

Christadelphian Aged Care
2017/18 SUMMER NEWSLETTER

SOUTHHAVEN

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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 Southhaven

Another eventful year is drawing to an end and soon we will be welcoming 2018! I am sure the future will be bright for us at Southhaven. We will see a lot of changes next year. Plans for another wing have been submitted to council for approval. The road down to Riverside will be resurfaced and decking is to be constructed outside the staffroom in Riverside. Any other works that affect you will be communicated to you prior to commencement.

Could I please remind you to ensure your loved one has enough clothing and that the clothing is labelled as we have a lot of unlabelled clothing in our lost and found section of the laundry. Please also be reminded not to place items on top of the wardrobes as they may fall and injure someone.

The resident Christmas lunch will be held on Wednesday, December 6. Relatives are not formally invited to this as we cannot accommodate due to room size restrictions.

The Relative Christmas cocktail party will be held on Wednesday, December 13 6pm-9pm in the cafe. Formal invitations will be sent with the December invoices. I hope to see you there.

The cafe will be closed on Christmas day but will re-open on Boxing Day.

We urge you to organise a wheelchair from your local chemist if you are taking your loved one out during the Christmas period. We are unable to lend out our chairs over this period as we will not have enough here for our other residents.

If you have any concerns please feel free to come and see me as my door is always open. For the best possible care we need to work together.

On behalf of the Southhaven team, I wish you all a very Happy and safe Christmas and an even better New Year. Kind Regards, **Peter Jessing**



News & Upcoming Events

UPCOMING EVENTS

Treetops & Blue Gum	Treetops & Blue Gum	Treetops & Blue Gum
<p>DECEMBER</p> <p>4th - ½ Day Bus Trip (Bluegum)</p> <p>5th - Horse Therapy</p> <p>7th - Entertainment with Ron Ashton</p> <p>7th - Residents Christmas Lunch</p> <p>8th - Presbyterian Church Service</p> <p>11th - ½ Day Bus Trip (Treetops)</p> <p>13th - Christmas Catholic Mass</p> <p>20th - Entertainment with Patrick</p>	<p>JANUARY</p> <p>19th - Dog therapy with Valette (Treetops)</p> <p>10th - Entertainment with Ron Ashton (Treetops)</p> <p>17th - Entertainment with Patrick (Bluegum)</p> <p>24th - Entertainment with Trevor Rix</p>	<p>FEBRUARY</p> <p>7th - Entertainment with Ian Blakeny (Treetops)</p> <p>14th - Entertainment with Alan Duncan (Bluegum)</p> <p>21st - Entertainment with Kane (Treetops)</p>
Riverside	Riverside	Riverside
<p>DECEMBER</p> <p>7th - Residents Christmas Party</p> <p>8th - Presbyterian Church Service</p> <p>11th - Caroline Chisolm School Concert</p> <p>13th - Christmas Catholic Mass</p> <p>18th - ½ Day Bus Trip</p> <p>20th - Entertainment with Fiona</p>	<p>JANUARY</p> <p>9th - Entertainment with Ian Blakeney</p> <p>24th - Entertainment with Kane</p>	<p>FEBRUARY</p> <p>13th - Entertainment with Trevor Rix</p> <p>19th - Dog Therapy with Valette</p>



Happy Birthday

DECEMBER	Richard Cook, Noella Gard, Henry Hadley, William Henderson, Maizey Little, Arthur Maggs, Karen Friday, Mounir Soliman, Jerry Wah, Betty Waters, John Winchester, Lily Yee
JANUARY	Victoria Assaad, Peter Belcher, Marjorie Boyd, Gwen Gatherer, Margaret Gifford, Barbara Green, Vivian Hill, Kaiyi Ji, Andrew Kambouris, Diana Katsin, Leonard Langdon, Valmai Ormord, Dorothy Porter, Noreen Sidney, Michael Usanoff, Alida Valdmanis, Patricia Wynter
FEBRUARY	Dorothy Brace, Edmond Catford, Ronald Dennett, Nita Evans, Kenneth Hayward, Ethel Head, Marie Marion, Marie McGill, Mervyn Millett, Elizabeth Mindzosa, George Moussis, Wayne Stephens.

Activity Reviews

MELBOURNE CUP - TUESDAY

The residents and staff at Southhaven Aged Care did not want to miss out on the “race that stops the nation”... so we put together an event that ensured everyone had a good time.

No Melbourne Cup is complete without playing a sweep followed by special snacks and drinks throughout the afternoon while watching the great race on TV. We held a fashion show and hat



parade, where our residents had to be the judges and choose the top three best dressed staff member for the day.

Special thanks to everyone who helped on the day!!

The happy faces said it all 😊

We would like to congratulate all sweep winners and for those who did not have much luck this year, join us next year for another chance!



HALLOWEEN CELEBRATIONS

Southhaven Aged Care celebrated Halloween on Tuesday October 31 and we also wore purple to delight our residents. Residents and staff enjoyed sharing together different Halloween crafts, activities and games!!

Thank you for our kitchen staff who prepared amazing food and dessert for the day!



Thank you for our staff who shared in the fun and made it a very special day for our loved ones 😊



Resident Story - Joyce Goring



Joyce Lillian Goring was born August 18, 1918 and grew up in Mascot as one of four children.

Joyce left school at 14, and commenced working in the family wool carrying business, Speechly Carriers. She would take the orders by tram to Circular Quay and deliver them to the local wool businesses.

Joyce met Jack Goring at the Congregational Church at Mascot and later married. They built their family home at Monterey and moved in 12 months after they were married. They had three children; Gwenda, John and Lynette (deceased) and now have five grandchildren and eight great-grandchildren.

