

Christadelphian Aged Care  
2017/18 SUMMER NEWSLETTER

# COURTLANDS, WESTCOURT & NORTHCOURT

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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 Courtlands, Westcourt & Northcourt*

Dear Residents and Families,

I officially commenced my Facility Manager role on October 23, 2017 after a few months of working closely on the floor monitoring care, meeting you all and generally assessing how Courtlands and Northcourt are run. I have been welcomed here by all and what I have found is not only that Courtlands and Northcourt are beautiful on the outside but also on the inside. I can truly say that we have a very passionate and dedicated team of staff who genuinely care for our residents and families.

As you know, we had our accreditation in September and I am very pleased to say that we have passed all 44 standards with flying colours. That is a huge 'well done' to our team, but also a big thank you to you all for your kind words and compliments to the accreditation team. We are always striving for excellence and I am currently dealing with the individual concerns you all have. Please be reassured that if there is a reasonable, achievable concern or suggestion then I will endeavour to find a solution. Thank you to those who have already conveyed your suggestions.

Food and cleaning seem to be a concern here and let me assure you I am working closely with the Hotel Service Manager to improve both. You should be seeing an improvement in both and we will keep moving forward with issues as they arise. Another concern I hear is about Communication. I plan to improve communication to you all and I will endeavour to keep you all informed through meetings and open door policy. Please come and see me if you have any concerns.

The Terrace refurbishment should be underway in the next few weeks, we are just waiting on final approval before the shovel falls. I thank you all for your patience with this project and its extension in commencement date due to unexpected issues. The refurbishment should be over approximately a two-year time frame and will be beautiful once completed. We will try and ensure as little disruption to you all during this time, however I would also ask you to be patient with us during this period.

*Continued over page*



# Manager's Message *continued*

Halloween was a great success with staff and residents dressing up and I have never seen so many "scary witches" in one place. Our residents had a great day and enjoyed the lollies and sweets that we distributed around to all areas. It was so wonderful to see all the smiling faces and I loved all the extra cuddles I got. Prizes went out to the best dressed – well done Mala.

Melbourne Cup was also a fantastic team effort with some wonderful hats displayed. Again a great effort and big thanks to the amazing leisure and lifestyle team for all their efforts. I would like to mention the very creative hat displayed by our Terrace resident Mr Charles Cowper for his Rat in the Hat display.

As we are now moving into the "party season" I would like to say that I am looking forward to spending time with you all and enjoying all our proposed festivities.

\* **Grove:** Friday, December 1  
@12pm in the Village Lounge

\* **Northcourt:** Thursday,  
December 7 @ 12pm

\* **Self-Care:** Thursday,  
December 14 @ 6pm

\* **Vista:** Tuesday, December 5  
@ 12pm in the Vista lounge

\* **Grange:** Tuesday, December  
12 @ 12pm

\* **Terrace:** Tuesday, December  
19 @ 12pm

**Please come and enjoy this special time with us.**

Once again I am delighted to be a part of this amazing team of wonderful residents and family members, and dedicated hard working caring staff and I look forward to, hopefully, a long successful relationship with you all. I wish you all a wonderful and safe happy Christmas.

Kind Regards, **Elaine Mc Rory** - Facility Manager

## Senior Village Manager's Message

The Christmas lights are being put up around the Villages and Homes and everywhere is sparkling. I would like to thank the Social Committee and Christadelphian Homes for their kind donations once again this year.

The little bit of rain we received has encouraged the plants to shoot and green up.

The agapanthus are starting to bloom and the roses are onto a second flush. A

number of residents have asked why we don't have a compost bin. I'm pleased to let you know, we now have one. You are encouraged to place green items (high in nitrogen) such as fruit and vegetable scraps; coffee grounds and tea leaves (including tea bags - remove the staple first) brown items (high in carbon) such as leaves, old flowers and weeds. Please be mindful of the scraps you place into the bin, no citrus products, as this is a "living" environment. The compost bin is located near Stage 3 bin area. If you have any questions or suggestions please speak to one of the Landscape Solutions team who will monitor the compost bin, turning and watering as needed. You are reminded not to feed the many beautiful birds that visit our gardens. They are wild birds and partake of a specialised diet. The scraps given to them may be harmful.

Thank you to the residents who attended the recent Emergency Awareness sessions. We now have a good understanding of the types of potential emergencies that may occur and can determine our priorities during an emergency. We know where the Assembly Points are and have been reminded to advise Reception when we will not be "at home" or have visitors staying for a few days. Our Emergency Advisors (Adairs) have requested the Assembly Point located at the end of the Walden Street Entry be removed as this area is a dead-end meaning escape from here would be difficult. This signage will be removed shortly. If you have any concerns regarding Emergencies, don't hesitate to discuss these concerns with Manjula or myself.

As Christmas Day draws closer, and the many functions most of us will attend, remember to pause and have a word with a neighbour or another resident we may not know so well, as this can be a lonely time for some.

On behalf of Christadelphian Homes, I would like to wish all residents, families, staff and volunteers a safe and a blessed Christmas. May God bless each of you every day.

