



Chamberlain Gardens Newsletter

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MANAGER'S MESSAGE

Welcome to our Summer newsletter!

I would like to take this opportunity to welcome all new consumers and their families to our home. I hope you feel welcome and are settling in well.

What a year it has been so far! Finally, we are open to visitors again, and what a welcome sight that is. Many of you have been missing that contact with loved ones. During the restrictions, our staff have been working very hard to keep as many of you connected with your families by way of phone calls, Skype calls and letter writing. All visitors coming into the home must be doubly vaccinated with the Covid vaccination and must be over 12 years of age.

The latest news is that there will be a Booster Covid Vaccination on offer for all consumers and staff. We will be organising consent forms shortly. Once we have received these, a clinic will be organised on site. We will advise you of a date once we have further information.

We have started the bus trips again. We have been going for trips where consumers have not been getting off of the bus. Trips are now being planned with social distancing in mind. Consumers will be able to unboard the bus in areas where there is not a "high volume" of people.

We are able to provide masks for residents who are attending medical appointments to assist with keeping consumers safe. Please continue to monitor for any Covid symptoms. Please let the staff know, as soon as possible, if you are feeling unwell.

As you may be aware, Jan from our Spiritual Care Team has resigned. In her absence, Suellen will be working an additional day to support the needs of the home. Please reach out to the Spiritual Team if you would like some support.

Resident Relative meetings will continue to be scheduled monthly with our last meeting for the year scheduled for 14th December 2021. Relatives are being invited to attend via a Teams meeting. This is a great way to keep up to date with the goings on at Chamberlain Gardens.

Please remember if you have any feedback you would like to provide, please have staff assist you to fill in a feedback form. We welcome your feedback. This is valuable information and provides us with an opportunity to improve.

"Never measure your life by possessions. Measure it by the hearts you touched, the smiles you created and the love you shared"

Warm Regards, **Helen Handley**

- Director of Consumer Care and Services

Upcoming Events

DECEMBER

- 1 Christmas Decorations
- 14 Resident Christmas Party Lunch
- 25 Christmas Day Lunch
- 28 Boxing Day
- 31 New Year's Eve Celebrations



JANUARY

- 1 New Year's Day
- 7 Orthodox Christmas Day
- 25 Australia Day BBQ Lunch
- 26 Australia Day



FEBRUARY

- 1 Chinese New Year
- 4-20 Winter Olympics
- 14 Valentine's Day High Tea



DECEMBER	JANUARY	FEBRUARY
Lisa S	Maureen (Bev) F	Carolyn J
Barbara T	Judith T	Terrence O
Shirley C	Pam D	Dulcie H
Katie W	Melva D	Cecil S
Niels P	Peter B	Doris F
Judith M	Sylvia F	Meg P
	Maurice C	Betty R
	Jean D'A	Rhonda J
	Rita C	Dot S
	Maureen D	John T
	Paul K	Betty M
	Robert S	Val S
	Morris W	Malcolm W
		Marcia J



For all the latest news and photos follow us on Facebook

facebook.com/christadelphianagedcare

Activity Reviews



SEPTEMBER - Over the last few months, despite not being able to get out and about, our residents have enjoyed travelling to lots of different countries with **Armchair Travel**, such as England, Uluru, Italy, Serbia and Egypt. Our Spiritual Carer, Suellen, holds a **Wellbeing Support Group** twice a month and this is well attended by many residents who say that they find it very calming and peaceful way to support their spiritual and emotional wellbeing.

We celebrated **RU OK Day** with everyone checking in on each other and of course lots of sweet treats, which always help. The men celebrated **Fathers Day** with a BBQ, enjoying hamburgers and chips and nice cold beer. The men chatted and exchanged lots of stories about past Father's Day celebrations with family.



In September, we also had **International Chocolate Day**, where residents had fun making Rocky Road in the morning and enjoying it later for afternoon tea.

With the weather warming up, the residents have started up their **Garden Club** again and look forward to getting together to decide which plants they will be planting.



