



Casa Mia Newsletter

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MANAGER'S MESSAGE

Dear all,

Following a month of uncertainty and challenges due to recent Covid outbreak, I am very pleased to see our home reopen again for visitors, volunteers, families, loved ones, and friends. It is also great to see them being able to go out with families and enjoy some quality time together. Thank you to all, for your ongoing support, patience, and understanding during those difficult periods. Additionally, for continuing to follow/maintain infection control procedures when visiting the home and when taking residents out for social activities.

To assist our residents further in maintaining a great and enjoyable leisure and lifestyle experience, Carlton and his team have made exciting plans and activities for everyone to enjoy. This include bringing in some of our residents'

favourite entertainers to bring some music, fun, and laughter!

Casa Mia team including allied health team and contactors are to be commended for all their dedication and commitment. Despite the challenges the facility has faced, everyone has continued to provide residents with utmost care – embraced the challenges with a smile and great spirit. Casa Mia team has always demonstrated behaviour of "work together, achieve together", thus making it such a unique and enjoyable facility to be in.

As always, I encourage families and residents to reach out to myself and to our team should you require further support or assistance.

We are looking forward to hearing from you.

Kind Regards, **Elena Villanueva**
- Director of Consumer Care and Services

Upcoming Events

MARCH

- 1 Pancake Day
- 17 St Patricks Day
- Kane - Entertainer
- Stan Ellis - Entertainer

APRIL

- 17 Easter
- 25 Anzac Day

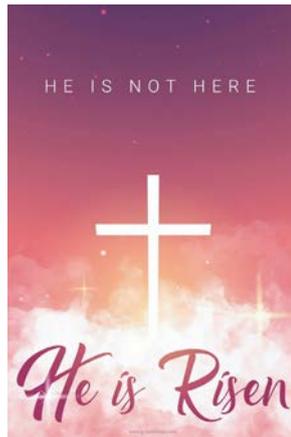
MAY

- 8 Mother's Day
- 12 International Nurses Day



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MARCH	APRIL	MAY
Joyce C	Elaine G	Maureen V
Gloria H	Gjorgija K	Rhonda S
Ursula M		

Activity Reviews



DECEMBER ACTIVITIES - Casa Mia's talented Leisure and Lifestyle artist Kristine Diaz ran an arts activity for the Lavender Field residents and they also helped with the Christmas decorations for their cognitive wellbeing. The residents all had a very Merry Christmas and had lots of fun.

December activities included staff lunch, residents' lunch, karaoke, concerts, Santa bearing gifts, Christmas lights, Dr Cameron playing the bagpipes, Christmas carols by the Sydney Christadelphian Young People and lots of fun.



Sydney Christadelphian Young People - Christmas Carols



Activity Reviews



INTER-GENERATIONAL ACTIVITIES

Casa Mia have always enjoyed the association with the children from "Little Helpers on the Run".

The inter-generational activities have been wonderful to be a part of. It brings joy and happiness to the residents especially as it brings the community into the homes. Various residents have their own comments, such as:

Yvonne - "I like the visits from the children. And being part of thanking the services project."

Ben - "I like the face-to-face interaction with the kids."

Valerie - "I like the children coming into the facility, rather than on zoom. And I particularly loved the gifts of chocolates."



PITCH BALL

Pitch ball is a game that test the hand/eye coordination and gives the residents at Casa Mia fun, laughter, and a hint of competitiveness. It is also a challenge trying to bounce the Table Tennis ball into the plastic cups.



The game was introduced to the residents from our past RAO Honey, to bring variety to our leisure program.

Bereavements

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



Resident Story

Maureen



Maureen was an only child to her parents James and Irene, however she was lucky enough to have a close cousin called Jill.

