



Maltese Aged Care Association  
(SA) Inc.

ABN 71 724 767 570

## MACASA

**PO Box 6004  
Alberton SA 5014**

### OFFICE

**Cheltenham Community  
Centre**

**62 Stroud Street North  
Cheltenham SA 5014**

### PHONE

**(08) 8241 0266**

### MOBILE

**0412 014 313**

### FAX

**(08) 8241 0299**

### WEBSITE

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

### EMAIL

[reception@malteseagedcare.org.au](mailto:reception@malteseagedcare.org.au)

### MACASA SERVICES

- *Meals: Fresh Home-delivered or Frozen pick-ups*
- *Monthly Activities: Salisbury, St Mary's & Cheltenham*
- *Bus Trips/Day Trips*
- *Transport Services*
- *Visiting/Social support*
- *Domestic Assistance*

*"Funded by the Australian Government  
Department of Social Services.  
Visit the Department of Social Services  
website ([www.dss.gov.au](http://www.dss.gov.au))  
for more information"*

Service User

# BULLETIN

VOLUME 8 \* ISSUE 22

September 2015

Hello Service User,

Service User there have been many changes happening within aged care services over the past few months such as the introduction of the My Aged Care system, Regional Assessment Teams and changes with how all aged care services are funded by the Commonwealth government. Most of these changes will only apply to new clients or clients that require new or increased aged care services. Service User for all of our existing clients such as yourself, you will only need to access My Aged Care via phone on 1800 200 422 or their website [www.myagedcare.gov.au](http://www.myagedcare.gov.au), if you require more assistance or services. On page 2 & 3 there is some further information regarding My Aged Care and the services that MACASA provide with our Commonwealth funding.

You may have also noticed Service User, our new MACASA logo at the top of this page which was launched in July this year. In the past MACASA have been known as Maltese Aged Care Association (SA) Inc, MACASA as well as Maltese Meals & Community Services which has been a bit confusing for some clients and members of the community. MACASA is the acronym of Maltese Aged Care Association (SA) and much easier to say, so please look out for our new branding and we would love to hear your feedback on the logos. You may also notice that the HACC logo will no longer be used with our due to changes with the funding bodies that support MACASA. The Commonwealth Government through Department of Social Services (DSS) now provide our aged care funding.

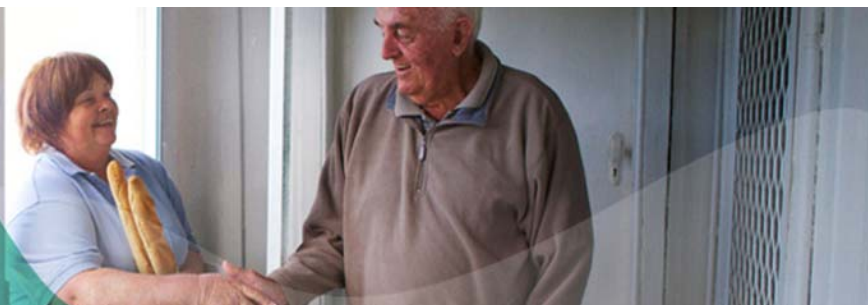
During August all of our meal delivery clients received a survey which was developed and sent out by the University of SA Master of Dietetics and Nutrition students as a part of their University of South Australia: Community & Public Health Project. I would sincerely like to thank all of you who took part in the survey, your participation is greatly appreciated. The results from the survey were very positive and we thank you for your kind words as well as the feedback on improvements that can be made. In the next few weeks we will also be



working with the Nutritional studies students to review our menus and look at some new recipes. Once we have finalised any changes that we are looking to make to the menu we will send out a copy for you, if you receive our meals, to up date your preferences.

Warm Regards,

Madeleine.



## Help at home

For most people, living independently in your own home as you age is what you want. But sometimes you might need some help with daily tasks that you can no longer manage as well on your own.

For example, you might need help with home maintenance, such as changing light bulbs. You might also need minor aids and equipment, like a walking frame, to help you get around your home safely and easily. Or you might need help with tasks like dressing or preparing meals. As you get older, you may also need some level of nursing care to stay in your own home.

Aged care services are designed with the aim of meeting your changing needs as you get older.

State and Territory Governments may also have services to assist you. Please contact your State or Territory Health Department to find out more about these services.

## How My Aged Care helps you

My Aged Care helps you find the information you need about aged care services.

This can be as simple as calling the My Aged Care contact centre on **1800 200 422** or reading this website [myagedcare.gov.au](http://myagedcare.gov.au).

My Aged Care provides you with information about:

- the different types of aged care services
- eligibility for services

how we understand your aged care needs and help you find local services to meet your needs - you are able to select your own [service provider](#) the cost of your aged care services, including [fee estimators](#).

To perform these activities, the contact centre will seek your consent to create a personalised client record. This will hold up to date information on your needs and any services you receive. The [client record](#) will reduce the need for you to retell your story to the contact centre, assessors and service providers.

## Help at home: what to expect

If you are thinking about getting services to help you at home, there are several things you will need to think about such as eligibility, the cost to you and how to organise the services you need through a service provider.

