

Maltese Aged Care Association (SA) Inc.
ABN 71 724 767 570

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OFFICE

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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)
for more information"*

Happy New Year!

MACASA's Board, Staff and Volunteers hope that you and your families had a safe and happy festive season and we look forward to serving you throughout 2016 and beyond.

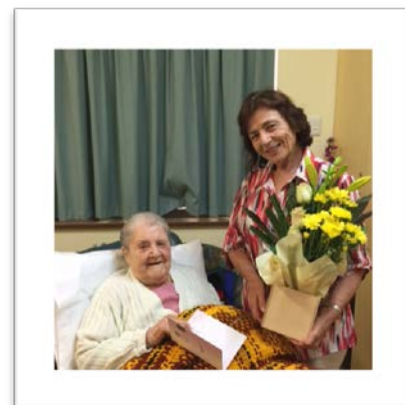
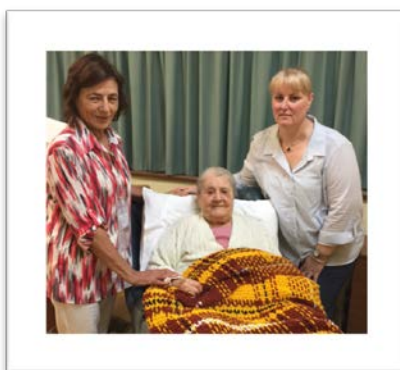
Happy New Year
2016



The new Commonwealth Home Support Programme (CHSP) is now in full swing along with My Aged Care and the Regional Assessment Services (RAS). The funding changes that have been introduced with the CHSP and My Aged Care, will not affect our existing clients (prior to July 2015) until you require additional services to what you currently receive from MACASA. If you feel that you need additional services you will need to contact My Aged Care on 1800 200 422 or www.myagedcare.gov.au to have a new assessment. So far, in our experience, My Aged Care have been very efficient in organising client assessments and referrals to MACASA. If you do experience any difficulty please do not hesitate to contact the office for assistance.

MACASA are working on some new programs for 2016 so keep an eye on the Bulletin to see what new things are happening.

MACASA would like to congratulate Teresa Micallef for celebrating her 100th birthday in January. Jessie Borg and myself visited Teresa at Regency Green to wish her a happy birthday and present her with some flowers and a card.



Once again we look forward to serving you in 2016 and bringing you some new activities, programs and services.

Warm Regards,
Madeleine Williams
Services Manager.

2016 MACASA ACTIVITIES

JANUARY

Wednesday 20 Monthly Luncheon – Cheltenham Community Centre,
62 Stroud St North

FEBRUARY

Monday 1 Monthly Luncheon – Stockade Tavern
2 Gawler Street, Salisbury

Monday 8 Monthly Luncheon – Racquets St Marys
1303 South Road

Wednesday 17 Monthly Luncheon – Cheltenham Community Centre

Wednesday 24 Movie Day –Venue to be advised

MARCH

Monday 7 North Monthly Luncheon – Venue to be advised

Monday 21 Monthly Luncheon – Racquets St Marys

Wednesday 30 Monthly Luncheon – Cheltenham Community Centre

APRIL

Monday 4 North Monthly Luncheon – Venue to be advised

Monday 8 Monthly Luncheon – Racquets St Marys

Wednesday 20 Monthly Luncheon – Cheltenham

Wednesday 27 Activity Day – Fashion Parade & Trade Day

Bookings are Essential

Phone 8241 0266

Grief Speaks

Traumatic and Sudden Loss

"No one ever told me that grief felt so much like fear. I am not afraid, but the sensation is like being afraid. The same fluttering in the stomach, the same restlessness, the yawning. I keep on swallowing. At other times it feels like being mildly drunk or concussed. There is a sort of invisible blanket between the world and me. I find it hard to take in what anyone says. Or perhaps, hard to want to take it in". - C.S. Lewis, A Grief Observed

7 things to think about immediately following a traumatic loss:

- Start gathering your support system around you. You will want to and need to express strong feelings about what happened and how you feel. It isn't healthy to suppress these urges. Having trusted family and friends around who can listen and share memories will be important now.
- Have a support member start notifying the people who most need to know. Some people will need to be notified in person.
- Try to get some rest and think about your own health. Contact a family doctor, grief counsellor and clergy. Get time off from work if possible. You will be easily distracted. Be very careful driving now.
- Do not try to maintain an appearance of false strength. Be honest with others about your feelings. Know that everyone grieves differently.
- You will experience physical and emotional symptoms of grief beyond your control. Be prepared for them.
- Try to eat, get rest and even walk a bit if possible.
- Don't let people take advantage of you now.

