

# Cottage Courier

April — May 2024

## CEO's Report



Hi all,

As I write this I'm thinking I need to put on a pair of socks! Over the last couple of weeks, you can defiantly tell the weather is changing and winter is upon us.

**Flu Vaccination** It is that time of the year! A reminder to book in with your doctor and get the flu vaccination and check to see if your due a covid booster. 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.

Some of you may remember talk of the changes in Aged Care services (the reform) the Department of Health and Aged Care have been working on updating the Aged Care Act and strengthening the aged care quality standards. Myrtle Cottage is working to implement the changes as they come into play. As members I encourage you to take some time and read up on all the changes and what it means for older Australians. You can find further information on the Department of Health and Aged Care website by clicking the link [Aged care | Australian Government Department of Health and Aged Care](#)

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.

Hot of the Press! Myrtle Cottage Group has been selected as a finalist in 2024 Campbelltown Local Business Awards and we could not be prouder. I would like to thank all our supporters in making this happen by voting however the real champions are the staff and volunteers that keep Myrtle Cottage running every day, keeping a smile on our members face and making sure they enjoy their time with us. We feel like winners already.

Until next time.

**Live Social, Live Active, Live Well**

**Kind regards, Kylie Richardson, CEO**



### Main Contents

CEO's Report.....	1
Assistant Manager's .....	2
Ageing & Disability.....	3
Bell Program.....	5
Recreation Program.....	7
Linkline .....	8
From Transport Desk.....	9
Volunteers Voice .....	10
Member Update .....	11
Birthday .....	11
Policy of the Month .....	12
Improvement Box.....	13
From the Kitchen .....	14
Health & Wellbeing .....	15
Important Dates .....	16
Happy Feet.....	17
Client Advisory.....	19
Word Search.....	18



### 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.

# Assistant Manager's Report



## Empowering Excellence

Staff training is vital in any industry, but perhaps none more so than in aged care and disability services. The staff who work in industries that provide support to older individuals and people with a disability are tasked with caring for people with quite diverse support needs to promote independence and at time require additional support with health care needs. It is important that staffs training covers these needs to ensure they provide the best possible support and care.

Myrtle cottage has in place a comprehensive ongoing training program for their staff, with a focus on enhancing their skills and knowledge in caring for members. Volunteers will be offered information sessions on various care topics to help broaden their knowledge of the sector and member's needs.

The training program covers a range of topics, including dementia care, infection control, cultural awareness, the aging process and communication skills to name a few of the courses. Staff members are required to undergo regular training sessions and workshops to ensure they are up to date with the latest best practices in aged care and disability.

The National Disability Insurance Scheme (NDS) and aged care are two distinct systems in Australia, but there are situations where they overlap and part of this can be seen within training courses for staff.

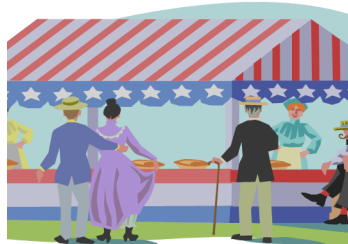
Some members may have unique support needs and to help accommodate the support required to help them to attend our services, staff working with the member are provided with tailored training provided by health care professionals.

We believe that investing in staff training is essential in providing high-quality care for our members to help support independence and improving health and wellbeing. Our staff are dedicated to their roles, and we want to support them in continuing to develop their skills and knowledge.

The training program has received positive feedback from staff members, who have reported feeling more confident and capable in their roles.

Myrtle Cottage is committed to ongoing staff training and development, and we plan to continue to invest in our employees and volunteers to ensure they are up to date with industry requirements and to provide the best possible care for our members.

**Penny Williams**



**The Trading table has raised \$282.50 since the last newsletter.**

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

## 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 **\$11.40** 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)**

**\$92.20**



# 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 **Lisa A, Pam M, Maria P, Gail F, Betty B, James B, Halima S and Jean E** who joined our program and settled in quite well.

