

Christadelphian Aged Care
2017/18 SUMMER NEWSLETTER

CHAMBERLAIN GARDENS

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The angel reassured them,
"Don't be afraid!"
he said.

"I bring you *good*
news of great *joy*
for everyone!

The *Saviour* - yes,
the *Messiah*, the *Lord*
- has been born tonight
in Bethlehem, the city
of David!



Luke 2:10-11

Manager's Message

Welcome to Chamberlain Gardens

Welcome to our Summer 2017-18 newsletter. This year seems to have flown past and Christmas is only a few weeks away.

Christmas decorations went up on Friday, December 1 and staff are getting into the festive spirit wearing their Christmas t-shirts for the month of December. The admin/management team had a decorating party on Thursday night November 30, so visitors now arrive at a Reception that is vibrant with Christmas festivity and a beautiful nativity scene as a focal point, as a reminder of the true meaning of Christmas.

Our Coastal and Garden residents will enjoy a Christmas lunch on Wednesday, December 13 with a delightful Christmas Menu and of course a visit from Father Christmas. Our Horizon residents will enjoy their Christmas lunch on Thursday December 14 and Father Christmas will be working overtime with a visit to them. This year our Pre-Christmas Resident & Relatives Nibbles' Night will be held on December 20 in the Garden Courtyard and already residents and their families are putting their names down for this annual function. Our Pre-Christmas raffles went on sale on Monday December 4 and are available from Reception and also at the Pre-Christmas Resident & Relatives Night prior to the raffles being drawn. The funds raised will be donated to a local charity. Our thanks to staff, residents and their families for their contributions to these raffles. This year we are also collecting items for Coast Shelter's Christmas Hampers, and we want to say a big 'thank-you' to the staff, residents and their families who have donated non-perishable food items, hygiene items and gifts for children, teens and adults. Again this year our staff, residents and their families have generously supported charities through such events as Purple Day, Australia's Biggest Morning Tea, Red Nose Day, Jeans for Genes Day, Daffodil Day and Pink Ribbon Day, with an amount of \$1575 being raised to date. A big 'thanks' for your generous support.

Thanks to our staff and volunteers for their wonderful care that enriches our resident's lives.

I want to wish you and your family a blessed Christmas and New Year season and look forward to a wonderful 2018 together. Kind Regards, **Sue Thacker**



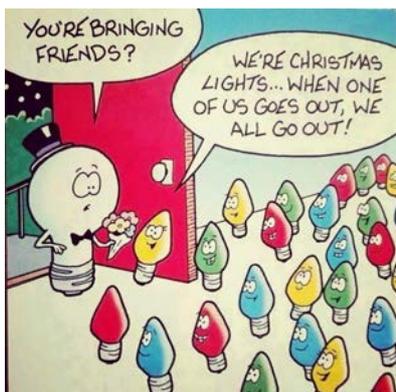
News & Upcoming Events



DECEMBER	JANUARY	FEBRUARY
Horizon	Horizon	Horizon
6 Elva Hemley	1 Maureen Forsythe	1 Gloria White
7 Elsie Beck	11 Thelma White	2 Dulcie Hubbard
18 Niels Petersen	14 Phyllis Graham	14 Maria Humphreys
27 Jane Massey	16 Edith Green	15 Max Miller
	18 Beverley Keenan	15 Dot Skinner
	21 Jean D'Arth	20 Malcom Whyatt
		25 Nellie Wallington
		27 Shirley Leishman



Coastal	Coastal	Coastal
6 Keith Links		15 Wendy Worthy
9 Grantly Mawhinney		18 Valerie Shead
22 Winsome Shepherd		26 Betsy Harris
24 Eve Collier		27 Joan Wilson
Garden	Garden	Garden
3 Kathleen Hill	7 Kim Field	2 Cecil Smethurst
	20 Maurice Costello	26 Joyce Reichel
	21 Maureen Dalziel	




*Have a
 Very Merry
 Christmas
 and
 Happy New Year*

UPCOMING EVENTS

DECEMBER

Wednesday 13th - Coastal and Garden Residents Christmas Party

Thursday 14th - Horizon Residents Christmas Party

Wednesday 20th - Residents and Family Christmas Drinks and Nibbles starting at 5.30pm

Friday 22nd - Antiques Roadshow Concert



Keep updated with all the latest news and photos by "liking" us on Facebook!



facebook.com/christadelphianagedcare

Activity Reviews

SEPTEMBER - ENTERTAINMENT

September was the beginning of Spring, and it started with Sunday, September 3 with **Father's Day**. Each of our men folk in the Home received a box of mixed lollies from management and staff.

