



Christadelphian Aged Care

2018/19 SUMMER NEWSLETTER

COURTLANDS, WESTCOURT & NORTHCOURT

Address: 15 Gloucester Ave, North Parramatta, NSW 2151 Phone: (02) 9683 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



Dear all Residents and Families,

This is my first newsletter since starting on September 10 2018, and I would like to say a big thank you for welcoming me into your home. I was very pleased to be appointed manager of Courtlands and Northcourt Homes and I come to you with extensive experience in aged care.

Over the years I have witnessed the changing face of this sector and I bring to the Homes my experience as a manager, and also as a Registered Nurse, and I endeavour to empower the staff with the knowledge needed to make this Home of a very high standard. I am committed to making sure our organisation continually improves our level of services to you all.

I would also like to inform you of the new appointment of the Clinical Managers to your home. Marilou Molina is the Senior Clinical Manager, and Thanh Nguyen is the Clinical Manager. These two staff will be working at Courtlands and Rangeeta Narayan is now the Clinical Manager of Northcourt. These managers will be ensuring that all residents receive the level of care needed from an operational/clinical care point of view. If you have any concerns regarding your loved one's care please do not hesitate to contact them.

The renovations in the Terrace continue, but I'm very pleased to say Level 2 has been completed and the residents from Level 4 have now moved down to Level 2 and are settling in quite well. Thanks to the relatives and staff who assisted with this smooth transition. So now the renovations start on Level 4. While it is still difficult with the building works, the long-term results will be very pleasing and will ensure that our level of services will be enhanced. I apologise for any inconvenience during the building process.



Continued over page...

Facility Manager's Message contd

By meeting residents and relatives in the past two months, I have realised that your expectations have not always been met and I understand the disappointment and frustration this may have caused. While I can't change the past, I'm committed to improving the future of your home and can only do this with your assistance. I value feedback whether it be a complaint, compliment or suggestion that is given by residents and relatives, and I see this as a chance to identify areas of improvements that are needed in your home.

If you have anything you wish to discuss please either call me or send me an email jraftopoulos@chomes.com.au.

"We all need people who will give us feedback. That's how we improve" – Bill Gates

Kind Regards, **Joann Raftopoulos**

Senior Manager, Retirement Village's Message

The village team have enjoyed their holiday breaks and we are all back into the swing getting ready for the Christmas season. Thank you to Terri who filled in during our holidays. The tree is looking glamorous and planning of the Christmas lunch is well underway. If you haven't let Joanna know you are coming, please do so now. We have a lovely day planned for you all.

The rain has been such a blessing to the parched earth, and everything is looking lush and green. There are many creatures enjoying the warmth from the sun. A couple of blue-tongue lizard families have been spotted under hedges around the village. However, a couple of rather long snakes have also been spotted. Please be careful when out and about walking. Make some noise and they will probably move on quicker than you. Please let Kristen know if you see any creatures around, to keep everyone safe. The magnolias are continuing to recover from the scorching they received last summer, new leaves are unfurling and there are lots buds developing. White cockatoos love to chew on pieces of wood and make lots of mess. Please do not feed them as this encourages them to invite their friends and then together they chase other quieter native birds away.

There are still a number of Emergency Contact posters at reception for those who have not collected them. A plan of the Village which shows the location Assembly Points and Fire Equipment is also available. You are encouraged to pack a bag containing a few essential items such as nightwear, underwear, light clothing and a list of current medications in case of an emergency visit to the hospital. The bag can be kept in your wardrobe ready for action if needed.

The Village Centre balcony is a lovely place to meet friends for lunch or just sit and relax with a good book. Unfortunately, a couple of residents have been locked outside, so we have changed the door locks on the outside to suit your unit key. Don't forget to bring your keys with you.

