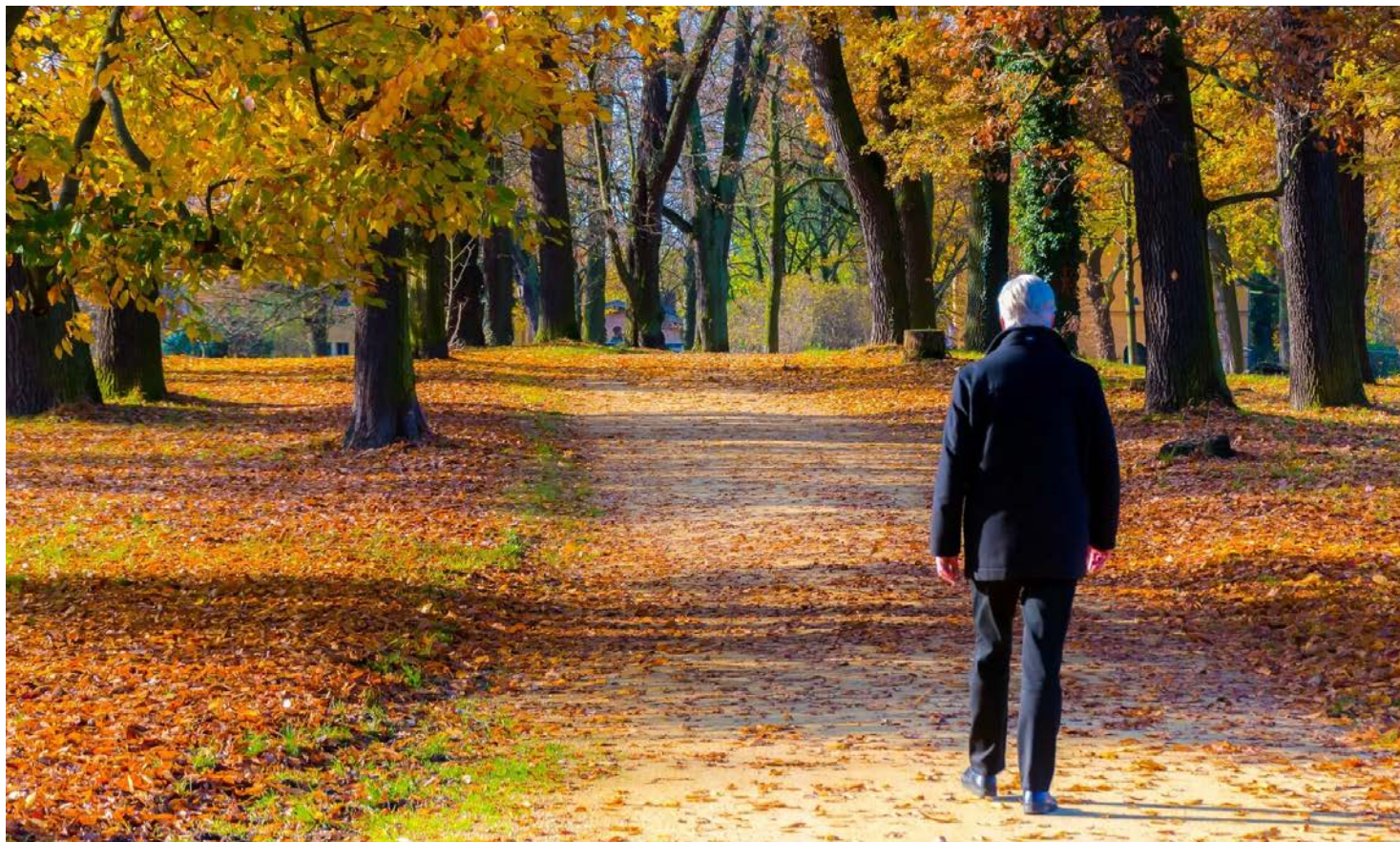




Courtlands Newsletter

Address: 15 Gloucester Ave, North Parramatta Phone: (02) 9683 8000 Email: admin@chomes.com.au



MANAGER'S MESSAGE

Happy New Year for 2024, the year of God's Blessings pouring out endlessly. Courtland faces challenges and opportunities 365 days a year and we continue to shine bright.

