



Christadelphian Aged Care

2018 AUTUMN NEWSLETTER

CHAMBERLAIN GARDENS

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*Light breeze
colourful leaves
bare trees
it must be
Autumn*



*"God makes
everything beautiful
in its time"*

Ecclesiastes 3:11

Manager's Message

Welcome to Chamberlain Gardens



Welcome to our 2018 Autumn newsletter.

As I write this message, with the way "time flies", Easter seems to be just around the corner – in fact the shops have been selling hot cross buns since the beginning of January and Easter eggs have been recently introduced!

Here are the highlights of the past few months:

- ◆ Our Christmas season is just a memory but the residents enjoyed their Christmas lunches. The Pre-Christmas Nibbles Night was well attended and enjoyed by all, including the children, and again we thank our staff and volunteers who helped make the evening great.
- ◆ We've welcomed new nursing staff, kitchen hands and leisure and lifestyle coordinators, with the ongoing goal of delighting our residents.

As always, I'm available if you want to see me and I look forward to seeing you all during this autumn season.

Warm Regards, **Sue Thacker**



News & Upcoming Events



HAPPY BIRTHDAY!

MARCH		APRIL		MAY	
Coastal		Coastal		Coastal	
23 Yvonne Cheney	10 Anna Olyslagers	1 Betty Mitchell			
	21 Bill Lucas	14 Frank Shead			
	24 Les Byrne				
	28 June Hackney				
Garden		Garden		Garden	
7 Mary Brown	2 Gordon McCullah	15 John Fortune			
8 Betty Mitchell	9 Betty Roebuck	24 Mervyn Englert			
10 Jollina Dijkstra	19 Bob Knox				
	22 Dulcie Kirk				
	24 Beryl Palmer				
	27 James Enright				
Horizon		Horizon		Horizon	
9 Noela Dixon	13 Evelyn Byrne	13 Robyn Beatty			
16 Michael Keegan	19 Thelma Russell	13 Gwenethe Cane			
	28 Frances Fitzpatrick	13 Monica Barlow			
	28 Janet Simpson	17 Jeanette BP			



UPCOMING EVENTS

MARCH

23rd - Entertainment:
Cathy Ponton Concert

APRIL

30th - Magic Show

MAY

14th - Entertainment:
Evan Haswell Concert



Keep updated with all the latest news and photos by "liking" us on Facebook!

[facebook.com/christadelphianagedcare](https://www.facebook.com/christadelphianagedcare)



We're going digital!

To reduce the amount of paper we use, and in response to the requests of a number of families, the next newsletter will be delivered straight to your inbox!

It will also continue to be available on our new and improved website at www.chomes.com.au.

We are currently updating our contact list so you may be contacted soon to let us know your email address.

If you would still like to receive the newsletter in paper form, please call Marketing on (02) 9101 5503 to let us know.

Activity Reviews

DECEMBER



December is always a busy month. Friday, December 1 the Leisure & Lifestyle staff and volunteers decorated the Home. This is a huge job, and it didn't help that it was a hot day, but the end results looked great. Residents' Christmas craft was also on display as the residents had been busy making Christmas Craft over the month of November. We also had a visit from the "**Rumba Lara Rebels**" who are a group of retirees who play the Ukulele.

Wednesday, December 6 we had **Evan Haswell** entertain the residents, and he put on a Christmas concert which was enjoyed by all.

Tuesday, December 12 our **beautician Katheryn** was in to make our residents beautiful and attend to their needs. Katheryn comes to the Home monthly.

Tuesday, December 12 **Coastal** residents had their **Christmas Party**, and it was enjoyed by all. The day was a success thanks to the staff, volunteers, and kitchen staff. The residents had a beautiful lunch consisting of roast turkey, baked ham, roast vegetables and the trimmings. Dessert consisted of plum pudding and custard or lemon citrus tart with chantilly cream and raspberry coulis.



Wednesday, December 13 **Garden** residents had their **Christmas lunch** and in the afternoon the residents were entertained by the "Singing Hands" who put on a Christmas concert.

Thursday, December 14 **Horizon** residents had their **Christmas lunch**, so it was a huge couple of days. A big thank you to all that helped over the three days to ensure the residents enjoyed the moment.

See photo pages for all Christmas Party & Lunch fun!



