

Cottage Courier

February—March 2024



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CEO's Report



Hi all,

Early January we underwent our Aged Care Audit via the Commonwealth Aged Care Quality Commission. The auditors spoke with staff, members and volunteers either onsite or over the phone, along with spending two days at the Cottage going over our documentation and work practices. Congratulation and a big thank you to everyone that was part of this process and continues to keep the Cottage running to a high standard. I am proud to say that we passed with flying colours, we were deemed competent in all areas.

Our programs continue to grow and it is lovely to meet new members as I walk around the Cottage. I would like to remind everyone if you have any ideas or suggestions please speak with one of our staff as we welcome your input into your day at the Cottage.

I am happy to say that we now have a name for our new premises at Spring Farm. The selected winner was Brahm Marjadi from Western Sydney University one of our partner organisations and the winning name is **Eucalyptus Cottage**. As work begins on Eucalyptus Cottage I will bring you updates and some pictures.

Flu Vaccination It is that time of the year! A reminder to book in with your doctor and get the jab. It is really important to take care of yourself and others so if you have any flu like symptoms please stay home and get well before returning to the Cottage.

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

Live Well, Live Social, Live Active

Kind regards,

Kylie Richardson, CEO



Myrtle Cottage Group

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Ingleburn NSW 2565

☎ 02 9426 3100

www.myrtlecottage.org.au

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

Assistant Manager's Report



We need to make sure we continue to make choices as we get older.

As we journey through life, the choices we make and the activities we engage in play a significant role in shaping our well-being and overall quality of life. This holds true, especially as we age and transition into different stages of life. For older members in our community, the power of choice and the value of staying involved in activities cannot be understated.

Aging gracefully does not simply mean growing older; it also encompasses maintaining a sense of purpose, independence, and fulfillment. One key aspect of achieving this is through the freedom to make choices that reflect one's preferences and interests. Myrtle Cottage wants to encourage our members to make decisions that align with their values and that bring them joy while attending programs. We are all unique and not all activities bring us joy so we want you to tell us if you would like to do a different activity on the day you are attending or tell us what you may like to do in the future.

Moreover, staying actively engaged in various activities is essential for promoting physical, mental, and emotional well-being. Participating in social gatherings, educational programs and fitness

programs can help us stay connected, stimulated, and motivated. These activities not only promote a healthy lifestyle but also foster a sense of community and belonging.

Research has shown that seniors who have a sense of autonomy and are involved in activities they enjoy tend to experience better cognitive function, improved emotional well-being, and overall a good quality of life.

In our community, Myrtle Cottage is dedicated to promoting the importance of choice and engagement for members. We want to provide a wide range of programs and activities tailored to meet the diverse interests of our members. Myrtle Cottage strives to create a supportive and inclusive environment and we want to hear what works well and what we could improve. We understand that feedback positive and not so positive will help us to strive to provide a better service.

Together, we can create an environment that helps us to be social, active, live well and to make choices that make us happy.

Penny Willaims

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.



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 Ruth S, Reavi, Lola P, James P, Theo S, Karen M, and Frank M who joined our program and settled in quite well.

The past two months have been packed with celebrations of various events, such as Seniors Week for volunteers and members. A couple of our lucky members attended the GALA concert in the city. They had a great day, especially getting to know one of the performers and taking pictures with him. What a lovely experience! Tuesday group watched the Seniors Concert at West Leumeah, some members enjoyed



special thank you to Robert M. from Ingleburn RSL for donating chocolate Easter Bunnies for our raffles.

checking the variety at other stalls the EXPO offered for seniors. There was a lot of singing and dancing, a delicious BBQ for lunch, and entertainment from the Camden Choir, Garry Wade and James E, at the Cottage. We also celebrated Valentine's Day, International Mother language Day and Harmony Day.

Congratulations to all our Easter Winners; 1st prize – Leanne (Wed group), 2nd Gary (Bell) and 3rd Daphne (Mon group). Consolation prizes went to Christine L, George S, Des, Roselyn M, Frank T and Pat K. A





Thank you everyone for purchasing, supporting our raffles, and, all your donations. We raised a total of \$598.00, thank you!

