



Chamberlain Gardens Newsletter

Address: 53-67 Chamberlain Rd, Wyoming Phone: (02) 4329 8000 Email: admin@chomes.com.au



MANAGER'S MESSAGE

Welcome to our Spring edition of our Newsletter.

We would like to firstly welcome all of our new residents to our home, and trust you are all settling in well. It is always difficult adjusting to new situations. All new residents should receive a welcome pack and Resident Handbook. Please advise staff if you haven't received yours yet.

It is particularly hard for you all at the moment with the current Covid 19 restrictions, which are in place. We continue to have stay at home orders which means families are not permitted to visit at this time. Unfortunately, we are also not able to have window visits. We receive daily updates from NSW Health and are adhering to the rules and regulations. Our thoughts are with those who have family and friends experiencing illness at this time.

In order to try and help you stay in contact with family and friends, our Leisure and Lifestyle team are supporting residents with telephone calls, skype calls, Teams video calls. The team can also help by assisting to write letters and assist with the posting of the letter. Please speak to a staff member if you would like to contact your family via any of these sources. With the stay at home orders, this means the bus is unable to run, residents are unable to go out on social leave. If residents need to attend a medical appointment, they will need to wear a mask for the duration of their outing and maintain social distancing as able.

Unfortunately, the hairdresser is unable to visit at this time. I would like to thank two of our staff members, Janice and Laurine, who are both former hairdressers

by trade. They have been able to assist with haircuts for residents as required. If you require a haircut, please let a staff member know so we can organise another day to open up the salon.

In other news, we have a new Reward and Recognition program for our staff. Staff are able to nominate other staff members for quality care. A number of residents have also put forward names of staff that they wish to be rewarded. All residents would have recently received a copy of the Charter of Resident rights - this is a reminder that all residents have a right to safe and high-quality care and services. Please remember our feedback system. There are feedback forms placed around the home. If you have feedback, ie concern, compliment or a complaint, please fill in a feedback form. If you are experiencing difficulties, staff can assist you to fill out the feedback form and place it in the feedback letterbox.

A big thankyou to all of the wonderful staff who are looking after you so well. The team is very dedicated to providing you care with dignity and respect. They all do a fantastic job and we are all working together to keep everyone safe.

I would like to thank all of you for your patience in these troubling times. Let's hope we can resume our normal lives as soon as possible. In the meantime keep safe and well.

"Tough times never last, but tough people do" - Robert Schuller
Kind Regards, **Helen Handley**

- Director of Consumer Care & Services

Upcoming Events

SEPTEMBER

- 1 Wattle Day / Footy Colours Day
- 1-7 Legacy Week
- 3 Father's Day BBQ Lunch
- 5 Father's Day
- 10 RU OK Day
- 19 Talk Like a Pirate Day
- 21 International Day of Peace
- 22 World Carefree Day
- 30 Save the Koala Day

OCTOBER

- 1 International Day of Older Persons
- 1 International Coffee Day
- 2 World Smile Day
- 8 Odd Socks Day
- 10 National Hat Day
- 12-18 National Super Hero Week
- 15 Global Hand Washing Day
- 16 World Food Day
- 23 Loud Shirt Day
- 31 Halloween

NOVEMBER

- 1 Movember Month
- 2 Melbourne Cup
- 5 International Volunteer Managers Day
- 11 Remembrance Day
- 13 World Kindness Day



For all the latest news and photos follow us on Facebook

facebook.com/christadelphianagedcare



SEPTEMBER	OCTOBER	NOVEMBER
Marija K	Pacita S	Geoff H
Enid O	Neville S	Linda T
Judith B	Betty	Elaine H
Jacqueline R	Margaret	Bruce M
Coral M	Peter R	Doreen S
Pauline A	Rita H - 101 st	Lynette B
Joan H	Arthur H	Betty R
Lorna H		Kylie R

Activity Reviews



JUNE - We were fortunate enough to get a few concerts in before we were placed back under lockdown, including Evan Haswell, Lifestyle staff (The Glamour Girls) and Dolce Duo.



