



Christadelphian Aged Care

2018/19 SUMMER NEWSLETTER

# MARANATHA

Address: 1582 Anzac Avenue, Kallangur QLD 4503 Phone: (07) 3482 5333 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



We are nearing the end of 2018 and Christmas is reaching its tinselly arms through the few remaining weeks to draw us inexorably towards its enchanted embrace. We look forward to it with excitement, which any sensible person will admit, is also tinged with the anxieties of making the day as perfect in reality as it is in our imaginations.

Gift giving is at the core of Christmas. We show our fondness and consideration for others by exchanging presents at this special time. Our Christian culture does not have a monopoly on gift giving: The Chinese give gifts at New Year, in the Hindu culture gifts are a part of Diwali, the Jews have Hanukkah and giving of gifts is part of Ramadan.

Gifts need not be expensive or elaborate to have meaning – if they come from the heart they need have no monetary value at all. The gift of time, a kind word or a smile is priceless. Giving has been identified by the people who research these things as providing more benefit for the giver than the recipient. To give makes us happy and improves our health, it promotes social interaction and engagement and is contagious.

At Maranatha, we are fortunate to have people who spend their days giving to others, both in formalised and informal ways. The long-serving and dedicated members of our Maranatha Fundraising Committee have made giving to others the focus of their activities, and our residents have benefited from their diligent efforts. In the past year they have provided us with funds for many items from flowers to furniture and lighting to luncheons. In an informal way, we give and share every day. Those who live at Maranatha and those who visit give the staff and volunteers gifts of recognition, gratitude and love and our staff and volunteers repay these gifts in kind.



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## Facility Manager's Message contd

The essential element of all gift giving is the spirit in which the gift is given. If the gift (either tangible or intangible) is not an expression of love, it is tarnished and diminishes both the giver and the recipient. This is especially true when the recipient, whether through illness or frailty or both, has limited capacity to enjoy the gift. Many of the individuals in the Maranatha care facility fall into this group – it is therefore vital that our gifts are motivated by unselfish compassion and good will. Only then do they have value.

The Christmas season focuses our attention on giving. Wouldn't it be a wonderful thing to live every day with that spirit of generosity and love in our hearts!

Best wishes for a loving and blessed Christmas from all at Maranatha, **Kathy Hallmark**

## Senior Manager, Retirement Village's Message

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. Peter the python has been spotted again under bushes around the village. Ryan has previously relocated this particular python - Peter was taken over 50kms away but it seems he enjoys the sun at Maranatha. Please be careful when out and about walking. Make some noise and he will probably move on quicker than you. Please let Chris know if you see any creatures around, to keep everyone safe. Magpies have built their nests and are protecting their families. Please keep away as they will swoop.

Propagating pays off! Ryan and Dave have been working hard using the propagated plants around the village, and the gardens and lagoon are responding well to the care and attention they have been receiving. All gardening requests are to be submitted to Chris at reception and Kerry will discuss these with Ryan and place them on a schedule for attention during the correct season or time available. Ryan has a seasonal schedule to follow which must be adhered to.



Emergency Contact posters, a plan of the Village which shows the location Assembly Points and Fire Equipment, and the signed

Audited Accounts will be delivered to your unit this week. Kerry will be attending your monthly resident meeting where you can discuss any of these documents if you have any questions. 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 street lighting will commence this week in Cassia Court and progress to the rest of the village over the next few months. As always, watch your step as you walk around your beautiful village.

A very warm welcome is extended to all new residents. You are invited to attend the monthly Resident Activity Meetings and all the social events which are provided for your enjoyment. We know you will enjoy being part of the Maranatha family.

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 Village Activity Committee, the Men's Shed group, the kiosk team, the gardeners, the maintenance team, the cleaners, the Fundraising Committee, to name just a few – through their tireless efforts, make Maranatha such a wonderful place to live. Thank you to them and God bless you all.

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

# News & Upcoming Events



DECEMBER	JANUARY	FEBRUARY
Anna Kosior	Ted Green	Alida Field
Helen Lloyd-Jones	Leslie Morrison	Joan Hollas
Wilma Mendham	Nancy Stibbs	Brian Buglar
Sylvia Web	Elma Prince	Nancy Hill
Roy Bender	Oriel Jackson	Max Essex
Bob Graydon	Irene Heath	Leila Vautin
Marion O'Dea	Val Lewis	
Roy Burgin	Aileen Giess	
	Margaret Baker	
	Pat Gardner	
	Des Dodd	
	Merle Whitlock	
	Shirley Thompson	
	Pat Wellington	
ILU	ILU	ILU
	Jeff Hermann	Audrey Wigney
	Richard Dwyer	Gayna Gorton
	Betty Sawell	Florence Askin
	Susan Collins	Isabelle Bundesen
	Len Holland	Beris Barrett



