



MACASA

BULLETIN

JUNE 2020

OFFICE

Cheltenham Community Centre
62 Stroud Street North
Cheltenham SA 5014

POSTAL ADDRESS

PO Box 6004
Alberton SA 5014

PHONE

(08) 8241 0266

MOBILE

0412 014 313

FAX

(08) 8241 0299

WEBSITE

www.macasa.org.au

EMAIL

reception@malteseagedcare.org.au

*"Funded by the
Australian Government
Department of Health.*

*Visit the Department of Health
website (www.health.gov.au)
for more information"*

I think we can all say that this year has been quite an extraordinary one. I hope that you have been keeping safe and well during these trying times. In South Australia we have been quite lucky to quickly flatten our curve and so far maintain nearly one month without any new cases. Of course to keep ourselves clear and safe we all need to maintain social distancing, hygiene practices, by washing your hands thoroughly and not touching your face, use hand sanitizer when you go in public and always stay home if you are unwell. If you have any cold or flu symptoms call your doctor to arrange for a telehealth checkup or an in person appointment if needed.

Please do not hesitate to call the office if you need assistance in any way. Our staff and volunteers are here to help you in anyway that we can. If you are unable to get to the shops or require additional services such as meals, domestic assistance or just a friendly chat to ease your social isolation. We have our staff and volunteers making phone calls to see how each of you are doing and to check if you need any assistance however if you have not received a call as yet or you need some help please call the office on 8241 0266.



I hope that you have been enjoying the activity packs that we have been sending and they have been helping to keep you busy during this time. Have you returned your butterfly with a lovely message to another MACASA client? Thank you if you have, otherwise if not we look forward to receiving yours soon so that we can arrange to send them on and share the love.

Although the COVID-19 restrictions are easing in South Australia, MACASA still have some challenges to overcome before we can resume our functions and outings. There are many procedures that need to be followed for organisations, such as MACASA, that cater to vulnerable groups. Please be assured that we will notify you as soon as we are able to resume them. We are eager to see you all again however we need to be able to ensure you are kept safe and well.

Included in this bulletin is some information from the Australian Psychological Society to help you deal with the COVID-19 pandemic and any anxiety it may have triggered for you.

Also look out for our next special activity pack which we are preparing now and it will be in the post to you next week. MACASA usually celebrates the

Maltese L-Imnarja Festival in June at our West luncheon at Cheltenham. With being unable to celebrate it with you in person this year we thought we would create our activity pack around, Malta, MACASA and the Maltese Community so I hope that you enjoy learning more about your service and the people that founded it.

Stay safe and well and I look forward to seeing you very soon.

Warm Regards,
Madeleine Williams.

Coronavirus (COVID-19) anxiety and staying mentally healthy

FOR OLDER ADULTS

As the number of COVID-19 cases rise across Australia, the level of anxiety within the community is likely to increase. It is important to take reasonable precautions, however, we also need to learn to manage our stress before it turns into more severe anxiety and panic. The following tips may help older Australians to keep stress and anxiety at bay during this challenging period.

Learn the facts (but limit media exposure)

Stay up-to-date with factual information from reliable sources such as the [Australian Government Department of Health](#), the [Centers for Disease Control and Prevention](#), or the [World Health Organization](#), and follow their recommendations.

However, a constant influx of information and media coverage about COVID-19 will actually make us feel more anxious and concerned. Try to limit how often you are exposed to news updates on COVID-19. Take breaks from both media coverage and COVID-19 conversations throughout the day so you can focus on other things.

Take reasonable precautions and keep things in perspective

As the pandemic continues to develop, we all worry about how this is going to affect our own and our family's health, work and finances. Try to keep your concerns in perspective. Rather than imagining the worst-case scenario and worrying about it, ask yourself:

- **What are the actual levels of risk and are there other facts that are important to remember in this situation?**

Current evidence suggests that older adults are no more likely to contract COVID-19 than younger adults. Among those who do contract COVID-19, those over the age of 60 are at greater risk of serious or life-threatening health complications that may require medical intervention. However, even with this increased risk, the large majority of older adults who contract this illness will recover.

Remember there are qualified professionals working to keep people well and policymakers are working on strategies to manage the spread of COVID-19, and create economic support packages to assist people. Health professionals are working hard to help people recover. The scientific community is working on understanding the illness, and developing treatments.

Be familiar with the difference between symptoms of COVID-19 and cold/flu symptoms, but also try limiting how often you monitor changes in your physical sensations. For example, don't excessively check your temperature if you are otherwise feeling well.