Kind Regards, **Jane Burns** - Senior Manager, Retirement Villages





# Happy Birthday!



DECEMBER	JANUARY	FEBRUARY	DECEMBER	JANUARY	FEBRUARY
<b>Self Care</b>	<b>Self Care</b>	<b>Self Care</b>	<b>Grange</b>	<b>Grange</b>	<b>Grange</b>
11 Dennis Smith	1 Rita Corrie	13th Judith Mulvena	24 Noelene Pettitt		11 Anthony Williams
13 Peggy Smith	4 Jan Stoker	18 Frances Lewis	24 Valerie Farrell		
15 Magda Mittag	5 Joy Boehm	19th Andrew Kerr	<b>Vista</b>	<b>Vista</b>	<b>Vista</b>
20 Denise Moran	5 Eileen Kemp	21st James Gibbings	11 Jill Harris	1 Mariam Tawil	6 Maxine Mcilwain
20 David McConnell	5 Joe Lewis	23rd Margaret Lake			
22 Esma Winkley	6 Terry O'Brien	26th Basil Searle	<b>Terrace</b>	<b>Terrace</b>	<b>Terrace</b>
23 Noel Dunn	7 Dorothy Green	26th Bruce Sinclair	30 Lillian Reed	5 Lindsay White	22 Essie Denley
	9 Lynn Mclauchlan	27th Suzanne Vanbeurden		11 Pat Carden	
	11 Boris Shuchman			12 Maureen Wishart	
	12 Fay Salmon			13 Daphne Chappell	
	15 Margaret Baker			18 Yvonne O'Donoghue	
	19 John Green			20 Norma Fenwick	
	22 Faye Dunn		<b>Northcourt</b>	<b>Northcourt</b>	<b>Northcourt</b>
	26 Richard Fox		23 Maria Casella	3 Bruce Holden	
	27 Val Slarke		<b>Grove</b>	<b>Grove</b>	<b>Grove</b>
	28 Paul Crossley		13 Jane Graham	20 Lillian O'Neil	3 Winsome Bradshaw
	31 Marie Larkin				10 Eugenia Bekiaris
					21 David Baker
<b>Westcourt</b>	<b>Westcourt</b>	<b>Westcourt</b>			21 May Ward
		9 Thelma Sandanam			

# Activity Reviews

## VISTA

In the last few months here in Vista, the residents continued to test their knowledge with a variety of quizzes, board games and crossword puzzles. While they continued to test their knowledge, they also tested their body in Gentle Exercise which incorporated dance and boxing.

We have had quite a few special events in this past season, just to name a few: Father's Day BBQ, Halloween, Melbourne Cup and a Ten-Pin Bowling Bus Outing to Castle Hill AMF Bowling.

Halloween was a blast especially where spiders crawled all over the Home and left a trail of cob web behind which took a while to finally clear.



## GRANGE

We would like to welcome our new resident Mary Stephen.

Melbourne Cup Day was a blast with beautiful hats and fascinators. We also celebrated Halloween when residents and staff looked amazing in their outfits with prizes given out by our Facility Manager. We continued our lovely bus trips, board games in the dining room, quizzes, garden walks, happy hour which they look forward to and room visits to residents.

We are looking forward to our Christmas Party on Tuesday, December 12.



In December in the Grange we will enjoy picnics and scenic bus trips, Anglican Mass and Catholic Rosary Garden walks and old time movies. We will

also be making Christmas craft. Our Mens Group continues to meet once a month on a Tuesday afternoon. We still enjoy our Pet Therapy with Kay and Bonnie, happening each Tuesday. We hope you have a Merry Christmas and Happy New Year.

- Rhonda

# Activity Reviews

## GROVE

We celebrated Father's Day with a BBQ in September. Residents have been enjoying a number of activities like concerts playing cards and soft ball games. Residents also enjoyed Melbourne Cup day with an entertainer and continue to enjoy bus trips, pet therapy, beauty therapy and aromatherapy.



## TERRACE

The Terrace has had a fun few months with different activities. The Men Club brewed their own beer! We celebrated birthdays, Melbourne Cup and went on a lovely bus lunch to Brooklyn for fish and chips. It was a beautiful day relaxing.

We enjoyed a short drive to Parramatta Park to Wisteria Gardens, where we missed its flowering, however we saw other beautiful flowers. The gardeners even gave us two bunches to take home!

We had a bit of fun with Halloween where a few dressed up and were giving out treats. Residents also love their ice cream trolley each month.



# Northcourt - Photos

*Melbourne Cup*



*Bus Trip*



*Halloween*



*Congratulations Jim on your 100th birthday in November!*



# Resident Story - Ivy Jaganath



Ivy Jaganath is 81 years old and lives at The Grange in Courtlands Village. She grew up in Toorak, Suva, Fiji Islands and attended Dudley High School, one of the well-known Methodist Schools in Fiji and then went to Nasinu Teachers Training College to become a primary school teacher. Ivy has three handsome sons and six gorgeous grandchildren. She taught at a few primary schools and after that she had a call from Gospel Church Committee asking her to teach at Gospel Primary School. She was one of the pioneer teachers there in Suva back in the 1960s. She was the first Indian woman to play golf in Fiji and won the game in New Zealand representing her country. She went to the India Golf tournament where she met all wealthy golf players. Ivy migrated to New Zealand with her husband to be with their two sons and continued

her teaching studies at the Auckland College of Education. Nine years later, she migrated to Australia. Her husband and son's death soon after left her emotionally distraught, but she fought on, doing voluntary work for five years at Westmead Hospital in 2001, where her husband died. She volunteered to be part of the 2000 Olympic Games doing ticketing. Ivy spent most of her time teaching English as a second language training program to migrants from China and India in 2007.