It's been another busy two months here at the Cottage celebrating several events and raffles for **Mother's Day and Biggest Morning Tea**. Congratulations to our Mother's Day winners; **Ron C, Edi I, Grant G, Jo B and Doris W**. We raised a total of **\$576.00!** We had special morning tea, crafts, activities and hand massage that was provided for the whole week to celebrate Mother's Day. Furthermore, we raised a total of over **\$642.10** for the **Biggest Morning Tea Raffle** in order to benefit Cancer Council. Our lucky winners are **1<sup>st</sup> Pam M., 2<sup>nd</sup> Joyce O, 3<sup>rd</sup> Chris H.** and for our consolation winner, **Ian R**. All proceeds from the raffle will be

donated to worthy causes. Once again, thank you for supporting our raffles with donations and ticket purchases. Congratulations to all of our winners. I'm grateful.

During our celebration of Volunteers Week, we gave our volunteers a special presentation to show how much we value their dedication, hard work, and friendship throughout the year. PAWS Therapy will now visit on Mondays as well as Wednesdays. We appreciate Petstock providing this additional day made possible by their grant which allows more members to participate in this program.



Mother's Day



Pet Therapy

Sam and Zoe from Transport NSW visited to gather feedback about the designs for Macquarie Field Station upgrade and improvements to make it easier for local people with disability to access public transport. They also gave us Hidden Disabilities Sunflower lanyard to give to our NDIS members. This lanyard is optional to wear discreetly when they are out in the community. A simple tool for an NDIS member to voluntarily share that they have a condition that may need additional support, or more time in the shops, on transport, in public places, understanding or time.

Lastly, even more important, I would like to thank all







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

**Biggest Morning Tea**



Groups of staff, volunteers, and other participants who contribute to the success of our program. Without all of you, these occasions

would not have been as special and memorable. We appreciate all of your hard work and efforts. We appreciate you all very much!





# Bell Program



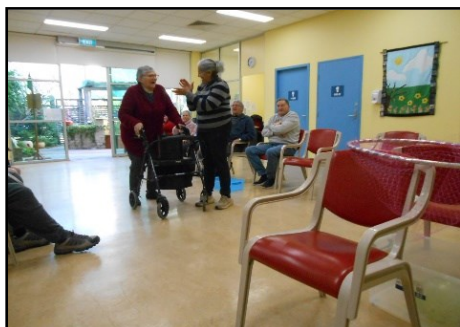
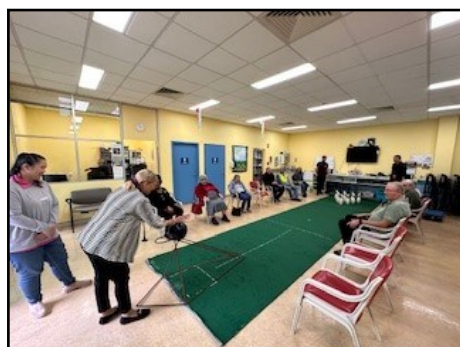
**Please Note:** The Bell Program operates Monday, Tuesday, Wednesday and Friday for Campbelltown, Wednesday and Thursday for Camden. This program is specifically designed for people with Dementia. The article below relates to this only.

Hi everyone,

We held the Carers Information Day on the 18<sup>th</sup> April we had three speakers they covered many topics the feedback from the carers that attended was great.

The members are loving the exercise activities especially the bowling and dancing. I visited Meals on Wheels Camden in April and was quite impressed with all the programs they have. They have recently started a men's group and Robyn Hartley and I hoping to combine some of our outreach male members in this group occasionally.

Day care programs relieve family caregivers by



meeting the person with dementia's needs for social community, nutrition, and physical activity. Bell Survey: Thank you to all that responded, some examples of the responses were. Question one: The benefit of attending the Bell program is "the socialization and mental stimulation".

Question six: What activities most enjoyed, some answers



were the craft, socialization, bowling and exercise.

Question Thirteen: Do you recommend the dementia program "most answered defiantly as it gives the carers time to do other things and go to appointments, while knowing the member is well looked after in a

fun and safe environment."

There was a comment of no other dementia services in area. These services may be of help to anyone looking for more dementia services.

**Focus connect** 02 4627 1188 **Live Better** 1800 580 580 **Each program** 1300 003 224. If you require any further information regarding our programs please don't hesitate in contacting Myrtle Cottage.

We have had a few outings since my last report, Ambarvale Tavern and Camden golf club, both venues looked after us all and catered for all our menu requirements. Our next outing, we are going to Botanical gardens for a picnic.