In addition to our long list of programs at the Cottage, we just started offering pet therapy to NDIS participants. Squish, from PAWS therapy, will be visiting us regularly. Everyone is eager to pat Squish every time he visits us.



Finally, but just as importantly, I want to express my gratitude to all of the staff members, volunteers, and other participants that help make our program a success. These events would not have been as memorable and special without you all. We are grateful for all of your efforts and hard work. We sincerely thank all of you!

Stay safe and healthy! 😊 **Cris and DT Team**



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



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 \$ 31.15 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)

\$79.80

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,

On the 6-3-24 Camden Council held a **Forget Me Not Concert**, we booked 50 members and carers from the Bell program. The concert was held at the Camden Civic Center, the members and carers that attended had a great time, there was lots of dancing and singing along with the entertainer.



The 6 weekly programs were sent out letting you all know when the cottage is closed over Easter but if you didn't receive one, please call us if you are

unsure of the closed days.

We have made lots of Easter crafts, I hope you all have a lovely Easter break and lots of family fun.

I am organising the next carers information day for the 18.4.24, and I hope many of you can attend. I am looking forward to hearing what the speakers tell us about their services and about and what type of services they can provide for you all. Please see the invitation, I will also send one out with the members. Feel free to respond to all the speakers or the ones you are most interested in.

**Happy Easter Holiday
Till next time
Christine Turner**



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

- ☺ Ingleburn RSL Club
- ☺ Ingleburn Rotary Club
- ☺ Ingleburn Lions Club
- ☺ Ingleburn Mowers

Dementia: Fact Sheet



You are invited to
Myrtle Cottage

CARERS INFORMATION DAY

Thursday 18th April 2024

Venue: 6 Bosci Rd Ingleburn

Lunch Provided

RSVP by Thursday 11th April 2024

Telephone: 9426 3100

AGENDA

10.15am- Welcome

10.30am - 11.30 Carers N.S.W

11.30 - 12.30 Carrington Care

12.30 LUNCH

1pm-2pm Arthritis Management



RECREATION PROGRAM

NEWS FROM THE WANDERERS

Connie and Penny



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

Hello to all our Wacky Wanderers

Bankstown Sports Club is one of those venues we all like to make our way back to. At times we go for a look at different restaurant's and still manage to eat



at the Greenfield Station Bistro, which featuring dishes from around the globe. We enjoy a unique, railway themed dining experience complete with authentic railway carriages. A Victorian-era, high arch entrance and priceless collection of railways memorabilia.



Vinnies at Mt Pritchard is one destination for affordable and pre-loved items. We didn't have a lot of time to rummage through all of the store, but members grabbed a bargain, buying shoes, lady's blouse, long skirts and even a Harry Potter Wand.

Merrylands RSL Signatures Buffet was mouth watering options to choose from. Ranging from fresh seafood, Asian dishes, you could just imagine with all that food, some of us had a full belly's and not wanting to see food.

Ten Pin Bowling at Leumeah, our usual spot where everybody wants to be to winner. Unfortunately, there could only be one winner, yes it was the girl's day. Better luck next time for the boys.

Some of the others things we did were Movie Mania at the Cottage, Pizza Hut, movies at Dumaresq Street, Fish and Chips at the Beach, Cara-Vale Diggers, The Sherwood Macarthur and a Picnic at lake Alexandra Reserve Mittagong.

If you think you would like to come and join us on our adventures please contact the office to find out more information.

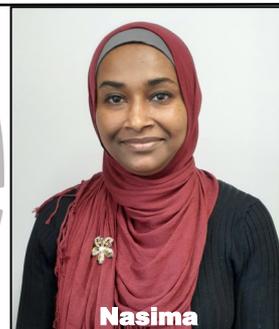
**Bye for now
Connie and
Penny**

**Left:
Bankstown
Sports Club**

**Right: Lake
Alexandra
Mittagong
Picnic**



Link up to Linkline



Nasima

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

Hello Everyone,

Welcome to the Fall. Sun is cooler, pretty colours in the nature makes us feel better. Do you not agree!!