Saturday, December 16 we were visited by a **Tongan choir**. They were amazing; not one resident got up and left, and we had families attend which was lovely to see. Everyone got involved. The choir sang a mixture of Christmas carols, gospel and some Islander songs. The choir of 20 were made up of adults



and children, and we were lucky enough to have cuddles of a three-week old baby and a four-month-old baby.

Tuesday, December 19 a group of children from a **Violin school** came and played for the residents.

Photos - Coastal & Garden Xmas



Coastal
Xmas
Party



Garden
Xmas
Lunch



Photos - Horizon Christmas



Activity Reviews

DECEMBER CONTINUED

Wednesday, December 20 we held the annual **Family and Resident Drinks and Nibbles** night. This was the sixth year this night has been held, and it is a wonderful night for all who attend. It was lovely to see for some families four generations attend. The children were given lolly bags and at the end of the night the helium balloons. The entertainment was from "Julz", the kitchen provided a gorgeous array of finger foods, and the bar was kept busy all night. The day had been incredibly hot, but a southerly storm blew in around 4.30pm to cool things down a tad. Once again, a big thank you to the Leisure & Lifestyle team and volunteers for setting up for the night, and to the kitchen for their hard work, and lastly to the admin staff who stayed back to help clean up.

Our Christmas raffles were won by staff member Leah Donahue who won the commercial blender, Val Thomson's daughter Jenny won the bottle of Dom Perignon, Geoffery Maidment's family won the perfume and Volunteer Carol Norbury won the hamper. A total of \$765 was raised from the sale of raffle tickets. A big thank you to all who supported the raffle. *See photo page*



Friday, December 22 the residents were entertained by a group called "**The Antiques Roadshow**". This group comprises of a couple of men, who have retired and have now decided to give something back.



Saturday, December 25, RAOs Sharon and Elissa came in and delivered **Christmas presents** to every resident. Those who were out had their present left on their bed.

JANUARY

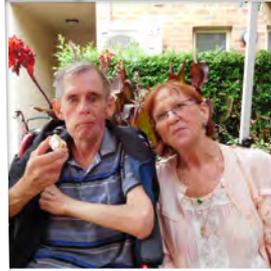
After a hectic December, the month of January was a lot quieter as many of our entertainers were on holidays and don't return until February. Our bus driver was away on holiday, so we didn't have any bus trips for two weeks, but with the hot weather it was a relief not to have gone out.



Friday, January 12 we had a new entertainer come to the Home. Her name is **Cathy Ponton** and she works in the industry as a nurse, but has sang all her life and been in bands. Cathy was fabulous; she had a lot of the residents up dancing to songs from the '60s and '70s, with many of them singing along. We will definitely be getting Cathy to come back in the future.

January saw us welcome two new **Leisure and Lifestyle staff members** to the team. Cindy, who was working in Garden, left to concentrate on her business, so Tina and Chris were employed to fill the role. Gail has been off work since mid-December after breaking her elbow in a fall. We are looking forward to having Gail back on board.

Photos - Resident & Fam Xmas Drinks & Nibbles



Activity Photos



Jean White's 101st Birthday

Staff and family celebrated with flowers, a much loved cupcake bought in by family, and a birthday cake with residents at Coffee Club.



Horizon Craft



*Garden Bus Outing,
Killarney Vale*



Pet Therapy
Frank with Winston, a Golden Retriever who visits weekly



Resident Story - Nellie Alliband



Nellie was born in Auburn to parents Cecil and Ellen Dennis in 1921, and has a brother, Ross. She attended kindergarten at South Auburn Primary School, went onto North Auburn Primary (also where her two children attended later), and then to Auburn Domestic Science School.

Nellie worked in offices as a clerk, and worked for six months at a re-tread tyre business, then spent six months working in Sydney before moving on to a clerical position at a Ladder Factory, where Nellie met her husband Max. Nellie also worked for Australian Electoral Industries until she married.

Nellie and Max had two children, Denise and Ross. Nellie's passions were playing tennis and dancing. Nellie has also been a cadet in the St John Ambulance Brigade when she was younger. When Nellie was younger she loved to paint, her subjects being flowers she picked from her father's garden, and she also loved to embroider.

