



# Chamberlain Gardens Newsletter

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## MANAGER'S MESSAGE

Welcome to the Autumn newsletter. Thank you all for your cooperation over the last couple of months.

Welcome to new residents and families. I trust you have settled in well.

As you are aware, with COVID-19 there have been many restrictions put in place to keep residents safe.

It has been a difficult time, with limited face to face support from family and loved ones. The staff have all done an amazing job offering all the residents emotional support and wellbeing checks. I am pleased to say, the Public Health unit has declared our COVID outbreak over and visits have resumed, which was a welcome sight to many.

Since our last newsletter, despite interruptions to the everyday events within the home, we have seen some changes.

Valerie Charlton, our administration officer has retired after 12 years of working at Chamberlain Gardens. She had a wealth of knowledge and has been sorely missed by residents, visitors, and staff alike. We welcome Navjot Kaur into the role. Navjot is settling in well and has been positively received. Please address any administration concerns to Navjot who will seek clarification as required.

There have been some changes to the Leisure and Lifestyle team. We continue to recruit new staff to join the team.

We also welcome Tonia Mitchell, the new Catering Services Manager. She has taken over this role and Mitchell has stepped down to a Chef position. Tonia is currently settling into the role. Some of you may have already met her. She is trying to meet as many residents as she can and understand the needs of each of the residents. If you have any kitchen or laundry concerns, please refer them to Tonia or myself.

Please remember we have Sue-Ellen, our Spiritual Care worker onsite currently 2 days per week. She is here to offer spiritual wellbeing and emotional support. Referrals can be made through management or the Registered Nurses. Sue-Ellen also offers a Spiritual support group once a month to all residents.

Please remember if you have any concerns you would like to raise, there are feedback forms available. Management will contact you following receipt of your feedback to discuss your concerns

Kind Regards, **Helen Handley**

- Director of Consumer Care and Services

# Upcoming Events

## MARCH

*Weekly Bus Outings*

- 1 Catholic Mass
- 8 Resident & Rep Meeting
- 15 Anglican Church
- 17 St Patrick's Day
- 25 Greek Independence Day

## APRIL

*Weekly Bus Outings*

- 5 Catholic Mass
- 10 Palm Sunday
- 12 Resident & Rep Meeting
- 15 Good Friday
- 17 Easter Sunday
- 18 Easter Monday
- 19 Anglican Church
- 25 Anzac Day

## MAY

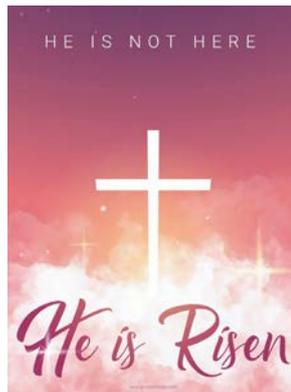
*Weekly Bus Outings*

- 1 May Day
- 3 Catholic Mass
- 10 Resident & Rep Meeting
- 10 Mother's Day Celebrations
- 12 International Nurses Day
- 17 Anglican Church



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christadelphianagedcare*



MARCH	APRIL	MAY
James H	Gordon Mc	Betty S
Ljubinka R	Shirley T	Val T
Bruce M	Sydney W	Julie P
Lorraine G	Morag B	Mary T
	Hector B	Mike T
	Yvonne D	Robyn B
	Anita Steer	Sam B
	Bill M	Theresa S
	Thelma R	Norma W
	Robert G	Dot S
	Audrey A	Ellie R
	Bill L	
	Wenda Sims	
	Bill O'	
	Val Mc	
	Frances F	
	Joyce G	
	Joseph C	

# Activity Reviews



**DECEMBER** - The last three months have been a challenge for everyone.

We managed to get in Christmas celebrations with the residents enjoying their Christmas Party on December 14 with a nice lunch, followed by a concert with Evan Haswell in one area and a free online concert through OPAN with Damien Leith in another.



## *Christmas Gingerbread Decorating*



## *Christmas Deer Hunt Fun*



# Activity Reviews



**JANUARY** - Around New Years, we unfortunately had to go in Lockdown, Everyone worked hard during this time, we had to adjust our days for our residents to ensure they felt supported emotionally and didn't feel isolated having to stay in their rooms.

Lifestyle staff went around with trolleys and residents were regularly offered activity packs in their rooms which contained various magazines and books, colouring in, word search, puzzles and games. Lifestyle and Spiritual care provided individual support to each resident while they were in their rooms and gave continuous updates via memos regarding the Covid situation in our facility.

Lifestyle also assisted residents with video calls via Skype and Teams to stay in contact with their families and friends during this time.

Residents had a BBQ on Australia Day and enjoyed hamburgers and pavlova for dessert.