It is a great time for picnic so, most of our outings are outdoor around this time of the year. Please feel free to let me know if you are interested to join any of those on your allocated days. It would be good fun with others in the nature.

I have noticed lately many of the members are struggling with their health and losing their spirit. Not willing to join Linkline calls, not socialising, and keeping to themselves.



How about you try some fall activities to keep yourselves positively engaged and lift your spirit, then you might think of joining some of the outings.

Set Up a Bird Feeder Station: Craft bird feeders and fill them with treats to help birds

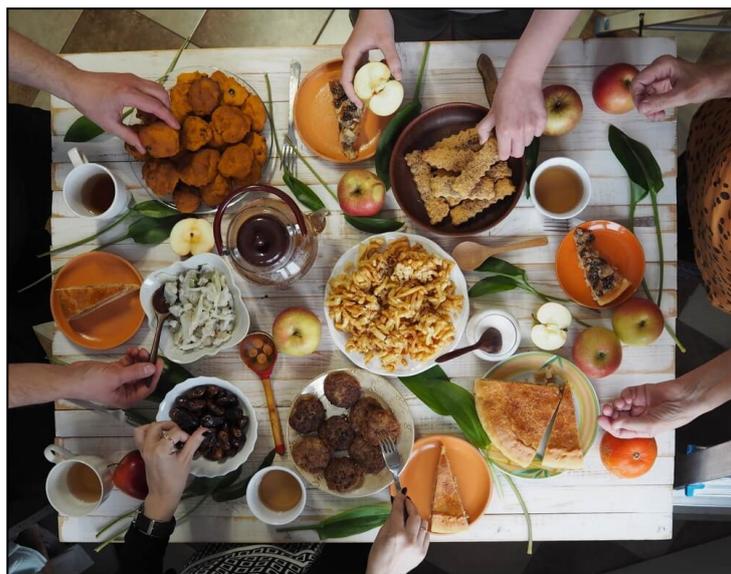
prepare for winter.

Make Thank You Cards: Craft cards thanking family, friends, and neighbours to express gratitude.

Donations Received

Donations: Sushila S \$50, June H \$12, Ann G \$8, Hiam Al E \$5

Remember all donations over \$2 are tax deductible



Leaf Rubbing Art: Create beautiful nature art by rubbing fall leaves with crayons or chalk. This also provides sensory stimulation.

Nature Prints on Canvas: Press colourful leaves between canvas panels to make stunning wall art prints.

Picnic with friends: You might like to have picnic in your back yard to enjoy the sun and share your favourite food.



If you need to speak to someone please feel free to give me a call, even if it is not your Linkline call day. I always enjoy to talk to you all.

Keep happy and healthy. 😊

Nasima

From Transport Desk



Using public transport safely

Use these tips when you travel on buses or trains to have a safe journey:

On Buses

- Stand back from the kerb when waiting for a bus.
- Watch your step when you get on and off the bus and make sure you use the handrail.
- Keep hold of the handrail when you are on the bus to avoid falls as the bus starts moving.
- Sit at the front of the bus. Less mobile passengers should use the specifically designated seats, often upholstered in red or marked with a priority seating sign.
- Press the button well before your stop and wait until the bus has completely stopped before getting up from your seat.
- Always get off the bus via the front door.
- Choose buses that are wheelchair accessible, with lower floors and priority seating to make travelling easier. These buses are marked on timetables with an 'a' or a wheelchair accessibility sign.

On trains

- Wait behind the yellow line on the platform and don't cross it until the train stops.
- Use the handrails on either side of the train doors to get on and off.
- Watch the gap between the platform and the train.
- Never try to board the train once the departure whistle has blown, when the door closing alarm starts or when you hear the closing doors announcement.
- Hold on to handrails, handles and seat backs when moving through the train or when travelling standing up.
- If you need help when getting on and off the train, ask the station staff. If you have a disability you

can also use the Emergency Help Points on platforms and newer trains to contact train staff.



