



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**

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MOBILE

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FAX

(08) 8241 0299

WEBSITE

www.macasa.org.au

EMAIL

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

BULLETIN

ISSUE 29

April 2017

Hello Service User,

I don't know about you but the first quarter of this year feels like it has just disappeared. Service User we have been quite busy this year with signing up 75 new clients since January. So I would like to welcome all of our new clients to the MACASA family, and we look forward to meeting you all at one of our monthly functions or on one of our bus trips, if we haven't met you in person as yet. So far this year we have enjoyed a movie day with lunch and a lovely day trip to Monarto Zoo.



Service User I hope that you and your families all had a safe and happy Easter and were able to celebrate with loved ones or just enjoy the long weekend.

As many of you would know we started our new Summer menu in March which will be available until 30 May 2017. The summer 3 course menu gives you a choice between a soup or an entrée, for those that don't want a hot soup in summer, as well as a choice of two mains and a dessert. Many of our favourite menu items are still available however we have a number of new menu items which are proving to be very popular. During the first 4 weeks we sold out of a number of the new items each week. The kitchen are busy trying to keep up with demand and stock additional meals in the freezer for our frozen clients. We appreciate your understanding if you are unable to get all your meal choices. A copy of the new menu is enclosed for your convenience and for any of our clients that need another copy or those who would like to start our meals service. Service User you can also download the menu from our website www.macasa.org.au and click on the services link. Service User if you have any questions about our services please give the office a call on 8241 0266.

Service User, I would like to thank all of you who have already contacted My Aged Care and obtained their AC number. With the impending changes in June 2018 I would like to urge you to contact My Aged Care to ensure that you are ready for the changes and your services can continue uninterrupted. My Aged Care can be contacted by phoning 1800 200 422 or on the internet at www.myagedcare.gov.au.

Warm Regards,
Madeleine.

**HAPPY
EASTER**



Flu Vaccine

SA Health Department's Annual Influenza Program provides the flu vaccine free for vulnerable South Australians. The following information is provided from the SA Health website about the program.

Each year a seasonal flu (influenza) vaccine is developed to protect you against the most common strains of flu for that year. The flu can be very serious leading to complications such as pneumonia, myocarditis (inflammation of heart), neurologic conditions and other bacterial infections.

Vaccine recommendations

Quadrivalent influenza vaccines (QIV) are available in Australia and contain antigens of four influenzae strains (two A strains and two B strains).

The seasonal flu vaccine is recommended for **any person aged six months of age and over** who wishes to reduce the likelihood of becoming ill with the seasonal flu.

As part of the Annual Influenza Program, free flu vaccination is available for people who are at greater risk of developing complications if they get the flu.

The flu vaccine is **free** to:

- everyone aged 65 years and over
- all pregnant women (including those in the first trimester)
- all Aboriginal and Torres Strait Islander children aged 6 months up to 5 years of age
- all Aboriginal and Torres Strait Islander people 15 years of age and over
- people six months of age or older with the following underlying chronic medical conditions:
 - ◆ cardiac disease
 - ◆ chronic respiratory conditions including severe asthma
 - ◆ other chronic illnesses requiring regular medical follow up or hospitalisation in the previous year, for example diabetes, chronic renal (kidney) failure, chronic metabolic disease and haemoglobinopathies
 - ◆ chronic neurological conditions that may impact on respiratory function including multiple sclerosis, spinal cord injuries, seizure disorders and other neuromuscular disorders
 - ◆ people with impaired immunity, including HIV infection, malignancy and chronic steroid use
 - ◆ children on long term aspirin therapy

How the vaccine is given: Flu vaccine is given into the top of the arm in all over 12 months of age.

Possible side effects: Like any medications, the seasonal flu vaccine can have some minor and short lasting side effects.

Common side effects may include:

- pain, redness and swelling where you were immunised
- drowsiness, tiredness or irritability
- muscle aches
- low grade fever of 37 to 38 degrees Celsius.

Some side effects may appear as 'flu like symptoms', but all flu vaccine currently available in Australia do not contain live virus and cannot cause a flu infection.

Rare side effects may include numbness, tingling of the skin and nerve pain, Guillan-Barré (one in a million) or a severe allergic reaction.

If you are concerned or worried, seek further advice from your doctor, immunisation provider, [SA Health's Immunisation Section](#) or [healthdirect Australia](#).

