



Northcourt Newsletter

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MANAGER'S MESSAGE

The promise of Spring hopefully will uplift everyone's outlook towards ongoing restrictions brought by growing number of COVID cases in NSW and other states.

At Northcourt, we are ensuring that all residents' wellbeing and mental status are being supported through person-centred approach with meaningful activities and maintaining communication process with residents' advocates through video calls such as SKYPE and recently introduced Microsoft Teams and at the same time phone calls are also being encouraged.

As part of compliance with NSW Health advice and recommendations to ensure we keep up

as they come in maintaining the safety of our residents, current status of COVID 19 vaccinations for the residents is 97% whereby only one resident is waiting for dose 2 and staff are sitting at 80%, aiming to have 100% before mid-September.

On behalf of the Northcourt team, we would like to extend our appreciation to everyone in complying with ongoing visitation restrictions. If anyone has any concerns or issues, please don't hesitate to get in touch with us and rest assured that your feedback is always welcome and treated with value.

Warmest wishes and keep safe everyone!

Kind Regards, **Marilou Molina**

- Director of Consumer Care and Services

Upcoming Events

SEPTEMBER

- 1 Wattle Day / First Day of Spring
- 2 All Faiths Service with Joh
- 3 Father's Day BBQ
- 5 Father's Day
- 14 Residents & Relatives Meeting
- 21 International Day of Peace
- 22 World Rhino Day
- 24 South African Heritage Day
- 27 Monthly Birthday Celebrations

OCTOBER

- 1 International Coffee Day
- 4 Labour Day (Public Holiday)
- 7 All Faiths Service with Joh
- 12 Residents & Relatives Meeting
- 12 Oktoberfest
- 29 Halloween Party and Monthly Birthday Celebrations
- 31 Halloween
- 31 National Grandparents Day

NOVEMBER

- 2 Melbourne Cup BBQ and Celebrations
- 4 All Faiths Service with Joh
- 4 Diwali Festival of Lights
- 9 Residents & Relatives Meeting
- 11 Remembrance Day
- 22 Lebanese Independence Day
- 26 Monthly Birthday Celebrations



For all the latest news and photos follow us on Facebook

facebook.com/christadelphianagedcare



SEPTEMBER	OCTOBER	NOVEMBER
Lola S.	Marieta F	Florence S
Norah L	Claire B	Barbara T
	Walter L	
	Russell B	

Activity Reviews



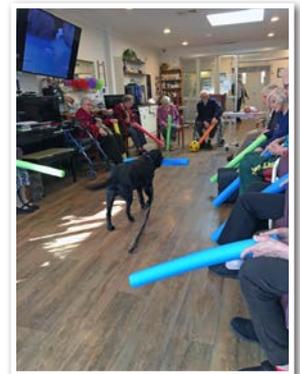
BUS TRIPS

Covid once again put a halt to one of our favourite weekly activities, our scenic bus trips. But not before we were able to visit some new destinations (and make friends with the wildlife).

We look forward to seeing our bus driver Peter again and boarding the bus and heading off as soon as restrictions ease. Until then, we are compiling our destination wish lists and armchair travelling around Sydney and the world!



PET VISITS - We love our furry and feathered friends and enjoyed having Teagan join us each week, stopping for pats and sometimes even participating in our activities. We also welcomed our new cat, who we have affectionately named Whiskey, and our daily visits from the native birdlife, including lorikeets, galahs and yellow crested cockatoos (though we aren't looking forward to magpie swooping season which is fast approaching!). There are plans to introduce even more pets through our pet therapy program which we hope to launch as soon as the current lockdown restrictions lift.



FOODIE FRI-YAY - Each Friday, we try out new and classic recipes as requested by our residents. Pancakes and waffles are always a favourite, and our DCCS Marilou treated us all to her special nacho recipe with a live cooking demonstration, followed by a taste test. What's next on the menu? Submit your requests any time.

Fridays also got a whole lot tastier with the purchase of our new air fryer. We have already put it to good use baking cinnamon scrolls and red velvet cupcakes and look forward to homemade pizzas, dampers and many other savoury and sweet treats!



Activity Reviews



MORNING EXERCISES - Cold winter mornings weren't going to stop us from our morning exercises.

Games such as parachute, basketball and noodle hockey are always crowd pleasers and we look forward to trialling some new activities as the weather warms up.

Any suggestions are always welcome.



MONTHLY BIRTHDAYS - We celebrate our residents' birthdays each month with delicious cake, cards and well-wishes. Many thanks to our RN Harjinder and her husband for being our local cake suppliers.

MONTHLY RESIDENT AND RELATIVES MEETINGS

We hold our regular residents and relatives' meetings on the second Tuesday of each month from 10:30am to 11am. These meetings provide an opportunity for residents to find out what is happening around Northcourt and hear from the DCCS about any issues. It is also a great opportunity to provide feedback and make suggestions. While we are in lockdown, relatives are invited to join us virtually via Microsoft Teams.



