



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.malteseagedcare.org.au](http://www.malteseagedcare.org.au)

### EMAIL

[reception@malteseagedcare.org.au](mailto: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](http://www.health.gov.au))  
for more information"*

# BULLETIN

VOLUME 9\* ISSUE 26

June 2016

Hello Service User,

Service User I would like to forward a sincere thank you from MACASA and the Australian Aged Care Quality Agency to all of our clients and volunteers who participated in our quality review, performed by Cassandra and Catherine, on May 31st. We received a lot of great feedback from our clients and volunteers about the service that we provide and your

assistance was appreciated. Your continued feedback regarding the service that you receive is always encouraged, so that together, we can continue to create and deliver a better service for you.

Service User currently we still have funding available for additional services such as domestic assistance, meals, transport and social support (individual and group). Service User if you require any assistance with your household tasks, getting out to the shops or out to pay your bills then we may be able organise some domestic assistance, social support or transport for you so please call the office on 8241 0266 and speak with us to see how we can assist you.

Service User if you would like to attend any of our outings or luncheons we would love you to see you there. As you will see on page 2 we have 3 luncheons per month and a bus trip or activity bi monthly. If there is a destination you would like to visit on a bus trip or an activity you would like to do please let us know so we can look at planning it for you.

Service User if you are one of our Aged Care clients please see the Charter of Care Recipients' Rights and Responsibilities on page 4 and 5 to ensure that you are aware of your rights and responsibilities regarding your service with MACASA and the Community Home Support Programme funding.

And Service User make sure that you check out the back page and get to know the staff and volunteers of MACASA. Each month we will do a profile on one of our staff or volunteers so you can get to know the people that work hard to bring you the best service they can.

Service User stay safe and warm with the colder days and nights fast approaching.



Warm Regards,  
Madeleine.

# 2016 MACASA ACTIVITIES

Please see below the dates and details for our Monthly Luncheons and other Activities. **Bookings are essential** so call Sue on **8241 0266** to book your seat to attend any of our activities. If you require transport to any of our events please ask us when you make your booking, our buses can pick you up from home in the morning and then drop you home again in the afternoon.

## Monthly Activity Groups...

### JUNE

Monday	6	North Monthly Luncheon – RSL Salisbury
Wednesday	15	Activity Day – Movies at Mitcham (see page 6)
Monday	20	South Monthly Luncheon – Racquets St Marys
Wednesday	29	West Monthly Luncheon - Cheltenham Feast of Saint Peter & Saint Paul – L-Imnarja

### JULY

Monday	4	North Monthly Luncheon – RSL Salisbury
Monday	11	South Monthly Luncheon – Racquets St Marys
Wednesday	20	West Monthly Luncheon – Cheltenham

## Bookings are Essential

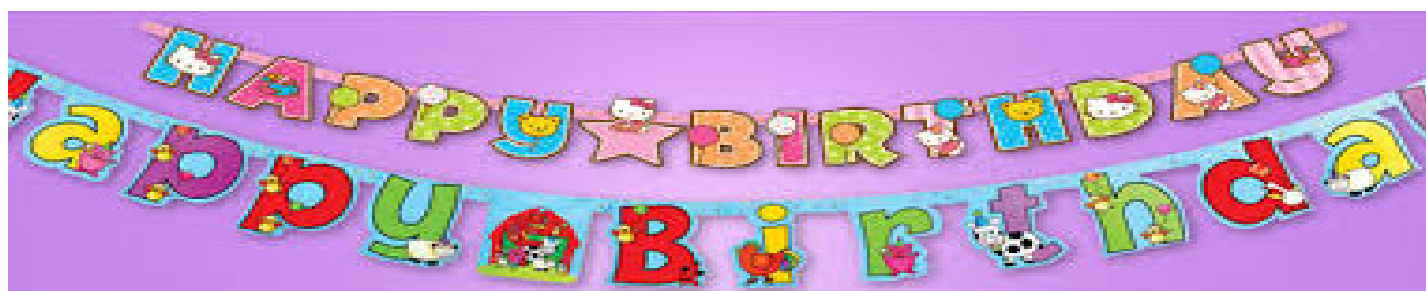
# June & July Birthdays

Susan Shelley  
Danica Zujic  
Keven McGregor  
Ioanna Giorgas  
Sharon Bayadi  
Mary Ciantar  
Gladys Wingard  
Margaret Colegate  
Kevin Jackaman  
Blair Goldberg-McPherson  
Charles Gatt  
Shokry George  
Carmelina Mifsud  
Jennifer Richardson  
Carmela Barbara  
Helen Ryan  
Mavis Unger