- **Am I overestimating how bad the consequences will be and underestimating my ability to cope?**

Consider how you (or your family) have gotten through difficulties in the past, and whether these coping skills might help you to get through this situation. Also remind yourself

that even though things might be difficult now, many of the consequences are time limited (ill health, financial burden, supply shortages etc.), and will eventually improve.

Change some of your routine if needed. For example, discuss whether you should postpone non-essential doctor appointments, including wellness visits. If available, telehealth consultations can be a reasonable substitute. Call your pharmacist to enquire about access to prescription medications and alternative methods of collection if necessary.

Have respectful and open conversations with your family and caregivers about your health concerns. Ask about what precautions they are taking to reduce your health risks, and what to do if you are concerned about your health.

Practise physical distancing but ensure social connection

Current recommendations advise practising social distancing as a way to prevent or slow the spread of COVID-19. This means keep your physical distance from others where possible. Unfortunately this can also result in reduced social contact, which can be especially problematic for people who are already socially isolated or feeling lonely.

According to the Australian Institute of Health and Welfare, 39 per cent of people aged 65 and over live alone. Research has shown that social isolation and loneliness increase the risk of physical and mental health problems.

Engaging in social activities is still possible while maintaining physical distance, but it does take creative and flexible thinking. Switch to virtual catch-ups via videoconferencing technology (e.g., Zoom, FaceTime, Skype) instead of face-to-face. Send a text or email. Call your friends and family on the telephone if you do not have access to video-based technology. If you are part of a community group or volunteering agency, enquire what alternative activities you can complete from home. Explore more ideas online about how to maintain social connections during this crisis (bit.ly/2UsdXcm).

Social distancing doesn't mean locking yourself indoors. If you practise good hygiene and keep your physical distance from others, you can still enjoy your backyard, do gardening, sit on the porch, get your mail and talk to neighbours (from a distance).

Tips for supporting older adults distressed by the COVID-19 outbreak

- Check in with older relatives/friends and ask how they are feeling
- Talk to them about how they are managing changes to their routine
- Offer practical and/or emotional support if needed (e.g., offer to set up videoconferencing technologies on their computer/tablet via FaceTime, offer to deliver groceries)
- Encourage them to do things they enjoy
- If you think they are not coping, or are overly isolated, suggest they seek help from their GPs, or encourage them to speak with a mental health professional (see below for contact information)
- Keep up contact with elderly relatives by writing emails, calling them on the telephone, talking via videoconference, send them videos to watch via email, send photos or drawings from children via email, or to the facility where they are.

Remember...

There are steps you can take to help protect yourself and those around you. Practising good hygiene, enacting physical distancing, and following government recommendations will help you make a difference. You can do things to help those around you, whether that is preventing the spread of illness or by supporting others socially or emotionally. As a community, we can work together to get through this challenging time and we all have a role to play.

Seeking additional support

If you feel that the stress or anxiety you experience as a result of COVID-19 is getting too much, a psychologist may be able to help.

Psychologists are highly trained and qualified professionals skilled in providing effective interventions for a range of mental health concerns, including stress. A psychologist can help you manage your stress and anxiety using techniques based on the best available research.

If you are referred to a psychologist by your GP, you might be eligible for a [Medicare rebate](#). You may also be eligible to receive psychology services via [telehealth](#) so that you do not need to travel to see a psychologist. Ask your psychologist or GP for details.

There are number of ways to access a psychologist. You can:

- use the Australia-wide [Find a Psychologist™](#) service. Go to findapsychologist.org.au or call 1800 333 497
- ask your GP or another health professional to refer you.

More information

Australian Government Department of Health

The Department of Health has developed a collection of resources for the general public, health professionals and industry about COVID-19, including translated resources. bit.ly/38OOWHe

World Health Organization

The World Health Organization provides information and guidance regarding the current outbreak of COVID-19. bit.ly/3cQUwCw

Centers for Disease Control and Prevention

The Centers for Disease Control and Prevention provides reliable information about COVID-19 such as its symptoms, steps you can take to protect yourself, and what to do if you are affected. bit.ly/39MEml8

Acknowledgments

This resource was prepared by the APS Psychology and Ageing Interest Group Committee.




