



Christadelphian Aged Care

2018 AUTUMN NEWSLETTER

CASA MIA

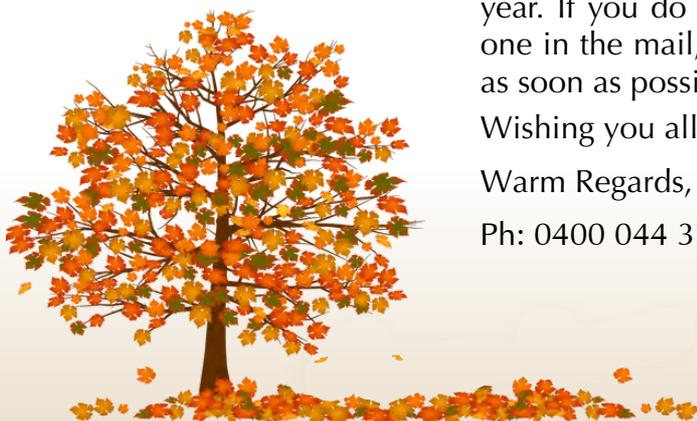
Address: 28 Alma Road, Padstow NSW, 2211 **Phone:** (02) 8707 6010 **Email:** admin@chomes.com.au

*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 Casa Mia

Hello Everyone,

Can you believe this is the Autumn 2018 newsletter already?!

I am very happy to be able to tell you that I am not leaving Casa Mia to go over to Southhaven as was previously announced, but rather, will be managing both Homes.

I am so excited to remain as part of the Casa Mia family, and will continue to lead our team in providing excellent care for your loved ones. I would like to reassure you all that I am still always available to assist you as before, so if you don't see me in the office, please phone me. I look forward to hearing from you.

It's that time of year again when we start preparing for the flu season and asking families to give consent to have their loved ones immunised. Considering what a serious flu season we had last year, we would strongly encourage all our residents and staff to have the annual vaccination. This boosts the antibody levels of each person to protect the residents and others from flu. To protect against new strains, it is important to get vaccinated each year with updated vaccines as the flu virus can change from year to year. If you do not receive a consent form for your loved one in the mail, please ask at reception and return it to us as soon as possible. Much appreciated.

Wishing you all a happy and healthy Autumn.

Warm Regards, **Sharon Fletcher**

Ph: 0400 044 372



News & Upcoming Events



MARCH	APRIL	MAY
5 Alan S	2 Gladys Y	5 June O'D
14 Gloria H	11 Gjorgija K	9 Beryl S
22 Emily A	13 Thelma H	19 George K
22 Merv W	16 Margaret D	28 Betty A
22 Andrew K	21 Joseph M	
23 Eugene K	25 Iris H	
25 Gwen C	26 Chrissi P	
29 Graeme B		
30 Sam B		
31 Audrey W		



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.

UPCOMING EVENTS

MARCH

- 7th - Easter Mass Padstow Parish
- 8th - Entertainer: Heather Honey
- 14th - Pet Therapy
- 16th - Irish Cafe
- 17th - St Patrick's Day
- 21st - Harmony Day
- 29th - Entertainer: Tony Martin
- 29th - Easter Raffle Draw
- 30th - Good Friday

APRIL

- 2nd - Easter Monday
- 4th-15th - Commonwealth Games in Brisbane
- 11th - Pet Therapy
- 12th - Entertainer: Kane
- 18th - Entertainer: Heather Honey
- 19th - Big Annual Event: Backyard BBQ + Games
- TBC - Anzac Service
- 25th - Anzac Day
- 27th - Memorial Poppy Cafe

MAY

- 9th - Dance Tutor
- 9th - Pet Therapy
- 11th - Mother's Day Activity + Raffle
- 12th - International Nurses Day
- 13th - Mother's Day
- 20th-25th - National Volunteers Week
- 23rd - Entertainer: Patrick Brady
- 24th - Australia's Biggest Morning Tea

Activity Reviews

CHRISTMAS LUNCH

On December 14 residents at Casa Mia enjoyed their beached-themed Christmas party with family, friends and staff.

Our wonderful kitchen staff prepared beautiful platters of ribs, marinated chicken, assorted salads and Christmas ham followed by wonderful desserts. We had a magician, who



wandered around the Home from table to table surprising the residents. Dr Cameron

was also on his bag pipes, and there was an Aussie entertainer, who played his guitar and sang as he moved through the different areas. We even had wading pools set up outside for residents to cool their feet in the stifling heat, and their grandchildren enjoyed splashing and a dip.