Funeral arrangements will need to be made soon. Religious observances may need to be communicated to the authorities and those handling the body of your loved one as soon as possible.

Other difficult things you may be called upon to do:

Identifying the body will be emotionally difficult. Have someone go with you.

Make priorities for what is most important right now and don't do less important things.

You may need to reclaim personal belongings.

Dealing with other legal matters related to the death:

The funeral director will obtain the death certificate and help you determine how many copies to ask for.

If a will exists, locate it immediately.

Begin dealing with the associated costs of the death.

Begin filing insurance and other related claims.

Don't make life-changing decisions right away or without consulting a trusted person.

You may want to consider a memorial gift or request contributions in your loved one's memory.

Whenever someone receives news of a sudden and tragic loss the body responds physically and emotionally. Your body goes through automatic changes in order to enable you to cope with the trauma. These responses happen automatically which means that it may feel out of your control, which may be scary if you don't know that it is normal. Some responses last for a short time and others for a longer time. Some occur one at a time and others all at once. Remember everyone GRIEVES in different ways.

There are many Associations that will help you through this difficult time you just have to know how and who to contact.

- *Beyond Blue* 1300 224 636
- *Lifeline – Uniting Communities* 13 11 14
- *Your Local Church Pastor/Priest*
- *Family & Friend*



What's on?...

Please see below the dates and details for our monthly luncheons and our February Activity. 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.

PLEASE NOTE ... THE NORTH LUNCHEON ON 2 FEBRUARY HAS A CHANGE OF VENUE AND THIS MONTH IS AT THE STOCKADE TAVERN, 2 GAWLER STREET, SALISBURY.

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...

Wed 20 January & 17 February

*West Luncheon—Cheltenham Community Centre,
62 Stroud St North, Cheltenham*

Mon 1 February

North Luncheon — Stockade Tavern, 2 Gawler Street, Salisbury.

Mon 8 February

South Luncheon—The Southern, 1303 South Rd, St Marys

Wednesday 24 February - Movie Day

Welcome back to the 2016 Fun Days. First Activity Day is booked for **Wednesday 24 February** and we are booking a Movie and Lunch Day. As yet we have not decided on the Venue Location or Film but if you are interested in attending please put this date in your diary. I will be making a booking very soon and the office has an attendance sheet ready for your bookings.

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.

For your information the next Activity Day has been booked on **Wednesday 27 April** and we are expecting to have a Fashion Parade, Trade Tables and possibly a luncheon. Please put this date in your diary so you do not miss out.

Bookings are Essential

OCTOBER - DECEMBER 2015 & JANUARY 2016 BIRTHDAYS

Joseph Busuttil	Frederick Curtain	Mary Craus	Joyce Sumner	Anthony Chetcuti
Marion Weston	Darren Norton	Flora McCourty	Ann Lawson	Lola Slee
Colin Johns	Rena Mifsud	Marlene Prince	Carmen Farrugia	Tess Gedling
Josephine Briffa	Catherine Jones	Gloria Buhagiar	GuzaCalleja	Alfred Pace
Tessie Mansueto	Kathleen Laikve	Ray Stratford	Carmen Chetcuti	Michael Saad
Jacqueline Sassiotti	Josephine Carabott	PhylisHatvani	Rose Visentin	Carmen Debono
Carmen Pace	Frances Gatt	Theresa Vassallo	Jean Barrenger	Stan Forrest
Pauline Attard	Richard Aylward	Patricia Pawelski	Lorry Pace	Joyce Smissen
Emmanuel Buhagiar	Norma Ford	Henrietta Coure	Geraldine Ashton	Pat Crawford
Mary EllulCiantar	Harry Robb	Rose Pace	Carmen Vella	Doris Calleja
Ron Neal	Lewis Lia	Pilar Ariaif	Catherine Camilleri	Margaret Stevens
Jenny Richardson	Ingeborg Berger	SalvuFenech	Joseph Chetcuti	Laurie Vassallo
Lina Camilleri	Lorraine Sullivan	Louise Norris	Elizabeth Valenza	Jane Grima
Mona Carmichael	John Jolly	Carmen Vining	Doris Zammit	Ronda Jones
Carmel Buttigieg	Valmai Drew	Jessie Caruana	Josephine DeGabriele	Denise McEvoy
Nancy Maygor	David Howard	Lora Baldacchino	John Daws	Bob Theodore
Kayleen Abbott	Katie Attard	Brenda Harrison	Ian Johnson	Leeta Lane
Frances Spiteri	Lorice Robb	Shirley Copley	Pam Robertson	Richard Saliba
Lilly Attard	Anna Gauchi	Judy Thomas	Jimmy Farrugia	John Axisa
Bob Alexander	Teresa Micallef (100)	Mary Sammut		



Hot weather activity

