



Courtlands Newsletter

Address: 15 Gloucester Ave, North Parramatta Phone: (02) 9683 8000 Email: admin@chomes.com.au



MANAGER'S MESSAGE

Despite the many challenges we had faced during the year, Courtlands continues to shine bright.

Courtlands residents celebrated the annual Melbourne Cup. The ambiance was cheerful and filled with pearls of laughter and residents dressing up for the occasion. In Terrace, Hazel M won the best costume prize with her unique hat and Roselyn D in Bluegum won best dressed. Our sweep winners were Norman R in Grove and George R in Grange. Everybody enjoyed a sparkling glass of lemonade drink while watching the famous race.

Courtlands is a multicultural and diverse facility and in November, the Wellbeing team prepared for the much-celebrated Diwali festival which was a great success. With Christmas fast approaching, our staff and residents will soon be putting up the Christmas tree.

As many of you know, we sadly said goodbye to our Care Manager Jenny Trinh, who accepted a new career opportunity. In the interim, we are grateful to have our Melanie Barangan working with the management team.

I would like to personally thank all the staff, residents' families and their doctors who actively participate in the care and management of our residents at Courtlands and wish you all a very safe and festive holidays.

Kind Regards, **Mercy Chua**

- Director of Consumer Care & Services



Upcoming Events

DECEMBER

- 4 Visit from St Monica's Primary School
- 7 Terrace Christmas Lights Bus Trip
- 11 Bluegum/Grange/Grove Christmas Lights Bus Trip
- 12 Residents Christmas Party
- 19 ILU Christmas Function
- 25 Christmas Day
- 26th Boxing Day
- 31st New Years Eve

JANUARY

- 1 New Years Day
- 8 Elvis' birthday
- 19 International Flower Day
- 24 Australia Day BBQ
- 26 Australia Day

FEBRUARY

- 10 Lunar New Year
- 13 Shrove Tuesday (*Pancake Day*)
- 14 Valentines Day
- 21 International Mother Language Day



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DECEMBER	JANUARY	FEBRUARY
VILLAGE	VILLAGE	VILLAGE
3 George F	1 Rita C	5 Shirley D
7 Horst K	4 Jan S	10 Norma M
10 Nora R	5 Joy B	10 Bev S
10 Margaret W	6 Terry O	10 Ian M
15 Magda M	7 Dorothy G	13 Joe C
15 Richard T	9 Lyn M	14 Mavis M
19 Judith H	19 John G	14 Robert W
20 David M	20 Sharon M	17 Brad O
23 Noel D	20 Laraine W	21 Helen L
26 Hazel L	22 Faye D	
	28 Paul C	
	30 Paul K	
	31 Marie L	
TERRACE	TERRACE	TERRACE
15 Eileen O'M	2 Julijana	
17 Mary F	11 Pat C	
20 Hyun Sook	12 Maureen	
	18 Yvonne O'D	
	18 Graeme	
	30 Miroslav	
GRANGE	GRANGE	GRANGE
8 Marion	9 Michael C	
24 William		
GROVE	GROVE	GROVE
12 Irma	13 Patrick	
	21 Rita P	
BLUEGUM	BLUEGUM	BLUEGUM
13 Gary		3 James S
		5 Roslyn
		17 Isaac
		20 Nickolas

2023 has been a year of changes in the village.

We have said goodbye to Kristen who left to spend more time with her beautiful baby girl Ava and we welcomed Nora to the Village family.

Sherene said goodbye earlier this year and we welcomed Hashini to the family. I look forward to all the new things that our new friends will bring to the Village.

While we were waiting to find Hashini, I stepped into the Wellbeing role, which is something I haven't done in a few years. It has been lovely spending time with the residents and having fun while going out for lunch along with the morning teas and walking groups.

The Christmas lights will be going up around the Village very soon and the tree will be up in the lounge. Christmas is my absolute favourite time of the year, though it is also a time when we keep in our thoughts those less fortunate than us.

