

Christadelphian Aged Care

2018 SPRING NEWSLETTER

CASA MIA

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Manager's Message

Welcome to Casa Mia

*This is the day
the Lord
has made,*

*We will
rejoice and
be glad
in it.*

PSALMS 118:24

*my favourite weather is
bird-chirping weather*
- Terri Guillemets



Dear Residents and Families,

Two months ago, I started my journey at Casa Mia as Facility Manager, and I am looking forward to this new chapter of my career in aged care. My main focus is to provide a holistic high quality of care to our residents; therefore I am looking forward to building a relationship-based care with you and your loved ones.

My door will be always open to your feedback and suggestions, because your opinion is so valuable to me and important to deliver a person-centred care according to the needs of each individual resident at Casa Mia.

I am looking forward to working together in order to achieve the above outcomes and to improve the residents experience and journey at our Home.

Spring is finally here but the flu season hasn't finish yet, so kindly do not visit the Home if you are sick.

Following the weather change, I would like to remind you to check your loved ones cupboards and update their clothes accordingly. Also, please notify us to label all the new clothes before placing them in the residents' cupboards.

I would like to take this opportunity to thank you all for your patience and support during the changes in our kitchen and laundry services. Your regular feedback is highly appreciated and has contributed to improving the services provided by Sodexo. However, we will be constantly working to achieve further continuous improvement in our services to meet our residents' expectations.

Wishing you all a wonderful and blessed spring season full of happiness, love and new blossoming beginnings.

Kind Regards, **Marie Ange Tannous**



News & Upcoming Events



SEPTEMBER	OCTOBER	NOVEMBER
4 Shirley McQuade	1 Gloria Murphy	2 Heather Orrock
6 Brian Wolverson	3 Geoffrey Mayers	4 Jack Hawksworth
15 Abraham Moge	11 Olive Evans	6 Christina Berquist
20 Osman Ali	13 Margaret Wightman	14 Aub Thornley
25 James Young	22 Yvonne Edwards	15 Stamatia Nicolitsis
29 Joyce Beaven	25 Denis Lawrie	17 Peter Bellamy
		17 Bill Creighton
		17 Marjorie Virvilis
		18 Nancy Mayers
		20 Ruth Gibb
		22 Jean Ambrose



UPCOMING EVENTS

SEPTEMBER

- 2nd - Father's Day
- 5th - Entertainment: Kane
- 12th - Pet Therapy
- 20th - Entertainment: Heather Honey

OCTOBER

- 1st - Labour Day
- 11th - Entertainment: Kane
- 17th - Entertainment: Stan Ellis
- 31st - Halloween Celebrations

NOVEMBER

- 6th - Melbourne Cup
- 7th - Pet Therapy
- 14th - Charles the Dance Tutor
- 28th - Memorial Service

We're now digital!



To reduce the amount of paper we use, and in response to the requests of a number of families, newsletters will now be delivered straight to your inbox! It will also continue to be available on our new and improved website at www.chomes.com.au.

If you would still like to receive the newsletter in paper form, please call (02) 9101 5503 to let us know.



Keep updated with all the latest news and photos by "liking" us on Facebook!

facebook.com/christadelphianagedcare



Activity Reviews

BIGGEST MORNING TEA

In May we held the Biggest Morning Tea with residents, family and staff. Many participants were seen chatting and laughing while enjoying their cuppa and cake, and at the same time raising money for a good cause.



DISCOVERING JAPAN

In June we learnt about Japan – the country and its culture, with residents sampling seaweed crackers and green tea.

The residents were pleasantly surprised by the visit of a 'sumo wrestler' who made many of them laugh with her imitations.



Activity Reviews

INTERNATIONAL NURSES DAY

The theme for International Nurses Day 2018 was “Nurses A Voice to Lead – Health is a Human Right”. This day is held every year on May 12 to celebrate the tireless efforts of nurses all over the world, the anniversary of Florence Nightingale’s birth in 1820. So we thought it would be fun for our RAO, Rochelle, to dress in an old style nurse uniform complete with cape and cap. She was popular when she made room visits and photos were taken with some residents to display on their wardrobes. Quite a few residents remarked that it reminded them of Matrons in the old days.



Activity Reviews

CHARLES THE DANCE TUTOR

Dance instructors visited Casa Mia once again in August, and spent an hour delighting residents by dancing with them all, no matter their ability.

The smiles on their faces said it all!



