



# Casa Mia Newsletter

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## MANAGER'S MESSAGE

Spring is coming, the days are getting slightly warmer and as we venture out onto Casa Mia's front garden, we can see plants and flowers are starting to bloom.

We continue to face challenging times due to the COVID-19 pandemic. Be assured our residents' physical, emotional and psychological well-being is supported to the very best of our ability given that this pandemic and lockdown will likely be extended. We encourage families to continue their "online visits" and communication with residents via videocalls, telephone calls, cards, and letters. Please feel free to contact me and provide any feedback or ask questions as you have the need.

I'd like to extend my heartfelt gratitude to all the residents and families for their ongoing support, for trusting the organisation in delivering your services, and for allowing us to make a difference in your lives. Moreover, I'd like to pass my sincere appreciation to all our staff and contractors for the ongoing commitment and dedication you have shown and provided to make a difference here at Casa Mia.

Let us continue to work together to keep everyone safe and well.

Kind Regards, **Elena Villanueva**

*- Director of Consumer Care and Services*

# Upcoming Events

## SEPTEMBER

- 1 Wattle Day / First Day of Spring
- 5 Father's Day
- 9 RU OK? Day
- 20-26 Dementia Action Week
- 21 International Day of Peace
- AFL Grand Final

## OCTOBER

- 1 International Day of Older Persons
- 3 Oktoberfest
- 31 NSW Grandparents Day
- 31 Halloween

## NOVEMBER

- 2 Melbourne Cup Day
- 8 Tongue Twister Day
- 11 Remembrance Day



For all the latest news and photos follow us on Facebook

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SEPTEMBER	OCTOBER	NOVEMBER
Brian W	Yvonne E	Valerie D
Shirley M	Yvonne	Ruth G
Valda A	Doris M	Ruth
	Pat R	Jack H
	John W	Stamatia N
	Margaret W	Anna O
		Beverley P
		Bev
		Eddy S
		Una (Pat) T
		Raelene R

# Activity Reviews



## TOKYO OLYMPICS

On Thursday 8th July, we travelled to Tokyo, Japan for our **Armchair Travel** activity, which is the location of the 2020 2021 Olympics.