Nellie and her husband retired and moved to Dora Creek (Morisset). Nellie joined her husband in the Masonic Lodge, which was a very big part of their lives. Nellie and Max were also inaugural members of the Silver Gliders Dance Club at the Dora Creek Workers Club. Their daughter Denise said that she and her brother were also made to learn to dance.

Holidays and long weekends were usually spent at Gwandalan where Nellie's parents owned a holiday home. They enjoyed fishing and going out on the lake with the family dog in a row boat.

Sadly, Nellie's husband Max died in 2005. Nellie is now the proud grandmother of two girls, and the great-grandmother of six littlies.

Items for our Memory Boxes

If anybody has some small items such as tins, papers or memorabilia that you don't want; we would be pleased to accept the donation and add it to our Memory Boxes. We use these items to engage residents, to start conversation and for reminiscing. If anyone is cleaning out their parents' house and you come across something that you think we could use, we will be happy to take it off your hands.



Donations can be left with Val at reception or given to any of the Leisure & Lifestyle Officers.



Staff Profile - Denise Pyne



Denise was born in 1965 in Gosford Hospital and has lived on the Central Coast for most of her life. She has an older brother Andrew. When she was seven, the family moved to South Africa for 18 months due to her father being transferred there for work.

Denise attended Erina Heights Primary School and then Erina High School. Upon leaving school, Denise attended TAFE studying for her Admin Certificate. Denise started her career working for Briscos Marketing in administration. The company specialised in curtains and carpet tiles. After worked there for three years, she spent twelve months working for an advertising company in North Sydney before moving back to the coast to work for a company in West Gosford for

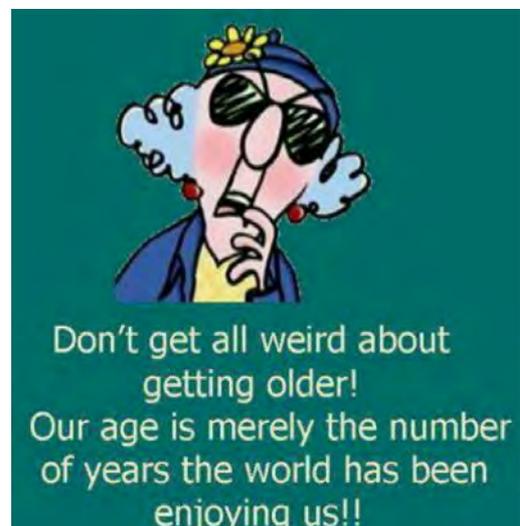
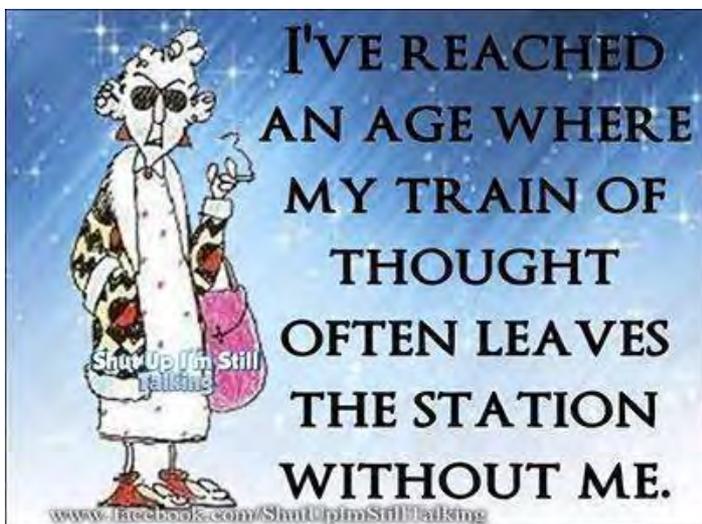
31 years. Denise started working at Chamberlain Gardens six months ago. She enjoys the daily challenge of working on the rosters and interacting with the residents.

Denise is married to Kel and has a daughter Brittany and a step-daughter Jessica. They are the proud grandparents of little Ava. Denise enjoys playing sport, and netball is her favourite sport. She has played for Terrigal and competed and represented NSW. She competed in athletics when younger and was successful in making it to the Australian titles.