## FEBRUARY -

Activities have started to get back to some normality now with social distancing, bus outings have



started up again, although at this stage they are sightseeing trips only.

Popular activities such as bingo, floor games and cognitive games are able to be held with small groups to accommodate social distancing.



Residents celebrated Valentines Day with High Tea in the afternoon.

One of our residents turned 104 on February 16, so the dining room was decorated and the residents and staff helped her celebrate this amazing milestone with a party and a chorus of happy birthday in the afternoon.

## STAFF CHANGES

In December, we unfortunately had to say goodbye to some of our Lifestyle staff, **Michaela**, **Laurine** and **Gaby** as they took up some new employment opportunities. We wish them all the best for their futures.



On February 21, we welcomed a new member **Raul** to our Lifestyle team, and we look forward to working with him.

## Bereavements

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



# Resident Story

Mike & Judith Taylor



Judith and I have been married for 48 years on March 16. We met each other five years before getting married.

Judith worked at David Jones for around 15 years and I had several jobs including 12 years at David Jones, 12 years in the timber industry and a long time in the Insurance industry.

Judith loves nothing more than to be in her garden outside our room and doing diamond dots art. A number of her finished works we have had framed. I read a lot quite happily. I am also the resident representative for Coastal and Garden Suites.

We are the proud parents of two children, a son Shannon and a daughter Sarah, they both have two children. Shannon lives in Sydney and has a boy and a girl, his son Nicholas is in England on a Soccer Scholarship and his daughter Charlotte attends a school specialising in singing and dancing, both are top of their classes academically.

Our daughter Sarah lives in Brisbane with two young sons, Ethan and Brody, both of whom excel at sport and at school.

## Staff Profile

Navjot Kaur

### ASSISTANT IN NURSING

I came to Australia seven years ago now and started working Chamberlain Gardens in 2021 as an AIN. After six months, the opportunity to work in Administration came up so I worked reception on the weekends for a short time and then the opportunity to work as Administration Officer Monday - Friday became available when one of the other girls retired.

I have two little girls that keep me very busy when not at work.

I grew up with my four siblings and my parents in my hometown on a big farm of wheat and rice, where we also cultivated vegetables and kept buffaloes for milk.

Some of my hobbies I enjoy are cooking, listening to music and playing football and tennis with my husband.

As a mum, I am like a non-stop working lady, but I still love to do everything and I love my work. I like to help others and enjoy chatting with the residents.





# Chamberlain Gardens Resident & Representative Meetings

2022

*You are Invited* ♥

All meetings will be held on **Tuesday** at **10am** as per the dates below:

- **March 8th**
- **May 10th**
- **July 12th**
- **September 13th**
- **November 8th**

**WE HOPE  
YOU CAN JOIN!**

**YOU ARE INVITED TO ATTEND OUR  
RESIDENT & REPRESENTATIVE  
MEETINGS EVERY SECOND MONTH**

Meetings will be via Microsoft Teams, a link will be sent a couple days prior to each meeting.

By joining our Resident & Representative Meetings you will get the opportunity to hear the latest news and developments happening in your Care Home.

We welcome your thoughts and ideas. This feedback will help us to continue to meet the needs of our residents and provide the outstanding service you have come to expect.



## VALUE IN THE EYES OF GOD

GENESIS 1:26-31, PSALM 8:1-6, LUKE 6:20-26

The world has certain ways of determining one's worth or value in life. Usually, our worth or value is judged by either;

- i. The people we associate with, and how we relate with others
- ii. By what we have achieved or accomplished, by the things that we have or have not attained in life
- iii. By our material possessions like cars, houses, jewellery, and bank accounts

So how do you see your self-worth or your true value? Because if it is determined by the standards of the world, and how our true value is perceived, then we have a problem. Because what happens when you are no longer in the spotlight, and what happens when suddenly everything is taken away from us and we are left with nothing. No status, no friends and no titles plus no value or self-worth. You are no longer valuable in this world.



But the good news is, that's not how God sees you. The word of God says you are valuable, no matter what stage in life you are in right now. The Bible tells us that we were created in the image of God. And we carry and take that with us wherever we go right from the day that we were born. Each and everyone of us is different and unique in their own way that God created them to be.

You are worthy and you are valuable, but also realise that there are those around us that are also just as valuable. God wants us to know that we are made in his image to reflect God's love, peace, joy and forgiveness to the world.

Now if there was ever a human being worth something it was Jesus. Jesus knew his worth, he knew he was the Messiah, he knew he was the son of God. And yet we see him, teaching, preaching, healing, performing miracles and so forth. Jesus understood that in his Father's eyes, he was valuable. He didn't need other's approval. He had his Heavenly Father's approval.