Taylor Russell  
Therese Smart  
Maxwell Moyle  
Tony Graham  
Anna Zumbo  
Thomas Cripps  
France Seychell  
Thomas Granger  
George Craus  
Ronie Churches  
Victor Mansuetto  
Rhonda Bockman  
Catherine Granger  
Jeanne Avgoulas  
Hermina Pranic  
Jane Agius

Mark Sammut  
Mitzie Moyle  
Lawrence Purtle  
Flora Massey  
Liberio Cociani  
Melda Axisa  
Pam Shaw  
Ruth Daws  
Rose Bonnelo  
Luigi Madonna  
John nedy  
Janet Marron  
Jean Denison  
Natalie Moore  
Antonia Scerri  
Tony Caruana

Judy Ann Chapman  
William Taylor  
Violet Mizzi  
Wendy Chataway  
Carmelo Baldacchino  
John O'Brien  
Carmen Bianco  
Wayne Frith  
Marnie Homan  
Val Tagle  
Joseph Smiech  
Marguerite Turner  
Carmelo Caruana  
Pena Niblock  
Carmen Cauchi  
David Sheahan



# YOU ARE INVITED

**ALL CLIENTS AND MEMBERS ARE INVITED  
AND ENCOURAGED TO ATTEND.**

**WEDNESDAY 29 JUNE, MACASA WEST LUNCHEON AT THE  
CHELTENHAM COMMUNITY CENTRE.**

**WE WILL BE CELEBRATING THE FEAST OF SAINT PETER AND  
SAINT PAUL L-IMNARJA WITH A SPECIAL LUNCHEON.**

**TRANSPORT IS AVAILABLE FOR \$9 RETURN.  
CLIENTS CAN BE COLLECTED FROM HOME IN THE MORNING  
AND RETURNED IN THE AFTERNOON.**

**Bookings are essential through Sue 8241 0266.**

## **The feast of St Peter and St Paul L-Imnarja**

The Feast of Mnarja, or l-Imnarja (pronounced lim-nar-ya) is one of the most important dates on the Maltese cultural calendar. Officially, it is a national festival dedicated to the feast of Saints Peter and St. Paul. In fact its roots can be traced back to the pagan Roman feast of Luminaria (literally, "the illumination"), when the early summer night of June 29 was illuminated by torches and bonfires. A national feast since the rule of the Knights, Mnarja is a traditional Maltese festival of food, religion and music. The festivities still commence today with the reading of the "bandu", an official governmental announcement, which has been read on this day in Malta since the 16th century. Originally, Mnarja was celebrated outside St. Paul's Grotto, in the north of Malta; however, by 1613 the focus of the festivities had shifted to the Cathedral of St. Paul, in Mdina, and featured torchlight processions,



the firing of 100 petards, horse races, and races for men, boys and slaves. Modern Mnarja festivals take place in and around the woodlands of Buskett, just outside the town of Rabat.

It is said that under the Knights, this was the one day in the year when the Maltese were allowed to hunt and eat wild rabbit, which was otherwise reserved for the hunting pleasures of the Knights. The close connection between Mnarja and rabbit stew (Maltese: "fenkata") remains strong today. In 1854 British governor William Reid launched an agricultural show at Buskett which is still being held today. The farmers' exhibition is still a seminal part of the Mnarja festivities today.



# Charter of Care Recipients' Rights and Responsibilities – Home Care

*Aged Care Act 1997, Schedule 2 User Rights Principles 2014  
(amended on 1 July 2015)*

## 1 Care recipients' rights - home care

### *General*

- (1) Each care recipient has the following rights:
  - (a) to be treated and accepted as an individual, and to have his or her individual preferences respected
  - (b) to be treated with dignity, with his or her privacy respected
  - (c) to receive care that is respectful of him or her, and his or her family and home
  - (d) to receive care without being obliged to feel grateful to those providing the care
  - (e) to full and effective use of all human, legal and consumer rights, including the right to freedom of speech regarding his or her care
  - (f) to have access to advocates and other avenues of redress
  - (g) to be treated without exploitation, abuse, discrimination, harassment or neglect.

