



**Myrtle Cottage**

# COTTAGE COURIER

**DECEMBER 24 - JANUARY 25**

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**LIVE SOCIAL LIVE HAPPY LIVE WELL**

### **Myrtle Cottage**

6 Bosci Road  
Ingleburn, 2565

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### **Contact Us**

02-9426-3100

**Visit Our Website for  
More Information**

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



**Scan here!**



# CEO

Hi all,

With the new year now well underway we're busier than ever, and I'm excited about what the rest of 2025 will bring. Things for members, carers and volunteers to look out for;

- Exciting outings
- New craft, games and cooking ideas!
- Carer information days
- Volunteer and staff training
- Students to support and learn about the Cottage

The Department of Health and Aged Care continues to work on the Commonwealth Home Support Program (CHSP) which will have a new name from the 1 July 2025. New program name Support at Home (SaH) and the new Aged Care Act has been developed and will put the rights of older people at the centre of our aged care system. As further information becomes available Myrtle Cottage will let you know.

We are currently working on our new Strategic Plan for 2025-2028 and welcome feedback, new ideas for programming and anything else you might like to share about the Cottage. Please don't be shy email [info@myrtlecottage.org.au](mailto:info@myrtlecottage.org.au) with your comments, let your program Coordinator know or call us for a chat.

This is your chance to put a voice forward into a day at Myrtle Cottage.

Live Active, Live Social, Live Well

**Kylie Richardson**



# ASSISTANT MANAGER

Join Us on Facebook!

We're thrilled to share some exciting news with you! Myrtle Cottage has recently partnered with the University of Western Sydney Business School, and as part of this collaboration, we have been hosting talented interns who are actively contributing to our mission. These interns have been working diligently to enhance our social media presence and connect with our community in meaningful ways.

We invite you to join our Facebook page, where you can find updates on our latest initiatives, events, and insights from our team and interns. By following our page, you'll not only stay informed but also become part of a growing community that values engagement and collaboration. This partnership with the university is a fantastic opportunity for us to strengthen our brand and expand our reach, and we want you to be involved in this journey. Your support is invaluable, and we look forward to sharing our progress with you.

Let's connect and grow together!

Thank You to Mother Hubbard Cupboard!

As we reflect on the past year, we want to take a moment to express our heartfelt gratitude to Mother Hubbard Cupboard for their unwavering support of Myrtle Cottage. Your generosity has made a significant impact on our community and has helped us provide additional support to our members.

A special thank you for the beautiful Christmas hampers you provided! These thoughtful gifts brought joy and comfort to many members during the holiday season, making it a truly special time for all.

We are grateful for your partnership and support throughout the year. Together, we are making a difference!



SCAN THE LINK



Penny

# AGEING & DISABILITY

Welcome back and Happy 2025 to everyone!

We truly hope you had a wonderful time celebrating the holiday season with your loved ones.

The 2024 Christmas celebrations were a great success, featuring a week of daily live entertainment, special meals from Ingleburn RSL, and gifts for everyone. Congratulations to all the winners of our major Christmas raffles and consolation prizes. We want to express our sincere thanks to Mother Hubbard's Cupboard in Camden for their generous donation of food hampers. A big thank you to everyone who supported the raffle—we raised a total of \$768.10!

Most importantly, we also extend our heartfelt gratitude to all the staff and volunteers who worked tirelessly during our December 2024 Christmas celebrations. Without your dedication, these celebrations wouldn't have been as memorable and special. We truly appreciate all your hard work and efforts. You're all incredibly valued!



As we welcomed the New Year, our members enjoyed reconnecting with each other and participating in various craft, group activities and members who turned 80 years of age! Looking ahead, we're excited about our upcoming Senior Week concerts and outings, as well as visits from several organisations to provide valuable information to our members, volunteers, and staff.

The DT team are looking forward to another fun and memorable year in 2025.

Again, welcome back!

Stay safe and healthy! 😊



**Cris and the DT Team**



# BELL PROGRAM

Hi everyone,

Our Carers Christmas party was great, the members and carers that attended dance or sang along to Tony Martin our Entertainer.

Thank you to the volunteers they cooked, cleaned and helped by serving everyone. The staff Diana, Penny, Leanne, Penny C, Sharny, Christina and myself were extremely busy but it would have been a lot harder without all our fantastic volunteers.



