



Christadelphian Aged Care
2018/19 SUMMER NEWSLETTER

CASA MIA

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

A *Saviour*

WHICH IS
Christ

THE LORD

LUKE 2:11

Manager's Message

Thank you to the residents and their representatives who took the time to complete the recent Menu Choices Survey. The outcomes of this survey will be discussed at the next Resident Meeting.

The residents will be asked for their choice of meals which will be done on a weekly basis. Please continue to provide feedback in the Sodexo Comments Book which is kept at the main Nurses Station.

There is a weekly meeting with the residents and the Sodexo Manager to discuss any issues around catering.

Also if you have any comments, concerns or suggestions please complete the Feedback Form as this helps us to address concerns in a timely manner, and it is just as important if you are happy to please let us know on this form as well as we like to feed this back to the staff.

With the change of season, can families please check to see if there is a need for change of clothing. On this note, can families please ensure clothing is labelled to help ensure the residents get their clothes back in a timely manner.

An automatic coffee machine has been approved for purchase and this is expected to arrive in December 2018.

Hope you all have a safe and Merry Christmas!

Kind Regards, **Penelope Prior**, *Acting Facility Manager*



News & Upcoming Events



DECEMBER	JANUARY	FEBRUARY
Shirley Ross	Marie Dalla Bona	William Fisher
Peter Blackley	John Budge	Andraya Abdilla
Doreen Millett	Reinelde Raunjak	Gwen Stapleton
Brian McCudden		Barbara Bennett
Daniel Hogan		Marie Safi
Robert Kidd		Helen Wilson
James Finn		Leslie Fekete
Rachel Miller		
Jack Brown		
Nancy Hirt		

UPCOMING EVENTS

DECEMBER

- 5th - Pet Therapy
- TBA - Christmas Light Tour
- 25th - Christmas Day

JANUARY

- 1st - New Years Day
- 16th - Entertainment: Stan Ellis
- 26th - Australia Day

FEBRUARY

- 14th - Valentine's Day



facebook.com/christadelphianagedcare



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

Activity Reviews

HALLOWEEN

On this spooky day, we learnt some quirky facts about Halloween through a Halloween quiz session. Residents were visited by a witch and goblin who tempted them with tricks or treats - most chose treats but some brave souls chose the trick and were sprayed with silly string for their troubles.



CATHY'S FAREWELL

In the month of October, our wonderful Volunteer & Pastoral Care Coordinator and Resident Services Officer, Cathy Strachan waved Casa Mia goodbye.

While we are sad to lose her, we wish her all the best in her future endeavours she will be missed by all residents, family and staff.

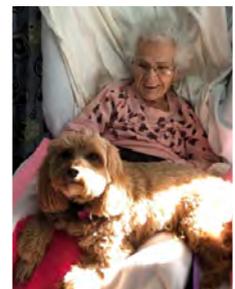
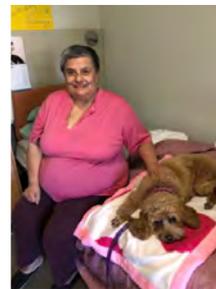


Activity Reviews

PET THERAPY

On a Thursday of every month, the wonderful Velette and her beautiful dogs come and visit the residents at Casa Mia.

As always, these beautiful dogs make our residents and staff smile, as you can see in the photos. Thank you again to Velette, Honey and Sophie for always making our residents feel loved.

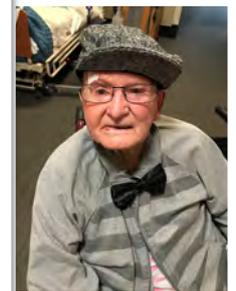


Activity Reviews

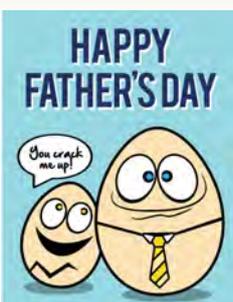
MELBOURNE CUP DAY

This year on November 6, the day of 'The Race that Stops the Nation', residents, staff and families gathered around the big screen TV and watched along with the rest of Australia, with eyes glued to the television, numbers in hand. It was a race that was very close - No. 21 (Runaway) was in front most of the time, then on the last corner and straight, No. 23 (Cross Counter) came flying through to win first place in this year's Melbourne Cup.

Residents enjoyed nibbles and tried the RAO special sangria that they all seemed to love. When the day was coming to an end and residents started to move their way back into their rooms or respective areas to settle in, Rochelle (RAO) had other thoughts – she dressed as a jockey with her horse and surprised the residents. They laughed and had photos taken. The residents stated they had a wonderful day! Congratulations to our winners from the sweep.



FATHER'S DAY



To celebrate this day, we had a morning tea with hot food and a cake baked by the Chef in the kitchen. Corny dad jokes were the order of the day - some being funny but most just making everyone cringe at how bad they were.

All dads were pleased to receive their gift of pyjamas delivered by the RAO team.



Staff Profile - Amy

We waved goodbye to Amy in July as she headed off on an epic European holiday for 10 weeks. During that time she visited Spain, Greece, London, Germany, Croatia, Amsterdam, Italy and Portugal, just to name a few of the wonderful places she toured, while we all dreamed and wished we were there with her.

