



# MACASA

# BULLETIN

MAY 2021

## OFFICE

Cheltenham Community Centre  
62 Stroud Street North  
Cheltenham SA 5014

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*"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"*

Hello

We hope that you have been keeping well and are staying warm as the cold weather starts to set in.

This is just a brief issue to update and advise on some changes to our functions and advise dates for the rest of 2021, provide a copy of our new winter menu and some updates on COVID-19 and vaccinations.

Our North and South functions are usually only open to their respective regions, however we have had some enquiries from clients requesting to attend. So we thought that we would run a trial for a couple of months to see what interest there is. If there is enough interest we will continue to keep it open. If you haven't attended one of our functions yet, come along and try one, we would love to see you there.



Our new winter menu is now being sent out to all of our regular meals clients however we have included a copy in here also. If you don't receive meals from us and you are interested in knowing more about them you can call the office to speak with one of our staff. Please note you will need to go through My Aged Care if you currently don't have a referral for meals.

As you are also probably aware there have been some new COVID cases in Victoria and the border has now closed again and they are in lockdown. Please advise our staff if you have been to Victoria in the past couple of weeks or had any Victorian visitors if you are attending any of our functions.

Enclosed also is some information regarding the COVID vaccinations. If you have not yet had your COVID or Flu vaccinations please speak with your health care professional to discuss your vaccination needs. Please note that there is two weeks rest required between the COVID vaccine and having your Flu vaccination.

IT'S VACCINATION  
TIME!



Warm Regards,  
Madeleine Williams.

# 2021 Events

Please find over the page a calendar with the functions/outings for the rest of the year. We have also decided to open up all functions to all clients on a trial basis to see if there is enough interest. So if you would like to attend the North, South or West luncheons please contact the office to book your seat, we would love to have you join us.

Due to continuing COVID restrictions **bookings are essential** for all luncheons to ensure we have availability.

*Everyone is invited*

**BOOK  
NOW**

## June

Monday 7th - North - Mawson Lakes  
Monday 21st - South - Morphett Arms  
Wednesday 30th - West - Cheltenham  
*Wednesday 16th - Movies - June Again*

## July

Monday 5th - North - Mawson Lakes  
Monday 12th - South - Morphett Arms  
Wednesday 21st - West - Cheltenham  
*Wednesday 28th - Bus Trip - Barossa*

## 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.*



# MACASA FUNCTIONS 2021

**Prior booking required for all Functions, Outings & Transport must be booked through 8241 0266**

	Monthly Luncheon North. Monday	Monthly Luncheon South. Monday	Monthly Luncheon West. Wednesday	Client Christmas Luncheon. Wednesday	Activity Outing/Day. Wednesday	Staff & Volunteer Christmas Function
January					27 - Movies.	
February	1st. Salisbury North Football Club	8th. Morphett Arms Hotel	17th. Cheltenham Comm Centre		24 - Cockle Train - Hindmarsh Island	
March	1st. Salisbury North Football Club	15th. Morphett Arms Hotel	31st. Cheltenham Comm Centre		24 - Strathalbyn Races	
April	12th. Salisbury North Football Club	19th. Morphett Arms Hotel	28th. Cheltenham Comm Centre			
May	3rd. Salisbury North Football Club	10th. Morphett Arms Hotel	19th. Cheltenham Comm Centre		26 - Dolphin Explorer, Port Adelaide	
June	7th Mawson Lakes Hotel	21st Morphett Arms Hotel	30th. Cheltenham Comm Centre		16 - Movies - June Again	
July	5th Mawson Lakes Hotel	12th Morphett Arms Hotel	21st. Cheltenham Comm Centre		28 - Barossa - CANCELLED	
August	2 CANCELLED	9th Watermark Hotel	25th Cheltenham Comm Centre		18 - Barossa - Chocolate Factory	
September	6 Venue - TBA	13th Watermark Hotel	22th Cheltenham Comm Centre		29 - Pryors on Fleurieu	
October	11	18	27th Cheltenham Comm Centre			
November	1	8	17th Cheltenham Comm Centre		24 - Monarto	