Any unexpected event following immunisation should be reported to SA Health.

Reducing the side effects: Many of the common side effects can often be reduced by:

- drinking extra fluids
- resting
- taking paracetamol as per the instructions on the packet/bottle
- not overdressing if you are already hot.

Where to get immunised: To receive the vaccine contact your doctor, local council, community health centre or Aboriginal health centre to arrange an appointment.

Get your Flu Shot!



2017

MAY						
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29	30	31				

JUNE						
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JULY						
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AUGUST						
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OCTOBER						
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30	31					

NOVEMBER						
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DECEMBER						
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25	26	27	28	29	30	31

	MAG West-Cheltenham
	MAG North-RSL Salisbury
	MAG South-Racquets
	Bus Trip / Mini Activity Day

	Client Xmas Lunch
	Volunteer/Staff Xmas Lunch
	School holidays
	Public Holiday

HAHNDORF 17 MAY

Service User join us on 17th May with a bus trip to Hahndorf in the lovely Adelaide Hills. The bus will pick you up from home and drop you home in the afternoon, there will be a lovely morning tea along the way with lunch in Hahndorf. More information will be sent to you once we have finalised the bookings. Please call the office to book your seat as these trips book out fast Service User. The cost is \$30 which includes transport, morning tea and lunch.

Call 8241 0266 to book.



January & February Birthdays

Aaron Powell
Allen Greer
Monte Dimech
Angela Constable
Anna Stefanino
Anna Gauci
Anna Galanis
Anne Seed
Tonya Zammit
Audrey Jackson
Betty Loveder
Bev Vickery
Bob Alexander
Brenda Harrison
Brian Cox
Brigitte Stanford
Charlie Vidal
Carmen Tabone
Claire Geller
Colin Scott
Concetta Scarinci
Coral Wilson
Cynthia Repo
Darlene Ho
David Wells
David Leith
Debbie Phillips
Denise Magee
Don Caruso
Edmond Campbell
Edna Greenland
Elena Karnauch
Elizabeth Mciatchie

Erica Deverson
Filomena Girolamo
Flora Mccourty
Fr Gabriel Micallef
Francis Busuttil
Furta Camilleri
Gloria Buhagiar
Gracie Seychell
Gregory Mihailoff
Helen Borg
Helen English
Ricky Coure
Hugh Fisher
Immacolata Gallina
Irene Mason
Jack Falk
Jack Geller
Jacqueline Najjar
Janet White
Janet Egan
Jasmine George
Jean Peach
Jeffrey Burg
Jessie Caruana
Jimmy Farrugia
Joan Hedley
Joe Pappalardo
Joe Bell
John Axisa
Gianni Bonnici
John Fabri
John Connell
Joseph Vella

Jessie Borg
Joyce Selvatico
Judith Mcphee
Judy Schofield
Juliana Coates-Whitson
Kay Abbott
Laura Armstrong
Laurel MCGree
Laurel Best
Leli Saliba
Leonard Gregory
Lilian Mifsud
Lilly Attard
Lora Baldacchino
Lori Stoll
Lorraine Sansome
Louise Norris
Lyn Howard
Lynette Fryar
Margaret Becker
Margaret Townsend
Connie Vidal
Maria Arena
Maria Falzon
Marilyn Robertson
Marlene Prince
Mary Le Leu
Mary Connell
Mary Sammut
Maureen Williams
Mauricio Zelaya
Michael Goyan
Molly Haskard
Nan Beard
Nancy Lampre
Nick Cutejar
Noel Buck
Nora Varcoe
Patriana Halilovic
Patricia Pawelski

Patricia Henderson
Percy Grosser
Peter Becker
Peter Dodworth
Philies Hatvani
Bob Carter
Rodney Kohler
Ronald Spencer
Rose Whatley
Salvu Fenech
Sandy Forbes
Sean Stack
Shirley Copley
Shirley Desira
Spiro Vassallo
Stephen Twilley
Steven Freemantle
Suan Quag Tran
Terence Reynolds
Teresa Parker-Elliot
Teresa Greck
Thekla Ganser
Theresa Camilleri
Zena Molinari
Thurza Guthrie
Tony Vassallo
Trevor Pedler
Vaclovas Petruska
Valda Watts
Valerie Kenny
Valerie Busuttil
Vicki Muscat
Vince Abela
Violet Newchurch
William Bell
Win Wride
Yvonne Shelton
Yvonne Van Geel
Yvonne Jackaman
Zahira Hamood



