



**MACASA**

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.macasa.org.au](http://www.macasa.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, Glenelg & Cheltenham*
- *Bus Trips/Day Trips*
- *Transport Services*
- *Visiting/Social support*
- *Domestic Assistance*

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

# BULLETIN

**ISSUE 32**

**January 2020**

Hello «Final known as»,

Happy New Year!! Welcome to a new year and new decade. I hope that you and your families have had a safe and happy holidays.

Unfortunately «Final known as», this year has started with quite a challenging time for many people and communities across Australia. Our thoughts are with those who have suffered any losses during this time.



— HAPPY NEW YEAR —

MACASA have received some requests from a number of our clients to ask if there is anything they, or MACASA as a community, can do to help these effected communities. Some suggestions have been to collect items or money to donate or could we plan some of our outings to visit the effected areas and contribute to rebuilding their community's economies. If you have any other suggestions as to how MACASA and it's clients, as a community, can assist with this cause or you would like to donate something please contact the office to register your interest.

Due to reduced staffing during January and February we are unable to plan any additional outings or change our current outings. However we will look at our outings from March onwards to see where we can accommodate any trips or plan any additional small outings. «Final known as» if you are interested in joining us on one of these outings please register your interest with the office on 8241 0266 and we will contact you to confirm your attendance.

«Final known as» inside this issue there is a lot of information about what is coming up in 2020, some tips on how to stay safe and healthy, and some pictures from our Christmas luncheon.

MACASA look forward to seeing you throughout the year at some of our functions or whilst providing your service. If you have any suggestions of somewhere you would like us to visit for an outing please call the office and let us know or speak to one of our staff and volunteers at any time.

Warm Regards,  
Madeleine.

«Title» «FirstName» «Clean Surname»  
«MultilinePostalAddress»

# 2020 Events

«Final known as», please see below our events for the next 3 months. We would love to see you at one of our up coming events if you haven't attended before and if you're a regular we look forward to seeing you again. A copy of our full event calendar for 2020 has also been enclosed for your convenience.

As stated on the front page «Final known as», we will look at booking some trips to some of the bushfire devastated communities from March onwards, if it is safe and appropriate. Once we have confirmed the outing we will contact you to confirm your booking if you have registered your interest in attending. If you require transport please ensure you contact the office on 8241 0266.

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29th Jan — Movies - **A Beautiful Day in the Neighbourhood**—  
Mitcham Cinema — **Bookings Essential**

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3rd Feb — Luncheon **Salisbury** Nth Football Club 9-41 Bagster Rd,  
Salisbury North — **Bookings Essential**

10th Feb — Luncheon **The Watermark Glenelg** - 631 Anzac Hwy Glenelg North

**19th Feb** — Bus Trip — **Giant Rocking Horse & Hahndorf** — **Bookings Essential**

26th Feb — Luncheon — **Cheltenham Community Centre** 62 Stroud Street  
North, Cheltenham

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2nd Mar — Luncheon **Salisbury** Nth Football Club 9-41 Bagster Rd, Salisbury  
North — **Bookings Essential**

**11th Mar** — Bus Trip — **Pryer's on the Fleurieu**

16th Mar — Luncheon **The Southern** 1509 South Road St Marys

25th Mar — Luncheon — **Cheltenham Community Centre** 62 Stroud Street  
North, Cheltenham

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## Do you have a mobility aid?

Please advise our staff what you have when booking your transport. We also have buses with wheelchair lifts available to our functions if you require one.



# Charter of Aged Care Rights

## *What does this mean for you?*

Charter of Aged Care Rights form. Why are you receiving this? Well, the Charter of Aged Care Rights is a form that we, MACASA, are required to provide to you under the Aged Care Law. MACASA are required to provide you with a copy of this form and assist you to understand your rights. Once you understand your rights as detailed on this form we request that you sign and return the form to our office or one of our staff or volunteers. A reply paid envelope is enclosed for your convenience to return your signed form. The envelope is paid for and does not require a stamp, just pop it in your nearest post box. If you have any questions regarding the rights stated on the form or you would like us to explain any of the rights please do not hesitate to contact the office and speak with one of our staff.