Our Amy was living that dream and having the time of her life. We are all proud of her and glad she is back home safe and sound, none more so than Rochelle who missed her immensely and is glad she is back in the Casa Mia fold.



Christmas Rocky Road Slab

Ingredients

- 100g white chocolate
- 100g milk chocolate, chopped
- 100g mini oreo cookies, halved
- 100g raspberry jellies, chopped
- 50g pink and white marshmallows, halved
- 40g cherry ripe bars, coarsely chopped



Method

1. Line a baking tray with baking paper.
2. Melt the white and milk chocolates separately in a heatproof bowls over a saucepan of simmering water. Stir with a metal spoon until chocolate melts. Pour in a marbled pattern over the lined tray.
3. Sprinkle chocolate with cookies, jellies, marshmallows and cherry ripe. Set aside for 1 hour or until completely set. Break into shards to serve.

For A Special Nurse

Long before you entered nursing,
The Lord had played His part,
Planting seeds of love and kindness
In the portals of your heart.

For it's clear that you've been gifted
With a sympathetic ear,
And blessed from the beginning
With a willingness to cheer.

And the people who you care for,
Are better off by far,
When they're touched by your compassion,
By the person that you are.

For in times of woe and worry,
When they're frightened or they're blue,
No one could be more consoling
Than the friend they'll find in you!

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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



Bereavements

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



Read, Rest & Relax!

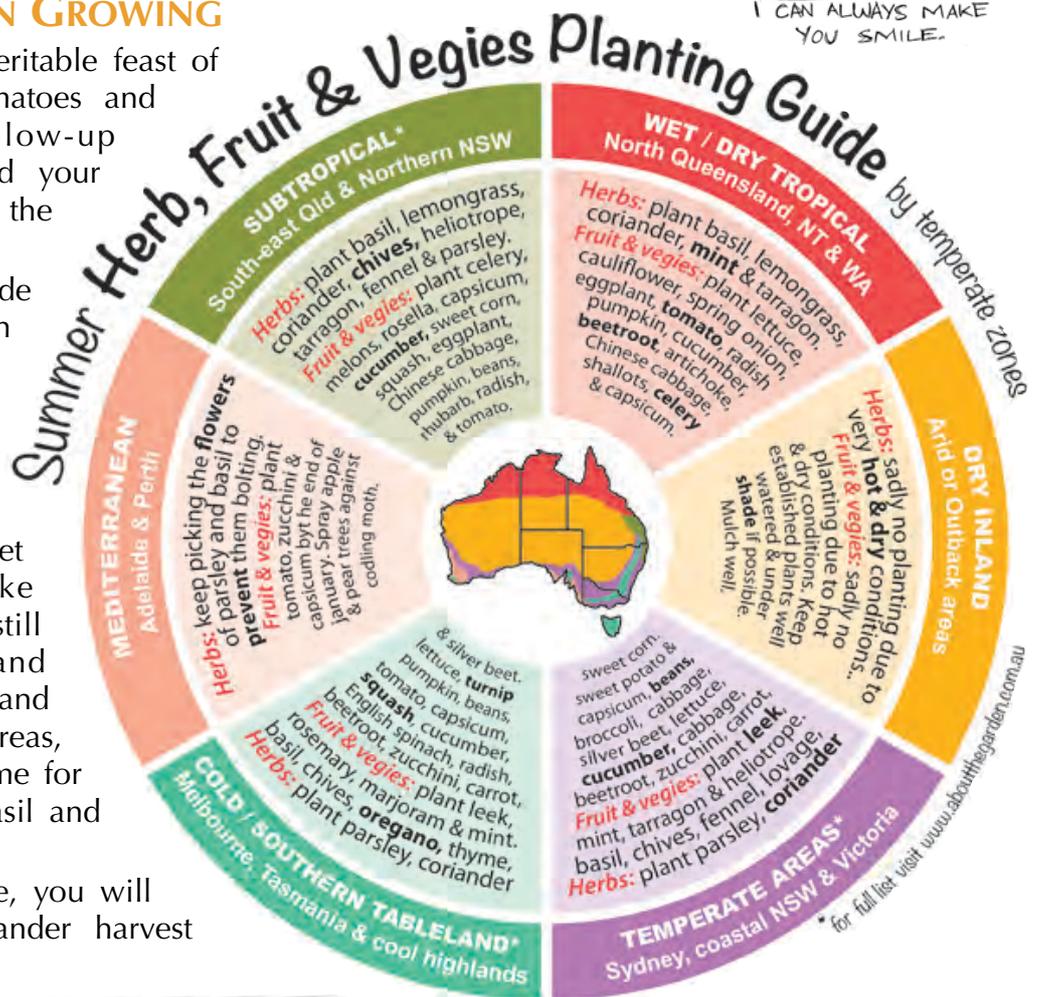


WARM SEASON GROWING

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

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			N	R	M
		N			
G			A		
		R			
	M			E	

H				O	
S		J			
	J			E	P
	E	O		J	