With the summer weather temperatures predicted to be high and dry, it is important to remember both sun and fire safety steps. They are:

SUN SAFETY:

Please remember the 3 S's: *SLIP, SLOP, SLAP*. Let your air conditioner be your friend and stay hydrated with drinking water.

Slip



Slop



Slap



FIRE SAFETY TIPS:

- **Remove** occupants from immediate danger
- **Alert:** Press the INS button or ring 000 and state it is an emergency
- **Contain:** Take your keys and shut the door
- **Evacuate:** Knock on your neighbours' doors and alert them as you head towards your nearest assembly area

I would like to take this opportunity to wish all residents, staff, and volunteers a very Merry Christmas and a safe and healthy 2024.

A special thanks go to the many groups; - the admin team, the Resident Committee, the Social Committee, the Men's Group, the Library Group, the Kiosk team, and the maintenance team, to name just a few. Through your tireless efforts, you have helped make Courtland's Village such a wonderful place to live and work.

Sending you all my warm thanks and please stay safe and well over the holiday season.

Kind Regards, **Lisa Green** - NSW Village Manager

Bereavements

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

Mavis E, Joyce C, Allan H, Michael S, Mona D, David S, Marie L,
Bruce B, David M, Joyce R, Joyce S, Ray & Joan W & Robin D

