



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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WEBSITE

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EMAIL

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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 29

September 2017

Hello Service User,

As you are probably aware there have been many changes within the aged care landscape and they are continuing to change. As many of you may remember that the Home and Community Care Support is now provided by the Commonwealth Government in the form of the Commonwealth Home Support Programme (CHSP) funding. This funding was rolled over from the state government from July 2015 to June 2018, however our funding allocation has never increased from 2012 and there have not been any opportunities for MACASA to apply for any increases.

Service User, all clients were asked by MACASA to contact My Aged Care to obtain a My Aged Care AC number by June 2018 to ensure that any services you were currently receiving would not be interrupted when the funding changed in July 2018. Many of you have done this and I would like to thank you. In the May budget it was announced that Aged Care funding would be extended through to June 2020 to ensure that the Commonwealth Government were ready for the changes to the funding which will move to yourself, the client. This will mean that you will still require to obtain a My Aged Care number, however if you don't require any additional services to what you currently have, you will now have until June 2020 to contact My Aged Care for your AC number.

Due to our limited funding we regrettably advise that we are now at capacity for our meals and domestic assistance services for both of our aged care and disability clients. These services have now been closed on the My Aged Care portal and we can not accept any additional subsidised My Aged Care or Disability clients at this point in time.

Also Service User the kitchen is working on the new Summer menu so if you are one of our meals clients you can look forward to receiving a copy in early September. The new menu will be available for orders from October, the starting date will be advised at the time it is sent out.

Service User I hope you enjoy reading this edition of the Bulletin to see what MACASA staff and volunteers have been working on, what's coming up and hopefully some helpful information to keep your personal details protected. As always we look forward to continuing to serve you.

Warm Regards,
Madeleine.

2017 Events

Service User, please see all of our events for the rest of the year below, we would love for you to join us if you haven't attended before and if you're a regular we would love to see you again. Enjoy a lovely meal with great company and conversations. Salisbury and Cheltenham lunches have bingo after lunch if you wish to join us.

Transport is available for all functions and must be booked with the office on 8241 0266.

Service User we look forward to seeing you at one of our functions soon.

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

11th Sept — Luncheon **The Southern** 1509 South Road St Marys

20th Sept — Bus Trip—Victor Harbour

27th Sept — Luncheon **Cheltenham** 62 Stroud Street North Cheltenham

9th Oct — Luncheon **Salisbury** RSL Orange Ave Salisbury

16th Oct — Luncheon **The Southern** 1509 South Road St Marys

25th Oct — Luncheon **Cheltenham** 62 Stroud Street North Cheltenham

6th Nov — Luncheon **Salisbury** RSL Orange Ave Salisbury

13th Nov — Luncheon **The Southern** 1509 South Road St Marys

DATE CHANGE { 22th Nov — Bus Trip — Port River Cruise

29th Nov — Luncheon **Cheltenham** 62 Stroud Street North Cheltenham

13th Dec — Client Christmas Dinner — **Cheltenham**

62 Stroud Street North Cheltenham



New Prices from 10th September 2017

Service User, please find below MACASA's new prices as of 10th September 2017. A letter was posted to all clients on 14th August which you should have received by now. If you have any questions regarding the letter or the price increase please do not hesitate to contact the office on 8241 0266.

Meals

	<u>Funded</u>	<u>Non Funded</u>
3-course meals	\$10.00	\$15.50
<u>Individual meal items</u>		
Soup	\$2.50	\$3.50
Main meal	\$6.50	\$8.50
Dessert	\$2.50	\$3.50

Transport

Bus transport for functions (each way)	\$5.00
Transport for appointments (each way)	\$10.00

Domestic Assistance

General Clean	\$12.50
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New prices as of 1st January 2018:

Domestic Assistance

General Clean	\$15.00
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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. To ensure that you feel safe discussing your details I would like to advise that we have a lovely new volunteer Lilliana Perez Lozada, who you may have already spoken with. Lilliana will be assisting Sharyn, Jan and Helen to perform the re-assessments. As always if you would like to speak with someone in person you can request this from the ladies 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 attend 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 xxxx.

