



Southhaven Newsletter

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MANAGER'S MESSAGE

We were all saddened when Lilibeth Guevara our DCCS announced that she had resigned and leaving us to work closer to home.

Lilibeth's leadership made so much impact to Southhaven. She made herself visible to consumers, staff, and visitors/carers, she expressed her love and gave blessings to everyone. She managed to organise, even in the middle of the pandemic following all restrictions, an Appreciation Day for staff to acknowledge their hard work. Staff appreciated the event and it lifted their spirits. I want to take this opportunity to say thank you to Lilibeth for everything she did for everyone in Southhaven.

Colosians 3:15-16 says, "And let the peace of God rule in your hearts, to which also you were called in one body: and be thankful. Let the word of Christ

dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord."

I believe that it's not easy to have a positive outlook and to be always thankful especially in the current situation we are all in. However, thanksgiving has so much power to have joy and to overpower the enemy. If you make the decision to give thanks to God when you are in the middle of difficult circumstances, you will be victorious in any big battle in your life.

Let us all work together in unity by daily serving and give value to everyone intentionally!

Kind Regards, **Liza Abapo**

- Director of Consumer Care and Services

Upcoming Events

SEPTEMBER

- Father's Day BBQ
- Panania Childcare Skype
- Treetops BBQ
- Greek Cultural Day
- Bluegum BBQ
- Puzzles Early Learning Centre
- Skype
- Riverside BBQ

OCTOBER

- Oktoberfest
- Panania Childcare Skype
- Treetops BBQ
- Nepal Cultural Day
- Riverside BBQ
- Puzzles Early Learning Centre
- Skype
- Bluegum BBQ

NOVEMBER

- Melbourne Cup Celebrations
- Panania Childcare Skype
- Remembrance Day
- National Cappuccino Day
- Puzzlez Early Learning Skype
- Treetops BBQ
- Riverside BBQ
- Bluegum BBQ



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SEPTEMBER	OCTOBER	NOVEMBER
Connie C	Mary D	Patricia A
Hazel F	Thelma G	Valda D
Olive G	Ronald H	Marjorie J
Martha L	Carl H	Joan R
Anna N	Margaret K	Irena S
Norma P	Elizabeth L	Tania Usanoff
Bernadette R	James S	
Lilo S	Denise W	
Grace T		

Activity Reviews



ARMCHAIR TRAVEL -

Nothing can stop us at Southhaven from travelling the world!!

Our residents had an amazing time exploring the shifting sands of Egypt with our Leisure and Lifestyle Officer (Dr. Michelle) who

managed to transport our residents to the excavation of Saqqara and Giza.

She showed us photos and in-depth guide to the work that she did while finishing her PHD, explaining the ins and outs of excavation and ancient sights of lower Egypt. Our residents had a great time watching and asking questions about this country's rich history.

We are all looking forward for the next adventure to the UK and Ireland with Michelle.



COOKING - "Great cooking favours the prepared hands".

What if these hands are the hands of our loved ones who made a yummy Milo Truffles for their afternoon Tea? Our residents enjoyed making their Milo Truffles while socialising and working together – crushing biscuits into fine crumbs, mixing them with Milo and condensed milk each, stirring until well combined, then rolling the mixture in coconut into balls.

Not only enjoyed making the Milo Truffles but eating them too!



ABORIGINAL DAY - In June, Southhaven celebrated NAIDOC week to highlight and add discussion to our history. This year theme was Heal Country. Our residents enjoyed a full day of learning the history of Aboriginal and Torres Strait Islander heritage and issues that they faced in the past until now.

Staff at Southhaven enjoyed assisting our residents in completing activities such as painting, watching a documentary while enjoying a special lunch of Australian Native foods.

A special thanks to our resident John Winchester and his wife Sue for sharing the Aboriginal Painting that they purchased on holiday in the Northern Territory.



Activity Reviews



U & ME AND VITAMIN D - "The sky is the daily bread of the eyes".

The feeling of freedom and fresh air can't be topped!!

This is how our residents feel every time they go out in the beautiful nature, where they can have a walk in a nice sunny day, feeling the fresh air and experiencing the beauty of nature that brings solace in all troubles. This will also give them the opportunity to exercise, socialise and share their knowledge in gardening.

