

 **Northcourt**

# Newsletter

Address: 7 Saunders St, North Parramatta Phone: (02) 9683 6352 Email: [admin@chomes.com.au](mailto:admin@chomes.com.au)



## MANAGER'S MESSAGE

Spring is ending and we can now look forward to the hot days of summer. It is a time of being sun-kissed and getting sand in between our toes. Enjoying summer also means staying rehydrated, as it can easily impact our health.

This year definitely feels like it has flown by much faster though I always get excited when Christmas is just around the corner. And though everyone celebrates the holiday festive season differently, we at Northcourt always look forward to our annual Residents' Christmas Party to come together.

From all of us at Northcourt I would like to express our deepest gratitude to our residents and their relatives and advocates, our volunteers, corporate services, catering, maintenance, and cleaning contractors, and visitors for helping us to stay safe at Northcourt during these difficult times of outbreaks. Our care for each other, focus and hard work have all contributed to overcoming some real challenges this year.

The staff takes great pleasure in providing you, our residents, with the highest quality of care possible. We always welcome constructive feedback from our residents and their families as it helps us to continuously improve our services to better meet your needs and preferences.

I would also like to pay our respects to two of our dearest residents whom we lost during this last quarter. Our deepest condolences to their family and loved ones for your loss. They will be forever in our minds and hearts and very much missed.

On behalf of myself and all the staff, I would like to extend our warmest wishes to you all for a very Merry Christmas, safe holidays, and a blessed New Year.

Kind Regards, **Jaroz Felipe**

*- Director of Consumer Care & Services*

# Upcoming Events

## DECEMBER

- 1 First Day of Summer
- 12 Resident Christmas Party *(Tues)*
- 25 Christmas Day
- 26 Boxing Day
- 31 New Years Eve

## JANUARY

- 1 New Years Day - *Welcome to 2024*
- 19 International Flower Day
- 25 Australia Day BBQ
- 26 Australia Day

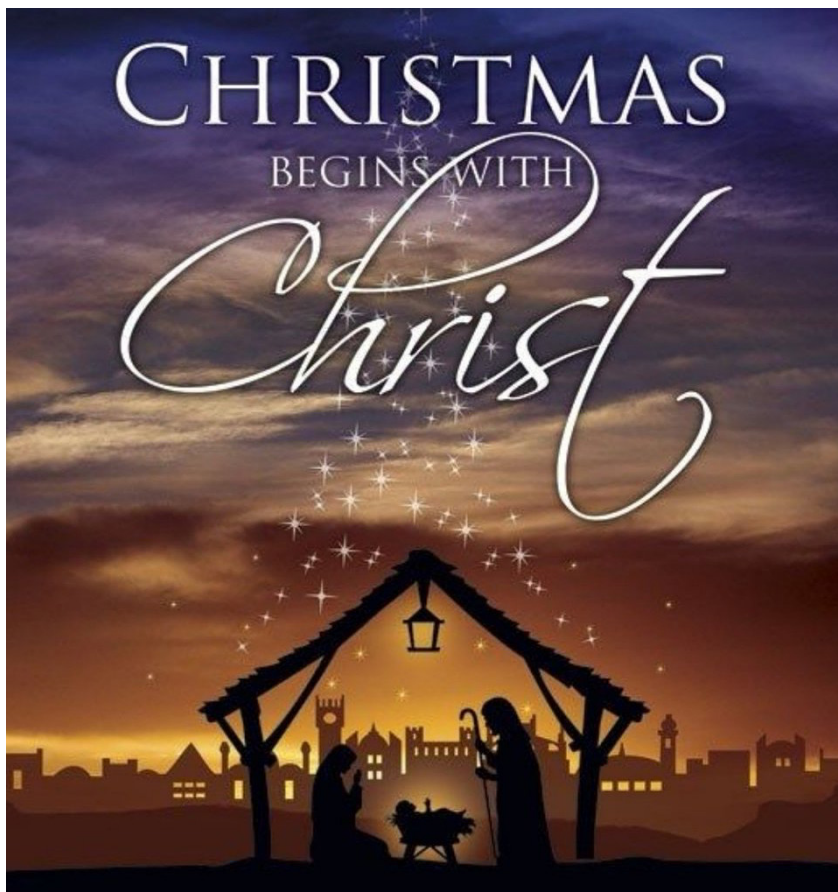
## FEBRUARY

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



For all the latest news and photos follow us on Facebook

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



DECEMBER	JANUARY	FEBRUARY
2 Maya M	3 Greg	13 Robyn C
7 Bill F	11 Bruce H	26 Beryl E
23 Maria C		

## Bereavements

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

Sylvia L & David M





# Activity Reviews



**DAILY EXERCISE** - Generally, our residents are active with bowling, barrel toss, balloon tennis and daily gentle exercises.



**COOKING** - Residents have enjoyed cooking demonstrations at Northcourt.

We enjoyed baking vanilla cake, chocolate brownie, and cupcakes. For the summer months we will turn away from those warming recipes to more cooler delights such as quiches, sandwiches, and smoothies. Watch this space!