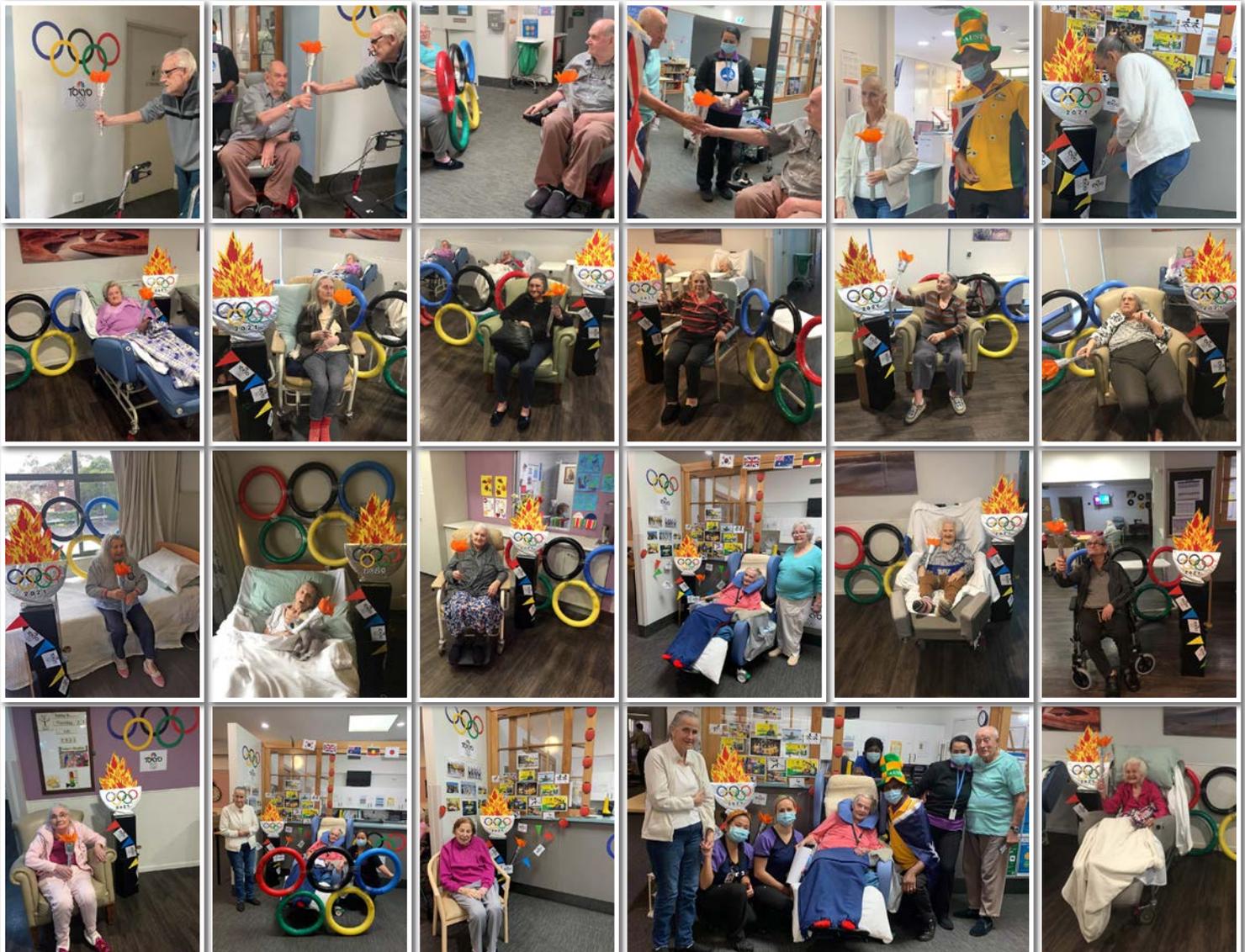


Carlton took us on a venture into Japan as he read about the history of Japan and Tokyo Olympic advertising,



played Japanese music and played videos about the history and culture. We then "flew to the Olympic stadium" on Google Earth, where the Olympics are held in Tokyo. Throughout the month, our Leisure and Lifestyle Officer Kristine, did an amazing job making Olympic decorations for the facility. Including the Olympic rings (made out of pool noodles!), the Olympic Torch and the Cauldron.

On Friday 23rd July, we celebrated the **opening ceremony** by doing a torch relay. Thank you to Brian, Arthur, Jim and Raelene for carrying the torch and Pat and Rhonda for holding the Olympic Rings. Unfortunately, we were unable to play any Olympic Sports due to isolation. However, once we are back to doing group activities, we can continue with the festivities!



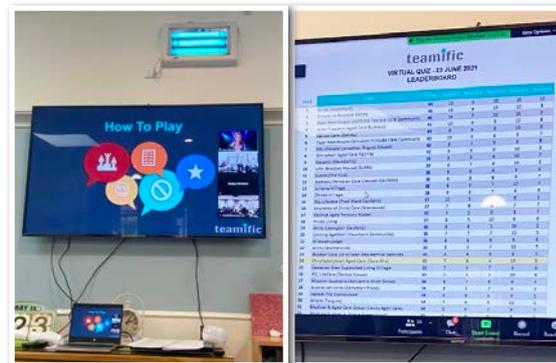
# Activity Reviews



## Zoom Quiz Master

On June 23, we joined over 50 Homes around NSW to compete in a virtual zoom quiz by Teamific. The quiz consisted of 5 rounds of 10 questions in each round.

The questions were displayed on the screen and we had to come up with the answers to submit on the online answer sheet. And NO googling of the answers! There were also bonus rounds that did not count towards our score but could earn us some



you may prizes for those that answered the question first (correctly!).

All in all, it was a fun time and it certainly got us thinking and working as a team.

Casa Mia placed 24th overall!

## LOCKDOWN / ISOLATION ACTIVITIES

The last couple of months has certainly brought some challenges. We have been adapting to life in lockdown/isolation and have had some changes to our routines.

We've been unable to go on bus outings, have visits from loved ones and for some of this time, facilitate group activities. We are continuing to provide assistance with video calls and phone calls to loved ones and are providing individual and 1:1 activities. We have also had video calls with Lifestyle staff to connect residents with staff that they usually connect with on a daily basis, but due to the facility lockdown, have been unable to.



Residents have been doing Activity Booklets made by Lifestyle staff, board games, painting, craft, hand massages, 1:1 chats, keeping in contact with the "Little Helpers" (school kids) and a variety of other activities.

Thank you to everyone for your patience and understanding during this time. We are crossing our fingers that we can get back

into the normal swing of things very soon.



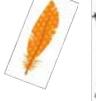
# Activity Reviews



**LITTLE HELPERS** - Residents received a lovely note from one of our "Little Helpers" (school kids).



To all you wonderful people,  
I hope you are all doing well especially during these difficult times.  
I would like to share with you the poem "Hope is the thing with feathers" by Emily Dickson.

**"Hope" is the thing with feathers -  
That perches in the soul -  
And sings the tune without the words -  
And never stops - at all -  
And sweetest - in the Gale - is heard -  
And sore must be the storm -  
That could abash the little Bird  
That kept so many warm -  
I've heard it in the chilliest land -  
And on the strangest Sea -  
Yet - never - in Extremity,  
It asked a crumb - of me.**

"Hope is the thing with feathers" is written to honour the human capacity for hope. Using extended metaphor, the poem portrays hope as a bird that lives within the human soul; this bird sings come rain or shine, gale or storm, good times or bad. The poem explains hope never asks for anything in return as it costs nothing for people to maintain hope. This is one of my favourite poems as it implores us to make good use of hope and to see it as an essential, deeply valuable part of ourselves.




I hope you enjoyed the poem and wish you all the best.  
Together we can make the world a special place!

