



MACASA

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

**MALTESE MEALS &
COMMUNITY
SERVICES**

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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*
- *Health Information Program*
- *Transport Services*
- *Visiting*
- *Housework, & Carpet & Window Cleaning*



BULLETIN

VOLUME 7 • ISSUE 11

NOVEMBER 2012

Tislijiet lil kulhadd! Greetings everyone!

I have been the Services Manager for almost a year now, and there's never a dull moment! While writing my Manager's Report for MACASA's Annual Report, I had an opportunity to reflect on the changes that the Service has weathered over the year – changes that have strengthened the organisation so that we will be around to offer you the very best services if and when you need them.



One of our newly introduced services is the Mini Day Trip for those of you with mobility problems – from wheelchairs and walkers to a lack of independent transport. In September, we enjoyed a luncheon cruise along the Port River on the Dolphin Explorer. I have a nice photo spread from the day in this issue of the *Bulletin* for you to enjoy.

From now on, I will include at least two of these events each year. I will publish the dates well in advance so that you can plan ahead for them.

Aged Care Packages Available

The Uniting Communities Multicultural Home Support Program looks after the Maltese Aged Care Packages. They currently have Community Aged Care Packages (CACP) and Extended Aged Care at Home Packages (EACH) available for Maltese clients. If you would like to know more, please contact their Senior Coordinator, Joumana Norris, on **(08) 8375 1193**.

Weekly Meals Service

Don't forget our new weekly meals service that we are offering to Maltese who live in areas that our usual delivery runs don't reach. At the moment, we can offer you a weekly delivery of frozen meals.

We only charge \$6 for a three-course meal, but you can order just one or two courses if you prefer. The cost is \$1 for soup, \$4 for a main course and \$1 for dessert. If you are interested, please phone the Office on **(08) 8241 0266**.

Full Day Bus Trip to the Clare Valley on 27 October

We still have some spaces left on the bus for our October Bus Trip to the beautiful Clare Valley. Full details are on the back page in the *Calendar of Events* section. The cost is only \$25 for the day (drinks extra).

Please remember that, as with all of our full-day Bus Trips, you need to find your own transport to and from the Cheltenham Community Centre on the day.

If you would like to come, please phone the Office on **(08) 8241 0266** to book. Priority will be given to people who have paid in advance.

I hope to see you all soon!

Ellena Bezzina

Happy Birthday!

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

Geraldine Ashton
Rachel Bartolo
Doris Calleja
Catherine Camilleri
Lina Camilleri
Paul Costa

George Debono
Mary Ellul
Norma Ford
Jane Grima
Susan Harty
Joseph Hill

Maud Hurrell
Bernadette Macaluns
Ronald Neal
Annunziato Pace
Anthony Sanson
Elizabeth Valenza

Laurence Vassallo
Carmen Vella
Catherine Vella
Graham Waters



Council of Maltese Living Abroad

Council of Maltese Living Abroad



A council for Maltese people living abroad made up of representatives of Maltese communities, as well as experts in the field of migration, was officially launched today by Foreign Affairs Minister Tonio Borg. The Council is the official

vehicle of communication and representation of Maltese living abroad from Australia, Canada, America, the United Kingdom, and other countries in the European Union.

It will work to promote the communities in their country of residence, their ties to Malta, the preservation of culture and language, and integration in the country of adoption. The Council was set up in 2011 with the approval of the House of Representatives, the Government and the Opposition.

Some of the aims of the Council will be to get more scholarships and aides to Maltese language teachers and students; and increase the knowledge about the history of migration in Malta.

"We need to highlight the fact that the idea of migration has ended and is now replaced by the concept of a Maltese generation that lives both in Malta and abroad," said Minister Borg, who is the Council's President.

~Hon. Frank Scicluna

Maltese Feast Days & Festivals

Maltese Feast Days & Festivals in November

Malta celebrates many feast days each year. November is known as *ix-xahar tal-inżigh tal-weraq, tal-erwieh, u tal-imwiet* (the month of fallen leaves, of souls, and of the dead). November's feast days include:

- All Souls Day (*L-Għid tal-Erwieh*) on 2 November
- Saint Martin of Tours (*San Martin*) on 11 November
- Saint John of the Cross (*Ta' Xbiex*) on 16 November
- Saint Cecilia (*Santa Ċecilja*) on 22 November
- Saint Catherine of Alexandria (*Santa Katarina ta' Lixandra*) on 25 November
- Christ the King (*Kristu Re*) on 25 November

The following Festival begins in late October and continues through November in Gozo:

- **Festival Mediterranea:** Celebrated in Gozo the Festival commemorates when Malta became a republic in 1974.

