



MACASA

BULLETIN

June 2022

OFFICE

Cheltenham Community Centre
62 Stroud Street North
Cheltenham SA 5014

POSTAL ADDRESS

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Alberton SA 5014

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MOBILE

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WEBSITE

www.macasa.org.au

EMAIL

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

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

Welcome to the new financial year.
I don't know if it is just me, but this
year is moving faster than I can keep
up with.

As you may or may not know there
are a number of changes happening
within aged care that will be introduced over the next 12 months. The
current Commonwealth Home Support (CHSP) which we provide services
for will be transitioning to the Support At Home Program. Support at Home
will start in July 2023 and replace the

1. Commonwealth Home Support Programme (CHSP)
2. Home Care Packages (HCP) Program
3. Short Term Restorative Care (STRC) Programme.

This program is being designed to provide more consistent assessments of
clients and their needs and to streamline access to services. Nothing will
change for you at the moment and we will provide more information to you
over the next 12 months as the program is developed and we learn more.

Many of you would have met or spoken with Cynthia and Francis, our
student interns for last semester. Cynthia has now finished her placement
with us and Francis will finish in late July. Both students have done an
amazing job with completing your client assessments. If you have not
received a copy of your care plan for signing as yet, it will be sent you you
within the next couple of weeks. I would like to thank both Cynthia and
Francis for their hard work, and also your cooperation with assisting them
to complete the assessments and care plans.

Our next two new students will be starting on 25th of July and we will send
out some information about them to introduce them to you once they have
started.

Through the assessments we have had quite a lot of clients being
assessed for Home Care Package (HCP). It is important for you to let us
know if you are assessed for a HCP as your services with us may need to
change.

Please remember to stay safe and well, to stay home when you are feeling
unwell and to remember to use a face mask and hand sanitiser if you are
vulnerable and or unwell yourself. If you do get COVID and require any
assistance with some meals or groceries please call to see how we can
help.



Warm Regards,
Madeleine Williams.

2022 EVENTS

Please see below our planned events, July and August. We would love to see you at one of these up coming events if you haven't attended before or if you're a regular we look forward to seeing you again. A copy of our full event calendar for 2022 can be found online or ask for a copy to be sent when you speak with the office or attend one of the below functions.

If you would like to attend any of our outings please contact the office on 8241 0266 to book your seat and if you require transport please ensure you advise the staff.

Save the Date

July

Monday 4th - North Luncheon
Monday 11th - South Luncheon
Wednesday 20th - GAWLER RACES
Wednesday 27th - West Luncheon

August

Monday 1st - North Luncheon
Monday 8th - South Luncheon
Wednesday 25th - West Luncheon
Wednesday 31st - MOVIES

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.



What is a?

Power of Attorney | Last Will and Testament
Enduring Power of Attorney | Advance Care Directive

Power of Attorney

What is: Grants someone the power to act on your behalf in legal and financial matters.

A power of attorney will **CEASE** when you die or become legally incapacitated.

Example: Your Power of Attorney can pay your bills for you.

Helpful website:

- <https://www.sa.gov.au/topics/family-and-community/planning-ahead/power-of-attorney-and-advance-directives>

Last Will and Testament

What is: A legal document that communicates a person's final wishes and outline what they would like to be done with their possessions.

Has legal force after your death.

Example: Your Last Will and Testament will outline who gets your house, cars, money, the good China plates when you past away.

Helpful website:

- <https://www.sa.gov.au/topics/family-and-community/planning-ahead/making-a-will>

Enduring Power of Attorney

What is: An enduring power of attorney is the same as a power of attorney BUT an enduring power of attorney will not cease when/if you become legally incapacitated.

An enduring power of attorney will **CEASE** when you die.

Example: Your Enduring Power of Attorney can pay your bills if you have a dementia or suffer a stroke.