Keep an eye out for us at Campbelltown Mall on the 20.2.25, we have booked our first stall to promote the cottage, please stop and say hi if you see us.

Myrtle Cottage has an advisory committee that meet a few times a year, we like to have a carer from the Bell group to join. This gives a voice on behalf of the program and a opportunity to share opinions about our programs from a carers point of view. Please call the cottage if anyone is interested in joining the committee.

Outings coming up are 3.2.25, we will be going to Appin Hotel for this one, the 11.2.25 and 5.3.25, we will try to take them to outdoor parks and gardens but this will depend on the weather.

Bye for now



**Christine Turner**

# DEMENTIA FACT SHEET

***This information may help you understand dementia***

- **Part 1**

- It is okay to ask a friend or someone you trust to read it to you.
- It was written by health experts for a website called Health Resource Directory.
- You can visit the website by going to
- **[www.healthresourcedirectory.org.au](http://www.healthresourcedirectory.org.au)**

- **What is dementia?**

- Dementia gets worse over time.
- Dementia can happen at any age.
- There is no cure for dementia.

- **How dementia is detected**

- Your doctor will talk to you and ask you questions.
- Your doctor will do some tests and scans.
- When you or someone close to you notices you are more forgetful or not yourself, visit your Doctor.

- **How dementia may affect you**

- You may forget people's names, where you put things or how to do things.
- You may find it hard to talk or find the right words to say.
- How food tastes may change.
- You may find it hard to chew or swallow.

- **Part 2 will be in next newsletter**

***More information can be found at Dementia Australia***

***<https://www.dementia.org.au/about-us/about-website/new-dementia-australia-website>***

# HAPPY FEET

Hi All,

I hope everyone is doing well and had a great Christmas and New Year.

Podiatry has been going well and once again I would like to let everyone know that our first Podiatry session will be on the 13th of February, so if you were interested in this service, please don't hesitate to contact Sarah or myself. When you want this service, you will receive a Podiatry pack with information on how the service here works. You will receive a care plan with the information booklet if you get your G.P to complete the care plan and ask them to provide a copy of your medical history. This is important as our Podiatrist Corrina may need to know if any medical history is affecting your health. Please note that if you can't get a care plan you can pay directly to Happy Feet Podiatry which will be \$56 for each visit.



Rebecca  
Admin Assistant

I would like to thank Staff and Volunteers who help out with Podiatry your efforts are very much appreciated. Now I have got some interesting trivia that may interest you.

1. Women have about four times as many foot problems as men; lifelong patterns of wearing high heels often are the culprit.
2. Your feet mirror your general health. Such conditions as arthritis, diabetes, nerve and circulatory disorders can show their initial symptoms in the feet so foot ailments can be your first sign of more serious medical problems.
3. The Smithsonian houses more than 20 pairs of famous shoes including Dorothy's famous red slippers from the Wizard of Oz
4. Reflexology: The practice of foot reflexology is based on the idea that different areas of the feet correspond to different parts of the body.

Take Care

### **Please take note of the following dates for Podiatry**

- Thursday 13th February
- Thursday 20th March
- Thursday 17th April
- Thursday 29th May
- Thursday 24th July
- Thursday 7th August
- Thursday 11th September
- Thursday 16th October
- Thursday 20th November
- Thursday 18th December.

# LINKLINE

### Happy New Year

Welcome to 2025 and the first newsletter of the year.

I hope the holidays went well for all of you and you are ready to tackle the year with fresh energy and love.

Let 's look at some healthy tips for the summer:

- Sip on water and other healthy fluids throughout the day.
- Carry reusable water bottle. Be mindful that surgery drink, caffeine in tea and coffee can worsen dehydration.
- Don't forget to use sun shield like wide brimmed sun hat and sun glasses.
- Use sunscreen and make up with SPF.
- Plan your day around the heat. Try to stay indoor during the hottest hours.
- Dress in lightweight, breathable, and light coloured clothing.

### Program Update

I will keep sending the outing list offered by Diversional Therapy Program for your information.

You are more than welcome to join on your allocated day if you wish to. Due to the changes and requirement in My Aged Care (MAC) you will need to provide the Cottage with a Social Support Group code obtained from MAC.