Thank you for all your feedback (compliments, comments, complaints) we receive as this helps us to provide and improve the quality of care, both personal and clinical care, for all our residents in Courtland Aged Care.

Next month we will bid farewell to summer and welcome the autumn season. The year's monthly activities and celebrations have been planned and tabled by our wonderful Wellbeing Team and with 2024 being a leap year our residents receive an extra day of fun.

Courtlands is a multicultural and diverse facility as shown in February when we celebrated the Lunar New Year for the Chinese community, Shrove Tuesday and Ash Wednesday marking the beginning of Lent.

Our sincere thanks to the residents and family members

in Grange and Terrace for your understanding and patience when the lift was not working. Especially the extended outages in Grange.

The company that previously serviced our lift was taken over by Schindler, and it has taken them longer than expected to find replacement parts to make the lift operational. Thank you for sharing your concerns for the staff who did their best to ensure we continue to provide quality care.

The good news is the replacement of the updated elevator has now commenced and we will keep you posted on the progress of the new lift installation.

I want to express my gratitude to all the residents who took part in the last Aged Care Consumer Experience Survey. The next quarterly survey is scheduled to take place during March, and I encourage all residents to continue to participate as your feedback is essential in helping us continue to improve the quality of care and services we provide.

Kind Regards, **Mercedita Chua**

- Director of Consumer Care & Services

Upcoming Events

MARCH

- 8 International Women's Day
- 20 International Day of Happiness
- 22 National Chip & Dip Day
- 25 Greek Independence Day
- 29 Good Friday
- 31 Easter Sunday

APRIL

Aged Care - Falls Prevention month

- 1 Easter Monday / April Fools Day
- 15 World Art Day
- 25 Anzac Day

MAY

- 1 Aussie Wine Month
- 12 Mother's Day
- 12 International Nurses Day
- 21 International Tea Day



For all the latest
news & photos
follow us
on Facebook

*facebook.com/
christadelphianagedcare*



MARCH	APRIL	MAY
VILLAGE	VILLAGE	VILLAGE
10 Norma M	2 Mena G	7 Ingrid O
10 Bev S	7 Gabriella K	10 Jutta F
10 Ian M	7 Barbara R	14 Rainer E
13 Joe C	9 Don L	31 Venetia M
14 Mavis M	10 Jan W	
14 Robert W	13 George D	
17 Brad O	14 Pat B	
23 Paul L	15 Laurie O'D	
25 Helen L	16 Betty P	
	20 Annette H	
	24 Sandra M	
	28 Cristina F	
TERRACE	TERRACE	TERRACE
3 Marie M	14 Pasqua S	7 Ruth
3 Henry J	17 Beverley	
4 Norma C	21 Judith Ha	
6 Beryl P	23 Tessie B	
10 Wilma R		
21 Santhia D		
GRANGE	GRANGE	GRANGE
10 Monica	1 Sylvia	
	4 Matthew	
	7 Margaret B	
	29 Lorraine	
GROVE	GROVE	GROVE
6 Tommasa	24 Pat D	4 Chrissy
		6 Graham D
		6 Norman
		7 Shirley
		31 Theodora
BLUEGUM	BLUEGUM	BLUEGUM
6 Manijeh		1 Judith C
31 John		20 Riqing
		26 Jan G



The sparkle of Christmas and New Year has now passed, the heat of January is now cooling, and we have settled into 2024 routines and can't believe the shops are selling hot crossed buns already.

The Village is in full swing with activities galore happening. Thank you to all the residents who have volunteered their time to help out over the break.

Across our land we have seen out of control weather. Devastating storms and floods in Queensland and extreme heat breaking records in many areas. We truly live in a country "of droughts and flooding rains, the hot gold hush at noon, sick at heart around us, we see the cattle die, her beauty and her terror, the wide brown land for me". Please continue to remember all those who have been suffering in your prayers and thoughts.