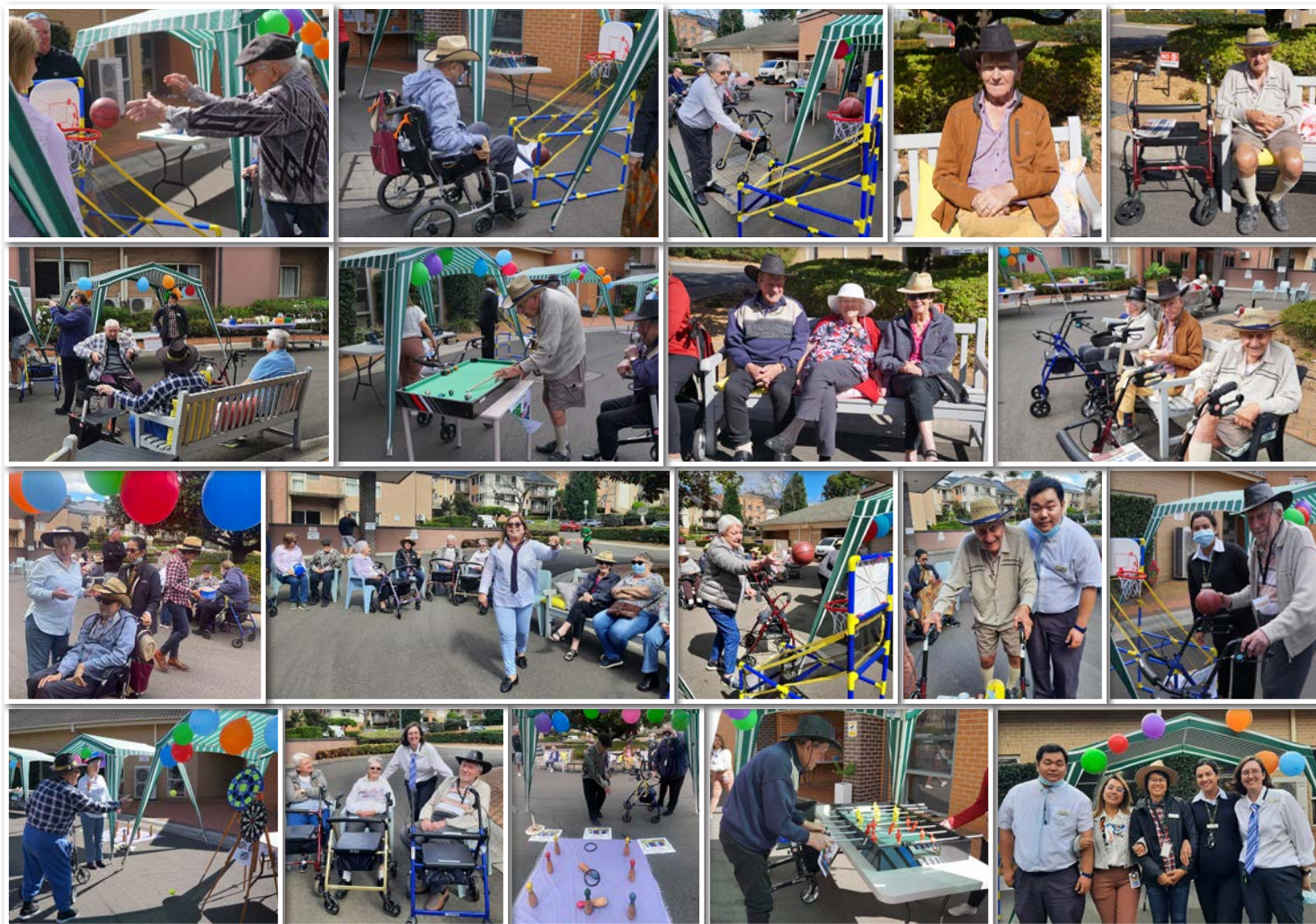


Activity Reviews



FATHER'S DAY - Making the most of some great weather, our residents enjoyed a carnival-themed celebration for Father's Day with games including ring toss, basketball, mini pool, and darts to name a few. Prizes were given out and all the men enjoyed receiving a gift bag for Father's Day.

Once the men had their turn, the ladies came out and joined them and all had a good morning enjoying the atmosphere, games, and ice creams.



MELBOURNE CUP - Residents and staff dressed up, and there was a range of creative fascinators and colourful shirts on display. All enjoyed afternoon tea – oh, and the race!

Residents who wished to participate were placed into sweeps in each section and the horses drawn randomly.

Well done to our lucky winners – Christine, George, Jeanette, and Norman. Prizes were also given out for best dressed, as who can forget that important part of the event - the 'Fashion on the Field'.

A big thankyou to those family members who enjoyed the afternoon with us and assisted.



Activity Reviews

Self Care



SELF CARE - CHANEL 7 VISITS COURTLANDS

On Wednesday 4th October, we were so excited to have Sam Mac from Channel 7's Sunrise telecasting at Courtlands.

Our residents showed off our beautiful village, including the Lounge and Recreation Room, our new coffee shop 'Daisies' with the outdoor seating area, plus the Gym and our fishponds.

Sam was quite surprised when Gary mentioned we had Nola turning 99 and she had a little chat with him.

The residents shared a lovely morning with a sausage sizzle breakfast, morning tea, and our café 'Daisies' opened on the same day too!

The Village men played a game of billiards, Beryl had her hair done in the hairdressers by Suzie, June fed the fish by her pond and Barbara and Marion did some exercises at the Gym.

We thoroughly enjoyed the visit from Sam and Channel 7.