As I have said on many occasions «KnownAs», the service that MACASA provide is your service. We require your feedback on the service that you receive so that we can provide you with the best service that we can, to the standard and style that you want.

*If you already signed and returned your copy at the November Lunch there is no need to return another one.*

## Care Plans

«Final known as» as one of our funding requirements MACASA are required to have an up to date care plan for you. What is a care plan? A care plan outlines your care needs, the types of services you will receive to meet those needs, who will provide the services and when. It will be developed by your service provider in consultation with you. If you receive services from various different providers/companies a care plan will need to be developed with each of these providers to ensure you get the right services for your needs.

MACASA are currently working to review, update or develop your care plan. As a standard MACASA will perform a reassessment for each of our clients annually, and more frequently as required. During a reassessment our staff and volunteers will discuss your contact details to ensure they are current and your care plan to make sure you are getting the services that you need. If your circumstances change in any way you need to advise MACASA so that we can update your care plan and our systems and/or refer you through to My Aged Care if you require any further assistance.

If you contact My Aged Care and are assessed and approved for a home care package or residential care we need to be advised. There may not be a package available straight away so your Commonwealth Home Support Programme (CHSP) service will continue until that package becomes available.



If your circumstances have changed «Final known as» please call the office now, on 8241 0266, to advise us about those changes.



# Christmas Function





# Christmas Function



**ELVIS**  
THE KING



**SCAM ALERT**

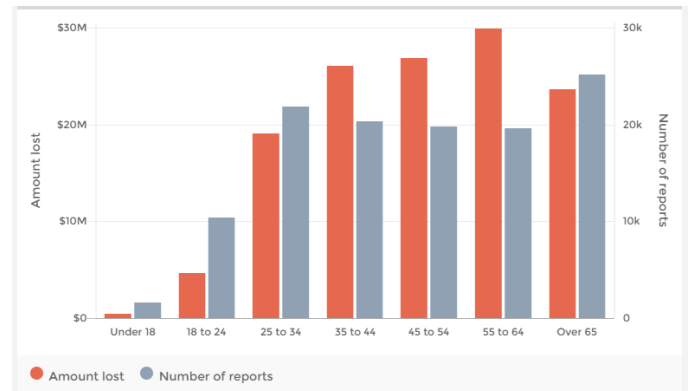
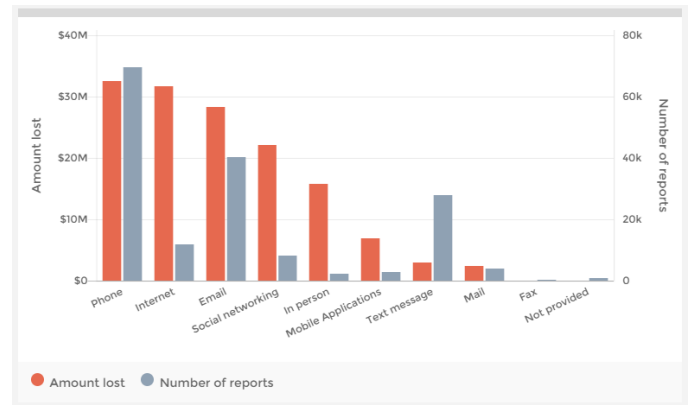
**Don't fall for**



**phone scams**



## Scam Statistics for 2019





# Re-assessments



## Assessments



centrelink

## Centrepay

Centrelink offer a bill paying service called Centrepay which is available to all pension recipients. Centrepay is a free and voluntary service to pay bills and expenses as regular deductions from your Centrelink payments. If you receive a pension from Centrelink and would like your MACASA account paid by Centrepay you can organise the payment deduction with Centrelink directly by calling your regular payment number, using your Centrelink online account through myGov, using the Express Plus Centrelink mobile app on your mobile device or in person at a Centrelink service centre or you can contact the MACASA office either in person or by phone on 8241 0266. Payments can be made as regular fortnightly payments or as a one off payment. The minimum amount that can be deducted from your Centrepay payments is \$10 per fortnight. Once your deduction has been setup Centrelink may send you a letter to advise that the deduction has been setup or you can check online.

