



Northcourt Newsletter

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MANAGER'S MESSAGE

"There is something so special in the early leaves drifting from the trees – as if we are all to be allowed a chance to peel, to refresh, to start again."

- Ruth Ahmed

Time flies so fast and in a snap, Summer and the holiday season is already over. Just like the above quote, we are welcoming a new season with challenges and possibilities!

The past quarter has been quite a roller coaster ride as we had friends who passed away but we also gained some wonderful new ones. We had a COVID-19 outbreak, but we are glad that everyone recovered well. There were also the everyday challenges that we overcame which made us stronger. I am confident that we will face the new season and new beginnings with much ease if we work together.

We all wish Jhenna good luck with her upcoming delivery and hope she and baby stay safe

throughout the process and enjoys her time with her family. We are looking forward to hearing baby stories and seeing all the photos when she returns in the coming months.

We have experienced some of the hottest temperatures this summer in a long time but the weather will be changing to cooler days very soon. We are fully committed to ensuring the health and safety of our residents at all times. And with the changing seasons ahead and influenza vaccination time fast approaching we will be taking all necessary measures to ensure our residents receive the vaccinations and boosters they need.

Like the seasons, Northcourt continues to change and improve. We are encouraging all residents and families to continue their suggestions and feedback, to continuously improve our care and services for you.

Kind Regards, **Jaroz Felipe**

- Director of Consumer Care & Services

Upcoming Events

MARCH

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

APRIL

- 1 Easter Monday
- 3 Musical Concert
- 4 Easter Anglican Service
- 15 World Art Day
- 19 Catholic Priest Visiting
- 25 April Anzac Day

MAY

- 1 Musical Concert
- 12 Mother's Day
- 12 International Nurses Day
- 17 Catholic Priest Visiting
- 21 International Tea Day

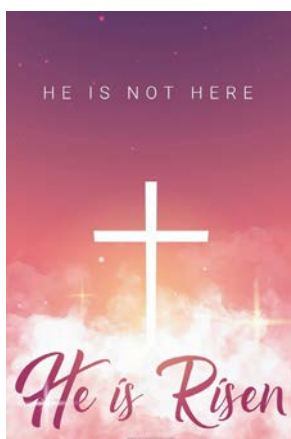


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MARCH	APRIL	MAY
22 Leonie H	9 Maxwell D	9 Olivia C
	24 Tulse B	20 Catherine Y
	22 Peggy P	



On behalf of the staff and
management we welcome
Michael who moved into
Northcourt in November.

Bereavements

Our thoughts are with the
family and friends of
Suguna who passed away
in January.



Activity Reviews



REMEMBRANCE SERVICE

Northcourt held a remembrance service together with Courtlands residents at their facility in November. The service was held to remember those residents from our care that passed away during the previous year.

This was quite well attended and was emotional when reflecting on those that had passed away and hear the memoirs and stories from the families and friends.



Bubbles were released into the atmosphere and as they were released, we were able to see the different colours and formations of the bubbles drawing our minds to how we are all different as people.

CHRISTMAS PARTY - We had a fabulous Christmas Party which was a Christmas lunch of roast turkey and all the trimmings. It was an opportunity for families to visit their loved ones and share time together around a meal.



The residents and families certainly looked like they were enjoying

themselves.



BUS TRIPS - Each week we go on bus trips to a scenic spot from the mountains, ocean and into the city. We have afternoon or morning tea out while enjoying looking at the place of natural beauty.

For some it is about just getting out and seeing things that are different and for others it brings back memories of places they used to visit when they were younger and allows them to reminisce on these times.



Activity Reviews



AUSTRALIA DAY - We celebrated Australia Day on January 26 with our residents and staff. The residents appeared joyous amidst the fully decorated dining area dedicated to Australia Day.

A special afternoon tea was served and residents enjoyed meat pies, sausage rolls, and lamingtons adding to the festive atmosphere.



Many expressed an enormous sense of togetherness, and this sentiment was not limited to those native to the country but also included those from diverse cultures and communities. We all felt a sense of pride being part of this great nation we call Australia.

On this special day, many donned Australian hats, some even dressed in Australia Day-themed clothing, and they proudly waved Australian flags.



BINGO - Residents enjoy playing bingo with full energy and excitement, hoping to win prizes like chips and chocolates. Bingo is a game that helps keep their brains active contributing to the maintenance of their cognitive abilities and helps maintain social connections with the other residents.