This Symbol identifies transport that is easily accessible

Azree

Joke of the month:

Healthy Advice:

"Why does Grandma spray Windex all over her Medicare co-pay invoices?"

"She said she wants a clean bill of health."

A married couple are celebrating their 35th wedding anniversary in a quiet, romantic restaurant.

Suddenly, a tiny yet beautiful fairy appears on their table and says: "For being such an exemplary married couple and for being faithful to each other for all this time, I will grant you each a wish."

"Ooh, I want to travel around the world with my darling husband," says the wife. The fairy moves her magic wand and – abracadabra! – two tickets for a new luxury liner appear in her hands.

Now it's the husband's turn. He thinks for a moment and says: "Well, this is all very romantic, but an opportunity like this only occurs once in a lifetime, so I'm sorry my love, but my wish is to have a wife 30 years younger than me".

The wife and the fairy are deeply disappointed, but a wish is a wish ...

So the fairy makes a circle with her wand and – abracadabra! – the husband is 92 years old.

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 Autumn and this newsletter. Are you not glad that the heat is over! At the same time, be aware of the changing weather. We are delighted to let you all know that we have four new volunteers joined the team this quarter. Steve M on Monday, Kate M on Tuesday, Kim M on Wednesday, and Sylvain G on Wednesday and Thursday. Please welcome and support them with their role, which I am pretty sure you guys do.

Volunteer flyers are kept on the table in front of the office, please feel free to take some and give to your local community, library and any other place you find suitable. I would like to thank you all for attending the volunteer support sessions and I hope the discussion over "Choice & Control" will help us better to support our members.

We will be celebrating National Volunteer Week 20-26 May 2024. The theme for this year is '**Something for Everyone**'.

It's an invitation to explore the myriad of opportunities available, emphasising that there's a place for everyone in the world of volunteering. Whether you're drawn to environmental causes, community outreach, education, or beyond, there's a place where your unique skills and interests can flourish.

Let's come together during **National Volunteer Week**, embracing this theme to showcase the vast spectrum of possibilities and the transformative impact that emerges when everyone finds their meaningful role in making a difference.



We have tried to get a Myrtle Cottage shirt for every volunteer this year as a token of thanking you. You are all invited to join little party at the Cottage every day during that week.

Thank you every one. Look after yourselves and keep coming to the Cottage 😊.

Nasima Akhter.

New Volunteers

Rick M, Steve M, Kate McA, Sylvain G, Hannah A,
Kim M, Ashol A



The Trading table has raised \$278 since the last newsletter.

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

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:

Robyn M, Haijun L, Josie B, Pamela C, Carmen E, Raymond H, Ana S, Karen W, James P

Members that have gone into permanent care:

Michael R, Brian F, Coral S, Georgina Z, Beverly F, Robyn R, William S, Anthony S, Rita C, Joan H

Members that have passed away:

Kay W, Beryl D

Members who are sick:

Joan H, Paulette B, Josefina A

Members that are not returning:

Jeanette H, Andrew S, Antonio T, Jorge D, Nelly S, Robert Z

Members that are too ill to attend:

Beryl D, John C



Happy Birthday!

February

Members:

Tereapii A, Alexis T, Joshua P, Maria D, Carmen E, Marie G, Janet G, Karen W, Beverley McC, Merle S, Hiam A, Melita V, Nola D, Reavi V, Andrew M, Ralph D, Eileen J

Volunteers:

Vivian O, Kim F, Sharon M, Carmen M, Colin S

Staff:

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

March

Members:

Robin B, Judith McC, Theo S, Wayne M, Beryl B, Eva H, Heng S, Beryl G, Annamaria C, Kim E, Anton B, Gordon McL, Patrick C

Volunteers:

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

Staff:

Azree M

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.