If you are using the code for any other service provider then you will not be able to use it anywhere else.

If you did not get the code yet, please call MAC on 1800 200 422 and utilise it for attending the outings to improve your social life.

### Upcoming Events

- In February we have Valentine's Day on 14/02
- Singles Awareness Day on 15/02
- Random Act of Kindness Day on 17/02

I see those days as good opportunities to rekindle our love and kindness to others and create awareness. Hope you see it too.

In March we have

- Clean up Australia Day on 02/03
- Harmony Day on 21/03

Hope these days will help us to focus on positivity.

Keep smiling 😊



**Nasima A**



# RECREATIONAL & WANDERERS

🎉 A Look Back at the Fun with the Wanderers! 🎉

As we dive into the new year, let's take a moment to celebrate the wonderful memories the Wanderers created in November and December! The festive spirit was in full swing as we counted down to Christmas, and wow, did we make the most of it!

👻 Spooky Fun for Halloween!

In true Wanderers fashion, members went all out for Halloween, dressing up in creative and spooky costumes. From witches and ghosts to superheroes and more, the group had a blast showing off their outfits. It was a frightfully good time!

🛍️ Shop 'til They Dropped!

The Wanderers hit DFO Liverpool and Narellan Town Centre to tick off their Christmas shopping lists. With bags in hand and smiles on their faces, they picked out the perfect gifts for their loved ones. Retail therapy at its finest!

🍷 Pre-Christmas Partying!

What's the holiday season without a good feast? The group enjoyed delightful lunches at spots around Sydney, sharing laughs, stories, and plenty of festive cheer.

🌳 Picnic in the Park!

A sunny day in the great outdoors was just what the Wanderers needed. The group gathered for a picnic in the park, surrounded by nature and good company. It was the perfect setting to relax, enjoy some tasty treats, and bond with peers.

🔬 Wacky Wednesday Science Fun!

The Wednesday group got their hands messy (and minds curious) with some exciting science experiments:

- ☀️ Making Sundials: The sun played along perfectly, helping us explore how shadows can tell the time. A sunny success!
- ✉️ Secret Letters: Lemon juice became invisible ink, and with a little heat, secret messages were revealed. A magical moment for all!
- 🎨 Colour Experiments: Watching colours flow and blend was mesmerizing. The group discovered the beauty of absorption and created unique patterns.

The end of the year was packed with fun, laughter, and creativity. Here's to making even more unforgettable memories in 2025! ☀️



**ART**  
IN THE  
**PARK**



**Leanne Marks**

# THE KITCHEN

Greetings from the kitchen!

I hope everyone has been keeping safe and had a wonderful Christmas and New Year and is well rested after the holiday break. A gentle reminder to drink plenty of fluids and stay indoors where possible as we have been experiencing some rather extreme weather lately.

Cooking classes have been back on the DT program and enjoyed by all that have participated. We have been testing out a few new recipes in our air fryers including Lemonade Scones and different variations of Oriental Chippies with purple Yam and Seafood.

We also celebrated Australia Day week with an Aussie BBQ with Snags and Lamb Kebabs, and an Australian themed Morning Tea and Dessert. Speaking of celebrations, our kitchen crew really enjoy baking and if members are attending during the week of their Birthday, we would love to help you celebrate with a freshly baked Birthday cake.

We have received some wonderful, positive feedback and lovely comments recently and this is extremely encouraging for everyone that works in the kitchen, and I would like to take this opportunity to say a big thankyou to all kitchen volunteers, and a special Thankyou to Michelle M for stepping in and helping me several times a week. You are all appreciated so much.

● ● ●  
**Jo M**

# JOKE OF THE MONTH

## STINGY OLD LAWYER



A stingy old lawyer who had been diagnosed with a terminal illness was determined to prove wrong the old saying, "You can't take it with you."

After much thought and consideration, the old ambulance-chaser finally figured out how to take at least some of his money with him when he died.

He instructed his wife to go to the bank and withdraw enough money to fill two pillowcases. He then directed her to take the bags of money to the attic and leave them directly above his bed.

His plan: When he passed away, he would reach out and grab the bags on his way to heaven. Several weeks after the funeral, the deceased lawyer's wife, up in the attic cleaning came upon the two forgotten pillowcases stuffed with cash.

