

Christadelphian Aged Care

2019 AUTUMN NEWSLETTER

CHAMBERLAIN GARDENS

Address: 53-67 Chamberlain Rd, Wyoming NSW 2250 **Phone:** (02) 4329 8000 **Email:** admin@chomes.com.au

*Light breeze,
colourful leaves
bare trees...
it must be
Autumn!*

leeelele

“GOD MAKES
EVERYTHING

beautiful
IN HIS TIME”

ECCLESIASTES 3:11



Manager's Message

Welcome to our 2019 Autumn Newsletter.

I can't believe Easter is just around the corner with Hot-Cross Buns and Easter Eggs already in the shops.

Here are some highlights of the last three months:

Our Christmas season is just a memory and all residents' families, friends, volunteers and staff enjoyed Christmas lunches and afternoon teas. The highlight was The Carols Christmas Night which was well attended by residents, families & carers. We thank everyone for such an enjoyable evening. A huge thank you to all the staff who volunteered their time and of course the highlight was Santa's visit.

Our Christmas raffle was drawn on the night, with the money raised we were able to put that towards three Nutri Ninja machines, to make delicious smoothies for our residents. This activity along with creating tasty milkshakes will be added to the activity calendar.

We have reviewed our lifestyle activity equipment and have purchased new individual hand care and nail kits, craft material, paints brushes etc, 3 new CD "boom boxes", large jigsaw puzzles for our Dementia Specific unit and new garden equipment to create gardening on our activity program.

We have welcomed new Care staff, Leisure and Lifestyle staff and Pastoral carer with our ongoing goal to continue delighting our residents, we thank them for joining us here at Chamberlain Gardens.

A huge thank you to all our staff including our 3 Care Managers Linda Brown (Garden), Shine Jose (Coastal) and Deb Eickelman (Horizon) who continue to support our residents and staff in all our units

I look forward to seeing you during the autumn season.

Kind Regards, **Debbie Gleeson** - Director of Consumer Care & Services

News & Upcoming Events



MARCH	APRIL	MAY
Mary	Mary	Henry
BettY	Gordon	Betty
Jollina	Sydney	Malcolm
Bruce	James	Monica
Yvonne	Betty Roebuck	Robyn
	Hazel	Samuel
	Donald	Jenny
	Joan	Norma
	Thelma	Judith
	Bob	Ellie
	Bill	
	Beryl	
	Les	
	James	
	Frances	
	Joyce	
	June	



UPCOMING EVENTS

MARCH

- 6th** - Entertainment: The Gals
- 15th** - St Patrick's Day Happy Hour
- 30th** - Entertainment: Nearly Vintage

APRIL

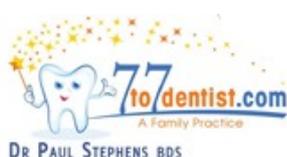
- 3rd** - Entertainment: Singing Hands Choir
- 15th** - Entertainment: Alice - Concert Pianist
- 30th** - Entertainment: Cathy Ponton

MAY

- 10th** - Mother's Day High Tea
- 11th** - Entertainment: Evan Haswell
- 29th** - Entertainment: Julz

Regular Bus Outings

Weekly for Coastal, Garden and Horizon



1300 661 771 CALL TODAY
OPEN 7-7, MOST WEEKDAYS FOR AN APPOINTMENT

LOCATION
CNR HENRY PARRY DRIVE AND CARY ST
(2 BLOCKS FROM WYOMING MCDONALDS)

SCAN ME



Activity Reviews

DECEMBER

December was a very busy month as always and residents and staff got together and decorated the facility.



The residents had their **Christmas Party Lunch** on the 4th, enjoying a traditional roast with turkey and ham with a glass of bubbly and of course a visit from Santa. In the afternoon, some of the residents were joined by family for a special Christmas afternoon tea. (See photos)

On the 13th, we held our annual **Family Carols Night** where residents and their families were treated to Christmas cake, rum balls, white christmas, fruit mince pies and soft drink. Cathy Ponton entertained everyone for the evening with a mixture of carols and other music with residents, families and staff joining together singing and dancing.