Goodness speaks in a whisper, evil shouts – Tibetan Proverb

Policy of the month

Missing Persons Policy and Procedure

Objective

Myrtle Cottage Group is committed to the safety and well-being of all members attending activities. Our aim is to have clear processes and protocols in case a member goes missing while in our care.

Policy Statement

Myrtle Cottage Group is committed to ensuring the safety and well-being of all individuals participating in our programs. This policy establishes a comprehensive protocol for responding to and preventing incidents of missing persons during activities, with the primary objective of safeguarding the welfare of all members.

Procedures

Prevention Measures

Programs will maintain accurate and up-to-date member records, including emergency contact information, relevant medical or behavioural considerations and risk assessments.

For members who are deemed at risk of becoming lost, clear identification protocols will be in place such as identification photos and notes of what the member is wearing for the day which maybe recorded by taking a new photo of each day of attendance. A business card to be given to the member to keep on them in case they get lost or can not find the group when out in the community.

Maintain appropriate staff/volunteer ratio to ensure adequate supervision and minimize the risk of the member going missing.

Have completed risk assessment of venues to identify potential hazards of areas where members may be at higher risk of wandering or becoming lost.

Missing Person Response

Arriving at Members home by Transport

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 (Under Non-Response Procedure section).
 - 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.

Arriving at Members home by In Home Supports

Use this procedure if you arrive for support and the person is missing from their home.

1. Follow the members plan for non-response.
2. Follow the steps below as required
 - Continue to ring the doorbell (if they have one).
 - Knock loudly on external doors and windows (front, back and side if safe to do so).
 - Continue to call out loudly.
 - Try to call the person we support on their mobile or home phone.

- Can you hear any noises coming from inside the home? Any voices or noise from the radio or television?
- If you can hear voices and recognize them to be the person we support, knock and call out loudly. If they still don't answer, follow their non-response plan on their file.
- If you can hear a radio or television knock and call out loudly to the person we support.

If no answer check the following:

- Check if there is washing on the clothesline
- If they have pets, can you see if the pets are in or around the home.
- Look in the mailbox for uncollected mail or junk mail.
- Check if their carer or other related vehicles are parked nearby.
- Check external doors to see if they are unlocked.
- Check with neighbours if they have seen the person we support in the past 48 hours if safe to do so.
- If the person is found to be injured, call 000 and ask for an ambulance
- If the person is found to be deceased call 000 and ask for the police and do not touch anything.

Call the office and speak with the Coordinator or management to obtain further direction.

Missing from Myrtle Cottage Centre's

Use this procedure if you notice a member is missing from the program/Centre.

1. Upon discovering a member missing from their program/centre the staff are to immediately notify the designated supervisor or Coordinator in attendance.
2. If the member has been identified as high risk of leaving the program or area please follow strategies outlined in the members risk assessment.
3. Allocate staff to stay with other members to ensure their safety.
4. Other staff/volunteers when safe to proceed to check immediate area of the building, surrounds and in surrounding streets.
5. Any staff/volunteers leaving the site are to carry

a mobile phone to be able to communicate with site and others searching.

6. If member has a mobile phone staff that have stayed behind to try and make contact.
7. If the member is found they are to be encouraged to return to the centre where they can be checked by staff for any injuries. If they are injured staff are to contact 000 and ask for an ambulance.
8. If the member is not located or is at a high risk if unsupervised Team Leader/Management are to call 000 and ask for the police. Other Individuals and local services which may be of assistance:
 - Carer/group home (notify of situation and where they think the member might go)
 - Local bus company to put out an alert to drivers.
 - Local taxi companies whom can put an alert out to drivers.
9. Once the member is found any supports that have been contacted to help need to be notified and updated that the member has been found.
10. Staff are to complete a detailed incident report when safe to do so and before they finish their shift.
11. A report to be made within 48 hours to the NDIS Quality and Safeguard Commission for a NDIS Member or to SIRS Quality & Safeguard Commission for any Aged Care Members.

Community Access

Use this procedure if you notice a member is missing from a community access outing.