Evan Haswell was back to entertain on Monday, September 4. He is a favourite among our residents and sings a lot of Elvis and songs from the '50s and '60s.

Tuesday, September 5 we had a **mobile voting booth** set up in the Blue Lounge room so residents could vote in the local elections. For those wishing to vote and unable to get to the lounge room, the voting booth went to the them.

On Friday, September 8 we had a visit from the **Antiques Road Show**. They are a couple of men who like to sing and entertain.

Suzanne visited on Monday, September 11 and gave the residents in Coastal a hand pamper. Suzanne is a Palliative Care Nurse at Gosford District Hospital, sells Nutrametics and in her spare time comes to our Home three times a month to pamper our residents.

On Wednesday September 13, **Julz** was back to entertain the residents. She is very much a favourite and encourages residents to participate with her.



On Wednesday, September 20 we celebrated the **Christadelphians** being involved in aged care for **70 years**. The RAOs set up an amazing display of memorabilia from the 1940s, staff were encouraged to dress for the period and we had a morning tea and birthday cake with the residents to celebrate the day.

(More photos on photo page)



We now have a **beautician** coming to our Home; at this stage monthly. Kathryn studied beauty therapy, massage, aromatherapy and make up at Madame Korner in 1998. She is currently studying nutrition and Australian Bush Essences, has 19 years of experience and has owned her own business for 16 years. Kathryn loves working at aged care Homes, and spending time with the residents.



On Saturday September 23, there was a **Youth Devotional Service** in Horizon. A group of students from Heritage College come down to participate and run the service.

Unfortunately, many of our residents and staff were struck down with the flu and our Men's BBQ and Residents meeting had to be postponed. Thankfully that is now all behind us.



CAC 70 Years - Photos



Activity Reviews

OCTOBER - ENTERTAINMENT

On Wednesday, October 11 we held an **Oktober Fest BBQ** for all residents. The lunch included German sausage, potato salad and coleslaw for lunch - it was decided sauerkraut was probably not going to be a good choice for the majority of residents!

We had to cancel a number of concerts at the beginning of the month due to the flu outbreak, but were back on track by Monday, October 16 when **Evan** was back to entertain.

We held the **combined men's BBQ** in the garden courtyard on what was a beautiful sunny day, and this was enjoyed by all who attended. The men enjoy the barbecue, a beer and a chat.

On Saturday, October 21 we had a visit from **Jules Fashions**, who sell summer clothing, bags, belts and some costume jewellery. This was a successful morning with many of the ladies having a browse and purchasing something for summer. **Suzanne** was back for Nutrametics hand pampers in all areas.

On Wednesday, October 25 Steve Black (**Elvis**) paid a visit and had the residents singing along to many of Elvis' favourites. It was also **Pink Ribbon Day** and staff were encouraged to wear pink and donate a gold coin. We had a number of staff who made cupcakes and a cake which we sold, and there were lolly bags made up with pink lollies for sale at reception, as well as pink ribbons. We had a guessing jar of lollies in reception which was won by Val Charlton. The staff and residents raised \$400 on the day, which is an excellent result.



The **Youth Devotional service** was held on Saturday October 28, and the fruit for the service was passionfruit. At each service, a fruit is decided on and chosen for the day, and the residents have it along with morning tea. So far they have had kiwi fruit, pear, papaya, grapes, and strawberries.