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



Maggie Beer Foundation Scholarship

MACASA connected with the Maggie Beer Foundation in late 2016 and then met with their CEO in early 2017 to discuss any partnership opportunities that could be formed. MACASA are always striving to provide the best quality and tasting meals for it's clients. This ethos fits with the vision of the Maggie Beer Foundation to provide meals that are full of flavour and nutrients, and that every meal can give comfort and pleasure and always be something to look forward to. MACASA were invited to apply for the scholarship program 'Creating an appetite for life' provided by the Maggie Beer Foundation annually. The scholarship is only offered to a select group of 30 chefs and cooks to help improve the meals provided within aged care facilities and services. As MACASA are always looking to improve the meals we offer to our clients an application for our cook Rhiannon to attend was submitted. We are pleased to announce that Rhiannon was accepted into the scholarship which was a 2 day master class.

About the program:



'Creating An Appetite For Life' Education Programs

The vision for Maggie Beer Foundation (MBF) is to ensure that all residents in aged care are provided with fresh food with flavour. To achieve this, we need to engage and educate chefs/cooks/kitchen hands in the aged care sector. Whilst there are some amazing examples of great food in aged care, there are so many others where there is a general acceptance that aged care food budgets cannot be full of flavour and utilise fresh seasonal produce - there is fresh thinking to be had and ideas to be shared.

Maggie Beer is a successful cook and an inspirational leader who can educate and inspire those in the industry, but she can't do this in isolation, so we need advocates in the field to support the Foundation's work.

Our Education Programs offer an opportunity for a selected number of chefs and cooks from residential aged care homes to participate in a 2 or 3 day workshop with Maggie and aged care industry experts. These Education Programs are aimed at those who are committed to making a difference in their aged care home kitchens and who can influence those controlling food budgets, supplier relationships, menus and dining room management.

Master Class — Welcome Evening

All attendees travelled to the Barossa and arrived Sunday night on 20th August for an orientation and welcome dinner with Maggie Beer at her home. It was a chance for each of the participants to meet and get to know each other and to enjoy some divine food from Maggie's kitchen. Maggie cooked a delicious Meatballs and Polenta, pictured here, simply described as "Amazing" by Rhiannon. After dinner all the participants were then transported to the Novotel Barossa Valley where they would stay for the next 2 nights.



Master Class — Day 1

The master class started on Monday at 8.30am with the participants attending a session hosted by Maggie Beer to discuss the challenges chefs and cooks face working in aged care kitchens. The Flinders University Nutritional team presented a session called "How to rock your menu review" which discussed nutrition in aged care from a menu review perspective and what dietitians look for when conducting a menu review. The session "Like Grandma used to make" hosted by Rebecca Sullivan author of "Like Grandma used to make", was an interactive session regarding her mission to safeguard our 'granny skills,' by protecting food heritage, culture, skills, knowledge and tradition, passing down what grannies know best. After lunch all chefs and cooks participated in a group cooking activity. In the afternoon all the participants were taken for a visit to Maggie Beer's Farm Shop where they were able to purchase products, walk around the dam or just enjoy a coffee.

Day 1 ended with a dinner of the Barossa's finest produce at a surprise location, this being at the iconic Chateau Tanunda, with the meal catered by Maggie's daughter Elli Beer.



Maggie Beer Foundation Scholarship

Master Class — Day 2

The first session of day 2 was with the Maggie Beer Foundation chef Mel Roberts around the work flow and time management in the kitchen. As you are probably well aware Service User, cooking is all about timing and processes and the better the processes the better your timing and in turn there is less stress that you experience in the kitchen.

Executive Chef at HammondCare and Food Ambassador, Peter Morgan-Jones demonstrated just how delicious (and appealing!) texture modified and finger foods can be. This session was a hands on experience for the participants to learn how to prepare and present the foods to be the most enjoyable meal for the client as possible while meeting their dietary needs.

We are very pleased to advise that the next session for the day was the Aged Care Mystery Box Challenge, as seen on many of the popular cooking shows, where Rhiannon's team achieved second place in the competition. The judges selected the winning team based on visual appearance, technique and taste. Service User you will be able to share in this session, as it was filmed and will be featured on Channel 7's Sunday Night on Sunday 8th October 2017. The menu items Rhiannon cooked can be seen in these photos below.



Sweet Potato, Carrot and Bacon Soup.



Egg & Kale Roulade stuffed with Roast Pumpkin, Onion and Garlic.



Lentil with Sweet Potato and Preserved Lemon Dahl

The final two sessions were Myth Busters—Food Safety in Aged Care and Becoming a Change Agent. The Myth Busters session was held by James Shepherd, Food Safety Expert in Aged Care Facilities: Third Party Audits, Food Safety Training & HACCP Training. This session discussed current food safety regulations in aged care kitchens.