March & April Birthdays

Anastasios Karagiolis

Anna Szokalski

Annette Moretti

Annie Lawson

Antonia Tsatsos

Asunta Giovannini

Ataollah Soroosh

Babette Black

Barbara Fava

Barbara Holt

Barbara Mutton

Bernadette Tudini

Bozena Cabaj

Brigitte Antoniou

Carolyn Ackland

Catherine Bartolo

Catherine Vella

Charlie Zammit

Christine Kite

Christine Mackenzie

Dawn Deuter

Doris Cutejar

Donald Hardy

Doris Gatt

Doris Pace

Elvira Transini

Emma Ellul

Emmanouil Stergiou

Ennio Gobbo

Florence Monahan

Francesca Ripepi

Francis Spiteri

Frank Grima

George Bonnici

George Kay

George Giorgas

Gertrude Champion

Graeme Clark

Gwen Minge

Harry Bugeja

Harry Biza

Helen Pitsillou

Hildegard Forster

Honor Coulter

Horest Bianco

Ines Spiteri

Jan Lambe

Jean Griffiths

Joe Briffa

Joe Cassar

Johann Ganser

John Collins

John Davis

Joyce Young

Kaethe Schulze

Katie Mifsud

Ken Mullan

Kenneth Jones

Kenneth Linford

Laurel Johns

Lawrie Cassar

Leonard Pike

Linda Zec

Lotte Gisi

Ludmila Spurling

Maera Zahra

Kay Danvers

Margaret Brown

Maria Busuttil

Connie Caruana

Maria Pulis

Marie Saad

Marlene Farrugia

Martin Handrick

Mary Caruana

Mary Borg

Max Gray

Melva Michaelis

Michelina Ciccolella

Neil Young

Neville Robertson

Olena Kawka

Olivia Schollar

Pam Deacon

Pam Dunn

Patricia Harmer

Patrick Footman

Paul Scerri

Peg Heinrich

Peter Mcconnachy

Raymond Charlton

Ron Flaherty

Rosemary Godfrey

Ruhallah Safaee

Salvatore Raco

Shirley Erickson

Sylvia Moller

Theodora Vassallo

Theresa Buhagiar

Tom Borg

Tom Zammit

Tony Bayadi

Tony Fava

Tony Vassallo

Bill Coulter



5 things you need to know about NDIS in South Australia

The National Disability Insurance Scheme (NDIS) is the new way of providing individualised support for people with disability, their families and carers. The NDIS is insurance, which gives us all peace of mind. Disability can affect anyone and having the right support makes a big difference.

The NDIS provides eligible people a flexible, whole-of-life approach to the support they need to pursue their goals. It also fosters social inclusion and economic participation.



1. What

The Commonwealth and South Australian governments have agreed on how the NDIS will be rolled out in South Australia. The NDIS is currently available for children aged 13 years and under.

2. When

The NDIS is a big change and it will be progressively rolled out in South Australia. People will move to the NDIS at different times depending on age and where they live. The NDIS will be operating state-wide for all age groups by July 2018.

Adelaide Metropolitan areas

Eastern Adelaide

The NDIS will become available for adults aged 18 to 64 years in the Eastern Adelaide region from 1 April 2018. A person may meet the access requirements to become a participant of the NDIS up to 6 months prior to this date.

The Eastern Adelaide region covers the local government areas of

City of Adelaide City of Burnside

City of Campbelltown The City Of Norwood, Payneham & St Peters

City of Prospect City of Unley

Corporation of the Town of Walkerville

Northern Adelaide

The Northern Adelaide region covers the local government areas of

City of Playford City of Salisbury

City of Port Adelaide Enfield (East) City of Tea Tree Gully

A person may meet the access requirements to become a participant of the NDIS up to 6 months prior to the rollout in these districts.

The NDIS will become available for adults aged 18 to 64 years in the City of Playford, City of Salisbury and City of Port Adelaide Enfield (East) local government areas from 1 July 2017.

The NDIS will become available for adults aged 18 to 64 years in the City of Tea Tree Gully local government area from 1 October 2017.

