



MACASA

Maltese Aged Care
Association (SA) Inc.
ABN 71 724 767 570

**MALTESE MEALS &
COMMUNITY
SERVICES**

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OFFICE

Cheltenham
Community Centre
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WEBSITE

www.malteseagedcare.org.au

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MACASA SERVICES

- *Meals: Home-delivered or Frozen Pick-ups*
- *Monthly Activities: Salisbury, St Mary's & Cheltenham*
- *Full-day Bus Trips*
- *Health Information Program*
- *Transport Services*
- *Visiting*
- *Housework, & Carpet & Window Cleaning*



BULLETIN

VOLUME 7 • ISSUE 2

FEBRUARY 2012

Happy New Year everyone!

Welcome to the first issue of the *Bulletin* for 2012. I hope you all enjoyed a safe and happy Christmas season.

Exciting Activities

We have some exciting activities planned for this year, and I am looking forward to sharing them with you.

Our first Bus Trip for the year is just around the corner in February, and our Monthly Activity Groups start up again soon, with the first one in the north at the Salisbury RSL on 6 February 2012.

New Manager

As you know, Jo Emms retired as the Manager of the Service in December, and I am now the new Services Manager. I would like to take this opportunity to thank Jo for all the dedication and effort that she devoted to running and improving the Services that MACASA has to offer.

I would like to introduce myself to you as well.

I have been with MACASA for a few years now, and most of you have seen me floating around in the background taking care of the clerical work.

I am of European descent, but I am not Maltese. I am, however, married to a Maltese whom some of you know. He is Con Bezzina, and he began the Service back in 1994 with a group of Maltese who shared a vision to provide ethno-specific care for the frail and ageing Maltese in South Australia.

Their legacy is this organisation which has expanded over the years from a modest meal delivery service to what MACASA is today: a thriving Service offering not just home-delivered meals, but also domestic assistance, social support, transport, monthly activities, health information programs and, most recently, bi-monthly Bus Trips.

So, while I don't speak Maltese, I do understand the Maltese culture and have a sound knowledge of the needs of the Maltese Community in South Australia.

I hope that you will always find me friendly, helpful, caring, respectful and approachable.

With the help of our dedicated staff and volunteers, I look forward to serving you now and in the future.

Ellena Bezzina

Happy Birthday!

Best wishes to the following people who are celebrating their birthday in February:



Amante Dimech
 Antonia Zammit
 Carmen Briffa
 Evelyn Kinloch
 Furta Camilleri
 Helen Borg
 Helen English
 Joe Pappalardo
 John Bonnici

Joseph Vella
 Josephine Borg
 Judith McPhee
 Leli Saliba
 Lilian Mifsud
 Lorna Hiscock
 Margaret Townsend
 Maria Arena
 Maria Falzon

Maria Vidal
 Mihajlo Zujic
 Olga Rapuano
 Sharon Munyard
 Shirley Desira
 Tony Vassallo
 Victoria Muscat
 Yvonne Jackaman

FEBRUARY BUS TRIP

WARRAWONG WILDLIFE SANCTUARY BUS TRIP

Saturday, 18 February 2012

For our Bus Trip this February, we are heading for the Hills! Departing from the Cheltenham Community Centre at 9:00am on Saturday, 18 February, we will enjoy a scenic ride to the **Gumeracha Toy Factory** where we shall have morning tea at their café.



Next stop will be the **Warrawong Wildlife Sanctuary for lunch** at the Bilby Café. After lunch, we will attend Warrawong's **interactive wildlife show** which explores some of the creatures that live in our backyard.

On our way back to Adelaide, we will enjoy afternoon tea at the majestic **Mount Lofty Botanic Garden**.

As you may know by now, we have introduced a new way to process your bookings to make it fairer for everyone. The size of the bus limits how many people we can take, so we will use a kind of lottery system to select attendees. The process is simple:

1. **Phone the Office on 8241 0266 by 31 January** to add your name to the list. When you book, let us know if you are one of a couple or of a group who prefer to travel together.
2. When the booking period closes, we will put everyone's name in a hat, and draw them out one-by-one. *(Couples or groups will be on the same piece of paper to guarantee that you won't be separated.)*
3. If you are one of the lucky ones selected, **we will send you a letter** with all the details on it. If we **don't** draw your name out, we will phone you to let you know; and we will automatically include you on the next Bus Trip.
4. **Tickets must be paid for before the Bus Trip.** You can do this at the Monthly Activity Groups on 6 February (Salisbury) and 13 February (St Marys), at the Office, or online using internet banking.