Staff News

Our staff at Casa Mia has changed a lot recently, as everyone is aware. We had a very sad goodbye afternoon tea on their last working day, for our laundry and kitchen staff who have served us so well for so long.

Everyone knew and loved them all – staff and residents and families. All of us wish them well in their new lives and hope they will come and visit us soon.

- | | | |
|----------|---------|-----------|
| ● Lesley | ● Paul | ● Hassan |
| ● Amir | ● Reena | ● Abhi |
| ● Judy | ● Perl | ● Alana |
| ● Doreen | ● Moi | ● Francis |
| ● Rune | ● Sam | ● Shou |

ADRIAN'S FAREWELL

Casa Mia farewelled Adrian in May, who was our fill-in physiotherapist for around nine months while our usual physio Kanthen was on maternity leave.

Thanks to Adrian for all your hard work, and welcome back Kanthen!



Activity Photos

QUEEN'S BIRTHDAY



YOUTH SERVICES



Resident Story - William Ojala

Bill grew up in Sutherland and has worked in the printing trade most of his life. He joined the Army when he was 18 and has served the country for two years. He first met his wife, Shirley, at a tennis match and they were married three years later after Shirley gave him an ultimatum. They lived with Shirley's mum for a while when they were building their own house at Beverly Hills. Later they moved to Belfield and started their family. They had three children and lived at Belfield for 40 years.

Bill used to play cards with friends every Tuesday night and also took up bowls after he retired. He also spent a lot of time with his grandchildren whom he adores.



Resident Story - Jessie Garrad



Jessie was born in Orange and the family had a very tough time financially growing up during the Depression. They moved to Sydney for her father to find work, and Jessie had to leave school at 14 to begin work to help the family. During the war she worked in a factory and she married Barry and they had seven children, 10 grandchildren and nine great-grandchildren.

Her faith was very important to her and her life was marked by a deep love for God and Mary MacKillop. She also loved her football, especially her beloved Bulldogs – she wouldn't let anyone say anything bad about them.

She came to Casa Mia 11 years ago, and stubbornly refused to leave until July 19, 2018. A few times we thought we would lose her, but she amazed us all with her strength. She had a fall just before her 80th Birthday and Vicky (her daughter) was beside herself with worry since she had planned a surprise party for her. But Jessie made it to the party! She became the 'face of Casa Mia' when a photographer took photos of her beautiful smile. Our Jess always looked so elegant and well groomed because her wonderful daughter Vicky, came almost every day to be with her and set her hair. We are going to miss Jess very much.

The family prayed: *"Lord, we pray for the loving and caring staff of Casa Mia Aged Care who took such wonderful care of Mum during the 11 years she was there. May all those who care for the sick, elderly and dying continue their wonderful work in helping make lives easier for others".*



Pastoral Care

LET US NOT *love*
WITH WORD OR SPEECH BUT WITH
actions AND *in truth*



I am very grateful in my life to have so much opportunity for conversation and discussion on spirituality. Recently during one such conversation, an acronym for GOD – The Great OutDoors was discussed; this makes me smile.

Spiritual connection and its close ties to the natural world has been present from the beginning of time. It is an essence which spans most religions and spiritual paths, it is the strong spiritual connection to the land which forms the base of our indigenous people's beliefs, as well as Buddhists, Mystics, Hindus and many other faiths and spiritual practises. In Christianity, there is the example of Christ who retreated to the wilderness to recharge and have conscious contact with God, His Father. Christ used examples from the natural world for many of his teachings and parables. In an age where people are more connected to each other than ever before, there has never been a time in history in which people have become more disconnected from the natural world.

For me, taking time to reconnect with the great outdoors and therefore my God, is an essential part of my spiritual life. Stepping out into the bushland which comes up to the boundary of our property, exploring the wilderness with my family or sitting meditating on a rock overlooking the ocean or forest is the time I feel a close connection to the spiritual side of life, which although intangible feels more real to me than any other aspect of life. When I'm in the middle of the bush tucked away from the chaos of the city



where I live, away from society, which for the most part makes little sense to me, I'm brought to a serene sense of peace that surpasses anything I have ever found. Here in this place I feel a sense of connection with the land and its creator, a sense of humility and understanding that all will be well and as it should - everything here has its place, role and time. There is order in the chaos, peace in the noise, serenity in the growth and a great wisdom overshadowing all.