We had wonderful feedback from families and residents – one resident said it was the best Christmas party she had ever been to. On behalf of the RAOs we would like to say thank you to Rune, kitchen staff and our wonderful nurses that helped out on the day. *See photo page*

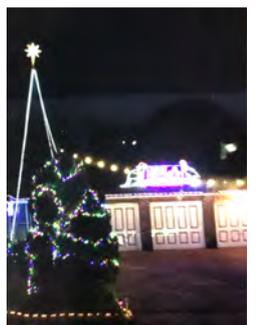
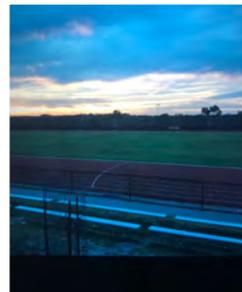
CHRISTMAS LIGHTS BUS TRIP



On the evening of Tuesday, December 19 Carlton and Nicole took the bus out with an excited bunch of residents to view the Christmas lights in the Menai district. Leaving the

Home at 8pm, it was still a little light, so we headed to the playing fields at Barden Ridge and viewed a spectacular sunset while sipping lemonade and reminiscing. Once it was dark enough, we cruised the suburban streets around Barden Ridge and Menai and took in some magnificent displays of Christmas lights. One particular street had a wonderful display of 30 odd cartoon characters on their roof. There were numerous laser light displays and inflatable Santas adorned front lawns, riding in all manners of transport, from sleighs to motorbikes. One Santa was even playing basketball.

We returned around 9.30pm and although it was a later night for most it was well worth it as the residents' faces said it all.



Activity Reviews

CAROLS BY CANDLELIGHT

We had a fabulous collection of people who offered to contribute to the event: one resident's wife sang a solo and asked her choir to join her for a few items, another resident's grandchildren played the trumpet and sax, some staff sang, our Casa choir sang and everyone joined in a joyful, fun sing-a-long. Christmas cake and mince pies were served afterwards and the festive Christmas spirit was very evident.



CAFE AT CASA MIA

Once a month Casa residents will be treated to a cafe-style morning or afternoon tea, each having a different theme.

Christmas Cafe

Our inaugural cafe started in December as a Christmas Cafe to give the residents an outdoor morning tea with a cafe feel. Milkshakes were the order of the day and the outdoor cafe was buzzing with the making of strawberry and chocolate milkshakes. These were a great hit as the milk and ice cream ran out rather quickly with some residents remarking that they "hadn't had a milkshake for years"! Our wonderful chef Rune provided sliders which were absolutely delicious and enjoyed by all. The residents enjoyed the different fare as well as the outdoor environment of the cafe so themed cafes have been included in the program throughout the year.



Aussie Cafe

As part of Australia Day celebrations, our residents enjoyed lamingtons and pavlova with milkshakes to wash it down with Aussie music in the background and a fair dinkum Aussie quiz. Residents said that the food was "bonzer".



Chinese Cafe

In keeping with Chinese New Year, our resident's celebrated in a Chinese style cafe.

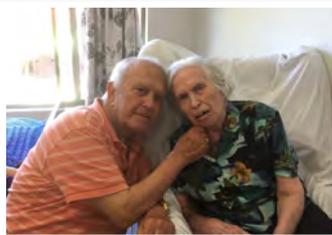
The resident's enjoyed fortune cookies, spring rolls and Chinese lollies. As it is the year of the dog, Nicole (RAO) went around to each residents to find out what year they were born but surprisingly, no one was born in the year of the dog.



Photos - Christmas Lunch



Photos - Christmas Lunch



Activity Reviews

LADIES CLUB

The Ladies Club for the past month have been doing a few different things. To get it started the ladies all sat around in the main dining room for a hot cuppa in the china cups they just love to use and spoke about all the different type of cooking they use to do when at home.



RAO Amy has decided because all the recipes sound so yummy and easy to make why not make a Casa Mia cookbook. All the ladies that are involved have brought in or remembered recipes they cooked over the years and we will continue to add to it. The ladies last week also did candle making. It was a test run to see if it would work, and we used the china cups as the candle holder. It turned out quite nicely, some ladies have given them to family members as presents.

VALENTINE'S DAY

Valentine's Day was spectacular at Casa this year. We had new entertainment booked, called the "The Dance Tutor" who offered an hour of their time to



give a romantic themed class to our residents on this special occasion. The place was dressed in red and white drapes with love hearts and roses, and these classes are based on interaction, light warm up and cool down activities, some dance steps and lots of music and singing. They give careful consideration to the capability of the residents and cater for those who are less mobile or high care. The ladies were given roses and the men love heart shaped lollies pops, Some residents stated it was the best day they have had in a very long time, and another resident stated that it was heart-warming to see so many people chair bound involved in the dancing.

Staff got in involved and all in all everyone had a great time, but to finish the day off RAOs gave out love heart shaped ice cream with a kiss and cuddle to each resident.

Altogether a very beautiful and very moving day.



Resident Story - Barbara Muscat



Barbara was born in Sydney, the only girl (second child) with five brothers plus one foster brother. She went to school at St Charles and St Claire's in Waverley, where the nuns taught her to sew. This proved to be invaluable when she left school as she worked as a machinist making children's clothing, men's trousers and exclusive babywear. She did this for four years before entering the catering world for hotels and school canteens.