*Till next time*

*Christine Turner*



# Dementia: Fact Sheet

## Service supports you can use your home care packages for:

- Home carers can assist you with showering, grooming, toileting and dressing.
- Help get you moving by paying for crutches, walkers, walking frames, walking sticks, wheelchairs, and mobility scooters.
- Help with shopping and meal preparation. Alternatively, it can pay for your dinner to come to you.
- For taxi vouchers and/or personal support to travel to health appointments and social engagements.
- Service provider can assist you to effectively communicate, including reading and writing cards or letters.
- Support to travel to and from local gatherings, clubs, social Support groups like **Myrtle Cottage**.
- Welfare checks and provide simple, regular companionship. We all need a cuppa and a chat sometimes.
- Pay for wound dressings, bandages, and skin emollients, as well as a carer to regularly apply and change them.
- Assistance with continence aids, as well as the purchase of pads, commode chairs, catheters, and enemas.
- Visits to the hospital, or your GPs, regular home visits from a Registered Nurse or Care staff.
- Home visits from speech therapists, podiatrists, occupational therapists, and other allied health services.
- Can cover regular tasks like washing dishes, hanging out the laundry and vacuuming the carpet.
- Organize for your cupboards cleaned, cleaning your skirting boards, wash windows, or clean behind the fridge.
- Lawn mowing, weeding, hosing pathways and maintaining your garden.
- Pet care can be included by taking your pup for a walk, assist with regular feeding, and take your pet to the vet for you.
- An alert system can be peace of mind for both you and your family.
- Some home modifications examples, ramps, rails, shower heads or easy-access taps, and the purchase of modified appliances.

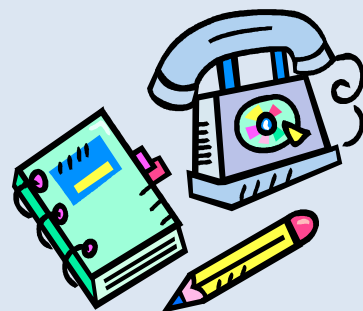
More information can be found on: <https://agedcaredecisions.com.au>

## 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.





# 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

What a wonderful few months we have had! Morning Melody's at Mt Prichard had us all singing away through the whole concert. Denis was still talking about how good the music was a week later. The day reminded him of his younger years when he would go out with friends and family enjoying the live music.



Sydney Zoo at Eastern Creek had us exploring the great surrounds and viewing the Chimpanzees and cheeky Baboons, some of us encountered the newest residents the Squirrel monkeys. We were able to explore all our Aussie favourites such as the Koalas, Kangaroos, Emus,

Wombats. It was amazing how close we were to the Giraffes, Lions, Cheetahs and Zebras high above on a raised platform viewing. We had a well-prepared lunch on the day with lots of awesome goodies. Thanks to (Management) - Penny and the Kitchen staff Jo F.



We went to see Wests Tigers V the Broncos at our home ground at Leumeah. Well it wasn't a win on the night, which was a shame as we were so close to the goal posts. Broncos won 34-10 guess better luck next time Wests Tigers.



I would like to thank one of our amazing Thursday members Judith T for helping me make streamers made from paper Mache for the Wanderers to take to the Football. Members waved their streamers when Wests were close to getting a try in.



*The wonderful staff at K-Mart*

We also went shopping at Narellan, Wollongong



Collegians at Illawarra Leagues Club, Campbelltown Theatre Group to see "The Cripple of Inishmaan",

Flower Power, Lakeside Golf Club, Movies at Dumaresq Street Cinema.

Sadly, we had to say farewell to Joshua P as he moved away to live with his family. You will be missed.



If you love to get out and about and to meet some really nice people and have fun then why don't you come and join us at the Wanderers