## Help at home: how services are delivered

The Australian Government offers a range of services that can give you the extra help you need around your home. These services include domestic assistance, personal care, meal services and nursing care. Help at home services are delivered in two ways: through the Commonwealth Home Support Programme and through Home Care Packages.

## Meals

Meals and other food services can help you maintain a healthy, balanced diet. These services may support you to stay in your own home.

## Domestic help

Domestic help services can support you with practical tasks such as general housework and shopping. Services like these may help you to remain independent in your own home.

## Transport

Transport services can help to get you to and from your appointments and around your community.

## Social support and activities

Social support services can help you to maintain an active social life by having someone visit you in your home, or by arranging visits and outings in the community.

## How do I get these services?

### Commonwealth Home Support Programme

Some facts about the Commonwealth Home Support Programme:

it delivers services to more than 500,000 older people nationwide

common services include domestic assistance, planned respite and meals

to receive services you will need to contact the My Aged Care contact centre who will organise a home support assessment (conducted by the Regional Assessment Service).

### Home Care Packages

Some facts about Home Care Packages: there are four levels of packages to cater for different needs a formal assessment by a member of an Aged Care Assessment Team (ACAT, or ACAS in Victoria) is required before you can receive a package.

## Give Us Your Feedback

This year MACASA have been able to form a partnership with the University of South Australia and their Master of Nutrition and Dietetics students for their community engagement activities. The students will assist MACASA by preparing and distributing some client surveys such as the one you may have received recently. Once all the surveys have been returned the students will compile the data and present the results back to MACASA. The current survey is around the quality of our meal service and the preferences of our clients and we look forward to sharing the results with you.

Thank you to each of our meal service clients that have already completed and returned the short Customer Service Survey sent out over the last week. If you have not yet returned your survey I ask that you return it to your delivery driver for your next delivery. We are always happy to receive feedback on any of our other services too, so please give us a call if there is anything on your mind.



## Regency Green Multicultural Aged Care Facility

Regency Green Multicultural Aged Care Facility provides a unique residential lifestyle for older people with culturally and linguistically diverse backgrounds. Preference is given to Indigenous Australians, people with Spanish speaking background and people from the Philippines, Malta, Vietnam, Cambodia and China. The facility is accredited and provides a total of 80 places of which 34 are designated high care and 46 low care, including high and low care respite.



Staff with an understanding of cultural diversity, who are able to speak languages other than English, and volunteers from different cultural groups play an important part in ensuring that resident needs are met.

Residents have a choice of meals.

Residents are accommodated in 8 linked houses, each resident with their own bedroom. Each house has a cultural focus and is designated high or low care. As care needs increase, low care residents may be required to move to a house designate for high care.

Common facilities include meeting rooms, a hairdressing salon and a craft room.

Regency Green is designated as smoke free. Smoking is only permitted outside.

Site tours are conducted on the second and fourth Tuesday of every month from 2pm - 3pm. Alternatively, prospective residents, families and carers are welcome to visit by appointment.

### Contact

181-193 Days Road, Regency Park

Phone: (08) 8345 3518

Fax: (08) 8345 4350

Email: regencygreen@ucwpa.org.au



## March Answers



3	9	8	7	2	5	6	4	1
5	1	4	6	8	3	7	9	2
6	7	2	1	9	4	8	5	3
4	2	1	8	7	6	9	3	5
7	3	5	2	4	9	1	6	8
9	8	6	5	3	1	4	2	7
8	6	3	4	5	7	2	1	9
2	4	9	3	1	8	5	7	6
1	5	7	9	6	2	3	8	4



# What's on?...

Service User please see the dates below for our monthly luncheons and our November Activity. Service User please call Sue on **8241 0266** to book your seat to attend any of our activities below as we would love to see you there and bookings are essential. If you require transport to any of our events please ask us when you make your booking, our buses can pick you up from home in the morning and then drop you home again in the afternoon.

At our Monthly Activity Groups you can enjoy a nice lunch with some raffles and bingo afterwards. (Bingo at North and West only)

## Monthly Activity Groups...

North Lunch — **Salisbury RSL Orange Ave Salisbury.**

**October 12th and November 2nd**

South Lunch — **Racquets South Road St Mary's.**

**October 19th and November 9th**

West Lunch — **Cheltenham Community Centre**

**Stroud St Nth Cheltenham**

**October 28th and November 18th**

## 23rd November - Christmas Trading Tables



Service User, Christmas is fast approaching so MACASA would like to try and help you with some of your Christmas shopping or maybe you're just after something nice for yourself. A lovely lunch will be provided in the Bistro of the Hope Inn at Hindmarsh with access to the beer garden where we have organised for some suppliers to provide trading tables with their goods. We have organised items that can be purchased such as handbags, jewellery, giftware, clothing and Avon cosmetics etc.



All purchases will need to be paid on the day with cash as EFTPOS may not be available for all suppliers. Deliveries will be made to MACASA prior to the Christmas luncheon on the 9th of December and must be collected on this day.

Service User please call Sue on **8241 0266** to book your seat to attend as limited spaces are available. Please advise if you require transport. Cost is \$25 per client.

