



Christadelphian Aged Care

2018/19 SUMMER NEWSLETTER

CHAMBERLAIN GARDENS

Address: 53-67 Chamberlain Rd, Wyoming NSW 2250 Phone: (02) 4329 8000 Email: admin@chomes.com.au

Manager's Message



FOR UNTO YOU
IS BORN THIS DAY
IN THE CITY OF DAVID

A *Saviour*

WHICH IS

Christ

THE LORD

LUKE 2:11



As this message is written, the sun is shining and everything is green due to the recent rains, letting us know that summer is just around the corner.

My name is Debbie Gleeson and I have been appointed as your new Facility Manager, following the resignation of Sue Thacker. We wish her well in the future. I would like to reassure you that in the past I have been a Facility Manager in the Newcastle area and have worked in aged care for 30 years. I feel very confident, moving forward, that we have a fantastic and dedicated team here at Chamberlain Gardens to support me in this role. I have been employed here at Chamberlain Gardens for the past three years in the position of Care and Compliance Team Leader, so feel very privileged that I have an understanding of how our Home operates.

Christmas is also just around the corner and the lead-up is set to be very busy. Our Home was decorated on last week in preparation for the residents' Christmas Lunches on Tuesday, December 4 at 12 noon, with an afternoon tea to follow at 1.30pm for families. Our staff will also enjoy a Christmas lunch on Tuesday, December 18.

We will also hold what has become an annual tradition prior to Christmas – the Chamberlain Gardens Christmas Carols Evening for residents, family and friends. It will be held on Thursday, December 13 from 6-8pm in the Garden area. Our Christmas Raffles will be drawn on that night.

I look forward to meeting you all throughout the coming days, weeks and months and would like to reassure you that I have an open door policy if you need to come and speak to me.

Kind Regards, **Debbie Gleeson**



News & Upcoming Events



DECEMBER	JANUARY	FEBRUARY
Keith Links	Maureen Forsythe	Carolyn Jones
Edna Bennett	Thelma White	Wendy Worthy
Elle Frohmuller	Daphne Jackson	Valerie Shead
Ted McGregor	Phyllis Graham	Gloria White
Niels Petersen	Edith Green	Dulcie Hubbard
Elsie Beck	Beverely Keenan	Ken West
Ernest Metcalf	Jean D'Arth	Robyn Collier
	Albert Lee	Dot Skinner
	Kim Field	Malcom Whyatt
	Mark Marshan	Shirley Leishman
	Maurice Costello	Cecil Smethurst
	Maureen Dalziel	Patrick Mullen
		Doris Smith



UPCOMING EVENTS

DECEMBER

4th - Resident Christmas Party - 12pm
Afternoon tea for residents and families - 1:30pm

13th - Christmas Carol Evening for residents, families & friends, 6-8 pm

18th - Staff Christmas Lunch

JANUARY

26th - Australia Day

FEBRUARY

14th - Valentine's Day

You're invited to our
Christmas Carols Evening

Thursday
13 December

6-8 pm
in Garden



facebook.com/christadelphianagedcare



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

Activity Reviews

SEPTEMBER

Our Coastal residents really enjoyed the **Heartfelt Felt Creations Craft**, making felt from wool and moulding them into cup shapes.

Anita Hartman entertained the residents on Wednesday, September 12, Evan Haswell took the residents on a trip d o w n memory lane on the 17th



and on the 26th the ever-popular Singing Hands Choir wowed them with their signing to popular songs.

OCTOBER

On October 5, **the Minstrels** entertained our residents with their costume changes, dance and song.



Bob Thomas entertained the residents on October 10 in the Garden Suite.

The men enjoyed one of their regular barbecue lunches on Thursday, October 25.

Oktoberfest was celebrated on Friday, October 26 with drinks and nibbles.

Los Bonkers wowed

the residents with their very upbeat style of entertainment on Wednesday, October 31.



And on the same day we celebrated **Halloween** by decorating the Home and with some of the staff dressing up.



Activity Reviews

OCTOBER

On October 18, our usually dry creek bed flooded and looked amazing following a week of much needed heavy rainfall.



NOVEMBER

The **Melbourne Cup** is always the highlight of November – sweeps were sold and residents, staff and visitors enjoyed watching the Cup in our lounges and either celebrating their wins, or commiserating that their horse was still running! Many of the staff enjoyed dressing in their Cup finery.



Other special features of November included singer, Cathy Ponton, Singing Hands Choir and Julz.

Activity Reviews

NOVEMBER

WEAR YOUR POPPY WITH PRIDE

"Please wear a poppy", the old lady said
And held one forth, but I shook my head
Then I stopped and watched, to see how she'd fare
Her face was old, and lined with care,
Yet beneath the scars, the years had made
There remained a smile that refused to fade.