This connection between the natural world and our spirituality as humans is one well worth honouring. During Spring, a time which brings feelings of hope, a time for new beginnings, a time when the natural world around us explodes with energy and new life... take time... connect with this wondrous gift that surrounds us. Many of those we care for, our loved ones, may be cut off due to ill health or age. Take them out - if confined to four walls cut off from creation, take them a flower, a newly budded leaf, open the window so the sound of the baby birds can come in; for everything has its season and spring is the natural world's reminder to all of us that the cycles of life are continuing, all is well, and the Power that holds us all in this beautiful universe is full of love and peace.

By Sherene Noble - Volunteer and Pastoral Care Coordinator, Courtlands

Bereavements

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



Read, Rest & Relax!



SPRING CLEANING TIPS

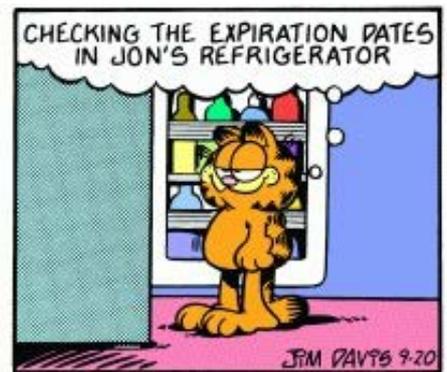
Finally, springtime is knocking at our door! After winter, we're ready to swing open the windows and let the fresh air flow in. Spring is a season of renewal. Symbolically, it's when nature comes alive again: blooming flowers, baby animals and cleansing rain showers!

Many people grew up with a seasonal tradition: the spring-cleaning. It's an annual reminder it's time to clean house and de-clutter. For seniors, it's a great way to shake the winter blues and reminisce. Many older adults are rejuvenated by the warming weather and sunshine. A cleanup confers health benefits as well: reducing symptoms of respiratory illness and risk for falling. A good cleaning is beneficial both physically and emotionally!



Spring Cleaning To-Do List:

- Clean out bedside drawers and sort books/magazines
- Open windows to circulate fresh air
- De-clutter; remove objects that obstruct the flow of movement through the room such as unnecessary furniture
- Bust dust - don't forget photographs and art on walls, blinds, vents & light bulbs



Lemon & Raspberry Magic Cake

- 4 eggs, separated, at room temperature
- 210g (1 1/3 cups) icing sugar mixture, plus extra, to dust
- 2 teaspoons finely grated lemon rind
- 2 tablespoons fresh lemon juice
- 100g (2/3 cup) plain flour
- 120g butter, melted, cooled
- 600ml milk, slightly warmed
- 1 tablespoon caster sugar
- 125g fresh raspberries, plus extra, to serve
- Double cream, to serve



Step 1: Preheat the oven to 180C/160C fan forced. Grease a square 21cm cake pan and line with baking paper, allowing it to overhang on all sides.

Step 2: Use electric beaters to beat the egg yolks and icing sugar in a large bowl until very pale and thick. Beat in the lemon rind and juice until combined.

Step 3: Beat in the flour until combined. Pour in the butter and beat until well combined. With the beaters on low speed, gradually add the milk and beat until well combined.

Step 4: Use electric beaters with the whisk attachment to whisk the egg whites in a bowl until firm peaks form. Beat in caster sugar until well combined and the mixture holds firm peaks when the beaters are lifted.

Step 5: Use a large spoon to fold a third of the egg white into the flour mixture. Repeat in 2 more batches until just combined (you may have a few lumps). Pour into prepared pan. Sprinkle with the raspberries.

Step 6: Bake for 1 hour or until the cake is set but wobbles slightly. Set aside in the pan to cool completely. Carefully cut into slices and dust with extra icing sugar. Serve with double cream and extra raspberries.

P₃ U₁ Z₁₀ Z₁₀ L₁ E₁

A₁

G₂

E₁



Visual Word Puzzle

Solve these visual word puzzles by looking for clues in the placement, colour or number of words. Have fun!

1. Injury + Insult	2. Weather Bit
3. yourballcourt	4. B Cat 2 00
5. T B Bush A E	6. 1. 2. Blame 3. Blame
7. belly	8. ri poorch
9. mce mce mce	10. MONSTER

Answers: 1. Adding insult to injury 2. A bit under the weather 3. The ball is in your court 4. Let the cat out of the bag 5. Beat around the bush 6. No one to blame 7. Yellow belly 8. Take from the rich and give to the poor 9. Three blind mice 10. A green eyed monster

Disclaimer: All photos and stories have been published with consent of relatives and residents involved. Thank you for your submissions.