



# Southhaven Newsletter

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## MANAGER'S MESSAGE

Hi Everyone,

According to Romans 8:37-38, *"But in all these things we overwhelmingly conquer through Him who loved us. For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing will be able to separate us from the love of God that is in Christ Jesus our Lord"*.

I was meditating on the above verses and those written words are powerful and alive thinking of what is happening around us. For 52 days, Southhaven was in lockdown because of the COVID-19 outbreak. Both consumers and staff were highly affected but because of the love of

God and our faith in Him, we were all able to get through this. There were so many stories during those times, sadness, struggles, disappointments, frustration, success, teamwork, and many more emotions.

On behalf of the Southhaven team, we want to thank all our consumers, relatives, loved ones and friends for all your support and understanding during our lockdown. I believe there were so many uncertainties on your part however, you tried to understand the situation and we were able to get through it.

Keep safe everyone!

God Bless, **Liza Abapo**

- Director of Consumer Care and Services

# Upcoming Events

## MARCH

- Resident BBQ
- Cooking
- Harmony Day
- St. Patrick Day
- Pet Therapy - Covid 19 permitting
- ½ Day Bus Trip - Covid 19 permitting

## APRIL

- Resident BBQ
- Cooking
- Easter Celebrations
- Easter Church Service
- Anzac Day Service
- Pet Therapy - Covid 19 permitting
- ½ Day Bus Trip - Covid 19 permitting

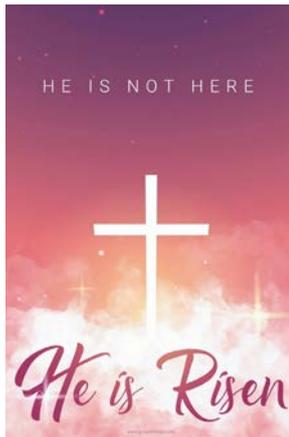
## MAY

- Resident BBQ
- Cooking
- Mother' Day High Tea
- Croatian Cultural Day
- Pet Therapy - Covid 19 permitting
- ½ Day Bus Trip - Covid 19 permitting



For all the latest news and photos follow us on Facebook

[facebook.com/christadelphianagedcare](https://facebook.com/christadelphianagedcare)



MARCH	APRIL	MAY
Margaret A	Jean E	Clifford D
Evelyn C	Leslie J	Betty M
Marjorie D	Mary L	Doreen M
Maureen G	Kenneth M	Margot U
Lubica K	Elizabeth M	Lynette W
Margaret W	Beverley R	John W
Faye W		

# Activity Reviews



**RESIDENTS' CHRISTMAS PARTY** - Two thousand years ago, "Joy to the World the Lord has come!" was said. We hope those words gave you all meaning and joy during the Christmas season.

Christmas celebrations at Southhaven started with our residents enjoying themselves listening to a variety of Christmas songs. They watched everyone prepare and decorate the tables for their special Christmas lunch that they shared together while socialising and enjoying the Christmas spirit. Not to forget the big smile on our resident's faces when Santa came and gave out gifts and chocolates.

We would like to thank Dr. Cameron for bringing his bagpipes to to play for our residents which they really enjoyed.

Merry Christmas



**AUSTRALIA DAY** - Proud to call Australia home, our residents had a great time celebrating Australia Day!! We had our Happy Hour outside on the balcony where our residents enjoyed having their special afternoon tea while they listened to a beautiful Australian country music.

After finishing the Happy Hour, we all gathered in the activity room to sing the Australian Anthem, then shared stories from the past, remembering every state and every place in Australia that our residents had visited with their loved ones.

Not to forget the special lunch and the lovely food they all enjoyed.



## Bereavements

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



# Activity Reviews



## ACTIVITIES DURING LOCKDOWN

During our recent Covid isolation, we had to adjust our approach to our residents to ensure they are getting a proper support and care.

We provided a weekly activity pack which was distributed to all residents in their rooms which contained reading material, colouring in, word search, puzzles and games.

We provided one on one emotional support and care to each individual resident while they were in their rooms and continuous updates regarding the Covid situation in our facility. We also provided communication between residents and their families via video calls, and this helped our residents to stay in contact with their loved ones.



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## VALENTINES DAY HAPPY HOUR

There is nothing like a Valentine to make a smile appear.