Talk Like a Pirate Day saw staff dressing as pirates and residents enjoyed having their photo taken with them in front of pirate props then digging for treasure in the treasure chest.



Bereavements

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



Activity Reviews



OCTOBER - October was a great month! On the 11th, the restrictions were eased allowing families to come back in to visit their loved ones, which was very exciting for everyone!!

Bus outings for sightseeing trips only recommenced and although we were unable to get off the bus, the residents enjoyed getting out and about again.

October was also Breast Cancer Awareness month and on the 20th, staff and residents dressed in pink for **Pink Ribbon Day** and enjoyed High Tea in the afternoon with lots of pink treats to eat.



Oktoberfest Celebrations were held and residents drank beer while on a journey 'travelling' to Germany. Residents also enjoyed seeing some of the staff dress up in Oktoberfest attire.



October is also the time to celebrate **Halloween**, which is becoming more popular now in Australia and residents enjoy seeing the staff dress up. They enjoyed a happy hour in the afternoon with some spooky treats.

Activity Reviews



NOVEMBER - In November, we held **Melbourne Cup** celebrations, with an afternoon of racing and champagne. Residents dressed up in their finery and enjoyed watching and willing their horse to win. Residents attended a memorial day service for **Remembrance Day** held at the facility on the November 11, then enjoyed a BBQ lunch for all.

Mobile Library started up their service again on the 12th to the delight of some of our book worms.

Games



Terrariums



Garden Tea Party



Resident Story

Morag Byrne



Morag's parents moved from Stirling, Scotland to Bedford, England for work. When she was 18, her parents decided to move to Australia.

Morag was teaching primary school in Dandenong, Victoria when she met her future husband, Denis. He was a temporary teacher there too, filling in for a friend. They married when she was 22. They moved to Adelaide when Denis got a job as a Psychologist.

Morag and Denis had 2 sons, Malcolm and Nicholas.

After moving to Sydney to follow Denis' work, they enjoyed holidays and fishing trips to the Central Coast.

Morag says "I like living here, but it's a big adjustment from being in my own home. I love music – classical mostly, and I play the piano. I used to play a variety of sports, including netball, hockey and lacrosse".



summer is coming

Staff Profile

Lucy Fernandez-Norman

PHYSIOTHERAPY ASSISTANT & AIN

I started working at Chamberlain Gardens Aged Care in 2008. In 2011 I went on maternity leave then came back to work in 2016. I have two children, a boy and a girl.

I grew up in the country where my parents had a big farm. We grew everything, crops and vegetables and lots of animals, such as cows, buffalo, chickens, ducks, goats, pigs, cats and dogs.

Gardening and cooking are my favourite past times and I also attend the gym regularly.

Having a young family is very busy, especially after school, juggling their extracurricular activities. My son works two jobs, he is also a black belt in karate, and enjoys playing the violin and singing. My daughter is equally busy, swimming, piano, singing lessons and karate.

As a mum, I am the taxi driver, always busy taking them here and there. Whilst they are at their activities I work out at the gym, then rush back to pick them up.

I do enjoy working at Chamberlain Gardens Aged Care as a Physiotherapy Assistant & AIN as it enables me to interact with everybody.



Spiritual Care

LET US NOT *love*
WITH WORD OR SPEECH BUT WITH
actions and in truth



WHAT IS SPIRITUAL CARE?

Spiritual Care is a huge topic. It includes a vast array of factors that drive your being. I find it important because it allows you to get under the surface and truly know what drives and motivates people. For me, it is nature, creativity and religion. For others, it's different and spirituality brings uniqueness and variety. For some it is nature, which can include gardening, being outdoors, animals, beauty and peace. It could be connection with self, connection with others, sport, travel. For others, creativity, which covers reading, writing, cooking, music, the arts, craft, physical exercise, and home duties. Many of these are interlinked and overlap. Incorporated too into these areas of spirituality is also understanding the qualities of person you are dealing with. It could be that the person is driven by kindness, compassion, understanding, inner strength, giving, receiving, care, inner peace, respect, helping, serving of others, and forgiveness. I believe to truly understand someone and how they work you must understand their qualities and their interests, as the two are interwoven.