**Bye for now Connie and Penny C.**

# Link up to Linkline



Nasima

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

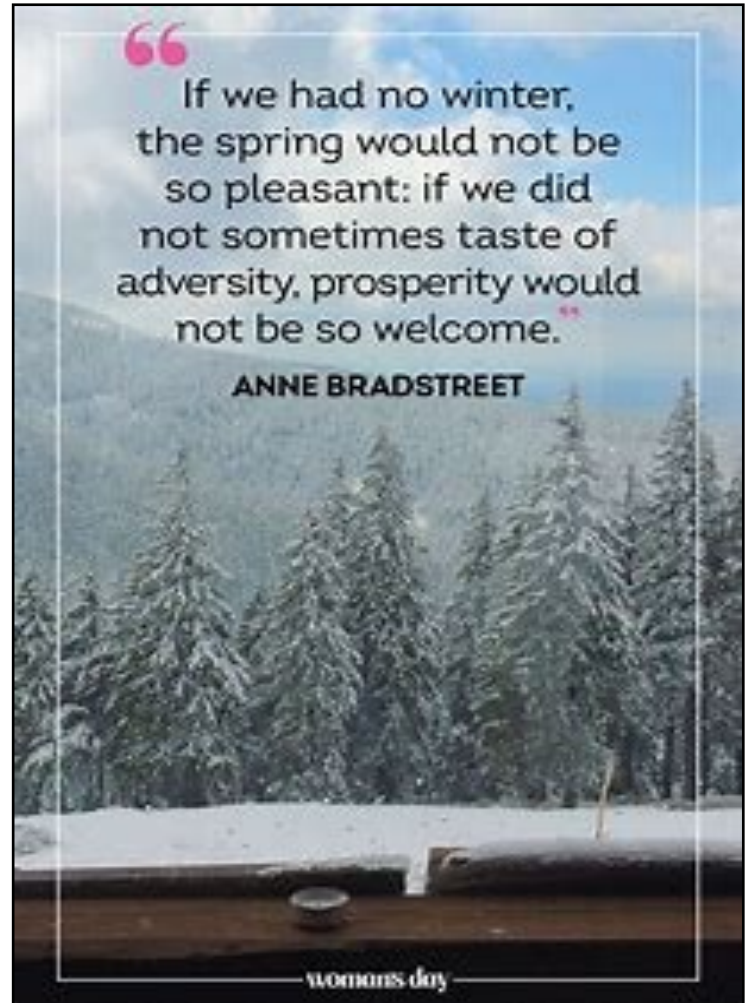
Hello to all of our lovely Linkline members,  
Welcome to our April-May newsletter and the winter.  
Winter days can be challenging with physical and mental health. I know you all have gained lots of skills throughout your lives and might not have been able to practice some of them in a while.

This winter can be a great opportunity to practice some of those skills or to learn something new!

First of all, you need to stay healthy to be able to do anything enjoyable. A balanced meal, some daily exercise, and connection to others are necessary in our day to day life. You might like to dig out an old recipe book or watch some of the cooking shows on Tele. Try to remake some of your all-time favourite winter dishes or try something completely new!

Take some vitamin supplement, you may like to speak to your doctor before you start taking your supplements for winter. Take some walk around the house, or around the block if possible before lunch time. Do some simple stretches, practise better posture, mindful breathing to look after your health.

If you are interested to go out and about then you might like to find out what is your local council offering for winter activities. You might like to join the Cottage outings and make some new friends. Or if you are keener to stay inside then you might like to read, write a letter to your loved ones, who are living away. It would be actually very exciting to write to the



people who lives close to us because we do not often show our emotions and feelings to them, do you not agree!

Apart for reading and writing you might like to listen to the music and dance with your favourite music, watch some movies or plays, do some puzzles, knitting, painting, walk family or friend's dog, look after a friend's pet, read with your or neighbour's grandkids. See, there are plenty to do and I am sure you will find something that you enjoy.

Enjoy the winter and stay warm. Take care everyone.

