

Christadelphian Aged Care

2019 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!*

lelelele

“GOD MAKES
EVERYTHING

beautiful
IN HIS TIME”

ECCLESIASTES 3:11



Manager's Message

Over the past few months, Maranatha has become the focus of a small but dedicated team of model railway enthusiasts. They have planned and are in the process of building a garden railway in an outdoor area at the front of the facility. It is due for completion and grand opening at the end of next month. All this talk of trains and railways has lead me to consider the part trains play in our lives and the almost universal experience we have of this most familiar mode of transport.

As the daughter of a railway man, trains were a natural presence in my childhood. In those days, railway employees were given annual free travel passes for themselves and their families. Industry and commerce is not so gracious these days! We used our travel passes over those magical, seemingly endless days of the summer break - the Christmas Holidays - when time was suspended and until the day of its arrival the new school year was impossibly remote and benign.

Over summer, we travelled by train from our small town in the far north of New Zealand to visit my mother's family in an even smaller town in the far south of New Zealand. I remember the train's red leather seats which had varying thicknesses of upholstery and comfort depending on the class of travel. The sleeping cars afforded the most luxury and I recall being amazed by the attendant who, at the flick of a lever, transformed the seats into bunk beds for something that resembled a comfortable night. Likewise first class had roomy, deeply padded seats that could recline to allow the occupant some relief from the upright seated position. The second class carriages continued the red leather theme but there the similarities stopped.

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Manager's Message contd

The seats had a board like quality and their token tilting ability did nothing to enhance their comfort or give the traveller any more than a hint of the ease that had been forfeited upon the purchase of the second class ticket.

Because we were travelling a relatively long distance, some of the journey south was completed overnight. We would board the train in the late afternoon, standing on the platform while the engine wheezed and hissed until the guard gave the "All aboard!" call - the signal for me to anxiously tug at my mother to finish her conversation and climb up the steps and into the carriage. I was always a little concerned that the train would suddenly lurch away leaving half our family still standing, surprised and abandoned, on the platform. I imagined my sister and myself being borne away, parentless, to who knows where, impossibly lost and forever travelling on the rail.

Once we were safely aboard and the familiar clickety-clack had settled into its steady rhythm, there was little to do but wait for the 'refreshment stop.' As the train pulled into a refreshment station and regurgitated its human cargo onto the platform, a wave would form, washing ashore and breaking up on the tearooms counter. Little rivulets of passengers bearing dark tea in thick china cups with plates of cakes and sandwiches would flow back into the train and once all had returned we would be off again swaying and clattering into the night.

My memories of train travel are as vivid as they are detailed. I can recall the specific taste and texture of the refreshment stop ham sandwiches, chewy and slightly sweet, the clatter of the wooden box the guard pushed through the carriages at 3 am to collect the clunky crockery and the luggage racks which were strung with net strong enough to hold the weight of a passenger desperate for relief from the torture of the second class seat.

I have enjoyed the trip down memory lane that the construction of our Maranatha Garden Railway has provoked for me. Once the project is completed I am confident that the small train whizzing around its track will provide an entertaining interlude for the residents of Maranatha and their families. Far more importantly however, it may open the doors of the mind to recollection of bygone days allowing people to wander through the tracks of memory, stopping at stations along the way to relive events and recall relationships that may otherwise have slipped by in the journey of life.

The gift of the model railway is far more than the sum of its parts. Its true value lies in the happiness of reminiscence and its ability to provide a portal to the past. We hope many of you will join us on these journeys of discovery and recollection.

Kind Regards, **Kathy Hallmark** - *Director of Consumer Care and Services*

OFFICIAL OPENING OF THE MARANATHA GARDEN RAILWAY (MGR FOR SHORT)

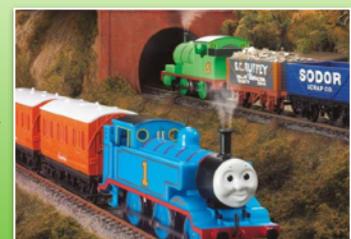
All residents and their families are invited to attend and take part in the Official Opening of the Maranatha Garden Railway.

This will take place on **Saturday 30th March** from **9.30am**.

Phil Cubbin (CEO of Christadelphian Homes) will officially open the Railway with Kathy Hallmark (Maranatha Director) driving the first train into Maranatha Station.

Everyone will have the opportunity to drive one of several different trains (including Thomas The Tank) which will be in operation of the day.

We hope as many as possible can attend and take part in the various activities which have been planned.



Senior Manager, Retirement Village's Message

The sparkle of Christmas and New Year has now passed, the heat of January is now cooling, and we have settled into 2019 routines and can't believe the shops are selling hot cross buns already! Across our land we have seen out of control bushfires in Tasmania, devastating floods in North Queensland and extreme heat breaking records in many areas. We truly live in a country "of droughts and flooding rains, the hot gold hush at noon, sick at heart around us, we see the cattle die, her beauty and her terror, the wide brown land for me". Please continue to remember all those who have been suffering in your prayers and thoughts.