The Pastoral Care team have had a revamp and I am very pleased to announce that Sherene Noble is joining the Village team as our Pastoral Carer (Well-Being Coordinator). Jan Murray has accepted a transfer to Chamberlain Gardens, which is much closer to her home and Stuart Muir – Resident Well-Being Manager - will be based at Courtlands four days a week. Ron Wiggins continues in his same role. These are exciting changes for us and we wish Jan every success in her new position.

I would like to take this opportunity to wish all residents, staff and volunteers a peaceful Christmas and a safe and healthy 2019. The many different groups - the Admin team, the Resident Committee, the Social Committee, the Men's Group, the Library Group, the Kiosk team, the gardeners, the maintenance team, the cleaners, to name just a few – through their tireless efforts, make Courtlands Village such a wonderful place to live. Thank you to them and God bless you all.

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



Happy Birthday!



| DECEMBER | JANUARY | FEBRUARY | DECEMBER | JANUARY | FEBRUARY |
|-------------------|-------------------|-------------------|----------------|-------------------|------------------|
| Self Care | Self Care | Self Care | Vista | Vista | Vista |
| Dennis Smith | Rita Corrie | Judith Mulvena | Jill Harris | Mariam Tawil | Maxine Mcilwain |
| Peggy Smith | Jan Stoker | Andrew Kerr | Joan Egan | | |
| Magda Mittag | Joy Boehm | James Gibbings | Terrace | Terrace | Terrace |
| Denise Moran | Terry O'Brien | Margaret Lake | Alan Morrison | Lindsay White | Essie Denley |
| David McConnell | Dorothea Quinn | Basil Searle | Lillian Reed | Pat Carden | |
| Noel Dunn | Dorothy Green | Judith Mulvena | | Maureen Wishart | |
| | Lynn Mclauchlan | Andrew Kerr | | Daphne Chappell | |
| | Boris Shuchman | James Gibbings | | Yvonne O'Donoghue | |
| | Fay Salmon | | | Norma Fenwick | |
| | Margaret Baker | | | Richard Fox | |
| | John Green | | Grove | Grove | Grove |
| | Kevin Quinn | | Irma Morsanuto | Lillian O'Neil | Winsome Bradshaw |
| | Faye Dunn | | | | Eugenia Bekiaris |
| | Paul Crossley | | | | May Ward |
| | Marie Larkin | | | | Monika Bhatia |
| Northcourt | Northcourt | Northcourt | Grange | Grange | Grange |
| Maria Casella | Bruce Holden | Beryl Eagar | Noelene Pettit | Ronald Berry | Anthony Williams |
| | | Robyn Croft | | Patrizia Coulter | |
| Westcourt | Westcourt | Westcourt | | Valarie Slarke | |
| | | Thelma Sandanam | | | |

