

Christadelphian Aged Care

2018 SPRING NEWSLETTER

# MARANATHA

**Address:** 1582 Anzac Avenue, Kallangur QLD 4503 **Phone:** (07) 3482 5333 **Email:** admin@chomes.com.au

## Manager's Message

*Welcome to Maranatha*

*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



Winter is almost over and spring has all but sprung. In Queensland winter is the best time of year. Cold enough at night to feel, as my husband used to tell our children, snug as a bug in a rug, then warming up to a toasty 25 or so degrees through the day.

Last month in Brisbane we have had the annual migration of country folk, their way of life and their livestock to the Exhibition grounds in Herston – just north of the city. Brisbane Ekka is an opportunity for the city slickers among us see the best the country has to offer. We can indulge our dreams of leaving our 9 to 5 world behind for the romance of the farming life. The reality of course is very different and much less romantic.

Many of our residents at Maranatha come from a world where raising animals and growing crops was part of their everyday. They remember getting up early - often before dawn to do the various tasks required, feeding the chickens, milking the cows or just helping Dad with the demanding physical work needed to keep food on the table. I grew up in a small town in New Zealand and in those days everyone I thought of as old (over the age of 60!) had come from a farming background. They all talked of riding the horse to school, milking twice a day, mucking out the pigs, helping Dad plough and generally recalled a hard but happy life with little, if any, luxury. I moved to live in Melbourne in the 1980s and was surprised to encounter 'old' people who had an entirely urban background. They had only known the city and, to me, they seemed different. They were cut from different cloth, their world view was from a different and to me, unfamiliar, stand point. It was an education for me to realise that even in a seemingly homogenous population people could be different if they had come from different circumstances.

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## Facility Manager's Message contd

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As I mentioned, at Maranatha many of our residents were from off the land but as a community we have experienced increasing diversity in our population, not only of residents but also volunteers and staff. Now Maranatha has people from not only town and country Australia but Europe, Philippines, Thailand, Cambodia, Pacific Islands, China, Nepal, Korea, South Africa, India, Kenya and the list goes on. We have become an international family but and in spite of our diversity we are still people and share the commonalities of need for human warmth, companionship, celebration and fun.

In August we joined together in that uniquely Queensland celebration of EKKA both in the community at large and in our Maranatha community where we had our own Ekka Day. Staff, volunteers, family members and of course residents enjoyed all the fun of the fair. We had clowns and fairy floss, dog shows and craft exhibits, fashion parades and side show alley. In these feel good times of fun and celebration we quickly forget our differences and unite in the universal language of smiles and happiness. It is a lesson for us all that differences are only ever superficial. At heart we all have the same needs and aspirations; to feel loved, to be included and to have fun!

Maybe Ekka day could be Maranatha's and Queensland's message to the world – Don't worry, be happy and enjoy fun times together.

Kind Regards, **Kathy Hallmark**

## Senior Manager, Retirement Village's Message

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Living in a Village is like being part of a family. People look out for each other. Your gardens are looked after, maintenance drop by and change tap washers or light bulbs, outings are organised, church services are on your doorstep, the bus takes you shopping – it's a thriving community.

On July 1, 2014, the Government introduced "Living Longer, Living Better" to us. Basically this meant that Low Care or Hostel living was no longer available, and older Australians would be provided with support to continue living in their own homes longer than they previously did. There are a myriad of services available to assist you at home ranging from Government subsidised packages to private services.

Retirement Living and Aged Care can become quite complex. If you have any concerns or wish to talk about these changes, please don't hesitate to visit Kerry or myself. We are able to assist you in understanding this process, thereby continuing to be part of the Maranatha family.

Many residents have mentioned lately of the increase in nuisance calls, callers asking for donations or trying to sell products you have no interest in. I encourage you to register with DO NOT CALL. To stop this unsolicited telemarketing, call 1300 792 958 or go to [www.donotcall.gov.au](http://www.donotcall.gov.au).

Fire Safety and Evacuation sessions have been booked and you are encouraged to attend. This session will be held for Maranatha on Friday, October 26 prior to your Village Activity Meeting. Invitations providing further details will be delivered to your letterboxes.

Once again preparations for the Spring Fair are well underway. Top favourites for the young at heart are the Animal Farm, the Jumping Castle and Sideshow Alley which is being run by the Christadelphian Youth this year. There will also be pre-loved clothing, trash and treasure, delicious hot foods, fresh fruit and veggies to take home. Pine Rivers Brass band will be playing some old favourites and a special performance by the Christadelphian Young People's group shouldn't be missed! And don't forget to grab a delicious coffee from Eileen. There is plenty to see and do so bring your family and friends along on September 8 from 10am. Looking forward to seeing you all there – God willing.