Activity Reviews

Grange

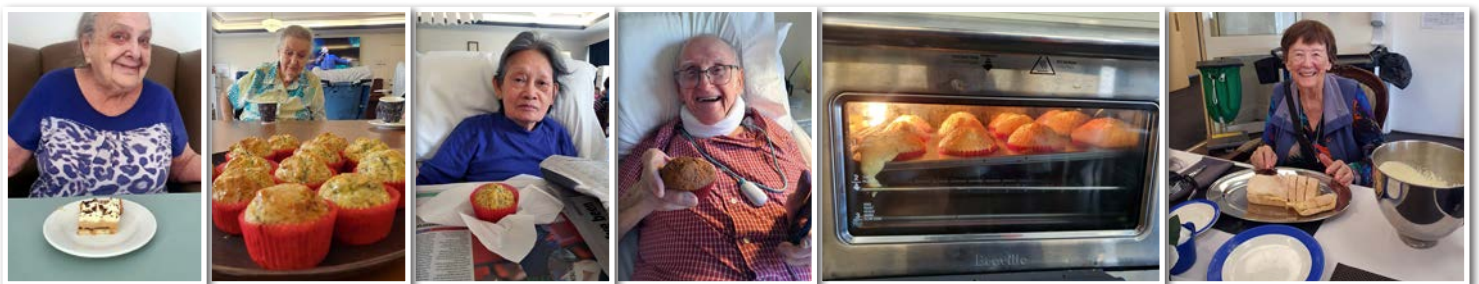


GRANGE

Our lovely Grange residents continue to enjoy a range of cognitive games especially bingo with a large group in the afternoons and dominoes, with a lovely group getting together in the mornings to play or talk over the current news of the day – or often both!



Even more than the games, we have been enjoying cooking over the cooler months, making a variety of cupcakes that even those who are less keen on the cooking, still like to enjoy!



Bus trips to parks and beaches provide us with lovely opportunities to see other scenes, reminisce about places we've lived and travelled, and just enjoy a morning or afternoon out.



In between all of that, we like to make sure there is ample time out to visit the hairdresser and pamper ourselves.



Hello Summer!



Activity Reviews

Grove



GROVE

Here in Grove, the residents love to walk in the **Grove gardens** and enjoy fresh air and sunshine with staff.



The residents love and enjoy **pet therapy**, and mostly our female residents' love **doll therapy**.



In the mornings, we do **gentle exercises** by throwing and catching balls with the residents in a group.



We do one-on-one hand massage with the residents and with the bed-bound residents we also do one on one using sensory mats and toys. Patrick loves to stack building blocks of the same size and shape next to each other.



Dora enjoys **water painting** and Jennifer loves to **paint** using a variety of colours. The ladies love to make **bracelets** helped by the Wellbeing staff.

We celebrated many **birthdays** including Margaret, Dora, Bruce, Rita and Pat.



Merry Christmas
And Happy New Year

We hope you had a great end to 2023 and wish you a Merry Christmas and a Happy New Year!

Kind Regards, **Kay and Kirsten**

BLUEGUM

Welcome to our summer newsletter! At Bluegum, we are thrilled to share the exciting events and activities that took place during the spring season. As the sun shines brighter and the days grow longer, our goal is to make this summer a truly enriching and joyful experience for everyone involved.



WOMEN'S WORLD CUP - congratulations to the Matildas for their remarkable performance in the Women's World Cup. With the commencement of the Women's World Cup, the residents of Bluegum fervently supported Team Australia, Matildas.

We were united in our support for the Australian team and cheered passionately whenever they scored a goal. Though they didn't make it to the final, we are hopeful that our wonderful Matildas will lift the trophy at the next World Cup. Aussie, Aussie, Aussie!!!



ORIGAMI - This spring, we made into the art of origami, crafting beautiful ships and elegant cranes. As we folded, the residents enjoyed sharing various stories with one another.

Origami not only strengthens hand muscles and improves wrist flexibility, but also provides a fun and comfortable experience.

Thus, everyone found the activity enjoyable.



BUS TRIP - Residents embark on weekly bus trips to stunning destinations.

The Bluegum residents recently went on a bus trip to Davidson Park and the Pavilion Picnic Shelter. They immersed themselves in the beauty of nature, unwound while savouring afternoon tea, and relished a delightful picnic with fellow residents. This excursion provided relaxation, connection, and a joyful bus journey for all participants.



PET THERAPY - Residents love the Pet Therapy visits.

During the past Spring, Bluegum residents engaged in a variety of activities. And now, as we approach summer, an array of exciting activities awaits them.

Activity Reviews

Terrace



TERRACE

Greetings to all from Terrace! Spring has flown by and kept us remarkably busy with meaningful moments. Terrace residents absolutely adore their Bingo, cognitive games, whiteboard teasers as well as Scrabble and Dominoes.



Arts and Crafts projects were running with some gorgeous paper crafts on display in our L2 lounge.