With the warmer weather all areas have been utilising their outdoor areas for activities. The residents in Horizon have been using the terrace out past the kiosk for afternoon teas



and have also used the barbecue there to cook pikelets, which the residents ate with jam and cream. Mmmmm... The residents in Coastal have held activities around the fountain such as quoits and coffee club, and residents have been having their lunch outside on lovely days. The residents in Garden have planted a herb garden, and enjoy sitting outside looking at the birds that are in the aviary. We apparently have had a couple of births with the love birds hatching two babies, but they keep them fairly well hidden for the time being.



Activity Reviews

NOVEMBER - ENTERTAINMENT



On Tuesday, November 7 was **Melbourne Cup** day with activities themed around the cup. In the afternoon, the kitchen provided hot finger food for the residents and the activity staff ensured that the residents were given glasses of champagne, beer or a lemonade. Staff and residents dressed for the race wearing their "best" hats.

On Thursday, November 9 the activity staff put on a **Mad Hatters Tea Party** in the Garden courtyard under the pergola. This was lots of fun with the activity staff and volunteers dressing up, the decorations looked fabulous and the residents enjoyed the cakes and sandwiches provided by the kitchen.

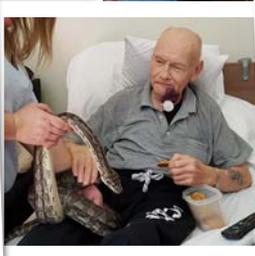


We held our **Remembrance Day** service on Friday, November 10. It has been a century since our nation's most tragic year... 1917. The service gives everyone time to pause, reflect and give thanks to all those who fought, are still fighting and those who have lost their lives so that we can live in peace.



Activity Photos

*SHOW & TELL:
Monica Kemp's Reptiles*



Aboriginal Dot Painting



Bean Bag Toss



*Frank & Val Shead's 60th Wedding
Anniversary
Afternoon
Tea*



*Happy Hour
Movie*



Pet Therapy



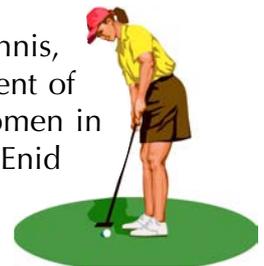
Resident Story - Enid O'Toole



Enid was born in Rockhampton in 1933, and was one of two children, having a brother Robert who has passed away. Enid attended primary school at a state school in Rockhampton, and because she was very bright she was encouraged to attend Girls Grammar in Rockhampton as a day student, as the school was also a boarding school. Enid said she used to ride her bike to school daily. Enid's mother was a school teacher and her uncle a school headmaster so Enid had been encouraged to stay at school and get a good education so that she could get a challenging job once leaving school.

Upon leaving school Enid was successful in getting a job with a leading solicitors firm Reese R and Sydney Jones. Enid worked as a secretary, and found the work interesting and never boring. She stayed with the firm for 10 years. Enid joined the ANZ Bank and proceeded to work her way to become the first female bank manager for the ANZ Bank in Australia. Enid would visit many of the farmers in the rural community as part of her position as manager, and she loved her job. Enid has had a park named after her in Rockhampton for her services to the community.

She has always followed and played sport, and was particularly good at tennis, and upon retirement played golf up to five days a week. Enid was president of the local Zonta Club in Rockhampton. Zonta is a progressive club for women in business and would promote and encourage women in their business. Enid helped to establish other Zonta clubs throughout QLD. She also sat on the Grammar School's board.



I asked Enid if she thought of herself as a feminist, Enid said she never classed herself as one, but in hindsight she probably was a feminist. Enid's career challenged a lot of traditions. When Enid became a bank manager she was paid less than the male managers at the time for doing the same work, but this all changed once the unions had the laws changed. Enid never married, she said she never found the right man and wasn't going to marry just for the sake of it as had too many friends in unhappy relationships. Enid moved to Chamberlain Gardens this year, but is still a staunch Brisbane Broncos supporter... but we won't hold that against her!



Mending of Clothes

Our volunteer Mulan has offered to help with small mending jobs, such as sewing on buttons, tacking up a hem, all that can be done by hand. Mulan will be available **Monday** and **Thursday** mornings.

If needed please contact either Mark, or one of the Leisure & Lifestyle staff to request Mulan's help.