"Oh, that old fool," she exclaimed. "I knew he should have had me put the money in the basement."

# TRANSPORT DESK

## Welcome back!!

We hope everyone had a safe and relaxing Christmas break.

## Few Reminders:

**Attendance:** Just a reminder that if you are not able to attend the Cottage, please call the office as soon as possible or alternatively please leave a message on the answering machine after hours. If you call us on the morning of we can always contact the bus driver if they have left the Cottage as all buses have a mobile phone.

**Unwell:** If you are unwell please make sure that you contact the Cottage as soon as possible so we don't send the bus around to you and get you out of bed if you are resting. We ask that if members are unwell to please not attend the Cottage so we can stop the spread of illness coming into the Cottage.

### The problem



Pushing wheelchairs over steep, uneven or soft surfaces can put the worker at risk of injury to the back, neck and shoulders.

## Manual Handling:

Assisting people in Wheelchairs:

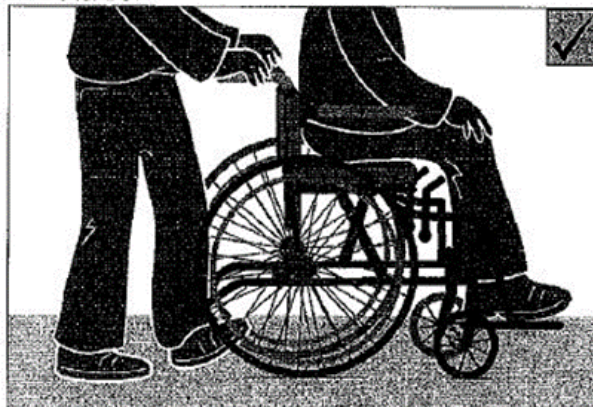
A few of our members use wheelchairs as mobility aids whilst here at the Cottage. There is a correct and incorrect way of pushing a wheelchair safely.

We strongly encourage volunteers not to push wheelchairs on uneven ground, on grass or on path that is on a slope. If you encounter any of these obstacles please see staff for guidance on how to best handle the situation. See below for the safe and unsafe way of pushing a wheelchair:



**Azree M**

### A solution



Outdoors, avoid sand, loose dirt, dirt paths when using indoor wheelchairs. Indoors, avoid thick pile carpet and rugs and lino with soft underlay.



# VOLUNTEER VOICE

Hello Volunteers

Welcome to the first newsletter for the year!

The end of 2024 and beginning of 2025 has seen some adjustments for our volunteers in completing training so the Cottage remains compliant with both NDIS and Aged Care services we offer. Volunteers have been asked to complete the NDIS Worker Screening check and the NDIS Worker Orientation Module: Quality, safety and you along with completing a Work Health & Safety training.

Management would like to thank all volunteers for completing these tasks and continuing to support the Cottage to offer the best possible services to the members that attend each day.

A very warm welcome to all new volunteers, both members and staff love to get to know new people, listen to new stories and new ideas.

We are still looking for new volunteers in the following areas so if you know of someone that would be interested in giving up some of their time, this could be one day a week or even a morning or afternoon.

- bus drivers
- bus assistants
- kitchen assistants
- program assistants

Our next volunteer induction will be Tuesday 11th February 2025 at 10.30am.





## WELCOME

We would like to extend a warm welcome to all of the new members of Myrtle Cottage. We hope you have a wonderful time and make many new friends.

John P, Tarkie G, Maxwell C, Elke W,  
Peter G & Lorrain P

## BIRTHDAYS

Wishing all of our members, staff and volunteers who celebrated their birthdays in December and January - Happy Birthday!

### • December

Albert F, Alis P, Christopher S,  
Christopher T, Fay F, Gary C,  
Georgina Z, Ian R, Jean P, Jean L,  
Judith T, Margaret R, Margaret H,  
Pricila L, Warick W, Christine T, Colleen  
W, Ahmad R, Margarte G, Eman R.

