

Christadelphian Aged Care

2019 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!*

Jesus

"GOD MAKES
EVERYTHING

beautiful
IN HIS TIME"

ECCLESIASTES 3:11



MARCH

APRIL

MAY

Happy Birthday

Margaret , Donald , Evelyn , Jean , Islet , Margaret , Norma , Marian ,
Jean

Shirley , Kenneth , Bill , Barbara , Elizabeth , Adrian

Ray , Rita , Joan De , Margaret , Lorna , Barry , Lynette , Katherine ,
Margot , Betty , Doreen



Manager's Message

Dear Residents, Families and Carers,

Following a very hot summer, I believe we are all ready to have a cooler weather and welcome Autumn!

I would like to take this opportunity to remind you that the flu season is around the corner. The flu vaccine consent form has been posted via mail and you should have received it by now, so if you haven't already returned it please do so as soon as possible. If you didn't receive the form or you need another copy please ask the registered nurse or the care manager for a new consent form.

If you are feeling unwell or if you have any flu symptoms, please avoid visiting the facility during that period to minimise the risk of spreading the virus to our residents.

If you have any feedback or concern, please do not hesitate to come and see me at any time, your feedback is significant and valuable to improve our services and for our continuous improvement.

Kind Regards, Marie Ange Tannous

Director of Consumer Care and Services

Upcoming Events

MARCH	APRIL	MAY
Treetops	Treetops	Treetops
4th - ½ day Bus Trip 8th - Padstow Community Church Service 13th - Entertainment with Ian Blakeney 15th - St Patrick's Day Celebrations 21st - Club Outing at Canterbury Club 25th - ½ day Bus Trip 26th - Club Outing at Cabravale Club 27th - Easter Mass with Father Debono	3rd - Entertainment with Patrick 12th - St John Anglican Church Service 15th - ½ day Bus Trip 17th - Pet Therapy with Velette 18th - Club Outing at Canterbury Club 21st - Easter Celebrations 25th - Anzac Day Service 30th - Club Outing at Cabravale Club	10th - Padstow Community Church Service 13th - ½ day Bus Trip 15th - Entertainment with Kane 16th - Club Outing at Canterbury Club 28th - Club Outing at Cabravale Club 30th - Ballroom Dancing Concert
Blue Gum	Blue Gum	Blue Gum
15th - St Patrick's Day Celebrations 18th - ½ day Bus Trip 20th - Pet Therapy with Velette 21st - Club Outing at Canterbury Club 26th - Club Outing at Cabravale Club 27th - Easter Mass with Father Debono	8th - ½ day Bus Trip 12th - St John Anglican Church Service 18th - Club Outing at Canterbury Club 21st - Easter Celebrations 25th - Anzac Day Service 30th - Club Outing at Cabravale Club	6th - ½ day Bus Trip 10th - Padstow Community Church Service 16th - Club Outing at Canterbury Club 28th - Club Outing at Cabravale Club 30th - Ballroom Dancing Concert
Riverside	Riverside	Riverside
8th - Padstow Community Church Service 11th - ½ day Bus Trip 15th - St Patrick's Day Celebrations 21st - Club Outing at Canterbury Club 26th - Club Outing at Cabravale Club 27th - Easter Mass with Father Debono	1st - ½ day Bus Trip 12th - St John Anglican Church Service 18th - Club Outing at Canterbury Club 21st - Easter Celebrations 25th - Anzac Day Service 30th - Club Outing at Cabravale Club	10th - Padstow Community Church Service 16th - Club Outing at Canterbury Club 20th - ½ day Bus Trip 28th - Club Outing at Cabravale Club 29th - Pet Therapy with Velette 30th - Ballroom Dancing Concert

Continuous Improvements

1. Sharing Your Journey program will be introduced
2. Time-target project to review roster, and minimise agency usage. 1 staff allocated from corporate to assist in this project
3. Menu is displayed daily on food trays trolley
4. Form created to improve communication with RNs regarding residents refusing meals
5. Random audits to food served to residents to ensure that residents are receiving meals and drinks as per meals and drink assessment and as per their likes and dislikes
6. SMS will be sent to NOK mobiles whenever there is a survey needs to be completed or meeting to improve communication with families
7. Pain management report obtained from pharmacy to identify the residents who are on maximum dose of paracetamol
8. 3 single skip bins/laundry trolleys ordered and received
9. New medication trolleys supplied by pharmacy for treetops
10. Medication fridge in treetops swapped with better condition one and old fridge discarded
11. Following MAC meeting, Midazolam & Robinul have been added to emergency stock, to ensure that medication are started as soon as needed for palliating residents and to avoid the delay of medication delivery.
12. 22 limb protectors ordered and received to be used to prevent bruises and skin tears for high risk residents who have a very fragile skin
13. Noise reduction sign displayed to alert staff and remind them to keep their voice and the noise down especially at night
14. Education calendar updated and separated from Casa Mia calendar
15. Woollen clothes alert added in the admission pack to alert families not to bring wool
16. "Australian culture" awareness program amongst staff
17. A new pharmacist joined Medlink team to assist with completing the MMR – Medication review for the residents.
18. Chef consult will be changed to once weekly in each area alternatively
19. The term of resident admission changed to residents entering their home
20. Steps added in the parking area to facilitate access to the village
21. The package 2 of the new Policy had been released
22. CCTV system will be upgraded and replaced with new one this month
23. Icare software upgrade project will be finalised by end of March
24. New dessert recipes added to the new menu



Activity Reviews

BALLROOM DANCING

The health benefits of dancing for seniors range from improving their physical health to creating strong social connections that increase your sense of wellbeing.

