



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**

PHONE

(08) 8241 0266

MOBILE

0412 014 313

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 30

April 2018

Hello Service User,

Already the start of this year has flown by, Easter is around the corner and we are now well into 2018.

Please make sure that you look at our 2018 events page for our upcoming events from April through to June on page 2 for venue changes. Our Cheltenham lunches for the next few months will not be held in the Cheltenham Community Centre Hall. The Cheltenham Community Centre hall is having an urgent repair to the ceiling which needs to be replaced. The Charles Sturt Council engineers have advised that this maintenance will take at least three (3) months at this stage. Once they are further into the repair this time may be extended or hopefully shortened.

In previous communications we have asked clients who have not been through My Aged Care to please contact them and request an assessment to obtain their My Aged Care AC number and provide it to us. I would like to thank all those clients that have been able to do this so far. For clients who have obtained an AC no but have not as yet advised the office of their number can you please contact the office and do so. For the clients that have not as yet been able to contact My Aged Care there is no longer a requirement for you to complete this. We have been advised that MACASA can do this on your behalf and obtain an AC no without an Assessment being performed by My Aged Care. Service User we will start working on this over the next few months so if you receive notification from My Aged Care of your AC number can you please contact the office and provide it.

I will be on leave for the week prior to Easter so Service User I would like to wish you and your families all a safe and Happy Easter.



Warm Regards,
Madeleine.

2018 Events

Service User, please see below for our events over the next 3 months. Please note that the Cheltenham Community Centre is having repairs to its hall ceiling and therefore we are unable to use the centre for at least our next 3 lunches. The repairs may take longer, however we will not know until they are further progressed with the repairs. We have noted below the changes to our events for the next few months so please check with the office for venues. 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.

With the changes to the venue for the Cheltenham lunches it is essential that you book your attendance for the next 3 months as there will be limited numbers—don't miss out on attending.