### *Consumer Directed Care - choice and flexibility*

- (2) Each care recipient has the following rights:
  - (a) to be supported by the approved provider:
    - (i) to set goals in relation to the outcomes he or she seeks from home care
    - (ii) to determine the level of ongoing involvement and control that he or she wishes to have in the provision of the home care
    - (iii) to make decisions relating to his or her own care
    - (iv) to maintain his or her independence as far as possible
  - (b) to choose the care and services that best meet his or her goals and assessed needs and preferences, within the limits of the resources available
  - (c) to have choice and flexibility in the way the care and services are provided at home
  - (d) to participate in making decisions that affect him or her
  - (e) to have his or her representative participate in decisions relating to his or her care if he or she requests it or if he or she does not have capacity.

### *Consumer Directed Care - care and services*

- (3) Each care recipient has the following rights:
  - (a) to receive reliable, coordinated, safe, quality care and services which are appropriate to meeting his or her goals and assessed needs
  - (b) to be given before, or within 14 days after, he or she commences receiving home care, a written plan of the care and services that he or she expects to receive
  - (c) to receive care and services that take account of his or her other care arrangements and preferences
  - (d) to ongoing review of the care and services he or she receives (both periodic and in response to changes in his or her personal circumstances), and modification of the care and services as required.

### *Consumer Directed Care - individualised budget and monthly statement of available funds and expenditure*

- (3A) Each care recipient has the following rights:
  - (a) to receive an individualised budget for the care and services to be provided
  - (b) to have his or her individualised budget reviewed and, if necessary, revised if:
    - (i) the care and services to be provided, or the costs of providing the care and services, change; or
    - (ii) he or she requests the approved provider to review and, if necessary, revise the individualised budget
  - (c) to receive a monthly statement of the funds available and the expenditure in respect of the care and services provided during the month.

### *Personal information*

- (4) Each care recipient has the following rights:
  - (a) to privacy and confidentiality of his or her personal information
  - (b) to access his or her personal information.

### *Communication*

- (5) Each care recipient has the following rights:
  - (a) to be helped to understand any information he or she is given
  - (b) to be given a copy of this Charter
  - (c) to be offered a written agreement that includes all agreed matters
  - (d) to choose a person to speak on his or her behalf for any purpose.

### *Comments and complaints*

- (6) Each care recipient has the following rights:
  - (a) to be given information on how to make comments and complaints about the care and services he or she receives
  - (b) to complain about the care and services he or she receives, without fear of losing the care or being disadvantaged in any other way
  - (c) to have complaints investigated fairly and confidentially, and to have appropriate steps taken to resolve issues of concern.

### *Fees*

- (7) Each care recipient has the following rights:
  - (a) to have his or her fees determined in a way that is transparent, accessible and fair
  - (b) to receive invoices that are clear and in a format that is understandable
  - (c) to have his or her fees reviewed periodically and on request when there are changes to his or her financial circumstances
  - (d) not to be denied care and services because of his or her inability to pay a fee for reasons beyond his or her control.

## **2 Care recipients' responsibilities - home care**

### *General*

- (1) Each care recipient has the following responsibilities:
  - (a) to respect the rights of care workers to their human, legal and workplace rights including the right to work in a safe environment
  - (b) to treat care workers without exploitation, abuse, discrimination or harassment.

### *Care and services*

- (2) Each care recipient has the following responsibilities:
  - (a) to abide by the terms of the written home care agreement
  - (b) to acknowledge that his or her needs may change and to negotiate modifications of care and service if his or her care needs change
  - (c) to accept responsibility for his or her own actions and choices even though some actions and choices may involve an element of risk.

### *Communication*

- (3) Each care recipient has the following responsibilities:
  - (a) to give enough information to assist the approved provider to develop, deliver and review a care plan
  - (b) to tell the approved provider and their staff about any problems with the care and services.