**Nasima.**

## Donations Received

**Donations:** Hawker Foundation \$7,500; Sushila S \$50; Azree \$30; Elizabeth D \$10.00; Anton B \$6.60

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



# From Transport Desk



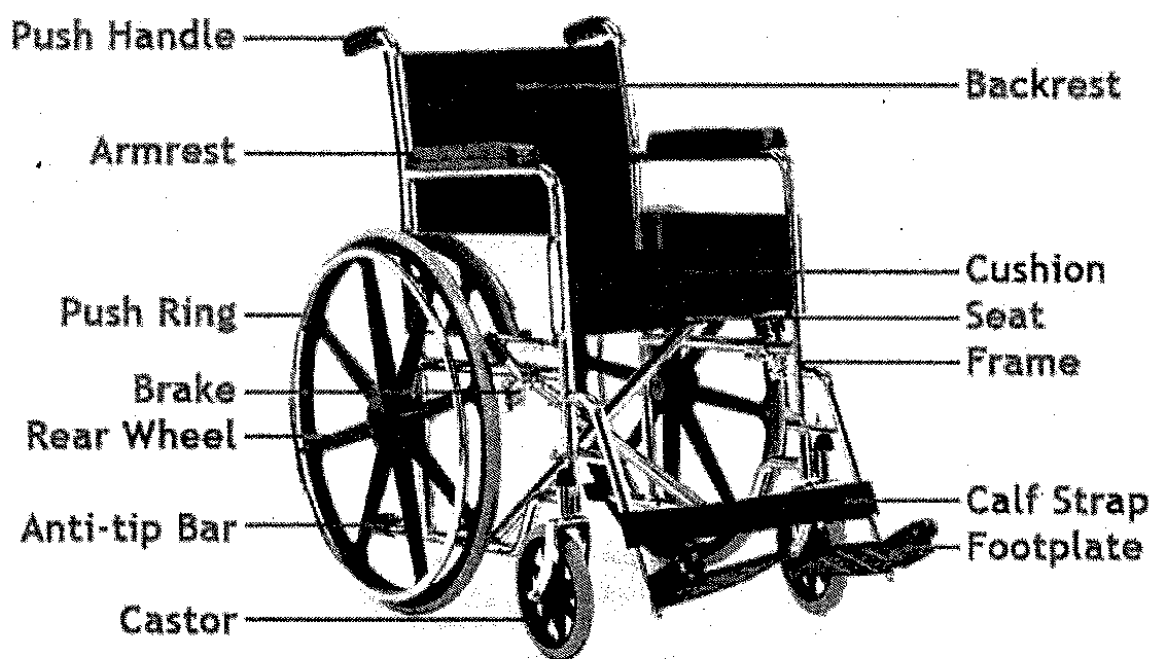
## Handling a wheelchair

There is a right and wrong way to handle a wheelchair and in the coming newsletters we will be showing you how to handle a wheelchair safely for all people involved.

### Why do people depend on wheelchairs?

Some members will depend on wheelchairs due to illness, injury or because of their disability and they may need to use a wheelchair to provide them with mobility so they can live an independent life as much as possible and to be able to get around themselves with minimal support.

### BASIC MANUAL WHEELCHAIR PARTS



Parts of a manual wheelchair:

## Winter reminders

### Illness:

Being that we are coming into winter please be aware of any cold or flu symptoms you may have. If you are unwell please do not come to the Cottage and rest up at home until you are symptom free. Please notify the Cottage if you are unwell so we don't send a bus around and get you out of bed. There is an answering machine on after hours if you need to leave a message outside our business hours.

# The Volunteers Voice

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



Nasima

Hello Everyone,

Welcome to our April-May newsletter. Hope all of you have enjoyed the catch-up time during Volunteer Week in May. I have missed that badly as I was away that week. But the lovely pictures made that up a little. Don't you love the modern technology! I do sincerely thank you all on behalf of all the staff members of the Cottage for your dedication, consistent and sincere hard work all year round. We are always thankful and opportunities like Volunteer Week helps us to thank you all formally.



I hope you are coping well with the cold weather.

Winter is here and flu is going around. Make sure you take your flu shot to protect yourself and the others as well.

We had more students than usual lately, to provide them with the opportunity to be work ready. I hope that helped to support the program as well. Please provide your thought and feedback on that.

We have attended volunteer Expo in Camden to make ourselves known to that area and attract some new volunteers. That went well and we hope to have some new members in the volunteer team. Also, we

are revamping our volunteers flyers. A volunteer is helping us to do it and I hope all of you would like to utilise the new flyers to attract some new volunteers.

Please provide us with your email address if

you are using any, so we can send the newsletters, training opportunities, pictures and other correspondence without any delay.

Take care and stay well. Bye until next time

Nasima



## New Volunteers

Duc Hanh N, Manuel T, Abdulaziz A, Phillip W, Pugag Z, Helen C, Sidney T, Monique G, Michael L, Supodjanart McG



## 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:

Frank M, Ellen P, Pam M, Brenda G, William C, Lisa A, Halima S, Margaret M, Afzal H, Gail F, Jean E, Betty B, James B

### Members that have gone into permanent care:

Ruby P, John B, Beverley M, Eric E

### Members that have passed away:

David K

### Members who are sick:

Eleanor L, Helen R, Josefina A, Claudette A, Julie L, Maree P

### Members that are not returning:

Pamela D, Louise H, Eva H, Heng S, Di Sahn S, Frank M

### Members that are too ill to attend:

Paulette B



## Happy Birthday!

### April

#### Members:

Emily R, Tracey W, Kim H,

Wendy K, Kathryn W, Leo G, Patricia K, Allen B, Maria B, Anthony L, Helen S, Sushila S, Doreen C, Beverly J, Marjorie A, Josefina B, Pamela M, Laurie W, Patricia D, Eva B, June H