I am driven by serving others and through serving others I obtain a feeling of self-satisfaction as I have helped someone in serving them. I am also driven by giving and receiving kindness and compassion. When others show kindness and compassion to me, I am grateful and at times overwhelmed and emotional. This is because the person giving has stopped their busy life and thought of me. Recently, my wife and I received a gift in the mail out of the blue. I was blown away by this as it was not expected. It was a gift given to us out of generosity at a poignant time in our life. Given out of love and kindness. I was overwhelmed and speechless at this act of kindness.

I mentioned earlier nature, creativity, and religion. For me, religion drives my purpose and gives me the focus to my life and the underlining purpose to serving others. It is the core of my life. My belief drives my existence and the way I make that real to my life is by creativity through music, cooking, gardening and nature. My way of relaxation is to be in the garden in nature and to cook listening to music.



A few weekends ago, I was out in the garden, and I had a beautiful weekend. I felt so invigorated. I achieved so much. I was out pruning, weeding, planting, and sowing seeds. I had my hands in the soil and was naturally using gardening tools. I was at one with nature, listening to music, the music of the bird song. Being in the garden gave me peace, it allowed me to take a moment out and be at one with the beauty of nature which I believe is God given.

Obviously, it rains and when it is not possible to garden, I cook while listening to music. I either cook for my family or for someone in need. I enjoy it. It gives me the feelings of accomplishment and it is purposeful. The receiver and I both benefit.



The beauty of spiritual care is that we are all different and we all have differing needs. It is the role of the Spiritual Carer to meet these needs of our residents in varying ways. Each resident has different needs, and some are more spiritually sufficient than others and some need more support and assistance. Our facilities have Spiritual Carers to help meet these needs of those in our care. Sometimes it is a listening ear we provide, a conversation on a favourite topic, praying with someone, arranging a minister visit, the playing of music, reading to them, the reminiscing on their lives or events in their lives and sometimes a presence of company. These are all so very important to help to satisfy spirituality.

Hopefully from this I have given an insight into spiritual care, what it means and how it can be provided. Next time you have an interaction with someone think deeper than the surface and have a purposeful and meaningful interaction with them. In turn you will help to satisfy the recipient and the giver.

The concept of spirituality is underpinned in the following passage from Galatians 5:22-23. *"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law."* and the passage from Luke 6:31 *"Do to others as you would have them do to you."*

By David Bridgens - Spiritual Care Coordinator, CASA MIA

Volunteer IN THE Spotlight

BARBARA CHARLTON

Barbara was born in Hobart, Tasmania, the first of four children, to parents who moved around the state because her father worked for the PMG (which became Telecom, then Telstra). She spent several years in St Marys, where she completed primary before moving to Launceston, where she attended Brooks Community College and Launceston Technical College.

On leaving school, she was employed in clerical work at three offices, before moving to New Guinea in 1969, where she lived in Rabaul and worked as a secretary for a Seventh-day Adventist Church mission headquarters. 1971 was a year Barbara will never forget, because that year Rabaul experienced a number of major earthquakes, the strongest being 8.4 on the Richter scale and months of minor tremors which left people feeling slightly seasick!! In fact, she remembers the local pharmacies doing a brisk trade in motion sickness pills!

At the end of 1971, Barbara returned to Australia and commenced working in Wahroonga at the Seventh-day Adventist Church headquarters for the South Pacific, where she worked for 40 years, mostly in the Church's health fund. Barbara retired in 2011 and is now enjoying living on the beautiful Central Coast.

Since retirement, Barbara has volunteered at Chamberlain Gardens, where she looks after the archives and it was pleasing to be told by the accreditors once, that it was the best kept archives they'd ever seen! But volunteering is in her blood, having become a Pink Lady at the Sydney Adventist Hospital after moving to Sydney, until she moved to the Coast in 2007.