MACASA's Centrelink reference no is **555 117 687C** and the business name is **Maltese Aged Care Association (SA) Inc.**

## Word Search

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

- CEREAL
- MACARONI
- TV DINNER
- CASSEROLE
- BREAD
- PORK
- NOODLES
- FAST FOOD
- LETTUCE
- ROLLS
- STEAK
- SPAGHETTI
- ONION
- BUTTER
- TUNA
- RADISH
- HOT DOG
- SALAD
- FRUIT
- HAM

## Puzzle corner Answers

## Sudoku

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



# Jan & Feb Birthdays

Adrian Henderson  
Alice Willoughby  
Anne Harvey  
Anthony Ebert  
Barbara Gabehart  
Brenda Harrison  
Brigitte Stanford  
Charlie Vidal  
Colin Scott  
Connie Vidal  
Daphne Gollan  
David Rosenburg  
Diana Spiteri  
Don Caruso  
Elena Karnauch  
Ellie Chiotis  
Flora Mccourty  
Furta Camilleri  
Georgina Pace  
Gianni Bonnici  
Gina Sassine  
Gloria Buhagiar  
Graham Bailes  
Helen English  
Helen Koch  
Helen Taylor  
Hilda Davis  
Horst Meyer  
Ivan Temnoff

James Stuart  
Jane Cassar  
Janice Taylor  
Jeffrey Burg  
Jessie Borg  
Jessie Caruana  
Jimmy Farrugia  
Joe Bell  
John Connell  
John Renton  
Judith Mcphee  
Juliana Coates-Whitson  
June Gallagher  
Ken Bartel

Leli Saliba  
Leslie Donlan  
Lillian Holt  
Lilly Attard  
Lloyd Miller  
Lora Baldacchino  
Lorraine Sansome  
Margaret Townsend  
Margaret Wright  
Maria Georgou  
Maria Arena  
Maria Falzon  
Maria Szprega  
Marie Gisen

Marilyn Robertson  
Mary Connell  
Mary Le Leu  
Mary Williams  
Maureen Williams  
Molly Haskard  
Nan Beard  
Nancy Lampre  
Nella Cremona  
Nick Cutejar  
Nora Varcoe  
Pamela Underwood  
Patricia Walker  
Pauline O'Brien  
Peter Dodworth  
Philies Hatvani  
Ricky Coure  
Rosemary Kenefick  
Salvu Fenech  
Sam Nery  
Shirley Toros  
Spiro Vassallo  
Tony Vassallo  
Tonya Zammit  
Trevor Pedler  
Vince Abela  
Vittoria Cirillo  
Yvonne Jackaman  
Zena Molinari





**MACASA**  
Meals Service

# 2019/2020 - SUMMER MENU

Ph: 8241 0266

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ENTREE</b>	Pumpkin Soup (LG) OR Tossed Salad w Egg & Cheese * (LG)	Chicken & Veg Soup (LG) OR Sweet Potato & Bacon Slice	Sweet Potato, Carrot & Bacon Soup (LG) OR Three Bean Salad *	Vegetable Risotto Soup OR Sausage Rolls	Sweet Potato Soup (LG) OR Potato, Egg & Bacon Salad *
<b>MAIN</b>	Pork Schnitzel & Veg OR Chicken Cottage Pie (LG)	Roast Lamb & Veg (LG) OR Ravioli w Tomato & Basil Sauce	Fish Pie w 3 Veg Toppings (LG) OR Braised Beef & Onion & Veg	Shepherd's Pie (LG) OR Chicken Kiev & Veg	Baked Fish w Cherry Toms & Olives w Veg or Salad (LG) OR Lasagne & Salad
<b>DESSERT</b>	Lemon Meringue Tart	Fruit Salad * (LG)	Custard Tart	Cheesecake	Peaches & Custard (LG)