## UPCOMING EVENTS

### DECEMBER

- 7th** - Dakabin Senior Choir
- 20th** - Christmas Celebration Day
- 28th** - Monthly Birthday Party Concert by Inder

### JANUARY

- 2nd** - Wayne's Music
- 11th** - Dawn Sing-a-long
- 25th** - Australia Day Themed Birthday Party with Entertainer

### FEBRUARY

- 8th** - Dawn Sing-a-long
- 14th** - Valentines Day Movie
- 22nd** - Monthly Birthday Party with Entertainer



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



[facebook.com/christadelphianagedcare](https://www.facebook.com/christadelphianagedcare)

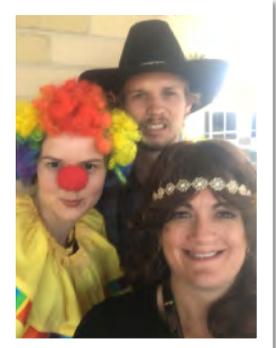
# Activity Reviews

Changes and more changes in the Activities Team at Maranatha since our last Newsletter.

Firstly, we had some sad goodbyes to some of our familiar faces - Colleen Jacobson and Nancy Jarvie. Both Colleen and Nancy have been with Maranatha for about 10 years and we wish them both a happy retirement.

So the goodbyes lead to new staff on the team - we welcome Milika Varani and Tammy Hall to our Activities Team. Both Activities Officers bring with them lots of smiles and new ideas. And lastly we have had a roll swap in the team - Keren Nutter went from Team Leader to Activities Officer and I (Kerralye) stepped up to the role of Team Leader.

We all look forward to making everyday fun filled for our residents!



RAO Team Michael Wigzell, Keren Nutter and Kerralye Wright

## EKKA DAY

The last few months have been lots of fun. We had an Ekka Day in August, and residents enjoyed the day immensely. We had a magician, photo booth, clown, fortune teller, whip cracking, poetry reading, fruit display, dog show and lots of yummy food from the Maranatha Fundraising Committee.



## SUNSHINE CRAFT

Sunshine Craft is where Maranatha's craftiest come together and create works of art. Residents really turned it up when they made their own flowers for Melbourne Cup, and wow were they fascinating! A big thank you to the Maranatha Fundraising Committee for providing us with our necessary items for craft activities. Painting makes for a relaxing afternoon, as residents enjoy creating works of art.



# Activity Reviews

## MELBOURNE CUP

Melbourne Cup was a great day and the sweep winners were especially happy. Fashion on the Field was a real treat; staff and residents enjoyed wearing fantastic ensembles and fascinators. What a thrill it was to watch everyone dressed up and having a great time together.



We even had our own horse race, horse entrants were: No. 1 Stinky, No. 2 Fine Cotton & No. 3 Passing Wind.

Stinky was standout crowd favourite, and after plenty of horsing around, he hobbled over the line in first place.



## *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.

# Activity Reviews

## MORNING WALKS



Over the last couple of months, we have been thoroughly spoilt with our weather.

The morning walks have truly been a delight with our Jacaranda flowers putting on a magnificent show.



## NEW ACTIVITIES

We have started some new activities this month:

Line Dancing in A wing and Rummi O and Board Games.



## MONTHLY BIRTHDAY PARTY

For our October Monthly Birthday party we were spoilt with some amazing talented little people from Northpine Christine College Junior Choir.



Northpine Junior Choir



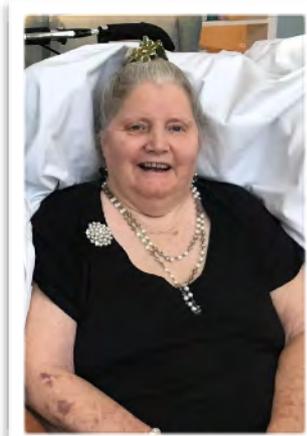
Birthday Cards from Northpine Christian College



Janet Galbraith cutting the October Birthday Cake

Kind Regards, **Kerralye Wright** – Team Leader, Leisure and Lifestyle

# Resident Story - Lynette Tunncliffe



Lynette Faye Tunncliffe was born in 1947 to parents Alex and Joan Yuill at Nundah, Brisbane.

When Lynette was born her mother and father lived with Alex's Mum, Dad and sister. They looked after her while both her parents worked and she built up a great affection with all of them, which continued all their lives. (*Lynette was always the favourite*).

