume fewer calories as you age. The process can be challenging because you still need the same amount of nutrients, if not more. Consider eating smaller portions more often instead of three big meals a day.

A nutrient rich diet may include the following foods:

- Fruits and vegetables

- Dairy products with low fats
- Whole grains, legumes, nuts and seeds
- Meat with low fat

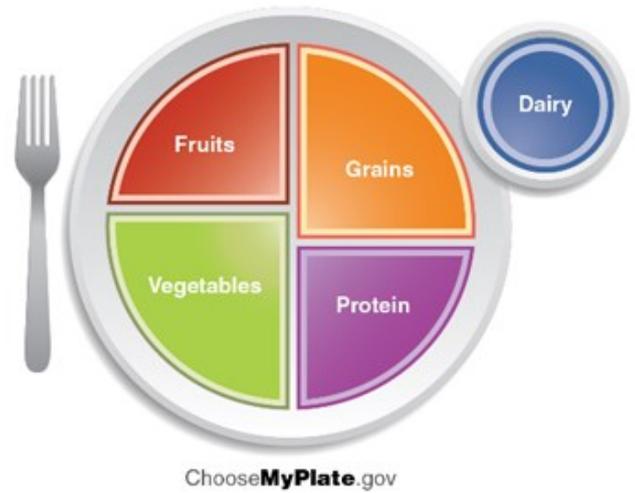
The vitamins, minerals, proteins, carbohydrates and fats found in these foods contribute to a healthy body as we age. A healthy digestive system also relies on fiber for older people. Additionally, fiber is good for heart.

Have a proper portion of:

- Vegetables and fruits
- Pulses, beans, nuts and seeds
- Cereals and whole grains
- A reliable source

A doctor can recommend specific supplements to your diet if you do not get enough vitamins from your diet, to help you meet your body's needs. Supplements should never replace food; they are meant to help you, additionally, supplements can help be helpful if your diet lacks specific vitamins but has allergies to those foods.

Consulting a physician or medical professional such as a nutritionist is the best way to put together to stay healthy as you age.



**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. – Rita Coolidge**

## Important Dates to Put In Your Diary

- 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
- 12/09/23:** 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



# Happy Feet



Sarah & Rebecca

Hi Everyone,

I hope everyone has been doing well, I'm back with another edition of the Happy Feet report for the Myrtle Cottage newsletter.

Things have been going well for Podiatry and we have had quite a bit of interest in people wanting to join and access this service.

If you are interested in joining please contact Sarah or myself and ask for a care plan. You will need to take this care plan to your G.P for them to complete and return to us. We will give you an information booklet upon your enquiry which will contain all information regarding this service including who to make the referral out to as well as dates for Podiatry for the year.

It is strongly advised that you get a care plan as you may be entitled to 5 free visits a year which means that you can use them every 2<sup>nd</sup> visit that we offer here at the Cottage. This will then cover you for the 12-month period. If you do not have a care plan then you will need to pay \$56 per visit which is paid directly to Corinna our lovely Podiatrist.

I will also like to remind everyone that the sessions will now run for 30 mins to ensure all your needs are

taken care of.

I would like to thank the Volunteers and Staff that help out on the day. Your help is very much appreciated it makes the day run smoothly.

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



## Podiatry Dates for 2023

Thursday 10<sup>th</sup> August

Thursday 14<sup>th</sup> September

Thursday 19<sup>th</sup> October

Thursday 23<sup>rd</sup> November

Warm Wishes,

**Rebecca, Admin Assistant**

## Donations

**Donations:** Hawker Foundation \$5,000, Jo M \$120, Sushila S \$50, Bernd S \$25, Ann G \$25, Roslyn M \$5.50

## Received:

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

Do you know a volunteer who deserves recognition for the work they do?

Volunteer Nomination forms are in the foyer information carousel



# Galaxy

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

MILKYWAY

URANUS

NEPTUNE

ROCKET

EARTH

MARS

PLANETS

PLUTO

JUPITER

GALAXY

VENUS

SATURN

SOLAR SYSTEM

STARS

SUN

SPACE

GRAVITY

MOON

MURCURY

ALIENS