The Becoming a Change Agent presented by Dr Lee-Fay Low, Associate Professor in Ageing and Health at The University of Sydney discussed with the participants how YOU can become a change agent in your home. Dr Lee-Fay Low believes that every person irrespective of age or cognitive status should be supported to live as high quality a life as possible. Her main areas of research are in dementia and ageing, home and residential aged care particularly practice and culture change, rehabilitation for dementia, dementia literacy and stigma, and people from culturally and linguistically diverse backgrounds. Service User in this session Dr Lee-Fay Low talks about how chefs / cooks can become the change agent by using whole foods and foods that heal and remove the pre-packaged and processed foods out of the menus.

The Master Class closed with Maggie Beer presenting each of the participants with their certificate for attending the 2 day scholarship. Rhiannon is pictured with Maggie here receiving her certificate. I think you will agree Service User is that this opportunity was a great growth experience for Rhiannon as well as being beneficial to MACASA and you, and all of our valued clients, to be able to develop and improve our menus and enable us to continue to produce meals that are full of flavour and nutrients.



SCAM WATCH

I am sure that you will agree with me Service User it is getting harder to know who to trust when you receive calls or emails, if you have access to the internet. If you haven't ever received a call or an email that wants you to pay for something that you didn't know you owed money for, you have been lucky. We would like to make you aware of some of the scams that are being run at the moment. These scams are to prey on vulnerable or the unaware to scam them of their money. Service User we would like to ensure that you do not fall victim to any of these scams. If you have access to the internet you can visit <https://www.scamwatch.gov.au/> to view the current scams that are known about.

NBN Scam — The three common scams reported to Scamwatch that involve scammers impersonating NBN are:

- ⇒ signing victims up to fake accounts – scammers will ring victims to 'connect' them to the NBN network for a low price. They will often demand payment be made through iTunes gift cards
- ⇒ gaining remote access to computers – scammers pretending to be from NBN will call a victim with claims there are problems with their computer. The scammer uses this ruse to gain remote access to the victim's computer to steal valuable personal information, install malicious software or demand payment to fix 'problems' they have discovered
- ⇒ phishing – scammers impersonating NBN will call victims to steal valuable personal information like their name, address, Medicare number, licence number. The scammer may tell the victim they're entitled to a new router, for example, and say they need these personal details to confirm the victim's identity.

Service User the NBN will never phone you out of the blue to try to sign you up to a service over its network. NBN is a wholesaler meaning they don't sell direct to the public. If you get an unsolicited call like this, it's a big red flag that you're dealing with a scammer.

The NBN, or any servicer provider such as Microsoft, will also never call you to remotely 'fix' a problem with your computer, or to request personal information like your Medicare number or your bank account numbers. Don't listen to the reasons they give you for needing this information. If you receive a call like this just hang up the phone and do not give them any information.

Finally, if someone ever asks you to pay for a service using iTunes gift cards, it is 100 per cent a scam. Legitimate businesses, especially those like NBN, will never ask you to pay for anything in this way. Never give your personal details or credit card details unless you have contacted the supplier to pay the account or purchase an item. Never put your credit card details into an SMS (phone message) or an email only ever use secure online payment gateways provided by reputable supplier websites.

Money Scams — There are currently a number of money scams that are used in rotation and updated to be current or slightly different. Please be aware that reputable suppliers do not phone customers to request or demand money.

- ◆ **ATO**—There are scammers that may say they represent the Australian Taxation Office (ATO) stating that you have a tax debt that must be paid immediately—they are quite often very rude and may threaten that the Attorney Generals office will sue you if you do not pay immediately. Please do not talk to them hang up the phone and call the ATO if you have any concerns.
- ◆ **Threats or Extortion**—if you have access to the internet and receive emails, you can get "viruses" via email which can access your computer and your personal information. Do not open any attachments that are received where you do not know the sender or you are not expecting it . Many of these scammers make the email look very official like it is from your supplier, so if you are not expecting it do not open it and call your supplier to confirm the email. Some viruses that are sent can get into your files and encrypt them (lock your files) so that you cannot access them. There will then be instructions to call someone to unlock them for a cost. Do not call this number. You will need to find a reputable computer repair company that can assist you to unlock your files. To protect and save your important files and information you should look at backing up your files regularly so that the technician will be able to restore the files. By phoning the number that the virus provides, you will be required to pay them money to unlock the files however the files may not get unlocked and this request for money will be repeated with the payment amount increasing each time.