Kind Regards, **Jane Burns** - Senior Manager, Retirement Villages

# News & Upcoming Events



SEPTEMBER	OCTOBER	NOVEMBER
1 Margaret Hansford	1 Neil Baker	4 Edith Watson
5 Helen Mayne	2 Maxwell Curle	8 Shirley Thomas
7 Lesley Pyott	2 Kay Power	9 Fay Neuendorf
17 Marjorie Booth	7 Alan Joyce	13 Ray Elvery
18 John DeCalmer	10 Phyllis Crew	15 Albert Bates
19 Beryl Graydon	14 Mavis Ryan	18 Lois Lewis
19 Doris Juffs	18 Jean Ryan	22 Joan Coomer
23 Sally DeCalmer	19 Janet Galbraith	29 Con Mansell
24 John Laidler	21 Nola Riley	29 Mary Trundle
26 Barbara Roy	24 Iris Johnston	
	30 Alfred Organ	
	31 Brent Otto	
	31 Carol Spall	

## UPCOMING EVENTS

### SEPTEMBER

**3rd** - Father's Day Celebrations

**3rd** - Residents' Meeting

**8th** - Maranatha Fair

**28th** - Monthly Birthday Party

### OCTOBER

**8th** - Talent Show with School Kids

**19th** - Dawn's sing-a-long

**26th** - Monthly Birthday Party

### NOVEMBER

**5th** - Residents' Meeting

**9th** - Dawn's sing-a-long

**30th** - Monthly Birthday Party

## 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](http://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](https://facebook.com/christadelphianagedcare)

# Activity Reviews

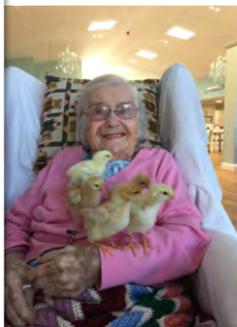
## WALKING GROUP

Our walking group has been as popular as ever, with a growing number of residents, staff and volunteers heading outside to enjoy each other's company and the beautiful winter mornings that we are so blessed with here in Queensland.

We have marvelled at the countless mornings that we have walked under a blue, cloudless sky and have enjoyed taking regular breaks in the sunshine to warm our bones. We have stopped to admire the many gardens that we pass which are skilfully tended to by our lovely ILU residents and also by our gardeners, David and Ryan.

## CHICKEN HATCHING PROGRAM

In May, we welcomed three little chicks and an incubator with a dozen eggs into our home for a few weeks and watched in wonder as egg after egg hatched to reveal the tiny chick inside. Many residents (and staff) came and held the chicks, watched



them run around in their little enclosure, and some even timed their visit perfectly to watch an egg hatch. I remember one afternoon when we were meant to be playing Irish Fishing near the chicks, but an egg was hatching, so the game was quickly forgotten as we all watched the miracle of life unfold before our eyes.

## MYRTLE'S 100TH PARTY

On July 31, one of our residents reached a very special milestone – she turned 100!



We had a beautiful morning celebrating Myrtle's birthday with a room full of her family, friends and co-residents.

Wayne put on a spectacular concert, and cakes and hot drinks were enjoyed by all.

*Congratulations Myrtle!*





# Activity Reviews

## GARDENING CLUB

Garden Club has started up again under the guidance of our gardener David. We are currently working on the two raised garden beds outside Sunny Side, and already have one bed planted out with all sorts of produce.

Over the next few weeks the other box will be planted with flowers.



## WAYNE'S MUSIC

Wayne's hour on Wednesday afternoons is looked forward to by our residents all week. It's a fun-filled hour of great songs that we all sing along to. From time to time staff get involved which has led to some truly memorable afternoons for everyone, including a wedding themed concert where Keren, our newly married activities officer, wore her wedding dress!

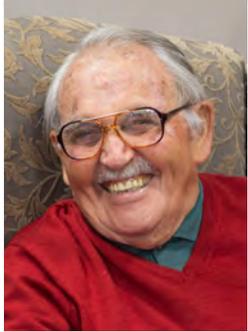


## NAIL PAMPER

Who doesn't like being pampered? We have recently begun a nail pamper session on Monday afternoons where we spoil our lovely residents with a hand massage, cut and file their nails and give the nails a splash of colour.



# Resident Story - Roy Burgin



Roy grew up with two brothers, Cyril and Eric and one sister, Margaret Joan. He enjoyed his boyhood, growing up in woods and fields. He remembers hunting big fat rabbits which his mum made into stews.

