

# The Quarterly **CONNECTION**

SPRING 2022

## **CONGRATULATIONS**

TRAINEE EBONY WINS TWO AWARDS

## **AGED CARE EMPLOYEE DAY**

WE SAY THANKS  
TO OUR EMPLOYEES

## **WELCOME TO... MY CHOICE CARE**

ADELAIDE METRO  
HAS A NEW NAME!

## **URBAN GARDEN**

HOW TO HAVE A GARDEN  
WITH LITTLE SPACE



[WWW.MURRAYMALLEE.ORG.AU](http://WWW.MURRAYMALLEE.ORG.AU)



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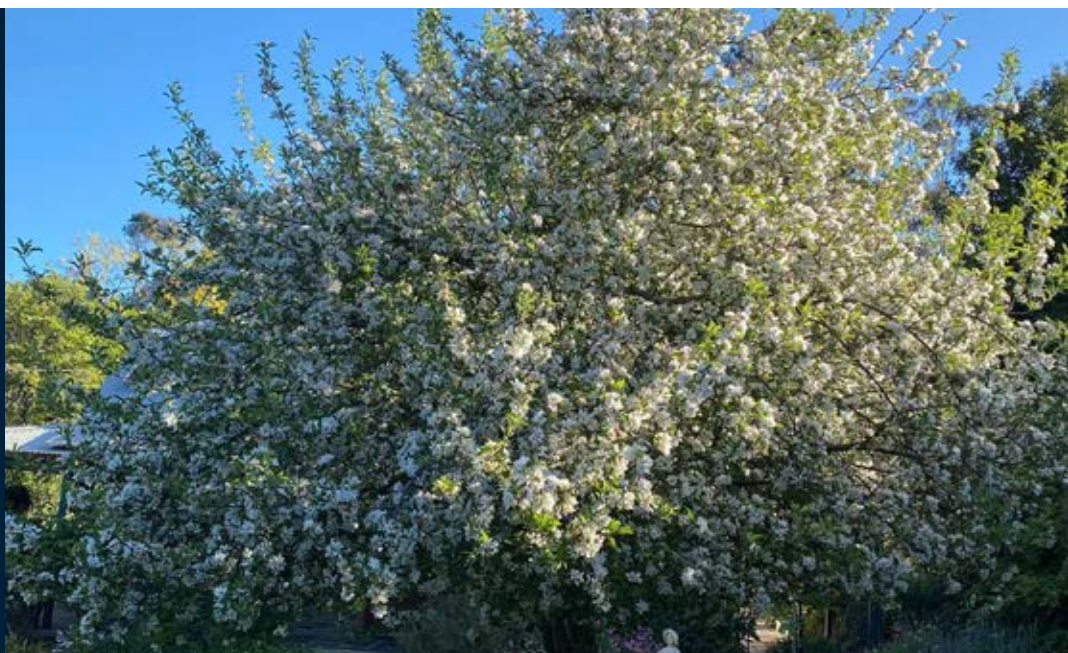
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Murray Bridge SA 5253

## About Us

Murray Mallee Aged Care Group  
was founded in 1994. Our vision is  
towards a bright future expanding  
our quality services to include  
increased Home Care Packages,  
Social Day Activity Programs and  
Seniors Educational Programs  
for older people in metropolitan  
Adelaide, rural and remote areas  
of the Murray Mallee and Riverland  
districts.

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**Ebony Wins! p19**



**Raising Dollars p7**

*We respectfully acknowledge the Aboriginal and Torres Strait Islander people as the traditional owners of this land on which we meet, work, and learn. We respect and acknowledge their spiritual connection as the custodians of this land and that their cultural heritage beliefs are still important to the living people today.*



# From the CEO

Look out for some photos in this edition of the wonderful success Ebony Schiller, one of our trainees, enjoyed on Friday the 9th of September. It makes me enormously proud to lead an organisation with such outstanding talent coming 'through the ranks'.



