

RIDGEVIEW

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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 Ridgeview



It has been a pleasure to be able to be offered a role as Facility Manager and Michele as Care Manager at Ridgeview. The Home is really beautiful and the staff, residents and families have been very welcoming to us both. It is definitely a lot warmer than Cooma where I spent the last three years watching the snow fall by the fire. The warmer weather here gives me an excuse to go shopping for new clothes.

It is lovely to arrive each morning to the smiling faces of residents and staff and the lovely smell of fresh hot breakfast wafting through the Home. We have a very busy time coming up with Christmas around the corner and December being particularly exciting with a large number of resident birthdays. All the staff are looking forward to celebrating the festivities with you. We will be having a lot more outdoor activities over the summer months so it's a lovely time to buy your family member a wide brimmed hat and light summer clothing if they do not already have them. Families are very welcome to join in the activities which will be posted in our activities calendar.

As Michele and I have had many years of experience in aged care we are looking forward to ensuring that resident care is a priority and remains at a very high standard. We welcome feedback from all stakeholders and would love to meet as many families as we can to ensure we offer the best possible service. Aged care is an ever changing area at the moment and as you would all be aware we are going through our reaccreditation process. You will see many staff from head office at the Home, and they would love to listen to your feedback on how we can help new residents settle in and how current residents' experiences can be improved upon.

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Manager's Message *continued*

Katie our previous care manager has taken on the role as educator on a casual basis as Lee has recently left us and, Trudi our ACFI and compliance officer now has another team member Sue. Sue has offered to help Trudi over the next three months to assist with family conferences and care planning, so you will hear from them both to discuss with you your loved one's care.

Our residents have amazing life stories to tell and we would really appreciate it if families and residents could speak with us regarding 'their story'. The past is often not spoken about, yet we find that if we are made aware of someone's life experiences we are able to tailor our activities and care around what they are genuinely interested in.

Again, thank you for our warm welcome and if we can assist you in any way please let us know.

Kind Regards, **Debbie Payne**

News & Upcoming Events



DECEMBER	JANUARY	FEBRUARY
4 Bozna	6 Peter	3 Lucie
4 Rosemary	9 Stella	4 Patricia W
7 Shirley	9 Eileen	5 Stoja
7 Ella	11 Jose	5 Eloi
10 Jean	17 Alice	7 Kathleen
12 Patricia L	20 Anna	14 Vicki
19 Hannah	24 Irene	18 William
19 Corrie	29 Thomas	23 Maria M
21 Doreen		25 Sibella
23 Maria K		26 Lorna
24 Dennis		28 Barbara
28 Max		
31 Bernie		



UPCOMING EVENTS

DECEMBER

4th - Silver Bell Tappers

8th - Happy Beats

8th - Ainslee Collection

12th - Christmas Parties

20th - Krises Karaoke
Christmas Concert

TBA - Christmas Light Tours



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



facebook.com/christadelphianagedcare

Activity Reviews

SAPPHIRE

Hello from Sapphire! We have had a busy three months. The Halloween fun day was a great success. Our morning trivia reminisce is enjoyed by many, and the Day Spa is loved by all that attend. Our Bus Trips are quite an adventure now with us attending different places each week for morning tea. Also, once a month we enjoy a Luncheon out at a club or garden. This month we are going to enjoy a barbecue in the Botanical Gardens. Christmas lights tours will soon be organised for December so keep an eye out for dates for your area. Look forward to the next three months with you.

Regards, **Vicki** (RAO)



Activity Reviews

AMETHYST

Amethyst residents are enjoying the new budgie bird aviary in the Amethyst courtyard. One of our residents actually makes sure they have water daily. Many residents and their families enjoy sitting outside watching their antics. Our Halloween fun day was a huge success and everyone enjoyed it. Amethyst Bus trips are now on a Wednesday afternoon. Our bus trips are enjoyed by all our residents. Our residents state the ice-cream is a good part of our bus trips. Christmas is fast approaching and we will soon have our Christmas parties and Christmas light bus trips. Be quick to get your name down. We look forward to the next three months.



Love **Jean, Stacey, Therese** and **Cheyenne** (RAOs Amethyst)

SUNSHINE

Sunshine is now in two sections - A and B, making it more fun and more activities for our residents. We now have bus trips on a Friday morning and are now doing a morning tea bus trip monthly. Residents are enjoying doll therapy, music and massage, and table games. Some of our male residents are also enjoying a daily game of pool. Our residents are also enjoying outdoor lunches in the Tranquillity Garden. We have four chickens living with us now outside of Sunshine. Residents are enjoying feeding and watching them grow. We hope to have some eggs soon. Residents are enjoying barbecues and our weekly Ukuleles group, where they dance along to their music. Looking forward to the next three months.