Denise was on "Perfect Match" when she was 18 or 19 years of age. She got picked and went on a skiing holiday in Victoria. She couldn't ski but her "Perfect Match" could. They dated for a while, but distance was a problem as he lived down south.

Denise likes to spend her downtime with her family, going to nippers with her granddaughter Ava, and eating out. Denise also likes to travel. She has been to the UK, Bali and South Africa, but Thailand is her favourite travel destination.

We have a **Dry Cleaning Service** where residents can take their garments they need dry cleaned to reception and they will be taken down to the Wyoming Dry Cleaners.



Pastoral Care

LET US NOT *love*
WITH WORD OR SPEECH BUT WITH
actions AND *in truth*



WHERE WILL YOU FIND JOY TODAY?



The English writer William Wordsworth (1770–1850), in his pastoral poem ***The Oak and The Broom***, wrote the following lines:

*I know, and I have known it long;
Frail is the bond by which we hold
Our being, whether young or old,
Wise, foolish, weak, or strong.*

*Disasters, do the best we can,
Will reach both great and small;
And he is oft the wisest man,
Who is not wise at all.*

The speaker in this poem is a broom plant, which is responding to the taunts of the nearby oak tree that had mocked it for the apparent frailty of its form and for providing wayward shepherd boys with a soft bed on which to sleep. The broom plant's reply highlighted the joy it found in interacting with the insects, birds and animals with whom it shared each season throughout the year. It looked for these joy-filled snatches among the challenges of the larger changes brought by each passing season in its world, be it the heat of summer, the frost of winter, the energy of springtime or the slowing of autumn. By the end of that poem it was the broom which remained, as the oak in its unbending pride had fallen before the sudden onslaught of a winter storm.

Solomon, a wiser man than any in his day, urged all who would listen to find something positive in their lives wherever that life would lead. *"So I commend the enjoyment of life,"* he says in Ecclesiastes chapter 8 verse 15 (NIV), *"because nothing is better for a man under the sun than to eat and drink and be glad. Then joy will accompany him in his work all the days of the life God has given him under the sun."*

Some days that joy may not dominate. Some days life may seem futile, an endless repetition of the same routine lived amid the same walls echoing the same sounds from the lives of those nearby. Focussing on this highlights the futility and the pain of living, making it hard to see the subtly of the blessings that are still there in life. Amid that cycle there is still the opportunity to touch and to try a smile, to hold a hand or share a memory, listen to a distant bird or smell a scented leaf or flower.

Seeking the joy of the day will not make its challenges any less serious or any less real. But blessings and joy can exist at the same time as misfortune and sorrow. Finding joy among the little things may not remove the sense of struggle, but it will help to ease that burden. Sharing a hug changes the view – and how large is a hug, really? Warmth from the sun, or the colour of an autumn leaf, can both awaken memories to distract from the present, or simply bring pleasure to the moment.

The little broom plant and King Solomon both faced their lives with a certainty that they would find each day something to enjoy and both found it.

In what little thing will you find joy today?

By Stuart Muir - Pastoral Care and Community Services Manager,
Corporate Services

Bereavements

Our deepest sympathies have gone out to the families who have lost their loved ones over the Summer period.



Volunteer Corner



It is a well-documented fact that even animals will suffer the very deep emotions associated with grief. Animals of all types have been observed to show grief – researchers have observed a baby elephant whose mum was shot dead would give out a very different noise as if to cry. The

researchers observed the young calf would refuse to be fed, even though the rest of the herd would try to feed her. Adult elephants will stop eating, and have been known to starve themselves to death. They will stay close to the recently departed and have been observed crying as a group.

Sadly, we as humans will all suffer grief at some stage in our lives. This occasion of grief will at some points enter our lives. We are social creatures and have networks of friends, which may go back to our childhood, or very close companionship like husband and wives. Not to mention the bonds that hold families together. All these can be disrupted at any time, and everybody will have to come to terms with grief. It is part of our make-up to feel sorrow, sadness, pain, distress, heartache and heartbreak. All these emotions are normal. There is no set time in getting over grief and often triggers like birthdays, Christmas, anniversaries can make us feel distraught.