**ANNA HOWARD**  
CHIEF EXECUTIVE OFFICER

## ***Greetings everyone,***

I trust that you have all survived this very cold and wet winter without becoming ill with the usual winter bugs but more importantly, you have evaded being affected by the dreaded COVID-19 virus. On a positive note, Spring is in the air with gardens blooming with daffodils and other colorful flowers such as azaleas, hyacinths, and bluebells.

On a personal note, I am very happy to announce the birth of my fifth grandchild, a little girl named Stevie. Stevie was born on the 20th of July, the same day as my dear mother. So, we now have more than one reason to celebrate on the 20th. Both my daughter Rhiannon, and Stevie are doing well. Stevie is adored by her sister who is five years older than her and quite the expert caregiver.

As I mentioned in the previous newsletter, we have established client reference groups, located in Murray Bridge and Adelaide. Of the many issues we discuss, one topic that we are working on is the matter of Advanced Care Directives (ACDs). Patrizia and I have been interacting with a research team from the University of Adelaide. The team has been tasked with researching how the Culturally and Linguistically Diverse Communities (CALD) view the topic of preparing a document to outline their wishes for their end-of-life care. Dr. Simone Marino spoke with

the Adelaide client reference group recently. They gathered information that will guide the team in developing a perspective or viewpoint to present on behalf of the Italian community.

The Murray Bridge Client Reference Group also discussed the matter of ACDs. I was delegated to make contact with the Justice of the Peace Association to create a relationship with a dedicated JP who is familiar and comfortable with witnessing ACDs. The JP would then be available to support MMACG clients wishing to create an ACD. I will keep you posted with an update as it comes to hand.

At the August board meeting, we welcomed Noel Kneebone to the board of directors. Noel is well known in the Murray Bridge and Tailem Bend communities as a former school principal and as a musical entertainer. Noel, accompanied by his wife, performs voluntarily at private and corporate functions. I have had the privilege of hearing them perform at Kaleidescape functions. Noel is also the current president of the Murray Bridge RSL Bowling Club and a board member of the Murray Bridge Players and Singers. We are very fortunate to have someone of Noel's caliber join the board. A warm welcome, Noel.

## From the CEO cont.

Staying on matters of board business, we are reviewing our strategic plan in October, an issue we address annually. However, this review will be investigating the possibility of broadening our scope of services. While we will reassess the organisation's strategy, we will also consider the Constitution to ensure that it aligns with any changes that have been embraced. I will keep you informed of any variations should they be considered.

I am pleased to report that the Adelaide staff have well and truly settled into the new offices at Fullarton, and to many, it feels like home. Patrizia and the team have done an amazing

job of creating a professional and welcoming environment that is a pleasure to work in.

Look out for some photos in this edition of the wonderful success of Ebony Schiller one of our trainees, enjoyed on Friday the 9th of September. It makes me enormously proud to lead an organisation with such outstanding talent coming 'through the ranks'.

Until the summer/Christmas edition, best wishes.

Anna

## From the CEO (Italian)

Anna Howard's piece translated into Italian

### Saluto a tutti,

Spero che voi siate scampati a questo inverno molto freddo e piovoso senza ammalarvi dei soliti insetti invernali, ma soprattutto che abbiate evitato di essere colpiti dal temuto virus COVID-19. Una nota positiva è che la primavera è nell'aria, con i giardini che fioriscono di narcisi e altri fiori colorati come azalee, giacinti e campanule.

A livello personale, sono molto felice di annunciare la nascita del mio quinto nipote, una bambina di nome Stevie. Stevie è nata il 20 luglio, lo stesso giorno della mia cara mamma. Quindi, ora abbiamo più di un motivo per festeggiare il 20 luglio. Sia mia figlia Rhiannon che Stevie stanno bene. Stevie è adorata da sua sorella, che ha cinque anni più di lei ed è un'esperta badante.