Photos - Christmas Parties

Coastal



Garden



Horizon



Activity Reviews

JANUARY

In January, residents had their **regular bus outings** where they enjoyed travelling to different areas on the coast, somewhere near the water with a cup of tea and a piece of cake while taking in the scenery.

Once back on board, we would go for a bit of a scenic tour while some residents chatted with each other, reminiscing the areas they grew up and how places have changed over the years, and others enjoy singing along to the music.



Australia Day celebrations are always big, with staff and residents decorating the facility and dressing up in Australian colours. Craft made by residents for Australia Day are shown in the photos. Happy Hour is always popular for a sing-a-long to Australian music while having a cold beer or wine.



Entertainment this month was by Evan Haswell on the 4th, and by Anita on the 30th when she sang for the residents and helped them celebrate birthdays for January.



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

facebook.com/christadelphianagedcare



Activity Reviews

FEBRUARY

Entertainment this month was on 5th with Julz, on the 11th with Mark Wheatley and on the 19th with Central Coast Regal Chinese Dance Group entertaining with some traditional dancing and singing for Chinese New Year.

Some of our residents made some craft to celebrate **Valentines Day**, which looked amazing.



We also had our **regular weekly bus outings** for morning tea.



Macmasters & Avoca Beaches



Activity Photos

Coastal Bingo



Golf Putting

Shuffleboard



Senator Deborah O'Neill Presenting Flag



Resident Story - Loretta



Loretta was born in 1946 in Murden, China to Russian-Australian parents and lived there until the age of 12. Loretta spent two years (aged 9-11) in a concentration camp for women and children.

At age 20, Loretta moved to Granville Australia and worked as an EEG Technician, reporting EEG results to Neurologists.

Loretta had 3 children; a son and 2 daughters, her son sadly passed away in 1995. Loretta has 4 grandchildren.

In 2000, Loretta volunteered at the 2000 Olympics and is very proud of her involvement as a Russian interpreter.

Loretta has travelled to Russia for family reunions with her cousins and has also enjoyed travelling to Europe.



She enjoys reading, watching movies, TV, doing jigsaw puzzles.

Loretta is very social and loves nothing more than sitting and having a chat with others and lending a helping hand. Loretta is also a great animal lover and her family and her joke that she loves animals more than humans.

Staff Profile - Gaby

LEISURE & LIFESTYLE ASSISTANT



Hello my name is Gaby. I've been working at Chamberlain Gardens as a Leisure & Lifestyle Assistant since June 2018. I have studied Certificate IV of Leisure & Health and Certificate III in Health Services Assistance (Assistance in Nursing Work in Acute Care).

I have worked at other aged care facilities in a similar position before Chamberlain Gardens. I thoroughly enjoy working in this role.

My hobbies are going to the beach, dancing, cycling, and reading.

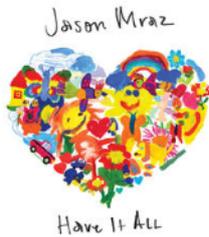
Before moving to Central Coast 15 years ago, I lived in the Eastern Suburbs of Sydney. Now I live in East Gosford to be close to my 80 year old mother. Close enough to lend a hand whenever she needs it.

I enjoy living on the Central Coast and working at Chamberlain Gardens.

STAFF NEWS: In February, we sadly said goodbye to one of our RAO's Elissa, who worked in Garden – we will miss her and wish her well in her new work roles.



Pastoral Care



HAVE IT ALL

There is a song that seemed to have been played a lot on the radio at the end of 2018 – “Have It All” by Jason Mraz. A couple of lines stood out: “*May the best of your todays, Be the worst of your tomorrows*”.

The song is aimed at young people, and also includes the line “*may you be as fascinating as a slap bracelet*” (if you don’t know what they are then you’re probably older than Mraz’ target audience!) The song makes me think of my daughter, her struggles of growing up and her hopes for the future. But I wondered if there was more than this. Could the blessing above still be appropriate in the later stages of life? Can we still expect that our tomorrows will be better than our todays?



