



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**

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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 31

August 2018

Hello Service User,

I hope that you have kept yourself warm through this chilly winter.

Once again the year has gone incredibly fast and spring is almost upon us.



Service User as we have previously

advised the Cheltenham Community Centre Hall is being renovated. We have been informed that the hall should be completed and ready for use by September. We have included our events for the rest of the year on page 2. It is essential that you call the office to reserve your seat for transport and catering purposes.

I would like to thank you, and all of our clients, for your patience during the hall renovations. Please do not hesitate to contact the office Service User, if you have any questions or wish to book and join us on a function, we would love to have you come along.

Also Service User we have enclosed our Winter menu which can be found on page 10. The menu started on 14 May with the week 1 meals and has received great feedback. The winter menu will go through until 26 October 2018. We have quite a few new items on the menu which we hope you are enjoying if you receive our meals. We would also like to bring to your attention that there is one (1) main meal and two (2) desserts that contain nuts for anyone with allergies. These are the Pear & Walnut Cake, Banana Cake (both contain walnuts) and the Chicken Broccoli Stirfry (contains cashew nuts). We have marked the menu with *** as a reminder when selecting your meals.

Also just a reminder that unfortunately there continues to be those who try to scam everyday people from their hard earned money and savings and so we ask you Service User to be vigilant when talking to people over the phone or in person especially when they are requesting your personal details. The scams are becoming more sophisticated and harder to tell from genuine businesses, organisations and people in general. See pages 6 & 7 on some of the current scams that are divesting people of their savings.

Warm Regards,
Madeleine.

2018 Events

Service User, please see below our events for the next 3 months. Please note that the Cheltenham Community Centre has been having repairs to the hall ceiling and therefore we have been unable to use the centre for our West lunches. We are happy to advise that we will be able to resume our lunches in the hall for our September lunch on Wednesday 19th September 2018. Please note however that the September lunch and bus trip dates have been changed. 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.

If you require transport please ensure you contact the office on 8241 0266.

DATES CHANGED

- 3rd Sept — Luncheon **Salisbury** Nth Football Club 9-41 Bagster Rd, Salisbury North — **Bookings Essential**
- 10th Sept — Luncheon **The Southern** 1509 South Road St Marys
- 19th Sept** — Luncheon — **Cheltenham Community Centre** 62 Stroud Street North, Cheltenham
- 26th Sept** — Bus Trip — **Gawler & Barossa Race Day**—Gawler & Barossa Race Track Evanston — **Bookings Essential**

- 8th Oct — Luncheon **Salisbury** Nth Football Club 9-41 Bagster Rd, Salisbury North — **Bookings Essential**
- 15th Oct — Luncheon **The Southern** 1509 South Road St Marys
- 24th Oct — Luncheon — **Cheltenham Community Centre** 62 Stroud Street North, Cheltenham

- 5th Nov — Luncheon **Salisbury** Nth Football Club 9-41 Bagster Rd, Salisbury North — **Bookings Essential**
- 12th Nov — Luncheon **The Southern** 1509 South Road St Marys
- 21st Nov — Bus Trip — **Dolphin Explorer**—Port Adelaide
- 28th Nov — Luncheon — **Cheltenham Community Centre** 62 Stroud Street North, Cheltenham