SCAM WATCH

- ◆ **Threats** can also be via phone advising that your computer has a virus/issue and they state that they are from Microsoft and they will help you to fix your computer. These are not Microsoft support staff as they will never phone you to fix your computer. Also these scammers will often phone people that don't have computers. If you state you don't have a computer they will become aggressive and tell you not to lie to them. They will try to convince you to access their website where they will have instant access to your computer at which point they will steal all your personal details.



Again if you receive this type of call do not interact just hang up the phone.

Scam phone calls may occur in one of the following manners:

- ⇒ You receive a call out of the blue from someone claiming to be from a government department, debt collection agency or trusted company.
- ⇒ You may be left a message on your answering machine asking you to ring a number.
- ⇒ The caller will claim that you have issues with your immigration forms or visa status.
- ⇒ The caller will tell you that in order to resolve the matter you will need to pay a fee or fine.
- ⇒ The caller may ask for your personal information such as your passport details, date of birth or bank information.
- ⇒ The caller may claim the police will come to your door and arrest you if you do not pay the fee or fine immediately.



- ◆ **Inheritance scams** offer you the false promise of an inheritance to trick you into parting with your money or sharing your bank or credit card details. These can be in the form of an email, phone call or letter and the scammer poses as a banker, lawyer or other foreign official. Check carefully as the documents look official however they usually contain spelling or grammatical mistakes.
- ◆ **Nigerian scams** involve offering you a share in a large sum of money on the condition you help them to transfer it out of their country. These scams are usually received via email, sms, social networking (facebook) or letter asking for your bank details to help transfer the money, they will then steal your money with the details they obtain.
- ◆ **Reclaim scams** try to convince you that you are entitled to a rebate or reimbursement from the government, a bank or trusted organisation. The scammer approaches you with a false claim that you are entitled to a reimbursement or rebate, such as for overpaid taxes, bank fees or some sort of compensation. The contact may come by mail, telephone, email, text message or social media.

They will pretend to be from the government, a bank or trusted organisation, and will ask you to make a small initial payment to cover 'administration fees' or taxes, in order to claim the amount owed to you.

If you hand over your money, you will lose it and not receive any rebate

- ◆ **Up-front payment and advanced fee frauds** ask you to send money up-front in order to later receive some sort of 'reward', such as a prize, discounted holiday, or pre-approved loan. No reputable company will call you out of the blue to ask for fees to provide you with a reward, prize, discounted holiday or loan without you having initially applying for it. If you haven't entered a competition or applied for a loan chances are you haven't won it or been approved for it.

Service User if you have any concerns or have received any contacts like the above please contact *your* service provider and never provide your personal details over the phone or via email. Always keep your personal details safe and secure.

Report any scams to the ACCC via the Scamwatch website <https://www.scamwatch.gov.au/report-a-scam> or by phone 1300 302 502.

May & June Birthdays

Sue Boothey	Carmen Attard	Joseph Zahra	Judy Ann Chapman
Kareena Aspinall	Jean Biza	Marie Zeman	Mary Ciantar
Mary Bezzina	Myriam Cox	Tony Caruana	Libo Cociani
Merryn Brose	Bill Cuthill	Sharon Bayadi	Margaret Colegate
Anthony Zammit	Yvette Doublet	Carmen Bianco	Thomas Granger
Wilfred Dennis	Judith Drew	Sandy Bond	Maria Kerstich
Isobell Williams	Dorothy Farrell	Taylor Russell	Ellen Lee
Gerhard Michaelis	Jeannie Gowdy	Marco Sammut	Cheryl Lyon
Kim Murphy	Susan Hancock	Frank Seychell	Keven McGregor
Rose Bezzina	Rosslyn Hill	Violet Mizzi	Maxwell Moyle
Joe Calleja	Paul Johnson	Carmen Zammit	Mitzie Moyle
Jean Hettrick	Maureen Keane	Anna Zumbo	John O'Brien
Fortune Micallef	Vera Lokteff	Melda Axisa	Angela Paparella
John Richardson	Laurie McKie	Wendy Chataway	Lawrence Purtle
Maureen Yeomans	Colin Moore	William Cottier	Vida Rehn
Thelma Bessell	Colyn Nissen	Flora Massey	Pam Shaw
Doris Ager	Wayne Scherer	Terri Smart	Sue Shelley
Benny Agius	Nancy Smith	Julie Oehms	Eric Tamlin
Judith Ashley	Gillian Tabor	Tony Graham	Allen Tapp
Gus Vella	Beverly Van Der Kraan	Ronald Hart	Bill Taylor
Josephine Vella	Joyce Wickham	Charles Baldacchino	Glad Wingard
Benjamin Abdullah	Nell Williams	Ciro Bianco	Danica Zujic
Maria Adams	Katina Yiannicou		Alan Warne



