

Christadelphian Aged Care
2017/18 SUMMER NEWSLETTER

CASA MIA

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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 Casa Mia



Dear Residents and Families,

It is so nice to say goodbye to the cold weather and enjoy the warmer months. Our garden has sprung to life over the recent weeks and it is so lovely to see so many people enjoying it.

As Christmas approaches, please let staff know of any special arrangements that you are making for Christmas Day. This is to ensure that we have your loved ones ready for any special event or visit that you may have on this day.

We would like to invite you to our Christmas Function on Thursday, December 14. Please see any member of the RAO team to purchase tickets. Let's hope that the day is a nice one and not too hot.

Thank you to everyone who attended our Breakfast at Tiffany's High Tea. We had a great day and hope that you enjoyed the event.

From all the staff at Casa Mia, we would like to wish all the residents, relatives and volunteers a peaceful Christmas and New Year and look forward to continuing to care for your loved ones in 2018.

Kind Regards, **Sharon Fletcher**

Merry Christmas and Happy New Year!



News & Upcoming Events



| DECEMBER | JANUARY | FEBRUARY |
|-------------------|-----------------------|-------------------|
| 2 Shirley Ross | 14 Marie Dalla Bona | 8 Andraya Abdilla |
| 4 Dennis Lewis | 17 John Budge | 12 Gwen Stapleton |
| 11 Brian McCudden | 18 Guiseppe Tripolone | 15 Nick Giameos |
| 15 Edna Lambie | 21 Hazel Clarke | 15 Marie Safi |
| 16 Daniel Hogan | 24 William Ojala | 16 Shirley Leamey |
| 21 Robert Kidd | 26 Reinelde Raunjak | 25 Helen Wilson |
| 23 James Finn | 31 Reginald Johnson | |
| 25 Rachel Miller | | |
| 28 Carmine Ara | | |
| 29 Jack Brown | | |
| 29 Nancy Hirt | | |



UPCOMING EVENTS

DECEMBER

- 8th - Christmas Cafe
- 14th - Christmas Lunch
- 19th - Christmas Lights Bus Trip
- 21st - Carols by Candlelight
- 25th - Christmas Day
- 26th - Boxing Day

JANUARY

- 1st - New Year's Day
- 26th - Australia Day

FEBRUARY

- 14th - Valentine's Day with Ballroom Dancers
- 16th - Chinese New Year/ Lunar New Year - Year of the Dog -



facebook.com/christadelphianagedcare

CASA MIA CHRISTMAS PARTY

Outdoor Australian Summer Christmas

THURSDAY 14 DECEMBER 2017

11am Entertainment in the garden

12noon Lunch is served outside

Please book at reception.

We have space for only two family members per resident to attend.

Cost: \$10/head

RSVP by Friday 08/12/2017



Casa Mia Carols by Candlelight

Thursday 21 December 2017
at 4pm

followed by tea and
Christmas cake

All families welcome



Activity Reviews

HIGH TEA - BREAKFAST AT TIFFANY'S



This year for our big event, we chose to do a “Breakfast at Tiffany’s” theme. All families and friends of our residents were formally invited to the event and our residents were looking forward to this day for a while.

The day finally came and it was all hands on deck. The ladies were dressed beautifully in their best clothes with pearls and fascinators while the men were looking handsome in their best clothes pulled together with a bow tie and suspenders. Staff dressed as Audrey Hepburn and didn’t they look the part!

The tables were decorated with beautiful white table cloth, an aqua glitter runner, white feathers and bling. There was an entrance arch dressed with flowers, tulle and more bling, the original movie playing in the background and gentle harp music wafting through the garden. There was a photo booth with life size cut outs of Audrey Hepburn and it wouldn’t have been complete without the decadent chocolate fountain that everyone seemed to enjoy.



