



Courtlands Newsletter

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MANAGER'S MESSAGE

I would like to express my sincere thanks to all of you and your family for great support that we been having during the difficult time with COVID Outbreak. Courtlands is very brave and outstanding since our first outbreak in September till this year. Communication shared among families and team worked well, now we are very pleased to welcome all visitors back.

Courtlands has gained the trust among the community and became the new home for new residents coming on board.

On behalf of Courtlands, we would like to welcome all our new residents while ensuring the high standard of care delivered shall be maintained, ensuring all the resident's choices be met.

We continue to maintain our accreditation status and are expecting a visit from the commission soon to confirm our improvement progress.

Suggestion Boxes are located to every section, we welcome for any improvement suggestion.

Kind Regards, **Mohini Narayan**

- Director of Consumer Care and Services



Upcoming Events

MARCH

17 St Patrick's Day
Senior's Week



APRIL

15 Good Friday
17 Easter Sunday
18 Easter Monday
25 ANZAC Day



MAY

8 Mother's Day



For all the latest news and photos follow us on Facebook

facebook.com/christadelphianagedcare



MARCH	APRIL	MAY
SELF CARE	SELF CARE	SELF CARE
3 Marie M	2 Mena G	7 Ingrid O
6 Beryl P	7 Gabriella K	8 Keith M
10 Wilma R	7 Barbara R	10 Jutta F
10 Joy S	9 Don L	
10 Norma M	10 Jan W	
10 Bev S	13 George D	
10 Ian M	14 Pat B	
11 Nance R	15 Laurie O	
13 Fiona P	16 Betty P	
13 Joe C	20 Joyce S	
14 Mavis M	20 Anette H	
14 Robert W	24 Sandra M	
17 Brad O	28 Christina F	
BLUEGUM	BLUEGUM	BLUEGUM
	1 Anita S	1 Judith C
		4 Chrissy
		6 Georgette
		11 Anibal
		16 Juan
GRANGE	GRANGE	GRANGE
	1 Sylvia N	12 Keziah P
	7 Margaret B	26 Kay D
GROVE	GROVE	GROVE
	24 Pat D	15 Iris
TERRACE	TERRACE	TERRACE
	21 Judith Ha	7 Ruth
	23 Tessie B	9 Audrey
		24 Emily
		24 Ray



Activity Reviews

Grange



GRANGE - Greetings from Grange! What an interesting and challenging Summer we have had at the Grange section!

We just managed to welcome **Kindifarm** to Courtlands and delight our residents with cute baby animals back in November. That was a great and fun day shared with the whole village and staff on duty.



We went back to normal with our activities. **Indoor gardening** kicked off well as the temperatures went up and it was not comfortable for our residents to be outdoors for longer period. So, garden trolley went around to all green fingers in the Grange interested in this activity.



We also cooked and baked and made use of our new cooking utensils making little mini pizzas, cookies and vegetable fritters. We enjoyed a variety of **games** including whiteboard brain teasers, bingo, hoy, cards, dominoes, gentle exercises and walks.

We embraced arts and crafts and went into full swing with Christmas decorations and card making.

Bus outings were going well with new and exciting destinations that we explored.



Highlights were the Hawkesbury River picnic and a place called Sackville, where we went over on the Sackville ferry. What an adventure that was!!!

As Christmas was nearing, we were searching for some Christmas lights/ decorations, and spent a few night bus outings to the city and around beautiful local suburbs admiring the lights on the way.

We decorated the Grange section beautifully with Christmas trees and main decorations in the dining room. We placed Christmas stars on our windows and residents' doors as well as beautiful decorative pieces around corridors and little hidden corners.



Nail Care





Main **Christmas** attractions were our ceiling lights and huge and bright dining room tree. We say thank you to our residents who were able to assist the staff, as it was a huge effort to make our section look gorgeous. Thank you also to all residents, relatives and staff for their support and compliments that we have received along the way, as that gave us special wings and energised us throughout hot Summer weather.

Sadly, just before Christmas we went into another lockdown due to the Pandemic.

Although we couldn't have visitors nor entertainment in our section, that didn't break our Christmas spirit and desire to have fun.

Residents still had their beautiful Christmas lunch delivered to their rooms and **gifts** from the Courtlands management and West Ryde Christadelphian Church.