Getting out in the sun is a medicine for the body and soul. In these difficult times it is good to go out and see the sun.



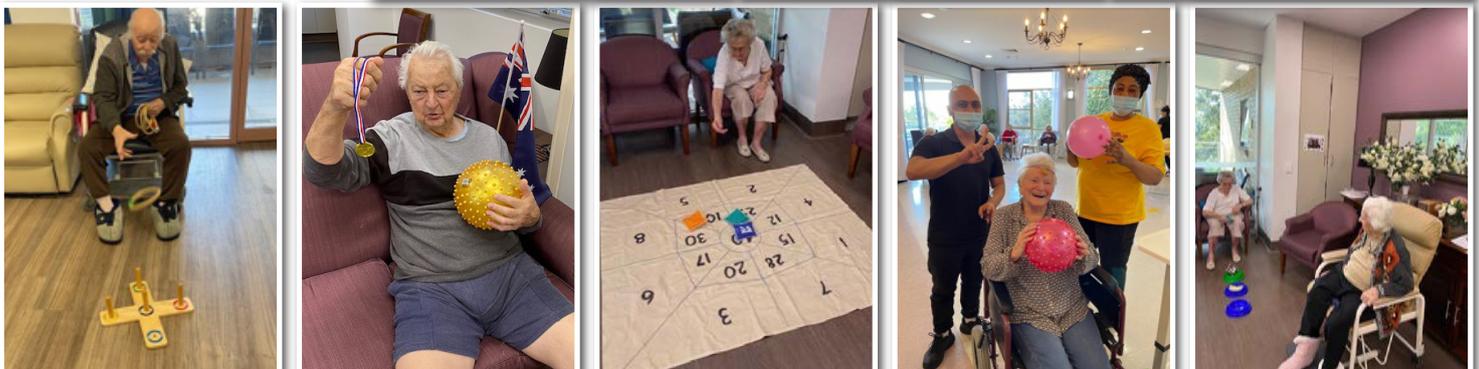
OLYMPIC GAMES AT SOUTHAHAVEN

"The life you have left is a gift. Cherish it. Enjoy it now, to the fullest. Do what matters now."

At Southhaven, we celebrated the Olympics with lots of fun and lots of competition amongst residents and staff. We played a variety of games from striking balls to basketball, quoits, wheelchair races and many other fun activities that elevated the level of competition and fun between staff and residents.

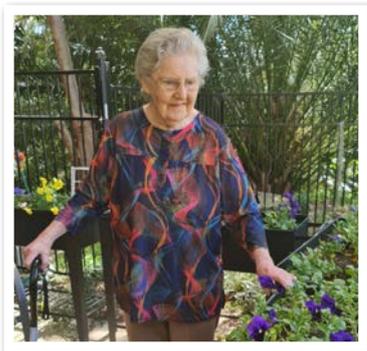
Not to forget the gold medals that were given to all our winners!!

So, who said that the older we get the less fun we have?



Resident Story

Lois Monahan



Lois Margery Monahan was born in Adelaide on December 29, 1928, being the second child of Harrold and Thelma Baker. Lois had an older brother, Ian, and a younger sister, Margaret.

Lois's father Harold worked in the Commonwealth Bank. When Lois was about five years old, her father was promoted to a senior accountant role, and then later to Manager, at the Bank in Albury (NSW). The family moved from Adelaide to Albury, where Lois started school. As Manager, Harrold was subsequently transferred to several NSW country towns, including Henty, Lockhart and Temora. His final transfer was to Sydney in the mid 1950's when he was appointed Manager of the Rose Bay branch until his retirement in 1961.

When the family moved to Lockhart, Lois continued her schooling in Albury, and would catch the train between Lockhart and Albury, which meant a couple of hours travel each day. During World War 2, Lois spent a year in Newcastle where she lived with an Aunt and Uncle and attended school there.