The food was just wonderful - cooked by our amazing chef Rune with help of the kitchen staff. On the menu was mini pizzas, lasagne cups, three-flavoured meatballs, pancakes with jam and cream and macaroons. But it wouldn’t have been a high tea without the wonderful cake and cupcakes made by one of our residents, Heather’s niece, Jenny. Both the cake and cupcakes looked way too

beautiful to even eat! She is one talented woman and it was so delicious!

At the end of the day, when the residents said goodbye to their loved ones, the families all gave the staff wonderful feedback on how delighted their mum or dad felt that day and how wonderful the staff were. We couldn’t have asked for a better outcome for our big event and look forward to next year’s.

On behalf of the RAO team, we would just like to say a big thank you to all the families and volunteers who came and helped make the day as successful as it was, to Sharon our boss for helping with everything that day and all your bright ideas that come to life, and to all the staff who helped to delight our residents.

See next page for more photos



High Tea - Breakfast at Tiffany's



Activity Reviews

HALLOWEEN

On October 31, Halloween was celebrated with the original movie Dracula served with delicious brain cake and spider drinks. Residents were a little scared with the movie choice but ended up really enjoying themselves. Some residents said that the way the room was decorated made the scene so spooky, as staff had decorated with spider webs, pumpkin heads, fake blood, dripping candles and signs saying trick or treat to set the mood for the year's scariest day. Throughout the movie, staff also gave out lollipops that looked a lot like ghosts which had been



made together by some of the residents and staff.

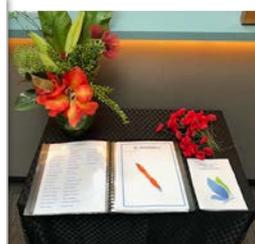
All in all, the residents who don't enjoy spooky and scary scenes said they had a fun afternoon and were very delighted with the effort the staff had put in with décor and dressing up.



MEMORIAL SERVICE

We held our annual Memorial Service on Wednesday afternoon, November 22 to remember and celebrate the lives of residents we knew and love. A large number of family members came to join us in remembrance and share afternoon tea with us.

We had beautiful white doves to release afterwards, when thankfully the rain had stopped, and this year had a poppy memorial wall as well.



Activity Reviews

PET THERAPY

Once a month, the wonderful Velette brings her gorgeous dogs, Sophie and Honey, to visit the residents at Casa Mia. The residents look forward to this visit as they enjoy the company of Sophie and Honey and love how gentle and loving the dogs are towards them and how well they can pose for a photo. Velette is just as sweet and is always up for a chat when she comes to see our residents.

We are very thankful for Velette and her beautiful dogs and also thank family members who bring their dogs (and even cats sometimes) to delight our residents.



Activity Reviews

MEXICAN DAY

Each month we 'discover' a different country and in October it was Mexico. It was a day to remember. We had our wonderful Nicole (RAO) play on her ukulele and Rochelle (RAO) to sing la cucaracha for the residents, giving out facts and also having a shot at the piñata, while Carlton (RAO) and Amy (RAO) were serving margaritas and Coronas with Doritos and guacamole.

Staff dressed up in sombreros and ponchos to set the mood while dancing around with residents to Mexican music.

Some residents said it was quite an event and such a laugh. They enjoyed the entertainment along with the food and beverages that were served and to top it off the lollies they had gotten from the piñata.



70 YEARS OF CAC + PHOTO EXHIBITION

In August this year, Christadelphian Aged Care celebrated its 70th anniversary with a gala event at Southhaven, and the launch of a photo exhibition. This exhibition features photos of residents from each of our Homes, including Casa Mia resident Shirley Leamey, which were submitted by her daughter and son-in-law. The exhibition has travelled to each of our Homes over the last month, and last week came to Casa Mia. We had a small launch and morning tea, and residents, staff, family and volunteers were able to enjoy the photos which were placed along the partitions in the Home.