# Entry into South Australia Table

Victorian Arrivals		
People who have been in Greater Melbourne any time since 20 May and intend to arrive in South Australia after 6pm 26 May 2021	Level 6	<ul style="list-style-type: none"> <li>Not permitted to enter South Australia</li> </ul>
SA Residents, People Relocating and People Escaping Domestic Violence who have been in Greater Melbourne any time since 20 May and who arrive in South Australia after 6pm 26 May 2021	Level 4	<ul style="list-style-type: none"> <li>COVID-19 test on day 1, 5, &amp; 13.</li> <li>Must self-quarantine for 14 days.</li> <li>Must wear a face mask (covering mouth and nose) at any time that they come into contact with the public for a period of 14 days after their arrival in South Australia.</li> </ul>
Category 1 Essential Travellers from Greater Melbourne arriving after 6pm 26 May 2021	Level 4	<ul style="list-style-type: none"> <li>COVID-19 test on day 1, 5, &amp; 13.</li> <li>Not required to Self-quarantine.</li> <li>Must wear a face mask (covering mouth and nose) at any time that they come into contact with the public for a period of 14 days after their arrival in South Australia.</li> <li>Must not enter or remain in a high risk setting in South Australia for a period of 14 days after their arrival.</li> </ul>
Category 2 Essential Travellers from Greater Melbourne arriving after 6pm 26 May 2021	Level 4	<ul style="list-style-type: none"> <li>COVID-19 test on day 1, 5, &amp; 13.</li> <li>Self-quarantine unless performing the duties, functions or activities of the category, travelling to and from performing the duties, functions or activities, or passing through.</li> <li>Must wear a face mask (covering mouth and nose) at any time that they come into contact with the public for a period of 14 days after their arrival in South Australia.</li> </ul>
People (including Essential Travellers, SA residents, people relocating and escaping domestic violence) who entered SA prior to 6pm 26 May having been in Greater Melbourne between 20 May 2021 and 6pm 26 May 2021	Level 3	<ul style="list-style-type: none"> <li>COVID-19 test on day 1, 5, &amp; 13.</li> <li>Self-quarantine until negative test.</li> <li>No entry into high risk setting for 14 days after arrival, unless clause 9 applies.</li> <li>No entry to COVID Management Plan events &gt;1000.</li> </ul>
People who arrive having been in the City of Bendigo any time since 22 May 2021	Level 3	<ul style="list-style-type: none"> <li>COVID-19 test on day 1, 5, &amp; 13.</li> <li>Self-quarantine until negative test.</li> <li>No entry into high risk setting for 14 days after arrival, unless clause 9 applies.</li> <li>No entry to COVID Management Plan events &gt;1000.</li> </ul>

**Greater Melbourne Arrivals are defined as Victoria Restricted Zone A Arrivals in the Direction. A Victorian Restricted Zone A Arrival is a person who has been in Greater Melbourne any time within the last 14 days or any time on/after 20 May 2021, whichever is the least amount of time.** This includes people who have been in the Greater Melbourne Area any time in the 14 days preceding their arrival and has not been in a Victoria Restricted Zone A or B. This includes the areas of Banyule, Hume, Moreland, Bayside, Kingston, Mornington Peninsula, Boroondara, Knox, Nillumbik, Brimbank, Manningham, Port Phillip, Cardinia, Maribymong, Stonnington, Casey, Maroondah, Whitehorse, Darebin, Melbourne, Frankston, Melton, Wyndham, Glen Eira, Monash, Yarra, Greater Dandenong, Moonee Valley, Yarra Ranges, Hobsons Bay and the City of Whittlesea.

**The City of Bendigo is defined as Victoria Restricted Zone B Arrivals in the Direction**

**Category 1 Essential Travellers:** National and State security and governance, Emergency services workers, Commercial transport and freight services, Remote or isolated workers who travel to restricted or prohibited zone locations, and Cross border community members.

**Category 2 Essential Travellers:** National and State security and governance—restricted or prohibited zone residents, Specialist workers in essential sectors, Commercial transport and freight services—restricted or prohibited zone residents, Remote or isolated workers—restricted or prohibited zone residents, Passing through, Foreign diplomatic or consular staff.