The Australian Psychological Society Limited
PO Box 38, Flinders Lane, VIC, 8009

Telephone: (03) 8662 3300 or 1800 333 497

Fax: (03) 9663 6177

Email: membership@psychology.org.au

Web: psychology.org.au

Find us on social media   

ABN 23 000 543 788 © 2020

Volunteers week

MACASA is a Not for Profit organization that is run by a small staff and many volunteers. Our volunteers dedicate their time to providing the outstanding service that you experience. MACASA have 25 dedicated volunteers that perform jobs from sitting on the management committee, kitchen hands, meal delivery drivers, administration assistants and social support volunteers. Without all of these amazing people, MACASA would not be able to provide the service that it does.

Each year the SA Government recognizes the incredible commitment that these people give to their communities by hosting a number of events over volunteers week. Unfortunately due to COVID-19 these events were unable to be held in person this year. One of the main events is the Volunteer Recognition Awards and concert. So this year the Volunteer Recognition awards were presented and streamed online on the Monday of the June long weekend. MACASA took this opportunity to put on a small morning tea for all of our volunteers to say thank you for their contributions and to watch the presentations together. Whilst we were all together, we took the opportunity to take a group photo so that you can get to know some of our staff and volunteers that attended that you may not already know.



Back row (left to right): Jenifer Maria, Sue Harty, Agata Arnold, Jeff Burg, Ken Mullen, Lyn Martin, Merie Caruana, Neil Young, Tony Caruana, Michelle Barrett, Teresa Shean, Madeleine Williams, John Muscat, Helen English, Fred Borg, Julie Weber, Sharon Hudson.
Front row (left to right): Trevor Pedler, Christine Pedler, Melva Michaelis, Gerhard Michaelis, Marian Campbell, Mary Borg, Josephine Borg.

thank you!

Re-assessments

We would like to remind all of our clients, that we will continue to contact you periodically to confirm your details and keep our system up to date and to ensure that you are receiving the right care that you need. As always if you would like to speak with someone in person you can request this from our staff member or Volunteers when they call you and we will organise a time to perform your assessment in person. These can be completed at a luncheon or function that you attend, or you could visit the office or our volunteers could visit your home to complete the reassessment.

These re-assessments should only take about 30 minutes to confirm your information and update any information that needs updating as well as reviewing your care plan and the services you currently receive and identify any additional services that you may require.



centrelink

Centrepay

Centrelink offer a bill paying service called Centrepay which is available to all pension recipients. Aggie 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, 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 Centrelink pension by a Centrepay deduction 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



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

Puzzle Corner Answers

Sudoku

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

March & April Birthdays

Barbara Fava
Barbara Rose
Brian Drew
Carmen Fitzpatrick
Carmen Saliba
Catherine Vella
Catherine Vella
Colin Fisher
Connie Caruana
David Balogh
Dawn Deuter
Doris Cutejar
Dorothy Farrell
Elaine Ward
Frank Grima
Geoffrey Robinson
George Bonnici
Gerard Bourne
Gertrude Champion
Gianna Lamanna
Gordon Duncanson
Harry Bugeja

Helen Pitsillou
Helvi Aho
Horest Bianco
Joan Phillips
Josie Cauchi
Justin Arnold
Kay Danvers
Kevin McMahon
Lawrie Cassar
Lawrie Cassar
Len Pike
Lynne Thorp
Marie Saad
Marlene Farrugia
Martin Handrick
Mary Borg

Mary Bugeja
Max Gray
Melva Michaelis
Muriel Olsson
Murray Pudney
Nola Sumner
Pam Dunn
Patricia Rosenberg
Patrick Footman
Peter Mcconnachy
Rita Adams
Robert Barclay
Ron Flaherty
Rosemary Godfrey
Sherida Fullarton
Sofia Ebel
Tom Borg
Tom Borg
Tony Bayadi
Tony Wallace
Val Andreassen
Val Andreassen



May & June Birthdays

Andrew Borg	Gerhard Michaelis	Mary Ciantor
Angela Paparella	Gillian Tabor	Merryn Brose
Anthony Patterson	Gus Vella	Mitzie Moyle
Anthony Zammit	Jan Refeigh	Nancy Smith
Ashley Halliday	Jeff Chafer	Pam Shaw
Bessie Bartel	Joan Eyles	Paul Johnson
Betty Raymond	John Richardson	Pauline Mallett
Bill Cuthill	Josephine Vella	Rose Bezzina
Carmen Attard	Judith Ashley	Sandy Sander
Carmen Bianco	Judith Drew	Sharon Bayadi
Clare Hickey	Klozi Klomp	Sue Shelley
Don Wilson	Lawrence Purtle	Susan Hancock
Dorothy Roocke	Libo Cociani	Tess Flaherty
Elsie Smith	Margaret Colegate	Violet Mizzi
Erika Ozols	Maria Adams	Wally Botuch
Frank Coombs	Maria Arnold	Wayne Scherer
Gerald Fitzpatrick	Marjorie O'Neill	Yvette Doublet