The answer to this all depends on how you characterise what makes something better or worse. With age, there often comes ill health and physical or mental challenges – but it can also come with the freedom to do what is important to you and to spend more time with family and friends. It can be a time when you experience concrete examples of love and care. It can be a time for reflecting on what has been achieved, on the many connections that have been made, and lives that have changed.



As the title of the song suggests, there is the desire in life to have it all. Age brings with it the opportunity to reflect on what you have had – not simply materially but more importantly the experiences and the relationships you have had. Two more lines from the chorus are “*here’s to the lives you’re gonna change, here’s to the infinite possible ways to love you*”. This is what it means to “have it all” – to meet people, to fall in love, to make friendships that last lifetimes.

Our worst days are when we feel overwhelmed and unable to cope with whatever challenge faces us. Our best days are when we feel loved, valued, safe. Regardless of circumstance, each new day provides us with an opportunity to make our loved ones feel exactly that – loved. And with that love there comes the opportunity to bring some comfort, a smile, an act of kindness.

The last chorus finishes with:

*“Here’s to the good times we’re gonna have
Here’s to you always making me laugh
Here’s to the fact that I’ll be sad without you
I want you to have it all.”*



May we take each day to show the “infinite ways to love”, remember our blessings and continue to make memories which can carry us on through the times which remain – be they happy or sad.

By Nerida O’Neill

Volunteer and Pastoral Care Coordinator, Ashburn House

Bereavements

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



Volunteer Corner



SPOTLIGHT ON A VOLUNTEER

Kathleen



Hi, my name is Kathleen, but my friends and family call me Kathy.

I was born in Gosford NSW, and went to Primary School in Woy Woy and then onto High School at East Gosford.

I am one of seven children, being fifth in a line of four boys and 3 girls, which I'm sure, must have been a handful for our parents.

As you can tell from my school, I was raised in Woy Woy. It is a great place to live with the beaches and waterways which we frequented as often as we could. Our favourite place to swim was the ocean baths at Woy Woy wharf where we could enjoy fish and chips for lunch. Yes, lots of good memories there.

I started work in a small village supermarket in Woy Woy then moved on to larger supermarkets in Sydney, before coming back to the Central Coast and working at the NAB bank until I married my husband Vince. We went on to have two beautiful sons, who were both born at Gosford Hospital like their mum!

They both attended East Gosford Primary School and then onto Henry Kendall High. And, of course, during their school years I volunteered in many different areas including canteen, fundraising, cake stalls and the P&C.

I have been a volunteer at Chamberlain Gardens for three months now and do so as a way of giving back to the community. I find it fills my days nicely and I also find it extremely rewarding. The residents are a delight to work with and I hope that I make even a small difference in their lives. They certainly enrich mine.



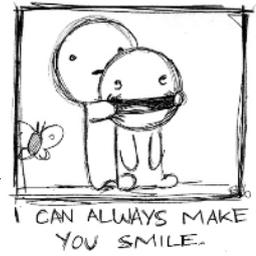
If you are interested in joining the Volunteer program, please do not hesitate to contact me:

Jan Murray on 4329 8016

or jmurray@chomes.com.au

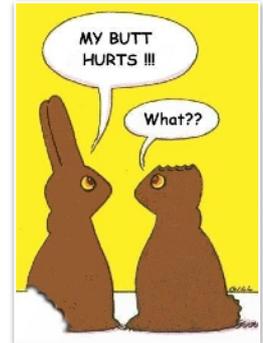
Volunteer & Pastoral Care Coordinator

Read, Rest & Relax!



