

MACASA

Maltese Meals & Community Services

62 Stroud Street North, Cheltenham SA 5014

PO Box 6004, Alberton SA 5014

Phone (08) 8241 0266 ~ Mobile 0412 014 313 ~ Fax (08) 8241 0299

www.malteseagedcare.org.au

BULLETIN

November 2011

Volume 6, Issue 11

Welcome to our November edition of the *Bulletin*. On a sad note, we are losing Candice from the Office. Her last day will be Thursday 3 November. We are in the process of recruiting a replacement.

MACASA held its Annual General Meeting on Thursday 13 October at the Cheltenham Community Centre. The new Management Committee are:

Helen English, Kimberley White, Jessie Borg, Michelle Williams and Val Farrugia

I would like to personally thank the outgoing Management Committee for their commitment and dedication in volunteering their time to assist MACASA in the delivery of its services to the Maltese community.



INFORMATION PROGRAM – MONDAY 28 NOVEMBER 2011

Topic: *Wills, Estate and Power of Attorney*

Time: *12:00-2:00pm*

Venue: *Maltese Cultural Centre, 6 Jeanes Street, Beverley*

Mr Evan Richards, a lawyer and lecturer at Adelaide University, will be giving the **FREE** presentation. Come along and hear first-hand from a qualified lawyer on the importance of having an up-to-date Will, Estate Planning and Power of Attorney documents in place. After the presentation you can ask general questions relevant to your situation.

To register your interest to attend this **FREE** presentation, ring the Office on 8241 0266.

~ Happy Birthday

Aileen Robertson

George Debono

Katie Vella

Mary Ellul

Bernadette Macaluns

Geraldine Ashton

Laurie Vassallo

Maud Hurrell

Carmen Vella

Graham Waters

Lina Camilleri

Norma Ford

Doris Calleja

Jane Grima

Lorry Pace

Ron Neil

Elizabeth Valenza

Katie Camilleri

Marni Milanko

Sue Harty

Best wishes to everyone celebrating their birthday in November.



MACASA Services

For further information about our services, please contact the Office on (08) 8241 0266.

- Meals – Home-delivered or Picked Up
- Monthly Activities – Salisbury, St Mary's and Cheltenham
- Shopping
- Health Information Program
- Transport
- Visiting
- Housework
- Carpet Cleaning
- Window Cleaning



CARFIT

Imagine your life if you couldn't drive or catch public transport – how would you get to that doctor's appointment, do your food shopping, or visit family?

Going for your weekly coffee with a friend would be difficult – if the cafe isn't within walking distance – and forget that dentist appointment on the other side of the city.

This is a challenge that many older people who no longer drive and who don't have easy access to public transport face every day.

"A car is more than just a way to get from A to B," says RAA's Senior Manager, Mobility and Safety, Wendy Bevan. "It's a ticket to mobility and independence and provides access to basic health services, employment, education and social networks."

RAA advocates "mobility for life", which includes helping older people stay behind the wheel safely for as long as possible, and promotes access to alternative forms of transport.

The number of Australians aged between 65 and 85 will double by 2050, according to a Federal Government report, so ensuring mobility for older persons will be a key challenge.

Continuing their commitment to maintaining the mobility needs of South Australians, RAA offers a number of **FREE** services for older drivers, namely their CARFIT and YEARS AHEAD programs.

What the Law Says

In South Australia, drivers aged over 70 are required to have a yearly vision and medical test. All drivers are also legally required to notify the Registrar of Motor Vehicles, in writing, as soon as they're diagnosed with a medical condition that can affect their driving. Failure to do so can attract a fine of up to \$750.

Health professionals are also required to notify the Registrar of Motor Vehicles any time they consider a person to be permanently or temporarily unfit to drive, and they do not need your permission to do so.

Drivers who hold any class of licence other than for a car are required to take a practical driving assessment when they turn 85 years old and every year thereafter.

Source: SA Motor Magazine – Spring 2001

CarFit

CarFit is a FREE 20 to 25-minute consultation that gives drivers tailored advice on how they can "fit" in their car to maximise safety and comfort.

Something as simple as adjusting a mirror can make a big difference to a person's driving ability and comfort.

Trained RAA professionals and an occupational therapist go through a checklist with you, looking at things such as mirror placement and seat positioning.

They then make suggestions that can sometimes be as simple as moving a headrest or advising the use of a steering wheel turning knob.

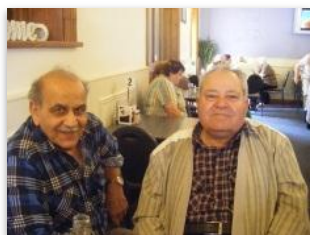


To book a free CarFit appointment or for more information, call the RAA Safety Centre on 8202 4223.



MOONTA BUS TRIP – SATURDAY 17 SEPTEMBER

Another wonderful trip was enjoyed by our Maltese clients. The group stopped at Port Wakefield for morning tea and then enjoyed a lovely lunch at the Cornwall Hotel at Moonta.



*Treat people as if they were what they ought to be,
and help them become what they are capable of being.*

~ Goethe

CALENDAR OF ACTIVITIES

Monthly Activity Groups for November 2011

NORTH

Monday, 7 November

RSL Salisbury, North Lane, Salisbury

12:00noon to 3:00pm

\$6.00 – Soup, Main and Dessert



Activities: Bingo and Raffle

SOUTH

Monday, 14 November

Racquets SA – Strings Bistro, 1303 South Road, St Marys

YOU MUST BOOK WITH CANDICE (08) 8241 0266

12:00noon to 3:00pm

\$6.00 – Main and Dessert



(No Bingo)

WEST

Wednesday, 23 November

Cheltenham Community Centre
62 Stroud Street North, Cheltenham

12:00noon to 3:00pm

\$6.00 – Soup, Main and Dessert



Activities: Bingo and Raffle

Pick-up and drop-off transport available for \$7.00

Regular clients who come on the MACASA bus
MUST call the Office to confirm their booking.

Phone: (08) 8241 0266 or Email: reception@malteseagedcare.org.au