The experts say that there are five stages to grief:

1. **DENIAL** is often the first stage. We may feel that we cannot get over or even survive the loss. Denial and shock are nature's way of letting in only as much as we can handle. As we accept the reality of the loss and start asking ourselves questions, our feelings become stronger and the denial begin to surface.
2. **ANGER**. Anger is another stage in the healing process. Be willing to feel your anger even if it seems endless. The more you feel it the more it will start to dissipate. Anger is a form or indication of the intensity of your love.
3. **BARGAINING**. Statements like "please God", "if only". We may find ourselves seeking a truce with God, or wishing we could wake-up and this would all be just a bad dream. We can remain in the past, trying to negotiate our way out of the pain.
4. **DEPRESSION**. After bargaining, depression can bring feelings of emptiness. It is important to realise that this is not mental illness. It is normal and it is not unusual to have depression, which is an appropriate response to grief.

If you are interested in joining the Volunteer program, please do not hesitate to contact me:

**Mark Vickers on 4329 8000 or mvickers@chomes.com.au
Volunteer & Pastoral Care Coordinator**

Volunteer Corner



5. **ACCEPTANCE.** We eventually accept this is reality and to live in this new world without that special person. Our lives have been changed forever, but we start to readjust our lives and find ourselves having more good days than bad ones. Instead of denying our feelings, we start listening to our needs. We can never replace what has been lost, but we can start to make new connections, even meaningful relationships. We invest in friendships and the relationship with ourselves. We begin to live again, but we need to give grief its time to work through our lives.

All five stages of grief can affect us when moving into aged care. The denial that we shouldn't be here. Anger at our situation, this can manifest itself to family and friends. Bargaining with God to make a change to our situation. Depression on the different lives that we once had, and have left so much behind to face an uncertain future that we feel we have no control over.

If you feel overwhelmed by grief, do not be afraid to ask for help. All staff are here for your care, and Pastoral Care is always available to you to listen and help with your concerns.



If you are interested in joining the Volunteer program, please do not hesitate to contact me:

Mark Vickers on 4329 8000

or mvickers@chomes.com.au

Volunteer & Pastoral Care Coordinator



SPOTLIGHT ON A VOLUNTEER - Suellen Walters

Suellen is a country girl who grew up on a property called "Kinross" in Dalgety near Jindabyne. She is one of five children. She studied in Beridale Primary School, Monaro High School, and then to Cowra Base Hospital to be trained as a Registered Nurse. This was in the '70s. After the training, Suellen moved to Gosford and has worked in various areas of health care, including 10 years in palliative care and for the last 10 years of her career, worked in aged care. Suellen was an RN for 45 years, and retired 18 months ago. She has completed a counselling degree in 2011, and started her own practice.

Suellen is passionate about well-being and emotional care, and wants to get into this area, as she feels there is a need of support in this field especially for the elderly. Suellen has a great respect for the elderly which brought her to Chamberlain Gardens in her role as a Pastoral Care Volunteer. Suellen feels she is making a difference in our residents' lives by supporting them with their spiritual/emotional needs.

Read, Rest & Relax!



Interesting Winter Olympics Facts

PyeongChang 2018 Winter Olympics

Location
average elevation **700m**
population **43,000**
180km east of Seoul

Events
259 events | 102 sets of medals made | 15 venues | 13 sports

February 9-25, 2018

emblem: the emblem represents the meeting of **heaven** and **earth** as well as **ice** and **snow**

mascot: Soohorang is a friendly **white tiger** mascot used to promote the games

slogan: Passion. Connected.

Countries
84 countries with at least 1 athlete qualified
Eritrea, Kosovo, and Malaysia are set to make their Winter Olympic debut
2 North Korean athletes have been given permission to cross the demilitarized zone

Events
9 sliding events (luge, skeleton, bobsleigh)
32 ice events (figure skating, speed skating, short track speed skating, curling, ice hockey)
61 snow events (freestyle skiing, biathlon, snowboard, alpine skiing, ski jumping, nordic combined, cross-country skiing)

Evolution of the Winter Olympic Torch

People from all walks of life carry the Olympic Torch for 200m, to convey a message that embodies the exalted ideals of the Olympic movement