VIDEO AND PHONE CALLS - While physical visits have been put on hold for now, residents can still keep in touch with their loved ones via video and phone calls. We recommend Microsoft Teams as all your family and friends need is an email address to access it. Calls can be organised through Cherilyn, our Leisure and Lifestyle Officer.

FESTA DELLA REPUBBLICA - June 2 is Italian National Day, a day where we celebrate Italy becoming a republic. We helped our Italian residents celebrate with treats from home including cakes and biscuits served with affogatto and a side of classic Italian music. *È stata una giornata molto piacevole per tutti!* (It was a very enjoyable day for all!)



4TH OF JULY - Mini hotdogs and hamburgers washed down with milkshakes helped us celebrate American Independence Day in true American fashion! Bruce Springsteen's "Born in the USA" was



on repeat and our residents participated in trivia and traditional American games such as basketball and bean bag toss.

Activity Reviews



QUEEN'S BIRTHDAY - Just before lockdown, we were fortunate enough to receive a visit from Her Royal Highness Queen Elizabeth and her trusty security guard Yvonne, just in time for our Queens Birthday Morning Tea.



We dined on fine British fare such as finger sandwiches, scones, crumpets and Worcestershire sauce and pickle flavoured potato crisps.

BASTILLE DAY - Continuing our global foodie days, we donned our berets and celebrated France's National Day on July 14 with a French themed high tea complete with baked camembert, baguettes and of course, croissants.



SPRING STARTS EARLY THANKS TO CHANNEL 7

A drive-by delivery of fresh herbs and flowers by Channel 7 was a much appreciated surprise one Friday morning. Lavender, rosemary and thyme will help grow our sensory garden and the flowers will brighten up the planter boxes out on our verandah.

Many thanks to our resident gardeners for always ensuring our plants are well watered.

Bingo Game



Bereavements

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



Resident Story

Nick Sakeson



Nick was born in Greece and was raised in a fishing village called Alikes, located in West Greece. He spent Summers there and Winters in a nearby town called Kato Axaia. He is the oldest of seven children, with four brothers and two sisters.

Some of Nick's favourite pastimes were fishing, soccer and collecting scale model cars. He played soccer in Greece with one of the major Greek teams. He was also part of a team of athletes who carried the Olympic flame through his town to Athens, a great honour which was very important to him.



He met his wife Maria in Greece, and they were married on 30 August 1960. They have four children, twins Andrew and Stephanie, Dorothy and Con, who was born in Australia after the family moved here in 1964.



Nick was a cabinetmaker and took great pride in making furniture. Later, he also worked for Reeme/Millers Caravans.



At Northcourt, Nick continues to engage in his love of soccer by joining in whenever we have a game on. He also enjoys going for walks with staff or with Maria.

Resident & Relative Meetings

You have been invited to attend our monthly resident meetings

By attending our monthly Resident & Relative Meetings you will get the chance to learn the latest news or developments happening in our Care Home, as well getting the chance to have your say in helping make a difference in our Home.

At this time, group gatherings are restricted, however, these events are the best way to have VIRTUAL face to face conversations with us and other team members. The feedback provided will help us to continue providing outstanding service.

You will be sent a Microsoft TEAMS meeting invitation for each meeting.

We hope to see you then!

- Tuesday 14th September
- Tuesday 12th October
- Tuesday 9th November



Staff Profile

Anne



Hi I'm Anne, I was born in Auckland, New Zealand and came to Australia in 1980. I have four children – two boys and two girls, and five grandkids.

I started nursing at Ryde Nursing Home in West Ryde in 1988, and then moved to Christadelphian Aged Care when they bought them out around 20 years ago. I worked at Ashburn House for many years and came to Northcourt three years ago. I initially got the job through a friend who asked me to help out two days a week – and here I am, all these years later still doing it!

Why have I stayed in nursing all these years? I didn't want to change and then I just got used to it.

My favourite thing about nursing is making the residents happy.

My favourite thing about Northcourt is my co-workers, management and being close to home.

I normally enjoy going to clubs, entertaining and social gatherings with friends, so during lockdown where I can't do any of these things, I am staying sane by cleaning. Also, I just bought a cake mixer and slow cooker and am looking forward to experimenting with new recipes.



STAFF FAREWELL

GOOD LUCK!

We are sad to say goodbye to Harjinder who is leaving us to pursue new opportunities and assist in delivering Covid vaccinations to the people of NSW.

We wish her all the best and appreciate all that she has done for us in her 3 years at Northcourt.



Aged Care Employee Day



All Faiths Church Services with Joh





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.

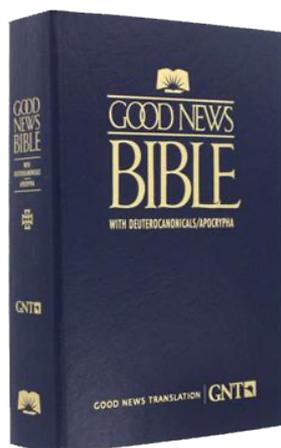
All you have to do is reach for it and hand over your load.

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

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