#### Volunteers:

Philip D, Elaine F, Mavis H, John S, Marie T

#### Staff:

Susan P, Peerada P, Cris V, Simone W

### May

#### Members:

Joyce O'D, Leslie M, Kathryn W, Florencio G, Josefina M, Patricia T, Shirley C, Brian M, Teresia W, Rhonda H, Anne-Marie P, Ronald C, Manuel I

#### Volunteers:

Masooma A, Justin B, Jasmina B, Cecilia C, Sonita F, Jennifer H, Lourdes P

#### Staff:

Debbie T

**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.



# Policy of the month

## Cancellation Policy & Procedure for Services under the NDIS

### Objective

To provide an authorised framework for Myrtle Cottage Group (Myrtle Cottage) to process claims for payment and to address service cancellations at short notice. This policy complies with the National Disability Insurance Agency (NDIA) and the National Disability Insurance Scheme (NDIS) policies on the management of cancellation of services by a participant under the NDIS.

### Definition and scope

This Policy applies to services provided by Myrtle Cottage to participants in the NDIS.

For an individual to successfully cancel a service with Myrtle Cottage they are required to notify Myrtle Cottage that scheduled hours of service are not required or are unable to be received.

The acceptable forms of notice are as follows:

- by email to email address: [info@myrtlecottage.org.au](mailto:info@myrtlecottage.org.au)
- by phone to landline number: 02 9426 3100 (answering machine available out of office hours)

There are three categories of cancellation:

#### i. No notice:

This is where no notice is provided before a scheduled pick up and the individual/member is unavailable or is not at the agreed location

#### ii. Short notice:

Where notice is given, in an acceptable form, less than 7 clear days prior of the scheduled delivery of the service

#### iii. Reasonable notice:

Where notice is given, in an acceptable form, more than 7 clear days prior to the start of a scheduled service.

### Policy

1. The failure to cancel a scheduled service by an individual/member, with reasonable notice – more than 7 clear days prior to the start of a scheduled service, may result in the individual/member being charged a cancellation fee of up to 100% of the agreed service fee as provided for in the NDIS Price Guide 2023-24.

a) Where the individual/member attends for only part of a scheduled service, without prior notice, a cancellation fee

may be charged for the remainder of the booked service at the discretion of Myrtle Cottage.

b) Where notice is given less than 7 clear days prior to the start of a scheduled service (**Short notice**) Myrtle Cottage will take steps, where possible, to offer and book the scheduled service to an alternate individual/member. If this is not possible, Myrtle Cottage may charge a cancellation fee as in 1.

2. If a participant has an unusual number of cancellations then Myrtle Cottage will seek to understand why this is occurring.

3. Where Myrtle Cottage initiates the cancellation of a service, due to operational reasons, the service will be rescheduled without cost to the individual/member.

4. All NDIS service agreements between individuals/ members and Myrtle Cottage will include details of this cancellation policy.

### Procedure

Notice before scheduled service	Action	Fee
Reasonable notice – more than 7 clear days prior to the start of a scheduled service	Record cancellation in Op Notes.	N/A
Short notice - less than 7 clear days prior to the start of a scheduled service	Record cancellation in Op Notes. Record if service scheduled to another participant	100% of schedule service fee if: Unable to schedule to another participant Up to 12 instances per plan year
No notice (No attendance)	Activate Non-response Policy. Record cancellation in Op Notes	As Short notice



# Improvement Box

## Monday Members

**Cooking feedback:** Sausage roll making was enjoyable. I enjoy playing games eg dominones and doing puzzles. Sausage roll making was good to do I enjoyed it.

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## Tuesday Member

**Outing:** West Leagues Club - Dinner - Excellent lunch staff friendly I would go again. NSW Seniors festival Sydney - fantastic day out thank Jo and her volunteers for lovely morning tea & lunch. The day was excellent though not enough to see all the displays on offer. Hotel for lunch - excellent food, lovely staff I would definitely go back there with my family. James entertainment - excellent young man lots of various songs. Members were up and dancing excellent morning.