Jul & Aug Birthdays

Aldona Kazlauskas	Helen Ryan	Margaret Mifsud	Robert Savage
Anne Brearley	Hermina Pranic	Marguerite Turner	Ronie Churches
Barbara Cooper	Howard Luscombe	Marilyn Philbey	Rose Bonnelo
Barbara Daly	Ian Thomson	Marnie Homan	Rose Vella
Barbara Flett	Imre Tompai	Mary Jones	Rosemary Childs
Beryl Burgess	Irene Harris	Maureen Maaser	Ross Collins
Betty Stevens	Irene Hooper	Mavis Unger	Ruth Daws
Beverley Mason	Irma Barkla	Mavis Webb	Sam Desira
Blair Goldberg-Mcpher	Janet Clothier	Michael Terizakis	Shirley Cowling
Carmen Cauchi	Janet Marron	Mildred Castle	Shokry George
Catherine Humphrys	Jean Denison	Nancy Levato	Sophie Dimitriadis
Charlie Caruana	Jean Hanson	Nancy Whittingham	Ted Spoons
Charlie Gatt	Jeanne Avgoulas	Natalie Moore	Tessie Agius
Charlie Mifsud	Jeanne Pither	Nina Abela	Theresa Gordon
Chris White	Jennifer Richardson	Nina Scerri	Trevor Deacon
Christine Churchill	Jenny Cates	Pamela Irish	Val Teagle
Claire Mcpheat	Joan Whitford	Paulette Alexander	Valerie Thomson
Claudine Abela	John Kennedy	Peter Castrique	Vas Klemenko
Connie Borg	Joseph Smiech	Pina Niblock	Victor Mansuetto
Crystal Bellett	Josephine Caruso	Ralph Sumner	Violet Defelice
David Sheahan	Kevin Curtis	Rani Singh	Wendy Clarke
Doris Mangion	Kevin Jackaman	Reta Pratt	William Pillay
Dorothy Dawson	Kitty Chetcuti	Rhonda Bockman	
Dot Bartolo	Liliana Gobbo		
Elva Goodings	Lina Bailetti		
Evie Milne	Lina Mifsud		
George Craus	Lindy Lloyd-Smith		
Giacomo Fachin	Louis Szabo		
Hazel Horbath	Luigi Madonna		
Helen Camilleri	Margaret Statham		
Helen Cini	Margaret Langmead		





MACASA
Meals Service

2017 - WINTER MENU

Ph: 8241 0266

Until October

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Cauliflower Soup (LG) OR Frittata	Pea & Ham Soup(LG) OR Chicken Alfredo Pasta	Beef & Barley Soup OR Quiche	Potato & Leek Soup (LG) OR Beef & Lentil Bake	Vegetable Risoni Soup OR Corn Fritters w Sweet Chilli
MAIN	Stuffed Zucchini (LG) OR Pork Schnitzel & Veg	Roast Turkey & Veg (LG) OR Shepherds Pie (LG)	Spaghetti Bolognese OR Baked Chicken Breast & Veg (LG)	Chicken Stir fry OR Beef Sausages & Veg	Crumbed Fish & Veg OR Beef Goulash & Rice
DESSERT	Berry Pudding	Fruit Salad*(LG)	Danish Pastry	Creamed Rice (LG)	Lemon Meringue Tart

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Pumpkin Soup (LG) OR Baked Rice (LG)	Chicken & Corn Soup (LG) OR Fish Cakes & Tartare Sauce	Pasta Fagiolo Soup OR Savoury Muffin	Chicken Noodle Soup OR Pizza Tarts	Vegetable Soup (LG) OR Carrot, Cheese & Chive Muffin
MAIN	Beef & Blackbean Stirfry (LG) OR Chicken Schnitzel & Veg	Chicken Cottage Pie (LG) OR Lamb Ragu & Pasta	Tuna Mornay OR Beef Meatballs & Veg	Roast Lamb & Veg (LG) OR Zucchini Slice	Steamed Fish w Capers & Veg (LG) OR Sausage & Veg Casserole
DESSERT	Fruit Salad*(LG)	Apricot Crumble	Chocolate Pudding	Sago & Plum Sauce (LG)	Bread & Butter Pudding