We have had quite a number of new residents move into our Villages of late and I would like to welcome you all to the Courtlands Village family. I trust you are settling into your new homes and able to join in village life. Please drop by and ask any questions you might have. Nora and Hashini will be able to help you.

The café in Daisies is booming. The introduction of toasted sandwiches and croissants have proven to be very popular. You may even find a sweet treat or two. Please drop by as you are sure to meet up with someone you know. I look forward to seeing you there myself.

Kind Regards, **Lisa Green** - NSW Village Manager

A warm welcome to

Karen S

- Independant Living Units



Farewell to

Donna, Jacob, Kay, Cheryl

We wish you all the best!

Bereavements

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

*Cecily F, Wilga B, Yvonne M, Jill T, Elizabeth G, Miroslav J & Patricia P
ILU - Beryl J & Joy S*



SELF CARE

INAUGURAL FLOWER DAY: A COLOURFUL TRIUMPH - JANUARY 19

Our Village celebrated its first International Flower Day at the Village Lodge. Residents gathered for a creative flower arrangement activity, using roses, daisies, peonies, cosmos, orchids and lavenders. The event was a vibrant showcase of community spirit, fostering unity and a deeper appreciation for nature's beauty.

The success of this inaugural celebration has sparked enthusiasm for future flower arrangement activities.

We look forward to more floral festivities, grateful for the joy and creativity that flowers have brought to our village.



CELEBRATING INTERNATIONAL HOT CHOCOLATE DAY - JANUARY 31

Our community had a blast celebrating International Hot Chocolate Day. Residents gathered for a delightful evening filled with laughter, delicious hot chocolate, and ice coffee. Special thanks to resident baker extraordinaire, Edna for her scrumptious cakes that added to the festivities. And also, a big thank you to all volunteers!

Can't wait for next year's celebration.



COMBINED ACTIVITIES - INDEPENDENT LIVING UNIT & AGED CARE

HERITAGE COLLEGE CHOIR - NOVEMBER 22

All our residents were invited to attend a special concert from the Christadelphian Heritage College Primary Choir. This was held in the ILU Village Lounge area and we thank our team, including the bus driver, for their assistance in bringing residents up from Bluegum, Grange and Grove.



The students sang beautifully and performed well. It was great to be invited to join them in singing along to a couple of the songs. After the concert the students enjoyed a small morning tea before returning to school.

Thankyou to the Heritage College staff and students for providing us with a lovely morning.



REMEMBRANCE SERVICE - NOVEMBER 22

Courtlands and Northcourt held a remembrance service on 22 November in the Village Lounge area.

The service was to remember those residents from our care who passed away during the previous year. The service was well attended

and very emotional as residents and family members reflected on those who passed.

Afternoon tea provided an opportunity to hear the memoirs and stories from families and friends.



CHRISTMAS CONCERT - DECEMBER 17

Aged Care and ILU again combined for a very enjoyable Christmas Concert held in the Village Rec Room and put together by a group of Christadelphians from various locations.



AGED CARE

INTERGENERATIONAL RELATIONSHIPS, ST MONICA'S CATHOLIC SCHOOL

Local primary school children from St Monica's Catholic Primary School extended their relationship with our residents, visiting on December 4.

The Kindergarten students entertained and presented our residents with their singing, Christmas Carols, and handmade Christmas cards. Afterwards morning tea was shared and little friendly conversations along with balloon games took place!



CHRISTMAS CONNECTIONS

Thank you to West Ryde Family Church who kindly gave gifts to all our residents and staff. It is so lovely to be thought of by the local Christadelphian community.

Thanks also to the Rotary Club who also made our residents feel special through the cards given to each individual.

FLOWER ARRANGING - Who knew that in January there is a day to celebrate flowers! What better time to bring in nature than International Flower Day with each area being involved in flower arranging.

The flowers brought joy to the senses with their beautiful colours and helped to bring the outdoors in for the day.



RESIDENTS' CHRISTMAS PARTY

The Christmas Party was held in each location this year, which allowed our residents and their guests to appreciate the air conditioning!

