



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

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 Social Services.
Visit the Department of Social Services
website (www.dss.gov.au)
for more information"*

BULLETIN

VOLUME 9 * ISSUE 25

April 2016

Hello Service User,

I hope that all of our beautiful mothers had a lovely Mother's Day on Sunday May 8th.

Service User on May 31st 2016 the Australian Aged Care Quality Agency will be performing a Quality Review on all services that MACASA provides to it's clients. All Community Home Support Program (CHSP) Service Providers are required to demonstrate that they meet the Home Care Standards and services under the Aged Care Act 1997. All Commonwealth funded service providers are required to undergo a quality review every 3 years. During the review the reviewers will contact a selection of clients to receive feedback on the services they receive from MACASA. A letter will be sent out shortly to advise of the process.

Service User if you have not yet attended one of our luncheons we would love to see you at one, and if you have, we would love to see you again and if you don't drive please ask for transport when you phone to book your seat. We provide a 3 course lunch and bingo at Salisbury and Cheltenham for \$8.00 and it is only an extra \$9.00 for transport to and from home. Also the Cheltenham Community Centre has offered the use of the cottage room, at each of the Cheltenham lunches, for any of our gentleman attendees to use after the lunch to play cards, board games (supplied by the community centre) or just to have a chat if bingo isn't your thing.

Early this year, Patrick Pulis contacted MACASA to offer assistance to our clients with his services. Patrick is Maltese and emigrated to Australia in 1969 and was recently appointed by the Governor of South Australia as a Justice of the Peace. Patrick speaks fluent Maltese and would like to assist the Maltese Community of Adelaide with Justice of the Peace voluntary services, on an as required basis. If you require Patricks services please contact the office so that we can arrange a meeting for you.



Service User, May 9-15 is Volunteers Week and I would like to thank all of MACASA's volunteers. MACASA would not be able to provide the great service it provides without the generosity of it's volunteers and their time. Congratulations to Jeff Burg and Tony Vassallo who were both nominated and awarded volunteer commendations from Northern Volunteering (SA) Inc .



Warm Regards,
Madeleine.

2016 MACASA ACTIVITIES

Service User 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...

MAY

Wednesday	18	West Monthly Luncheon - Cheltenham
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JUNE

Monday	6	North Monthly Luncheon - RSL Salisbury
Wednesday	15	Activity Day - TBA
Monday	20	South Monthly Luncheon - Racquets St Marys
Wednesday	29	West Monthly Luncheon - Cheltenham

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

ANZAC Day - Monday 25 April 2016

Monday 25 April ANZAC Day was a time for Australians to come together and remember our past and present service men and women.

Adelaide has the annual ANZAC Day March and the Dawn Service at the SA National War Memorial as well as numerous ceremonies and services.

The Gallipoli Connection

Anzac Day has been commemorated in Malta since 1916. Since 1979 the service has been held at the Pietà Military Cemetery as it contains the highest number of ANZAC war graves in Malta.

The Cemetery is located in Triq Id-Duluri (entrance at the junction of Triq Id-Duluri and Triq Santa Monika) Pietà.

Malta played a significant role in and during the Gallipoli Campaign with many Australians and New Zealand casualties being evacuated to Malta for medical treatment. From the spring of 1915, hospitals and convalescent camps were established on the islands of Malta and Gozo, to deal with the many thousands of sick and wounded from the Gallipoli and Salonika campaigns. Despite the courageous efforts of the doctors and medical staff, some of the casualties could not be saved and they were buried on Malta. Of those buried on Malta there were 202 Australian and 72 New Zealanders.

The Commonwealth war burials in Malta are unlike those found anywhere else. Many joint and collective burials were made as graves had to be cut into the rock underlying the island's shallow earth crust. These graves are usually marked by flat tablets that could take several inscriptions and, for the sake of uniformity; the same type of marker was used for single graves.

The Gallipoli Connection: from the Australian High Commission Malta website: <http://malta.embassy.gov.au/mlta/Anzac.html>





Centre pay is a free and voluntary service to pay bills and expenses as regular deductions from your Centrelink payments.