At Southhaven, our residents celebrated Valentines Day with a big smile on their faces while enjoying the romance through the taste of our nibbles, beer and champagne!!

Not to forget the fun they had while swinging and singing along to their favourite love songs. Happy Valentines Day to our residents and all those who believe that love never dies or ages!!



*"Let us meet each other with smile, for the smile is the beginning of love!!"*



## Thank You Staff of Southhaven

We held a Krispy Kreme Donuts Day with drinks which were served to our staff as a thank you to recognise them and their hard work!

Their compassion, optimism and kindness do not go unnoticed. Thank you for putting yourself on the front line, for all your hours of hard work and devoted labour, for your relentless efforts, and the care and support you provide which is extraordinary!

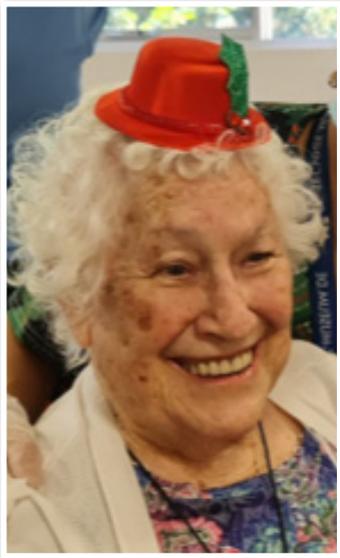
May God bless you and keep you safe!

*"Let us become weary in doing good, for at the proper time we will reap a harvest if we do not give up" (Galatians 6:9).*



# Resident Story

Olive Gunter



These days, in residence at Southhaven, Olive is an 'armchair' traveller. All it takes is a song like, "It's raining on the rock", by John Williamson and Olive is again in that helicopter, flying over Uluru. She is safely belted in but is tightly holding the hand of Ron her husband. He is tied to the seat by a rope because the seat belt was not long enough to fit his body. (This was always a joke shared by the two of them when telling about their trips).

In their 57 years together, particularly after their retirement in 1991, Olive and Ron travelled the highways and backroads of Australia visiting relatives and retired friends. The boy from Rutherglen, in country Victoria and the girl from Cairns, Queensland met at their place of work, the GPO Sydney in the early fifties and were married in 1954.

Olive and Ron had four children, Cheryl, Margaret, Jennie, and Michelle who grew up in the family home at Revesby. Ron had always loved driving, taking the family for holidays to Queensland and Victoria visiting relatives as well as seeing

the sights. Later, after the children had grown up, Ron and Olive would set out in the car for a day or a few days, just for a drive; to see where the road would take you!

When they retired in 1991, they bought a Holden Calais comfortable for travelling; spending their days driving to visit retired friends in country New South Wales and their daughters, Michelle who had married and settled on the Sunshine Coast in Queensland and Jennie, who after living in Melbourne for 10 years moved to Perth, Western Australia.



Olive and Ron both loved travelling but Ron loved driving and Olive could never persuade him to get a passport. Ron was enticed by a backroad that looked 'interesting' going off the main road following an unusual or interesting signpost. Ron joked that Olive had an instinct for finding the town with the best cake shop and pies!

Olive did get her passport and travelled with her daughter, Cheryl to China, Hong Kong, Singapore and Thailand exploring many interesting places and eating fabulous food together. If you know Olive, then you will appreciate that it was five-star hotels all the way! The highlight of the trips was meeting interesting people and sharing stories. Memory is a powerful thing, ignited by a smell, a song, or an image.

Olive arrived at Southhaven in March 2021 after a stay in hospital. These days she enjoys reading and talking with the friends she has made there. Olive never tires of reminiscing about those wonderful memories of the open road with Ron.





# Southhaven Resident & Representative Meetings

2022

*You are Invited* ♥

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

- **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.

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



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



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SPIRITUAL CARE COORDINATOR

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### 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

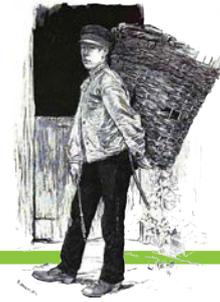


1. Heat oil in a medium frying pan over medium-high heat. Add onion. Cook, stirring, for 3 minutes or until starting to brown. Add mince. Cook, breaking up mince with a wooden spoon, for 5 minutes or until cooked through. Add paprika, garlic powder and oregano. Cook for 1 minute or until fragrant. Add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