1. Delegate a meeting point for the group in case anyone gets separated.
2. Check that members and volunteers have contact details of the program mobile phone.
3. Upon discovering a member missing from the activity staff are to immediately notify the designated supervisor or Team Leader in attendance.
4. Staff/volunteer are to be delegated to stay with other members and to stay where they are.
5. Any extra staff/volunteers are to ensure they have a mobile phone for communication

- purposes with the group and others searching.
6. If the member has a mobile phone staff that have stayed behind to try and make contact.
 7. If the member is found they are to be encouraged to return to the group where they can be checked by staff for any injuries. If they are injured staff are to contact 000 and ask for an ambulance.
 8. If the member is not located or is at a high risk if unsupervised Team Leader/Management are to call 000 and ask for the police. Other Individuals and local services which may be of assistance:
 - Carer/group home (notify of situation and where they think the member might go)
 - Management at venue being visited
 - Local bus company to put out an alert to drivers.
 - Local taxi companies whom can put an alert out to drivers.

9. Once the member is found any supports that have been contacted to help need to be notified and updated that the member has been found.
10. Staff are to complete a detailed incident report when safe to do so and before they finish their shift.
11. A report to be made within 48 hours to the NDIS Quality and Safeguard Commission for a NDIS Member or to SIRS Quality & Safeguard Commission for any Aged Care Members.

Look after yourself

Dealing with a missing person is difficult. Please talk to your Team Leader or management. They are there to help and assist you. You may like to contact the Employee Assistance Program, with EAP Assist and chat with them. To book a counselling appointment go to eapassist.com.au/booking-form/ (use company code: 0407086000)

Improvement Box

Date: 10/01/2024

Type — How raised: Compliment

Raised by: Margaret P

Issue: Member giving feedback on her day.

Action/Response: Compliment, Food was great and yummy. Music loving and whole day was funny.

Date: 14/02/2024

Type — How raised: Compliment

Raised by: John O

Issue: Staff Feedback

Action/Response: Compliment, I liked interaction with staff with assistance to the other members. Helping them cooking skills when they are at home. Thankyou very much for your assistance for everything.

Date: 14/02/2024

Type — How raised: Compliment

Raised by: Tracey C

Issue: Cooking feedback

Action/Response: I like how we get to make things - kneading the patties, mixing it all up. The best part was getting to eat the sausage rolls

Date: 14/02/2024

Type — How raised: Compliment

Raised by: Melita V

Issue: Cooking feedback

Action/Response: We made sausage rolls it taste so beautiful it would be nice if they have tomato sauce to go with.

Date: 14/02/2024

Type — How raised: Compliment

Raised by: Grant G

Issue: Cooking feedback

Action/Response: I enjoyed the activity and mixing

the ingredients and seeing how it comes together and what it looks like

Date: 14/02/2024

Type — How raised: Compliment

Raised by: Chris H

Issue: Cooking feedback

Action/Response: The cooking activity was good. We had carrots, onions and mince. I mixed it all together. It would be good to do cooking again that is gluten free.

Date: 14/02/2024

Type — How raised: Compliment

Raised by: Cathy N

Issue: Cooking feedback

Action/Response: There were too many people on the table for the cooking activity. It was great that so many people wanted to do it. Maybe next time have 2 separate groups with more volunteer assistance. Overall it went very well and it tasted good.

Date: 14/02/2024

Type — How raised: Compliment

Raised by: Various DT members - Submitted by Debbie T

Issue: Outing Feedback

Action/Response: Fe - She said it was nice to be in the fresh air. Des - Enjoyed the day and talking to everyone. Judy - Enjoyed the singing in the afternoon. More social easier to talk to everyone as no one was doing an activity and were available to chat more with members they don't speak to regular. Kathryn - food prepared in the Kitchen to take on outings more suitable for Kathryn's dietary requirements. Suggestion - Jo in the kitchen take the time to sit with Kathryn and ask her what she wants, what she does not like and what not to eat.