Upcoming Events

| DECEMBER | JANUARY | FEBRUARY |
|--|---|--|
| Self Care | Self Care | Self Care |
| 5th - Christmas Lunch Bus to Little Snail 5th - Volunteers High Tea 8th - Magic of Christmas Concert 10th - Movie Musical Afternoon 13th - Christmas Luncheon | 9th - Lunch Bus Trip 14th - Afternoon Musical Movie 24th - Village Film Night | 6th - Lunch Bus trip 11th - Afternoon Musical Movie 21st - Village Film Night |
| Terrace | Terrace | Terrace |
| 8th - Magic of Christmas Concert 10th - Movie Musical Afternoon 18th - Christmas concert | 14th - Afternoon Musical Movie 24th - Australia Day Celebrations 31st - Long Day Bus trip | 11th - Afternoon Musical Movie 14th - Valentine's Day celebrations 21st - Lunch Day Bus trip |
| Vista / Grange / Grove | Vista / Grange / Grove | Vista / Grange / Grove |
| 3rd - Morning Scenic Bus Trip: Vista and Grove and Terrace Afternoon: <i>Northcourt and Grange</i> 10th - Morning Scenic Bus Trip: Vista and Grove and Terrace Afternoon: <i>Northcourt and Grange</i> 11th - Gingerbread house making 14th - Ice cream 17th - Morning Scenic Bus Trip: Vista and Grove and Terrace Afternoon: <i>Northcourt and Grange</i> 18th - Christmas Entertainment 20th - Vista Monthly Birthdayparty 21st - Ice cream 24th - Morning Scenic Bus Trip: Vista and Grove and Terrace Afternoon: <i>Northcourt and Grange</i> 24th - Christmas Eve 25th - CHRISTMAS DAY 26th - BOXING DAY 28th - Ice cream 31st - Morning Scenic Bus Trip: Vista and Grove and Terrace Afternoon: <i>Northcourt and Grange</i> | 1st - NEW YEARS DAY 4th - Ice Cream 7th - Morning Scenic Bus Trip: Vista and Grove and Terrace Afternoon: <i>Northcourt and Grange</i> 11th - Ice cream 14th - Morning Scenic Bus Trip: Vista and Grove and Terrace Afternoon: <i>Northcourt and Grange</i> 18th - Ice cream 22nd - Australia Day Craft 25th - Ice cream 26th - AUSTRALIA DAY 28th - Morning Scenic Bus Trip: Vista and Grove and Terrace Afternoon: <i>Northcourt and Grange</i> 29th - Vista Monthly Birthday party 30th - Long Day Bus Outing | 1st - Ice Cream 4th - Morning Scenic Bus Trip: Vista and Grove and Terrace Afternoon: <i>Northcourt and Grange</i> 5th - Chinese New Year 8th - Ice cream 11th - Morning Scenic Bus Trip: Vista and Grove and Terrace Afternoon: <i>Northcourt and Grange</i> 14th - Valentine's Day 15th - Ice cream 18th - Morning Scenic Bus Trip: Vista and Grove and Terrace Afternoon: <i>Northcourt and Grange</i> 22nd - Ice cream 25th - Morning Scenic Bus Trip: Vista and Grove and Terrace Afternoon: <i>Northcourt and Grange</i> 26th - Vista Monthly Birthday party 27th - Long Day Bus Outing |



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facebook.com/christadelphianagedcare



Activity Reviews

TERRACE

Lots of things have been happening in the Terrace – residents have moved to the newly renovated section! However, among the busyness we have been running activities as usual.



We started a new activity called fun-in-the-sun, where we get together for coffee and discussion. We got outdoors twice before the beautiful and much needed rain came! We are looking forward to getting back together when the sun comes out.



We have been out to the Nepean Rowing Club and the Haberfield Rowing Club



to enjoy delicious food and beautiful views.

We have celebrated birthdays with entertainment, enjoyed delicious ice cream cones, reminisced while listening to and singing favourite songs, challenged our brains with quiz in afternoons and had social drinks on a Friday afternoon.



The Footy Tipping finished and it was a close competition. Congratulations to the winners and Beryl Smith for receiving the wooden spoon!

Activity Reviews

TERRACE continued

There were hours of preparation for a three-minute Melbourne Cup Race, and then hours of cleaning afterwards. However, Terrace residents enjoyed dressing up and had afternoon tea and champagne to watch the race! Congratulations to all the winners of the 17 sweeps we had with Self-Care and Terrace residents.



NORTHCOURT

Another season has gone quickly and now we are in summer. Well let's take a look back to what we did in Northcourt. We continued with our old time favourites including bingo with prizes, memory board, guess what and find-a-word. There has also been long day bus outings to Mona Vale.



We celebrated big birthdays this season - we had Russell who turned the big 70 and Margaret who turned 90 years young. That's not all though, because Jim just turned 101 years a couple of days ago, so I guess we can say we are a bit full of cake at the moment.

Melbourne Cup was a wet one this year but still it was a blast with the champers and beer!

