



Christadelphian Aged Care

2018 AUTUMN NEWSLETTER

SOUTHHAVEN

Address: 11 Queensbury Rd, Padstow Heights **Phone:** (02) 9782 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 Southhaven

Hello Everyone

My name is Sharon Fletcher, and I would like to introduce myself as the new Facility Manager at Southhaven. I have worked with Peter Jessing since I joined Christadelphian Aged Care as Facility Manager at Casa Mia in Padstow, and am very sad to see my friend and colleague no longer with us. I will now be managing both Southhaven and Casa Mia Homes, and would like to reassure you all that I am always available to assist you. I am also excited to introduce two new Care Managers who will be working with me and the clinical team. Lester Liao will start on March 5, and Marie-Ange Tannous will start on April 3. The addition of an extra Care Manager to Southhaven's clinical team will enhance our focus on providing outstanding care to each and every resident.

I am looking forward to meeting you all and getting to know all the residents and families. Please come and introduce yourself to me - my office is behind the main reception desk near the Cafe. If you don't see me in the office, please phone me if you have any queries. 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



Upcoming Events

MARCH	APRIL	MAY
Treetops & Blue Gum	Treetops & Blue Gum	Treetops & Blue Gum
<p>3rd - Sutherland Shire Dog Club</p> <p>5th - ½ Day Bus Trip (<i>Treetops</i>)</p> <p>7th - Entertainment with Patrick (<i>Treetops</i>)</p> <p>9th - Church Service Padstow Baptist</p> <p>13th - Dog Therapy with Velette (<i>Blue Gum</i>)</p> <p>14th - Catholic Church Service with Fr. Debono (Easter)</p> <p>15th - Club Outing</p> <p>17th - Youth Devotional Service</p> <p>19th - ½ Day Bus Trip (<i>Blue Gum</i>)</p> <p>21st - Entertainment with Ron Ashton (Harmony Day)</p> <p>26th - ½ Day Bus Trip (<i>Treetops</i>)</p> <p>27th - Horse Therapy with Christie</p>	<p>4th - Entertainment with Ian Blakeney</p> <p>10th - Dog Therapy with Velette (<i>Treetops</i>)</p> <p>13th - Church Service St John's Anglican</p> <p>16th - ½ Day Bus Trip (<i>Blue Gum</i>)</p> <p>18th - Entertainment with Tony Martin (<i>Blue Gum</i>)</p> <p>18th - Anzac Service (<i>Treetops 10.30am</i>)</p> <p>19th - Club Outing</p> <p>23rd - ½ Day Bus Trip (<i>Treetops</i>)</p> <p>24th - Club Outing</p> <p>28th - Youth Devotional Service</p>	<p>7th - ½ Day Bus Trip (<i>Blue Gum</i>)</p> <p>9th - Entertainment with Neil Anthony (<i>Treetops/Blue Gum</i>)</p> <p>11th - Church Service: Uniting</p> <p>14th - ½ Day Bus Trip (<i>Treetops</i>)</p> <p>17th - Club Outing</p> <p>19th - Youth Devotional Service</p> <p>23rd - Entertainment with Ron Ashton (<i>Treetops/Blue Gum</i>)</p>
Riverside	Riverside	Riverside
<p>6th - Entertainment with Ian Blakeney</p> <p>6th - Menai Bus Trip</p> <p>9th - Church Service Padstow Baptist</p> <p>12th - ½ day Bus Trip</p> <p>14th - Catholic Church Service with Fr. Debono (Easter)</p> <p>15th - Club Outing</p> <p>17th - Youth Devotional Service</p> <p>21st - Entertainment with Kane (Harmony Day)</p> <p>27th - Horse Therapy with Christie</p>	<p>3rd - Menai Bus Trip</p> <p>9th - ½ day Bus Trip</p> <p>11th - Entertainment with Ron Ashton</p> <p>13th - Church Service St Johns Anglican</p> <p>18th - Anzac Service (11.30am)</p> <p>19th - Club Outing</p> <p>24th - Club Outing</p> <p>28th - Youth Devotional Service</p> <p>30th - ½ day Bus Trip</p>	<p>1st - Menai Bus Trip</p> <p>8th - Entertainment with Ian Blakeney</p> <p>11th - Church Service Uniting</p> <p>17th - Club Outing</p> <p>19th - Youth Devotional Service</p> <p>28th - Dog Therapy with Velette</p> <p>29th - Club Outing</p>

Birthdays & News



Happy Birthday

MARCH

Margaret Auckett, Donald Cook, Evelyn Crowe, Betty Henderson, Marian Keane, Edward McLoughlin, Norma Smith, Islet Theodore, Martin Wallace, Margaret Williams

APRIL

Judith Halloran, Adrian Hotson, May Jacka, Bill Kostka, Barbara Masters, Kenneth Montague, Elizabeth Morrison

MAY

Ray Baxter, Rita Brasington, Margaret Doyle, Barry Harris, Daved Maberly, Doreen Morris, Margaret Pratt, Doreen Sanson, Margot Ullrich, Lynette Ward, Judith Wise



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

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

HORSE VISIT GOES VIRAL

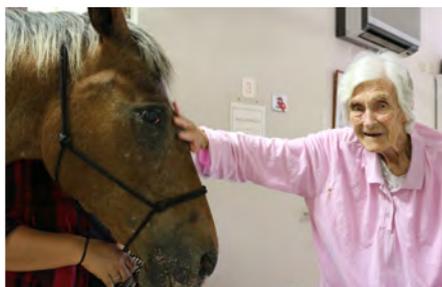
Dogs, cats, birds and rabbits are regular visitors to Christadelphian Aged Care homes, but residents were recently delighted when a horse dropped by to say hello. The visit to Southhaven Aged Care on December 5 sparked a wave of memories in those who lived at a time when horses were a part of everyday life.