A boy came whistling down the street bounding along on his carefree feet
His smile was full of joy and fun. "Lady" he said, "Can I have one?"
As she pinned it on I heard him say, "Why do we wear the poppy today?"
The lady smiled in her wistful way and answered, "This is remembrance day".
"The poppy is the symbol for the gallant men and women who died in the war".
"And because they did we are free, that's why we wear the poppy you see"

"I had a boy about your size, with golden hair and big blue eyes,
He loved to play and jump and shout, free as a bird he would race about"
As the years went by he learnt and grew, and became a man as you will too".

He was fine and strong with a boyish smile
But he seemed to be with us such a short while
When the War broke out he went away - I can still remember his face that day
When he smiled at me and said goodbye.
"I will be back soon, so please don't cry"

But the War went on and he had to stay. All I could do was wait and pray
His letters told of an awful fight - I can see it still in my dreams at night
With the tanks and guns and the cruel barb wire and the mines and bullets
The bombs and the fire. Until at last the War was won.
And that is why we wear the poppy son.

The small boy turned as if to go, then stopped and said,
"Thank you lady, I'm glad I know - that sure did sound like an awful fight.
"But your son, did he come home all right?"
A tear rolled down each faded cheek, she shook her head but didn't speak.

I slunk away, head bowed in shame, and if you were me
You'd have done the same,

For our thanks in giving is often delayed
Though our freedom was bought by the legions who paid.

And so, when you see a poppy worn, let us reflect on the burden borne
By those who gave their precious all
When asked to answer their countries call
That we at home, in peace may live.

So wear a poppy, remember and give.

Author Unknown



Remembrance Day was held on Friday, November 9 to acknowledge 100 years since Armistice.

The day was sunny, and one of our residents laid a wreath and our Gosford RSL representative laid a second wreath in honour of the fallen.



Activity Photos



**PINK
RIBBON
MUFTI
DAY**



Our Wyoming Home celebrated Pink Ribbon Day with a mufti day to raise money for breast cancer research, and our residents helped out by creating beautiful pink arts and crafts.

Activity Reviews

BALLOON PLAY



Another regular and popular activity in Garden is balloon play where the residents use fly swatters to hit the balloons to each other.



Happy 100th Birthday

Anne Garland turned 100 in November and celebrated this wonderful milestone with family, friends, and residents.

There were balloons, flowers, a 100th birthday cake and cards from Queen Elizabeth II, The Prime Minister, Scott Morrison and Governor General, Peter Cosgrove.

Fellow resident, Jenny Bjelke-Petersen, who is a close friend, was able to attend Anne's birthday party in a wheelchair.

Family friend, Dave, spoke about a special friendship with the family over many years and Debbie Gleeson, Facility Manager congratulated Anne on behalf of Management and Staff for reaching this milestone. Flowers from the facility were given to Anne by Clinical Manager, Chris Tearall, who also assisted Anne when she cut the cake.



Congratulations Anne on achieving 100 years!



Resident Story - Beverley Keenan



Bev has been a resident at Chamberlain Gardens for five years and turned 90 in January. She was born in Roseville, Sydney and attended school there. She commenced her working life aged 16 in an office in Martin Place, where she met her husband. Bev worked for the same company until she was 75 years old. After retirement, she volunteered for St Vincent's de Paul for 10 years.

Bev has one daughter, Lyn, who visits her regularly. She has three grandchildren, one of whom is married with two lovely girls aged four and five years. Bev loves sitting on her balcony and working in her little garden.

Bev also adores Burmese cats and when she became a resident here, her precious Pippin went to live with her daughter, Lyn, who is a registered Burmese breeder of lilac, blue, chocolate and brown.



Staff Profile - Sean Paton

REGISTERED NURSE, Garden Suite

Sean was born in Gosford, as one of four children. He has lived on the Central Coast his whole life but has travelled extensively. Sean is an RN in our Garden Suite, having been in aged care for three years. Prior to this, he was a baker for many years - doing his apprenticeship with Baker's Delight, then moving to Killarney Vale Bakery.

When Sean isn't working as an RN, he pursues an interest in martial arts, participating in Okinawa Karate and Kobudo and has four black belts – two in different karate styles and two for Kobudo. He has had 15 years of training, has visited Okinawa in Japan three times and is looking forward to another visit in April 2019, where he will be attempted his second "Dan" grading.

Sean is also a gym junkie, attending 6-7 days a week. He recently participated in the Relay for Life to raise funds for the NSW Cancer Council.