Residents were also able to get in a couple of bus trips to different areas around the Coast including various whale watching lookouts.



We celebrated **Men's Health Week** with the men enjoying a BBQ for lunch on June 17.



Each Friday night, the residents like to get together in the main lounge upstairs and watch the Friday night football.

JULY - July kicked off with some **brooch making** in Coastal and Horizon. The theme was flowers and birds. The residents loved the pastel colours and the quirkiness of the little birds and wore their creations with pride.



July also marked the start of our **Fairytale month**, with a fairytale dedicated to each week and activities roughly based around the tale. This theme encouraged reminiscing and trips down memory lane to being a child, having children and going to school; to name but a few outcomes.



Residents made piggy cupcakes, ate Jack in the Beanstalk's trifle, built stick houses and discussed the many moods of the Seven Dwarfs.

Origami Wolfe bookmarks were enthusiastically repeated a couple of times and proudly given as gifts to friends.



Bereavements

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



Activity Reviews



AUGUST - A general feedback discussion was held with residents from different areas and August's program took ideas and suggestions from residents into account.

Residents started a collage rooster and even the most sceptical of participants felt a sense of achievement and excitedly await the next session.

We spent a fair bit of time making beautiful daffodils from paper for Daffodil Day and travelled to the Amazon in South America for Armchair Travel as per a resident's suggestion.

Celebrations are aplenty, kicking off with a Beer and Nibbles afternoon, with many residents joining us for some much needed social interaction with others.

The last Friday of every month we dedicate to Birthdays and this past month we even had two young ladies that turned the BIG 100. There was cake, balloons and many laughs with friends and staff.



Mary B's 100th Birthday celebrations



Kathleen M turns 100 years old



The Leisure and Lifestyle team is making sure Skype calls to family and friends are done and that residents have as much contact with the outside world as possible. Activities are adapted to suit everyone's ability and every effort is made to make everyone feel included and valued.

DRUMMING YOGA BALLS



Activity Photos



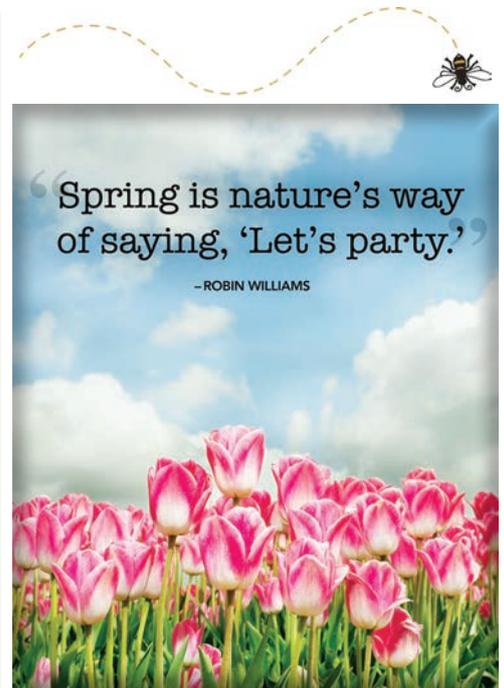
GARDEN GNOME PAINTING



SEWING IN GARDEN



HIGH TEA



“Spring is nature’s way of saying, ‘Let’s party.’”

—ROBIN WILLIAMS

Resident Story

Neville & Anita Steer



THE LOVE STORY OF NEVILLE & ANITA

Anita was born in Haberfield, Sydney, in a private hospital. Anita went to school at Epping Public School, then went to Hornsby High School. She worked for an Orthodontist and liked what she was doing, so she decided to get qualified and did a Dental Nursing Course. On completion, she worked as a dental assistant until she had her first baby. Anita used to do the books for Neville's business. Anita stated that Neville liked her father's car, that gave him the incentive to get to know her, so he could drive her father's car.

Neville was born in Dorrigo, Coffs Harbour NSW. He went to school in Dorrigo until High School. The family had to move when Neville's father bought a shop (delicatessen - mixed business) in Epping, Sydney. Neville got a job at Jackson & Pratley (General Engineering). He liked what he was learning and decided to study Mechanical Engineering. Once he graduated, he continued to work as an engineer for the next five years at Jackson & Pratley. Neville decided to start his own business and during his working career he owned four service stations.