Come ho accennato nella precedente newsletter, abbiamo istituito dei gruppi di riferimento per i clienti, situati a Murray Bridge e ad Adelaide. Tra le tante problematiche di cui discutiamo, un argomento su cui

stiamo lavorando è la questione delle Direttive anticipate di cura (DAC). Patrizia e io abbiamo partecipato con un gruppo di ricerca dell'Università di Adelaide. Il team è stato incaricato di ricercare il modo in cui le comunità culturalmente e linguisticamente diverse (CALD) vedono il tema della preparazione di un documento che delinei le loro volontà per le cure di fine vita. Il dottor Simone Marino ha parlato di recente con il gruppo di riferimento dei clienti di Adelaide. Hanno raccolto informazioni che guideranno il team nello sviluppo di una prospettiva o di un punto di vista da presentare a nome della comunità.

Il Gruppo di Consulenza per i Clienti del Murray Bridge ha anche discusso la questione delle ACD. Sono stato incaricato di prendere contatto con l'Associazione dei Giudici di Pace per creare un rapporto con un JP dedicato che abbia familiarità e dimestichezza con le ACD. Il JP sarebbe quindi disponibile a sostenere i clienti del MMACG che desiderano creare un ACD. Vi terrò informati con un aggiornamento non appena sarà disponibile.

# From the CEO (Italian) cont.

Alla riunione del Consiglio di amministrazione di Agosto, abbiamo dato il benvenuto a Noel Kneebone nel Consiglio di amministrazione. Noel è molto conosciuto nelle comunità di Murray Bridge e Tailem Bend come ex preside di scuola e come intrattenitore musicale. Noel, accompagnato dalla moglie, si esibisce volontariamente in occasione di eventi privati e aziendali. Ho avuto il privilegio di sentirli esibirsi alle funzioni di Kaleidescape. Noel è anche l'attuale presidente del Murray Bridge RSL Bowling Club e un membro del consiglio di amministrazione dei Murray Bridge Players and Singers. Siamo molto fortunati ad avere una persona del calibro di Noel nel consiglio di amministrazione. Un caloroso benvenuto a Noel.

Per quanto riguarda gli affari del Consiglio, a Ottobre rivedremo il nostro piano strategico, un tema che affrontiamo ogni anno. Tuttavia, in questa revisione verrà esaminata la possibilità di ampliare la portata dei nostri servizi. Oltre a rivalutare la strategia dell'organizzazione, prenderemo in considerazione anche la

Costituzione.

Per garantire che sia conforme a tutti i cambiamenti che sono stati accolti. Vi terrò informati su eventuali variazioni che dovessero essere prese in considerazione.

Sono lieto di comunicarvi che il personale di Adelaide si è ben ambientato nei nuovi uffici di Fullarton e che per molti è come se fosse casa propria. Patrizia e il team hanno fatto un lavoro straordinario per creare un ambiente professionale e accogliente in cui è un piacere lavorare.

In questa edizione troverete alcune foto del meraviglioso successo ottenuto da Ebony Schiller, una delle nostre aspiranti, Venerdì 9 settembre. È per me motivo di grande orgoglio essere a capo di un'organizzazione che vanta talenti così straordinari.

Fino alla prossima edizione estiva Natalizia, vi auguro i migliori auguri.



**MY CHOICE CARE**  
A DIVISION OF MURRAY  
MALLEE AGED CARE GROUP

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level of care that can only come from a  
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# Adelaide Update



MY CHOICE CARE

A DIVISION OF MURRAY  
MALLEE AGED CARE GROUP



**PATRIZIA KADIS**

ADELAIDE SERVICES MANAGER

Our Southern Italian Support Group, which operates once a month, welcomed guest speakers Dr Simone Marino and Dr Tanya Zivkovic. Both are part of a project called 'Investigating the Inclusion of Vulnerable Populations in Advance Care Planning: Developing Complex and Sensitive Public Policy'. During their talk, they spoke about their research and presented their findings on the Italian migration to Australia. The findings were also presented at a conference on 26th July at the National Wine Centre, Adelaide. The group was also in for a treat as Dr Simone Marino entertained everyone with Italian folk songs! The group loved the songs and sang along.