Barbara attended a church group where the young people from each parish would meet together for dances. She met her husband Joe this way and a group of them would go water-skiing on the Hawkesbury until they got married and couldn't afford it anymore. They got married when

Barbara was 26 and had two sons and then a daughter together. When her daughter was seven and Joe only 52, he died quickly from cancer leaving her to bring up three young children on her own. Sadly for her, she had experienced the same thing with her father dying young, and her mother was a tremendous support for her during this difficult time. She was a strict, but fair and loving mum, who had to work hard herself to educate and keep her children, so she expected them to do their share of house work.

Despite this, Barbara has lead a full and busy life. She joined Girl Guides when she was 12 and was active with them for the next 17 years. Then she joined the Guides and Scouts committees for a number of years, especially helping with catering for large groups. She also belonged to a widow's group in her local parish, and one project they did for 16 years was to raise money for the Cancer Council, doing morning teas. This group of friends still gets together for lunch once a month and Barbara joins them when she is able.

Barbara's grandmother taught her to do embroidery and she enjoys craft, handwork and needlework. She has done embroidery, knitting, crocheting, bead work, stump work (ask her about it), candling wicking and crewel work. You can find her in her room working at her current knitting or crocheting project, if she's not helping others at the craft classes.

Staff News

In December and January we had two new faces working with our staff, Mona Hamzy and Zach. For both of them, it was the first time they had experienced residential aged care and afterwards, both felt they would like to continue working in this sector.

Zach was an Activity Assistant during his school holidays, and Mona, a uni student, said: *"With the majors that I chose to study which are Health Promotion and Health Services Management, I never imagined for my work-placement to be in aged care working with the residents. However, I am very glad that my last work-placement for my course was at Casa Mia Aged Care. I learned a lot about how an aged care works by working with the two different teams, which were the Recreational Activities Officers (RAO) and the physiotherapy team. I also enjoyed getting involved and spending time in the dementia section."*

- ✿ Tina our beautiful AIN, and Paul our wonderful assistant chef are expecting their first child, which is very exciting!
- ✿ This is old news now, but since the last newsletter, Laetitia and Sushma both had their babies in November, a day apart. We wish them and their families every happiness and health.
- ✿ We welcome Yvonne back to work after the birth of her son who is already eight months old. Time has just flown by!

News from down in the Veggie Patch

The veggie patch at Casa Mia is in full bloom despite the challenges of the extraordinary summer heat.

Fortunately, the storms and rain have assisted the seedlings combat the hot days and a bumper crop is expected to come to fruition in a few weeks' time. Tomatoes, capsicums, leeks, carrots, zucchinis, cucumbers and even eggplants are forming in both vegetable planters and should make for a wonderful feast once they have ripened.



Thanks to our wonderful gardening residents Denis and Emily who tend the garden at the regular fortnightly gardening activity as they have kept the weeds down and the water up to our seedlings. Gardening activities are held most Fridays weather permitting so any residents with a green thumb or who just like to get their hands dirty please feel free to join us. See you down at the patch!



The Littler Helpers

The little helpers are a group of about 20 or so kids from our local area that come and visit our residents at Casa Mia. They have come a few times now and the residents just love the youthful, energetic company. For Christmas, the wonderful lady, Faryal who runs The Little Helpers, said that the children would love to come and visit the residents on Christmas Eve and give them something for Christmas as they feel everyone should feel loved around Christmas time! The children came and gave them a small gift and the residents were very grateful – one was so touched she bought gifts for the children who had given her a gift, and the next time the children came, she specially wanted to see them. What a wonderful connection for those who don't get many visitors.



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



We always love getting new volunteers to help out with our residents to enrich their lives. Recently, we have had Lyn join us and she comes regularly to chat and spend quality time with the ladies while she offers a hand massage or nail care. We have also recently had a music student from the Conservatory volunteer to play the piano and explain who composed the music and a little about it. That went down a treat!

The Community Visitors Scheme is a government subsidised program that offers to send volunteers to visit those who are lonely and/or come from culturally diverse backgrounds. These visitors come once a week for an hour (at a minimum) and often come for years. The organiser, Julie, was telling me recently that she had one resident who had had the same visitor for 11 years, and subsequently had become like family. What a wonderful service to be able to offer a lonely person. At Casa we have a fair number of these volunteers coming, speaking different languages if required, or just offering their time to laugh and talk to people who grow to be their friends.

Every year, our volunteers are required to participate in ongoing education. At Casa Mia we will be offering two alternative dates for the volunteers to attend these sessions:

- ▶ **Wednesday, April 11 2018**, 10:30am – 12:30pm upstairs in the education room
- ▶ **Wednesday, October 10 2018**, 10:30am – 12:30pm upstairs in the education room



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

Cathy Strachan on **0435 814 411**

or **cstrachan@chomes.com.au**

Volunteer & Pastoral Care Coordinator



BACKYARD BBQ AND OUTDOOR GAMES

**BIG ANNUAL
EVENT**

All family members are invited to to come and join our residents for a fun, relaxed day in Casa gardens.

Thursday 19th April, 2018 10:30 to 1:30pm

Tickets will be available at reception

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