Date: 14/02/2024

Type — How raised: Compliment

Raised by: Fred - Submitted by Sharny J

Issue: Outing Feedback

Action/Response: Fred stated to me that he had such a wonderful day on the outing Saturday 03/02/2024

**Our AGM is on Thursday 21st November
so start putting on your thinking caps**

**WHO WOULD YOU NOMINATE FOR THE 2024 ACHIEVEMENT
AWARD?**

Don't forget Membership is due 30th June

Rooms offered for Rent at Myrtle Cottage



1. Room area 70 sq. m 2 toilets, access to adjoining courtyard.
2. Room area 180 sq. m audio visual facilities, room size can be adjusted to 90 sq. m with access to large courtyard.
3. Room area 40 sq. m full kitchen facilities, 2 toilets, ideal for group training, computer access.

FROM THE KITCHEN



Jo

Greetings, and welcome to our first edition of "From the Kitchen" for 2024!

I hope everyone had a safe and happy Christmas and a wonderful new year. I would like to acknowledge Ingleburn RSL for our beautiful meals, not only provided during Christmas week, but also our delicious hot lunches (and salads on BBQ Days) kindly donated each and every day. We have received very positive feedback and comments from many members and we are so very appreciative.

The kitchen has been a bustling hive of activity as always, and one of our volunteers refers to it affectionately as 'the Engine Room'! We have packed eskies and picnic baskets, and made sandwiches and gorgeous lunch packs for picnic and gala events and outings, as well as our regular morning tea and dessert baking. The DT group has also been enjoying baking class as part of the program, baking delicious sausage rolls and muffins.

Our kitchen volunteers are all extremely hard working, and not many people know that on a BBQ day, we need Six in our crew just for the serve! Their efforts are always appreciated so very much by all.



Please don't hesitate to stop by with any comments, suggestions or feedback or you can always fill out a Suggestion form found in the front foyer.

I have included some photos of some of our volunteers hard at work, and one very important part... the taste test!



BY JO M

*Baked
with love*

Health and Wellbeing

PRACTICE ALERT QUICK REFERENCE GUIDE

Lifestyle risk factors

Lifestyle risk factors are ways in which people live that can be harmful to their health.



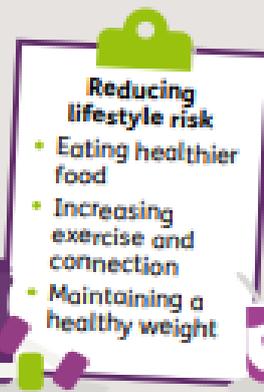
What types of lifestyle risks factors are there?

People with disability are more likely to have poor physical and mental health and can be a direct effect or made worse by lifestyle risk factors. Lifestyle risk factors include: poor nutrition, lack of exercise, smoking, stress, loneliness and isolation.



How can risk factors be reduced?

Lifestyle risk factors can be reduced by eating healthier food, increasing exercise and connection with others, maintaining a healthy weight, reducing stress, alcohol consumption and stopping smoking.



What other services can assist?

Providers can support participants to access other services that can help them with lifestyle changes. For example: dietitians, counsellors, physiotherapists.



Dietitians



Counsellors



Physiotherapists

Ongoing support

Providers should always support participants to make informed choices and encourage them to live a healthy life.



Find out more

For full details on this practice alert and the obligations for NDIS support workers, and access to other training and resources, please visit [ndiscommission.gov.au/workerresources](https://www.ndis.com.au/workerresources)



NDIS Quality and Safeguards Commission

Important Dates to Put In Your Diary

15/4 – 26/4/24: School Holidays Term 1
1/4/24: Easter Monday
9/4/24: Volunteer Induction 10.30 am
11/4/24: Happy Feet Project Day - Podiatry
9/5/24: Volunteer Induction 10.30 am
16/5/24: Happy Feet Project Day - Podiatry
20/5 – 26/5/24: National Volunteers Week
4/6/24: Client Advisory Committee Meeting 10.00 am
10/6/24: King's Birthday Holiday
11/6/24: Volunteer Induction 10.30am
20/6/24: Happy Feet Project Day - Podiatry
8/7 – 19/7/24: School Holidays Term 2
9/7/24: Volunteer Induction 10.30 am
25/7/24: Happy Feet Project Day - Podiatry
13/8/24: Volunteer Induction 10.30 am
22/8/24: Training Day – **Cottage closed**
29/8/24: Happy Feet Project Day - Podiatry
3/9/24: Client Advisory Committee Meeting 10.00 am
10/9/24: Volunteer Induction 10.30 am