About Centrepay

Centrepay is a free voluntary bill paying service. Deductions come from your Centrelink payments and can be used to pay many types of bills, such as child care, electricity bills or rent. Controlling your deductions You can start, change or cancel deductions at any time, to meet your needs. There are several features to help you to control your Centrepay deductions:

- setting a target amount so deductions automatically stop when the target amount is reached
- setting an end date so deductions automatically stop at a date in the future - you can set an end date up to 12 months in the future
- changing deduction amounts for a temporary period up to a maximum of 13 weeks from a future Centrelink payday. At the end of the temporary period, the deduction amount will automatically change back to the original amount
- choosing the order in which your bills get paid so they are paid in the order that is important to you
- changing deduction amounts permanently from a future Centrelink payment – this has helped customers with their bills if they increase
- suspending deduction amounts for up to 13 weeks, after this, your deductions restart with the original deduction amount. For example, if you have \$50 per fortnight deducted to pay child care fees but choose to suspend or pause the deduction for 6 weeks when your child isn't in care, it will then begin again after 6 weeks

Centrepay does not charge you

Centrepay is free. We won't charge you to set up, change or stop using Centrepay. Centrelink charges approved Businesses a fee to accept Centrepay payments. They are not allowed to charge you for using Centrepay. If you think this fee has been passed on to you, talk to the Business. If you aren't satisfied with their response, contact Centrelink.

Centrepay can be used to pay all of your MACASA services such as fresh or frozen meals and your domestic assistance invoices. MACASA's Centrepay provider no is **555 117 687C** which can be quoted to your Centrelink representative to initiate a payment schedule. For more information please contact the MACASA office and we can send you a Centrepay brochure or you can contact your local Centrelink office.

Aged Care Financial Solutions with McInerney Barratt

Locating an aged care facility that meets your individual needs can be a difficult task. Having to worry about your finances need not be.

Many issues need careful consideration before any decisions are made:

Will the family home need to be sold?

- Will I lose my pension?
- Is there any government support I can claim?
- Will I be able to afford the facility of my choice?

McInerney Barratt Financial Solutions are Authorised Representatives of MBFS Pty Ltd and have over 16 years experience in the financial services industry specialising in aged care financial planning advice.

Aged Care is a specialised area of financial planning and through their in-depth knowledge and years of experience they are able to provide peace of mind with:

- Providing the best financial options available
- Asset and income testing assessment
- Maximising age pension and other benefits
- Investing excess funds safely.

McInerney Barratt Financial Solutions is an Aged Care preferred Financial Planning Specialist and a gold sponsor of Aged & Community Services SA & NT.

McInerney Barratt Financial Solutions

134 Rose Terrace,
Wayville SA 5034
t: 61 8 8272 1888
e: admin@mbfs.com.au

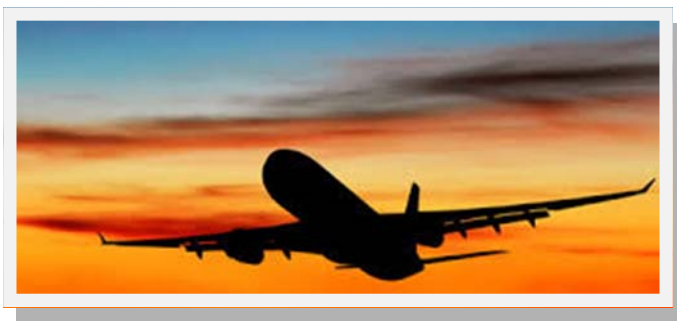
SENIORS TRAVEL TIPS

All travellers should plan carefully to ensure their health and safety while away. However, older people have a few extra concerns.

Pre-trip planning for seniors

Suggestions include:

- Consult with your travel agent for suggestions. For example, many tour operators specialise in accommodating the needs of travelling seniors.
- Find out about the medical facilities in the areas you will be visiting.
- Research important factors such as climate, language and culture.
- Organise travel insurance with pre-existing illness cover if needed.
- If you are concerned about your health, arrange to go on a package tour.
- **Remember that travel health insurance is needed.**



Pre-trip medical check-ups for seniors

- Consult with your doctor for a complete medical check-up. This is especially important if you have coronary heart disease, hypertension or any other chronic condition, or if you have recently undergone surgery or experienced a heart attack.
- Discuss any particular health concerns you may have, such as dietary changes and the possible impact of different eating habits on your specific condition.
- People with diabetes will need medical advice on how to safely stagger their medications to fit different time zone.
- Make sure you are fully vaccinated for infectious diseases.
- Visit any healthcare providers you consult with on a regular basis.

Regular medications for seniors

- Take enough regular medication with you to last the entire trip.
- Take a written and signed note from your doctor detailing all medications you are taking with you.
- If you buy medications overseas, remember that the dosages may be different to the brands you get here.
- If the medication you regularly take requires syringes (such as insulin-dependent diabetes), take enough syringes to last the trip.