Pastoral Care



A CHRISTMAS REFLECTION

Christmas is a time when Christians remember the birth of their King, the Lord Jesus Christ. It has become a time for family, gifts, holidays and lots of food, but while some are enjoying these things, others are struggling with loneliness, isolation, poverty, illness, old age, abuse – the list is endless. The story of the birth of Jesus, his life and message, is one of hope and joy for the world, and He has called people everywhere to share this. How are we doing in our personal lives with spreading joy, peace and love to those around us this Christmas?

True Story: A poor young refugee couple

Some years ago, there was a very young Middle Eastern couple living in an occupied territory. Times were tough, and neither of them came from families with money.

The young man in the couple was working with his hands in a town quite far from where their family homes were. The girl fell pregnant before they were married and because he loved her, he stood by her even though it wasn't his child. In those days, people were horrified at this and the couple were socially isolated and in disgrace.

The poor young girl went to stay with a cousin for a few months, but when she returned, things weren't much easier, and to top it all, the occupying army made people return to their home towns for a census. They had no money for transport, so they had to walk all the way, alone, frightened, and with the girl heavily pregnant. When they got there, they were made very unwelcome! Nobody would take them in because they were such an embarrassment to the family. Unmarried and pregnant? How humiliating! The excuse was made that all the rooms in the town were full (but were they really?). A heavily pregnant family member and they couldn't find it in their hearts to take her in and care for an exhausted teenager?

When the girl suddenly started getting alarming pain, the couple huddled together in misery and fear in an animal enclosure for warmth and comfort. The baby came with only a terrified young man to assist - no midwife - no mum for comfort and advice - no clean sterile hospital for security. Just a young couple and maybe a few animals, with hay and strips of cloth to keep the newborn warm.

Imagine how they both must have felt? Responsible for this tiny new life with no one to turn to for advice. Strange men from outside the town came to stare at the baby, and left noisily singing in delight, but no family came with gifts or offers of help and comfort. More strange men came from another country, bringing very valuable gifts, but still no local people came to celebrate the birth of the baby.

The new family had to flee to the neighbouring country following a threat of violence, and to seek asylum there for two years. Young. Scared. Refugees. Foreigners. Socially isolated. No family support – only each other to depend on.

Today: How would you have treated this couple and new family? How would you have offered them hospitality? Shown compassion, despite the possibility of judgement of their personal situation?

Christmas is a wonderful opportunity to share our time with people who may be socially isolated, feeling ill, lonely, and afraid of death, or foreigners far away from family support.

We may be in a privileged position, able to offer hospitality, compassion and generosity, and in this way to show each other the love of God.

By Cathy Strachan - Volunteer and Pastoral Care Coordinator, Casa Mia



Bereavements

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



Volunteer Corner



Hi Everyone,

My name is Jan Murray and I have recently taken on the role of Pastoral Care and Volunteer Coordinator at Chamberlain Gardens, Wyoming, so I thought I should share a little bit about my background.



Prior to transferring to Chamberlain, I worked at Courtlands North Parramatta, another Christadelphian Aged Care Home, for two and a half years as a Pastoral Carer.

I am qualified in Pastoral Care having obtained a degree some 10 years ago.

I have worked in a number of different facilities including an eight month stint at Mt. Druitt Palliative Care Unit.

I have also worked in the disability field for 15 years – working with adults with an intellectual disability in group homes, day support programs and administration.

I suppose I have always had an affinity with older people since having spent a lot of my childhood with both my grandmother and even my great-grandmother, both very Scottish ladies. I could sit for hours and never tire of

listening to their stories of their youth spent in Scotland. And I have found that mostly all older people have a story to tell if you listen.

I feel that I have always been led toward working in the care industry and honestly couldn't imagine doing anything else. It's quite simply a privilege and I hope to be able to continue for a long time to come.



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

Jan Murray on 4329 8016

or jmurray@chomes.com.au

Volunteer & Pastoral Care Coordinator

Read, Rest & Relax!

