



Northcourt **Newsletter**

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MANAGER'S MESSAGE

Autumn in Australia is usually a time of growth, as opposed to the decay often linked with this season. Especially this year, Summer had brought much rain leading into a time of rapid growth and reproduction in the environment.

At Northcourt, residents continue to enjoy the luscious greenery, flowers blossoming and fresh breeze out in the veranda overseeing the landscape. A considered escape paradise from the chaos and grief with ongoing COVID 19 pandemic.

On behalf of Northcourt team, we would like to take this opportunity to express our appreciation to all who have been continuously complying with ongoing visitation restrictions and with infection control measures as per current advise from NSW Health. All measures in place are aiming towards keeping the safety of the home, residents, staff, and the community in general.

Stay safe and all the best wishes everyone!

Kind Regards, **Marilou Molina**

- Director of Consumer Care and Services



Upcoming Events

MARCH

Australian Women's History Month

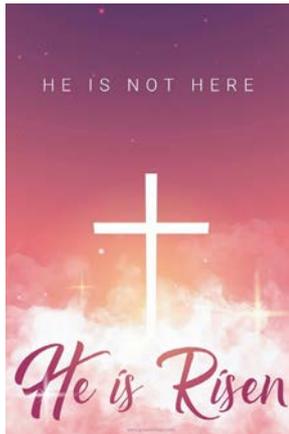
- 1 Shrove Tuesday (Pancake Day)
- 2 Ash Wednesday
- 8 International Women's Day
- 8 Residents & Relatives Meeting
- 17 St Patrick's Day
- 20 International Day of Happiness
- 21 World Poetry Day / Harmony Day
- 25 Monthly Birthday Celebrations
- 26 Earth Hour 8:30pm – 9:30pm

APRIL

- 3 Daylight Savings ends
- 12 Residents & Relatives Meeting
- 15 Good Friday
- 16 Easter Saturday
- 17 Easter Sunday
- 18 Easter Monday
- 25 Anzac Day
- 26 Northcourt Anzac Day Service
- 29 Monthly Birthday Celebrations

MAY

- 1 World Laughter Day
- 8 Mother's Day
- 9 Mother's Day High Tea
- 10 Residents & Relatives Meeting
- 27 Monthly Birthday Celebrations



MARCH	APRIL	MAY
13 Colin G	22 Sophia (Peg) P	9 Olivia C
20 Marie S	24 Tulse B	20 Catherine Y
22 Leonie H		



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Activity Reviews



EXERCISE GROUP - Our exercise group continues to meet each morning to participate in gentle exercises and games such as frisbee toss, basketball, parachute pass and perennial favourites noodle hockey, ball games and quoits.



FOODIE FRIDAYS - Each Friday, we look forward to tasty treats (often made by staff members). World Nutella Day gave William an excuse to make Nutella French Toast and an abundance of bananas provided him with the idea of banana pancakes. We also enjoyed milkshakes, icecream sundaes and iceblocks on those particularly hot days.



MONTHLY RESIDENT & RELATIVES MEETING - In January we held our first residents and relatives meeting for 2022. Residents have provided both positive and constructive feedback that we can use to ensure that we continue to provide the best care for them. Thank you to all who attended, and to our resident advocates Lola and Russell.

A reminder to all that our meetings are held at 10:30am on the second Tuesday of each month in the lounge area. We are also able to send Microsoft Teams invites for those who would like to attend remotely.

PET THERAPY - Our residents are very lucky to have the company of a variety of furry and feathered friends. From Whiskey the cat to the local native birdlife, we have enjoyed slowly building trust with them to the point they are comfortable to stop by for a snack or a pat. After a short break, we also welcomed the dogs from Pawsitive Paws back to Northcourt in February and look forward to once again seeing them each fortnight.