Barbara enjoys music and travel. After living in New Guinea, she enjoyed a holiday trip to several Asian countries, then to New Zealand and more recently has enjoyed cruises to New Zealand (again), Noumea and surrounding islands, and to Singapore.

Barbara is also a cat person, having had cats and kittens first in the family home, then whilst living independently. Other special interests include reading, completing jigsaws and doing crosswords.



**Do you have something/someone
you would like to pray for?**

Ask a nurse/receptionist for a prayer
request card.



'I call on you, my God, for you will answer me; turn your ear to me and hear my prayer.'
Psalm 17:6



volunteers plant seeds of love
that help countless hearts
to grow...



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



Helen Handley

DIRECTOR CONSUMER CARE
AND SERVICES

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CHRISTMAS FUNNIES

- What do you call an obnoxious reindeer? Rude-olph.
- What did the stamp say to the Christmas card? Stick with me and we'll go places!
- How is Christmas exactly like your job? You do all the work and some fat guy in a suit gets all the credit.
- Why did no one bid for Rudolph and Blitzen on eBay? Because they were two deer!
- What do you call a scary looking reindeer? A cari-boo.
- What do you call Santa's little helpers? Subordinate clauses.
- Why don't you ever see Santa in the hospital? Because he has private elf care!
- What's the difference between the Christmas alphabet and the ordinary alphabet? The Christmas alphabet has No-els



VEGETABLES BY MONTH

IN AUSTRALIA

Use this chart to make sure you're buying and cooking vegetables during their seasonal peaks

SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG
SPRING			SUMMER			AUTUMN			WINTER		



Prawn & Mango Salad

- 1 mango
- 2 Lebanese cucumbers
- 60g packet baby rocket
- 1/3 cup small fresh mint leaves
- 500g cooked prawns, peeled, deveined, tails intact
- 45g (1/4 cup) honey roasted macadamias
- Extra Virgin Olive Oil, to drizzle
- 1/2 Lemon (for dressing)

Devilled mango dip

- 80g (1/3 cup) whole egg mayonnaise
- 90g (1/4 cup) mango chutney
- 2 tsp sriracha chilli sauce

Nothing says 'summer' like mangoes and prawns. This easy salad is ready in just 10 minutes

Prep: 10 min
Serves 4



1. To make the devilled mango dip, combine all the ingredients in a bowl then transfer to a small serving bowl. Season.
2. Slice the mango and peel the cucumbers into ribbons.
3. Place the dip in the centre of a serving platter. Toss together rocket and mint in a bowl. Arrange on the platter with mango, cucumber and prawns. Sprinkle with macadamias and drizzle over oil and a squeeze of lemon to serve.

Drizzle some of the mango dressing over the salad and use the rest to dip the prawns into or drizzle over the entire salad, if you prefer.