# COVID-19

***There are no current contact tracing health alerts for locations in South Australia.***

All South Australians should get tested for COVID-19 immediately if you have any symptoms, even if mild. Symptoms include:

- fever or chills
- sore throat
- shortness of breath
- diarrhoea and vomiting
- cough
- runny nose
- loss of taste or smell

If you've had a negative test before but develop new symptoms, you do need to have another test.

## **Getting vaccinated for COVID-19 (per the SA Health Website)**

### **Why should I get vaccinated?**

We strongly encourage you to get vaccinated as COVID-19 can cause serious ongoing health conditions, and sometimes death. Getting vaccinated is the best way you can protect yourself and your loved ones against COVID-19.

### **Do I have to get a COVID-19 vaccine?**

Getting vaccinated is not mandatory. However, we strongly encourage you to get vaccinated as COVID-19 can cause serious ongoing health conditions, and sometimes death. Getting vaccinated is the best way you can protect yourself and your loved ones against COVID-19.

### **Are COVID-19 vaccines free?**

The first and second doses of the COVID-19 vaccines will be free for all people living in Australia.

### **Is receiving a COVID-19 vaccine voluntary?**

Receiving the COVID-19 vaccine is completely voluntary, however, it is strongly encouraged.

### **Which COVID-19 vaccines are available in South Australia?**

COVID-19 vaccines by Pfizer and AstraZeneca are currently available in South Australia.

The Pfizer COVID-19 vaccine can be used in people aged 16 and older. This vaccine requires two doses, 21 days apart. Detailed information can be found on the TGA website.

The Pfizer COVID-19 vaccine is preferred over the AstraZeneca vaccine for people aged under 50 years.

The AstraZeneca COVID-19 vaccine requires two doses, with the second dose recommended to be administered 12 weeks after the first. Detailed information can be found on the TGA website.

The Australian Government has secured doses of other COVID-19 vaccines, including those produced by Novavax, which are still subject to TGA approvals and the Australian Technical Advisory Group on Immunisation (ATAGI) advice. More information can be found on the Department of Health website.

### **Do I get to choose what type of vaccine I get?**

You will receive the vaccine available at the time and location of your appointment. The vaccine you receive may also be determined by your health, age or occupation (if your occupation puts you at a higher risk of exposure to COVID-19).

The Pfizer COVID-19 vaccine is preferred over the AstraZeneca COVID-19 vaccine in adults aged under 50 years who have not already received a first dose of AstraZeneca vaccine.

### **Should I avoid being vaccinated if I feel unwell?**

If you are unwell with symptoms of COVID-19, including fever, cough, or a runny nose, you should get tested for COVID-19 and isolate until you receive your results.

If you have received a negative COVID-19 test result and only have a mild fever, you can still be vaccinated. If you have a high fever, you should delay your vaccination until you are well.

If you've tested positive to COVID-19, or you are a close contact of someone with COVID-19, please remain in quarantine and do not attend your vaccine appointment.

It's important to reschedule your appointment as soon as you are able to attend.

***Call the SA COVID-19 Information Line on 1800 253 787 9.00 am to 5.00 pm, 7 days a week***



# 2021 - WINTER MENU

Ph: 8241 0266

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ENTREE</b>	Sweet Potato Carrot & Bacon Soup (LG) OR Pumpkin Scone & Butter	Pumpkin Soup (LG) OR Vegetable & Cheese Rolls	Celery Soup (LG) OR Cheese, Bacon & Pasta Slice	Zucchini Broccoli Soup (LG) OR Egg, Potato & Bacon Rosti	Minestrone Soup OR Pasty Slice
	Beef Schnitzel & Veg OR Caprese` Chicken & Veg (LG)	Roast Lamb & Veg (LG) OR Braised Beef w Onion & Veg	Beef Stroganoff w Pasta OR Baked Chicken Breast & Veg (LG)	Beef Meatballs, Onion Gravy & Veg OR Vegetable Korma & Rice (LG) (V)	Crumbed Fish & Veg OR Baked Rice (LG)
<b>DESSERT</b>	Bread & Butter Pudding	Fruit Salad** (LG)	Lemon Raspberry Magic Cake	Apple & Rhubarb Crumble	Butterscotch Pudding & Cream

