

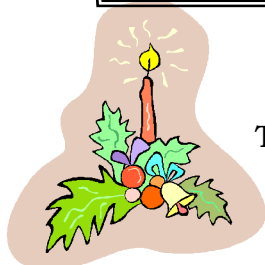


Maroochydore Day Respite Care Centre December 2007 Newsletter



Telephone: 5443 7655

2-8 George Street, Maroochydore 4558



The festive season is upon us already, and I would like to take this opportunity to wish everyone a safe and Happy Christmas and New Year.

I would also like to thank all the staff and volunteers for their hard work over the past year. It is through their efforts that the Centre is able to provide such a quality program.

Staff/Volunteer update

You may have heard about Tammy's new role with the centre. She will be working with Peter in Social Support and doing small group activities in the Centre at intervals. Good Luck Tammy we will all miss your enthusiasm and cheerfulness when your away....

Best Wishes to Monique our massage therapist who will be leaving us after the Christmas New Year break. Thank you Monique for all your hard work. Janet will be our resident Masseur in the New Year, welcome back Janet!

All Volunteers are invited to morning tea on Thursday December 6th to celebrate 'International Volunteers Day'. We also have our staff and volunteers *Christmas Party* on 7th December, hope you can join us. Please RSVP by Tuesday 4th for catering.

We also have two new volunteers at the centre, a big welcome to Gloria and Thelma. Any volunteer interested in working with CATS as a medical driver driving a CATS vehicle please give me a call in the Respite Office 5443 7655.

Client Information

December is a busy and exciting month. Our *Christmas Party* will be held at Caloundra RSL Thursday 20th and our annual *Christmas Lights* outing is on Wednesday 19th from 3.00pm-8.pm which is always a fantastic night.

Please note that our last day for the year 2007 will be December 21st. We will be closed over Christmas, returning on Wednesday 2nd January 2007.

Carer Gathering

All carers are welcome to join us for our Christmas festivities. Please RSVP by Monday 10th December.

Personal Care

If you know of someone who may need personal care assistance, Please contact me at the Day Respite Office on 5443 7655.

'Keeping in touch'

This month we are revisiting the HACC National Service Standard – 'The Rights of a HACC Client'. These rights are listed on page 3 for your information.

Social Support

Please contact Peter Graham Social Support Coordinator on 5443 3931 if you would like further information regarding outings.

Please note: There has been some confusion regarding the outings for both social support and day respite. To attend the outings as per the Day Respite calendar, you must be a day respite client.

Lastly I would like to share a passage written by our special friend Allan Allmark. Beryl Allmark at 'The Celebration of Allan's Life' read this passage 22nd November 2007

Best Wishes

Belinda

The Object of existence is not to earn money.
One's time must be filled with Treasures
Lest in old age,
One should be left
with empty hands.



Special Birthdays in December:
Ann F, Nan A, Vivian P, Kathleen H, Patricia
S, Pat R,
Wilton R, Dorothy M, Roy H



Important Dates to Remember:

MASSAGE

**Massage – The massage dates are on the calendar.
Please book to be assured of a massage.**

PODIATRY

**Podiatry is available on Friday December 21st
Cost is \$10.00**

BOWEN THERAPY

Bowen Therapy is available Thursday 6,13th December

HAIRDRESSING

**Hairdressing will be available
December 6th, 13th and Audra will return after our Christmas
Break on Friday 4th January**

The RIGHTS of a HACC Client

A user of HACC services has a number of rights, which HACC service providers should recognise.

These are:

- **The right to be treated with respect and courtesy**
- **The right to be informed and to give your views**
- **The right to be part of decisions about your care**
- **The right to receive quality service**
- **The right to privacy and confidentiality**
- **The right to an advocate**
- **The right to make a complaint**

Out & About with Jacqueline

November comes to a close

We had lots of fun with special days celebrating Melbourne Cup, (we had a few winners!) and Oktoberfest Party.

December is upon us with a fun packed calendar.

Special Events:

19th Christmas Lights and B.B.Q

The Centre will have a later start so we go home in the dark, drivers will start picking people up around 12.45pm getting back to the centre for afternoon tea, entertainment, B.B.Q and then a trip around the local Christmas Lights - the drivers will notify you the week before of your pick up times and drop off times.

14th December

Rotary Club Christmas Party

You will be dropped home late as the show finishes at 3pm, so everyone will be home approx 1/2 hour later.

20th December

Christmas Party Caloundra RSL. There are limited places for people to attend excluding the Thursday clients, so let us know ASAP

Don't worry if you miss out, as every day will be a party at the centre from The 17th December. Happy Christmas and New Year,

Take Care & Be Safe

Love

Jacqueline.

Christmas in Australia

Christmas in Australia is celebrated during our Summer Months. No snow and log fires for us, though our Christmas Cards and traditions usually depict those of colder climates. Australia is a multicultural country and with this, our traditions are often mingled and derived from a mixture of other countries.

Yes we have Christmas Trees, Father Christmas, Christmas Carols and gifts, which are a familiar Christmas scenario. Christmas Dinner may be a barbeque in the backyard or a picnic on a beach though. Champagne instead of eggnog. Pavlova instead of Plum Pudding. Christmas also coincides with the Summer Holidays and quite often families will celebrate Christmas away from home.

The big events of the Christmas season are the Carols By Candlelight. These began in Melbourne in 1937 and are outside concerts in the warm summer evenings where people sit on blankets light candles and join together to sing Christmas Carols. Most towns have a concert and two major ones are televised across Australia from Sydney and Melbourne. Christmas Eve wouldn't be the same without Carols by Candlelight.

A Christmas Recipe

Rum Balls

1 ½ cups sponge cake crumbs
120g (1 cup) ground almonds
3 tbsp apricot jam, sieved
3 tbsp cocoa
1 tbsp rum
2 tbsp water
2 tbsp apricot jam,
and extra coconut

Mix cake crumbs, ground almonds, sifted cocoa, 3 tbsp of sieved apricot jam and rum until a stiff paste is formed.

Make into 30 balls (approximately the size of walnuts)

Warm 2 tbsp of sieved jam with 2 tbsp of water and dip the balls in the jam mixture and then coat with coconut

Place in paper patty cases and keep refrigerated