Our own village at North Parramatta - Courtlands - experienced another torrential storm and another blackout, thankfully just a few hours this time. It is timely to remind all residents to have on hand a good torch or two, one in the kitchen and one in the bedroom, for use during these times. If you do lose power, please alert us by pushing your HELP system button or pendant. You should advise the INS operator of your circumstances including that you are safe. Don't forget to check your HELP system every month or more often if you like. This might be a good opportunity to check your torch batteries too.



Both Maranatha and Courtlands Aged Care Homes have recently been visited by the Aged Care Quality and Safety Commission and have been given excellent reports. Congratulations to Kathy, Joann and their fabulous teams who work together to achieve together.

We have had quite a number of new residents move into our Villages of late and I would like to welcome you all to the Christadelphian family. I trust you are settling into your new homes and able to join in village life.

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

Carers Group

Maranatha holds Carer Group sessions for family of residents & volunteers who support our residents.

This year they will be presented by Corporate Diversional Therapist for Christadelphian Aged Care

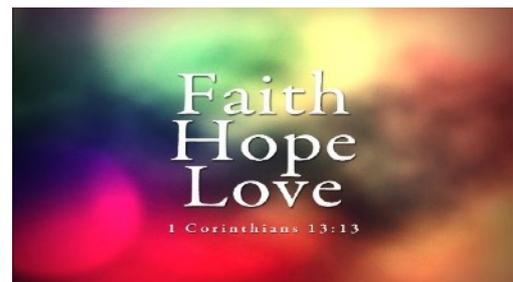
Jacqui Quirke – Master of Community Health, Graduate Diploma of Health Science, Diploma of Applied Science (Diversional Therapy), Certificate IV in Training and Assessment.

When: 27th March, is planned for our first session

Topic: What is Dementia? Important Facts about Dementia & Risk Reduction



Please see Carmel Hayden in Sunnyside should you be interested in attending.



INTERFAITH RELIGIOUS SERVICE

Our resident 'interfaith' religious group welcomes all residents to attend on the 1st & 3rd Wednesday monthly, in the Activity Hall.

Minister, Alwyn Neuendorf conducts the service with songs of praise & bible reading.

Please let staff know should you require assistance in getting to the service.

News & Upcoming Events



MARCH	APRIL	MAY
Ann	Lynne	Gertie
Peggy	Nadine	Jean
Marjorie	Marianne	Sylvia
Merle	Eric	Lynette
Allan	Richard	Jeanette
Phyllis	Don	Dulcie
	Christina	Edna
	Joy	Des
		Phyllis
		Jean
		Betty
		Barbara
		Lorna
ILU	ILU	ILU
Arthur	Jay	Bruce
Wendy	Gerry	Patricia
	Claire	Marjorie
	Graham	Lorna
	Margaret	Peter
	Betty	Betty
	Cec	
	John	



UPCOMING EVENTS

MARCH

- 7th** - Northpine Childcare Visit
- 8th** - Dawn's Sing-a-long
- 20th** - Wayne's Music
- 21st** - Northpine Childcare Visit
- 24th** - Christadelphian Choir Concert - *Theme: "Look up"* @ 1:45-3pm
- 29th** - March Birthday Party Concert by Rose Alexander
- 30th** - Official Opening of Maranatha Garden Railway @ 9:30am

APRIL

- 4th** - Northpine Childcare Visit
- 5th** - Dawn's Sing-a-long
- 11th** - Henny Penny Chicks arrive here until 26th April
- 17th** - Easter theme with Wayne's Music
- 26th** - Monthly Birthday Party Concert by Eric & Jacinta

MAY

- 8th** - Wayne's Music
- 17th** - Dawn's Sing-a-long
- 31st** - Monthly Birthday Party Concert by Matty Bateson

Activity Reviews

RAO TEAM

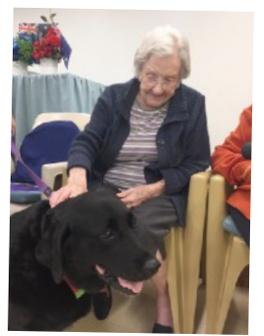
Maranatha RAO Team are off to a busy start for 2019, we have had so much fun already and its only February!

We had our own Maranatha **Australia Day** on January 30. Mr Whippy came and residents and Independent Living all enjoyed a yummy ice-cream, what a treat! Bob Hill played some good old Aussie tunes and a great day was had by all.