1952 Oslo Norway	1956 Cortina d'Ampezzo Italy	1960 Squaw Valley U.S.	1964 Innsbruck Austria
1968 Grenoble France	1972 Sapporo Japan	1976 Innsbruck Austria	1980 Lake Placid U.S.
1984 Sarajevo Yugoslavia*	1988 Calgary Canada	1992 Albertville France	1994 Lillehammer Norway
1998 Nagano Japan	2002 Salt Lake City U.S.	2006 Turin Italy	2010 Vancouver Canada
2014 Sochi Russia	2018 PyeongChang South Korea Torch represents Earth's five continents through repeated use of star motifs, which also resemble consonant of second syllable of Korean character for PyeongChang		*Now Bosnia and Herzegovina

Pumpkin Scones

- 2 cups self-raising flour
 - 1 tablespoon caster sugar
 - Pinch of salt
 - 60g butter, chilled, chopped
 - 1/2 cup buttermilk
 - 1/2 teaspoon ground nutmeg
 - 2/3 cup mashed cooked butternut pumpkin (see note)
 - Extra buttermilk, for brushing
- Makes 12*



Note: You will need 300g peeled, chopped, butternut pumpkin to make 2/3 cup mashed cooked pumpkin.

Line a baking tray with baking paper.

1. Preheat oven to 220°C/200°C fan-forced.
2. Sift flour, nutmeg, sugar and salt into a bowl. Add butter. Using fingertips, rub butter into flour mixture until mixture resembles fine breadcrumbs.
3. Make a well in centre of mixture. Add buttermilk and pumpkin. Using a flat-bladed knife, stir until a sticky dough forms. Turn out onto a lightly floured surface. Knead gently until just smooth.
4. Using a lightly floured rolling pin, gently roll dough out until 2cm thick. Using a 6cm fluted-edge cutter, cut out scones. Press leftover dough together. Repeat to make 12 scones.
5. Place scones, just touching, on prepared tray. Brush with buttermilk. Bake for 12-15 minutes or until golden and hollow when tapped on top. Serve with butter, ricotta or cream cheese.

P₃ U₁ Z₁₀ Z₁₀ L₁ E₁

A₁

G₂

E₁



Old Occupation Quiz

Test your knowledge of these extinct occupations and see how many you can get right.

1. Paperhanger

- a) Someone who installs wallpaper
- b) Someone who sells papers from a news stand
- c) Someone who assists in the papermaking process by hanging wet paper to dry

2. Tanner

- a) Someone who professionally tans
- b) Someone who makes leather
- c) Someone who creates tanning dyes

3. Wharfinger

- a) Someone who owns and operates a dock
- b) Someone who creates casts for fingers
- c) Someone who operates a nail polish factory

4. Electrotyper

- a) Someone who is in charge of recording telegrams
- b) Someone who sends messages electronically
- c) A person who creates letter printing molds

5. Stevedore

- a) Someone who cooks hors d'oeuvres
- b) Someone who loads and unloads ships when they come to port
- c) Someone who tailors suits

6. Ragpicker

- a) Someone who collects and sells rags
- b) Someone who works in a rag factory
- c) Someone who specialises in picking fine dining equipment

7. Drayman

- a) Someone who operates an elevator at a hotel
- b) Someone who manages a group of maids
- c) Someone who drives a wooden wagon

8. Bootblack

- a) Someone who polishes shoes
- b) Someone who carries out punishments at local jails
- c) Someone who sells black leather boots

9. Drover

- a) Someone who drives buggies
- b) Someone who herds livestock long distances
- c) Someone who oversees store's inventory

10. Furrier

- a) Someone who resells fur in bulk
- b) Someone who works with fur clothing
- c) Someone who professionally grooms animals

11. Refectory Keeper

- a) Someone who oversees a dining hall
- b) Someone who oversees a refinery
- c) Someone who repairs mirrors

12. Diesinker

- a) Someone who crafts German chocolate
- b) Someone who manufactures a type of lead
- c) Someone who engraves dies for stamping

13. Smelter

- a) Someone who creates smelt for buggies
- b) Someone who melts metal from ore
- c) Someone who crafts automobile equipment

Great job! Now let's find your score:

1-3 Keep your day job . . .

4-7 Not bad! You're an amateur historian!

8-10 Impressive - you really know your stuff!

11-13 Did you time travel from the 1800s? You're a pro!

Answers:

1. a 2. b 3. a 4. c 5. b 6. a 7. c

8. a 9. b 10. b 11. a 12. c 13. b