For Terrace our Christmas Lunch was a successful event held in the Village Rec Room with lovely entertainment by Leyla. Our venue decorations were praised by many!



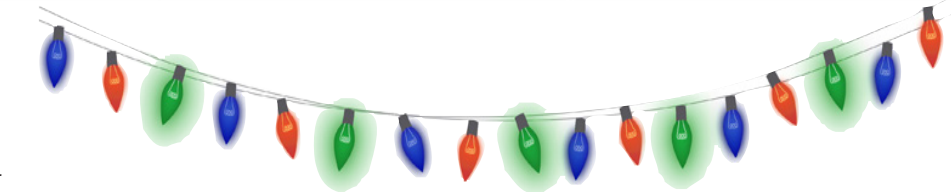
Thanks to the volunteers and staff from ILU who did most of the decorating, and a special mention to the family member who assisted with the wonderful chair coverings!



For those in Bluegum, Grange and Grove, our entertainment was provided by Patrick who sang a range of carols and other well-known songs.

Residents enjoyed traditional lunch of turkey and ham, along with pudding for dessert. The bon bons were shared, hats donned, and jokes read – not sure how many laughs the jokes received but its always part of the Christmas lunch tradition.

We thank all relatives, friends, and volunteers for making this day special with our residents.



GRANGE

We were in the middle of summer when I wrote this newsletter. The weather has been hot and unpredictable with a lot of rainy days. It does not stop us from our walking exercise - we have been making good use of the corridors!

The big event we had in December was the Resident Christmas party, as seen in the pictures on the earlier pages. This year we were inside in the lounge to keep us cool. The residents and relatives got together to have a good time and sing Christmas songs. Some family members came all the way from Perth to be with us at the party!

We are a full house now in Grange and it is a house of fun. Residents can be competitive when it comes to bingo games. You have to keep your brain going and be alert to win the games.

We enjoyed our shopping bus trip to Carlingford Shopping Centre and our regular bus trips twice a week. We try to go to every nice spot that Sydney has to offer, even the brand new man-made private beach that just open in Penrith.

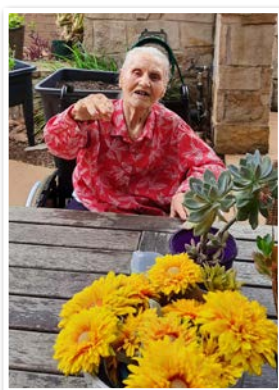


Summer is here. Nothing better than our ice cream trolley that comes around and my special banana milkshake/coffee milkshake. We also do a lot of baking such as banana bread, oat biscuits and homemade scones with fresh cream and jam - yum!!

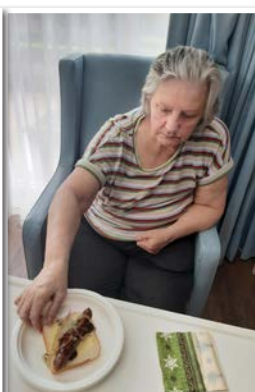
I really hope you love what is happening in Grange - Pam

GROVE

Doll therapy, outdoor activities, colouring, music and movies can all be regularly found occupying our Grove residents. Individual exercise and walking with staff keep us as fit as we are able.



Our BBQ had a work out for Australia Day and we enjoyed our sausage sandwiches, especially after being able to smell them cooking!



BLUEGUM

Spending time outside in the courtyard continues to be a focus for us when we can manage in between the hot days and the rain. Thankfully along with the courtyard, we have also been able to enjoy the grounds of Courtlands and visit the gardens and fish ponds.



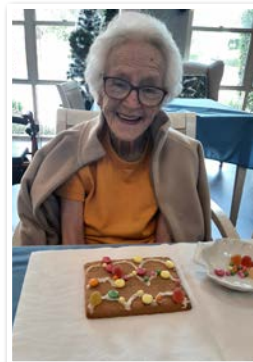
Hand massage, bingo, hoy and dominoes continue to be favourite activities each week in Bluegum, along with relaxation music, Andrea Rieu and movies.