MACASA
Meals Service

2020 - WINTER MENU

Ph: 8241 0266

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Cauliflower Soup (LG) OR Spinach Bacon & Cheese Tart	Pumpkin & Potato Soup (LG) OR Carrot, Cheese & Chive Muffin	Chicken Noodle Soup (LG) OR Vegetable Frittata (LG)	Minestrone Soup OR Sweet Potato & Bacon Slice	Vegetable Soup (LG) OR Caramelised Onion Tarts
MAIN	Butter Chicken, Veg & Rice (LG) OR Braised Beef w Onion & Veg	Fish Curry & Rice (LG) OR Beef & Mushroom Pie & Veg	Roast Beef & Veg (LG) OR Ravioli w Tomato & Basil Sauce (V)	Beef Sausages & Veg (LG) OR Chicken w Risotti	Crumbed Fish & Veg OR Shepherd's Pie (LG)
DESSERT	Irish Apple Cake	Fruit Salad* (LG)	Pears & Choc Mousse (LG)	Butterscotch Pudding & Cream	Maltese Fruit Cake & Custard

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Vegetable Risotti Soup OR Tuna Corn & Cheese Tarts	Potato & Leek Soup (LG) OR Caramelised Mushroom Tarts	Lentil Soup (LG) OR Sausage Rolls	Sweet Potato Soup (LG) OR Quiche Tarts	Chicken & Corn Soup (LG) OR Cheese Bacon & Pasta Slice
MAIN	Beef Stew (LG) OR Pumpkin, Spinach & Ricotta Cannelloni & Veg (V)	Lemongrass Chicken & Rice (LG) OR Beef Meatballs, Onion Gravy & Veg	Chicken Cottage Pie (LG) OR Roast Pork & Veg (LG)	Lasagne` OR Baked Chicken Breast & Veg(LG)	Battered Fish & Veg OR Beef Schnitzel & Veg
DESSERT	Chocolate Pudding & Cream	Apple Crumble	Fruit Salad* (LG)	Banana Cake ***	Apricot Upsidedown Cake

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Tomato Soup (LG) OR Pumpkin Spinach Feta Frittata (LG)	Celery Soup (LG) OR Veg Pasta w Rose' Sauce	Carrot Soup (LG) OR Pizza Calzone`	Mushroom Soup (LG) OR Pasty Slice	Beef & Barley Soup (LG) OR Corn Fritters w SCS
MAIN	Tuna Patties & Veg OR Chicken & Leek Casserole (LG)	Roast Turkey & Veg (LG) OR Lamb Stew (LG)	Sausage & Veg Casserole (LG) OR Chicken Kiev & Veg	Vegetable Korma & Rice (V) OR Pork Schnitzel & Veg	Baked Fish w Cherry Tomatoes & Olives & Veg (LG) OR Spaghetti Bolognese
DESSERT	Apple Pie & Cream	Fruit Salad* (LG)	Creamed Rice (LG)	Cheesecake	Bread & Butter Pudding

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE	Sweet Potato Carrot & Bacon Soup (LG) OR Spinach Feta & Tomato Slice	Primavera Soup (LG) OR Pumpkin Scones	Chicken & Veg Soup (LG) OR Maltese Beef Pie	Pumpkin Soup (LG) OR Potato Egg & Bacon Rosti	Pea & Ham Soup (LG) OR Pumpkin Spinach & Ricotta Roll
MAIN	Beef Stroganoff & Pasta OR Dijon Mustard Chicken & Veg (LG)	Corned Silverside & Veg (LG) OR Chicken Schnitzel & Veg	Chicken, Broccoli & Cashew Stirfry *** (LG) OR Steamed Fish w Capers & Veg (LG)	Roast Lamb & Veg (LG) OR Zucchini Slice	Tuna Mornay OR Thai Chicken Fillet & Veg (LG)
DESSERT	Lemon Meringue Tart	Berry Pudding & Cream	Fruit Salad* (LG)	Apricot Crumble	Pear & Walnut Cake ***