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ENTREE</b>	Cauliflower Soup (LG) OR Caramelised Onion Tarts	Beef & Barley Soup OR Vegetable Frittata (LG)	Sweet Potato Soup (LG) OR Carrot Cheese & Chive Muffin	Chicken Noodle Soup OR Beef & Mushroom Pie	Pumpkin & Potato Soup (LG) OR Sweet Potato Bacon Slice
	Ravioli w Tomato & Basil Sauce (V) OR Beef Sausages & Veg (LG)	Lemongrass Chicken & Rice (LG) OR Tuna Mornay	Massaman Beef Curry OR Roast Turkey & Veg (LG)	Lamb Stew (LG) OR Dijon Mustard Chicken w Veg (LG)	Baked Fish w Cherry Tomatoes & Olives & Veg (LG) OR Pumpkin Spinach Ricotta Cannelloni & Veg (V)
<b>DESSERT</b>	Fruit Salad* (LG)	Pear & Walnut Cake ***	Berry Blondie	Apple & Peach Brown Betty	Maltese Fruit Cake & Custard

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ENTREE</b>	Carrot Soup (LG) OR Sweet Potato Zucchini Fritter	Chicken & Veg Soup OR Corn Fritters w SCS	Lentil Soup (LG) OR Spinach & Ricotta Bites	Mushroom Soup (LG) OR Spinach Bacon & Cheese Tart	Vegetable Soup (LG) OR Quiche Tarts
	Fish Pie w 3 Veg Topping (LG) OR Chicken Schnitzel & Veg	Pork Schnitzel & Veg OR Sausage & Veg Casserole (LG)	Zucchini Slice OR Shepherd's Pie (LG)	Roast Pork & Veg (LG) OR Steak & Kidney Pie & Veg	Tuna Patties & Veg (LG) OR Spaghetti Bolognese
<b>DESSERT</b>	Apricot Crumble	Fruit Salad* (LG)	Orange & Poppyseed Cake	Apple Pie & Cream	Cheesecake

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ENTRÉE</b>	Potato & Leek Soup (LG) OR Sausage Rolls	Vegetable Risoni Soup OR Spinach, Feta & Tomato Slice	Chicken & Corn Soup (LG) OR Pizza Calzone	Tomato Soup (LG) OR Pumpkin Spinach & Feta Frittata	Pea & Ham Soup (LG) OR Vegetable Pasta w Rose' Sauce
	Thai Chicken & Veg (LG) OR Lasagne`	Corned Silverside & Veg (LG) OR Turkey Carbonara	Sesame Lamb & Bean Noodles OR Steamed Fish w Capers & Veg (LG)	Chicken Broccoli & Cashew Stirfry (LG) *** OR Roast Beef & Veg (LG)	Battered Fish & Veg OR Chicken Cottage Pie (LG)
<b>DESSERT</b>	Fruit Salad* (LG)	Apricot Upsidedown Cake	Chocolate Pudding	Creamed Rice	Irish Apple Cake

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

# Puzzle Corner

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

# Sudoku

# Word Search

ACTS  
AIDA  
AUDIENCE  
BARITONE  
BIZET  
CARMEN  
COLORATURA  
CONDUCTOR  
COSTUME

DEBUSSY  
DIVA  
FALSTAFF  
GRAND  
LA BOHEME  
LA TRAVIATA  
LIBRETTO  
MAGIC FLUTE  
PAGLIACCI

PUCCINI  
RAVEL  
RIGOLETTO  
RING CYCLE  
SCENERY  
SCHUBERT  
SCENERY  
SCHUBERT  
SCORE  
VIVALDI

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

# 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](http://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



**"AS YOU GROW OLDER,  
IF YOU DON'T MOVE,  
YOU WON'T MOVE."**

Yvonne Dowlen,  
88-year-old figure skater

*"You don't stop laughing*

*When you grow old.*

*You grow old*

*When you stop laughing."*

*~ George Bernard Shaw*



GrowingBolder.com