Bushman is a specially trained 17-year-old Appaloosa from an organisation called The Travelling Horse, which takes him to visit aged care Homes around NSW.

The visit sparked so many memories from residents who grew up on farms and used to ride, and many stories were shared on the day. A video taken on the day has been viewed nearly five million times online, with thousands of comments of delight from people around the world. It also received coverage from media organisations including ABC America, Reuters Worldwide and People Magazine.

Southhaven's Lifestyle Team have used the video made on the day to reminisce and start conversations with residents in the days after the visit.

To watch the video head to our Facebook Page
(www.facebook.com/christadelphianagedcare)
and scroll down to find the December 5 post



Activity Reviews

RESIDENT'S CHRISTMAS PARTY

There is nothing in the world worth the smile one receives when seeing our elderly having a blast celebrating Christmas at Southhaven! The day started with our residents enjoying themselves listening to a variety of Christmas carols. They watched everyone prepare and decorate the tables for their special Christmas lunch that they shared together while socialising and enjoying the Christmas spirit. Not to forget the big smile on our residents' faces when Santa entered the place and gave out gifts and chocolates.

We would like to thank Dr Cameron for bringing his bagpipes to Southhaven to play for our residents. Our residents really enjoyed the beautiful music that Dr. Cameron played.

Merry Christmas to all from the residents and staff at Southhaven!



AUSTRALIA DAY

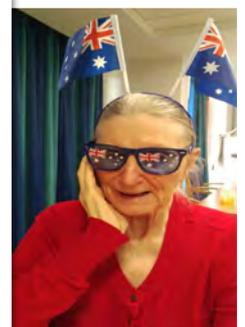
Proud to be Australians! Proud to call Australia home! This is what we saw on our residents' faces when we celebrated Australia Day with them this year.

The day started with a beautiful morning tea, where you can see the residents enjoying eating their dampers and lamingtons while they listened to beautiful Australian country music.

After our morning tea, we all gathered in the activity room to sing the Australian anthem, then shared stories from the past, remembering every state and every place in Australia that our residents had visited with their loved ones.

Our residents also enjoyed the "Quiz Activity" which involved asking them questions about Australian history and culture. Not to forget our special lunch and the lovely food that they all enjoyed!

This was a memorable day for our residents. Happy Australia Day to all!



Resident Story - Margaret Auckett



Margaret was born in 1933 and is of English, Scottish and French descent. She grew up in Punchbowl with her parents and brother. She enjoyed going on holidays with her family and when she was in her late teens she enjoyed travelling to Tasmania with her best friend Elaine.

Margaret loved sewing and she used to make most of her clothes including her friend's wedding dress.

She worked as a typist/secretary and in 1957, she married Ron. She had four daughters, including twins.

She enjoyed going on caravan trips every year with her family to Northern NSW and Queensland.

Margaret's husband Ron passed away in 2011. Margaret has two grandsons.

Staff Profile - Amy Hakim



Amy is a Recreational Activity Officer here at Southhaven, but actually started her life in Egypt.

Amy was born and raised in Egypt and came to Australia in 1990. She met her husband, who is an Australian, and they were married in Egypt and shortly afterwards moved to Australia where they commenced family life. She has lived in Australia for 28 years and has three children, two boys and one girl.

Amy was a stay at home mum for 10 years while the children were young. As Amy's parents still lived in Egypt, she was not able to care for them in their advancing years due to distance and having a young family in Australia. She missed this stage in her parents' life as she wanted to care for them, and so by way of overcoming this, decided to obtain a job in aged care. This enabled Amy to give back what she missed with her own parents and brighten up others' lives.

Amy decided that as the children were less reliant on her it was time to start work and she got a job in an aged care home. Amy completed a Certificate 4 in Lifestyle and Physio Aid while working in aged care. She has worked in aged care for 16 years and has been with Southhaven for 15 months. Amy particularly enjoys seeing the residents having fun in the activities they do and has a particular strength in arts and crafts. She enjoys sing-a-longs and reminiscing with the residents, and learning from their experiences and stories. Seeing the residents smile, share a laugh and a joke and seeing them enjoying themselves is what motivates Amy in a day's work.



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>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



We are very blessed to have a number of active volunteers.

We welcome James, who is a volunteer gardener and Dola, our volunteer who visits residents socially on a one-on-one basis.

Should you like to start volunteering please speak to David on 0400 016 809.



SPOTLIGHT ON A VOLUNTEER - Jean Baird

A member of Cabramatta Christadelphians

I first became involved in volunteer work in the 1960s at the Strathfield Nursing Home, which was a rather grand two-storey home. I was rostered on once a month (sometimes twice) to do the Bible readings and have an occasional quiz session with the residents. Over the years it was found to be too difficult to have a two-storey nursing home without a lift so it was closed down.

With the advent of procuring land at Padstow, the now well-established nursing home and hostel was built. Many of us - both brothers and sisters from within the Christadelphian community - helped to get the rooms ready for the residents to move in. Mavis Carroll and I hung many of the curtains in the rooms.

For many years, I served regularly in the kiosk which gave me much pleasure as I made many dear friends and kept up acquaintances with old friends. Sadly, the kiosk is not operating anymore. I now do a monthly Bible reading activity with Elaine Sawell.

It has been my great pleasure to be involved in the volunteer work, particularly with the Padstow residents and though I am now 90, I hope to be able, if it is God's will, to continue to volunteer at Padstow as long as I am able.



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

**Dave Bridgens on 0400 016 809
or dbridgens@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