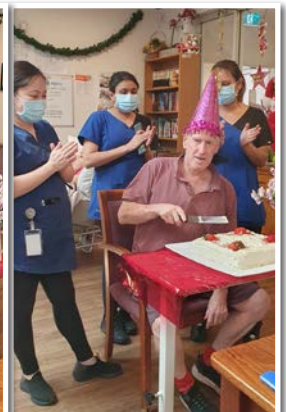
MANICURE - Manicures and hand massages are an enjoyable way to spend some quality time enjoying one-on-one conversation whilst being pampered. For many, having brightly coloured nails truly brightens their day.



MONTHLY CELEBRATIONS

Each month, there seems to be something to celebrate apart from our monthly birthdays. In November, we dressed up with the ladies wearing their special hats for Melbourne Cup, then a Christmas themed concert in December.

The residents of Northcourt have been thoroughly enjoying the variety of music concerts where they interact with performers, sing along, dance, and listen to old favourites.



Resident Story

Victoria



My name is Victoria. I was born in Lebanon in 1945 and moved to Australia with my parents and my brother when I was three. I am the oldest of six siblings, followed by my brother Tony, two sisters Josie and Mary, and twin brothers Arthur and Raymond. I have a big

family filled with many nieces and nephews.

I lived in Parramatta with my parents and lived with family before moving to Northcourt. I love my family, and I enjoy spending time with all my nieces and nephews.

I love animals especially dogs and cats. I have a particular liking for jewellery, especially bangles,

but I prefer collecting them rather than wearing them all.

My hobbies include reading, writing, and doing puzzles. I believe these activities keep my brain active. I also enjoy cooking and used to cook for my brother's family.

I am a member of the Maronite Church, which provides much of my social and community support. I attended Our Lady of Lebanon in Harris Park and am open to visits from the Roman Catholic Priest.

While I haven't been much into playing games myself, myself and Tony used to play card games with friends at his house every weekend.

I find solace in various group activities at Northcourt, such as Bingo, Cooking, Hoy, and a gentle handball game. I even enjoy the weekly bus trips.

Staff Profile

Anne

Anne has worked in the care industry for 36 years.

Anne is a Certificate IV Nurse and started by her friend asking if she wanted a job - that was back in the late eighties. She loves the challenges that the job brings, spending time with the elderly and enjoys that every day is different. Anne is caring and loves hearing the stories of the residents.

When Anne is not working, she enjoys gathering with friends over a meal or drinks, visiting clubs, playing bingo and spending time with her grandson.



Poem: "Autumn" by John Clare

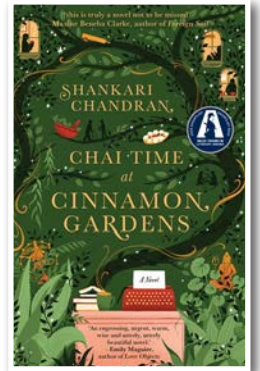
I love the fitfull gusts that shakes
The casement all the day
And from the mossy elm tree takes
The faded leaf away
Twirling it by the window-pane
With thousand others down the lane
I love to see the shaking twig
Dance till the shut of eve
The sparrow on the cottage rig
Whose chirp would make believe
That spring was just now flirting by
In summers lap with flowers to lie

I love to see the cottage smoke
Curl upwards through the naked trees
The pigeons nestled round the coat
On dull November days like these
The cock upon the dunghill crowing
The mill sails on the heath a-going
The feather from the raven's breast
Falls on the stubble lea
The acorns near the old crow's nest
Fall pattering down the tree
The grunting pigs that wait for all
Scramble and hurry where they fall



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

Volunteers play an important and valuable role in the care for our residents.

Volunteers can come and visit residents, help in the gardens, help with activities, sit with residents, and provide a sense of presence. If you have an hour to spare a week or a fortnight, please do get in touch and we would love to hear from you.

POSITIVE PAWS - We welcome back the volunteers from Positive Paws who bring along their lovely dogs for Pet Therapy. They visit Northcourt on Saturday mornings twice a month, on the first and third weekends.



POSITIVE PAWS

VOLUNTEER PET VISITORS NEEDED

For more information contact info@positivevibes.org.au

Give back to your community and bring your pet to aged care homes and hospitals.

Positive Vibes Foundation

www.positivevibes.org.au

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