Call the NDIS on 1800 800 110

5 things you need to know about NDIS in South Australia ... Cont.

Southern Adelaide

The NDIS will become available for adults aged 18 to 64 years in the Southern Adelaide region from 1 January 2018. A person may meet the access requirements to become a participant of the NDIS up to 6 months prior to this date.

The Southern Adelaide region covers the local government areas of

City of Holdfast Bay City of Marion

City of Mitcham City of Onkaparinga

Western Adelaide

The NDIS will become available for adults aged 18 to 64 years in the Western Adelaide region from 1 April 2018. A person may meet the access requirements to become a participant of the NDIS up to 6 months prior to this date.

The Western Adelaide region covers the local government areas of

City of Charles Sturt City of West Torrens

City of Port Adelaide Enfield (West)

3. Who?

1 February 2016— Children 0–14 years old— State-wide

1 January 2017— Young people 15–17 years old— State-wide

1 July 2017 - 30 June 2018—Adults 18–64 years old—Roll out will be based on where you live

4. How will the NDIS be rolled out in South Australia?

The NDIS is being introduced in stages, because it's a big change and it is important to get it right and make it sustainable. Existing service users and new participants will enter the scheme progressively. The NDIS is expected to cover all of South Australia and all age groups by July 2018, ultimately providing support to about 32,000 people with disability.

From 1 February 2016, children aged between 0 to 14 years of age across South Australia will continue to enter the NDIS.

From 1 January 2017, young people aged between 15 and 17 years of age across South Australia will begin to enter the NDIS.

From 1 July 2017, adults aged 18 to 64 years of age will begin to enter the NDIS based on where they live.

When the NDIS commences in a region, people currently receiving supports through South Australian Government specialist disability services will be moving first.

You may meet the access requirements up to six months prior to the NDIS rolling out in your area.

For more information, please visit [Access requirements](#).

Existing Commonwealth and state-based services and supports will continue until eligible people with disability start their plans with the NDIS.

For adults aged 18 to 64 years of age receiving supports from the existing South Australian specialist disability system, the start date for transition to the NDIS will be based on where they live. The roll out areas are listed below and more information about specific regions is available from the South Australian Government regions (New window) webpage.

5. What can I do to prepare?

If you currently receive disability services and are eligible to enter the NDIS, you will be contacted before you transition. If you are currently not receiving support, you may still be able to access the NDIS.

Check the information and resources available at NDIS in South Australia at www.ndis.gov.au or