Anita and Neville met at a hall dance and they married after four years. They had two girls, Lyn and Jenny, and two boys Phillip and Paul, they have six grandchildren. Neville has two brothers and two sisters. Before coming to Chamberlain Gardens, Anita and Neville used to live in a retirement village in Kincumber.

Anita has moved to Chamberlain Gardens in the Horizon Suite on 23 April 2021, to be with her husband Neville. The couple will celebrate their 65th Wedding Anniversary in September.

Staff Profile

Reah



Reah was born in Dagupan City, Philippines in 1960. Reah is the fourth child amongst 10 children, comprising six girls and four boys.

Reah went to school at Lyceum-Northwestern Educational Institute, where English was taught as a second language. After leaving school, Reah worked in a large department store, then she moved to Manila and stayed with her aunty until she went travelling abroad with a Philippine Orchestra as a cultural dancer. Reah travelled with the orchestra to Bagdad in Iraq, Lagos in Nigeria, Athens in Greece, Cyprus and then back to the Philippines.

Reah moved to Sydney, Australia in 1990 and married George Pascoe, whom she had met while travelling. While living in Greystanes, Reah worked for the Villawood Smith Family in quality control for more than seven years. During that time, Reah had a son she called Marios.

In 1995, Reah moved to Bateau Bay and commuted to Sydney by train before gaining employment at the Diggers Club at The Entrance for two years. Reah bought and owned the New Zealand Ice Cream shop in The Entrance, which she had for six and half years.

After selling the shop, Reah studied and completed her Certificate 3 in Aged Care and gained employment at Chamberlain Gardens in 2011. Reah said she loves the people here and enjoys looking after the residents and getting to know them and their families.

When Reah is not working, she plays Ten Pin Bowling and loves anything to do with fashion and makeup. Reah usually travels home once a year to visit with her family in the Philippines but due to COVID outbreak, has not been able to for the last couple of years. Reah calls Australia home and says she loves it here and has many friends.



BAD NEWS ---- GOOD NEWS

What do you immediately think when someone says: "I've got bad news"?

Well, I suppose that depends on who is saying it and how close you are to that person. The impact of those four little words can virtually stop your whole world if only for a microsecond while you wait to be told that news.

Then, there's that moment when you can scarcely take in what you are being told, when your whole being just wants to move back to an hour, a day, a week before, when this news was not a happening event.

What! How! When! Why? Why? Why? and then, the inevitable "Oh my goodness!"



"Casting all your anxieties on him, because he cares for you". - 1 Peter 5:7

Have you ever wondered why we always call out to God when we are in a state of hurt?

It doesn't seem to matter what religion you are, where your faith lies or what your beliefs are. God, it seems, is always the 'go to', but why? It's an interesting question and I'm sure the answers would be numerous, sometimes conflicting and would make for some interesting conversation.

For most, the answer to that question is simple.

Just as a child instinctively turns to a parent when they have an issue of any kind with the absolute knowledge that this is the person to take away the problem, the pain, the fear, so then we have the opportunity to turn to our Heavenly Father in the same way. God has very strong shoulders and is more than capable and willing to carry our burdens when the problems are huge, the pain most severe or the fear way past scary. God is always there holding out his hand.

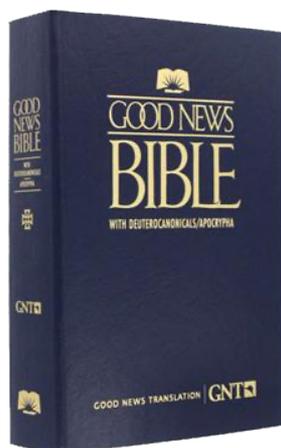
All you have to do is reach for it and hand over your load.

No, God cannot always change the situation, but knowing that he is there to lean on, to talk with, to love and support you, can make a difference in the weight of that load.



"And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him".