Helpful website:

- <https://www.sa.gov.au/topics/family-and-community/planning-ahead/power-of-attorney-and-advance-directives>

Advance Care Directive

What is: A legal document that outlines a person's wishes surrounding medical and personal care. Cannot be used to make financial or legal decisions.

An Advance Care directive will be used in situations when you are unable to communicate your wishes and decisions.

Example: Advance Care Directive can outline that you do not wish to receive lifesaving care, for example Do Not Resuscitate (DNR).

Helpful website:

- www.advancecaredirective.sa.gov.au

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 members when they call you and we can organise a time to perform your assessment in person. Your assessment could be completed at a function that you attend, or you could visit the office or our staff member could visit your home at a convenient time.

Each assessment should take approximately 30 minutes to complete. During the assessment we will require your My Aged Care number, Pension number and medicare number, so if you can have these documents or details available it will help to complete the process quicker.

During your assessment a care plan will be developed with you, or if one is already in place, it will be reviewed and updated if your service needs have changed.

What is a care plan? A care plan outlines a person's assessed care needs, per their My Aged Care assessment, and how the service provider will meet those needs to help them stay at home. The service provider must work with the client to prepare a care plan and make sure they understand and agree with it. The care plan must be reviewed at least once every 12 months or as the client's needs change.



Centrepay

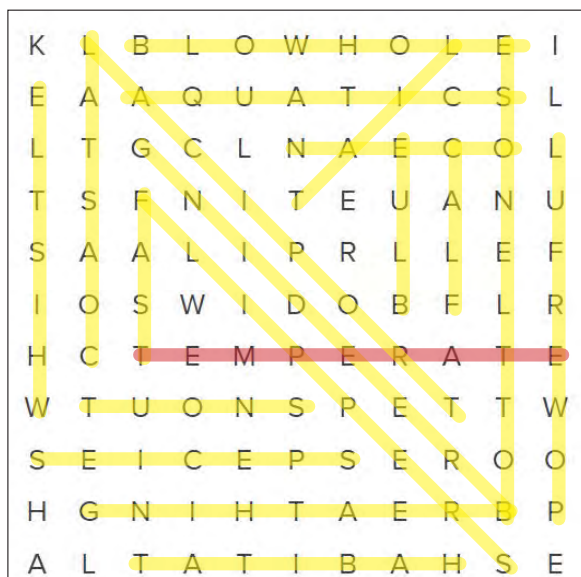


centrelink

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, in person at a Centrelink service centre or you can contact the MACASA office either in person or by phone. 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



DOLPHINS

AQUATIC
BLOWHOLE
BLUE
BOTTLENOSE
BREATHING
BREEDING
CALF
COASTAL
FAST
FLIPPERS
HABITAT
OCEAN
POWERFUL
SNOUT
SPECIES
TAIL
TEMPERATURE
TROPICAL
WHISTLE

Puzzle Corner

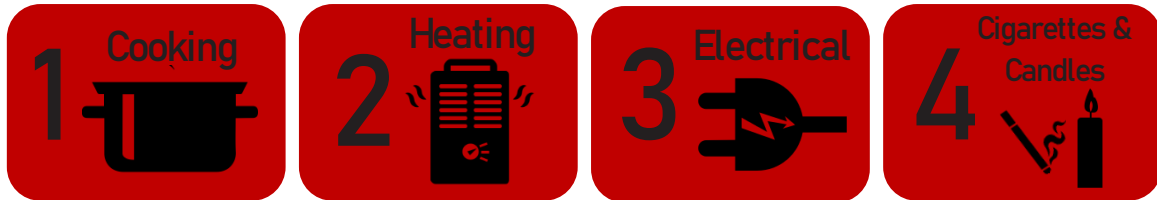
Sudoku

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

Fire Safety Plan

Residential house fires are deadly but preventable. Most fires occur at night during winter and fatal fires most commonly occur in the bedroom or living room.