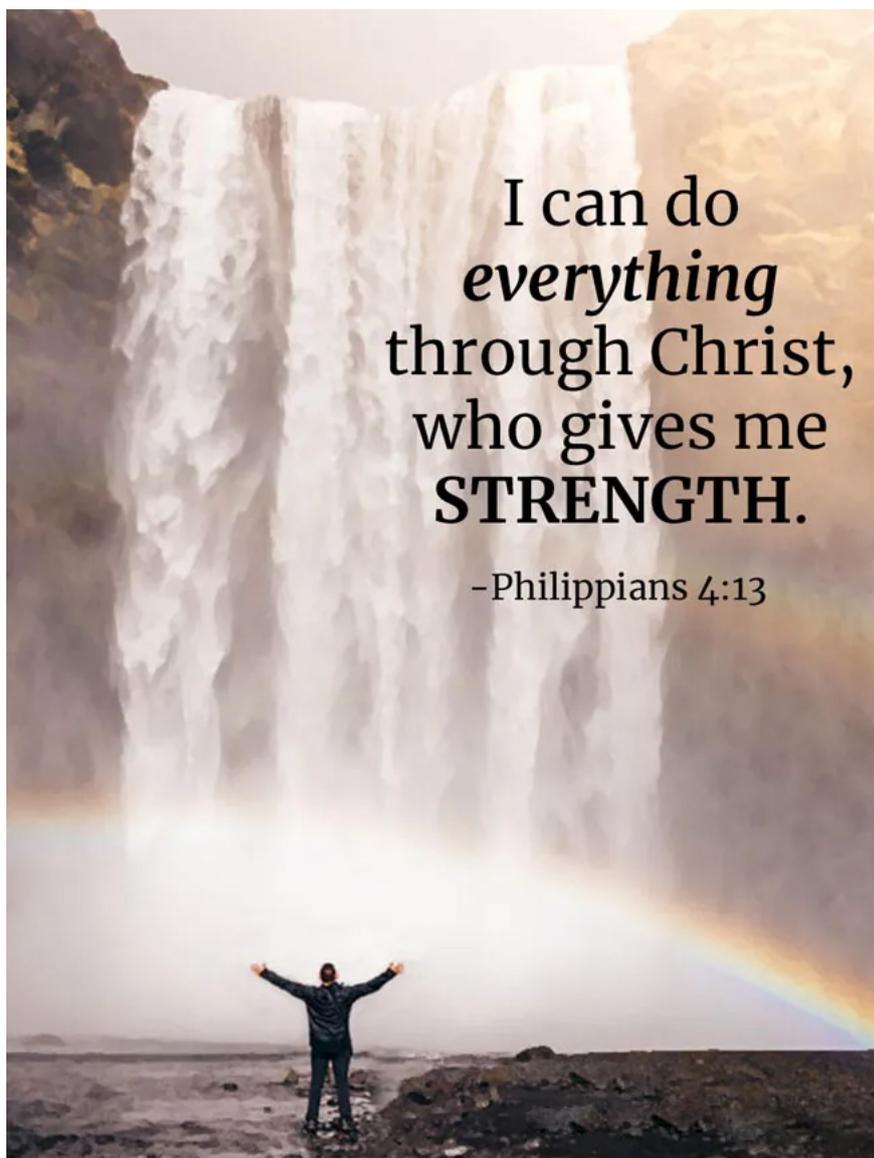
Maureen was married for 23 years; she had her first child, a boy called Neil, in 1965 followed by a daughter, Donna in 1968. Maureen's children are very important to her.

Maureen worked at the taxation office for five years as a typist, then a full-time mum, before returning to work as a secretary for the ABC radio.

She enjoys spending time with her children when they visit, and spending time in local cafes. Maureen loves to dance, and artists she particularly love are Abba, Bee Gees, Dolly Parton, Roy Orbison, Kenny Rodgers.

Maureen loves cats and spending some time outdoors. She also enjoys bus trips, with some of her favourite spots being Cronulla and Sans Souci, especially Kiss the Barista Café.

She loves all the staff at Casa Mia and appreciates all that they do for her, and we love her too.



I can do
everything
through Christ,
who gives me
STRENGTH.

-Philippians 4:13

Staff Profile

Arturo Dizon



ASSISTANT IN NURSING

Arturo Dizon has worked at Casa Mia as an AIN since 2007, and for the last 10 years of that he has worked in Lavender Field.

He has two lovely daughters and Arturo loves cooking, music and movies.



Casa Mia Resident & Representative Meetings

2022

You are Invited ♥

All meetings will be held on the **second Tuesday** of the month at **11am**.

- **March 8th**
- **April 12th**
- **May 10th**
- **June 14th**
- **July 12th**
- **August 9th**
- **September 13th**
- **October 11th**
- **November 8th**
- **December 13th**

**WE HOPE
YOU CAN JOIN!**

YOU ARE INVITED TO ATTEND OUR MONTHLY RESIDENT & REPRESENTATIVE MEETINGS

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

By joining our monthly 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 DAVID BRIDGENS

We are thankful to the work of our volunteers and appreciate the time and dedication they give to our residents.

Over the last few months, there has been Government restrictions that we have been up against, which saw the volunteers stood down for a time. For them, it has given the opportunity to stop and reflect, recharge their batteries, and come back to volunteering renewed.

Thanks to the benefit of technology we have been able to still have residents connect with the volunteers through zoom calls and phone call.

Thank you once again for the support and time you give.

If anyone is interested in volunteering, please do contact me and I will only be too happy to talk.



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



**VOLUNTEERS
NEEDED**

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

David Bridgens
SPIRITUAL CARE COORDINATOR

e: dbridgens@chomes.com.au

p: 8707 6000



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

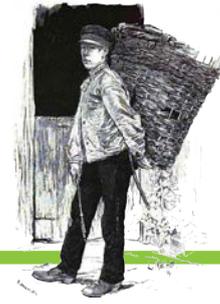


1. Heat oil in a medium frying pan over medium-high heat. Add onion. Cook, stirring, for 3 minutes or until starting to brown. Add mince. Cook, breaking up mince with a wooden spoon, for 5 minutes or until cooked through. Add paprika, garlic powder and oregano. Cook for 1 minute or until fragrant. Add 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