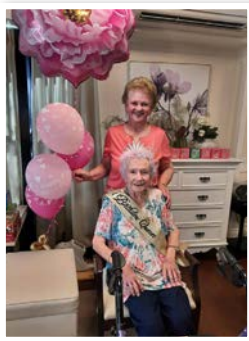
Movie premieres, with a cappuccino, are always popular, and with the addition of our new smart TV in L2, the experience of magnificent colours and clear volume levels has brought an absolute delight to our residents.

Sing-a-long with Nita has been added to our Wednesdays and they work very well in conjunction with our happy hour. A variety of great entertainers visits us every last Wednesday of the month to help us celebrate monthly residents' Birthdays.

We celebrated some **birthday milestones** this spring:

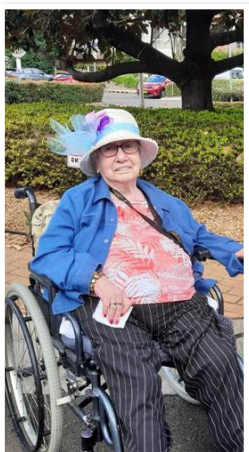
Noreen turned 100 years, Hazel 99 years, and Eileen 90 years young, to name just a few.

Sensory and recreational activities such as nail care, walks through our gardens, **pet therapy** and bus outings are a great compliment to our spectrum of activities structure as per residents' preferences.



During walks, we discuss different topics, share, and reminisce about past childhood, families, and old times. It is wonderful to learn about each other and life in the past decades, parts of Australia, and worldwide.

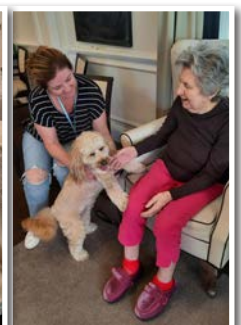
In addition, our wonderful hairdressers are here for you twice a week, ensuring that everyone gets the desired service and looks good.



Physical exercises is very important, so we exercise daily and play carpet bowls and basketball games.

Our library is teeming with terrific books and movies. Please let us know if you wish to visit or borrow some for your private viewing and readings.

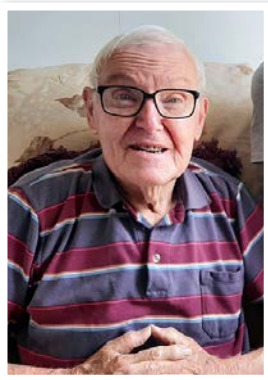
Stay tuned for further updates and invites to your activities.



Regards, **Elvira**

Resident Story

Robin Goddard



William was born in Lismore on December 24, 1926.

He moved to Sydney at the age of 13 and when he left school at 15, obtained a job as an office boy in the city. He soon found work in his favourite area of interest – films. He worked in Film Exchanges until he moved

to being a Projectionist at a drive-in and then later in a city cinema.

William also worked on collating all the newsreels from the early days to the present time to be transported and preserved for the future in the National Archives in Canberra.

Williams' current interest is watching Andre Rieu on DVD. He also enjoys walking with Pam and/or his family on the Courtlands grounds.

William appreciates activities such as bingo, exercises, and bus trips, and loves to have visits from the therapy dogs.

Lesley & William

William with his daughter Kristina



Staff Profile

Mamata



Congratulations to Mamata and her family, welcoming their new baby boy, Atharv, on 22 October. We are thankful that mother and baby are healthy and wish them all the best.



Farewell to our Care Manager, Jenny

After working with Courtlands for the last few years we have said goodbye to our Care Manager, Jenny as she moves on to new challenges and progresses her career.

We thank her for all the work done and wish her well.