Staff ensured that every resident was visited and supported at this special time one on one. Staff also contacted family members and kept providing an update about their loved ones. Numerous calls were made, letters and cards sent out with love.



We thank all relatives for their words of support, gracious Christmas gifts and love they have given us over Christmas time.

We entered 2022 with new dreams and hopes to be a better one for us all. For us in the Grange section, January was still a month of lockdown, but we tried to be busy and cheerful with our daily visits and delivery of different room activities of interest.

We focused on your emotional wellbeing and provided support and reassurance. We

enjoyed chatting to you about current affairs, Australian Open, cricket and we celebrated Australia Day with nice BBQ lunch and Aussie treats delivered to your rooms.



With the Pandemic slowing down, we are hoping to go into full swing with activities for Autumn.

We will be focusing on Valentine's Day, Senior's week, St Patrick's Day, Anzac Day, Easter and Mothers' Day just to name a few. We will welcome back our entertainers and celebrate Birthdays and Happy Hours. Cultural Days will be our highlights as well in the 2022.

Keep safe and being happy everyone,

Your Grange LLO

Bereavements

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





TERRACE - Hello from Terrace!

Well, what a few months we have all had, with more lockdowns and the residents coping as well as they could under the circumstances. Prior to the last lockdown, the Terrace was lucky enough to have some amazing bus outings, cooking sessions, BBQs, arts and crafts, walks and picnics.



Christmas was a beautiful event at the Terrace, as we were still open and could have special Christmas lunch in our dining room. Our Christmas decorations were traditional red green and gold theme and big thank you to our residents and relatives for their support and compliments throughout this busy period.



Residents were graced with lovely gifts from the Management and from Christadelphian Church in West Ryde. That lovely touch and care put additional smile on our residents' faces.



Sadly, not long after Christmas, we also went into lockdown and our wonderful group activities had to be paused for a while. In the meantime, we wasted no time and ensured that everyone is visited and supported by daily room visits and activities were personally tailored and delivered to your rooms. These included books, newspaper and magazines, small art projects and gentle stretching exercises just to name a few...

We talked a lot, enjoyed summer of tennis and cricket, and discussed current affairs.

Staff ensured that you stay in touch with your loved ones and regular phone calls were made updating your relatives about your wellbeing during lockdown.

Now, we can breathe fresh air and enjoy rest of the Summer as we are free to go out and have visitors again. We are looking forward to some wonderful activities, regular bus trips, picnics, happy hour and entertainment, cooking, art and craft, bingo and brain teasers, hairdressing and many more. We will be also focusing on Valentine's Day, St Patrick's, Easter, Anzac Day, Seniors week as well as Mother's Day. As you know, Yvonne will be departing later in February, but she promised to keep coming back occasionally and grace us all with her friendship and skills

We are welcoming Elvira from Grange who is looking forward to get to know you all and share some good and fun times moving forward

In the meantime, stay happy and healthy and keep coming to your favourite activities!

From, **Your Terrace LLO**

Activity Reviews

Bluegum



BLUEGUM - Very similar to other areas of Courtlands, Bluegum residents and staff have had their share in the rollercoaster light train caused by intermittent Pandemic lockdowns and pauses in group activities. We just learnt to adapt and we coped the best we could given the challenging circumstances. **Kindifarm** was a lovely event, embraced by our residents and staff and everyone enjoyed holding dear little baby animals giving them a pet and feeding them.



We **cooked** and baked tirelessly, made numerous art projects, walked, exercised, enjoyed BBQs, Happy Hour and generally had a very good time.

Orange Cake



Fresh Juice



Pizza

Activity Reviews

Bluegum
continued...



When Christmas 2021 approached very fast, we worked really hard to decorate all our areas beautifully and indeed hard work paid off! Bluegum was transferred into Christmas wonderland, and we thank our residents and staff for their support and compliments during super busy time.

We attended several night drives and looked around Sydney for some amazing Christmas lights.

Unfortunately, just before **Christmas** another long lockdown occurred, and we had to scrape off our plans for big dining room lunch with entertainment. Instead, our residents had their meals delivered to their rooms with special gifts and season greeting cards. Christmas cheer was spread around by the staff who dressed up in Christmas tops every single day for the 12 days of Christmas.