For Australia Day, the BBQ was lit and a sausage sizzle enjoyed for afternoon tea.



Bluegum residents continue to enjoy bus outings to various locations including Lane Cove National Park, Arabanoo Lookout, Balmoral Beach and La Perouse to name a few.

For some it is a family tradition, for others it is a new thing. In both cases our residents enjoyed decorating the gingerbread house as part of the Christmas celebrations in December.



TERRACE

Greetings from Terrace everyone!

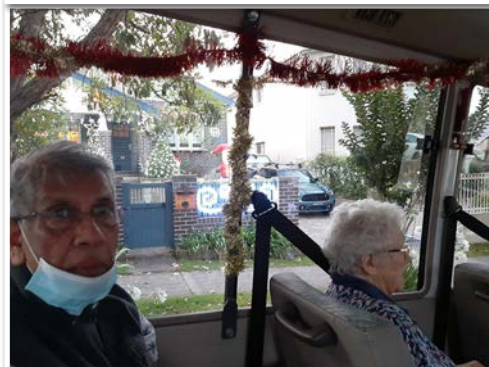
The hot and muggy summer is almost behind us! We are looking forward to some clear blue skies and more pleasant temperatures this Autumn. Nevertheless, we kept being active and attended to our walks, exercises, carpet bowls, basketball, table games, parties, and movies.

During December we decorated a gingerbread house and made some Christmas cookies.



Our volunteer Nita gave a great singalong with the help from her musical friends in the L4 lounge. The Christmas atmosphere was magical.

It was sad to take our beautiful decorations down and to say goodbye to the magic of Christmas till next year.



Unfortunately, we had to pause for a little bit after Christmas due to the return of COVID cases. We bounced back after a couple of weeks and activities were back on track in no time.



Australia Day celebrations were great in Terrace with Ros Hamilton entertaining and some great Aussie treats and drinks. Our art group made Aussie Iconic animals that are on display in L2 lounge.



Chinese New Year was observed, welcoming the Year of the Dragon with colourful lanterns, afternoon tea of Chinese treats, games and stories.

After the summer break, we welcomed Pet Therapy back to Terrace with little brave Tassie being very first visitor in the New Year and delighting everyone around.

We thank you all for being active and partaking in our activities. Keep up the good work - **Elvira**

TERRACE "MAMAN" BUS OUTING

There was a mammoth sized steel and bronze exhibition at the NSW Art Gallery, and some of us here in The Terrace saw Spider Sculpture there. It stood 10 metres high, weighs 10 tonnes and is named "Maman". It was created by a French/American sculptor and has travelled the world in exhibition, standing in many wondrous places. It dwarfs the people who walk beneath it, as if she is directing the traffic into and out of the gallery.

On a visit to the city to Lady Macquarie's Chair, we saw it twice! Some of us were able to get out of our bus, to stand beneath her. When we did stand there, we could see her basket of large white eggs, suspended underneath her body.



There are many contradictions in this sculpture. So, we tried to answer some questions set by the Gallery.

- Has the day invaded the night?
- Has the night invaded the day?
- What does the Spider do for the Art Gallery?
- What does the Art Gallery do for the Spider?

The spider is being dismantled on March 3.
Thankyou, Peter, and Yvonne for making this bus trip so memorable.

Written by BR



Resident Story

Graham D



Graham was born in the village of Bentley in the United Kingdom on May 6, 1943 and was the only child of Violet Emily and William John Davies.

Some of his favourite childhood memories are of listening to the radio and his mum singing along to the latest hits of the time - he thought she

had a beautiful voice.

His first job on completion of school was as an apprentice pattern maker for a company called John Harper & Co Ltd. He remained at the company for 17 years and during this time, he married Margaret (herself an only child) and they

had 3 children (Paul, Ian and Kathryn).

In the mid 1970s, he secured a new role as Foundry Manager with a company called Warman based in the north of England before accepting a promotion in 1984 and relocation to Sydney. He would remain working for Warman in senior roles until his retirement in 2001.