She was awarded certificates for her dedication to the Community of Prospect, and the Certificate in Recognition of her contribution to our community. Ivy has her oldest son back in Fiji running his own business, The Roofing Industries Limited in Lami town, the next suburb to Suva the capital city.

Her favourite phrase is *"Love isn't love until you give it away"*.



## Staff Profile - Priyanka Shah



**Cert IV - The Vista East** I am Priyanka Shah and born in Ahmedabad, Gujarat, India. I live just around the corner but will soon be moving to Wentworthville so will be around 7km from work. I am based at The Vista East doing maximum of morning shifts taking care of 24 residents. I like the management and staff here and the cheerful Leisure and Lifestyle team. I have been working here for almost a year now as I started on November 25, 2016, and every day I enjoy learning new things, especially to do with medications, looking after residents and families.

I had to leave family back home in India in 2011 to join my husband here. Let me tell you a little of how I got to meet my Mr Right. I was a jewellery designer back in India, which is my uncle's family business. One morning, as I was fiddling around on internet, I found this man and we started to chat and skype trying to know each other well. The days went by and we lived alone living thousand miles apart. After six weeks of this constant contact on the net, he flew over from Australia to India to meet me and my family. Within four weeks of his stay, we agreed to get married with the endless support and great help from both the families. We got married! My husband is a Gujarat but Australian citizen and helped me migrate across and further my studies. I turned 32 in March this year and though missing my family who are back home and one sister in Perth, am now expecting an active baby girl who is due in January 14, 2018. It will be a lot of fun in my own cute little family. I love living in Australia as I see a lot of opportunities in life for me and my unborn baby. I will become a citizen very soon. May God bless us all!

# 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



A big thank you to all our volunteers for their hard work at Courtlands and Northcourt over the past months; running activities, providing companionship to our residents and for all the help with preparations for Father's Day and Melbourne Cup celebrations.

We had a visit from the **Puff the Tragic Wagon** and the volunteers from the **Bushfire Brigade**, who chatted with our male residents about the amazing restoration of the old fire truck, its busy life now and its plans for retirement.



Please let me know if you would like to be involved with our volunteer activities here at Courtlands and Northcourt. Current positions available are:

- \* **Christmas Helpers** - To help with Christmas preparations, decorations, parties and ensure that our residents have a wonderful Christmas, to help our staff with all the extra preparations and activities at this very busy time of year
- \* **Christmas Light Installer** - Installation of Christmas garden light decorations
- \* **Chicken Enthusiast** - To participate in all areas of chicken care and encourage resident and chicken interaction (*for more info, see next page*)



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

**Sherene Noble on 0433 622 573**

**or [snoble@chomes.com.au](mailto:snoble@chomes.com.au)**

**Volunteer & Pastoral Care Coordinator**

# Volunteer Corner



## Feeling a little fowl? This will make you plucky!

Please welcome our newest baby volunteers who use chook power to brighten the day of residents here in Courtlands Village.

Our Mother Cluckers program uses chickens to combat the social isolation and loneliness often experienced by our residents.



Residents, staff and volunteers are encouraged to get involved in all aspects of chicken care – feeding, cleaning, collecting eggs once they are laying and getting to know the chickens.

It could be said the chickens give residents who are often cooped up a reason to get outdoors and be more active.

We are currently looking for volunteers to help with our chickens who give people a reason to cross the road! Chickens reinforce the human-animal bond that is important to older people who have often had their own pets at home.

Volunteers' duties include fostering interaction between the chickens and the residents, (who are sadly no longer spring chickens), cleaning the chicken palace built by Parramatta Men's Shed, feeding and ensuring the chickens' well-being.

If you're feeling peckish, you may even grab some popcorn and watch a chick flick with the residents or egg them on as they get to know their new feathered friends.

Volunteers are needed for between one and four hours over seven days - or more if you're feeling cocky.

Opportunities like this are as rare as hen's teeth and there's no need to wing it – training is provided and we won't work you around the cluck so you're totally basted.

*The only qualifications needed?*

**Must love chickens!**

So don't chicken out, don't just tweet about it, hatch a plan today and get in touch with Sherene.



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

**Sherene Noble on 0433 622 573**

**or [snoble@chomes.com.au](mailto:snoble@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

P<sub>3</sub> U<sub>1</sub> Z<sub>10</sub> Z<sub>10</sub> L<sub>1</sub> E<sub>1</sub>

A<sub>1</sub>

G<sub>2</sub>

E<sub>1</sub>



# 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	