We have spent lots of **one-on-one time** and provided hours of individual and emotional support, reminiscing, aromatherapy and hand massage as well as physical games, cognitive games, art colouring, cross word puzzles, doll therapy, aromatherapy, good movies and music, just to name a few.



Staff continued to support residents and relatives communications and arranged video and facetime calls, as well as courtesy calls to residents' relatives with updates about their loved ones weekly.



Activity Reviews

Bluegum
continued...



We welcomed the New Year with ongoing lockdowns for the month of January and our residents enjoyed their daily individual activities in their rooms. Some of the residents enjoyed watching the Australian Open and had discussions about the current affairs. Our residents enjoyed celebrating the lockdown Australia Day in their rooms with a special **Aussie BBQ lunch** and Aussie afternoon tea, but we stayed ever ready and anticipated end of lockdown which occurred in early February 2022.



Now we are happy to get back to normality and resume all wonderful **group activities**, bus outings and have some fun. We were very happy to start our Autumn season with some amazing **bus outings**, exploring our harbour and many stunning water facing suburbs of Sydney.



There will be events that we are going to focus on such as Valentine's Day, St Patrick's Day, Easter, Senior's week, Anzac Day and Mother's Day. In addition to this Bluegum will be celebrating the National letter to an elder day on the February 25. Families will be sending a handwritten letter of love to their loved ones. We are too excited to witness the happy smiles on our residents' face on that day!

Please stay tuned and stay well. Regards, **Your Bluegum LLO**

Aqua Painting



Bingo & Cards





GROVE - As we approached the end of the year and were excited to welcome the New Year, even though residents experienced a couple of lockdowns, they were able to happily engage in some activities that happened in December like Kindy Farm and Christmas celebrations. During lockdown residents continued to be supported with individual activities. We were able to return to usual activities at the end of January and celebrate Chinese New Year in February.

Kindy Farm provided residents with a bond which describes the residents' desire to interact with animals.

In a two-hour display our residents had a visit from a lovely sheep, goat, baby chickens, guinea pigs and rabbits.



Christmas Celebrations

Due to lockdown, instead of our planned Christmas lunch, we distributed individual Christmas lunches to residents in their rooms. Staff prepared a lovely meal for all our residents and gifts and chocolates were given out to all residents in Grove.

Each of our residents received gifts from the management and were happy as they kept saying all day - "What is Christmas without gifts?" Residents were also very pleased to receive Christmas candies from Rotary Club and enjoyed eating them.

At the end of December, residents loved going on the scenic bus trip as we cruised through the Christmas lights in the city and had great fun.



In the coming months, Grove wing is looking forward for upcoming activities like bus trips, occupational activities, birthday celebrations, cooking activities, Valentine's Day celebrations with Happy Hour.

From, **Your Grove LLO**



Activity Reviews

Self Care

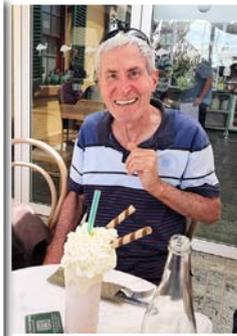


SELF CARE - Below are some photos from various activities over the last few months.

Melbourne Cup Celebrations



Emu Hall Outing

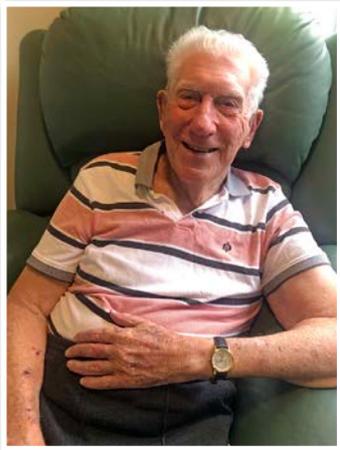


Palm Beach Outing



Resident Story

Peter Finlayson



I was born in Sydney's suburb of Woollahra, where I spent my early childhood. When I was about 4 years old, we moved to Carlingford. There I attended school and later I studied at the Teacher's College at Balmain and became a schoolteacher. At the Summer Hill Public School, I met my late wife, Margaret. We have had three sons, six grandchildren and one great grandchild.

I was a school Principal for 34 years and I retired together with my wife when she turned 55.

We travelled around the world for three months, business class and after returning to Australia, we travelled and explored around the country for the next three months as well.