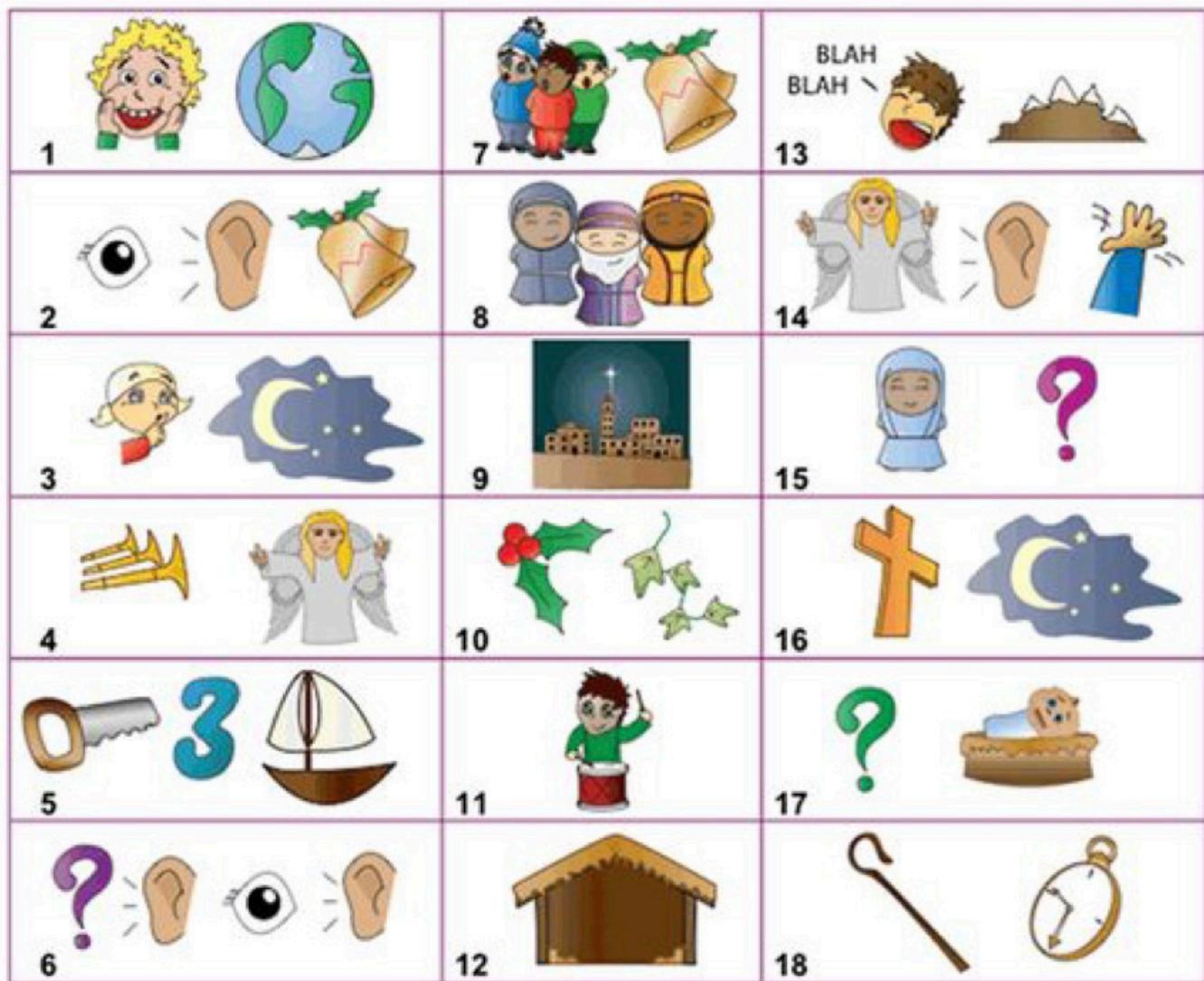
Puzzle Page



CHRISTMAS CAROL PICTURE PUZZLE

Each numbered box contains pictures that are clues to its title. Write the number next to the carol it matches.

- | | | |
|--------------------------------|-------------------------|--------------------------------------|
| — Angels We Have Heard on High | — O Holy Night | — I Heard the Bells on Christmas Day |
| — Caroling of the Bells | — Little Drummer Boy | — Do You Hear What I Hear? |
| — Away in a Manger | — Silent Night | — I Saw Three Ships |
| — While Shepherds Watched | — Mary, Did You Know? | — Go Tell It on the Mountain |
| — Joy to the World | — What Child is This? | — Hark the Herald Angels Sing |
| — O Little Town of Bethlehem | — The Holly and the Ivy | — We Three Kings of Orient Are |



CHRISTMAS WORD SUDOKU

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.

Puzzle 1: MANGER

Puzzle 2: JOSEPH

		E		
		N	R	M
	N			
G		A		
	R			
M		E		

H		O	
S	J		
		E	P
J			
E	O	J	