11th Apr — Bus Trip — Barossa — ***Booking is essential***

18th Apr — Luncheon — ***TBA — Call for details — Booking is essential***

7th May — Luncheon **Salisbury** RSL Orange Ave Salisbury

14th May — Luncheon **The Southern** 1509 South Road St Marys

23rd May — Luncheon — ***Dolphin Explorer — Booking is essential***

30th May — Bus Trip — Hahndorf—Farm Barn & Old Mill for Lunch

4th Jun — Luncheon **Salisbury** RSL Orange Ave Salisbury

13th Jun — Bus Trip — Pryor's on the Fleurieu — ***Booking is essential***

18th Jun — Luncheon **The Southern** 1509 South Road St Marys

27th Jun — Luncheon — ***TBA — Call for details — Booking is essential***



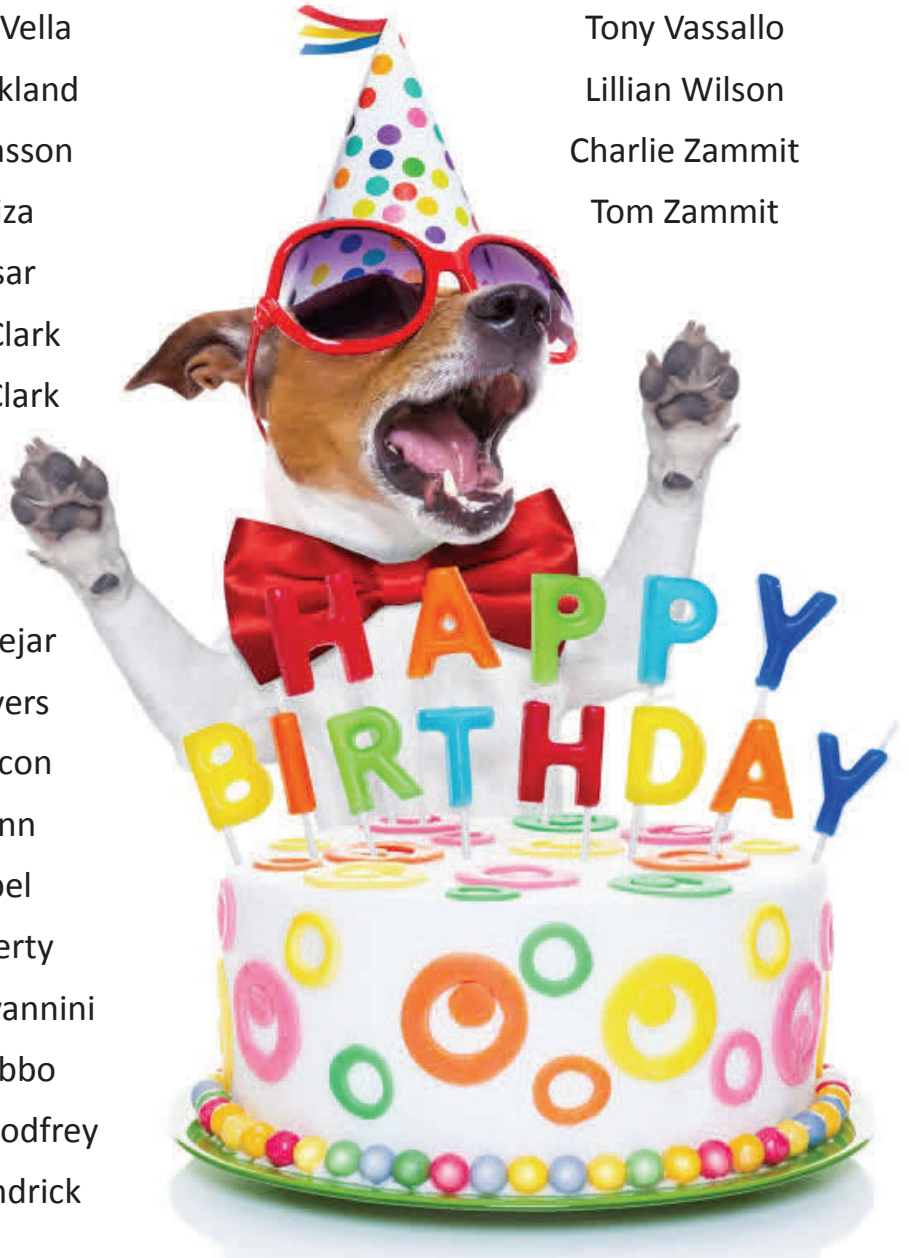
Jan & Feb Birthdays

Robin Collett	Helen Taylor	Audrey Jackson	Helen English
Diana Spiteri	Charlie Vidal	Mary Le Leu	Jack Falk
Luba Temnoff	Connie Vidal	Zena Molinari	Maria Falzon
Lynette Fryar	William Bell	Joe Pappalardo	Lilian Girglin
Melanie Norton	Alan Brenton	Carmen Tabone	Filomena Girolamo
Aaron Powell	Lorna Carr	Theresa Vassallo	Marie Gisen
Shirley Copley	Theresa Caruana	Tony Vassallo	Percy Grosser
Zahira Hamood	Angela Constable	Mauricio Zelaya	Molly Haskard
Leli Saliba	John Dodd	Vince Abela	Darlene Ho
Concetta Scarinci	Hugh Fisher	Bob Alexander	Lyn Howard
Maureen Simpson	June Gallagher	Bill Allard	Yvonne Jackaman
Anna Stefanino			Elena Karnauch
Kay Abbott			Betty Loveder
Michelle Agius			Flora Mccourty
Lilly Attard			Judith Mcphee
John Axisa			Gregory Mihailoff
Nan Beard			Jacqueline Najjar
Gianni Bonnici			Daphne Pollard
Carmen Briffa			Marlene Prince
Furta Camilleri	Gladys Long	Joan Allard	Terence Reynolds
Jessie Caruana	Thelma Masters	Lora Baldacchino	Marilyn Robertson
Nella Cremona	Nonfunded	Ken Bartel	Mary Sammut
John Fabri	Colin Scott	Joe Bell	Lorraine Sansome
Jimmy Farrugia	Nora Varcoe	Helen Borg	Gina Sassine
Salvu Fenech	Josephine Verhoef	Les Brooking	Vincenzo Scali
Thurza Guthrie	Alice Willoughby	Gloria Buhagiar	Joyce Selvatico
Brenda Harrison	Maria Arena	Don Caruso	Brigitte Stanford
Nell Hollitt	Francis Busuttill	Juliana Coates-Whitson	Ivan Temnoff
Nancy Lampre	Valerie Busuttill	Elizabeth Cociani	Margaret Townsend
Denise Magee	Theresa Camilleri	John Connell	Suan Quag Tran
Betty Mclatchie	Bob Carter	Mary Connell	Carmen Vining
Louise Norris	Ricky Coure	Brian Cox	Coral Wilson
Teresa Parker-Elliot	Jasmine George	Nick Cutejar	Win Wride
Cynthia Repo	Philies Hatvani	Peter Dodworth	Margaret Wright
Anne Seed	Patricia Henderson	Janet Egan	Tonya Zammit