Graham spent the early years of his retirement travelling back to the UK for holidays and spending time with his grandchildren and the later years caring for Margaret, until her passing two years ago.

He moved into Bluegum three months ago and is now in Grove and is doing his best to keep the staff on their toes! On his good days, he enjoys a sing-along to try and bring a smile to the other residents faces.

Staff Profile

Anjana Regmi

ASSISTANT IN NURSING

I am 25 years old and I came to Australia to pursue my higher studies and further enhance my career.

It's been already six years of study in Australia, and I feel like it has been such a unique journey and experience to share, adapting to a new culture and environment.

Australia has diverse landscapes and friendly people, and it is a high quality of life to live in.

I enjoy working at Courtlands as an Assistant in Nursing very much.



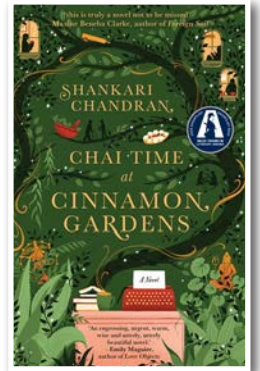
goodbye
SUMMER

hello
AUTUMN



THE POWER OF STORYTELLING

Over the holidays I read a book called "Chai time at Cinnamon Gardens" by Shankari Chandran (2023 Miles Franklin Award winner). It is a story primarily about Sir Lankan immigrants in Australia but looks at it through the stories of those who are linked through the "Cinnamon Gardens" nursing home. The key message that I feel the author wants people to take away from it, apart from the anti-racist sentiments, is that everyone has a story and that these are important. The author states several times in the book the idea that stories are people's temples and that is all we leave behind us so they must be told, heard, and valued.



Storytelling is used in all cultures across the world. Used for entertaining, passing on memories, teaching important cultural lessons and traditions. Creation stories, ways to remember information about foods and locations, personal histories, and ancestry to name just a few.

Cultural examples include:

- Australian Indigenous cultures where it is "the heart of Aboriginal culture and the way that their history has been passed down." (yarn.com.au)
- Native America Tribes use stories to keep their history alive and to educate their young people, "many traditional stories use animal characters to teach these lessons in a humorous way" (*National Geographic*)
- In parts of Africa villages come together to listen to the storyteller for entertainment
- Traditionally in Ireland, storytellers would go from village to village telling old stories and sharing local news and current events
- Jewish tradition has strong links to storytelling with their Passover feast which includes the youngest in the family asking the elders to tell the story of why the Passover night is different to other times

In modern times, storytelling has enriched many lives. We tell children stories as part of bonding with them, teaching them, reading, and using funny voices so they laugh and engage with books. As with young people, storytelling seems to be in pictures! I am thinking of phone apps like Snapchat, Instagram, and TikTok. Spiritual/Pastoral care is also all about storytelling.



The role of the pastoral carer is to listen and encourage stories to be told. When talking of happy memories there will often be a brighter spark in a person's eyes, and they are left feeling the joy again from those times. Alternatively, if memories are resurfacing of difficult times sharing the story is a mark of trust and relationship with the pastoral carer and can lessen the pain. As the saying goes "a problem shared is a problem halved." The more we learn about each other the more there can be understanding and relationship.

For Christians, storytelling is important through the stories contained in the bible and in the weekly actions of remembering Jesus Christ. Psalm 78 says *"I will talk in parables, sayings of old, which we have heard and known, and our fathers have told us, showing to the generation to come the praises of the LORD and His strength, the wonderful works He has done."* Sharing the challenging times in our lives often leaves those who hear it an impression of the strength that it takes to continue on. A thought that can sometimes be forgotten in the frailty of ageing. With the challenge of the time usually comes a story of a helping hand or opportunity at just the right time. God working His "wonderful works."

I encourage you to spend time engaging with those you care about to hear their stories and share your own.