Joyce and Jack enjoyed many social events including square dancing in the street, balls, social nights at the Golf Club and barn dancing at

Mascot School of Arts.

During WWII, Jack joined the army and was away from the family for months at a time.

Joyce enjoyed gardening and went to various gardening courses. Joyce and Jack's family home garden won many awards in the local community garden competitions. They had people coming from all over to view the garden and held garden parties during Spring.

Joyce has been a member of the Order of the Eastern Star for many years. She has been very involved, including raising money for charities which was a big part of her faith.

Over the years, Joyce enjoyed attending a number of classes including dress making classes with her daughter Gwenda and a lamp shade covering course at Tech where she produced all kinds of elaborate shades, lapidary and gardening.

Joyce has always been the cornerstone of her family and a huge part of her grandchildren and great grandchildren's lives. Even at age 99, her memory far surpasses most of us!

Joyce lived in her family home at Monterey until making the decision to come into care at Southhaven a few months ago.

Turning 99 this year was a real milestone and she was delighted to receive a card from the Prime Minister of Australia. Surrounded by family, we had birthday celebrations including a huge birthday cake made from her favourite strawberry sponge with fresh cream!

She feels the Management and Staff at Southhaven have been so lovely and welcoming, which has made for a smooth transition from home to care.

Joyce speaks highly of the caring staff and enjoys being able to look out her window, listening to the birds, as well as listening to talkback radio on 2GB and the lovely music on 2CH with her lime green headphones!



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



We are blessed with some 48 volunteers at Southhaven, some help weekly, some fortnightly and some help when there is a project they can get their teeth into. Frequency of when the volunteers help is irrelevant but the difference they make to our residents is immeasurable. For me, it is the normality and the independence the volunteers provide to the residents lives that is crucial.

I would like to thank all the volunteers for their service to Southhaven Aged Care over the last 12 months. By way of thanking them, we are holding our end of year volunteer morning tea in December. Should any volunteers wish to attend that have not let me know please RSVP to dbridgens@chomes.com.au. Thank you!



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

Dave Bridgens on 0400 016 809

or dbridgens@chomes.com.au

Volunteer & Pastoral Care Coordinator

SPOTLIGHT ON A VOLUNTEER - Daphne Lapham



"Volunteering for me goes back a long way to my teens helping with the gardens at the Christadelphian Nursing Home at Strathfield (I think the help was minimal, but enjoyable for us at that age). The involvement over the years progressed to sewing children's clothes for the "Spring Fair" or as it was then known the "Sale of Work". Then later I helped support the kiosk and about five or six years ago I joined with my sister Hazel to start the knitting group at Southhaven. We thoroughly enjoyed this and received enthusiastic support from those residents who took up their needles again. One very lovely lady was thrilled to be able to knit and help others. She was such a wonderful support that she would knit about 15 10" squares each fortnight. She said she couldn't just sit and do nothing, she was in her late 80s to over 90 when she was too sick to keep going, and was even apologetic about not giving us support. What a privilege it was for Hazel and I to have such a friend, and the three of us had become very close. After Hazel moved to Adelaide, Joan Wing joined and I knew she would be a great support.

Repeatedly, when I am looking for more residents to be involved, they say they used to do a lot of knitting but now their fingers are stiff, or they can't see enough now. But I tell them we would just like their company, and join in the chatter. When they do come in and we give them needles and wool they are surprised how quickly it all comes back to them; in fact some have been surprised that their fingers are still working and even more supple. We lighten the conversation by reading humorous stories, or interesting snippets which often starts another conversation. Sometimes relatives come in and some are quite happy to join in the knitting; others just sit with their loved one and add to the conversation which everyone enjoys. All of us, Joan, Hazel, June and myself feel we have gained more than we can give and would love to have many more to enjoy the group.

The squares are joined up to make quite large single blankets and either sent to "Wrap with Love" run by the ABC or to others in need. I think we would have made more than 60 blankets over the years.

Volunteer Corner



SPOTLIGHT ON A VOLUNTEER

Joan Wing



"I became involved with the Combined Dorcas Committee as a representative from the Hurstville Dorcas Group. June Harris had been Secretary/Treasurer for quite some time and said she would like to resign. By way of keeping her on as Secretary, I volunteered to take on the Treasurer role, which I did and held the position for 30 years. The biggest event the Committee was involved with was the annual Spring Fair held at Southhaven Aged Care.

These days involved quite an amount of money, the coins having to be wrapped, which was quite tedious, and then large sums of



money taken to the bank on the following Monday. Quite often my husband and I slept with large amounts of coin under our bed on Saturday night, as it would not all fit in the night safe at the bank. I really enjoyed the day of the Spring Fair, as it gave me a chance to catch up with people I had not seen for some time and also to see the pleasure the nursing home residents received from being able to get out and enjoy the company of people they knew, especially if it was a nice day. It was often a long day, from early morning, setting up the stalls etc., to late evening, counting the takings and then taking them to the night safe at the bank. I missed the work involved on Spring Fair days, but I must admit it was great to be able to attend these days, and still help where help was needed, but not be involved with the organisation of the day.

The Committee organised many functions for the residents, the concerts were always fun, especially run by Betty McGonigal, who was a born comedien, and the various local Christadelphian congregations joined in by doing various items.

The time came when the Committee members, all being in their 70s and 80s, decided it was time to retire and hand over to the younger generation. Now I am happy to help Daphne Lapham with the knitting group, which is quite fun, knitting for "Wraps with Love". Daphne has her "medicine" with her, reading a few jokes, etc. and having a good laugh. Sometimes there is not a great deal of knitting done but a lot of talk and laughter. It is rewarding to be able to make a small change to the usual routine of the residents' day."

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	