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Zucchini Soup (LG) OR Caramelised Onion & Cheese Tart	Primavera Soup (LG) OR Zucchini Fritters w Feta	Pumpkin & Potato Soup(LG) OR Cheese, Bacon & Pasta Slice	Lentil Soup (LG) OR Spinach & Feta Muffin	Mushroom Soup (LG) OR Sweet Potato & Bacon Slice
MAIN	Baked Macaroni OR Baked Fish w Cherry Tomatoes, Olives & Veg (LG)	Roast Pork & Veg (LG) OR Turkey Patties	Corned Silverside & Veg OR Chicken Casserole (LG)	Chicken Korma & Rice (LG) OR Veal Parmigiana & Veg (LG)	Tuna Patties & Veg OR Lamb Stew (LG)
DESSERT	Irish Apple Cake	Fruit Salad*(LG)	Pear & Rhubarb Crumble	Carrot Cake	Fruit Fool (LG)

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Tomato Soup (LG) OR White Bean Pie	Chickpea Soup (LG) OR Carrot, Cheese & Chive Muffin	Sweet Potato Soup (LG) OR Spinach Bacon & Cheese Tart	Chicken Broth Soup (LG) OR Sausage Rolls	Pumpkin Soup (LG) OR Pumpkin Scone
MAIN	Butter Chicken, Veg & Rice OR Beef Stroganoff & Pasta	Roast Beef & Veg (LG) OR Fish Pie w Three Veg	Meatloaf & Veg OR Chicken Carbonara (Pasta)	Beef Schnitzel & Veg OR Thai Chicken Fillet & Veg (LG)	Battered Fish & Veg OR Spinach, Pumpkin & Ricotta Cannelloni
DESSERT	Fruit Salad*(LG)	Pears & Chocolate Mousse (LG)	Cherry Cake	Cheesecake (Variety)	Butterscotch Pudding

***Not available for frozen orders - **No Custard for frozen orders - (LG) Gluten Free -May contain traces of Gluten**

Word Search

a	h	a	h	o	r	a	b	h	b	o	
e	n	a	e	h	s	t	e	b	s	d	a
e	o	e	f	m	s	t	t	e	i	a	l
a	f	g	u	e	h	a	a	g	h	v	r
d	l	e	e	l	r	f	g	c	c	e	z
b	o	s	e	f	a	e	v	e	a	h	m
e	e	h	e	o	m	z	e	t	l	s	t
a	e	i	b	s	d	t	t	s	i	r	l
m	e	l	a	s	u	r	e	j	s	e	e
m	i	o	n	l	h	d	c	l	b	e	e
g	o	e	e	n	o	r	b	e	h	b	l
a	h	d	i	m	s	e	s	e	b	e	i

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

Puzzle Corner

Sudoku

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

ComParrot by Bonnie Malcolm Can you spot 12 differences between these pictures?

Solution: 1. Spovel handle removed. 2. Line on right shell removed. 3. Seam in boy's hat removed. 4. Girl's chin missing. 5. Girl's shoe changed. 6. Portion of girl's hair ribbon removed. 7. Fall of water colored in. 8. Umbrella top covered in. 9. Boy's button covered in. 10. Window in castle moved. 11. Shellish moved. 12. Flagpole longer.

Available Services from MACASA

Domestic Assistance

Domestic help services can support you with practical tasks such as general housework and shopping. Services like these can 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.

Meals

Meals and other food services can help you maintain a healthy, balanced diet. These services can support you to stay in your own home. MACASA provide home cooked meals, as hot or fresh (delivered daily) and frozen deliveries (delivered weekly) depending on your suburb. A 3 course meal is \$8.00.



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: **Rhiannon O'Connor**
Birth Place: Adelaide
Occupation: Cook
Star Sign: Libra
Siblings: 1 Brother
Marital Status: Single
Children: Nil
High School: Lefevre High
Started at MACASA: 2014
Favourite Colour: Purple
Food: Pesto Chicken Pasta
Movie: The Notebook
Actor: Emma Watson
Song: See you again— Miley Cyrus
Singer: Taylor Swift
Group: S Club 7
TV Show: Keeping Up With The Kardashians
Hobbies: Gym, Cooking
Sports Played: Netball, Swimming
Most Memorable Moment: Working at Tasting Australia
Favourite Work Place: MACASA