Activity Reviews

GRANGE

We have started some new activities where residents can have fun through music and movement. Residents enjoyed a musical quiz while doing exercise – active games like bean bag toss and quoits. Other than that, we listened to crystal sound music so that we could meditate and relax during the sessions.



We also tried juice making and cupcakes baking where the residents had fun together.



We continued enjoying various bus trips, picnic lunch bus, bingo, craft, and pet therapy. We are thankful to our pet therapy dogs Bonnie and Kaye for visiting us since Melbourne Cup Day 10 years ago!



Melbourne Cup was a great day for all residents. We did sweeps going around for chocolate and the other for money, and everyone got the chance to participate and win great prizes.

In the afternoon, we had High Tea where we had lots of food and drinks. Ladies wore their beautiful fascinators. We watched the race at 3pm and the winners of the sweep were announced afterwards. Congratulations to the winners!



We also had barbecue lunch on Thursday after Melbourne Cup Tuesday. Residents enjoyed sausage and salad with a glass of wine or beer. It was a busy and beautiful week for all of us.



Activity Reviews

VISTA

Exciting activities are happening in Vista. We celebrated Father's Day with vintage cars around the round-a-bout with beer and nibbles. We continued our monthly activities with more arts and craft sessions as we were getting ready for our Art Exhibition that was up on the walls inside Vista at the end of September.

There were plenty of bus outings including going to the Bicentennial Park, Maryland Park and other destinations. We had a very memorable bus outing to Parramatta Park where we had Mavis from Self-Care and a volunteer talked about the history of Parramatta Park.

A new activity will be starting soon – if you want to relax, come and relax in the Blue Gum lounge room where there will be a soothing documentary on and nice aroma in the air.

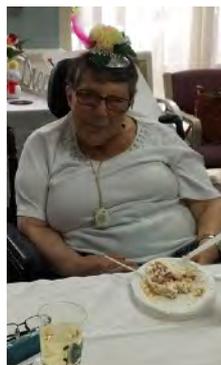
We continued enjoying bingo, jolley trolley, quizzes, bus trips, ice cream trolley, monthly birthday parties and music concerts. Everyone was creative in the arts club this October where they created Cherry Blossom trees. We also made some cheesy quesadillas which we enjoyed during a trivia session. We look forward to cooking some more.



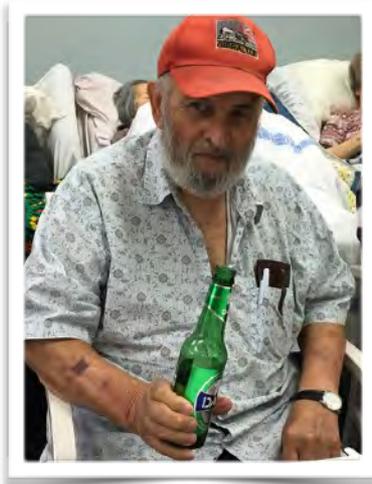
Melbourne Cup was a great day for all residents. In the morning, there were two sweeps going around for chocolate and the other for money, and everyone got the chance to participate and win great prizes. In the afternoon we had High Tea where we had lots of food and drinks with some Melbourne Cup trivia. We watched the race at 3pm and the winners of the sweep were announced. Congratulations for everyone who won.

Kim Howard came back from her holiday in Africa and plans to present a slide show of her photos to all Vista residents in December.

There are also a few long trips and barbecue lunch in November that we are all looking forward to.



Resident Story - Nigel Stoneman



I was born on the outskirts of London in 1941. My father went to war as an artillery officer and didn't come back until 1946. My mother, a teenager, looked after me and worked in war industries.

Despite being a toddler, I still have memories of the bombing and sharing a shelter with my young uncle and aunt. I recall the house next door being hit and our own house laid inhabitable. My mother was stoically trying to sweep up plaster from the ceiling. The last V2 German rocket hit Orpington on March 28, 1945. I had been born in Orpington!