Staff Profile - Shan Carr

Shan was born in Harris Park, Sydney and is one of six children, with three sisters and two brothers. She attended Rosa Leigh Primary School, and went to Carlingford High. Upon leaving school, Shan studied for her Enrolled Nursing certificate, but wasn't given her registration after falling and hurting her leg badly during netball. The doctors said she probably wouldn't be able to walk again without crutches. After a couple of years rehabilitating her leg, Shan started working for a plastic engineering company, where she studied and completed many courses, including a diploma in Business Management.

Shan started working as an AIN when she had children and was able to work weekends. She did this for 15 years, and then went back to working for the plastic engineering company until they relocated. Shan got tired of the commuting so went work for a radiology clinic on the front desk. She has been working at Chamberlain for the last six years, and said she loved working with the staff and residents. Shan has three children and is a grandmother to another three. She has travelled extensively to the USA, Canada, Niagara Falls, Vietnam, Bali, New Zealand and Thailand. Shan also travelled all around Australia on a Harley, and continues to ride one. She enjoys fishing and used to love playing representative netball.

Some exciting Staff News...



Tanya Vukovic, our dearly loved cleaner who works in Horizon, had some exciting news for us this week. Her grandson Mihajlo Vukovic was picked to play soccer in the under 16s playing for Australia. Mihajlo flew out today for Brazil. Mihajlo plays for the local Mariners team, and I think we will be seeing more of him playing for Australia in the future. Needless to say Tanya is very proud and rightly so, as are we here at Chamberlain Gardens. We wish Mihajlo every success.



AUSTRALIA



With summer on our door, now is a good time to remind everyone to ensure our residents have a sunhat and sunglasses for bus trips and sitting outside.

Beatitudes for Friends of the Aged - Esther Mary Walker

Blessed are they who understand

My faltering step and palsied hand.

Blessed are they who know that my ears today

Must strain to catch the things they say.

Blessed are they who seem to know

That my eyes are dim and my wits are slow.

Blessed are they who looked away

When coffee spilled at table today.

Blessed are they with a cheery smile

Who stopped to chat for a little while.

Blessed are they who never say,

"You've told that story twice today."

Blessed are they who know the ways

To bring back memories of yesterdays.

Blessed are they who make it known

That I'm loved, respected, and not alone

Blessed are they who know I'm at a loss

To find the strength to carry the Cross.

Blessed are they who ease the days

On my journey home in loving ways.

About Face & Body

Finger or Toe Nails

Cut, file, buff nails and polish \$15

Manicure (an excellent way to strengthen your nails)

Cut, file, buff nails, cuticle treatment \$25
hand and arm massage and polish

Pedicure

Cut, file, buff nails, exfoliation and \$27
buffing of heels, foot and leg, massage and polish

Waxing

Eyebrow, lip or chin \$10

A combination of any 2 of your choice \$12

Eyebrow, chin and top lip \$15

Half leg \$20

Underarm \$13

Bikini \$15

Facial (an excellent way to help you relax and nourish your skin)

-Mini, Cleanse, exfoliation, face, top of shoulders & scalp
massage, mask, moisturize (half hour) \$30.00

-Full facial, as above and including steam and 20min massage (1 hr) \$60

Massage (Aromatherapy oils used to suit each individual arms, legs, shoulders, neck or back)

15 min \$15

20 min \$20

30 min \$30

45 min \$40

Tinting

Eyebrow \$5.

Eyelash \$15



Pastoral Care



MEMORIES

"In England, you know," said my dear old friend, "we used to have parsley with very curly leaves." I have known many Christadelphian Aged Care residents, but this one was special to me: our neighbour who looked after me as a child when my mother was in hospital.



I had brought her some kitchen herbs - parsley, coriander, thyme, basil and so on. I doled them out to her and she greeted them, holding them up to see, smelling them, and trying to recall their names. "It's on the tip of my tongue," she'd say, and I prompted her. "Thyme, of course!" or "Yes, rosemary!" or "Sage, oh yes, you put it in chicken stuffing." The words were like old friends, too, coming back with the memories. She used both types of parsley in Australia, but she remembered England: her father bringing vegetables from his allotment, her life as a single mother when her husband was away in the War. On other occasions she would tell me about myself as a child, sometimes more than I wanted to know.