**FOOTY TIPPING** - Over the winter season at Northcourt we held footy tipping where the residents were able to choose which team they thought would win each game of the tournament. It was a great opportunity to come together and caused excitement and conversation amongst the residents.

There were 11 participants and we thank them all for their enthusiasm in the tournament.

In the last couple of weeks, we announced the winners, and they all won a footy related prize.

- 1st place - Olivia C
- 2nd place - Bruce H
- 3rd place - Guoming C



*Well done and congratulations!*





# Activity Reviews



**BUS TRIPS** - Northcourt organises bus trips for our residents. Many of our residents eagerly anticipate these outings as a chance to get some fresh air and enjoy a change of scenery.

Our residents particularly relish the opportunity to pick the destination for these bus trips. It not only provides an opportunity to create new memories together but also to reminisce about family outings while interacting with each other. During these trips, residents also get to savour cups of tea, coffee, cakes, and chocolates.

The outings include scenic drives like Cabarita Park, Centennial Park, Barnetts, Yellomundee regional park and explorations of local areas.



**BINGO** - Residents enjoy playing bingo most days with full energy and excitement, hoping to win prizes like chips and chocolates.

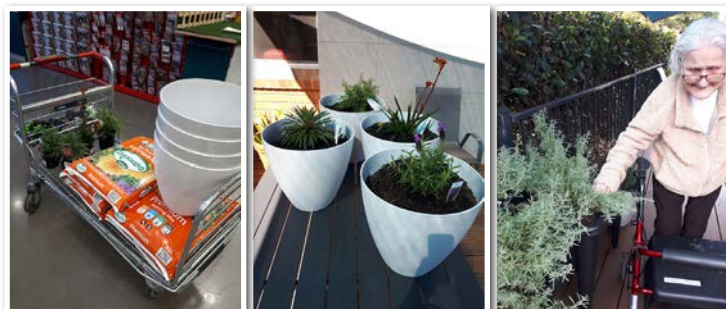


Bingo is a game that helps keep their brains active contributing to the maintenance of their cognitive abilities. And also helps maintain social connections with the other residents.

**GARDENING** - We were very thankful to have received from Bunnings Northmead a donation of the three 'P's - plants, pots, and potting mix.

These have really helped to uplift the outside space and gardens here at Northcourt and have provided the residents with a greener space to spend time.

Residents helped to put the plants in the pots and some of the residents help by watering the plants.



**MONTHLY CELEBRATIONS** - Each month, we celebrate our residents' birthdays in the lounge area with cake from Courtlands kitchen, singing and socialising. It is a sweet way to share their special days.

Families are very welcome to attend. Please ask our Wellbeing team when the next birthday event is on.

Each month our residents also enjoy music concert and dance.

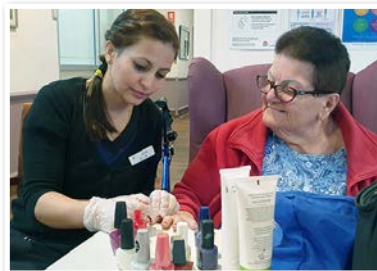




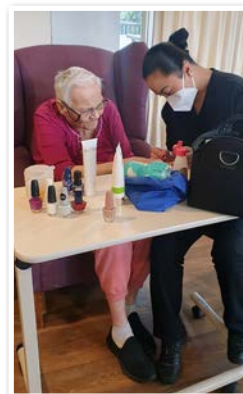
# Activity Reviews



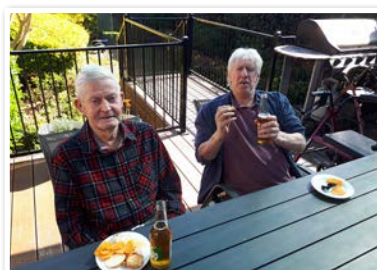
**MANICURES AND HAND MESSAGES** - Our residents deserve to be pampered and one of the ways we do that is by offering mini-manicures or hand massages.



Residents, both male and female, look forward to picking out their favourite colours or hand creams and sitting and chatting for a few minutes. It's a simple luxury that makes them look and feel good!



## CULTURAL ACTIVITIES



**FATHER'S DAY** - We celebrated Father's Day by spending time out in the sunshine and gardens enjoying an afternoon tea of chips, cheese and biscuits, chocolates, homemade chocolate brownie and washing it down with a beer or two.

The men enjoyed themselves chatting amongst each other and reflecting on things they had done in their lives. They all said how much they had enjoyed it and it was lovely to see them chatting and laughing.

All the men at Northcourt were given a gift of their favourite drink, which was very much appreciated.



**TEEJ FESTIVAL** - Last month, we celebrated the Nepalese festival 'Teej' with both staff and some of our residents.

Occurring around the month of August, Teej is a festival celebrated by women throughout Nepal over a span of three days. During this period, women and unmarried girls wear beautiful red and other colourful dresses and engage in singing and dancing to traditional folk songs. It holds special significance for married women, as they receive special invitations to visit their maternal homes and partake in feasting.