## Bookings are Essential



Makeup Home  
Skincare Men  
Fashion Children  
Bath & Body  
Fragrance  
mark. HairCare



# Aug & Sep Birthdays

Aleksandra Wujda

Alfred Borg

Alice Fabri

Angelo Buhagiar

Barbara Cooper

Barbara Hayes

Bob Geister

Brenda Maxwell

Catherine Chetcuti

Cathryn Czubak

Charlie Mifsud

Chris White

Christine Pedlar

Claudine Abela

Colleen Forrest

Connie Borg

Crystal Bellett

Daphne Hancock

Dolores Muscat

Doris Mangion

Dorothy Bartolo

Edward Camilleri

Elaine Patterson

Elva Goodings

Errol Bridge

Evelyn Chessman

Evie Milne

Flo Brown

Fred Best

Gurwinder Singh

Hazel Horbath

Helen Camilleri

Helen Cini

Irma Barkla

Ivan Juric

Ivan Mardel

James Fowler

Janny Newhouse

Jerry Caruana

Jim Megesi

Joe Klockner

John Mangion

John Muscat

Josephine Caruso

Josephine Gauci

Josephine Muscat

Josephine Zammit

Katerina Koszegi

Ken Jackson

Lajos Szabo

Lydia Humenick

Margaret Mifsud

Maria Saliba

Marilyn Philbey

Mary Borg

Mary Haynes

Maureen Lusher

Maxwell Mortimer

Paul Azzopardi

Paulette Alexander

Peter Castrique

Ralph Sumner

Riannon O'Connor

Rhonda Hooper

Richard Ford

Rose Vella

Ross Collins

Roy Barrett

Sam Desira

Shirley Cowling

Stephen Wade

Sue Uptis

Teresa Mifsud

Theresa Agius

Theresa Bonnici

Theresa Scerri

Vasily Klemenko

Victor Winter

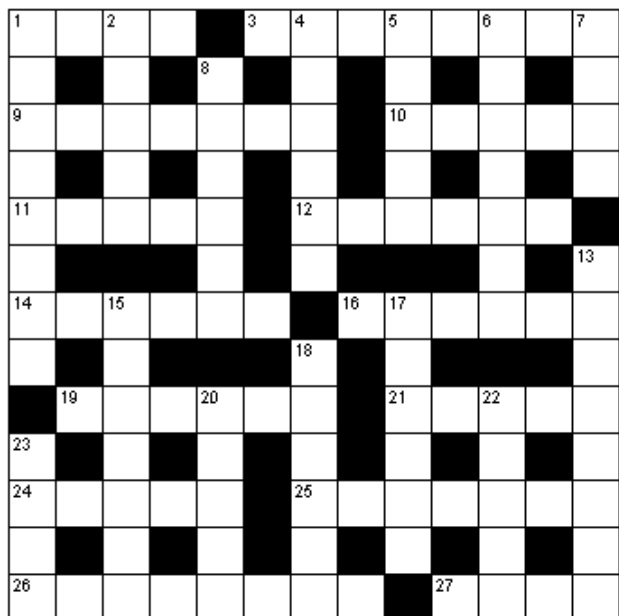
Violet Defelice

Wendy Clarke

William Dedeke



# Puzzle Corner



Answers supplied next issue.

Remember to let us know if you would like some harder puzzles or easier ones or just something different.



## Sudoku

4	6		2				3	9
7			6			1		
	5		1	4	8		6	
		2			1			3
1	7						4	6
8			5			7		
	9		8	7	3		1	
		3			5			8
5	8				6		9	2

### Across

- 1 Potter's material (4)
- 3 Sheath for a sword (8)
- 9 Arabian Nights hero (3,4)
- 10 Holiest city of Islam (5)
- 11 Larceny (5)
- 12 Shake with cold (6)
- 14 Fired (6)
- 16 Small (6)
- 19 Material for violin strings (6)
- 21 Seedhead of a dandelion (5)
- 24 Vine fruit (5)
- 25 Yerevan is the capital of this country (7)
- 26 Climbing plant with fragrant flowers (5,3)
- 27 Tool for cutting and shaping wood (4)

### Down

- 1 Castigate (8)
- 2 Wonderland girl (5)
- 4 Unrefined (6)
- 5 Walt Disney deer (5)
- 6 Very old (7)
- 7 Momentous date in World War II (1-3)
- 8 Farm livestock (6)
- 13 Item of jewellery (8)
- 15 Readily perceived pretence (7)
- 17 Earnings (6)
- 18 Relaxed (2,4)
- 20 Invited person (5)
- 22 Possessed (5)
- 23 Eras (4)

**ComParrot**

by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



Solution: 1. Cat's whisker is hidden. 2. Stripe on coat sleeve is missing. 3. Bottom rung on ladder is missing. 4. Top flap on carton is moved. 5. Knot-hole on branch is colored in. 6. Top of axe blade is colored in. 7. Door handle on fire truck has moved. 8. Toy net on net is longer. 9. Cat's tail is longer. 10. Buckle on coat is lower. 11. Top of ladder is taller. 12. Handle on net is longer.



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Pin it