February we welcomed back **Northpine Childcare**. A new year brings with it lots of new happy little children, we all enjoy watching them grow up throughout the year. They bring with them so much joy, fun and energy it's contagious and a fantastic time is had by all.

Sadly we had to say **goodbye to Bernadette and Shade from Delta Dogs** at the end of January. Everyone has thoroughly enjoyed their company of the years. A huge thank you to them for volunteering their time here at Maranatha.



Now to back track to December and **Christmas 2018**. Residents, family, friends and staff would like to thank Fundraising Committee for organising a wonderful Christmas Party for the residents. *(see photos over page)*

We would like to thank all our wonderful volunteers for their time spent here at Maranatha we truly appreciate it.

Thanks, **Kerralye Wright** - RAO Team Leader



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

facebook.com/christadelphianagedcare



Photos - Christmas Parties



Merry
Christmas

Resident Story - Leslie



Leslie was born in the late 1920's, one of six children. Starting life with badly turned feet, he learnt to walk quite late then had to wear heavy callipers from a very young age well into his school years. Because of his affliction, he was the subject of extreme bullying and name calling

which, in hindsight, probably gave him his drive and ambition to succeed in life.

At twelve years of age, he purchased his first push bike then took up competition cycling to improve his leg strength. He certainly did that, for in time he went on to become a Queensland Champion. At 87, he was still cycling around the back streets of Caloundra, but stopped only because the traffic became troublesome.



Leslie left school after year six to begin an apprenticeship as a shop and office fitter at Leachfords. From there he went to Evans Deakins shipyards at Kangaroo Point where he detailed the cabins of the Shell oil tankers being built there. It was during his time working there that he met the love of his life Heather.



Heather Fawdon was born in Bundaberg; One of four children. Her family had a lot of moves, following work, before finally settling at St Lucia. Her family suffered terribly when Heather's older sister died from tetanus at only age nine, Heather then being only seven. Heather started work at the ripe old age of thirteen after completing scholarship. Her first job was in the chocolate department at Pennys. She then moved to Players where she became a machinist.

Leslie and Heather met on a bus heading home from Redcliffe one rainy day. Apparently, Heather and her girl friend were sitting on the bus eating ice creams, when Leslie asked her for a lick of her ice cream which she ignored. However, her friend accepted the offer of a dry seat, while Les took hers and got soaked for his trouble. And so the journey began.

Leslie and Heather married and then built their first house together at Everton Park after work, in the afternoons and on weekends, while Leslie worked a full time job. A few short years later, Les went into business with his older brother Tom and friend Joe, building spec homes. Although the youngest of the partners, he was the one with the foresight to purchase the vacant blocks in and around Everton Park to build on.

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Resident Story - Leslie



A few short years later, Les went into business with his older brother Tom and friend Joe, building spec homes. Although the youngest of the partners, he was the one with the foresight and funds to purchase the vacant blocks in and around Everton Park to build on.

By the late 1950s, Heather and Les had land at Samford. In 1960, they put the Everton Park home up for sale (which sold in two weeks) then moved their young family into the two roomed holiday cottage on one of the Samford blocks, while they built their second home on the adjacent one.

Leslie and Heather then established a poultry farm, by this time Leslie was no longer a builder but a full time farmer; with both poultry and then beef cattle. They went on to buy three other larger properties:

- Closeburn, which also became part of the poultry farm, with day old chicks through to point of lay hens kept there.
- Eatons Hill, where they moved into the old colonial house after they sold the poultry farm in August 1973 until they built their third home in 1976.
- The Gregors Creek property was a large cattle property near Toogoolwah, which they sold in 1978.



Then Leslie turned his hand to developing his Eatons Hill Property where he had built their third home, while also building his first holiday home at Golden Beach, Caloundra. When the development of the Eatons Hill property was completed and sold as acreage lots, he started the same process at Closeburn.

With all of this happening front and centre, they turned their hand to investing in town houses and units but found it stressful dealing with multiple tenants, for they did all the maintenance and letting themselves. They then started investing in commercial properties.

Leslie and Heather went on to sell their first holiday house and then build again on the canal at Pelican Waters. They used to spend half of the week there and the remainder at Eatons Hill.



During all of these years together, they have played recreation tennis at night with friends, went square dancing and ballroom dancing, played indoor bowls, partied like you wouldn't believe and travelled extensively. While Les still played bowls, Heather continued to sew, paint, embroider, knit and crochet.

Through all of their 71 years of marriage, they have remained united and strong, through great sadness with the loss of their daughter.

Their love and devotion to each other has conquered many obstacles and adversities along their journey together. May they share many more happy times here at Maranatha.



Staff Profile - Carmel

VOLUNTEER AND PASTORAL CARE COORDINATOR



Carmel's background is in banking, lending & mortgage broking since leaving school. She decided to make the change to aged care in Feb 2018 when she was offered the part-time Coordinator role at Maranatha.