Now that my own memory is not what it was, I need her example. She was aware of what was happening, and was gracious. "Did I just say that?" she said with a laugh. Many like her are content to live in the moment, but others are less fortunate, worried by the new uncertainties. Recently I woke with a start, anxious about a childhood fact forgotten. Nowadays I could just reach for my phone, press buttons and have the answer. Still, I lay for a while thinking about the anxiety - how unreasonable, yet so real at the time. So I got thinking of 'the homes' and the effort that goes into giving peaceful security to residents, even as far as dementia-aware architecture. I thought of how music is being used in aged care, and of Christadelphian Aged Care's efforts to provide pastoral care appropriate to residents' beliefs and needs.



I hide behind a cowardly joke, appealing to you in tourism talk: "Be moved to see how happy the old folk are when a baby comes to visit! See them love their own grown up children! Be thrilled as people wind back forty or fifty years when given the chance to sing! Marvel at the long patience and good humour of staff! Be amazed by the enduring love of those who visit and visit again!" But joking doesn't help: we need gratitude, duty and love together, bringing their own peaceful happiness.

Every day is different, as health, perception and memory itself vary. Some old folk might not recognise their own family, yet might still connect with them through the words of songs. Others can take you back to an old Australia, with backyard tennis courts, sawdust on the floor of butcher shops, feats of endurance or marksmanship in the bush, or nation-building immigration. Another tells inside stories of old scandals in politics and business, others are happy to talk about their families.

We live with sadness, and regret for words not said or gestures not made, but I have never heard friends or family regret visiting their loved one too often. It is hard to visit, to find time, to get through traffic, to walk in and perhaps see a loved one's deterioration; and it can be terribly hard to say goodbye and take fresh memories straight back out into the traffic - but we will always be glad we did it.

By Bruce Philp, *Volunteer Pastoral Carer, Southaven*

Bereavements

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



Volunteer Corner



With Christmas fast approaching and 2017 coming to an end, this can be a time of reflection over the past year. It's also a time celebrating with our families and friends. Often we are left in bewilderment how fast the year has gone. And before we know it the New Year has started.

Although the 25th of December is meant to be the birthday of Jesus Christ, this day is celebrated by billions around the world as a day of religious celebration, and a day of cultural significance. Nearly all of us will enjoy this day with one another, and family and friends, and spend time with each other celebrating and enjoying each other's company. But we always need to be mindful of others around us, that they may miss out and not be a part of the festive celebrations.

Whether we choose to believe that Jesus was born on this date or ever existed at all, the Bible records for us some of the wonderful teachings and the Principles of Jesus. These are we are to forgive one another, not to judge on another and love your neighbour as yourself. We should also remember that Jesus was crucified as the King of the Jews, and he took it upon himself to be a servant to all those around him. His claim was that he was the son of God, and yet he often had no place to sleep at night and had no earthly possessions to rely on. If our world was to practice these principles of Jesus every day, not just the one day of the year, we would all live in a very different world, full of peace, love, and goodwill to all.

I often find my role in Pastoral Care is to help others in many ways. I have to consider the person as a whole, and the spiritual side of a person can be anything from the relationship they have with their God, or the realisation that a higher power might be acting in their lives. Others will have a deeper understanding that their life and the way that they interact with others is their faith and understanding of the meaning of life. And this is not found in a church, temple, mosque or synagogue.

It's very important to connect with a person at many levels, as this is all part of the spiritual and emotional health of that person. This has included such things as fixing a resident's wheelchair, to helping at bingo, or getting involved in the recommissioning of the fish pond and fountain. Or such activities as helping with the sweepstakes for Melbourne Cup, or any activity that can put a smile on someone's face. Ultimately my role is to make sure that I get to know everyone and that they will feel comfortable and happy around me.

My role working and recruiting our Volunteers has been a wonderful experience I often amazed at the time and effort that they go to for our residents. They are a wonderful contribution to Chamberlain Gardens.