Margaret was also a teacher, and we were happily married for 64 years. In 2001 we moved to self care units where we spent many happy years of our retirement. We were both very active in the self care community and organised many activities such as movies, table tennis, kiosk etc. Sadly, Margaret passed away two years ago. I moved to Terrace in November of 2021.

Before, I was very active and enjoyed bushwalking as well. At present, I try to do as much as my legs would allow me. I like to attend gentle exercises, bingo, happy hour and I enjoy bus trips.

I like to browse my computer and internet, read mystery novels and watch the six o'clock news. If I could turn back time, I would like to be in my seventies again...

Staff Profile

Pam

LEISURE AND LIFESTYLE OFFICER – GRANGE

Hello everyone! My name is Pam and I have recently joined Courtlands Leisure and Lifestyle team, working now in the Grange section. I enjoy my work, meeting lovely residents and colleagues.

I was born in Thailand, in the city of Bangkok, where I went to school and University. Prior to aged care, I worked in Retail and Marketing. My hobbies include motorbike riding, reading novels and traveling. I also enjoy cooking and paper crafts as well as drawing and sketching.

I have travelled extensively to many countries namely Canada, France, Italy, Spain, Germany, around Asia just to name a few!

I enjoy tasting world foods especially Japanese, Italian and off course Thai.

I look forward to get to know you better and work with a wonderful leisure team!





Courtlands Resident & Representative Meetings

2022

You are Invited ♥

All meetings will be held on **Tuesday** at **10.30am** as per the dates below:

- **March 8th**
- **April 12th**
- **May 17th**
- **June 14th**
- **July 12th**
- **August 16th**
- **September 13th**
- **October 18th**
- **November 15th**
- **December 12th**

**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

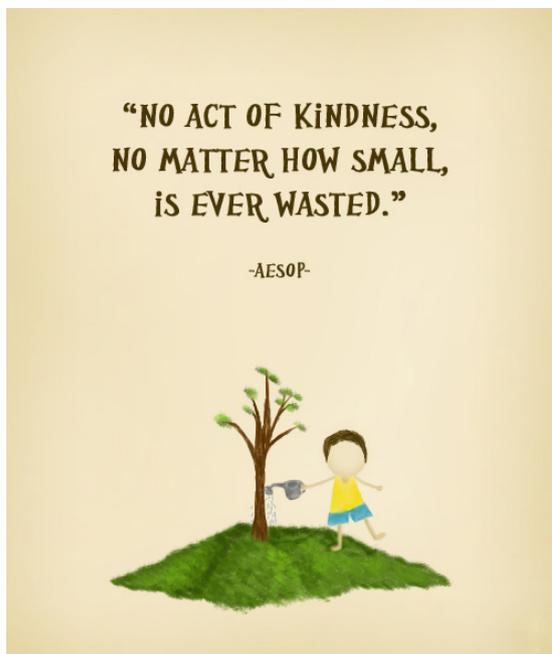
By NERIDA O'NEILL

Pet therapy continued in November and December before "pawing" in January (sorry for the pun!). Being in and out of lockdown has restricted the ability of our volunteers to come, we look forward to increased interactions in the new year.

Thank you to West Ryde Family church.

Unfortunately due to the COVID outbreak, we were unable to have West Ryde Family church visit and run Christmas carols for us. They did however continue to spread Christmas cheer, arranging for gifts for all our residents which helped to lift the spirits of all.

Some creative members of the church have also made birthday cards which will be given to residents, helping to make their day feel special. The fiddle mats previously made continue to be enjoyed by residents in Grove in particular.



THANK YOU!



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

Nerida O'Neill
SPIRITUAL CARE COORDINATOR

e: noneill@chomes.com.au

p: 9683 8047



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

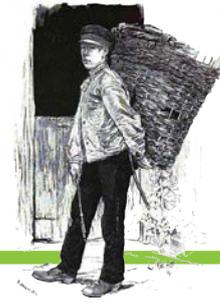


1. Heat oil in a medium frying pan over medium-high heat. Add onion. Cook, stirring, for 3 minutes or until starting to brown. Add mince. Cook, breaking up mince with a wooden spoon, for 5 minutes or until cooked through. Add paprika, garlic powder and oregano. Cook for 1 minute or until fragrant. Add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

- 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