Bereavements

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



Activity Reviews



SCENIC BUS TRIPS - We were very fortunate over Summer to continue our weekly scenic bus trips. We even scored a few bonus trips when our bus driver Peter had some additional time on his hands. Highlights included Badgery's Creek to see the progress on the new airport, Brooklyn, Wisemans Ferry, Balls Head Reserve, Kogarah Bay, Manly Dam, Balgowlah Heights, Cremorne Point and North Bondi. We also sadly, have said farewell to our trusty old bus who served us well on our trips. We have already taken a few rides in the new bus and look forward to many more adventures in cushioned, air-conditioned comfort.



MONTHLY BIRTHDAY CELEBRATIONS - As always, the end of each month sees us gather to celebrate the birthdays of residents and staff with cake, well wishes and song. Our new catering team, A Delish Affair, also now provide beautiful cakes in house.



Dominos



Hoy with William



Bingo



Hairdressing Services



Puzzles



Newspaper Reading



Activity Reviews



CHRISTMAS AT NORTHCOURT - We decorated Northcourt inside and out in preparation for Christmas. Our residents were excited to celebrate an almost "normal" Christmas for the first time in years and looked forward to time with loved ones.

Everyone also participated in creating our very own Advent Calendar to count down the days with.



Merry Christmas

RESIDENTS CHRISTMAS PARTY & CONCERT - After a number of rainy days, our residents were very relieved to see the sun shine for our resident Christmas party. They enjoyed a BBQ Christmas lunch and received their presents from Santa (*a huge thank you to our bus driver Peter for once again donning the red suit!*).

Afterwards, they enjoyed a special Christmas concert with one of our favourite entertainers, John Campbell.



Activity Reviews



CHRISTMAS LIGHTS BUS TRIP - Our residents braved a wet Wednesday night to see the Christmas lights on display in the city. Highlights included the Christmas tree at Martin Place, David Jones, Pitt St Mall and the QVB. We then travelled out to Bella Vista to see the amazing lights at the Hillsong complex. Everyone was in awe of the display and agreed that their electricity bill must be very high!



STAFF CHRISTMAS PARTY

Our residents weren't the only ones to have all the fun, with senior management throwing our dedicated staff a Christmas lunch to thank them for their hard work and continued dedication. The Christmas party was made even more special with a number of dishes made by staff members themselves and presents given from our DC Marilou and RN Sofie.



NEW YEAR CELEBRATIONS - After what had been a challenging year for all, we were very excited to welcome in a new year with new beginnings.

Champagne corks were popped and toasts were made as we looked back on the past year and looked forward to the upcoming one. Everyone particularly enjoyed our 'Year in Review' photo slideshow, reminding us of all the adventures we had been on and fun times we've shared.



Activity Reviews



AUSTRALIA DAY

Australia Day turned into Australia Week, with fun activities such as thong throwing, lamington eating and a BBQ lunch to trips to iconic landmarks the Opera House and Harbour Bridge celebrating all the things we love about this great country.



LUNAR NEW YEAR CELEBRATIONS

2022 is the Lunar New Year of the Tiger and residents and staff celebrated by making firecracker decorations,

enjoying a delicious banquet including fried rice, noodles and of course fortune cookies, and seeing which characteristics they could identify with in their Chinese zodiac sign.



SRI LANKA INDEPENDENCE DAY - On February 4, our residents experienced the tastes, aroma and sounds of Sri Lanka as we celebrated Sri Lanka Independence Day. Our residents tried



a variety of foods such as vegetable kottu, fish ambul thiyal, parippu (dhal curry), chicken curry and roti, while washing it down with Ceylon tea. Though some dishes proved a bit too spicy for some, all agreed that it had been exciting to try something new.

VALENTINE'S DAY HIGH TEA - We celebrated all things love with an explosion of hearts decorating our living and dining areas. Our residents were treated to a delicious high tea complete with finger sandwiches, dips, cakes and of course strawberries, while our resident couples shared the secrets to their long marriages with other residents and staff.



Resident Story

Leonie Horne



Leonie moved to Northcourt in September 2021. She and her husband John have been married for 60 years this year and have 5 children together - Tracey, Kerrie, Lisa, Ian and Colin. We sat down with them to find out more about their wonderful life together.

How did you meet?