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ENTRÉE</b>	Pumpkin & Potato Soup (LG) OR Carrot Cheese & Chives Muffin	Celery Soup (LG) OR Tossed Salad w Egg & Cheese * (LG)	Vegetable Soup (LG) OR Quiche Tarts	Pea & Ham Soup (LG) OR Curried Egg Pasta Salad *	Minestrone Soup OR Vegetable Frittata (LG)
<b>MAIN</b>	Chicken Broccoli Cashew Stirfry *** (LG) OR Beef Sausages & Veg	Beef Schnitzel & Veg OR Lemongrass Chicken & Rice (LG)	Beef & Mushroom Pie & Veg OR Chicken & Leek Casserole & Veg (LG)	Roast Turkey & Veg (LG) OR Baked Macaroni	Crumbed Fish w Veg or Salad OR Ham Steak & Pineapple w Veg or Salad (LG)
<b>DESSERT</b>	Fruit Fool (LG)	Pear & Chocolate Mousse (LG)	Fruit Salad * (LG)	Cherry Cake	Lemon Raspberry Magic Cake

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ENTREE</b>	Carrot Soup (LG) OR Apple Coleslaw * (LG)	Chicken & Corn Soup (LG) OR Pasty Slice	Tomato Soup (LG) OR Tossed Salad w Egg & Cheese * (LG)	Cauliflower Soup (LG) OR Spinach Feta & Tomato Slice	Mushroom Soup (LG) OR Cauliflower Fritters w SCS
<b>MAIN</b>	Thai Chicken Fillet & Veg (LG) OR Spaghetti Bolognese	Roast Pork & Veg (LG) OR Tuna Mornay	Dijon Mustard Chicken & Veg (LG) OR Chicken Schnitzel & Veg	Turkey Patties w Cream Sauce & Veg OR Roast Beef & Veg (LG)	Tuna Patties & Salad or Veg (LG) OR Quiche w Veg & Salad
<b>DESSERT</b>	Irish Apple Cake	Fruit Salad * (LG)	Apricot Crumble	Berry Pudding	Apricot Macadamia Slice ***

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ENTRÉE</b>	Potato & Leek Soup (LG) OR Pizza Calzone	Lentil Soup OR Corn, Avocado, Chickpea Salad * (LG)	Chicken Noodle Soup (LG) OR Pumpkin, Spinach & Feta Frittata	Primavera Soup (LG) OR Tossed Salad w Egg & Cheese * (LG)	Beef & Barley Soup (LG) OR Caramelised Onion Tart
<b>MAIN</b>	Butter Chicken & Rice OR Steamed Fish w Capers & Veg (LG)	Beef Meatballs & Onion Gravy & Veg OR Baked Chicken Breast & Veg (LG)	Corned Silverside & Veg (LG) OR Zucchini Slice	Sausage & Veg Casserole (LG) OR Pumpkin Spinach & Ricotta Cannelloni & Veg	Battered Fish w Veg or Salad OR Chicken & Mango Chutney Salad * (LG)
<b>DESSERT</b>	Apple Pie & Cream	Chocolate Mousse Cake (LG)	Fruit Salad * (LG)	Sago & Plum Sauce	Carrot Cake