Recently, we welcomed three new staff members to the Adelaide office. We have two Service Consultants, Elisabetta and Karen, and Domenica, who has taken on the newly created role of Senior Support Worker. The role of the Senior Support Worker is to provide mentoring and coaching to support workers, to provide culturally appropriate support and advocate for clients, and assist with language support in our CALD community. Support Workers also participated in fire training. This helps them gain specific skills to deal with a fire emergency should the unlikely event arise.

We have also had two traineeships working

towards a Certificate III through Apprenticeship Careers Australia. Our two trainees are Emma and Melissa. Emma has also added to her skillset and begun to broaden her language skills by learning Italian.

For professional development Connie and Danielly, our Service Consultants, both attended training to learn about mental health first aid. This training has helped the consultants support our clients by being aware of signs of declining mental health, and how to assist.

We'd like to thank you for your continued support with the rebranding of the Adelaide division of our organisation. It has been a smooth yet continuing transition to operate under the name 'My Choice Care' in Adelaide. You may have noticed us answering the phone differently, or the new logo and colours on documents, but rest assured, you'll still be receiving the same quality service and relationships you always have. Why not take some time to have a look at the re-designed website? It's designed with the user in mind making it more accessible with clearer information. There's a clear distinction between regional services and Adelaide metropolitan services, allowing the user to choose which they wish to learn more about.





# Staff News

In the Adelaide Office at My Choice Care headquarters, there have been some new faces starting. Elisabetta and Karen are our new Service Consultants, and Domenica is our new Senior Support Worker. Welcome to the team!



**Elisabetta Panzironi**  
Service Consultant



**Domenica Di Forti**  
Senior Support Worker



**Karen Walsh**  
Service Consultant



## KMs for Kids

Every single day three children are told they have cancer. A diagnosis of childhood cancer changes everything for a family. When the everyday challenges feel impossible, Redkite is a lifeline helping families make it through.

Patrizia wanted to help make a difference, so she suggested to the Adelaide team to step up in the month of August and walk for the cause. Hands flew up and volunteered to help. Some team members walked before

work, some ran at the gym, and others did extra walking on the weekends. Generous sponsors donated their hard-earned money towards the cause. The 'Metro Movers' team smashed their goal of \$500 to raise a whopping total of \$809! Every dollar that was raised will help bring a bright light to the lives of children with cancer during their darkest days. Well done Metro Movers, you have helped make a difference to the lives of sick children and their families.



# Road Safety

Staying safe on the road is important for all drivers, however as we get older there are physical changes which can affect our driving skills.

## Motorised wheelchairs

Motorised wheelchairs are also referred to as mobility scooters and gophers. Under the Australian Road Rules, a motorised wheelchair that is not capable of travelling at a speed greater than 10km/h and is used by a person who is unable to walk or has difficulty walking is treated as a pedestrian. Users of motorised wheelchairs must observe the same road rules applicable to all pedestrians, including:

- Using the footpath or nature strip where one is available
- Keeping to the far left or far right of a road where no footpath or nature strip is provided or is not practicable to use
- Not travelling in bike lanes
- Crossing a road at pedestrian lights and at traffic lights

- Not causing a traffic hazard or obstruction.

A motorised wheelchair is exempt from the requirements of a driver's licence, registration and insurance when driven on a road by a person who reasonably requires the use of the vehicle because of some physical infirmity. However, exemption is subject to the following conditions:

- The vehicle is specifically designed and constructed (not merely adapted) for the transport of a person with some physical infirmity or disability
- It has seating for one person only
- Is capable of short low speed journeys only
- Has an unladen mass not exceeding 250 kilograms.