30/9 – 11/10/24: School Holidays Term 3
3/10/24: Happy Feet Project Day - Podiatry
7/10/24: Labour Day Holiday
8/10/24: Volunteer Induction 10.30 am
7/11/24: Happy Feet Project Day - Podiatry
12/11/24: Volunteer Induction 10.30 am
21/11/24 (Thu): AGM – 2-4 pm
29/11/24 (Fri): Volunteer Christmas Party - PM
3/12/24: International Day of People with Disabilities
9 – 13/12/24: Daily Christmas Parties
10/12/24: Client Advisory Committee Meeting 10.00 am
12/12/24: Happy Feet Project Day - Podiatry
14/12/24 (Sat): Bell Carers' Christmas Party
23/12/24: School Holidays Term 4 start (23/12/24 – 30/1/25)
21/12/24: Members' last day for the year – all programs
23/12/24: Clean up and staff last day
6/1/25: First day back



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.

Happy Feet



Sarah & Rebecca

Hi Everyone,

I hope everyone is doing good and is feeling well. Once again I am here with another edition of the Happy Feet Newsletter Report for the newest edition of the Newsletter.

Podiatry has been going well this year and we have had a lot of interest in this service, as always if you are wanting this service please don't hesitate to contact Sarah or myself. We are able to get you a Podiatry pack which will have all the relevant information e.g. a Care Plan that needs to be taken to the G.P.

I can not stress enough that it is important that you get to your G.P before you start as they will need to give you your care plan before you start. It saves our Podiatrist Corrina and also our staff from having to chase this stuff up.

I would like to acknowledge the Staff and Volunteers that help with Podiatry, your help is greatly appreciated.

Now I have some tips I have found online to help take care of your feet and stay active please read them below

- *Inspect your feet every day. On a daily basis, look and feel each foot for signs of injury, hot or cold areas, corns, calluses, and discolouration. If you notice any of these signs, act on them early to prevent complications.*

Podiatry Dates for 2024

Thursday 11th April
 Thursday 16th May
 Thursday 20th June
 Thursday 25th July

Thursday 29th August
 Thursday 3rd October
 Thursday 7th November
 Thursday 5th December

- *Cut your toenails straight across. Reduce the risk of ingrown toenails by trimming your toenails straight across rather than rounding off the edges.*
- *Exercise your feet. In addition to general activity, your Podiatrist can give you specific exercises to help strengthen your feet and ankles. Specific exercises can also help to improve balance and proprioception (your sense of body and joint position in space), which can help to reduce your risk of a fall.*
- *Choose your footwear wisely. Some types of footwear can increase your risk of falls by making you slip or stumble. Look for firm, flat shoes with the right amount of grip and ankle support.*

<https://entirepodiatry.com.au/stay-active-healthy-feet/>

Rebecca Admin Assistant



Client Advisory Committee

Our last meeting was held 05/03/2024 and well attended by members, volunteer and carer. We are still advertising for new committee members because your voice is important to us and we need your ideas.

Items discussed in our March meeting covered; students working on our media and marketing campaign, Diversity and Inclusion Policy, Spring Farm updates, Aged Care audit, new bus order and some brain storming on new member activities.

Movies

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

ANNIE

GREASE

ROMEO AND JULIET

BACK TO THE FUTURE

JAWS

SUPERMAN

FOOTLOOSE

MARY POPPINS

TITANIC

FORESTGUMP

MATILDA

TOPGUN

GHOSTBUSTERS

ROCKY

WEST SIDE