*"Let us hold fast to the confession of our hope without wavering...
and let us consider one another in order to increase love and good works" - Hebrews 10:23*

By Nerida O'Neill - Wellbeing Team Leader, COURTLANDS/NORTHCOURT

Volunteer Corner

By DAVID BRIDGENS

A Christmas concert by Christadelphian Church group was an absolute delight and residents attended in the large numbers on December 17. A raffle was drawn and some fantastic prizes were won by the residents.

It was wonderful to have church services run by volunteers from the local Catholic, Anglican and Christadelphian church groups.

We also thank those volunteers who assisted the residents at the Christmas Party.



After such a busy month many of our volunteers had January off. We were happy to welcome them back in February. We are thankful to Sam and Julie who kicked off the year with a devotional service in January.



Our Pet Therapy program will run again this year thanks to the volunteers of the Positive Paws group.

We would love more volunteers to engage in games or conversations with our residents, so if you or someone you know is able to give some time, please get in touch.





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

David Bridgens
WELLBEING COORDINATOR

e: dbridgens@chomes.com.au

p: 0431 323 825



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 in the highest award.



Autumn Dijon Chicken Salad



Prep: 15 min

Cook: 50 min

Serves 4

Ingredients

- 70g (1/3 cup) red quinoa, rinsed
- 2 tbsp chopped fresh tarragon leaves
- 125ml (1/2 cup) olive oil
- 2 1/2 tbsp Dijon mustard
- 700g sweet potato, unpeeled, halved lengthways
- 2 red onions, cut into thick wedges
- 2 chicken breast fillets
- 2 tbsp fresh lemon juice
- 60g baby rocket
- 1 red apple, thinly sliced
- 60g (1/3 cup) roasted almonds, chopped
- 2 tbsp pomegranate arils

1. Cook the quinoa in a small saucepan of salted boiling water for 10 minutes or until tender. Drain. Meanwhile, preheat oven to 220C/200C fan forced. Combine the tarragon, 60ml (1/4 cup) oil and 2 tbsp mustard in a jug. Place the sweet potato on a large baking tray. Spoon over half of the tarragon mixture and season. Roast for 15 minutes then add the onion to tray. Roast, turning once halfway through cooking, for a further 20 minutes or until golden and tender.
2. Place the chicken and remaining tarragon mixture in a bowl. Toss to coat. Heat 1 tbsp remaining oil in an ovenproof non-stick frying pan over high heat. Cook the chicken for 2-3 minutes each side or until golden. Place the pan in oven with the tray and roast for 15 minutes or until the chicken is cooked through and the vegetables are golden.
3. Whisk together the lemon juice, remaining oil and mustard in a jug. Season. Arrange the rocket and apple on a serving platter. Thickly slice the chicken and add to platter. Top with the quinoa and roast vegetables. Drizzle over the dressing and sprinkle with almonds and pomegranate arils to serve.



Puzzle Page



BRAIN TEASERS

Solving logic problems boosts brain power, keeps your memory strong, and entertains everyone to no end. See how many you can figure out!

Brain Teaser

1



1. A man pushes his car to a hotel and tells the owner he's bankrupt. Why?

2. I am the beginning of sorrow and the end of sickness.

You cannot express happiness without me yet I am in the midst of crosses. I am always in risk yet never in danger. You may find me in the sun, but I am never out of darkness. What am I?

Brain Teaser

2

sorrow	crosses
sickness	sun
happiness	risk

Brain Teaser

3



3. Arnold Schwarzenegger has a long one. Michael J. Fox has a short one. Madonna does not use hers. Bill Clinton always uses his. The Pope never uses his. What is it?

4. A man is looking at a photograph of someone. His friend asks who it is. The man replies, "Brothers and sisters, I have none. But that man's father is my father's son." Who was in the photograph?

Brain Teaser

4



Brain Teaser

5



5. The person who makes it has no need for it. The person who purchases it does not use it. The person who does use it does not know he or she is. What is it?

6. A man was walking in the rain. He was in the middle of nowhere. He had nothing and nowhere to hide. He came home all wet, but not a single hair on his head was wet. Why is that?

Brain Teaser

6



Answers: 1. He's playing Monopoly 2. The letter 's' 3. Their surname 4. His son 5. A coffin 6. The man was bald