



Christadelphian Aged Care

2018 AUTUMN NEWSLETTER

MARANATHA

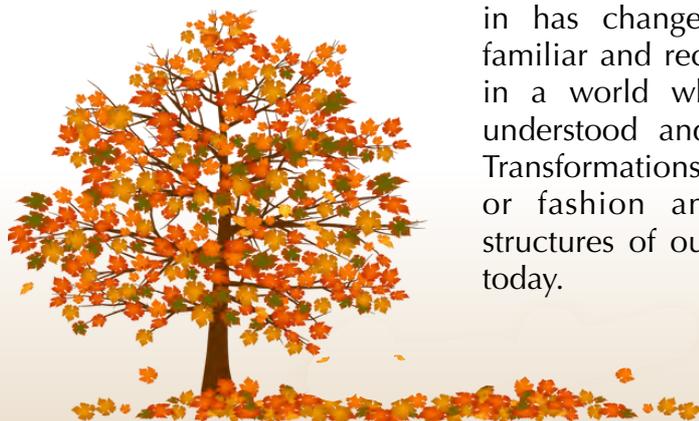
Address: 1582 Anzac Avenue, Kallangur QLD 4503 **Phone:** (07) 3482 5333 **Email:** admin@chomes.com.au

*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 Maranatha

Life is full of surprises! Our individual and collective journeys constantly take unexpected turns and we find ourselves in situations we would never have foreseen. I find myself in such a situation now, unexpectedly writing the Manager's Message for the autumn edition of the Maranatha newsletter. Many of you will know that I was the Manager at Maranatha for some years until my resignation in October 2016. At that time, while I was sad to say goodbye, I was excited to be starting the next part of my story. The Maranatha chapter was closed and I had no expectation that it would be reopened. Well, as I said - life is full of surprises! Here I am again and I am very happy to be back!

In Queensland, we are experiencing another season of record-breaking weather. It seems that our usual summers of sultry days, spectacular afternoon storms and cool evenings are now little more than a memory. Our summers have become dryer and hotter and the only aspect of weather we are now able to predict is that it is totally unpredictable. In many ways not only are our life journey's full of surprises, but very structure of our world is becoming characterised by the unexpected.

The world the residents of our aged care Homes grew up in has changed and become something less certain, familiar and recognisable. Their youthful years were lived in a world where changes were slow enough to be understood and accepted as they happened. Transformations were associated with science or fashion and not with the underlying structures of our planet that we see occurring today.

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Facility Manager's Message contd

So... how do we live in this modern age when life itself is surprising on all levels? I believe that we should each define what the most important things in our lives are and focus on them. For some it may be something as simple as living by the adage "life is uncertain, eat dessert first", while for others it will be more metaphysical. For myself I believe showing love, compassion, empathy and kindness towards others are concepts that give structure and meaning to my life. I acknowledge that my service in this regard is imperfect but the importance of these ideals should not be measured by my inconsistencies.

And so... maybe it isn't so surprising that I find myself back at Maranatha, once again writing the Manager's Message. Maranatha has always been a place where love, compassion, empathy and kindness are not only important but are cornerstones of our service. We may not always get it right but if we strive to keep these ideals in the forefront of our minds and practice, we will be well equipped for the future, come what may.

Kind Regards, **Kathy Hallmark**

Senior Village Manager's Message

The month of January saw the arrival of the bat mobile, aka the ride-on mower. The grass grows so quickly, Ryan was having difficulty getting all the gardening chores completed. The bat mobile enables him keep the grass somewhat under control and get on with his many other tasks. The extra aerators Dave has installed in the pond keep the water moving creating a safe haven for the many birds who drop by to keep cool.



Lovely to see the family of ducks when I visited last month.



We would like to thank Jeff Hermann, who has been Maranatha's dedicated bus driver for the past six years. He recently celebrated his 70th birthday and is retiring from bus driving. However, Jeff can often be seen around the aged care Home where he volunteers in the cafe, the Men's Shed and visiting residents in his role as a Pastoral Carer. If you are able to volunteer, even in a small way, there are many varied and inspiring activities you can offer assistance with. Drop by and have a chat with Keren Taylor, Volunteer and Pastoral Care Coordinator - she would love to see you. Michael Wigzell will now be driving the bus and Kerry will be getting her licence once she has fully recovered from her surgery. We pray that Kerry's surgery is successful and she gains full vision again.