Love, **Stacey & Donna** (RAOs Sunshine)

ADULT DAY PROGRAM

The Adult Day Program has been running well. It utilises all areas of Amethyst and Sunshine, and with the warmer weather takes advantage of our outdoor courtyards. Craft is very popular in this day program. Our residents love to assist with



our Theme days and Armchair Travel days. We have a gardening club every Tuesday morning and a Men's Group on Thursday where they play table games and craft. As this program is a work in progress, we are constantly sourcing new ideas to entertain our residents. Ukeleles perform once a month. Residents from all areas are encouraged to attend.



Thanks, **Deb** (RAO)

Activity Reviews

LIFESTYLE TEAM

Halloween Fun Day was a great success—we raised \$513. We have purchased new CD players, and also reminisce boxes for our residents. Thank you to all for continually supporting us; we have wonderful families and staff.

Our residents enjoyed a wonderful **Melbourne Cup** afternoon with sweeps, bubbly and nibbles. A big thank you to our wonderful Kitchen team for always delighting our residents.

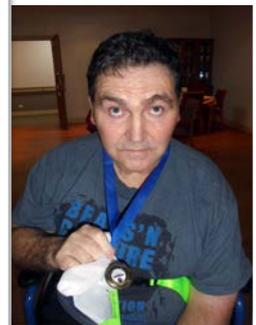
Christmas Parties are fast approaching. The residents' party is on Tuesday, December 12 from 11am-2pm. Santa will be here to visit, we will have a Christmas raffle up and running soon to be drawn on the day, there will be entertainment and a buffet lunch. Sapphire will have a party and Sunshine and Amethyst downstairs - looking forward to it being another great day.

We also have our **Christmas light bus tours** coming up in December (dates and time TBA).

Barbecues will become more regular once the weather starts to warm up.

Our four hens are loving their new enclosed area and we are hoping to get some fresh eggs soon.

Our residents have been enjoying **bowling** and were rewarded with a medal for 'Bowler of the Month'.



Please let me know of any ideas for our residents for luncheons and our morning tea bus trips. I look forward to the New Year and leading a great team. I am always available to chat about any concerns you may have about your loved ones. I can be contacted five days a week or by email klillie@chomes.com.au.

Thanks, love **Kim** (Lifestyle Team leader)

We are again asking for donations of Bingo prizes and also Christmas hamper prizes.

We thank you for your continual support.



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.

Activity Photos

Armchair Travel - India



Ridgeview Choir



Happy Days Cafe



Labelling of Clothing

Our dedicated Laundry staff will now be labelling all residents' clothing as they come to the Laundry. Through this improved process, we have been able to significantly reduce our lost property.

Please put items of clothing to be labelled into a plastic bag with resident's name. These can be given directly to a Laundry staff member or to Diane at Reception for labelling and returned to the resident's wardrobe.

Lost property can be viewed in the storeroom within the Sunshine area.

Please ask staff for assistance to open this room. *Thank you for your assistance.*

Your Name



Resident Story - Dennis Cook

Dennis was born in Corrimal and worked at David Jones. He met his wife Glenda at the dance studio doing ballroom dancing and they were married in 1960.

They moved to Woonona and then later to Warilla for 20 years, then Bermagui for 16 years before moving back to Barrack Heights.

Dennis has always worked in the steel or timber industry, and was in the National Service (Army) for two years when he was 18 years old.



Staff Profile - Bekki Gallagher



Hi, my name is Bekk and I have been nursing for nine years at Ridgeview. I have two boys and enjoy reading in my spare time and spending time with my family. I'm getting married in March 2018 to my partner of 13 years, Corey. I love watching football and my favourite team is the Parramatta Eels.

I've made many friends since working here and love to spend time with the residents as they always have a story to tell. I also have a Pug named Scar and a bulldog called Simba (all my animals are named after the Lion King Movie). I also enjoyed a recent cruise to Moreton Island. I look forward to many more years at Ridgeview.

Staff News



- * Anne O'Reilly has a new great grandchild on the way
- * Vikki Whilesmith has had her first grandchild - a little girl

- * We farewelled Karen (*pics below*)



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



Welcome New Volunteers

It is so wonderful to see our Volunteer program continuing to grow. Welcome new Volunteers - Chris, who is assisting with administration duties and Glenda, who is assisting with Knit n Natter, craft and various activities.

Knit n Natter partners with Operation Christmas Child

Our Knit n Natter group meets every Tuesday morning in the Sapphire Sports Lounge from 10.30am–11.45am and is run by Volunteers Jan, Jeanette and Glenda. We are excited to commence a new project by providing knitted items for Operation Christmas Child (*Albion Park Uniting Church*).



The residents will be knitting squares, which will then be sewn together to make a hand bag to be sent overseas with the Operation Christmas Child boxes.

We have also commenced a craft group on a Monday afternoon who

have been busy getting creative and decorating shoe boxes for Operation Christmas Child. This is a relaxing time to get together, have a chat and give back to those in need.

Donations of Shoe Boxes

If you have any shoe boxes that you no longer need, please give them to Diane at Reception. They will be decorated by the residents and given to Albion Park Uniting Church to be filled with goodies.