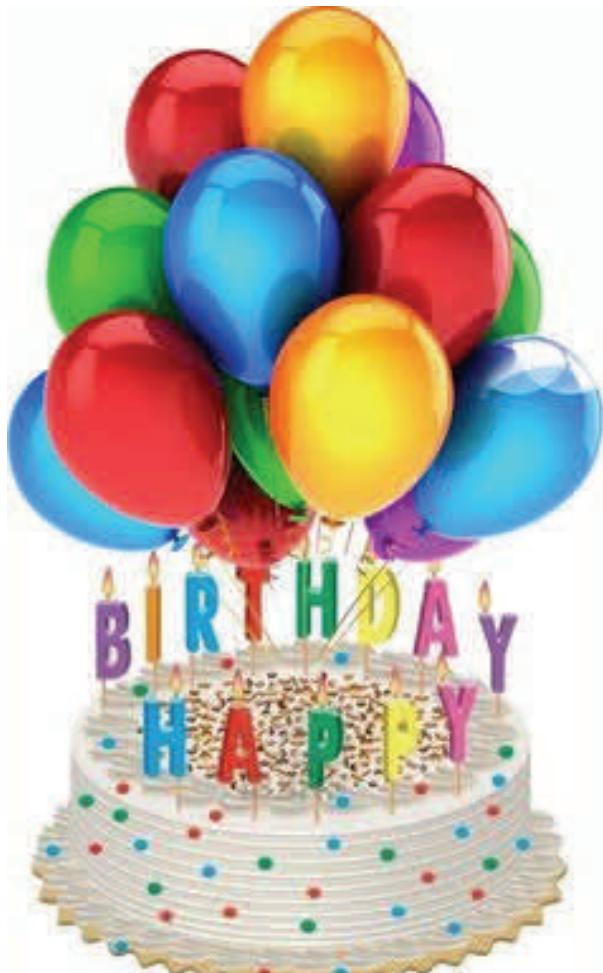
- 12th Dec — Christmas Luncheon — **Cheltenham Community Centre** 62 Stroud Street North, Cheltenham

May & Jun Birthdays

Angela Paparella
Anthony Zammit
Benjamin Abdullah
Benny Agius
Bessie Bartel
Bill Cuthill
Carmen Attard
Carmen Bianco
Carmen Zammit
Cheryl Lyon
Christine Kite
Ciro Bianco
Colin Moore
Colyn Nissen
Danica Zujic
Doris Ager
Dorothy Farrell
Gerhard Michaelis
Gillian Tabor
Glad Wingard
Gus Vella
Jean Biza
Jean Hettrick
Joe Calleja
John O'Brien
John Richardson

Josephine Vella
Joyce Wickham
Judith Ashley
Judith Drew
Katina Yiannicou
Keven McGregor
Lawrence Purtle
Libo Cociani
Marco Sammut
Margaret Colegate
Maria Adams
Mary Ciantar

Maureen Yeomans
Maxwell Moyle
Melda Axisa
Merryn Brose
Mitzie Moyle
Myriam Cox
Nancy Smith
Nell Williams
Pam Shaw
Paul Johnson
Rose Bezzina
Rosslyn Hill
Sandy Bond
Sharon Bayadi
Sue Shelley
Susan Hancock
Teresa Flaherty
Thelma Bessell
Thomas Granger
Vera Lokteff
Vincent Agius
Violet Mizzi
Violet Newchurch
Wayne Scherer
Wilfred Dennis
Yvette Doublet



Bus Trips

Friends of the Hill & Son Grand Organ

Service User, for our April bus trip we enjoyed a lovely day at Tanunda in the Barossa where we visited the Friends of the Hill & Sons Grand Organ. The Hill & Sons Grand Organ is a painstakingly restored late 19th Century mechanical pipe organ housed in the Barossa Regional Gallery in Tanunda, South Australia and we were also honoured to be able to experience a recital played on the organ.

The Hill & Son Grand Organ was built by the distinguished firm of Hill & Son, London, for Adelaide Town Hall where it was opened to the public in 1877. This firm also exported organs for the town halls in Melbourne (1872) and Sydney (1890). The Adelaide organ was enlarged in 1885 and much was rebuilt and altered in 1970. Replaced with a new organ in 1989, it was removed from the Adelaide Town Hall and placed in storage, its fate uncertain.

The Organ Historical Trust of Australia (OHTA) expressed interest in the organ and was given possession by the Adelaide City Council on the condition that it be restored and located in South Australia. A home for the organ was negotiated with the then Tanunda Council, later to become the Barossa Council, in the Tanunda Soldiers Memorial Hall.