Community Contribution

Send your story or special photos to us at:

Maltese Aged Care
PO Box 6004
Alberton SA 5014

Or tell it to Ellena at one of our functions

International Day of Older Persons 2012

Community Contribution

Many of you have a story to tell which I'd like to share with the Community.

Our Community Contribution this month is a photo from one of our dedicated volunteers Rachel Bartolo.

Rachel has a collection of photos from John Barbara's First Holy Communion celebration in 1958 which I'll spread across two issues of the *Bulletin*. I know that some of the people in these photos are regulars at our social functions, so you may recognise yourself or a friend; and, sadly, some of the people in the photos are deceased.



Front Row (from left to right): Mary Zammit, Carrie Barbara

Middle Row (from left to right): Carmenu Caruana, Tom Mahoney, Lesley Lindop, Frank Bartolo, Tessie Bartolo, Sandrina Saliba, Lilian Mifsud, Connie Attard, Mario Attard

Back Row (from left to right): Tonina Lindop, Joe Barbara



Front Row: John Barbara making his First Holy Communion

Right-hand side: Rachel Bartolo looking on

MINI DAY TRIP Port River Cruise

In September, we enjoyed our second Mini Day Trip for the year. Everyone converged on the wharf at Port Adelaide, to board the Dolphin Explorer. We enjoyed a leisurely lunch while the banks of the Port River slid quietly past. While we didn't get to see any dolphins – because we were having too much fun chatting away on our private deck – we did enjoy each others' company.

The two trips that we held this year were a trial to see if it was feasible to offer this as a service in the future. Thanks to your overwhelming response, you have confirmed that this is a genuine need within the Maltese Community. However, while the full day trip was too long with all the pick-ups in the morning and drop-offs at night, somehow the two-hour cruise seemed not long enough. So, although it will need a little tweaking, MACASA will hold two Mini Day Trips in 2013. We will incorporate the trips into the Calendar that we send you at the beginning of the year and the monthly *Bulletin* so that you have plenty of advance notice of them.



Remember that these bus trips are only for Maltese clients who have been assessed by MACASA under the Home and Community Care program.

HEALTH INFO

How old would you
be if you didn't
know how old you
were?

~Satchel Paige
(1906-1982)

INCONTINENCE

Incontinence affects around 4 million Australians and has a strong impact on the lives of people living with it. Help is available, not only for the person experiencing incontinence, but also for their family and carers. Australian Government support is provided through a dedicated helpline, resource development, education and access to support and assistance.

You are not alone

One in five Australians is affected by urinary incontinence and one in 20 by faecal incontinence across all nationalities, ages and genders.

It is more common and severe in women and people in older age groups, occurring in up to 40 per cent of people over 75 years of age. However, getting older on its own does not cause bladder and bowel problems. Incontinence is not normal at any age.

Urinary incontinence

Urinary incontinence is the involuntary loss of urine from the bladder. It is not part of the normal function of the bladder and is always a symptom or sign of an underlying problem.

Urinary incontinence happens in different forms and has many possible causes.

Faecal incontinence

Faecal incontinence happens when a person has difficulty controlling their bowels. As a result they pass bowel motions or faeces and possibly wind, at the wrong time or in the wrong place. People with faecal incontinence may have urinary incontinence as well.

As there are many possible causes and contributing factors to faecal incontinence it is important to visit a doctor to find out why it is happening.

Continence Aids Payment Scheme

The CAPS is an Australian Government scheme that assists eligible people who have permanent and severe incontinence, to meet some of the costs of their incontinence products.

Who can help?