Mar & Apr Birthdays

Maria Busutill	Jean Griffiths	Patricia Harmer	Len Pike
David Balogh	Frank Grima	Neil Hubbard	Salvatore Raco
Tony Bayadi	Doris Pace	Annie Lawson	Marie Saad
Anne Beauchamp	Elvira Transini	Kenneth Linford	Olivia Schollar
Josie Cauchi	Joyce Young	Christine Mackenzie	Merle Skewes
Dawn Ferguson	Raymond Charlton	Peter Mcconnachy	Francis Spiteri
Patrick Footman	Fay Duncan	Melva Michaelis	Anna Szokalski
Lynne Thorp	Branislav Jaksic	Gwen Minge	Violet Takats
David Wells	Kenneth Jones	Florence Monaghan	Kathleen Tolhurst
Maera Zahra	Annette Moretti	Barbara Mutton	Bernadette Tadini
Catherine Bartolo	Catherine Vella		Tony Vassallo
Mary Caruana	Carolyn Ackland		Lillian Wilson
Helen Pitsillou	Val Andreasson		Charlie Zammit
Carmen Saliba	Harry Biza		Tom Zammit
Kaethe Schulze	Joe Cassar		
Brigitte Antoniou	Graeme Clark		
Horest Bianco	Terence Clark		
George Bonnici			
Mary Borg			
Tom Borg			
Mary Bugeja	Doris Cutejar		
Theresa Buhagiar	Kay Danvers		
Connie Caruana	Pam Deacon		
Dawn Deuter	Pam Dunn		
Shirley Erickson	Sofia Ebel		
Marlene Farrugia	Ron Flaherty		
Barbara Fava	Asunta Giovannini		
Tony Fava	Ennio Gobbo		
Carmen Ford	Rosemary Godfrey		
Max Gray	Martin Handrick		



Re-assessments

We would like to remind all of our clients Service User, 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

Easter Raffle

Make sure you get a ticket in our Easter raffle which will be drawn on Wed 28th March at the West Luncheon. Tickets will be on sale at the luncheon and drawn on the day. There are 3 prizes of Lindt chocolates with a total valued of \$100.

Tickets \$1.00 ea



Word Search



tzefat
efrat
meggido
bethlehem
jerusalem
lachish
gilboa
sedom
hebron
betshean
beersheva
shilo

Puzzle Corner Answers

Sudoku

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



MACASA
Meals Service

2017/18 - SUMMER MENU

Ph: 8241 0266

Until May 2018

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Pea & Ham Soup (LG) OR Frittata	Potato & Leek Soup (LG) OR Rhi's Chick Pea Salad* (LG)	Beef & Barley Soup OR Carrot, Cheese & Chive Muffin	Cauliflower Soup OR Pasta Salad*	Vegetable Risoni Soup OR Corn Fritters w Sweet Chilli
MAIN	Chicken Chasseur & Veg OR Shepherd's Pie	Roast Turkey & Veg (LG) OR Spaghetti Bolognese	Pork Schnitzel & Veg OR Baked Chicken Breast & Veg (LG)	Chicken Stir fry OR Beef Sausages & Veg	Crumbed Fish & Veg OR Calabrese Lasagne & Salad*
DESSERT	Apricot Crumble	Fruit Salad* (LG)	Cheesecake	Cherry Cake	Lemon Meringue Tart