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## Wednesday Members

**Cooking feedback:** Made cakes. Everything was well prepared. Everyone got on well during the preparation of the cakes. I would like to do the cooking again. I made a heart cake. Last week we made muffins. It was good and they tasted nice. I would like to do cooking again. Maybe we can make cookies next time. Last week we baked chocolate muffin and it was delicious. I enjoyed the cooking, found it very rewarding. Would have been good if more people joined in. The volunteers were very helpful and the staff were also helpful. Would be nice

to do something more often. It would be nice to do more quick recipes like jam tarts, cornflake crepes, anything out of the common cooking book. It was good to learn how to cook different things.

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## Tuesday Members

**Concert Feedback:** I enjoyed the concert. We had a great time. Enjoyed the concert found the sound was a little distorted and hard to hear sometimes. Otherwise very entertaining. I attended the concert and really enjoyed the day. Both the artists were very good especially the lady. I also enjoyed the lunch. Nice concert but sound could be better. Loved the lady singer. Enjoyed the band and the songs and music from my time. All Volunteers and Staff were helpful and enusred we enjoyed the day. Music was excellent. Stands were good. Food was perfect.

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## Wednesday Members

**New Macquarie Fields Train Station Feedback:** It's a good improvement for Macquarie Fields train station. The new station looked great and I hope that it is going to turn out good. And the presentation was really good. The new station looked nice in the photos. The bigger car park & ramp will be useful. They need to link buses to the train station & allow space for buses. In the products the toilets looked big & wide which is good.

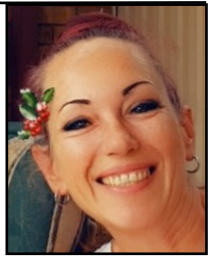
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## Client Advisory Committee

Our last meeting was held 05/03/2024 and was reported on in the last newsletter our next meeting 04/06/2024 is being held as this newsletter is being developed.

I will say that the new committee members have brought new knowledge and skills to the committee and we look forward to seeing the great work they do for the Cottage. Please ask your Coordinator who your representative is for the day you attend and let them know if you have any feedback or ideas.

# FROM THE KITCHEN



Jo

Greetings from the kitchen,

Wow, we have been busy little bees in the kitchen over the last couple of months. The kitchen volunteers have prepared for many events and activities that have been enjoyed by all.

There have been lunches served outside in the beautiful sunshine making the most of the extended Summer before Winter approaches.

Some of our members have enjoyed cooking class and have baked some delicious goodies such as Coconut Cookies and Homemade Pizzas cooked in our air fryers which were kindly donated by Mother Hubbard's Cupboard at Camden.

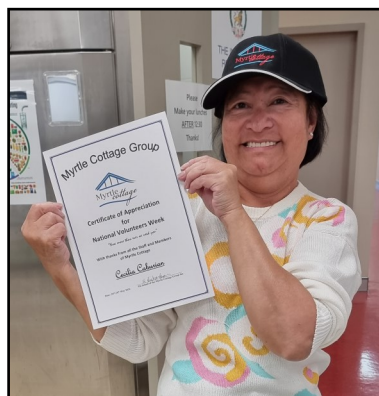
We have catered for the Bell Carers Information Day, Volunteer's Week and also Australia's Biggest Morning Tea. Some wonderful treats were served up at all these events.



Our kitchen Volunteers always work tirelessly and I can't thank them enough for all the effort they put in. We also had a student join us for two weeks in May which was a wonderful experience for all.

I have included some photos of the kitchen volunteers (and our student), some with their Volunteer Appreciation Awards.

Take care everyone, keep safe and stay warm.



By JO M

*Baked with love*



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

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



## Health and Wellbeing

### *Seasonal foods in Winter*

#### Root vegetables

- Root vegetables are in their peak season during winter and are some of the most nutrient rich veggies.
- Examples are parsnips, beetroot, yams, carrots etc.
- High in vitamins A, B, C and iron also high in fibre
- They are also slow-burning carbohydrates- meaning they will keep you fuller for longer after a meal.

#### Citrus fruits

- Citrus fruits like oranges, grapefruits and pineapples are in season during winter months
- As citrus fruits are high in vitamin C, they are good to include in the diets of elderly people as it well helps strengthen their immune system to keep the cold and the flu away.