Gaynor Gorton and Robyn Clark will soon be moving into the new units, joining the special "family" at Maranatha. This is wonderful news and we are pleased to be able to offer this type of limited accommodation.

March birthday party is a Teddy Bear's Picnic. Morning tea is at 10am on March 29 in the large activity room. Bring your picnic blanket and your much loved Teddy Bear so they too can enjoy the birthday.

"And let the beauty of the Lord our God be upon us; and establish the work of our hands for us – yes, establish the work of our hands. " Psalm 90:17

Kind Regards, **Jane Burns** - Senior Manager, Retirement Villages

News & Upcoming Events



MARCH	APRIL	MAY
2 Glenda Rickman	2 Mary Simmons	3 Gertie Dodd
3 Annie Murray	5 Nadine Quinn	4 Jean Linton
5 Peggy Ecuyer	6 Marianne DeCalmer	5 Muriel Reed
6 Marjorie Churchyard	10 Eric Devlin	9 Jeanette McKenna
15 Merle Fernley	11 Richard Smith	9 Lynette Tunnicliffe
28 Phyllis Watson	13 Donald Duncan	10 Dulcie Brandon
	18 Christina Rucker	14 Desmond Shephard
	27 Archibald Hunter	16 Phyllis James
	28 Joy Gregory	17 Betty Collins
		18 Evelyn Stuckey
		20 Barbara McStay
		23 Lorna Russell
		30 Kitty Joseph



UPCOMING EVENTS

MARCH

16th - Market Day

22nd - Easter Celebrations

29th - March Birthday Party - Teddy's Bear Picnic

APRIL

27th - April Birthday Party - Northside Singers



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

CAC 70TH ANNIVERSARY PHOTO EXHIBITION

On Thursday, January 18 the travelling Christadelphian Aged Care 70th anniversary photo exhibition made it to Maranatha. A selection of photographs from the main exhibition launched in August 2017 at Southhaven in Sydney were displayed in the activity room for the enjoyment of residents, staff, volunteers and visitors. The exhibition featured photos of residents from around all of our Homes and Villages, including Maranatha, and were submitted by staff, family and friends.



Senior Manager, Jane Burns, launched the exhibition at Maranatha, and gave a brief history of the Homes from 1947 until now. Then residents and staff enjoyed some delicious cupcakes decorated with the Christadelphian Aged Care logo and the 70th anniversary emblem. Maranatha was the last stop for the exhibition and wraps up six months of 70th anniversary celebrations for Christadelphian Aged Care.

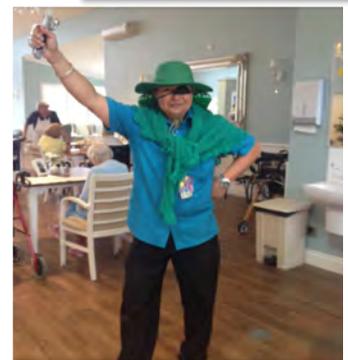
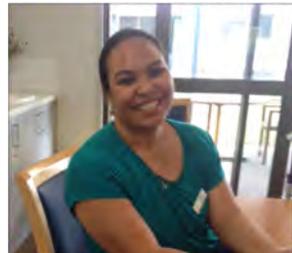


AUSTRALIA DAY CELEBRATIONS

At the end of January, we dusted off our cork hats, unfurled our flags, donned the green and gold and celebrated Australia Day! This year at Maranatha, we combined the January birthdays of our residents with the national 'birthday' to have an Aussie morning tea. Our kitchen provided a delicious lamington cake which our ILU resident, Bob Collins had the honour of cutting.



Photos - Culture Day



Resident Story - Lyn & Jeff Hermann



Talk to any of the Independent Living residents at Maranatha Village about their volunteering and they will quickly list off half a dozen other people who they think contribute more than themselves. It's this spirit of volunteering and caring that gives Maranatha a special vibe that just about everyone notices after spending only a short amount of time there.

Lyn and Jeff Hermann are one such couple who are always over in the Home chatting with residents and helping out with activities.

They have been living at Maranatha Village for five years, and it had been their plan to move there before they were even married.