Activity Reviews

MELBOURNE CUP

The race that stops the nation was finally here and with the days leading up to it, Vicky (Jessie's daughter) was just amazing with her help and organisation of the sweeps. We wanted to give the residents the WOW factor. A few years back we had a pony come and visit the residents at Casa Mia and it was very successful, so we decided to do it again.

In the morning Sue (RAO) and Amy (RAO) went around to each section to doll the ladies up and make the men look handsome as always. The ladies put on some make-up and fascinators while the men wore top hats and bow ties. The pony came in the morning and did a walk through and each resident got a wonderful photo.

After lunch, the residents sat themselves in front of the TV getting ready for the race of year. Sue and Amy dressed up as if they were at the races and served the residents bubbles and snacks. When the race was on, the residents cheered for their number and Brian was delighted to get the trifecta. The residents said they enjoyed their day and was very happy with the pony walk through.



Activity Reviews

KRIS'S FEATHERED FRIENDS

Kris and John Stanley visit Casa Mia twice a year and take photos of the residents with their beautiful birds. The residents enjoy looking at the different birds which Kris and John have rescued or bought over the years, and are able to hold or touch them.

Kris is quite a character with pink hair and outrageous outfits, and her husband John takes stunning photos which they give to people to remember their visits.



Resident Story - Richard & Audrey Wilson



Richard was born in Balmain in 1924, and Audrey was born in Willoughby in 1927, as the youngest of four children. They met through Audrey's brother-in-law, who gave Richard Audrey's phone number. Richard admitted he was really nervous about phoning to arrange a meeting, but they married in November 1946, and have just celebrated their 71st wedding anniversary. They had three children and have been blessed with 15 grandchildren.

Audrey left school at 14 and worked as a machinist at a factory making ties and shorts for the Australian Defence Force, while Richard installed Fire Protection systems in buildings all around Sydney.

They have travelled as a couple to New Zealand, but their favourite family holiday spot is Nambucca Heads in NSW. Audrey says that the highlight of their married life has been their family and when asked what she feels the secret to a long and happy marriage is, she said, "give and take". Richard said, "Do what your wife tells you to do" and added that retirement for wives is "twice as much husband and half as much money!"

Staff News

Christadelphian Aged Care has launched an initiative to enhance the cultural ethos in all our Homes and Villages. Each Home has advocates to encourage the staff to participate and promote the four signature behaviours and attitudes:

- ✦ We always work to delight our residents
- ✦ Understand, solve and deliver
- ✦ Do what we say we will do
- ✦ Work together, achieve together

The Casa Mia advocates for the culture change program are:

Desiree (RN), Cathy (Pastoral Care/RSO), Rosan (CERT IV RN), Pritim (AIN), Vince (AIN) and Pam (AIN)



Other news... ▶ Charles became an EN and passed with distinction

- ▶ Our wonderful physio Adrian and his beautiful Gabby got engaged in November
- ▶ Abhi and Swati got their registration to be Registered Nurses and CeeCee also qualified as a Registered Nurse. Congratulations!
- ▶ Vince became a father of a gorgeous baby boy *(photo)*
- ▶ Sue G's 10th grandchild was born in Queensland and number 11 is on its way, and Susan (AIN) also became a grandmother this month
- ▶ Yvonne is helping out at Courtlands as a Care Manager
- ▶ Desiree spent 10 days in Mexico with her daughter



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



Kerry is Richard and Audrey Wilson's daughter. Very soon after her Mum became a resident at Casa Mia, Kerry said she was keen to run a craft class on a Tuesday afternoon when she saw how much the residents enjoyed 'Painting with Jack'.

So she began **Kerry's Kraft Korner** and has lots of creative ideas to share.



VOLUNTEERS
don't necessarily
have the time;
they just have
the heart!



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

Cathy Strachan on 0435 814 411

or cstrachan@chomes.com.au

Volunteer & Pastoral Care Coordinator

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

Word Sudoku

G₂

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.

E₁

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

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STABLE



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JOSEPH

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