John - I was having lunch at a friend's house and I remember Leonie came in wearing a summer dress. We just started talking over the following days and weeks - lots of going to the pictures and

out for meals. And that was it for me. There was no proposal as such, we just always said "when we're married" etc... and then we got married!



Where did you get married?

John - We got married at 3pm on January 5, 1963 at the old St Andrew's Church on Phillip St in Parramatta. It was a very hot day and she came into the church hall and she was crying. I don't know what she was crying for, I was happy as Larry. So I'm assuming it was because she was happy to see me.

What else do you remember about that day?

John - I can remember she told me later that her father was smoking in the car and some

of the ash fell on her gown and they thought there was going to be a fire before they even got to the church!



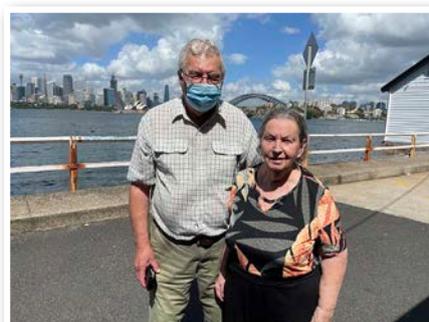
What is your favourite thing about each other?

John - It's just her. She was fun. She's always been there. Everything we've done, we've done together. We just enjoyed travelling around. We did lots of trips around Australia with our caravan. At first, we travelled with the kids, then as they got older it was just the two of us. She loved collecting souvenirs from the places we visited. We went on cruises to Fiji, NZ and around Australia.



What's the secret to a long successful marriage?

John - Just say yes more often!



Staff Profile

Marilou Molina



Can you tell us a bit about yourself?

Hello to all! My full name is Marilou Yunon Molina and I migrated to Australia in 1997 to look after my late grandmother who was diagnosed with cancer, who we miss dearly as she lost her battle peacefully in May 2003.

My nursing career started in 1995 after graduating from Bachelor of Science in Nursing in the Philippines, where I worked as a Registered Nurse for four years in a 150 bed private hospital in our town of Tarlac city, Phils. I am married and blessed with two teenage boys who are driven like me, one is aspiring to be a Legal Counsel and the youngest to become a Dentist or Paediatrician.

How long have you worked in aged care?

I started my career in aged care in 2006, from humble beginnings as a nurse and little did I know that it would land me in various management roles since 2007 to the present.

What drew you to this line of work?

I suppose my cultural background and upbringing in the Philippines served as an inspiration to work in the aged care industry.

Back home, nursing homes are non-existent, as a tradition we look after our elderly until their end stage of life as a way of paying back the unconditional love they have given us. Hence, I personally treat every resident that I care for as my family, providing all the love and care they deserve.

What do you like to do in your free time?

As a full time employee and a mum of a busy household, I'm not sure if there's such a free time! Although cooking is a vital skill that all mums are expected to have, I must say that it brings such joy when my family enjoys the dish served on the table. Travelling is another family time that's added on the list and of course reading novel books which I have enjoyed since a young age.

Any parting words or anything you would like to add?

Being part of Northcourt team has been a privilege and being able to serve the residents has been a great fulfillment. I'm not good at saying goodbyes, especially to our dear hard-working staff at Northcourt. All the best wishes to everyone and I much appreciate the time we spent together and memories will be kept in my heart forever, until we meet again...





Northcourt Resident & Representative Meetings

2022

You are Invited ♥

All meetings will be held on the **second Tuesday** of the month at **10.30am**.

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

**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*



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

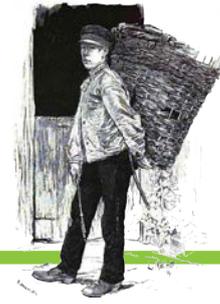


1. Heat oil in a medium frying pan over medium-high heat. Add onion. Cook, stirring, for 3 minutes or until starting to brown. Add mince. Cook, breaking up mince with a wooden spoon, for 5 minutes or until cooked through. Add paprika, garlic powder and oregano. Cook for 1 minute or until fragrant. Add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