This system is fairer as it guarantees that everyone will be able to attend at least three bus trips each year, yet most will attend more.

I hope to see you there!



HEALTH INFO

Success in life has nothing to do with what you gain in life or accomplish for yourself. It's what you do for others.

~Danny Thomas

HEATWAVE CHECKLIST

A heat wave is a prolonged period of excessive heat, often combined with excessive humidity. Generally temperatures are 10 degrees or more above the average high temperature for the region during summer months, last for a long period of time and occur with high humidity as well.

How to prepare

- Listen to local weather forecasts and stay aware of upcoming temperature changes.
- Discuss heat safety precautions with members of your household.
- Check the contents of your emergency preparedness kit in case a power outage occurs.
- Know those in your neighbourhood who are elderly, young, sick or overweight. They are more likely to become victims of excessive heat and may need help.
- If you do not have air conditioning, choose places you could go to for relief from the heat during the warmest part of the day (like schools, libraries, theatres, malls).
- Get trained in first aid to learn how to treat heat-related emergencies.
- Ensure that your animals' needs for water and shade are met.

What should I do during a heat wave?

- Never leave children or pets alone in enclosed vehicles.
- Stay hydrated by drinking plenty of fluids even if you do not feel thirsty. Avoid drinks with caffeine or alcohol.
- Eat small meals and eat more often.
- Avoid extreme temperature changes.
- Wear loose-fitting, lightweight, light-coloured clothing.
- Avoid dark colours because they absorb the sun's rays.
- Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day. Postpone outdoor games and activities.
- Take frequent breaks if you must work outdoors. Use a buddy system when working in excessive heat.
- Check on family, friends and neighbours who do not have air conditioning, who spend much of their time alone or who are more likely to be affected by the heat.
- Check on your animals frequently to ensure that they are not suffering.

For more information on disaster and emergency preparedness, visit:
www.RedCross.org.au

Source: <http://www.ballarat.vic.gov.au/emergency-management/emergencies/heatwave.aspx>



THE MALTESE CULTURAL CENTRE PRESENTS...

NADINE AXISA

from Malta for the first time with our own

STACY SALIBA

In Concert on Saturday, 25 February 2012

Maltese Cultural Centre, 6 Jeanes Street, Beverley

Nadine is a talented Maltese singer, considered to be one of the best modern singers in Malta today.

Entry Price \$15 • Food & Refreshments Extra

ALL WELCOME

Contact: Joe Vella 8179 5727 • Joe Briffa 8254 6988 • Nina Abela 8340 0345

MONTHLY ACTIVITY GROUPS

February 2012

CALENDAR OF EVENTS

NORTH: Monday, 6 February 2012

TIME: 12:00noon to 3:00pm
VENUE: RSL Salisbury
 North Lane, Salisbury
COST: \$6.00 – Soup, Main and Dessert
ACTIVITIES: Bingo & Raffle



SOUTH: Monday, 13 February 2012

TIME: 12:00noon to 3:00pm
VENUE: Racquets SA – Strings Bistro
 1303 South Road, St Mary's
COST: \$6.00 – Main and Dessert
ACTIVITIES: None

YOU MUST BOOK WITH SUE TO ATTEND ON (08) 8241 0266



WEST: Wednesday, 22 February 2012

TIME: 12:00noon to 3:00pm
VENUE: Cheltenham Community Centre
 62 Stroud Street North, Cheltenham
COST: \$6.00 – Soup, Main and Dessert
ACTIVITIES: Bingo & Raffle



Pick-up & drop-off transport is available for \$7.00
 Regular clients who come on the MACASA bus **MUST** contact the Office
 to confirm their booking on:
 ☎ (08) 8241 0266 • **Email** reception@malteseagedcare.org.au