## Safety tips when using a motorised wheelchair

- Plan a route that allows access to a footpath for the entire journey
- Know where there are kerb ramps or driveways you can use for safe crossings
- Take extra care when leaving the kerb to cross the road
- Wait until the traffic has stopped before travelling onto a pedestrian crossing
- Always be prepared to stop for pedestrians
- watch for vehicles entering and leaving driveways
- Avoid major roads
- If you are forced to use roads, travel on quieter streets
- Attach a safety flag to your chair high enough above your head to be visible to others
- If possible, attach rear view mirrors to your chair
- If you must travel at night, use lights and reflectors to

aid visibility, front and rear just like a bicycle

- If possible, check out a new route beforehand to make sure it is suitable for a motorised wheelchair.
- watch for vehicles entering and leaving driveways
- Avoid major roads
- If you are forced to use roads, travel on quieter streets
- Attach a safety flag to your chair high enough above your head to be visible to others
- If possible, attach rear view mirrors to your chair
- If you must travel at night, use lights and reflectors to aid visibility, front and rear just like a bicycle
- If possible, check out a new route beforehand to make sure it is suitable for a motorised wheelchair.

**Information provided by SAPOL**





# Charter of Aged Care Rights

**All people receiving Australian Government funded residential care, home care or other aged care services in the community have rights.**

## **I have the right to:**

1. safe and high-quality care and services;
2. be treated with dignity and respect;
3. have my identity, culture and diversity valued and supported;
4. live without abuse and neglect;
5. be informed about my care and services in a way I understand;
6. access all information about myself, including information about my rights, care and services;
7. have control over and make choices about my care, and personal and social life, including where choices involve personal risk;
8. have control over, and make decisions about, the personal aspects of my daily life, financial affairs and possessions;
9. my independence;
10. be listened to and understood;
11. have a person of my choice, including an aged care advocate, support me or speak on my behalf;
12. complain free from reprisal, and to have my complaints dealt with fairly and promptly;
13. personal privacy and to have my personal information protected;
14. exercise my rights without it adversely affecting the way I am treated.

## **If you have concerns about the aged care you are receiving, you can:**

- talk to your aged care provider, in the first instance,
- speak with an aged care advocate on **1800 700 600** or visit **opan.com.au**, for support to raise your concerns, or
- contact the **Aged Care Quality and Safety Commission** on **1800 951 822** or visit its website, **agedcarequality.gov.au**. The Commission can help you resolve a complaint about your aged care provider.



## South Australian Adult Safeguarding Unit

### Do you have concerns?

If you suspect you or someone you know is at risk of or is being abused, you can call the **Adult Safeguarding Unit (ASU) on 1800 372 310**, Monday to Friday, 9.00 am to 5.00 pm for information, support or to make a report, or email the ASU at [adultsafeguardingunit@sa.gov.au](mailto:adultsafeguardingunit@sa.gov.au).

Anyone can call the ASU and you can remain anonymous if you wish.

Contact **Translating & Interpreter Services (TIS) on 131 450** if you require an interpreter to speak with the ASU.

**The ASU is not an emergency/crisis service. Dial 000 for emergencies.**

### What does abuse look like?

The behaviours and signs of abuse can include, but are not limited to:

**Physical abuse:** being hit or injured on purpose, restraining someone inappropriately

**Emotional abuse:** threats, humiliation, verbal or psychological abuse

**Sexual abuse:** sexual activity which is unwanted or not understood

**Financial abuse:** the theft or misuse of money, pressure in relation to legal documents including wills, property or inheritance

**Neglect:** not providing food, clothing, attention or care.

South Australian

## Adult Safeguarding Unit

A place anyone can discuss concerns of abuse or neglect of older people and people living with disability.

 **1800 372 310**





## KALEIDESCAPE

Social day activity  
program for over 65s.

📍 **MURRAY BRIDGE** 📍 **MANNUM** 📍 **MYPOLONGA** 📍 **TAILEM BEND**

The program provides an opportunity to:

- ✓ Socialise with friends
- ✓ Enjoy a two-course meal
- ✓ Engage in a variety of activities
- ✓ Have fun and chat

Anyone wishing to join a group will require an approval code from My Aged Care at [www.myagedcare.gov.au](http://www.myagedcare.gov.au) or by phoning 1800 200 422.