At Southhaven, we had the Dancer Tutor Ballroom Group performing for our residents.

Not only did they dance for us, but also they invited many of our residents along with their families to dance with them, giving them red roses and encouraging them to join in the fun!



CHRISTMAS CELEBRATIONS

We grow weary through the years, but at Christmas we are young. This is how our residents felt while celebrating Christmas with their loved ones.

We had two Santas come to visit, giving away delicious chocolates for all.

Many families joined us for a lovely Christmas lunch and it was a joy to see our residents enjoying the Christmas season with those they love most. After lunch, we had some Christmas Carols and all those present were encouraged to sing along to celebrate the festive season.

Not to forget our amazing Dr. Ian whose dedication never ceases to amaze us. He played the bagpipes which brought smiles to every residents face along with their families.



Resident Story - Mary



Mary grew up in Herne Bay, now known as Riverwood. She was born in the early 1930's. Mary was the first born and has one brother and four sisters.

Mary had a fear of animals and would rather help her mother in the house, collecting flowers and setting the table. From an early age, Mary developed an interest in clothes and make-up and whilst her sisters were out horse riding she would be inside putting on make-up or collecting flowers.

Mary worked as a machinist at Berlie Bras and was married to Bob in 1954. They had three boys.

Mary was a dedicated family person and she also helped raise her granddaughter.

When Mary became ill, David was her carer until it became too hard and then Mary moved to Southhaven Aged Care.

Staff Profile - David



VOLUNTEER AND PASTORAL CARE COORDINATOR

Hi! I'm David and I'm the Volunteer and Pastoral Care Coordinator for both Southhaven and Casa Mia. I work at Southhaven on Monday, Thursday and Friday and Casa Mia on Tuesday and Wednesday.

Having a loved one in aged care is a huge adjustment for the loved one and the family alike. If you are in need of someone to talk to about these adjustments then I am here to offer emotional support for your loved one and yourselves as family of that loved one. I have completed a Certificate Four in Pastoral Care and Chaplaincy and have worked for Christadelphian Aged Care for just over two years. Should you wish to speak to me I'd be more than happy to help.

Outside of work, I enjoy caring for my family. My wife and I lived in the UK for five years before moving back to Australia for a warmer climate. I enjoy gardening, travel and socialising with friends.

I look forward to meeting you soon.

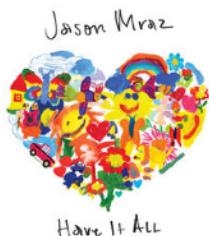


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facebook.com/christadelphianagedcare



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



Happy New year to all our volunteers, visitors, and residents!

Volunteering is a great way of sharing with our residents: listening to the residents' stories, their memories of life and encouraging them with a smile and a moment of laughter.

Should you wish to make a difference to some of our residents this year and would like to start volunteering, please get in touch with me for a friendly chat. We have residents who would love to see visitors and you could make a real difference.

I look forward to hearing from you, *David*.

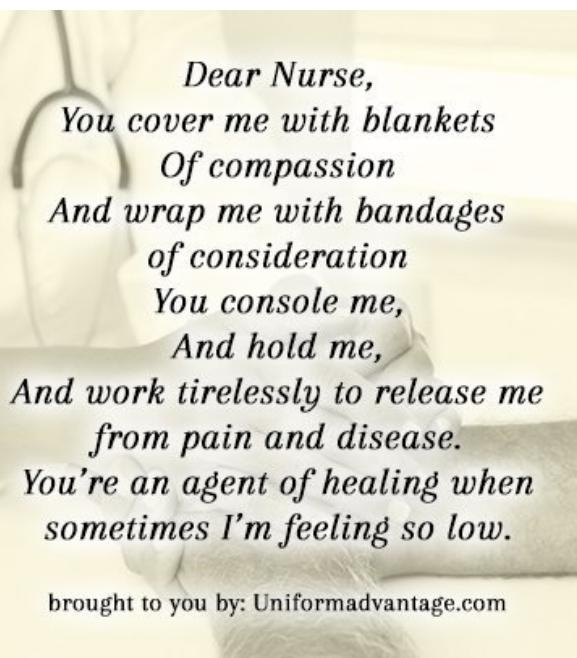


If you are interested in joining the Volunteer program, please do not hesitate to contact me:

Dave Bridgens on 0435 814 411

or dbridgens@chomes.com.au

Volunteer & Pastoral Care Coordinator

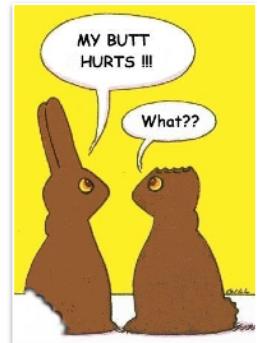


TODAY
WILL NEVER COME AGAIN.
*Be a blessing.
Be a friend.
Encourage someone.
Take Time To Care.
Let your words heal,
and not wound.*

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)

- Preheat oven to 160°C/140°C fan-forced. Line 3 baking trays with baking paper.
- 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.
- 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

3. What is the most popular jellybean flavour?

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

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

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

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

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

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

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

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

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

4. What kind of bread is associated with Easter?

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

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

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

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

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

10. Which flower is associated with Easter?

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

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