- 1 John 5:14-15



In these troubled and often conflicting times in which we struggle to maintain as normal a life as possible, having that one dependable positive can give us the confidence, the energy and a surety that we are never alone on our journey.

Go Gently my friends.

- By Jan Murray - Spiritual Care Coordinator, CHAMBERLAIN GARDENS

Volunteer IN THE Spotlight

KATHLEEN BONIC

Hi, my name is Kathleen, but my friends and family call me Kathy.

I was born in Gosford, NSW and went to Primary School in Woy Woy and then onto High School at East Gosford. I am one of seven children, being fifth in a line of four boys and 3 girls, which I'm sure, must have been a handful for our parents.

As you can tell from my school, I was raised in Woy Woy. It is a great place to live with the beaches and waterways which we frequented as often as we could. Our favourite place to swim was the ocean baths at Woy Woy wharf where we could enjoy fish and chips for lunch. Yes, lots of good memories there. I started work in a small village supermarket in Woy Woy then moved on to larger supermarkets in Sydney, before coming back to the Central Coast and working at the NAB bank until I married my husband, Vince. We went on to have two beautiful sons, who were both born at Gosford Hospital like their mum! They both attended East Gosford Primary School and then onto Henry Kendall High. And, of course, during their school years, I volunteered in many different areas including canteen, fundraising, cake stalls and the P&C. I have been a volunteer at Chamberlain Gardens for nearly three years now and do so as a way of giving back to the community. I find it fills my days nicely and I also find it extremely rewarding. The residents are a delight to work with and I hope that I make even a small difference in their lives. They certainly enrich mine.



be still
AND KNOW THAT I AM GOD.
PSALM 46:10

**Do you have something/someone
you would like to pray for?**

Ask a nurse/receptionist for a prayer
request card.



volunteers plant seeds of love
that help countless hearts
to grow...



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



Jan Murray - Wed & Thur
Suellen Walters - Tues & Fri

SPIRITUAL CARE COORDINATORS

e: jmurray@chomes.com.au
swalters@chomes.com.au

p: 4329 8016

COVID-19

Coronavirus Disease

10 WAYS TO PREPARE AND PROTECT YOURSELF 60+ AND/OR LIVING WITH UNDERLYING CONDITIONS*



Wash your hands often with soap and water and regularly clean and disinfect surfaces.



Keep taking your normal medication and follow medical advice.



Adopt a healthy lifestyle to help your immune system: eat nutritious foods, get enough sleep, don't smoke, stay active and limit alcohol use.



Maintain a distance of at least 1 meter and avoid physical contact (handshakes, hugs, etc.) with other people.



If COVID-19 is spreading in your community, stay home as much as possible. **Avoid going to church and other places with a lot of people.**



Make sure you have at least a month's supply of medicines in case you need to stay home. Plan on how to get more in case you need to stay at home longer.



Stay in close contact with your family, friends, or neighbors and make a plan on how you'll seek food and medical care if needed.



Familiarize yourself with COVID-19 symptoms, like fever, cough, and difficulty breathing, so you can quickly identify them if they appear.



If you show flu-like symptoms, **call the assigned phone number in your country or your health care provider immediately.**



Don't feel lonely. **Stay in touch with family and friends by phone, video chat, or email.**

*Adults over the age of 60 and immunocompromised people or those with underlying conditions, like high blood pressure, diabetes, cancer, and/or lung and heart diseases, are more at risk.



A Brief Trip Out of the House



- No Bake -

Turkish Delight Cheesecake Slice

Ingredients

- 200g gingernut biscuits
- 80g butter, melted
- 1/4 tsp ground allspice
- 2 tbsp boiling water
- 2 tsp gelatine powder
- 375g cream cheese, softened
- 1/3 cup caster sugar
- 1/2 tsp finely grated orange rind
- 2/3 cup thickened cream
- 150g Coles white chocolate with vanilla, melted
- 1/2 cup pistachio kernels, toasted
- 85g packet creaming soda jelly
- 2 tsp rosewater essence