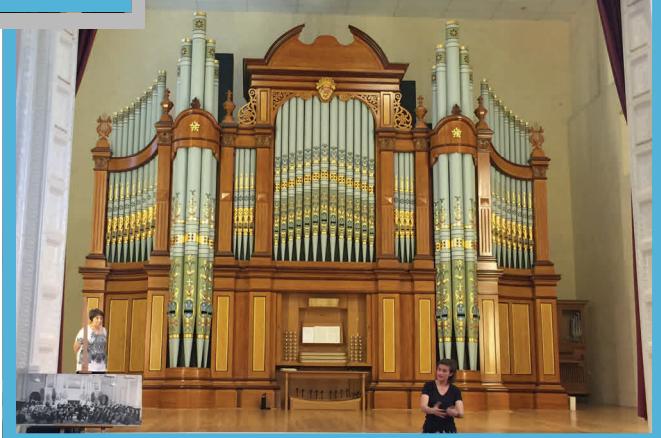
From the outset, lifelong professional master organ builder George Stephens was involved with the project. The very extensive restoration work took more than 15 years to complete, which included the reconstruction of the entire mechanical key and stop actions, the wind system, console and restoration of the wind



chests, pipework and redecoration of the casework and pipes. Assistance was gained from numerous other professionals with much help also provided by volunteers.

This project represented the most extensive and accurate restoration of a late 19th century English concert organ yet attempted. The project has been assisted by many generous donations from charitable trusts, business

organisations and individuals, as well as much valuable expertise and contributions in kind.