Tap along with the Ukuleles on Thursday morning

Our dedicated Volunteer Ukulele group of seven bring smiles and delight every Thursday morning. The group sing a variety of favourites, rotating in different areas of our home - Sunshine, Sapphire and Amethyst (Sunshine large dining room).

Check the Leisure & Lifestyle monthly program to see what area and time the Ukulele group are performing next.

Our residents look forward to these weekly visits, clapping and singing along as well as having a laugh or two.



Volunteer Corner



EST: 17
HAPPY DAYS
CAFÉ
RIDGEVIEW

OPEN MONDAY TO FRIDAY
9.30AM – 12PM

Cedar Lounge Room
next to BBQ area

Café may be closed if volunteers are not available. Self-service hot/cool coffee facilities in kitchenette.
We apologise for any inconvenience.

Update – Happy Days Café

We have made some further improvements to the Happy Days Café. After receiving so much positive feedback with our 'pop up' café downstairs, we will now permanently be located in the Cedar Lounge (next to the barbecue area). We are open Monday – Friday (9.30am to 12pm).

We will be making some minor improvements to the lounge area to accommodate seating and benches to store the café items. Families and residents will still be able to access the self service facilities in this area. I would like to thank our dedicated Volunteers who are running the café – Narelle, Rhonda and Carol.

We still require a Volunteer to open the café on a Monday. If you are available, please contact Michelle Chate - *details below.*

Memorial Service – remembering past residents

Last month, we held a lovely service in memory of residents who passed away in recent months. Residents, families, staff and volunteers joined together to support, comfort and care for one another.

Although this is a difficult time for both families and carers, it was lovely to remember and celebrate the love that each one brought into our lives - whether knowing them for a long time or just a short period.

Together we laughed, together we shed a tear and together we released two doves as a symbol of love and peace for our loved ones. It was a special moment we shared together.



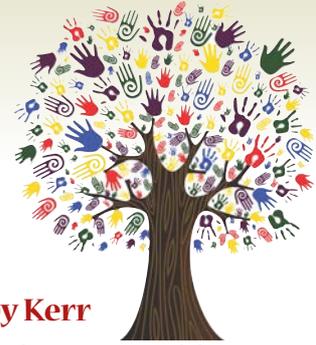
If you are interested in joining the Volunteer program, please do not hesitate to contact me:

Michelle Chate on 4235 7612

or mchate@chomes.com.au

Volunteer & Pastoral Care Coordinator

Volunteer Corner



SPOTLIGHT ON A VOLUNTEER

Rock n Rolling on Saturdays with Bobby Kerr



We are very blessed to have new Volunteer, Bobby Kerr coming in on a Saturday morning twice a month. These concerts alternate between Sapphire (upstairs) and Sunshine/Amethyst (downstairs).

A bit about Bobby...

I was born in 1944 in Whitletts, Ayrshire, Scotland. My grandfather, Robert Kerr, sang on the radio in Scotland. He was a silver tenor and sang mainly Scottish airs. I started singing at age five in school concerts and talent quests. The very first song I sang was a Bing Crosby song, Count Your Blessings in 1949. Getting up on stage never bothered me – the more I did it the more relaxed I became. When I was 12, our family moved to Australia and lived in Berkeley. I recently visited Scotland for the first time in 58 years. I didn't meet any musicians until I went to Berkeley High School.



When I was 14, I started listening to Cliff Richard, the Beatles, Elvis and did covers of their songs and started singing by myself. I sang at school dances and that's when I met two of the guys from The Marksmen – Lyle Maclean (lead guitar) and Neil Porter (bass). In the early '60s, they put an ad in the paper for a singer. So I auditioned and was told "you've got the job". The other members were Danny Coutts (rhythm guitar) and David Kirkup (drummer). We got plenty of work and would have been the best band in Wollongong at the time.

We won the Country NSW final of Hoadleys Battle of the Sounds in Canberra. Then went to Melbourne for the national grand final where we came fourth. We played at Lysaghts Christmas party and our guest artists were the Bee Gees. They had just brought out Spicks and Specks and were only kids. We played Zondraes, Pioneer Hall, Royal Hotel and Blue Haven Club. We brought out a record called But Why and Moonshine and it was said that Moonshine was the best garage record ever!

I stayed with The Marksmen for five years. I met Wendy at 17 and married at 22. We had three children and now have grandchildren and great grandchildren. As the band wanted to go professional and I was doing a boilermakers' apprenticeship, I became lead singer of The Nightwalkers. We played at least four nights a week and the band lasted five years. In the '80s, I got a group of guys together and adopted the name The Marksmen again. We were together for seven years. I also formed the Flashback Band, Cliff and the Shadows tribute band and duo Solid Gold.



When Wendy was diagnosed with lung cancer, I stopped playing for the last six months to spend time with her. She always said "you've got to get back into it, people like listening to you, I'm not going to be here". She said "promise me", so I did. Wendy passed away in September 2008.

And so at 70 years of age, I am still singing and performing and love seeing the enjoyment of people's faces.



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.

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	