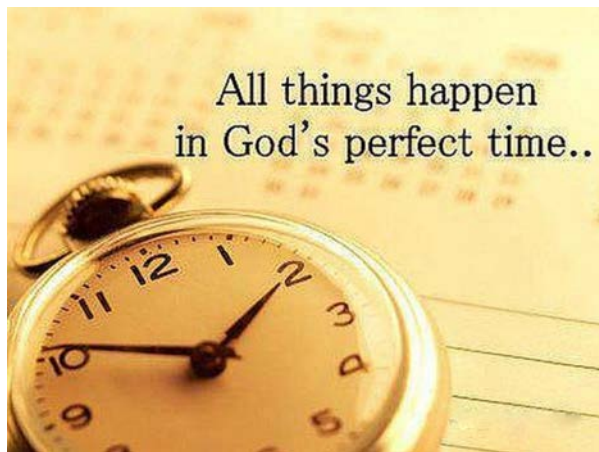
REFLECTIONS

Summer for me is a time to spend with my family and friends doing things we enjoy. It is a time when schools have six weeks off and there is more opportunity to complete tasks together, do those 'jobs' that get pushed to the bottom of the list, have a holiday, to get out in nature, visit people you have not seen in a while, reconnect with others and do things you enjoy.

I am fortunate to be in the bracket where our children are young and depend on us. I appreciate that there are those who may be reading this whose children are older, may not have family or many friends, relationships may be strained, or families and friends may live interstate and so the interactions are not as viable.

Most of us are blessed to be able to reflect on our lives and think of the times we have had with our families and friends, and the things we have done for our families and friends that have made holidays, gifts, and memories possible and helping others out when the need arose.

No matter what stage of life we are, we can all reflect, contemplate, and meditate on our lives. In life there are the good times, the excellent times, the troubled times, and the challenging times. These all help to shape us into the people we are today.



It is quite easy to think if I only had done this, then this may not have happened or what if I had done this, then this might have been the result. Remember that God's timing is different from ours and the speed at which God works could be different from the speed we expect. We all have the privilege of prayer and of speaking to God and sharing our joys and our sorrows, of sharing our regrets and our highlights and bringing those to God for his help and for Him to strengthen us in our time of need or rebuilding.

I am drawn to a song written by Graham Kendrick, an English Songwriter, '**For the joys and for the sorrows**'.

If you have a spare moment you may like to listen to the song. I am drawn particularly to these words from the song (see left).

The words here capture the essence of my thoughts. Whichever route our lives take, whatever our prayers and longings are, when the tears flow, when the disappointments occur, we are reminded in the refrain that 'for this I have Jesus' expressing the hope we have in our Lord.

By David Bridgens

- Spiritual Care Coordinator, COURTLANDS

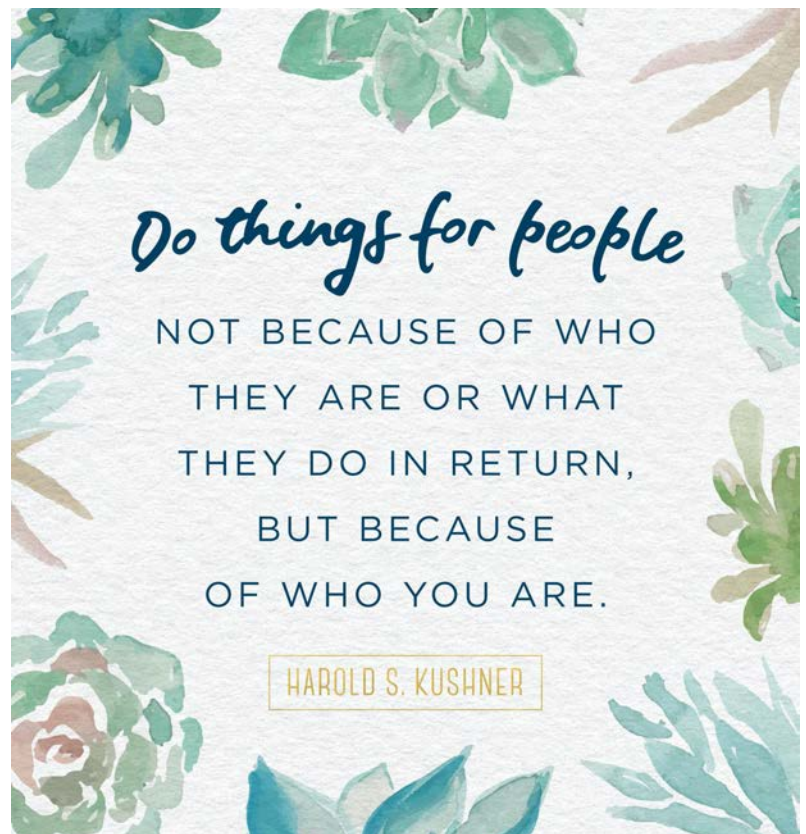
*"For the tears that flow in secret
In the broken times
For the moments of elation
Or the troubled mind
For all the disappointments
Or the sting of old regrets
All my prayers and longings
That seem unanswered yet,
For this I have Jesus
For this I have Jesus
For this I have Jesus, I have Jesus."*