#### Dark, leafy vegetables

- Examples include spinach, broccoli, chard etc.
- Dark, leafy vegetables are high in vitamins and antioxidants, thus are a good addition to a winter diet.
- Dark leafy vegetables are also readily available during winter and can also be sourced frozen or canned.

#### Vitamin d rich foods

- As our main source of getting vitamin D is through sunlight, it is important to substitute this loss of vitamin D through our diet too.
- Vitamin D rich foods include egg yolks, seafood like fish, healthy grains etc.

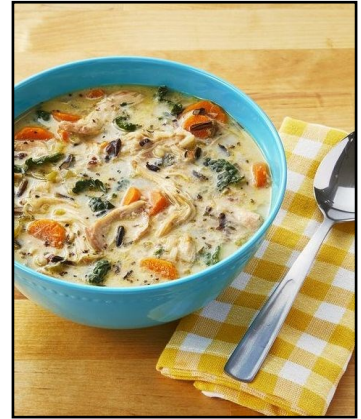
#### Omega 3 fatty acids

- Also known as “healthy” fats.
- Fats are known as a nutrient that can help promote the feeling of fullness and staying full longer.
- With the changing seasons, attitude can also change in terms of diets and eating habits- thus, eating foods that can include these healthy fats can help elderly people stay full and healthy.

- Examples include fatty fish like tuna, herring., flaxseeds, pumpkin seeds, and walnuts.

#### Meal suggestions

- a simple beet, carrot, spinach and quinoa salad
- beets, carrots, spinach, great source of vitamin A
- walnuts-rich in omega fat acid.
- quinoa- high in fibre, magnesium and calcium
- warm weather soups and stews e.g. cauliflower curry soup.
- chicken and root vegetable casserole.



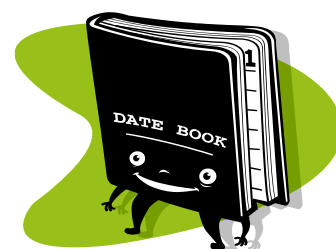
Good ideas for winter for anyone!!



## 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'm here with another edition of the Happy Feet report. I hope everyone is feeling well.

Once again, I would like everyone to know that Podiatry has been going well for us here at Myrtle Cottage, there has been quite some interest in the Podiatry service that members and carers have utilised.

If at all you would like to attend please don't hesitate to contact Sarah or myself and we can give you an information pack that has all relevant information on it.

If you do wish to join you will need your G.P to fill out a care plan and provide a full medical history to be given to the Podiatrist. This is to ensure the podiatrist knows if there are any problems that she may need to know about regarding the

## Podiatry Dates

Thursday 20<sup>th</sup> June

Thursday 25<sup>th</sup> July

Thursday 29<sup>th</sup> August

Thursday 3<sup>rd</sup> October

Thursday 7<sup>th</sup> November

Thursday 5<sup>th</sup> December

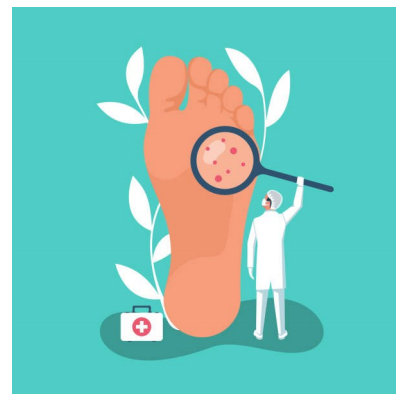
podiatry service.

I would like to thank all the Volunteers and Staff that help out for Podiatry your help is greatly appreciated.

Moving on I would like to share some fun random facts, you may or may not have heard of these

- You travel 2.5 million km (about 1.5 million miles) a day around the sun.
- The world's oldest-known pants are around 3,000 years old.
- The symbolic national animal of Wales is the dragon.
- The longest wedding veil was longer than 63 football fields.
- Honey never spoils.

Take Care,  
**Rebecca,**  
**Admin Assistant**



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



**Our AGM is on Thursday 21<sup>st</sup> November  
so start putting on your thinking caps**

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

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

# Sunrise on Sand

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

BEACH  
 GRAINS  
 EARLY  
 BUCKET

DAWN  
 CASTLE  
 WARMTH  
 SHELLS

RAYS  
 TIDES  
 SEAGULL  
 WAVES

BRIGHT  
 DUNES  
 MORNING  
 SHORE

LIGHT  
 TOWEL  
 HORIZON  
 PEBBLES