**\*Not available for frozen orders - (LG) Gluten Free – May contain traces of Gluten - \*\*\*Contains Nuts**

# Word Search

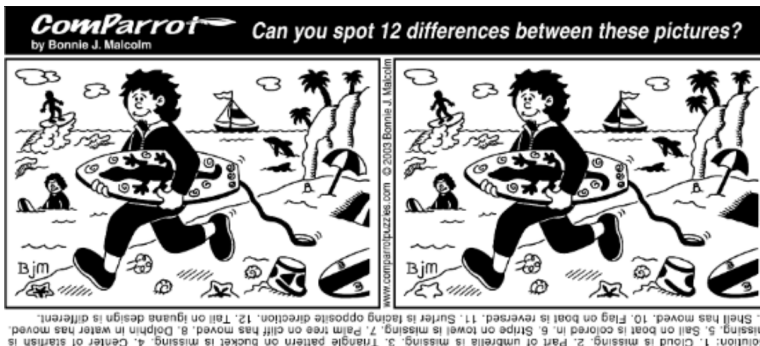
A H C C N A T U R A L  
Y O A L G I E L P P A  
M N R N O M A N N I C  
A E T P A W P A W A I  
E Y O D T N F T R O P  
R R N P S H A A R I O  
C R U L M E M B T A R  
U E T T I E F R U I T  
R B B K L I M M I K S  
D U S U K U H S E R F  
L W O B T O C I R P A

APPLE  
APRICOT  
BANANA  
BERRY  
BOWL  
CAREMEL  
CARTON  
CINNAMON  
CREAMY  
CULTURE  
CURD  
EAT  
FRESH  
FRUIT  
GOATS MILK  
HONEY  
LOW FAT  
NATURAL  
NUT  
PAWPAW  
SKIM MILK  
TART  
TROPICAL  
TUB

# puzzle corner

## Sudoku

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



# Available Services from MACASA

## Domestic Assistance

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.

Domestic assistance can be provided 1 hr per week or 2 hours per fortnight at a cost to you of \$18.00 per hour.

## Transport

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

Transport can be provided by a volunteer if available or via taxi vouchers.



## 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. MACASA provide home cooked meals as both fresh (delivered daily) and frozen deliveries (delivered weekly) depending on your suburb. A 3 course meal is \$11.00.



## Social support

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. Would you like to meet new people, try something new or just have some company on a regular basis. Contact the office so that we can discuss your social needs and goals.





# Handy contact numbers...



**myagedcare** Ph: 1800 200 422

[myagedcare.gov.au](http://myagedcare.gov.au)



**centrelink**

Older Australians: 132 300 MyGov: 132 307

People with disability & Carers: 132 717

Multilingual Service: 131 202

[humanservices.gov.au](http://humanservices.gov.au)



**Government of South Australia**

Department for Communities  
and Social Inclusion

Disability SA - Ph: 8415 4250



**Alzheimer's  
Australia**  
Living with dementia

National Dementia Helpline - Ph: 1800 100 500

Alzheimer's Australia SA - Ph: 8372 2100

<https://www.fightdementia.org.au/>



**beyondblue**  
Depression. Anxiety.

Beyond Blue Support Line - Ph: 1300 22 46 36

<https://www.beyondblue.org.au>



SAPOL Attendance: Ph: 131 444

SAPOL Emergency - Ph: 000

# Who is MACASA...

Full Name:	<b>Gerhard &amp; Melva Michaelis</b>
Birth Place:	Kiel Germany & Alberton
Position at MACASA:	Meal Delivery Volunteers
Star Sign:	Gemini & Aries
Siblings:	4 (2 each) & 7 (4 girls & 3 boys)
Marital Status:	Married
Children:	9
High School:	Germany & Port Adelaide
Started at MACASA:	March 2008
Favourite Colour:	Colour of the Peace Rose & Shamrock Green
Food:	Prawns & Crayfish
Movie:	To Hell & Back & South Pacific
Actor:	John Wayne & Yul Brynner
Song:	Happy Wanderer & Time to Say Goodbye
Singer:	Mario Lanza & Andrea Bocelli
Group:	Glen Miller Band (both)
TV Show:	Death In Paradise & Murder She Wrote
Hobbies:	Building warship models with grandson & Sewing & Knitting
Sports Played:	Table Tennis & Gymnastics & Ballroom Dancing
Most Memorable Moment:	Wedding day (both)
Favourite Work Place:	MACASA