My extended family migrated to the far corner of the empire - Australia. I remember the thrill of sailing down the Suez Canal, seeing ships float on the sand and the pyramids, and knew then that I wanted to travel.

I attended Artamon Primary School and North Sydney Boys High and later went to Sydney University. Then I toured Queensland by car, having worked in the NSW government and part-time as a commando to save money for travel. My friend and I decided to go to Europe via Japan. My friend stayed there for years with a Japanese girlfriend. I went on to tour USA and Canada. By chance I met a friend in Vancouver who put me up. But how to find work, without a visa?

There was a 140 page application and six months waiting list, and then I was told to go to the border and apply there. Within 20 minutes I was a "landed immigrant" with full voting rights, where Pierre Trudeau was Prime Minister - now his son Justin Trudeau is Prime Minister.

I managed to get a job as a grill cook for a takeaway hamburger joint run by a crook who preyed on vulnerable migrants. I was lucky, I played tennis with a bank manager and also found an Australian contact who put me up and lent me his car while he was away (soil testing for the peace river dam where he had broken his legs and had spent a terrifying time in grizzly bear country) – but I got to use his car!

Getting desperate after 20 failed job applications, I was one of two applicants for a drug research study. I failed again, but the other candidate pulled out. With my first pay, I put a deposit on a unit and brought my girlfriend out to Canada from Russia. Even failing can be a useful experience. I succeeded through networking family and friends around the world.

After three years in Japan and North America, my wife and I worked in the UK before returning to Australia, for work before family planning. But that's another story.

Beryl Lyons 90th Birthday

Family and friends gathered together to wish Beryl a very happy 90th birthday in the newly renovated Terrace Lounge.

Beryl has lived at Courtlands for 22 years and says she has always been very happy both in the Independent Living and now in the Assisted Living.



Staff Profile - Amy Chan



I was born in Hong Kong and was there for quite a long period of time. I did my schooling and got a degree as a Registered Nurse from there. Then I moved to the UK and did SRN, and then decided to move to Australia and settle down. I came here 30 years ago and have been working in Courtlands for 26 years - now if anyone asks me where I live, I say Courtlands. I have even been working here longer than the buildings. I started working as a Registered Nurse and currently work as a Care and Compliance officer.

By how long I have been here, you already know how much I love this place. Courtlands has a very homely vibe and for someone who loves gardening the gardens here are absolutely gorgeous. I have seen so many things change around in the past and it has always made this place better and better.

I have two children, a son and daughter. I love my daughter dearly - she is always with me and my son just recently got married. The wedding was beautiful, the couple are super happy and we all had a great time. I love my children very much and love spending quality time with them. My daughter-in-law is beautiful and happy as ever - a lovely addition to the family.

My hobbies include shopping (or more window shopping), I love to read about different things – the library in Courtlands is amazing, many people donate books and videos to share around – it's beautiful. I absolutely love my work and love going around and saying hello to staff and residents. Caring is my passion I love to take care of people. We should always remember to smile, a smile really goes a long way in making someone's day.



The Traditional Christmas Tree

The modern Christmas tree is frequently traced to the symbolism of trees of pre-Christian winter rites, wherein Viking and Saxon worshipped trees.

During the Roman mid-winter festival of Saturnalia, houses were decorated with wreaths of evergreen plants along with other antecedent customs now associated with Christmas.

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.



Volunteer Corner



Once again, our volunteers have been busily delighting our residents with their visits, activities and generosity; it is such a privilege for all of the staff, residents and myself to know and work with these wonderful people who give so much of their time and energy to make Courtlands and Northcourt home for all who live here!

A couple of the recent highlights have been the Art Exhibition in the Vista and our Father's Day afternoon with all the cars.

A big thank you from all of us!!



Happy 10 Years, Bonnie and Kay!

Our Delta Pet therapy team from the Grange had their 10 year anniversary on Melbourne Cup day; what an amazing contribution to our residents' wellbeing!