Bus Trips

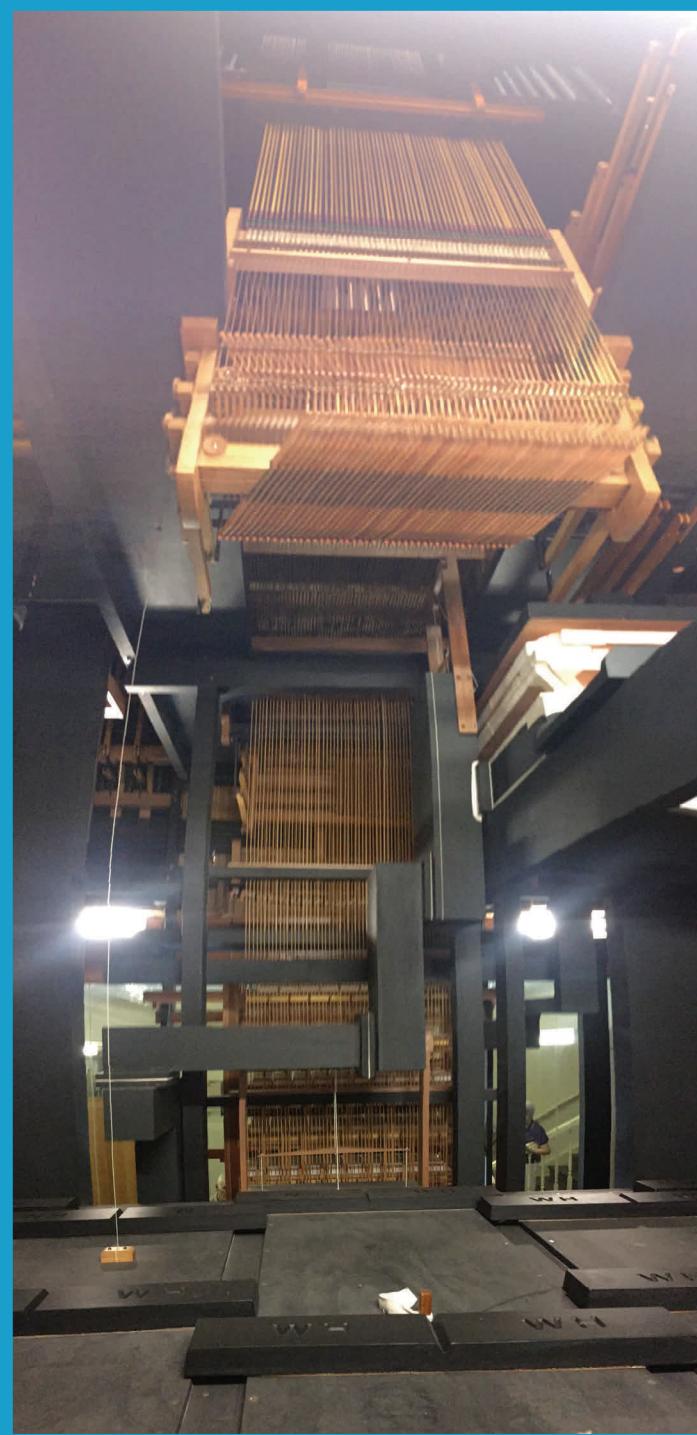
Friends of the Hill & Son Grand Organ

The organ sits over 2 levels of the building. You can see the organ's keyboard and decorative pipes on the upper level on the stage and then if you go downstairs under the stage you can view the workings of the organ. The height of the pipes is incredible as is the sound that they produce.

The Friends of the Hill & Son Grand Organ hold tours of the organ weekly where you are able to hear more of the history of the organ and it's restoration, hear a demonstration and take a tour to see the inner workings of the organ whilst it is being played. The mechanisms of the organ are incredible and the size is truly impressive. If you are a lover of music or just interested in Adelaide's historical past then this is a fascinating experience to have.

Hill & Son Grand Organ – 'Tour, Talk and Taste' are held Every Wednesday 11:30am – 12:00 pm at the Barossa Regional Gallery, 3 Basedow Road, Tanunda. You will experience a tour the inner workings of the organ, hear a short talk on its history and taste the sounds of the Grand Organ in a demonstration.

Cost is only a \$5 donation per person to assist in the ongoing maintenance of the Grand Organ.



The inner workings of the organ which are housed below the stage (*left*) and a replica of the inner workings of a single key of the organ. (*Below*)



Service User unfortunately these days we are all becoming too aware of the vigilance required to keep our personal information safe and secure, making us more untrusting each time we hear of a new scam that is affecting peoples lives. It is my hope that you and your loved ones will never be the target of scammers. With the Bulletin we will try to keep you informed of current scams that are happening and some ways that you can protect yourself, and your assets that you have worked so hard to accumulate.

I'm sure that you will agree with me , the scams that are surfacing these days are becoming more and more sophisticated and with the use of modern technology, even very business savvy people are getting caught by them more often. There are scams that will try to obtain your details via phone calls, emails and internet scams or in person.

A number of scams that people are receiving at the moment are emails that are disguised as an appointment or invitation to something. These invites can look like they are from Facebook, Linked In, WhatsApp, as well as many other applications or it can just be a pop up window advising that you have won something. Always be aware of a link before you click on it and that they are from a reputable source. You can hover your mouse over the link and see where it is really going to take you. Links can say one thing however they can actually "link" you to another malicious site. The general rule of thumb is that if it seems too good to be true it probably is. By clicking on these links you can be allowing your system to be vulnerable and open to viruses and hackers. If you have been sent a link that appears to be from your bank, utilities company or a service provider it is safe practice to open a new web page and manually type in their web address or use your own favourites to access their site to ensure that you are not misdirected to any malicious sites. Also it is worth calling the company to query the emails validity. Currently there are a number of reports where hackers are hacking into companies servers/systems and reissuing falsely amended client invoices previously sent via email. The hackers are changing the banking details of the invoice to the banking details accessible by the hackers. The emails may state that there was an error on the original invoice and therefore they are reissuing it. Clients are paying or repaying the invoices unaware of the change of banking details. If you receive a reissue for an invoice it is worth contacting the company to confirm the legitimacy of the email. Also if their banking details are different from what you have previously used for that business it is worth confirming the change with the company also. It is worth the time and inconvenience to ensure the money that you hand over goes to the correct bank account/recipient.

Protect yourself

Most scammers contact people by phone or on the internet. Three easy ways you can protect yourself:

- hang up when someone you don't know calls to fix your computer remotely or with a special offer and asks for personal information
- immediately delete emails from people you don't know, and from agencies or businesses that you didn't agree to receive emails from
- never send money online to someone you haven't met in person.

Visit the SCAMwatch website for more tips to protect yourself and to check for alerts about current scams being reported in Australia.