A fee of \$15.00\* is charged on the day.

\*Fees may increase slightly for special entertainment.



*Murray Mallee*  
AGED CARE GROUP

For locations and more information:

☎ (08) 8532 2255

[www.MurrayMalleeAgedCareServices.com.au](http://www.MurrayMalleeAgedCareServices.com.au)



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# Let's Get Clinical

**HEIDE CALLERY**  
CLINICAL MANAGER



## Wound Care

In August, Wounds Australia held their 'Wound Awareness Week'. Wounds Australia is a not-for-profit company that is made up of health care professionals, supporters, and volunteers, who all have one goal in mind – to reduce the harm that is caused by wounds. The organisation's purpose is to promote, facilitate, educate, and support the prevention and management of wounds.

Their 'Wound Awareness Week' campaign aims to raise awareness of risks, warning signs and treatments, enhancing the skills of health professionals, and drive changes to health policy.

Recently, I attended the Wounds Australia 2022 Conference in Sydney. It was a great chance to see the developments in wound care and hear about new technologies. It is a welcome change to be able to travel interstate to visit these conferences in person.

In November, Worldwide STOP Pressure Injury Day is recognised from 15–21 November. So, who is likely to at risk of experiencing a pressure injury?

You are more likely to get a pressure injury if you:

- Sit or lie for long periods of time
- Have damp skin from sweating or incontinence
- Regularly use medical equipment that touches your skin
- Do not eat a balanced diet or stay hydrated
- Have loss of feeling or poor blood flow

If you ever concerned about your risks, it's always recommended to speak to your health professional.



**Wound Care Australia Conference**  
Sydney



# Aged Care Employee Day



## Thank you

On Sunday 7th August, Murray Mallee Aged Care celebrated Aged Care Employee Day. Murray Mallee Aged Care Group showed our appreciation for all our employees and volunteers. We truly thank each one of our employees for their care, dedication, and professionalism. Here are some photos sent in from our office staff and support workers doing what they do best, caring.





# Kaleidescape Corner

## Blooming Marvellous!

Wowee! What an action-packed three months we have had at Kaleidescape.

- We were amazed and delighted by the tricks of Murray the Magician.
- David from the SA Australia Police Road Safety team enlightened us about important road rules we may not have been aware of.
- A few brave souls held a snake and a crocodile when Animal Capers visited us. There was also some very cute fluffy animals to pat as well.
- We learnt how to create beautiful flower boxes thanks to Flowers by Terese.
- The amazing Tania from Tatty K showed us step-by-step how to make pottery with our hands to create some amazing works of art.

Only three more months until Kaleidescape comes to an end for 2022 and we have a short break before returning in the new year. Keep an eye out for a letter once again inviting Kaleidescape participants to volunteer and join our planning committee for 2023.

Don't forget, due to catering purposes, if you're unable to attend Kaleidescape, please call the office to let Allecia know on (08) 8352 2255.

Thank you for an amazing three months everyone!

From the Kaleidescape Team  
**Allecia, Rosie & Leonie**





# Get growing with an urban garden

Urban living and lush gardens aren't as mutually exclusive as one might assume. In fact, it's possible to cultivate thriving gardens in even the smallest spaces.



The first step toward creating a successful small garden space is planning. Sketching out your garden area with a clear understanding of the actual dimensions is important. This allows you to allocate adequate growing space for the vegetation you choose and prevent overcrowding.

Part of your planning should also take climate into account. If the sun reaches your garden area, knowing what time the sun typically hits matters. Some plants are poorly equipped to handle the strength of direct afternoon rays.