Your luggage

- Make sure your carry-on bag contains everything you will need for the duration of the flight.
- It might be a good idea to take along a pillbox with compartments for different days of the week. Being away from your usual routine could make you more likely to forget to take your medication.
- Pack a spare pair of glasses.
- It may be easier if you use a suitcase with wheels.

Deep vein thrombosis and 'economy class syndrome'

Coronary heart disease, obesity and sitting still for extended periods of time are known risk factors for the development of blood clots in the veins of the legs. This condition is known as deep vein thrombosis (DVT). Some researchers believe that long-haul flights can be a risk factor in susceptible people.

Consult with your doctor for suggestions before flying.

- Wear loose clothing.
- Don't smoke.
- Avoid alcoholic drinks and drink plenty of fluids to prevent dehydration.
- Take strolls up and down the aisles when possible.
- Avoid sitting with your legs crossed.
- Perform leg and foot stretches and exercises while seated.

SENIORS TRAVEL TIPS

Taking care of yourself while on holidays

- Allow an easy day or two to recover from jet lag.
- If you are unsure of the water supply, drink bottled water.
- To reduce the risk of food poisoning, avoid food buffets, seafood, undercooked meats, peeled and raw fruits and vegetables, and unpasteurised dairy products. Don't buy food from street vendors.
- Don't draw up a jam-packed itinerary for each and every day of your holiday – arrange for plenty of rest breaks, particularly in hot weather.
- Wear thongs in communal showers to reduce the risk of infectious diseases (like warts and tinea).
- Seniors cards are only supposed to offer benefits within your home state, but flashing the card at museums and other attractions may get you a cheaper entry ticket.
- Travellers' diarrhoea may reduce the effectiveness of your medications. Consult with a doctor if you have diarrhoea for more than one day. Your Australian embassy can provide you with a list of doctors.



Safety suggestions for travelling seniors

Thieves and pickpockets may consider older people as easy targets. Suggestions include:

- Don't travel around at night.
- Don't wear expensive jewellery on obvious display.

March, April & May Birthdays

Alice Gersch	Doris Gatt	Honor Coulter	Marlene Farrugia
Anna Smetak	Dorothy Wickham	Horest Bianco	Mary Bezzina
Anthony Zammit	Emma Ellul	Ines Spiteri	Mary Borg
Antonia Scerri	Enid Skewes	Isobell Williams	Mary Caruana
Antonia Tsatsos	Esma Gerrard	Jean Hettrick	Mary Doublet
Arthur Johnson	Esther Casha	Joe Briffa	Mary Farrugia
Barbara Fava	Eunice Browne	Joe Calleja	Mary Mardel
Barbara Ferguson	Doris Ager	Joe Cassar	Maureen Yeomans
Barbara Holt	Doris Gatt	John Collins	Melva Michaelis
Benjamin Abdullah	Dorothy Wickham	John Richardson	Merryn Brose
Bernadette Agius	Emma Ellul	Joseph Zahra	Myriam Cox
Bill Brass	Enid Skewes	Josephine Vella	Neil Young
Bill Cuthill	Esma Gerrard	Judith Ashley	Nellie Williams
Bozena Cabaj	Esther Casha	Judith Drew	Paul Scerri
Brigitte Antoniou	Eunice Browne	Kareena Aspinall	Peg Heinrich
Carmela Barbara	Florence Monahan	Kathleen Tolhurst	Phillipa Niblock
Carmen Attard	Fortune Micallef	Katie Mifsud	Rose Bezzina
Carmen Cauchi	Francis Spiteri	Kenneth Jones	Rosemary Godfrey
Carmen Saliba	Frank Grima	Kym Fontaine	Shirley Erickson
Carolyn Ackland	Gaetana Grima	Laurel Johns	Theodora Vassallo
Catherine Bartolo	George Zahra	Laurie Mckie	Thomas Zammit
Catherine Vella	Gerhard Michaelis	Lawrence Cassar	Tony Bayadi
Charles Zammit	Gillian Mcbryde	Lillian Wilson	Tony Caruana
Cheryl Franklin	Gillian Tabor	Maria Bugeja	Tony Fava
Christine Mackenzie	Glynn Williams	Maria Busuttill	Tony Vassallo
Colyn Nissen	Gustavo Vella	Maria Caruana	Tyron Rafeei-Dehkordi
Dawn Ferguson	Helen Ryan	Maria Pulis	Vera Lokteff
Donald Hardy	Hermina Pranic	Marian Debono	Wilfred Dennis
Doris Ager	Hildegard Forster	Marie Saad	William Coulter

Colour your day.



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