### *Access*

- (4) Each care recipient has the following responsibilities:
  - (a) to allow safe and reasonable access for care workers at the times specified in his or her care plan or otherwise by agreement
  - (b) to provide reasonable notice if he or she does not require home care to be provided on a particular day.

### *Fees*

- (5) Each care recipient has the responsibility to pay any fees as specified in the agreement or to negotiate an alternative arrangement with the provider if any changes occur in his or her financial circumstances.

# MOVIES - WED 15 JUNE.

## THE MEDDLER.

Fun loving feel good film of one coming to terms with life and their self in a new form.

"The Meddler" says it all it's a film that's the tale of an aging widow who starts a new path still she wants to meddle in and out of everyone else's life, so this film is feel good and fun yet teaches a lesson to be happy with yourself and accept change. Susan Sarandon is Marnie a New York widow who moves to Los Angeles to start a new life. And soon Marnie involves herself with everything and everyone including her grown daughter Lori's (Rose Byrne) life as she even follows Lori to her work on film and TV sets.

Marnie is a giving character from helping black teenage boys seek their dreams to helping old dying folks at the hospital to having dreams of falling in love with a man and she meets him in the form of Zipper (J.K. Simmons). Thru it all a lot is learned about life and people as Marnie learns she can be to strong and over bearing learning in the end to accept life, people, and things for the way they are.



**YOU MUST BOOK FOR THE MOVIES EXCURSION  
BEFORE 10 JUNE AS NUMBERS ARE LIMITED.  
\$25 PER HEAD WHETHER TRANSPORT IS  
REQUIRED OR NOT.  
BOOK WITH SUE 8241 0266 URGENTLY.**



Australian Government



## New Australian Government funded service supports carers

Every day in Australia, millions of people provide care to a family member, loved one, friend or neighbour who needs help to go about their everyday lives. Carers within the community can be paid or unpaid and in December 2015 the Carer Gateway was launched to provide support to all carers.

Australia's 2.7 million carers now have access to a new service to support them in their caring roles. An initiative of the Australian Government, Carer Gateway provides information about the services and support available for people who care for someone with a disability, chronic illness, dementia, mental illness, or who are frail due to age.

Carer Gateway will provide information for carers online and by phone:

- **Telephone:** Carers can call **1800 422 737** from Monday to Friday between 8am and 6pm for information about services and support available.
- **Website:** A range of information including practical advice on how to care, details about financial and respite support, and how to adjust when caring ends, can be accessed at [www.carergateway.gov.au](http://www.carergateway.gov.au).
- **Service finder:** Carer Gateway website has an interactive service finder to help carers identify local services, including Commonwealth-funded organisations delivering carer support services.

Carer Gateway website also has information for different types of carers including young carers, older carers, working carers, Aboriginal and Torres Strait Islander carers, and culturally and linguistically diverse carers.

This new service does not affect how carers currently access their existing support services.

For more information about Carer Gateway, visit [www.carergateway.gov.au](http://www.carergateway.gov.au).



# 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](http://myagedcare.gov.au)



**centrelink**

Older Australians: 132 300 MyGov: 132 307  
Carers: 132 717 Multilingual Service: 131 202  
[www.humanservices.gov.au](http://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

## Who is MACASA...

Full Name: **Neil Crawford Young**  
Birth Place: Fremantle WA  
Occupation: Kitchen Hand—Volunteer  
Star Sign: Pisces  
Siblings: 1 Brother, 7 Step Sisters & 2 Step Brothers  
Marital Status: Divorced  
Children: 5 — Krystel, Kristie, Katrina, Robert & Ritchie  
High School: Sacramental High WA  
Started at MACASA: August 2011  
Favourite Colour: Blue  
Food: Spaghetti Bolognese  
Movie: Casablanca  
Actor: Humphrey Bogart  
Actress: Ingrid Bergman  
Song: Yesterday  
Singer: Ella Fitzgerald  
Group: Beatles  
TV Show: Dr Who  
Hobbies: Sport & Horse Racing  
Sports Played: Used to play Cricket & Aussie Rules Football  
Most Memorable Moment: Birth of his children  
Favourite Work Place: Darwin Airport—Baggage Handler