Lois finished school in Lockhart and it was in Lockhart that she met her future husband Jim (James). Jim, who was about 18 months older than Lois, was working in a local grocery shop. Lois would do some family shopping and the shopping list always included a can of apricot jam. Apparently, one day a female co-worker made a comment to Jim about the girl who always bought apricot jam. Jim said to his co-worker, "Don't joke about her, I will marry her one day". After leaving school, Lois worked for the Rural Bank and also for a local solicitor in Lockhart until she married Jim in July 1950 at the age of 21. Prior to their wedding, Jim had joined the Commonwealth Bank and was posted to Paddington in Sydney. They married in Wagga and, after a honeymoon in Katoomba, they settled in Sydney, where they boarded with a widow in Strathfield. Lois obtained a secretarial job with EMI Records.



Just before Christmas in 1952, they purchased their first home on Eve Street, South Strathfield and 9 months later their first son Robert was born in September 1953. Like most women of her generation, Lois did not return to work and was a stay-at-home mum who had three more children, Richard (Rick) in February 1957, Geoffrey in September 1960, and Jayne in April 1964.

In 1967, Lois and Jim moved to a new home on Albert Road in Strathfield. Within a few years, Lois returned to the workforce, working part time at Arnotts Biscuits before returning to EMI and then to Phillips, where she worked in various roles until she finally retired at nearly 70 years of age. Lois managed the executive dining room and later the canteen at Phillips. When Jim retired in the mid 1980's, Lois decided she would also retire. However, after 6 months she decided to return to Phillips where she worked part time in their service section.

Neither Jim nor Lois had a driver's licence or a car until Lois got her licence in the early 1970's. Trains and buses were used for family holidays which were generally to Katoomba or The Entrance.

In 1991, Lois and Jim moved from Strathfield to Winmalee in the Blue Mountains. Their family started to expand in 1980 with the birth of their first grandchild and from that time they were known to family and friends as 'Grandma' and 'Granddad'. The grandchildren enjoyed many holidays with Grandma and Granddad at Winmalee. Lois's sister Margaret was an avid traveller and encouraged Lois to travel with her, and each year they would travel together. They alternated between Australian holidays and overseas trips. They travelled to Europe, USA, Canada, Hawaii and New Zealand. Often their Australian trips took them back to places where they lived during their childhood such as Adelaide, Albury and Lockhart.

Jim passed away in 2009 after 59 years of marriage. In 2010, Lois moved back to Sydney to be closer to her family, which had expanded to 12 grandchildren and 10 great-grandchildren by then. The social life of Lois and Jim was mainly focused on their family. Lois remains a much loved 'Grandma' to her family and is looking forward to the end of the Coronavirus restrictions so that her family can resume visits to her.





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.

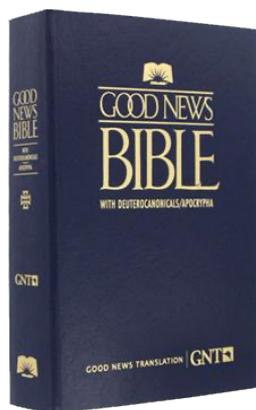
All you have to do is reach for it and hand over your load.

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*

Bereavements

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



Volunteer Corner

By DAVID BRIDGENS

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, Irish, Spanish, Ukrainian and Greek speaking backgrounds. We have some residents who miss hearing their native tongue or are only able to communicate in their mother tongue.

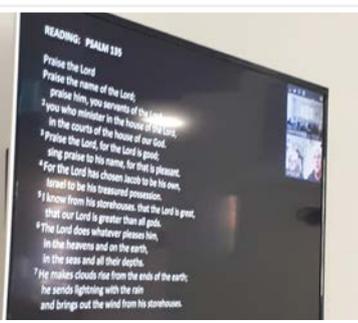
If you can give any time at all, please do contact me and we can have a conversation.

Although the volunteers have been 'stepped down', we can't stop some of them volunteering. Last Thursday saw us have our first zoom devotional service.



It went well, and the residents enjoyed the message and seeing the familiar faces.

Sam and Julie led the service and I thought I'd share some photos of the service.



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.

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.



'I call on you, my God, for you will answer me; turn your ear to me and hear my prayer.'
Psalm 17:6

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 me:



David Bridgens

SPRITUAL CARE COORDINATOR

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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