Life will do its best to cast us down and cause us to doubt ourselves and to even doubt God. It will try to convince us that we are for the most part worthless and insignificant. But we know the truth, God sees value in all of us. You are a masterpiece of God's creation. Sometimes we do not feel worthy, but if we hold on to God's promise that he will never leave nor forsake us, that will surely give us peace that surpasses all understanding, and how God sees us matters more than how the world sees us. You are a child of God, and you worth more to God than you know. You are loved. God bless you all. In the name of Jesus, Amen.

By Tanya Pualilo - Spiritual Care Coordinator, ASHBURN HOUSE

*"For we are God's  
masterpiece.  
He has created us anew in  
Christ Jesus, so we can do  
the good things he planned  
for us long ago"*

- Ephesians 2:10



*"Therefore, if anyone is in Christ, the new creation has come. The old has gone, the new is here."*

- 2 Corinthians 5:17

*"He predestined us to sonship through Jesus Christ, in accordance with his pleasure and will."*

- Ephesians 1:5

# Volunteer Corner

By HELEN HANDLEY

Volunteers bring a special dimension to our care and services, giving of themselves to enrich our resident's lives. Volunteers take an interest in the welfare of the residents by helping to provide emotional, spiritual, and practical support. Volunteering is rewarding, enlightening, and fulfilling.

We are thankful of the work our volunteers do and appreciate the time and dedication they give to our residents. When talking to our volunteers, they often say, they started volunteering with the thought of giving something back, but soon came to realise that they were actually the ones benefitting from the giving.

If you are thinking of giving some time or taking a tentative step into the volunteering world, give me a call. I'd love to have a chat with you.



*be still*  
AND KNOW THAT I AM GOD.  
PSALM 46:10



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

**Helen Handley**  
DIRECTOR OF CONSUMER CARE AND SERVICES

e: [hhandley@chomes.com.au](mailto:hhandley@chomes.com.au)

p: 4329 8000



### INTERESTING EASTER FACTS

1. Easter is the celebration of the resurrection of Jesus Christ in the Christian religion.
2. Eggs have been seen as ancient symbol of fertility. Christians consider Easter eggs to symbolise joy and celebration, new life and resurrection.
3. The traditional act of painting eggs is called Pysanka.
4. Egg dyes were once made out of natural items such as onion peels, tree bark, flower petals, and juices.
5. The name Easter owes its origin from Eastre, the Anglo-Saxon goddess who symbolises hare and egg
6. The first story of a rabbit (later named the "Easter Bunny") hiding eggs in a garden was published in 1680.
7. Easter is celebrated at different times by Eastern and Western Christians. That's because the dates for Easter in Eastern Christianity are based on the Julian Calendar.



**ANZAC DAY**  
**LEST WE FORGET**  
25 APRIL

### SYMBOLS OF ANZAC DAY



Red poppies were first sold to raise money for people made disabled by war.



Rosemary is pinned to a person's clothes and is for remembrance.



Jack Simpson carried wounded soldiers even in enemy fire. He was killed in 1915 and was only 22. He symbolises bravery.



Medals are awarded for bravery. The Victoria Cross is the highest award.



## Nachos Lettuce Cups



Prep: 15 min Cook: 10 min Serves: 8

### Ingredients

- 1 tbsp extra virgin olive oil
- 1 small brown onion, finely chopped
- 250g chicken mince
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1/2 tsp dried oregano
- 125g can kidney beans, drained, rinsed
- 8 butter lettuce leaves
- 100g white tortilla strips, coarsely broken
- 125g can corn kernels, drained, rinsed
- 1 cup finely shredded red cabbage
- 100g red Leicester cheese, grated

### To Serve

- Long green chillies
- Chilli sauce
- Fresh coriander
- Lime wedges
- Avocado dip

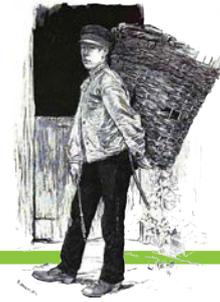


1. Heat oil in a medium frying pan over medium-high heat. Add onion. Cook, stirring, for 3 minutes or until starting to brown. Add mince. Cook, breaking up mince with a wooden spoon, for 5 minutes or until cooked through. Add paprika, garlic powder and oregano. Cook for 1 minute or until fragrant. Add beans. Cook for 1 minute or until heated through. Remove from heat.
2. Place lettuce leaves on a large serving platter. Fill with tortilla strips, chicken mixture, corn, cabbage and cheese. Top with chilli, chilli sauce and coriander. Serve with lime wedges and avocado dip.



## 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