INTERESTING & FUN FACTS ABOUT EASTER

- Easter is the celebration of the resurrection of Jesus Christ in the Christian religion.
- In Australia, the Easter Bunny is widely controversial due to the damage rabbits cause to crops. Many prefer to purchase a chocolate Easter Bilby instead with profits from many sales going to support bilby conservation projects.
- The first story of a rabbit (later named the “Easter Bunny”) hiding eggs in a garden was published in 1680.
- Eggs have been seen as an ancient symbol of fertility, while springtime is considered to bring new life and rebirth.
- When people gorge on a chocolate Easter bunny, 76 per cent bite off the ears first, 5 per cent go for the feet and 4 per cent opt for the tail.
- The name Easter owes its origin to Eostre or Eastre, an Anglo-Saxon goddess of light and the dawn who was honoured at pagan festivals celebrating the arrival of spring.
- The custom of giving eggs at Easter has been traced back to Egyptians, Persians, Gauls, Greeks and Romans, for whom the egg was a symbol of life.
- Chocolate Easter eggs were not introduced until the early 1900s. Before the exchanging of chocolate eggs, gifts consisted of decorated chicken eggs and stuffed hollow cardboard eggs.
- Some believe that the cross on a hot cross bun is a symbol of the cross Jesus was nailed to, but in fact, the Anglo-Saxons ate these buns, decorating them with a cross to symbolise the four quarters of the moon. In English folklore, it is believed that hot cross buns would help an ill person get better. They may not be a cure to any illness, but they will certainly put a smile on your face.



Chewy Anzac Biscuits

- 1 cup rolled oats
- 1 cup plain flour
- 2/3 cup brown sugar
- 2/3 cup desiccated coconut
- 125g butter, chopped
- 2 tablespoons golden syrup
- 1/2 teaspoon bicarbonate of soda



(Makes 24)

1. Preheat oven to 160°C/140°C fan-forced. Line 3 baking trays with baking paper.
2. Combine oats, flour, sugar and coconut in a bowl. Place butter, syrup and 2 tablespoons cold water in a saucepan over medium heat. Stir for 2 minutes or until butter has melted. Stir in bicarbonate of soda. Stir butter mixture into oat mixture.
3. Roll level tablespoons of mixture into balls. Place on trays, 5cm apart. Flatten slightly. Bake for 10 to 12 minutes or until light golden*. Stand on trays for 5 minutes. Transfer to a wire rack to cool completely. Serve.

**For crisp Anzac biscuits, cook for 15 to 16 minutes.*

P₃ U₁ Z₁₀ Z₁₀ L₁ E₁

A₁

G₂

E₁



EASTER TRIVIA

1. How do the majority of children eat their chocolate bunnies?

- a) Broken into pieces
- b) Tail first
- c) Ears first
- d) Feet first

2. How did eggs come to be associated with Easter?

- a) Edible treat easy to decorate
- b) Came from a chicken that is a symbol of Easter
- c) Because it was inexpensive
- d) It was considered a symbol of life

3. What is the most popular jellybean flavour?

- a) Cherry
- b) Strawberry
- c) Lime
- d) Grape

4. What kind of bread is associated with Easter?

- a) Bagel
- b) Hot Cross Buns
- c) Banana Bread
- d) Biscuit

5. What is the name for the traditional Ukrainian craft of egg decorating?

- a) Scratched eggs
- b) Etched eggs
- c) Psysanka
- d) Paschal eggs

6. From which country was the Easter Bunny brought to America?

- a) Italy
- b) Germany
- c) Ukraine
- d) Hungary

7. The Easter Bunny was not a rabbit at first. What was it?

- a) a Dove
- b) a Hare
- c) a Cat
- d) A Possum

8. Where is the world's largest collection of Easter eggs?

- a) Poland
- b) Ukraine
- c) Canada
- d) United States

9. On which day is a tradition to make pancakes?

- a) Ash Wednesday
- b) Easter Monday
- c) Good Friday
- d) Shrove Tuesday

10. Which flower is associated with Easter?

- a) Rose
- b) Dahlia
- c) Tulip
- d) Lily

11. Where is the world's largest decorated Easter egg?

- a) Canada
- b) United States
- c) Germany
- d) Ukraine

12. What are the Easter colours?

- a) Pink and Purple
- b) Yellow and Pink
- c) Purple and Yellow
- d) Green and Purple



Answers: 1. c) 2. d) 3. a) 4. b) 5. c) 6. b) 7. b) 8. a) 9. d) 10. d) 11. a) 12. c)