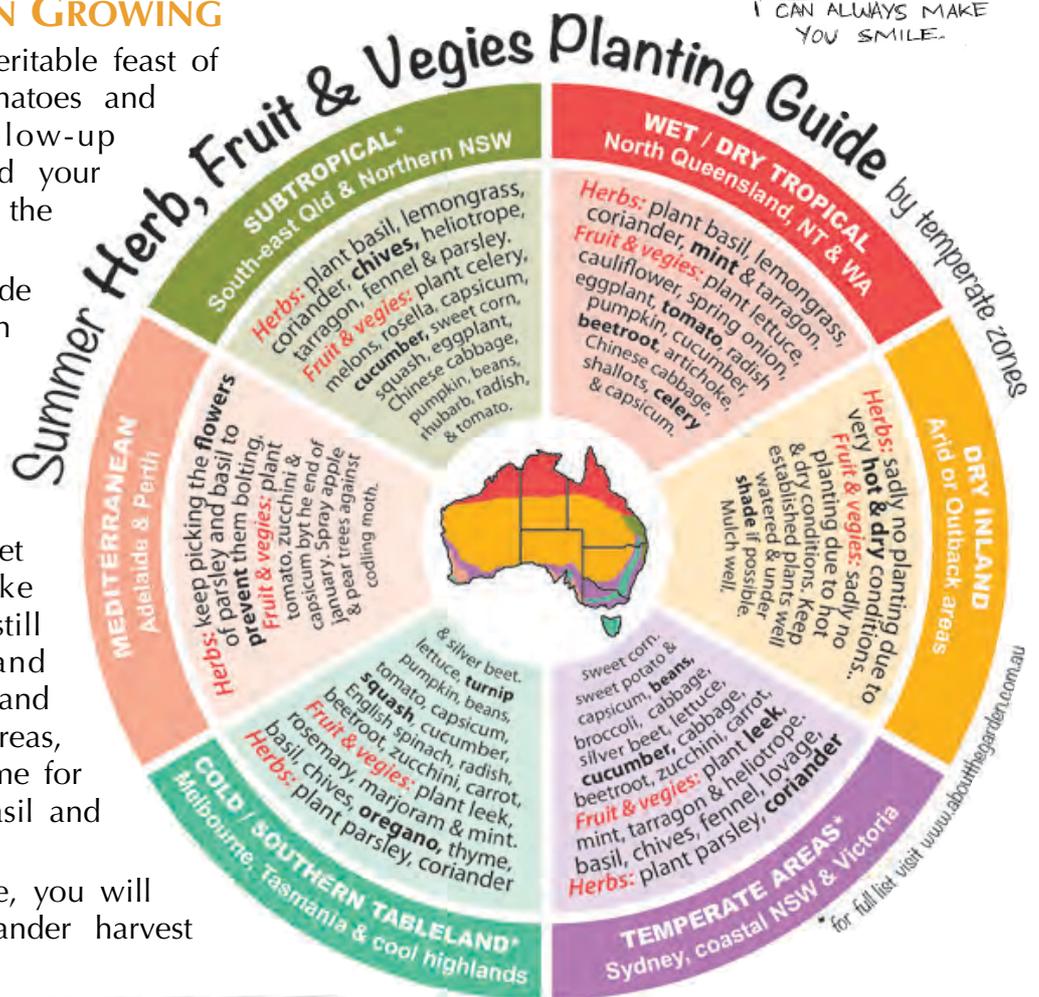


WARM SEASON GROWING

Plant yourself a veritable feast of corn, squash, tomatoes and greens with follow-up sowings to spread your harvest throughout the warm season.

Be prepared to shade sensitive crops on hot days and, from mid-season onwards, focus on planting heat-lovers such as corn, okra, sweet potato and snake bean. You can still grow cabbage and broccoli in warm and cool temperate areas, and it's a great time for potato, tomato, basil and parsnip.

With a little shade, you will extend your coriander harvest into summer.



Mini Raw Mango Cheesecakes

- 1 1/2 cups cashews
- 1/2 cup pistachios
- 1/2 cup shredded coconut
- 4 fresh dates, pitted, chopped
- 270ml can coconut cream
- 1/2 mango, stoned, peeled, chopped (about 1 cup)
- 2 tablespoons coconut oil, melted
- 2 tablespoons maple syrup
- 2 tablespoons lime juice
- Pinch of ground turmeric



To Serve (Makes 12)

- Chilled coconut cream, whipped
- Chopped mango
- Frozen blackberries

1. Place cashews in a large bowl. Pour over enough cold water to cover. Set aside for 4 hours or overnight to soak.
2. Meanwhile, grease a 12-hole, 1/2-cup (125ml) silicon muffin pan. Place pistachios and shredded coconut in a food processor and process until finely chopped. Add the date and process until very finely chopped and mixture is firm. Spoon evenly among the prepared holes. Use the back of a spoon to smooth the surface. Place in the freezer for 30 mins to set.
3. Drain cashews and place in a blender with coconut cream, chopped mango, coconut oil, maple syrup, lime juice and turmeric. Blend until very smooth and creamy. Divide evenly among the bases in the pan. Smooth the surface. Place in the freezer for 3 hours or until firm.
4. Remove from freezer. Set aside in the pan for 5 mins before transferring to a serving platter. Set aside for 10 mins to soften slightly.
5. Top with the extra coconut cream, extra mango and blackberries and serve immediately.

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	