The most common causes of house fires are:



Fire Safety Plan Checklist

- ☐ Make a home fire escape plan and practice twice a year
- ☐ Make sure your doors and windows are not blocked
- ☐ Always have easy access to door and window keys
- ☐ Install fire alarms in your home and test them regularly
- ☐ Have copies of your exit plan throughout your home

What to do if a fire occurs in your home

1. Stay below the smoke and crawl to the nearest safe exit
2. Shut doors behind you to stop the fire spreading
3. Shout FIRE! FIRE! To warn others
4. Meet at the safe space – like your letter box
5. Call 000 from your mobile phone or a neighbour's phone
6. Wait for Fire Service to arrive

REMEMBER

Fire spreads fast



If your clothes catch fire STOP, DROP, COVER & ROLL



Get out and stay out!



May, June & July Birthdays

Allen Brenton
Angela Paparella
Bessie Bartel
Betty Raymond
Bill Cuthill
Carmen Bianco
Carmen Cauchi
Caroline France
Charlie Caruana
Clare Hickey
Danica Zujic
Dean Newchurch
Debbie Conroy
Delma Patching
Dominic Condo
Elaine Phelan
Elias Zouroudis
Frank Hensbergen
Gillian Tabor
Gus Vella
Helen Bourne
Helen Ryan
Jane Cassar
Janet Marron
Jeffrey Lehmann
Jessie Lester

Jim Butcher
John Best
John Ruddock
Joseph Szakacs
Josephine Vella
Joyce Giaccio
Judith Ashley
Judith Drew
Kanginy George
Kevin Webb
Libo Cociani
Lilian Curnow
Lina Mifsud
Marcia Carpenter
Margaret Colegate
Maria Adams
Maria Arnold
Maria Damis
Marie Korfmaker
Marlene Amos
Marlene Blackmore
Mary Pascale
Merryn Brose
Mery Lazovic
Mitzie Moyle
Naomi Martin

Pam Shaw
Paul Johnson
Pauline Crossing
Pina Niblock
Reta Pratt
Rhonda Bockman
Richard Pratt
Robert Gregory
Robert Reid
Ruth Daws
Sandra Reid
Sharon Bayadi
Shona Brookshaw
Sue Shelley
Susan Hancock
Tess Flaherty
Thomas Limberis
Thomas O'Connor
Thurza Guthrie
Victor Galea
Victor Mansueto
Vincent Gonnulson
Violet Mizzi
Wayne Boothey
Wayne Scherer
Yvette Doublet



2022 - WINTER MENU

Ph: 8241 0266

| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------|--|--|---|---|--|
| ENTREE | Celery Soup (LG) (V) OR Pumpkin Scone & Butter | Pea & Ham Soup (LG) OR Chicken Sausage Rolls | Minestrone Soup (LG) (V) OR Pasty Slice | Pumpkin Soup (LG) (V) OR Vegetable Frittata (LG) (V) | Chicken & Veg Soup (LG) OR Caramelised Mushroom Tart (V) |
| MAIN | Lamb Stew (LG) OR Capresè Chicken & Veg (LG) | Roast Beef & Veg (LG) OR Tuna Mornay | Ravioli w Tomato Basil Sauce (V) OR Baked Chicken Breast & Veg (LG) | Beef Meatballs, Onion Gravy & Veg OR Butter Chicken Veg & Rice (LG) (V) | Crumbed Fish & Veg OR Sausage & Veg Casserole (LG) |
| DESSERT | Butterscotch Pudding & Cream | Fruit Salad* (LG) | Lemon Raspberry Magic Cake | Apple & Peach Brown Betty | Pears & Choc Mousse (LG) |

| WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------|---|---|--|--|--|
| ENTREE | Tomato Soup (LG) (V) OR Quiche Tarts | Chicken Noodle Soup OR Pumpkin Spinach & Feta Frittata (LG) | Sweet Potato Soup (LG) (V) OR Carrot Cheese & Chive Muffin | Cauliflower Soup (LG) (V) OR Tuna & Chive Parcels w SCS | Vegetable Soup (LG) (V) OR Beef & Lentil Bake |
| MAIN | Veg Korma & Rice (LG) (V) OR Beef Sausages & Veg (LG) | Lemongrass Chicken & Rice (LG) OR Fish w Lemon Sauce & Veg (LG) | Roast Turkey & Veg (LG) OR Lasagnè | Beef Schnitzel & Veg OR Dijon Mustard Chicken w Veg (LG) | Baked Fish w Cherry Tomatoes & Olives & Veg (LG) OR Chicken Kiev & Veg |
| DESSERT | Fruit Salad* (LG) | Bread & Butter Pudding | Irish Apple Cake | Scone w Jam & Cream | Maltese Fruit Cake & Custard |

| WEEK 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------|--|--|---|--|--|
| ENTREE | Beef & Barley Soup (LG) OR Spinach & Ricotta Bites (V) | Sweet Potato Carrot & Bacon Soup (LG) OR Beef & Mushroom Pie | Lentil Soup (LG) OR Caramelised Onion Tarts (V) | Zucchini Broccoli Soup (LG) (V) OR Cheese & Vegetable Roll | Potato & Leek Soup (LG) (V) OR Spinach Bacon & Cheese Tart |
| MAIN | Zucchini Slice OR Chicken Cottage Pie (LG) | Chicken Broccoli & Cashew Stirfry (LG) *** OR Pork Schnitzel & Veg | Thai Chicken & Veg (LG) OR Shepherd's Pie (LG) | Roast Pork & Veg (LG) OR Steak & Kidney Pie & Veg | Tuna Patties & Veg (LG) OR Spaghetti Bolognese |
| DESSERT | Berry Pudding & Cream | Fruit Salad* (LG) | Orange & Poppyseed Cake | Apple Pie & Cream | Lemon Polenta Cake & Cream |

| WEEK 4 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------|--|---|---|---|---|
| ENTRÉE | Pumpkin & Potato Soup (LG) (V) OR Sweet Potato Bacon Slice | Mushroom Soup (LG) (V) OR Spinach Feta & Tomato Slice (V) | Carrot Soup (LG) (V) OR Sausage Rolls | Chicken & Corn Soup (LG) OR Cheese Bacon Pasta Slice | Vegetable Risoni Soup (V) OR Egg, Potato & Bacon Rosti (LG) |
| MAIN | Chicken Stroganoff (LG) OR Braised Beef w Onions & Veg | Corned Silverside & Veg (LG) OR Chicken Schnitzel & Veg | Quiche & Veg OR Roast Lamb & Veg (LG) | Massaman Beef Curry & Rice (LG) OR Pumpkin Spinach Ricotta Cannelloni & Veg (V) | Battered Fish & Veg OR Chicken & Leek Casserole (LG) |
| DESSERT | Fruit Salad* (LG) | Apricot Crumble | Chocolate Pudding & Cream | Creamed Rice | Pear & Walnut Cake *** |

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

Word Search

ENGLISH

ACRONYM
ADJECTIVE
ALPHABET
APOSTROPHE
ARTICLE
CAPITALS
CLAUSE
COMPOSITION
CONJUNCTION
CONSONANT
ENDINGS
ENUNCIATION
FILM
GENRE
GRAMMAR
HOMONYM
LANGUAGE
LINGUISTICS
LITERACY
NOVEL
PARAGRAPH
PHONEMICS
PHRASE
PLURAL
PROSE
RECOUNT
RHETORIC
RHYME
SUBVERSION
SYLLABLE
VERB
VOCABULARY



Sudoku

Puzzle Corner

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

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 via taxi vouchers.