Other matters to consider are the soil quality and whether it is adequate to nourish vegetation. If not, you may need to excavate and refill your planting areas with nutrient-rich gardening soil. Access to water is also a concern; if you'll be forced to water by can, avoid choosing plants that would better benefit from a thorough hose soaking.

As you begin planning the actual contents of your garden, don't hesitate to blend edibles with beauty. Many herbs offer attractive textures and colours that can add variety to a colourful selection of flowering plants. Edible plants such as strawberries offer colour from blooms (and later brightly hued fruit), as well as trailing greenery that looks pretty along the edges of potted containers.

If your goal is colour, give consideration to the blooming season for your selected plants. Unless you plan to enjoy your garden for just

a short season, choose a variety of plants and flowers that bloom throughout your region's entire growing season.

Especially in the smallest garden spaces, it's smart to make the most of vertical space. Use a trellis or other structure to encourage vining vegetation to grow upward rather than outward. Hanging baskets or buckets are ideal for inverted growth of plants such as tomatoes or peppers, and shelving or tiered plant stands are handy for creating more plant real estate in smaller garden spaces.

Beautiful gardens need not be limited to those with expansive lawns in rural communities. Though smaller in scale, urban gardens can deliver equal beauty and a surprising volume of the edible bounty with proper preparation and design.



# Recipes

Chocolate cake can certainly put a **spring** into your step! Try out this delicious recipe for yourself, or to entertain.



## Cauliflower Chocolate Cake

### Ingredients

- 1 cup flour
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 tsp baking powder
- 1/4 cup unsweetened cocoa powder
- 2 tbsp ground flax
- 1/3 cup sugar
- 1/4 cup additional sugar
- 1/2 to 1 cup mini chocolate chips
- 1 tbsp pure vanilla extract
- 2 loosely-packed cups frozen cauliflower
- 1/2 cup milk
- 3 tbsp oil



### Method

Preheat oven to 180C, and grease an 8×8 square baking dish. Combine all dry ingredients in a bowl, and mix very well. Combine all liquid ingredients and the cauliflower in a food processor and blend until super-smooth, so there are no lumps whatsoever. Pour wet into dry, and mix until just combined, then pour into prepared pan and bake 30 minutes. Let cool completely. If not eaten within a day, store in the refrigerator.



Spring is in the air in South Australia. Have a look at these photos sent in from Adelaide Service Consultant, Karen Walsh, which shows her abundant cauliflowers from her garden, and a beautiful shot of her tree blossoming!



# Puzzle Page



## Find-a-word

Find and circle all of the words are listed below that are hidden in the grid. The words may be hidden in any direction.

S	N	L	A	M	S	E	B	O	A	S	P	B	H	J	P	N	O
Y	E	O	I	B	E	E	S	U	L	L	U	I	L	K	D	R	C
A	E	P	V	R	K	N	P	U	T	A	L	N	C	O	L	Z	T
B	U	T	T	E	R	C	U	P	S	T	W	E	L	N	O	Z	O
J	I	Z	P	E	M	I	H	P	E	P	E	N	R	I	I	M	B
M	J	K	T	T	M	B	G	N	Z	N	R	R	M	G	G	C	E
G	A	R	D	E	N	B	E	A	C	R	E	I	F	O	I	H	R
J	M	J	W	Z	N	A	E	R	T	U	W	R	N	L	W	E	T
H	A	Y	F	E	V	E	R	R	X	I	B	K	G	G	Y	E	S
B	L	O	S	S	O	M	S	B	I	V	O	B	C	Y	L	R	R
F	L	O	W	E	R	S	E	E	D	L	I	N	G	S	T	V	T
D	J	A	H	A	P	P	I	N	E	S	S	B	D	J	J	F	N

## WORDS

SPRING	SEPTEMBER
FLOWER	OCTOBER
BLOSSOMS	NOVEMBER
BUTTERFLY	HAYFEVER
GARDEN	HAPPINESS
IRRIGATION	ENERGY
LAWNMOWER	BEES
BUTTERCUPS	ALLERGIES
SEEDLINGS	BLOOM
SUNLIGHT	PICNIC

Find the following words in the puzzle.  
Words are hidden → ↓ and ↘.