Lynette attended Wavell Heights State School and Wavell High School. According to her younger brother Ray and sister Margaret, Lynette was the teacher's pet.

Lynette was a member of the Nundah and District Marching Girls, and she wore the uniform with the short skirts, boots and high hat as the Marker. The team competed in many tournaments all over South Queensland.

When Lynette was 15 and just finished Junior High School, she met Russell (17) at Scarborough Beach while on Christmas holidays with her family. Lynette and Russell became steady friends and on her 17th birthday they became engaged. A few months after their engagement, they purchased a block of land at Everton Hill and built a house prior to their wedding.

Lynette and Russell were married in Brisbane in February, 1967. They then moved into their new home. Before Lynette was married, she worked as a clerical assistant for a real estate company, and once children came along she gave up her job and became a home manager.

In February 1970, their first daughter Leeanne was born. Next came Mark, her son, who was born in June 1971 and Kellie, her second daughter, born in March 1979. Lynette now has four

grandchildren of whom she is very proud. Lynette devoted her life to her children and husband Russell. She worked in the school tuckshop including baking, and she was also on school fundraising committees.

Lynette and Russell purchased a caravan and went away in it most holidays and school breaks to the Gold Coast. Lynette would stay with the children while Russell worked. The family went on many caravan trips around Australia.

Once the children were older, Lynette spent her spare time caring for her elderly relatives: taking them shopping, to the doctors, on outings and organising and hosting their birthday parties.

Lynette is a passionate Broncos supporter and was a season ticket holder all her adult life. Family and friends knew not to argue about football with her as she was always right.

Lynette is also passionate about fashion, jewellery, hair and is a keen shopper. She used to buy all sorts of goodies for herself or someone else every day. Her local op shop made good profit from selling her unwanted clothes!



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## Resident Story - Lynette Tunnicliffe

Something Lynette used to buy everyday was cream buns – not a day went by without the children having a cream bun for afternoon tea. Even on holidays Lynette bought cream buns daily for the family. The family home was always full of lots of visitors.

Lynette and Russell are members of many sporting clubs and would go out for dinner a couple of times per week to various venues.

Lynette loved Twin Towers Resort in Tweed Heads where she and Russell would go for a short break a few times every year. She loved catching up with her relatives as most lived on the Gold Coast.

Lynette now lives at Maranatha and she loves her home. She tells us most days “everybody loves me here”.

She believes she is so blessed to have found Maranatha. The Management, Registered Nurses, Care Staff, Activities Team and Volunteers all make Lynette’s life wonderful and special every day.



## Staff Profile - Rose Simpson

Rose Simpson is our resident Occupational Therapist and Registered Nurse here at Maranatha. She has been a part of the family here for many years. You may remember seeing the young girl and her brother Samuel picking mulberries on the grounds of Maranatha during school holidays. Rose met her sweetheart at the tender age of 12 at school. She later married Timothy Simpson and they now have a beautiful daughter, Violet, who has just turned 15 months. Arguably the cutest baby in the world, Violet often visits the residents of Maranatha while her mother is working.

The family have recently bought a house and have begun to collect a menagerie. The latest additions are two guineapigs, ‘King Bob’ and ‘Smooth Bob,’ beloved by their daughter Violet.



Rose loves to bake and often makes wedding and special cakes for her friends and family. She enjoys music, art and gardening. Rose comes from a long line of bad drivers and she has continued in this family tradition.

If you see Rose or her family at Maranatha, stop and say ‘hello.’ And remember: if she offers you a lift, make sure you wear a seatbelt!



# 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.



# Pastoral Care



## CARERS GROUP

Maranatha hold sessions for family of residents and volunteers who support our residents. We have had two sessions so far this year in May and August.



You cannot *drink* from an empty cup.

FILL YOURSELF UP. YOU'RE WORTH IT.

They are presented by Fiona Bosly, a counsellor and social worker.

Our interactive sessions have been on the topic:  
***What is Self-Care & Why is it So Important?***

**Our final session will be held on November 29.**

*Please see Carmel Hayden in Sunnyside should you be interested in attending.*

## INTERFAITH RELIGIOUS SERVICE

Our resident 'interfaith' religious group is growing in numbers. Minister Alwyn Neuendorf conducts the service.

Should you also wish to attend please come to the Activity Room on the 1st and 3rd Wednesdays of the month, or let staff know should you require assistance in getting to the service.



## PASTORAL CARE COURSE

An updated online Pastoral Care Course is getting ready for rollout in early 2019.

It will be used as a 'refresher' course for existing carers but will be an opportunity for new volunteers looking to support our residents in their triumphs, joys and victories as well as their pain, anxiety and losses.