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Chicken & Corn Soup (LG) OR Tossed Salad w Egg & Cheese* (LG)	Pumpkin Soup (LG) OR Sausage Rolls	Pasta Fagirole Soup OR Chicken & Sesame Slaw* (LG)*	Chicken Noodle Soup OR Savoury Muffin	Vegetable Soup (LG) OR Pizza Tarts
MAIN	Lamb w Sesame Seeds & Noodles OR Chicken Schnitzel & Veg	Chicken Cottage Pie (LG) OR Corned Beef Salad w Marmalade Dressing*	Fish Pie w Three Veg OR Beef Meatballs & Veg	Roast Pork & Veg (LG) OR Zucchini Slice	Steamed Fish w Capers & Veg (LG) OR Chicken Salad w Mango Chutney & Yoghurt*
DESSERT	Fruit Salad* (LG)	Berry Pudding	Sago Pudding w Plum Sauce	Apple Crumble	Bread & Butter Pudding

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Sweet Potato, Carrot & Bacon Soup (LG) OR Caramelised Onion & Cheese Tart	Primavera Soup (LG) OR Bean & Rocket Salad*	Pumpkin & Potato Soup (LG) OR Cheese, Bacon & Pasta Slice	Lentil Soup (LG) OR Coconut & Lemongrass Chicken Salad*	Mushroom Soup (LG) OR Sweet Potato & Bacon Slice
MAIN	Sausage & Veg Casserole (LG) OR Baked Fish w Cherry Tomatoes, Olives & Veg (LG)	Roast Lamb & Veg (LG) OR Baked Macaroni	Veal Parmigiana & Veg OR Chicken Casserole (LG)	Dijon Mustard Chicken & Veg OR Corned Silverside & Veg	Italian Tuna Pasta OR Beef Lentil Bake w Salad*
DESSERT	Irish Apple Cake	Fruit Salad* (LG)	Chocolate Pudding	Cheesecake	Pear & Choc Mousse (LG)

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE	Tomato Soup (LG) OR Corn, Avocado & Chickpea Salad*	Broccoli Soup (LG) OR Spinach, Bacon & Cheese Tart	Sweet Potato Soup (LG) OR Potato, Egg & Bacon Salad*	Chicken Broth (LG) OR Pasty Slice	Carrot Soup (LG) OR Tossed Salad w Egg & Cheese (LG) *
MAIN	Lemongrass Chicken & Rice OR Beef Stroganoff & Pasta	Roast Beef & Veg (LG) OR Tuna Mornay	Meatloaf & Veg OR Chicken & Leek Casserole	Beef Schnitzel & Veg OR Thai Chicken Fillet & Veg (LG)	Battered Fish & Veg OR Quiche & Salad*
DESSERT	Fruit Salad* (LG)	Fruit Fool (LG)	Creamed Rice (LG)	Pear & Walnut Cake	Scones w Jam & Cream

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

Word Search

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

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

Puzzle

Sudoku

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

ComParrot
by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?

Solution: 1. Cloud is missing. 2. Part of umbrella is missing. 3. Triangle pattern on bucket is missing. 4. Center of starfish is missing. 5. Sail on boat is colored in. 6. Stripe on towel is missing. 7. Palm tree on cliff has moved. 8. Dolphin in water has moved. 9. Shell has moved. 10. Flag on boat is reversed. 11. Surfer is facing opposite direction. 12. Tail on iguana design is different.

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.

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 hot & 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

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: **Sharon Hudson**
Birth Place: Broken Hill
Occupation: Team Leader: Meals & Volunteers
Star Sign: Libra
Siblings: 1 Brother
Marital Status: Single
Children: Nil
High School: Broken Hill High School
Started at MACASA: 2015
Favourite Colour: Green
Food: Thai, Italian, Greek, Indian & BBQ
Movie: Strictly Ballroom & Finding Neverland
Actor: Matt Damon
Song: Hallelujah—Elvis Presley
Singer: Ed Sheeran & Adele
Group: Beatles
TV Show: Game of Thrones, Suits & My Kitchen Rules
Hobbies: Sewing, Painting & Cooking
Sports Played: Netball, Tennis, Squash, Basketball & Swimming
Most Memorable Moment: Travelling overseas
Favourite Work Place: MACASA