Warning signs

Scammers are experts in gaining trust but there are often warning signs:

- Someone you don't know, and can't check on, asks for bank details over the phone.
- You win a lottery you never entered.
- You get an email about claiming an inheritance from a long lost relative.
- Emails may have poor English or incorrect grammar.
- You feel pressured to 'sign up' straight away.
- The caller wants to connect to your computer remotely to fix it.
- Someone you know online, but haven't met in person, wants to borrow money.

There are still scammers that are purporting to be ATO employees that will phone you demanding outstanding tax debts. These scammers will tell you that they are part of the collections area and that you owe money and if you do not agree to pay that amount within a very limited time frame they will have you arrested or prosecuted. They will also provide a phone number to call back on should they leave a message.



Don't fall for



SCAM ALERT

My advise is that if you get any phone calls from someone purporting to be from the ATO please look up the ATO phone number and call one of their listed numbers. If there is a department or name that has been quoted you can reference that to get to the right department if the call is legitimate or you can query your tax file number account to ensure that your account is in fact in order. If you are in doubt about an interaction you have had with someone claiming to be from the ATO, or you think you have fallen victim to an ATO Impersonation scam, you can call us on 1800 008 540 between 8:00am–6:00pm Monday to Friday to verify.

If you have provided your tax file number (TFN) to someone who should not have it, or you suspect someone is misusing your TFN, phone our Client Identity Support Centre on 1800 467 033 so we can discuss the best way to protect your tax account.

If you receive a suspicious email claiming to be from the ATO:

- ◆ do not click on any links, open attachments or respond
- ◆ forward the entire email to ReportEmailFraud@ato.gov.au
- ◆ delete any record of the scam email from your account.

you can see from the stats on the right of this page how much money and how many reports have been lodged just in the month of July. The stats also show that over 65's are targeted and scammed than any other age bracket. So please stay vigilant with your personal details and with any communication you may receive from unknown sources.

'Can you hear me?' phone scam reaches Australia

Making its way around the globe.

The new 'Can you hear me?' phone scam is a phone scam that tricks an individual into saying "yes" in order to record their voice to authorise financial charges has made its way to Australia.

The "can you hear me?" scam appears to have first originated in the United States late last year, and grew in frequency throughout that country as well as the UK in 2017.

It begins with a call from a scammer impersonating a representative from a legitimate organisation that may be familiar to the recipient, like a bank or utility.

After the introduction, the scammer asks the recipient whether they can be heard clearly, and then records the consumer's "yes" response in order to obtain a voice signature.

The intention, according to the US Federal Communications Commission, is to use this voice signature to later authorise fraudulent charges by telephone.

"If you receive this type of call, immediately hang up. If you have already responded to this type of call, review all of your statements such as those from your bank, credit card lender, or telephone company for unauthorised charges," the FCC advised last month.

Police in Mackay in Queensland say they have received recent reports of the scammers operating in Australia.

The force said it believed the scam to be "hitting many areas" across the state and advised Queenslanders to spread the word and hang up immediately if they receive a suspect phone call.

The police agency also urged anyone who has fallen victim to the scam to contact the national identity and cyber support service on 1300 432 273 Mon-Fri 8am—5pm AEST or online at <https://www.idcare.org/get-help-now>.

Urban myth debunking site Snopes has classified the scam as unproven, given the scenarios in which a scammer could authorise charges by simply using a recording of someone else's voice are unclear.

It also says there are no documented cases of people having lost money after responding 'yes' to the call.

However, others have noted that a 'yes' voice signature could also be used in other ways, like to sign a victim up for an unwanted service and then threaten them with legal action if they refuse to pay.

Scam Statistics for July 2018

Amount lost

\$12 787 691

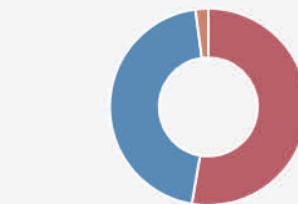
Number of reports

14 764

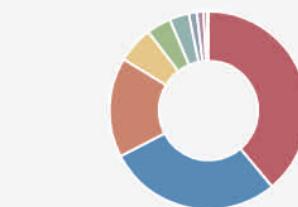
Reports with financial losses

10.1%

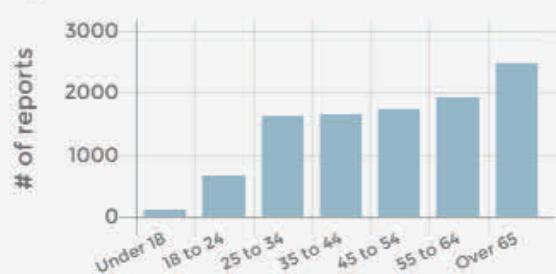
Gender



Delivery method



Age



Re-assessments

Service User 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. Service User 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.