The tools offered in this course are invaluable and we recommend you register your interest with Carmel Hayden at Maranatha in the coming months.



# Volunteer Corner



## VOLUNTEERS OPPORTUNITIES

### **Activity Assistant - Afternoons; 1.30pm-5pm** *(any hours during this period)*

We are looking for someone who is patient, physically fit and enjoys the company of older people to assist in preparation and set up of activities, encourage residents to attend and participate in activities and accompany them to the activity.

Activities may include bingo, bowls, movie afternoons, exercise and walking groups, and cooking and gardening groups, music and more.

You will provide support and assistance under the supervision of the Lifestyle and Recreational Activities Team Leader.

### **Craft Assistant: Card Making**

Are you available on Mondays (twice a month) from 1.30pm to 3.30pm?

We need a kind, caring person who likes craft activities and is willing to assist other volunteers with resident craft activity of making cards for all occasions.

You will guide the residents and assist as guided by the activity leader.

### **Bus Trip Assistant**

Are you available from 9am to 12pm on either of the 1st, 3rd or 5th Wednesday of each month? Or every 2nd & 4th Thursday of the month?

We need a special volunteer to assist our Activity Officers take our residents on a fortnightly bus trip.

Are you tolerant, kind and caring? Do you do well under pressure?

Are you happy to chat about the scenery from the bus with the residents?

If you have patience & a happy outgoing nature we would love you to volunteer.

### **Walking group for residents:**

The activities team would love more volunteers to assist our wheelchair residents on their daily morning walk, by collecting them from their room and pushing them around. This starts from the entry to Lilly Pilly/Magnolia wing at 9am, Monday through Friday. Please see Carmel or Kerralye should you be able to assist.

### **Gardening:**

We are looking for help in the gardens with weeding, watering, pruning and general cleaning up. Please speak with Carmel if you are interested.

**More opportunities over page...**



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

**Carmel Hayden on 3482 5316 or  
chayden@chomes.com.au**

**Volunteer & Pastoral Care Coordinator**

# Volunteer Corner



## VOLUNTEERS OPPORTUNITIES

### **Birthday Party:**

We are in need of as many volunteers as possible to help with the birthday party on a Friday morning, once a month, so please keep this in mind when deciding on your volunteer times and inform Carmel or Kerralye if you are able to assist.

### **Cafe Assistant:**

We are still in need of volunteers to assist Thursdays and Saturdays. If you are available at all during October, November and December please let Carmel know so she can add you to the roster.

Our cafe for our residents, their families, our volunteers, staff and visitors, is a vibrant social hub for our hostel and a service which we are proud of.

### **Maintenance Assistant:**

Joe our Maintenance Manager requires assistance with ongoing chores.

If you have four or so hours a week or fortnight to spare us to help cherry Scottish Joe out we would greatly appreciate your help.

Kindly see Carmel at Sunnyside for more information on the current jobs Joe has need of assistance with, should you be interested.

### **DEMENTIA 'A Wing' Assistant:**

Do you have a kind, nurturing and compassionate way with people?

Perhaps you would enjoy learning about and assisting with the unique daily needs of our residents living with dementia. This is a special role for a special person. Please speak with Carmel should you like to discuss this volunteering role further.

### **One-on-one chats with residents:**

We are needing more volunteers to chat to our residents. Please see Carmel if you have some free time and she can introduce you to some residents who would love some more company.

Also, if you have any friends or family who are not yet volunteers please recommend they chat to Carmel about volunteering as we would love more volunteers assisting in this area.



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

**Carmel Hayden on 3482 5316 or  
chayden@chomes.com.au**

**Volunteer & Pastoral Care Coordinator**

# Volunteer Corner



## SPOTLIGHT ON A VOLUNTEER

### Mark Witton



Mark has been volunteering at Maranatha for around 12 years. He was working as a Pharmaceutical Storeman when he started volunteering in the cafe on Saturday mornings as well as attending the Bible reading group. He also drove the shopping bus and took the residents on bus outings to places like Maleny and the Glass House Mountains.

Mark retired after 25 years with the company so started volunteering here six days a week!

He is invaluable in his daily support in conducting the Bible readings for residents, along with other volunteers. Monday to Saturday he brings residents in wheelchairs and walkers to Sunnyside room where they enjoy an hour of Bible reading and hymn singing. He prepares in advance his points for discussion in the reading session.

Mark also assists residents with their daily exercises, puts up our resident programs each month as well as conducts daily visits with our residents.