Volunteer Corner

By DAVID BRIDGENS

A big thank you for this newsletter and to our family members who share their musical talents with the residents. We appreciate and welcome any who wish to use the pianos that are located in each section. Our residents love music and singing along or simply listening and enjoying live music. When there is an informal gathering, the sound of the piano will gradually cause others to gather in the communal area and we thank the players for allowing everyone to join in.

More structured times are enjoyed by those in Terrace with singalongs arranged and residents assisted to gather on Level 4 to enjoy familiar older songs. Often, we find the name of the song does not mean much but when the melody plays, especially the chorus, all our memories switch on and the words come.



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



David Bridgens
WELLBEING COORDINATOR

e: dbridgens@chomes.com.au

p: 0431 323 825

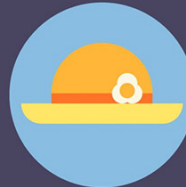
CHRISTMAS FUNNIES



- 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

SUN SAFETY

SUMMER SKIN PROTECTION



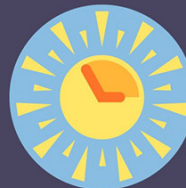
WEAR
BROAD HAT



USE SUNGLASSES



WEAR PROTECTIVE
CLOTHING



AVOID SUN BETWEEN
11 AM AND 3 PM



USE SUNSCREEN



DRINK MORE
WATER



REFLECTION
CAUTION



SEEK SHADE



AVOID DIRECT
SUNLIGHT

Christmas Wreath Cake

Ingredients

- 85g packet raspberry jelly crystals
- 600ml thickened cream
- 1 cup double thick vanilla custard
- 2 1/2 x 400g jam sponge rolls, cut into 1cm thick slices
- 2 tbsp sweet apera (sherry)

To Serve

- Mini meringues, to decorate
- Spearmint leaves, to decorate
- Fresh raspberries, to decorate
- Crushed candy canes, to decorate
- Silver cachous, to decorate