To ensure that you know that we are genuine our volunteers will quote your personal code of . These re-assessments should only take about 30 minutes to confirm your information and update any information that needs updating as well as reviewing the services you currently receive and identify any additional services that you may require.



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



MICROWAVE
CUTLERY
SPONGE
BRUSH
FRIDGE
MOP
BREADMAKER
TOASTER
BLENDER
COFFEE MAKER
PLATES
DISHWASHER
RADIO
OVEN
STOVE
SINK

Puzzle corner answers

Sudoku

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

Jul & Aug Birthdays

Anne Brearley	John Kennedy	Paulette Alexander
Barbara Cooper	John Takats	Pina Niblock
Betty Burgess	Joseph Smiech	Reta Pratt
Betty Stevens	Josephine Caruso	Rhonda Bockman
Carmen Cauchi	Kevin Curtis	Rose Bonnello
Charlie Caruana	Kevin Jackaman	Rose Vella
Charlie Mifsud	Kitty Chetcuti	Rosemary Childs
Charlie Scicluna	Liliana Gobbo	Ross Collins
Christine Churchill	Lina Mifsud	Ruth Daws
Claudine Abela	Margaret Mifsud	Shirley Cowling
Connie Borg	Marguerite Turner	Shirley Todd
Dean Newchurch	Marilyn Philbey	Shokry George
Dot Bartolo	Marlene Amos	Shona Brookshaw
Evie Milne	Mary Jones	Sophie Dimitriadis
George Craus	Maureen Maaser	Tessie Agius
Helen Camilleri	Maxine Cadd	Theresa Gordon
Helen Ryan	Mildred Castle	Thomas O'Connor
Ian Thomson	Mirek Szokalski	Trevor Deacon
Imre Tompai	Nancy Levato	Val Teagle
Irma Barkla	Nancy Whittingham	Valerie Thomson
Janet Marron	Natalie Moore	Vas Klemenko
Jean Denison	Nina Abela	Victor Mansuetto
Jean Hanson	Pamela Irish	Violet Defelice
Jeanne Avgoulas		
Jennifer Richardson		
Jenny Cates		