Mark and his wife Sue, also an invaluable long-time volunteer at Maranatha, recently moved into an Independent Living Unit on Grevillea Court, outside in the Maranatha Village. Mark says they are enjoying living here. Welcome to you both! We hope you are settling in nicely.

Until the move, Mark kept fit by riding his bike about 15 minutes each way from their home at Dakabin. He recalls one time he had to pull up to random house's carport to avoid the rain, but he made it here and dried off with paper towel.

Mark has a happy, calm and patient nature, and smiles his way through the corridors each day. Mark and Sue have three sons and four grandchildren - and another on the way! Mark is a member of the Kallangur Christadelphian Ecclesia which meets here on Sundays. Mark says he is enjoying retirement as well as working on marking up his second Bible at home. His favourite Bible verse is in Malachi 3:17.

The staff, residents and volunteers at Maranatha greatly appreciate Marks ongoing efforts. Thank you Mark!



# Read, Rest & Relax!

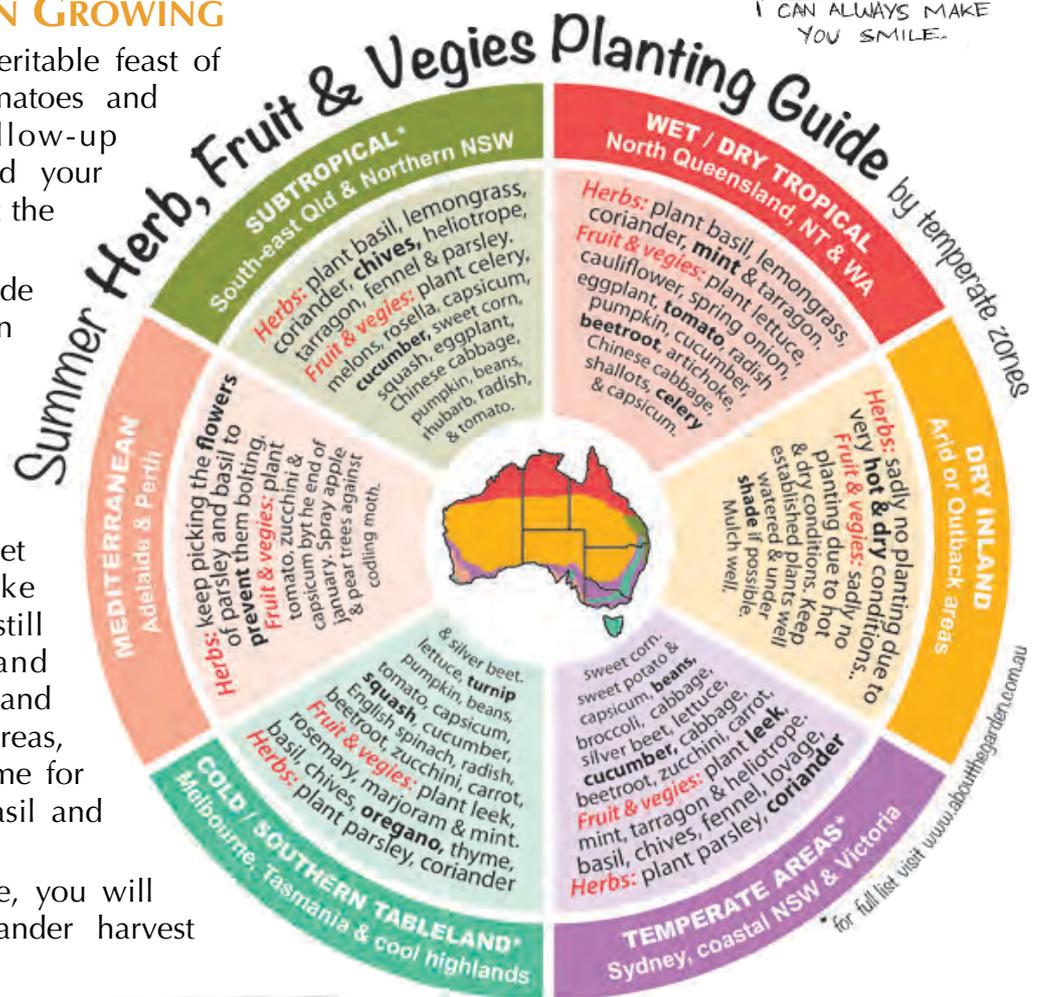


## WARM SEASON GROWING

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.

P<sub>3</sub> U<sub>1</sub> Z<sub>10</sub> Z<sub>10</sub> L<sub>1</sub> E<sub>1</sub>

A<sub>1</sub>

G<sub>2</sub>

E<sub>1</sub>



# 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	