"We were fundraising for Maranatha in the '70s, and we've been life members from the beginning," Jeff said. *"When we got married, Lyn said when we retire we're coming to Maranatha, so that when we're still young we can volunteer and help out."*

The pair are Pastoral Carers and also help out with activities such as the Maranatha Fair and regular church services.

"You've got to put yourself in the position of the residents. Anything you can do to make their day a little better helps, especially the ones whose kids don't see them very much for whatever reason, and there are lots of reasons," Lyn said.

Maranatha has around 100 volunteers who regularly visit the Home – the most of any of Christadelphian Aged Care site – and a significant number of these are Independent Living residents.

The number of residents in the Village is set to grow with the completion of new and renovated one and two bedroom units.

Jeff said they had tried to encourage people to move into the Village who were young enough to help volunteer at the Home and the church.

"There's heaps of different types of volunteering you can do. You can pop in and talk to someone for 10 minutes and have a chat and that brightens their day," he said.

And it's not only a one-way street, Lyn said, as everyone who volunteered received an enormous amount of benefit back from spending time with the aged care residents who had lived incredible lives.

"You don't have to do much, and they can teach you some wonderful philosophies and wisdom."

BUS OUTINGS



The best place to be in Queensland in the hot summer weather is the beach and we are fortunate to have Scarborough Beach only a 20 minute bus trip away. The residents often enjoy a breath of sea air which is only improved by picking up an ice cream on the trip home.



New Independent Living Units

Christadelphian Homes is excited to introduce 15 new and renovated architecturally-designed Independent Living units at Maranatha Village to the community.

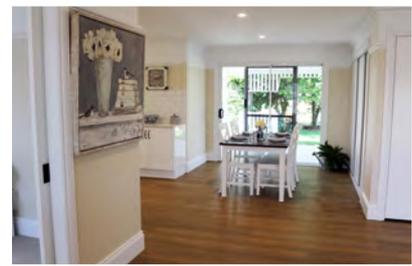
Maranatha began as a vision in the minds of a handful of dedicated people, who worked to create a village where like-minded individuals could retire with friends. Now we stand poised for the next stage of Maranatha's growth, and are ready to welcome more residents into our special community.

The new and renovated units are all single level and feature open plan living, with high ceilings and quality finishings. The units are air conditioned, and have ceiling fans in the bedrooms, along with built-in mirrored wardrobes.

There are two bedroom units available for sale that feature ensuites, a large study and entertainment patios. Eleven existing units were stripped back to concrete and completely rebuilt, with two bedrooms and a large study.

All residents who live in Maranatha Village have access to a 24-hour emergency call system.

The units also feature beautiful outdoor patios and entertaining areas, along with a spacious kitchen with Caesarstone benchtops and modern appliances.



The units are available for sale now and are priced from \$385,000.

*For more information, please contact Village Manager:
Kerry Kennedy on (07) 3482 5308 or email kkennedy@chomes.com.au*

Pastoral Care



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>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.</i>	<i>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.</i>
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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



On Friday, January 12 we had a special Thank You Morning Tea in the activity hall at Maranatha for our staff and residents to say thank you to our wonderful team of volunteers for all that they gave to



Maranatha during 2017 and for their continued service into 2018. We spent a lovely morning together catching up with each other over a hot drink and a piece of

cake. Our Activity Assistants did a lovely job of decorating the hall, and our volunteers were all given a small gift for their service. Over the course of the morning, the microphone was passed between the residents and those who wished to say a word of thanks. Our residents expressed gratitude for the many hours that the volunteers selflessly give, and for the friendships that are formed.



Our knitting group, which is run by Lexie and Ann, has been keeping very busy knitting squares which are joined together to make rugs to give to other residents. It's beautiful to see the group sitting together on Tuesday



mornings chatting away and working together on a project to gift to their fellow residents.



The Maranatha Fundraising Committee have recently purchased two Reverb Harps for residents to play, and I'm sure they will be getting a lot of use as they can be played with no training, and are the perfect size to cradle on your lap.

As always, I would like to say a huge thank you to all of our volunteers for all the work that they do. If you would like to join our team of volunteers please get in touch!



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

Keren Taylor on (07) 3482 5333

or ktaylor@chomes.com.au

Volunteer & Pastoral Care Coordinator

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