### • January

Aytekin T, Barbara B, Edi I, Elias Z,  
Janice P, Jayne S, Jenny F, Judith C,  
June P, Lynette F, Maria B, Mary C,  
Melanie M, Pauline B, Rhonda L,  
Robert W, Romaine McG, Ronald C,  
Vladimer S, Yilmaz O, Zita C, Diana A,  
Pugang Z, Christina L, Sam G, Hasna  
K, Janette W, m Ana G, Millii A, Norhani  
M



### Trading Table

*The Trading Table has raised \$362.50 since the last newsletter.*

### Donations

*Thank you so much to members making use of the donation box for loose change. Donation total \$64 Every little bit counts!*

02.12.24	John F \$100
02.12.24	Sushila S \$20
05.12.24	Judity C \$5
10.12.24	Car Wash \$60
11.12.24	Safety Champion \$250
17.12.24	Car Wash \$40
19.12.24	Recycle Cans \$47
20.12.24	Fruit Cakes \$15
06.01.25	Sushila S \$20
16.01.25	Recycle Cans \$22.40
22.01.25	LM \$2

**Total \$576.85**

***The donation box is located near the entrance to the activity room. It is the slot in the wall.***



# CLIENT ADVISORY

We are excited to share some important updates regarding our Advisory Committee and welcome our new members! As we move forward, we are committed to ensuring that Myrtle Cottage continues to be a nurturing and supportive environment for all.

### Meetings for the Upcoming Year

- Tuesday March 4, 2025
- Tuesday June 3, 2025
- Tuesday September 2 2025
- Tuesday December 2 ,2025

Each meeting will take place at 10am at Myrtle Cottage, where we will discuss important updates, initiatives, and ways to enhance our services.

### Welcoming New Members

We are thrilled to welcome the following committee members to our team for 2025:

Maria Baptista  
Margaret Parker  
Edi Ift  
Pam Jenner  
Dorothy Towler  
Robyn Orchard  
Helen Smith  
Doris Wahabb  
Josefina Bonto  
Pam Markiewicz  
Julie Eaton  
Michelle Moon  
George Caldwell  
Geraldine McAreavey.

### Thank you

We would like to thank Dianna Goonan for being part of the committee over the last 12 months who played an important part within the committee and will be missed moving forward.



# IMPROVEMENT BOX

Thank you to everyone who left their feedback in the Improvement Box. We love hearing your feedback good or bad thats how we make your experience at the Cottage enjoyable.

Loved reading about the Christmas meals, dancing and singing, cooking activities, trading table enabling gifts and feedback on Bell program and staff.

### ***Privacy and Confidentiality Policy & Procedure***

#### **Objective**

Myrtle Cottage Group is committed to protecting and upholding the right to privacy of clients, staff, volunteers, Board members and representatives of agencies we deal with. In particular Myrtle Cottage Group is committed to protecting and upholding the rights of our members to privacy in the way we collect, use, disclose and store personal information.

#### **Definition and scope**

Myrtle Cottage Group requires staff, volunteers and Board of Management members to be consistent and careful in the way they manage what is written and said about individuals and how they decide who can see or hear this information.

#### **Policy Statement**

Myrtle Cottage Group will ensure that:

- Its legal and ethical obligations as an employer and service provider, in relation to protecting the privacy of members and organisational personnel, are met,
- Members are provided with information about their rights regarding privacy and are advised of the types of information collected and contained within their files, the purpose for retaining such information, what the information will be used for (disclosure), who will have access to the information and how information can be amended,
- Members and organisational personnel are provided with privacy when they are being interviewed or discussing matters of a personal or sensitive nature,
- That all employees, volunteers and student placements sign a Privacy and Confidentiality Agreement upon commencement,
- That all new employees, volunteers and student placements receive training relating to Myrtle Cottage Group Privacy and Confidential Policy and Procedure,
- That any personal information will not be sent overseas, and
- All staff, Board members and volunteers understand what is required in meeting these obligations.

This policy conforms to the Federal Privacy Act (1988) and the Australian Privacy Principles which govern the collection, use and storage of personal information. This policy will apply to all records, whether hard copy or electronic, containing personal information about individuals, and to interviews or discussions of a sensitive personal nature.

## 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

TITANIC, FOOTLOOSE, ROCKY, GREASE, GHOSTBUSTERS,  
 SUPERMAN, JAWS, TOPGUN, ANNIE, FORESTGUMP, MARY  
 POPPINS, ROMEO AND JULIET, MATILDA, BACK TO THE  
 FUTURE, WEST SIDE