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

## Sudoku

- Each row must contain the numbers from 1 to 9, without repetitions.
- Each column must contain the numbers from 1 to 9, without repetitions.
- The digits can only occur once per block (nonet).
- The sum of every single row, column and none must equal 45.

**SOLUTIONS**

Word directions and start points are formatted (Direction, X, Y)

SPRING (6,1,1) →  
FLOWER (6,1,1) →  
BLOSSOMS (6,1,1) →  
BUTTERFLY (6,1,1) →  
GARDEN (6,1,1) →  
IRRIGATION (6,1,1) →  
LAWNMOWER (6,1,1) →  
BUTTERCUPS (6,1,1) →  
SEEDLINGS (6,1,1) →  
SUNLIGHT (6,1,1) →

SEPTEMBER (6,1,1) →  
OCTOBER (6,1,1) →  
NOVEMBER (6,1,1) →  
HAYFEVER (6,1,1) →  
HAPPINESS (6,1,1) →  
ENERGY (6,1,1) →  
BEES (6,1,1) →  
ALLERGIES (6,1,1) →  
BLOOM (6,1,1) →  
PICNIC (6,1,1) →

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





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**È vostro diritto vivere al sicuro dall'abuso sugli anziani (elder abuse)**

Vengo **trattato/a** con **rispetto** dai miei famigliari e amici

Sono **al corrente** di come **il mio denaro** viene speso

Decido **io** cosa succede in **casa mia**

**Le decisioni** per la mia vita vengono prese nel mio **interesse**

Il mio testamento rispecchia **i miei desideri**

So **dove** si trovano **le mie** medicine

**Se avete risposto "no" ad una di queste affermazioni, potreste voler parlare con una persona di fiducia.**

**1800 ELDERHelp  
(1800 353 374)**



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Commission

**It is your right to live free from elder abuse**

I am **treated** with **respect** by family and friends

I **know** how my **money** is being spent

I **choose** what happens in my **home**

**Decisions** about my life are in my **best interest**

My will reflects **my** own **wishes**

I **know** where my **medication** is

**If you answered 'no' to any of these statements, you may wish to talk to someone you can trust.**

**1800 ELDERHelp  
(1800 353 374)**



# Well done, Ebony



The annual mteSA Inc Awards was a night of glitz and celebration. The 2022 awards night was held on Friday 9th September at the Bridges Event Centre, Murray Bridge. Nominees for various awards attended the evening which recognises their fabulous work and commitment to their host employer and their industry.

In total there are 11 outstanding awards given to the winners on the night. Our very own trainee, Ebony Shiller, was presented with not one, but two awards! Ebony received the awards for Outstanding 1st Year Trainee and the Trainee of the Year.

To be nominated for an award nominees must meet the assessment criteria. Candidates

are chosen for demonstrating outstanding achievement in a variety of areas, such as participation in their nominee interview, review of host employer reports/interview, a record of training assessment results, and training progression and trainer interview.

Established in 1997, mteSA is a community based, not for profit group training organisation specialising in traineeships and apprenticeships. It is run by a board of directors comprised of local business leaders.

Staff from the regional office helped Ebony celebrate her win at the awards night. We hope you enjoy some photos from the evening.





## We'd love your Submissions

Submissions for the newsletter '*The Quarterly Connection*' are welcomed from all our clients and staff. Do you have something that you wish to share? Do you have some funny jokes or riddles? We'd love to hear from you.

We want to share your stories. Send your ideas and submissions via post, in person, or by email to the following addresses:

**Email:** [smugford@murraymallee.org.au](mailto:smugford@murraymallee.org.au)  
**In person:** 2a Myall Ave, Murray Bridge  
290 Glen Osmond Rd, Fullarton  
**Post:** PO Box 1315, Murray Bridge, SA 5253



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