Roy was a Scout - and never left the Scouts. During the war he was in a Scout band, the Warlingham Boys' Scouts Drum and Flute Band. Roy was a drummer in this band - there were 24 in the band and six were drummers. They would practice two times a week. The band he played in would play for Church, and concerts in the Church hall, with 2000-3000 Catholics attending their Cathedral. (The band now has girls in it too).

After leaving school, Roy worked for WH Smith and Sons where he sold and bound books. WH Smith and Sons had 700 book shops plus book stores at railway stations. He then completed six and a half years voluntary national services before returning to sell books at WH Smith and Sons. When he migrated to Australia his first job fell through within a week and then he worked for Gordan and Gotch. Later he was a paymaster for a building company Keith Morrison and Sons

Roy and Winnie grew up together in the same village, but had little to do with each other then. He noticed her at one of the village dances and they dated for five years. They were 21 when they married. They were married for 75 years and he cared for her in her ill health prior to coming to Maranatha. One of his favourite stories is how Winnie managed to see him when he was stationed at Downie St London without the password. They have seven children - one daughter was stillborn - leaving Chris, Ian, Jacklyn (RIP 2015), Pamela, David and Randall. Roy has been involved with the scouts for most of his life. He was also the founding member for the local scout band when he was 14. He is also a member of the Guild of Old Scouts in Britain.

Roy is very family orientated and an absolute pleasure to have here at Maranatha.



# 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.



# Volunteer Corner



## Volunteers Luncheon 2108

70 of our 120 Maranatha volunteers joined us for this years Volunteers Thank You Luncheon on June 14 at the Sunset Blue function centre. We shared a wonderful two-course lunch together overlooking the Scarborough Boat Harbour. Jane Burns gave a thank you speech and a gentlemen from Volunteering QLD gave a presentation on the benefits we get from volunteering. It was a fantastic day to thank our hard working, kind and generous volunteers for their ongoing efforts. (see photo page)

Volunteer Kevin Brockhurst LOVED his lamb shank lunch! ———>

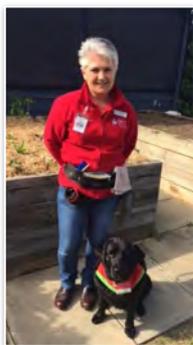


## Carers Group

We have sessions for family of residents and volunteers who support our residents. This interactive session in May was presented by Fiona Bosly, a Counsellor & Social Worker, on Self-Care - What is it & why is it so important? Our follow up session was in August.

## Interfaith Church Service

Our resident interfaith service is growing in numbers. Thank you Alwyn for conducting our services. Should you also wish to attend please come to the small meeting room on the 1st & 3rd Wednesday every month or let staff know should you require assistance in getting to the service.



## Delta Dog Visits

We are very lucky at Maranatha to have two volunteers come on Wednesdays, alternate weeks, with their Therapy dogs. Mary comes with her gorgeous Spaniel 'Jimmy' and Berni comes with her Labrador 'Shade'.

## Visitors

We enjoyed a visit from Jenni Sawell with her Therapy Harp in June. Resident Edna Carseldine loves music and was one of the many residents who was thoroughly mesmerised by the glorious sounds of the harp. Resident Mary Trundle played a tune on the harp with Jenni.



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

**Carmel Hayden on 3482 5334 or  
chayden@chomes.com.au**

**Volunteer & Pastoral Care Coordinator**

# Volunteer Luncheon Photos



*Thank You*



# Read, Rest & Relax!



## SPRING CLEANING TIPS

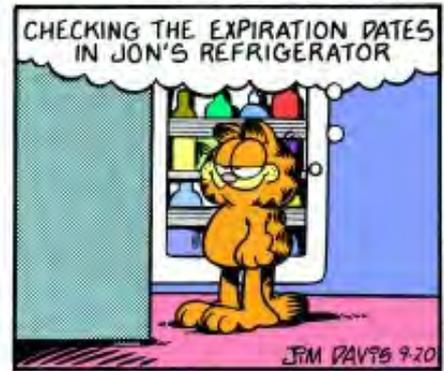
Finally, springtime is knocking at our door! After winter, we're ready to swing open the windows and let the fresh air flow in. Spring is a season of renewal. Symbolically, it's when nature comes alive again: blooming flowers, baby animals and cleansing rain showers!

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.

P<sub>3</sub> U<sub>1</sub> Z<sub>10</sub> Z<sub>10</sub> L<sub>1</sub> E<sub>1</sub>

A<sub>1</sub>

G<sub>2</sub>

E<sub>1</sub>



# 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 porch
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.