Call the NDIS on 1800 800 110



MACASA
Meals Service

2017 - 4 WEEK MENU

Ph: 8241 0266

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Cauliflower (LG) OR Cannellini Bean & Tuna Salad (LG)*	Pea & Ham (LG) OR Spinach & Feta Muffin	Beef & Barley OR Bean & Rocket Salad (LG)*	Potato & Leek(LG) OR Pasta Salad*	Vegetable Risoni OR Corn Fritters w Sweet Chili
MAIN	Chicken Korma & Rice (LG) OR Pork Schnitzel & Veg	Roast Turkey & Veg (LG) OR Lamb Ragù & Pasta	Spaghetti Bolognese OR Baked Chicken Breast & Veg (LG)	Chicken Stir fry OR Beef Sausages & Veg	Crumbed Fish & Veg OR Chicken Salad w Mango Chutney & Yoghurt (LG)*
DESSERT	Apple Crumble	Fruit Salad (LG)	Berry Pudding	Creamed Rice (LG)	Lemon Meringue Tart
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Pumpkin (LG) OR Vegetable Frittata (LG)	Chicken & Corn (LG) OR Pearl Couscous w Beetroot & Pumpkin Salad*	Pasta Fagiole (LG) OR Chicken w Sesame Slaw (LG)*	Chicken Noodle (LG) OR Carrot Cheese & Chive Muffin	Vegetable (LG) OR Tossed Salad w Egg & Cheese (LG)*
MAIN	Maltese Beef Pie (LG) OR Chicken Schnitzel & Veg	Chicken Cottage Pie OR Baked Rice (LG)	Tuna Mornay OR Beef Meatballs & Veg	Roast Lamb & Veg (LG) OR Turkey Patties & Veg	Steamed Fish w Capers & Veg(LG) OR Beef & Barley Salad w Marmalade Dressing*
DESSERT	Fruit Salad* (LG)	Apricot Crumble	Cherry Cake	Sago & Plum Pudding (LG)	Fruit Fool (LG)
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Zucchini (LG) OR Roast Vegetable Couscous*	Primavera (LG) OR Savoury Muffin	Pumpkin & Potato (LG) OR Corn Fritters w Sweet Chili	Lentil (LG) OR Corn Avocado & Chickpea Salad*	Mushroom OR Sweet Potato & Bacon Slice*
MAIN	Sesame Lamb & Bean Noodles OR Baked Fish w Cherry Tomatoes, Olives & Veg (LG)	Roast Pork & Veg (LG) OR Lemongrass Chicken & Rice (LG)	Corned Silverside & Veg (LG) OR Chicken Casserole (LG)	Baked Chicken Alfredo OR Veal Parmigiana & Veg (LG)	Tuna Patties & Veg OR Turkey & Avocado Salad(LG)*
DESSERT	Irish Apple Cake	Fruit Salad	Pear & Rhubarb Crumble	Chocolate Pudding	Bread & Butter Pudding
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Vegetable (LG) OR Carrot Cheese & Chive Muffin	Chickpea (LG) OR Chicken & Pasta Salad*	Sweet Potato (LG) OR Quiche of the day	Chicken Broth (LG) OR Potato Salad w Egg & Bacon*	Pumpkin (LG) OR Tossed Salad w Egg & Cheese (LG)*
MAIN	Butter Chicken, Veg & Rice OR Beef Stroganoff	Roast Beef & Veg (LG) OR Fish Pie w Three Veg	Zucchini Slice OR Chicken Carbonara (Pasta)	Beef Schnitzel OR Thai Chicken Fillet & Veg (LG)	Battered Fish & Veg OR Lamb & Pearl Couscous Salad*
DESSERT	Fruit Salad* (LG)	Pears & Chocolate Mousse (LG)	Trifle**	Cheesecake & Peaches	Carrot Cake

***Not available for frozen orders **No Custard for frozen orders (LG) Gluten Free –May contain traces of Gluten**

2017 REQUIREMENTS

1. **My Aged Care:**

- ◆ *As a reminder, all clients will receive a call from one of the MACASA Volunteers who are conducting client reassessments and updating our MACASA database with all your current details.*
- ◆ *By July 2018 all current clients must have registered with My Aged Care on 1800 200 422 to obtain an AC client number. All clients Australia wide, for all Aged Care Services (meals, domestic assistance, transport, functions etc), are required to register with My Aged Care. MACASA request that you contact My Aged Care on 1800 200 422 prior to July 2017 to register with My Aged Care as we expect the backlog will be huge.*
- ◆ *My Aged Care will perform an assessment with you and then send through your Assessment with Reference Numbers to MACASA for processing.*

2. **MACASA Functions:** Changes and requirements going forward:

- ◆ *All clients or families must ring one (1) week prior to any MACASA function to book attendance and transport requirements. Unfortunately our office staff will no longer be able call all clients due to increasing client numbers.*
- ◆ *Clients are also required to give 24 hours notice when cancelling transport for any function.*
- ◆ *MACASA staff will phone you (the client) with the confirmed time of pick up the day prior to any function as per our usual arrangement.*

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 \$10.00 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 \$8.00.



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

Carers: 132 717 Multilingual Service: 131 202

www.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: **Tony Caruana**
Birth Place: Toorak Gardens Adelaide
Occupation: Retired, MACASA Volunteer
Star Sign: Gemini
Siblings: 6
Marital Status: Married
Children: 3 Children & 7 Grandchildren
High School: St Michaels
Started at MACASA: 2007/2009
Favourite Colour: Blue
Food: Ghagin—Italian / Maltese & Asian
Movie: Indiana Jones Movies & Walk the Line
Actor: Harrison Ford, Dave Allen & Carl Barron
Song: Time to say Goodbye
Singer: Cat Stevens, Dean Martin, Johnny Cash & Andrea Bocelli
Group: Easy Beats, Beatles & Rolling Stones
TV Show: Current Affairs, Come Dine with Me UK, Detective Shows, News & NCIS
Hobbies: Gardening, Helping Other People, MACASA
Sports Played: Soccer
Most Memorable Moment: Getting married & having a family
Favourite Work Place: Home—pottering around.