Meals

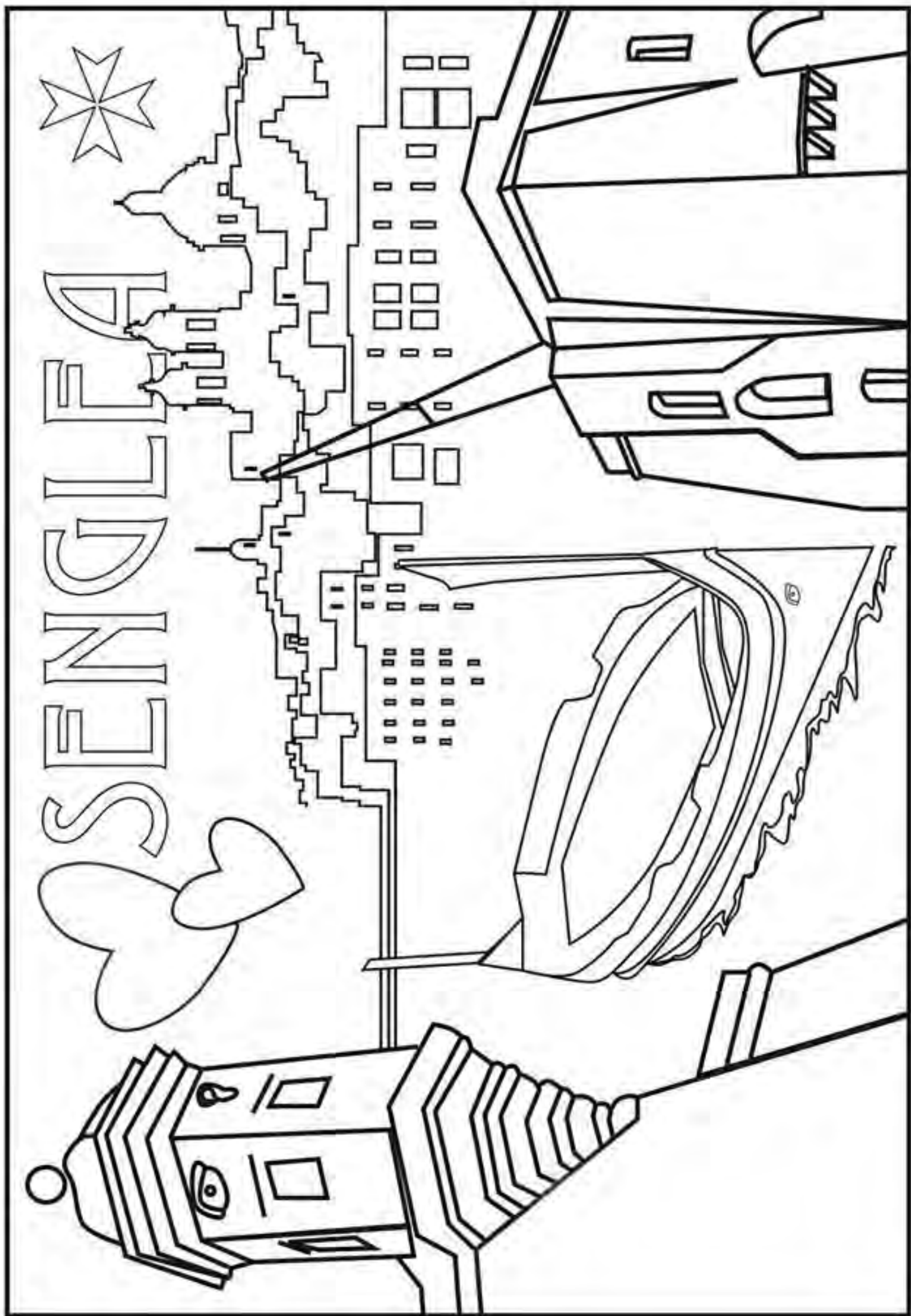
Meals and other food services can help you maintain a healthy, balanced diet. These services may support you to stay in your own home. MACASA provide home cooked meals as both fresh (delivered daily) and frozen deliveries (delivered weekly) depending on your suburb. A 3 course meal is \$11.00.



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



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



*"Age is an issue of
mind over matter.
If you don't mind,
it doesn't matter"*

~ Mark Twain