I thank you residents for making me feel so welcome and wish you all the best for the festive season and the New Year. Best wishes, *Mark*



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

Mark Vickers on 4329 8000

or mvickers@chomes.com.au

Volunteer & Pastoral Care Coordinator

Volunteer Corner



SPOTLIGHT ON A VOLUNTEER

Julie Grimley

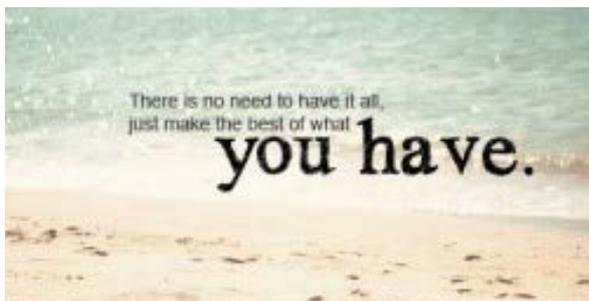
I have been volunteering now for four years. Being a volunteer at Chamberlain Gardens Age Care for the past 10 months has given me much pleasure and the staff are so friendly. After losing my parents at a young age I find interacting with the residents very fulfilling. I have helped with activities and administration.

I help Gail with craft on Thursdays, which is one of my hobbies. It makes me happy to be able to pass some of my creativity skills onto the ladies. Even my sister comments how I talk about this with a smile on my face.

It is a great to see we are getting more ladies down to participate with craft activities. They give it their best shot and can end up being quite creative, and this also includes a good old chinwag, which these lovely ladies also enjoy (mind you, so do I). We have lots of laughs, and play games. They keep me on my toes playing snakes and ladders.

I really look forward to these days knowing I will leave at the end of the day with a large smile on my face.

As I am a widow now, doing my volunteer work has given me that new strength in life and I know I was meant to go on this journey. It has helped me tremendously as it has also helped our residents.



We all get heavier as we get older because there's a lot more information in our heads. So I'm not fat, I'm just really intelligent and my head couldn't hold any more so it started filling up the rest of me!

That's my story and I'm sticking to it!

HAPPY new year

Wishing you
12 Months of success, 52 weeks
of laughter,
365 days of fun, 8760 hours of joy,
525600 minutes of good luck
and 31536000
seconds of happiness.



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Read, Rest & Relax!



Mango Meringue Bites

- 2 small ripe mangoes, peeled, chopped
- 2 tablespoons caster sugar, plus 3/4 cup extra
- 2 tablespoons lime juice
- 2 egg yolks
- 75g butter, chopped
- 24 mini tart shells
- 3 egg whites



1. Blend or process mango, sugar and lime juice until smooth. Transfer to a medium saucepan. Whisk in egg yolks. Place over medium-low heat. Stir constantly for 6 to 8 minutes or until mixture thickens and coats the back of a spoon. Remove from heat. Add butter, one piece at a time, whisking until combined. Cool for 5 minutes. Place tart shells on a large baking tray. Divide curd among tart shells. Refrigerate for 3 hours.
2. Preheat grill to high. Using an electric mixer, whisk egg whites until soft peaks form. Gradually add extra sugar, 1 tablespoon at a time, until firm peaks form. Place meringue in a piping bag fitted with a 1cm fluted nozzle. Pipe meringue onto pies. Place under grill for 2 minutes or until tops are lightly browned. Serve.

Makes 24

P₃ U₁ Z₁₀ Z₁₀ L₁ E₁

A₁

G₂

E₁



Word Sudoku

Word Sudoku adds a twist to the usual sudoku which makes the puzzle a little more interesting. 6 different letters are used instead of numbers.

The basic goal remains the same: every row, column, and 2x3 square has to contain one of every letter used in the puzzle.

T		V			N
	D			N	E
					V
		D	N		
	E				

ADVENT

	E				L
A		S			
B					
	B			A	
			T	S	

STABLE



MANGER

JOSEPH

			E		
			N	R	M
		N			
G			A		
		R			
	M			E	

H				O	
S		J			
	J			E	P
	E	O		J	