Kindest Regards,  
Aaliyah (16 years old)  
**- Little helpers on the run -**






## Bereavements

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



# Resident Story

John Ross



John was born July 6, 1944 in North Bondi. He has two brothers and an older sister, Jeanette. A divorcée, John was married for about six months. After completing his school education, John became a painter, he also gained a heavy rigid licence and became a bus driver; John started alternating between the two careers.

John worked for Ashton Circus as Roustabout, which was doing all sorts of jobs, including putting up the tent and performing as a clown! John was the go-to man as he knew where everything was and how it worked. After about a year, John packed his bags and said goodbye to the circus.

John loves driving and he loves travelling. He has travelled to every State and Territory in Australia. John would work a little, sightsee a little and, driving a lot, picked up hitchhikers along the way. He was happy for a driving companion and as a bonus they generally contributed to the petrol.

John's favourite memories of his travels are the ones at Mount Isa where he worked in the mining camps.

As a bus driver, John worked for the NSW Spastic Centre. He also worked for The Punchbowl Bus Company and for public buses. His favourite route being the Hurstville to Campsie run, picking up the pensioners. It gave him a sense of doing good works for the community.

John now resides at Casa Mia since April 13, 2020. John likes being looked after by the Care staff. He likes the bus outings and most of the activities such as bingo, quoits, table tennis, darts and many other things.

John loves music, going to all the concerts held at the Home and would take part in any Karaoke, two of his favourite artists being Al Jolson and Jerry Lewis.

John has made many friends at Casa Mia and of his smoking buddy Beverley Hanson he says "I quite like her, she's alright".

## Staff Profile Nida Easterbrook



**Job Title:** Assistant In Nursing (AIN)

**When did you start working at Casa Mia?** I started working here way back in 1998 until present.

**What do you like about working at Casa Mia?** I love working here because of the lovely residents and friendly staff.

**Where were you born?** Philippines

**Do you have any kids?** I have a son named Shaun; he is now a Pastor in the USA. I also have two lovely Grandsons.

**Do you have any hobbies or things you like to do in your spare time?** On my days off, I love spending time in my garden.

**Favourite foods?** I love Filipino, Vietnamese and Australian Foods.

**Anything else you would like to share about yourself?** I am friendly, helpful, hardworking, a good listener and give good advice. I am a religious person too. I always pray and give all my worries to God.



## 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.

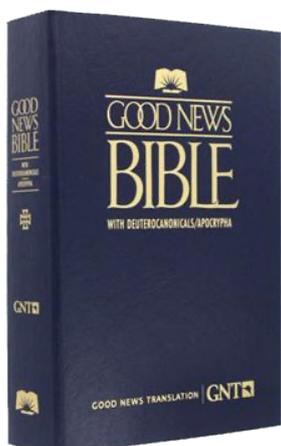
All you have to do is reach for it and hand over your load.

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 Corner

By DAVID BRIDGENS

Hello everyone!

As you can imagine, Lockdown has seen our volunteers having been 'stepped down' but we are still recruiting for volunteers. Particularly those from other cultures.

We are currently looking for volunteers from Italian, Mandarin and Greek speaking backgrounds. We have some residents who miss hearing their native tongue or are only able to communicate in their mother tongue. If you can give any time at all, please do contact me and we can have a conversation.

We thank and appreciate the work of our volunteers and the time they spend giving to those in our care.

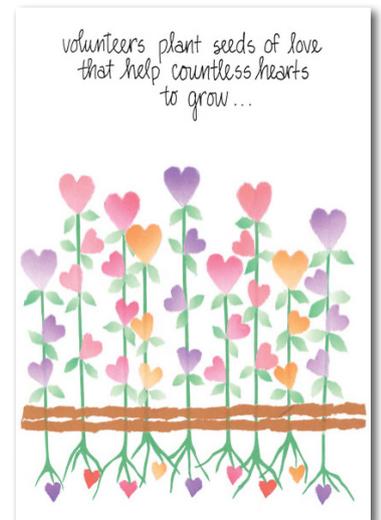
We hope to welcome you back soon. Thanks - David

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

Ask a nurse/receptionist for a prayer request card.



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



Those who bring sunshine to the lives of others cannot keep it from themselves.

JAMES MATTHEW BARRIE



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



**David Bridgens**

SPIRITUAL CARE COORDINATOR

e: [dbridgens@chomes.com.au](mailto:dbridgens@chomes.com.au)

p: 8707 6010

## 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



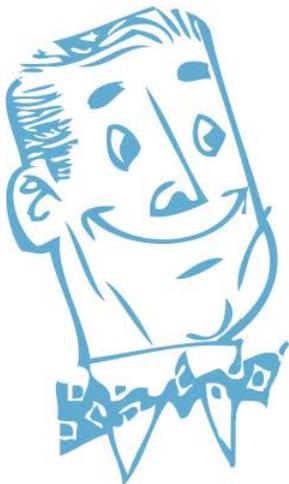
**VISUAL MATHS PUZZLES** - Can you solve these puzzles?

	+		+		=	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