1. Grease a 6cm-deep, 19cm square cake pan. Line base and all sides with baking paper extending paper 5cm above each side.
2. Place biscuits in a food processor. Process until coarse crumbs. Add butter and allspice. Process to combine. Press biscuit into base of prepared pan. Refrigerate until required.
3. Place boiling water in a small heatproof jug. Sprinkle over gelatine. Stir until gelatine dissolves. Cool for 5 minutes.
4. Using an electric mixer, beat cream cheese, sugar and orange rind until light and fluffy. With motor operating, gradually add cream, gelatine mixture and chocolate, beating until mixture thickens slightly. Stir in pistachios. Pour mixture into pan. Refrigerate for 2 hours or until just set.
5. Make jelly following packet directions. Stir in rosewater essence. Refrigerate for 1 hour or until cold but not set. Pour over cheesecake layer. Refrigerate for 4 hours or overnight until jelly is set. Carefully lift out of pan. Cut into squares. Serve.



Prep: 4.5 hr Serves: 12



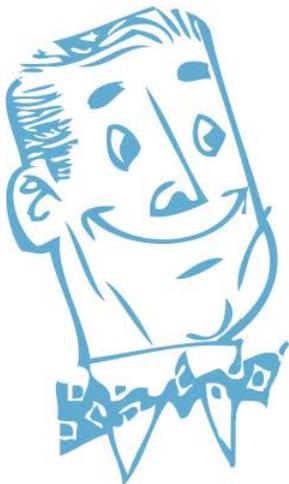
Puzzle Page



VISUAL MATHS PUZZLES - Can you solve these puzzles?

	+		+		=	9
	+		+		=	17
	+		+		=	16
	x		+		=	?
(34)		(10)		(48)		(25)

	+		+		=	18
	+		+		=	23
	+		+		=	30
	+		x		=	?
(20)		(32)		(107)		(10)



FATHER'S DAY

Word Search

- | | |
|-------------|----------|
| ADORE | LEARN |
| CHILD | LIFE |
| COMFORT | LOVE |
| FATHER | MEMORIES |
| FUNNY | MENTOR |
| GAMES | PLAY |
| GENEROUS | PROTECT |
| GUIDE | SILLY |
| HANDSOME | SPECIAL |
| HARDWORKING | STRONG |
| HUGS | SUPPORT |
| HUSBAND | SWEET |
| JOKES | TEACH |
| KIND | THANKS |
| KISSES | TOGETHER |

U R I E L A R N L P O E V U K R L O J H B T T W T
M B P B H U D K I S S E S H K C L D J U E E H Y M
G E D Q W E N O J C E I S Z S E H L Q S T J Z F A
G N I K R O W D R A H M C T A O Y K V B U H U A G
Z U Y F U N N Y P E T T O R R L Y Q Q A T J E S M
P Q S P L A Y R J W S L N S L O O R Q N Z V E M W
G G P U M M O I G G U G A I D V N I M D N O W E Z
Z N F T P T E T Q P O M S I O N F G A Y F H V R U
V Y M Y E P S L J A R T F N C L A U I B I S W R Y
U E L C U B O L I W E H G T C E O H E D I U G F Y
P L T U X B B R E F N A L R A E P U V C N G Z A T
W T R O F M O C T R E N E M Y E H S O B C A Y H L
Z J N L Z M W R Z E G K V A E G X D Y N N E S K R
T O G E T H E R C H V S O K U U C E Y B D G L E N
S I G N E W O H W T H X L N M C G P B S U G L L T
Z G B T Q T I Q K A P C R S N D M V E H M A T T M
V C S X N L B L Z F R G A J R F N I X X Y A Z H C
U C C E D L O N T X J V Z E E Y R I X A S K B Y
B G M V J W Y U A J N Z V X T O G B K Z K D Q B C
F A R S O J E C M I M S D Y M T E E W S A F M Q A
H M H E K M C R B G M R Y E E G B A N W L I S L S
V G Q M E T W Z I E I N M B L U W Y B H O X L O Q
A L W A S G C P H I S K G O D Y I N Z Q B E O I Q
P C T G W W N V N J E W S B G H W M R F O J M W W
B W M V X D K I A I I Y C Q B I U N A R Y O T O O