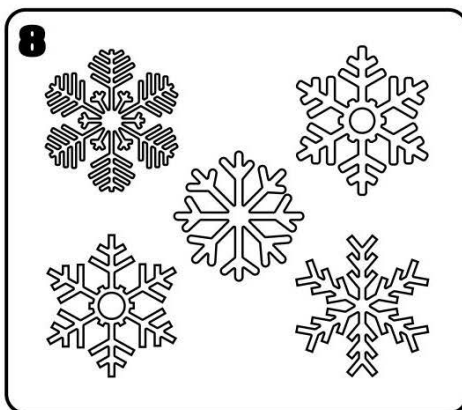
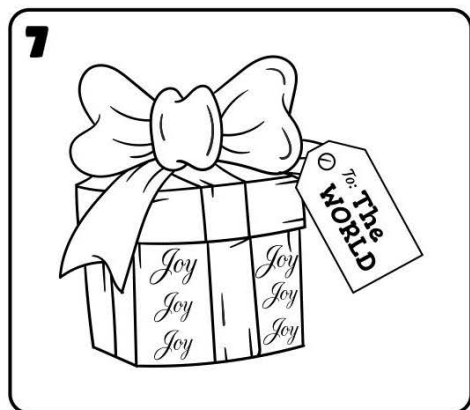
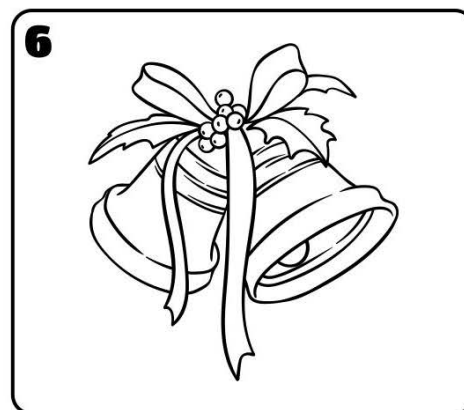
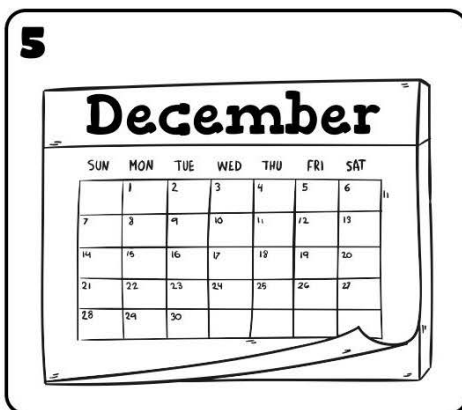
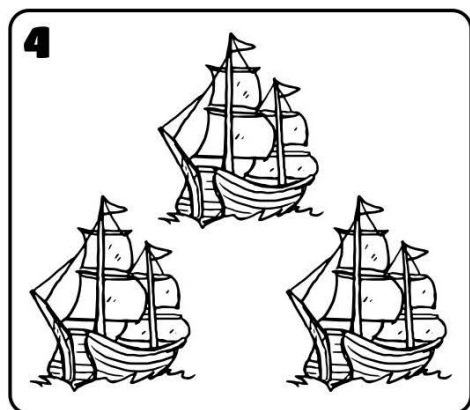
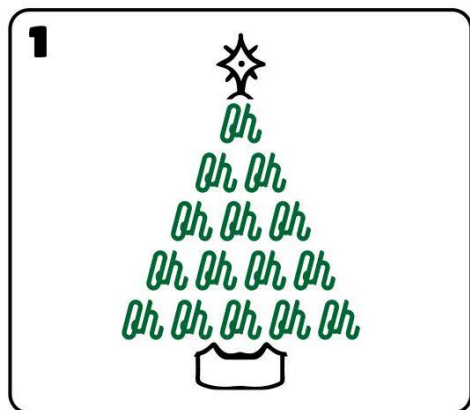
Prep: 30 min
Serves 8

1. Make jelly following packet directions. Pour into a 15cm square plastic container. Refrigerate for 4 hours or until set.
2. Carefully turn jelly out onto a board. Cut into squares. Return to refrigerator until required.
3. Using an electric mixer, beat cream and 2/3 cup custard together until just-firm peaks form. Spoon mixture into a piping bag fitted with a 2cm fluted nozzle. Pipe cream mixture onto 1 side of 1 slice of sponge. Place on a 30cm round serving platter. Repeat with remaining cream mixture and sponge slices, standing sponge slices upright on platter. Drizzle sponge wreath with apera.
4. Spoon remaining custard onto wreath. Decorate with jelly cubes, meringues, spearmint leaves, raspberries, candy cane and cachous. Serve.





GUESS THE CHRISTMAS CAROL



ANSWERS: 1. Oh Christmas Tree 2. Rudolph Red Nosed Reindeer 3. The First Noel 4. I Saw Three Ships 5. The 12 Days of Christmas 6. Jingle Bells 7. Joy to the World 8. Let it Snow 9. Blue Christmas



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			
	J			E	P
	E	O		J	