- Your doctor
- National Continence Helpline **1800 330 066** (the helpline can arrange telephone interpreters)
- Your community or health worker, continence nurse advisor, or physiotherapist
- Special continence advisors at: *hospitals; community health centres; continence clinics.*
- Bladder and Bowel Health Website: www.bladderbowel.gov.au
- The National Public Toilet Map: www.toiletmap.gov.au

Source: <http://www.health.gov.au/internet/main/publishing.nsf/Content/ageing-publicat-qcoa-23info.htm>

INKONTINENZA

Awstraljani u għandha impatt qawwi fuq il-ħajja tal-persuni li jgħixu biha. Hemm għajnuna, mhux biss għall-persuna li tesperjenza l-inkontinenza imma wkoll għall-familji u l-kerers tagħhom.

Sapport tal-Gvern Awstrajan jingħata permezz ta' linja tal-apposta tal-għajnuna, żvilupp tar-riżorsi, edukazzjoni u aċċess għal sapport u għajnuna.

Int mintix wahdek

Wieħed minn kull ħames Awstraljani jbat millinkontinenza tal-awrina u wieħed minn kull 20 millinkontinenza tal-ippurgar tul in-nazzjonalitajiet, l-etajiet u s-sessi kollha.

Hi aktar komuni u severa fin-nisa u persuni fil-gruppi tal-anzjani, taffettwa sa 40 fil-mija tal-persuni li għandhom aktar minn 75. Imma, ix-xjuħija waħedha ma tikkawżax il-problemi tal-bużżieqa tal-awrina u tal-imsaren. L-inkontinenza mhix haġa normali fl-ebda eta.

Inkontinenza tal-awrina

L-inkontinenza tal-awrina hi telf involontarju tal-awrina mill-bużżieqa tal-awrina. Mhix parti tal-funzjoni normali tal-bużżieqa tal-awrina u hi dejjem sintomu jew sinjal ta' problema sottostanti.

L-inkontinenza tal-awrina isseħħ f'ħafna forom u għandha ħafna kawżi possibbli.

Inkontinenza tal-ippurgar

L-inkontinenza tal-ippurgar isseħħ meta persuna issibha bi tqila tikkontrolla l-imsaren. Hekk huma jippurgaw u probabbilment ibossu, f'ħin jew f'post ħażin. Persuni li jbatu minn inkontinenza tal-ippurgar jista' jkun jbatu minn inkontinenza tal-awrina wkoll.

Peress li hemm ħafna kawżi probabbli u fatturi li jikkontribwixxu għall-inkontinenza tal-ippurgar, hu importanti tmur għand it-tabib biex tara għala qed jiġri dan

Skema ta' Assistenza fl-Għajnuniet tal-Kontinenza (Continence Aids Payment Scheme – CAPS)

L-iSkema ta' Assistenza fl-Għajnuniet tal-Kontinenza (CAPS) tgħin persuni eliġibbli li għandhom inkontinenza permanenti u severa biex jlaħħqu ma' xi wħud mill-ispejjeż tal-prodotti tal-kontinenza.

Min jista' jgħin?

- t-tabib tiegħek
- Numru Nazzjonali tat-Telefown għall-ħajnuna dwar il-Kontinenza **1800 330 066** (il-linja ta' għajnuna tista' torganizza interpreti bit-telefown)
- Il-ħaddiem tiegħek komunitarju jew tas-saħħa, l-adviser ners tal-kontinenza, jew il-fizjoterapista
- Il-konsulenti speċjali tal-kontinenza fl: isptarijiet; ċentri tas-saħħa komunitarja; kliniċi tal-kontinenza
- Is-Sit tal-Web tas-Saħħa dwar il-Bużżieqa tal-Awrina u tal-imsaren: www.bladderbowel.gov.au

CALENDAR OF EVENTS November 2012

MONTHLY ACTIVITY GROUPS

NORTH: Monday, 5 November 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, 12 November 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, 21 November 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 Monthly Activity Groups 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

BUS TRIP Clare Valley & Virginia

Saturday, 27 October 2012

TIME: 8:45am-5:00pm
DEPART: Cheltenham Community Centre
COST: \$25
ACTIVITIES: We will stop for morning tea on our way up to the beautiful Clare Valley where we will enjoy lunch at the Taminga Hotel in Clare. On our way back, we will have afternoon tea at Doncho's Café in Virginia, and may have time to browse in the adjacent Virginia Nursery.

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

**Please remember,
we cannot pick you up before or drop you home after this Bus Trip.**

**If you don't attend these Bus Trips and would like to register for our Mini Day Trips,
please call Sue at the Office on (08) 8241 0266**