She continued to also work for Westpac until she went on a missionary trip to the remote island of Tanna-Vanuatu in August 2018 to run a kids

camp at the Kapalpal School with her two kids. She then decided to give banking away. She is proud mother of two.



Carmel is one of five children and they have a combined number of 20 children, so her busy family life is very important to her. The whole family enjoy holidaying together most Christmas' at the beach.

Carmel enjoys and has visited Thailand, England/Scotland, New Zealand, Bali, Vanuatu numerous times, 3 cruises, as well as a trip around Australia.



Some adventures include sky diving, walking up an active volcano, skiing, a helicopter flight & white water rafting.

Carmel celebrated her latest birthday with a trip to Bali, a family dinner, a hot air balloon ride in the Hunter Valley and a 'girls' getaway with some of her friends.

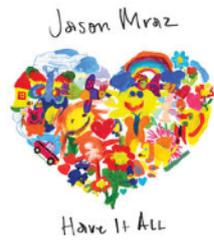
Carmel is a member of the Christadelphians who meet at Woodford where she teaches Sunday School and is the Church Treasurer. She is actively involved in Church life and looks forward to when Jesus will return to earth to bring peace.

Carmel has recently completed a Pastoral Care course which will help her in her role in assisting residents maintain their spiritual wellbeing.

She enjoys working at Maranatha.



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



VOLUNTEERS OPPORTUNITIES

- **Activity Assistant:** Afternoons, 1.30pm-5pm *(any hours during this period)*

We are looking for someone who is patient, physically fit and enjoys the company of older people to: assist in preparation and set up of activities, encourage residents to attend and participate in activities and accompany them to the activity.



Activities may include bingo, bowls, movie afternoons, exercise & walking groups, and cooking and gardening groups, music & more.

You will provide support and assistance under the supervision of the Lifestyle & Recreational Activities Team Leader.

- **Craft Assistant - Card Making:** Mondays, 2pm-3.30pm *(twice a month)*

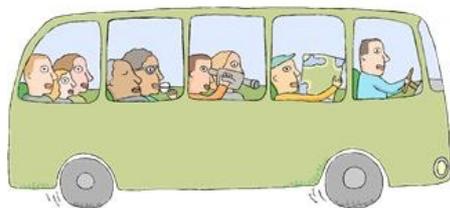
We need a kind, caring person who likes craft activities & is willing to assist other volunteers with resident craft activity of making cards for all occasions. You will guide the residents & assist as guided by the activity leader.



- **Bus Trip Assistant:** 9am-12pm

(any 1st, 3rd & 5th Wednesday of each month or every 2nd & 4th Thursday of the month)

We need a special volunteer to assist our Activity Officers take our residents on a fortnightly bus trip.



Are you tolerant, kind and caring?

Do you do well under pressure?

Are you happy to chat about the scenery from the bus with the residents?

If you have patience and a happy outgoing nature, we would like you to volunteer.



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

**Carmel Hayden on 3482 5316 or
chayden@chomes.com.au**

Volunteer & Pastoral Care Coordinator

Volunteer Corner



SPOTLIGHT ON A VOLUNTEER

Michele Hughes



Michele started at Maranatha as a Volunteer in 2013 to enrich her own life by helping others.

She comes in very early three mornings a week to assist staff and residents with breakfast service by serving tea, coffee and toast and feeding some residents. She also assists getting residents to and from activities as well as many other miscellaneous duties.

Michele, a twin, was born in Cairns & now lives in Kallangur. She lived and worked on Groote Island, Queensland for seven years and enjoyed engaging with the Aboriginal Community there.

She has travelled around Australia three times and says Far North Queensland is her favourite region.

Michele enjoys helping her husband Brian with landscaping, painting & renovations of their house. Michele listens to a variety of music and will occasionally go out for a dance. She loves the outdoors especially, camping and fishing.

To relax, Michele enjoys playing games on her tablet & doing some mindful colouring.

Michele says she loves putting smiles on resident's faces by volunteering at Maranatha.

The staff, residents & volunteers at Maranatha greatly appreciate Michele's constant support. She is a willing helper to all and we are blessed to have Michele on our team.

TODAY
WILL NEVER COME AGAIN.

Be a blessing.

Be a friend.

Encourage someone.

Take Time To Care.

**Let your words heal,
and not wound.**



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chayden@chomes.com.au**

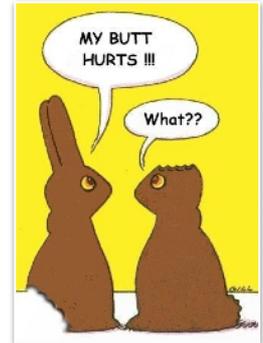
Volunteer & Pastoral Care Coordinator

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)