2018 - WINTER MENU

Ph: 8241 0266

Meals Service

WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Chicken & Corn Soup (LG)	Pumpkin & Potato Soup (LG) OR	Mushroom Soup (LG) OR	Minestrone Soup OR	Sweet Potato & Bacon Slice	Vegetable Soup (LG) OR
	Cauliflower Fritters w SCS	Carrot, Cheese & Chive Muffin	Vegetable Frittata (LG)	Beef Meatballs & Veg OR	Turkey Carbonara	Spinach, Bacon & Cheese Tart Crumbed Fish & Veg OR
MAIN	Chicken Schnitzel & Veg	Lamb Ragu & Pasta OR	Maltese Beef Pie	Dijon Mustard Chicken & Veg		
	OR	Roast Pork & Veg (LG)	Stuffed Chicken Breast & Veg (LG)	Custard Tart		
DESSERT	Pear & Walnut Cake ***	Fruit Salad*(LG)	Pears & Choc Mousse (LG)			Maltese Fruit Cake & Custard***
WEEK 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Vegetable Risoni Soup OR	Lentil Soup (LG) OR	Cauliflower Soup (LG) OR	Sweet Potato Soup (LG) OR	Potato & Corn Chowder OR	
	Caramelised Onion & Cheese Tarts	Pasty Slice	Savoury Muffin	Egg, Potato, Bacon Rosti	Turkey & Cranberry Rolls	
MAIN	Lamb Stew (LG)	Lemongrass Chicken & Rice OR	Chicken Cottage Pie (LG) OR	Lasagne OR	Baked Fish w Cherry Tomatoes & Olives & Veg (LG)	
	OR	Beef Sausages & Veg	Roast Lamb & Veg (LG)	Chicken, Broccoli & Cashew Stirfry ***	OR	
DESSERT	Fruit Salad*(LG)	Apple & Peach Brown Betty	Fruit Fool (LG)	Irish Apple Cake	Shepherd's Pie (LG)	Apricot Crumble
WEEK 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Broccoli Soup (LG)	Pumpkin Soup (LG) OR	Carrot Soup (LG) OR	Turkey Meatball & Veg Soup OR	Zesty Vegetable & Rice Soup (LG) OR	
	OR	Pizza Muffin	Asian Style Turkey Rissoles	Pumpkin Scones	Cheese Bacon & Pasta Slice	
MAIN	Beef & Mushroom Pie	Baked Chicken Breast & Veg (LG) OR	Sausage & Veg Casserole (LG) OR	Vegetable Korma & Rice (V) OR	Tuna Patties & Veg OR	
	OR	Sesame Lamb & Noodles	Thai Chicken Fillets & Veg (LG)	Veal Parmigiana & Veg (LG)	Spaghetti Bolognese	
DESSERT	Creamed Rice (LG)	Fruit Salad*(LG)	Lemon Meringue Tart	Cheesecake		Bread & Butter Pudding
WEEK 4		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Primavera Soup (LG)	Pea & Ham Soup (LG) OR	Chicken Noodle Soup OR	Potato & Leek Soup (LG) OR	Beef & Barley Soup (LG) OR	
	Sausage Rolls	Fish Cakes w Tartare Sauce	Spinach, Feta & Tomato Slice	Quiche Tarts	Vegetable Pasta in a Rosé Sauce	
MAIN	Beef Stroganoff & Pasta OR	Corned Silverside & Veg (LG) OR	Pork Schnitzel & Veg OR	Roast Turkey & Veg (LG) OR	Battered Fish & Veg OR	
	Zucchini Slice	Butter Chicken, Veg & Rice	Steamed Fish w Capers & Veg (LG)	Beef Stew (LG)	Chicken Chasseur (LG)	
DESSERT	Fruit Salad*(LG)	Rhubarb & Apple Crumble	Chocolate Pudding	Banana Cake ***		Butterscotch Pudding

*Not available for frozen orders - ***Dessert frozen without Custard - (LG) Gluten Free – May contain traces of Gluten - ***Contains Nuts

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
FASTFOOD
LETTUCE
ROLLS
STEAK
SPAGHETTI
ONION
BUTTER
TUNA
RADISH
HOTDOG
SALAD
FRUIT
HAM

ComParrot

by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



Solution: 1. Part of flower is missing. 2. Giraffe's horn is hidden. 3. Spot on giraffe's neck is missing. 4. Inside of giraffe's ear is different.

5. Giraffe's tail is colored in. 6. Giraffe's ear is hidden. 7. Heart pattern on flower box is colored in. 8. Spot on giraffe's ear is different.

9. Cloud has moved. 10. Pull out blind has moved. 11. Drawing in tree leaves has moved. 12. Giraffe's ear is different.

Puzzle Corner

Sudoku

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

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 \$15.00 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
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: **Madeleine Williams**

Birth Place: Adelaide

Position at MACASA: Services Manager

Star Sign: Aquarius

Siblings: 1 Sister and 1 Brother

Marital Status: Married

Children: Son

High School: Salisbury East High

Started at MACASA: 2014

Favourite Colour: Blue

Food: Roast & BBQ

Movie: The Gift

Actor: Channing Tatum & Melissa McCarthy

Song: A Sky full of Stars

Singer: Joss Stone

Group: Cold Play & Maroon 5

TV Show: My Kitchen Rules

Hobbies: Woodworking

Sports Played: Netball

Most Memorable Moment: Donating a kidney to my Brother

Favourite Work Place: MACASA