I would like to thank Bonnie and Kay for their service over all those years. Bonnie has aged considerably over her time with us and now has days where getting around to everyone can be



difficult for her, but her love for the residents she visits keeps her going.

Thank you so much Bonnie and Kay!



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

Volunteer & Pastoral Care Coordinator

Read, Rest & Relax!

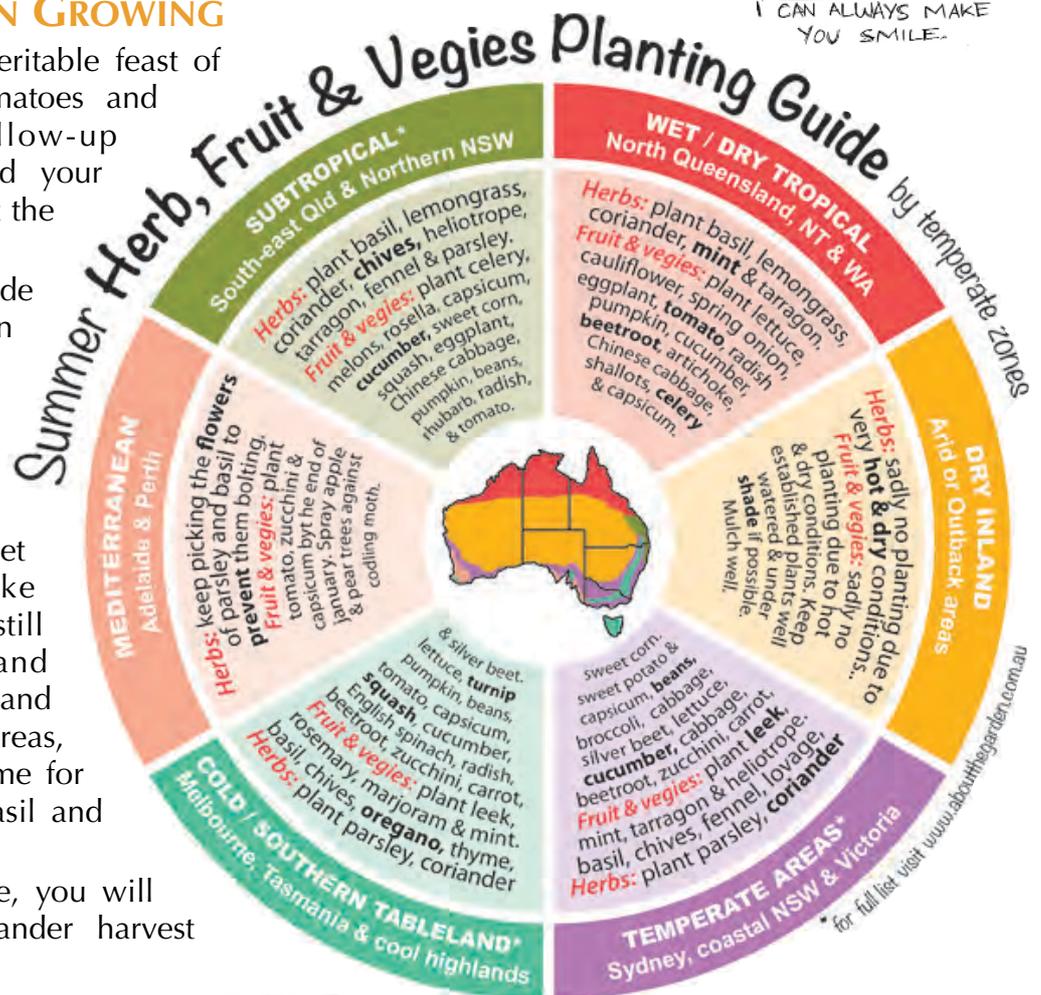


WARM SEASON GROWING

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

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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.

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