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

Puzzle corner

Sudoku

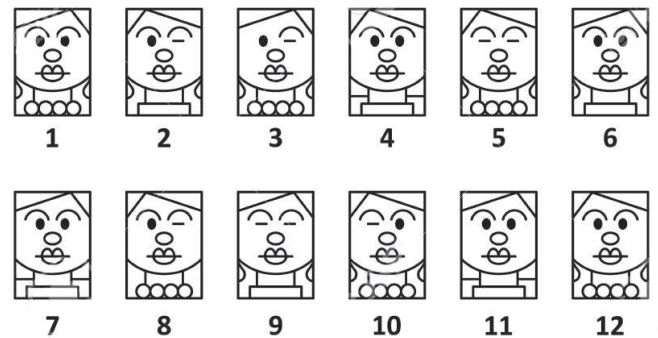
7	8	6			9			
1		3	6	2				4
	2			1		8		5
	7		2	5				
	4	2				3	5	
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4		9		8			1	
5				6	7	2		9
			4			6	3	8

Word Search

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

BENCH
BLENDER
COLANDER
CUPBOARD
CUPS
CUTLERY
DISHES
DISHWASHER
FREEZER
FRIDGE
GRILL
KETTLE
KNIFE
MICROWAVE
PANTRY
PLATES
RACK
RECIPES
SHELF
TAPS
TOASTER

Find two identical pictures.



ANSWER: 1 & 7

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.

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.



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.



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



centrelink

Older Australians: 132 300 MyGov: 132 307

People with disability & Carers: 132 717

Multilingual Service: 131 202

<https://www.servicesaustralia.gov.au/>



Government of South Australia

Department of Human Services

Independent Living Centre and Continence Resource Centre

Phone 1300 885 886 (SA and NT only) or 8266 5260



**dementia
australia**

The new voice of Alzheimer's Australia

National Dementia Helpline - Ph: 1800 100 500

Dementia Australia SA - Ph: 8372 2100

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



beyondblue
Depression, Anxiety

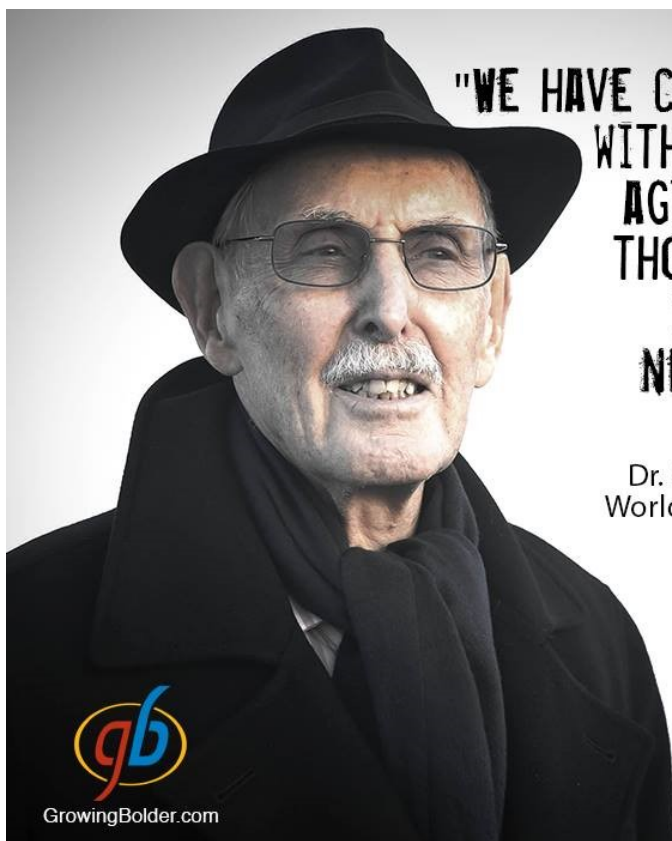
Beyond Blue Support Line - Ph: 1300 22 46 36

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




SAPOL Attendance: Ph: 131 444


SAPOL Emergency - Ph: 000



**"WE HAVE CONFUSED ILLNESS
WITH THE PROCESS OF
AGING, WHICH CAN BE
THOROUGHLY HEALTHY.
ILLNESS IS NOT A
NECESSARY PART OF
AGING!"**

Dr. Charles Eugster, 94-year-old
World Masters Rowing Champion



 GrowingBolder.com

"You don't stop laughing

when you grow old.

you grow old

when you stop laughing."

~George Bernard Shaw