For me, it was a nice experience to introduce our Nepalese culture to the staff and residents with diverse backgrounds here at Northcourt. Both residents and staff expressed joy in learning about this Nepalese festival. The staff wore beautiful cultural clothes and brought in home-cooked dishes to share and discuss different cultures. The day was thoroughly enjoyable, and we had a lot of fun at work.



# Resident Story

Norah Landsberger



Norah was born in Kandy, Sri Lanka, and she moved to Australia around 1967. She was a sociable person who loved being around people and engaging in lively conversations.

She had three sisters - Olga, Estelle, and Dolly, who is still alive and resides in Melbourne. She also had a brother, Anton, who passed away approximately 8 years ago in Sri Lanka. Norah worked full-time and held various jobs throughout her lifetime, up until her mid-fifties. She had a passion for buying elegant clothing, even though she rarely went anywhere aside



from visiting friends or having them over for dinner, which was an occasion she looked forward to, as it allowed her to dress up.

Norah had an affinity for jewellery, including necklaces, earrings, and dress rings. She adored children and babies, often providing daily babysitting services for close friends. Norah was an exceptional cook; there was nothing she couldn't prepare or make. During Christmas, she would create her Christmas pudding, a Sherry-infused Christmas cake, and a love cake. She also enjoyed activities like decorating and colouring.



She had a pleasant voice and would sing along where there was music. In her early years, her favourite musical group was ABBA. She held strong religious beliefs, attending church regularly and maintaining her faith. Over the years, she had two dogs, Boofy and Skippy, as pets, which were brought home by her older son.

## Staff Profile

Nerida O'Neill

### WELLBEING TEAM LEADER

Hi I'm Nerida, the Wellbeing Team Leader for Northcourt and Courtlands.

I have been working in aged care for nearly nine years – ever since a friend of mine suggested that I might like to provide spiritual support in aged care. They were right! I love being able to talk with the residents, hear their stories and do what I can to make their time in aged care enjoyable and meaningful.

I previously worked at Ashburn House for six years and have been at Courtlands since January 2021, becoming Team Leader last year.

When not at work, my husband and two children keep me busy, as well as being involved in the Christadelphian church at Castle Hill. To relax I enjoy watching movies and sport. I will watch most sports, except for motor racing, but my favourite would be Rugby League and Rugby Union. Luckily, in the League I barrack for Penrith so that makes up for watching the Wallabies in union at the moment!

I look forward to getting to know more of you at Northcourt and supporting our residents.







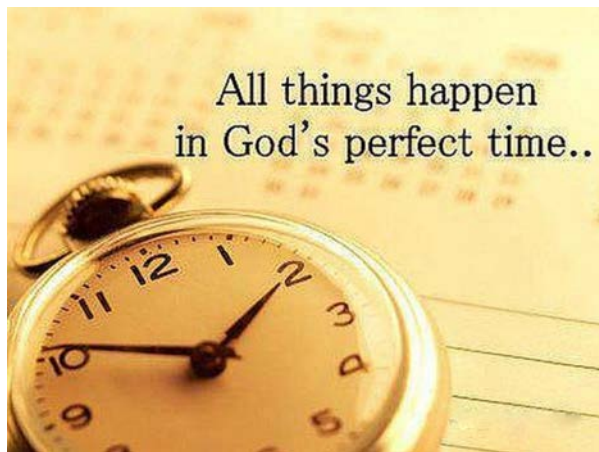
## REFLECTIONS

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

Volunteers play an important and valuable role in the care for our residents.

Volunteers can come and visit residents, help in the gardens, help with activities, sit with residents, and provide a sense of presence. If you have an hour to spare a week or a fortnight, please do get in touch and we would love to hear from you.

Since our last newsletter, a new volunteer has been recruited to come and visit one of the residents from a non-English speaking background. The feedback from the volunteer is great and the resident seems to be enjoying it.

a helping hand can  
be a ray of sunshine  
in a cloudy world



## Summer

Poem by C.J. Dennis

Now comes the blossoming. At Beauty's birth  
Promise is brought to proud accomplishment,  
And all things hymn the glory of the earth  
In this great symphony so subtly blent  
Of sight and sound and scent,  
Weaving with all a note of carefree mirth,  
Singing of sudden riches, boundless worth,  
Now to be freely spent.

Upon the hills the gum-leaves wink and shine:  
The wattle has put off her bridal dress  
To droop brown tresses delicately fine;  
And every window frames some loveliness  
Too potent to express:  
Of roses burning by the trellised vine,  
Of poppy, clematis and columbine  
And flowers born to bless.

Now glowing day succeeds each dewy night,  
And beauty shouts in every living thing.  
Across the pool's still face, in frantic flight,  
The dragon-flies flash by. Now well a-wing,  
The nestlings learn to sing;  
And, as the chorus gathers to its height,  
All nature joins the paeon of delight.  
This is the blossoming.

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](mailto: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



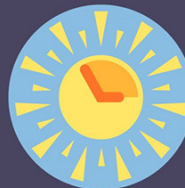
WEAR  
BROAD HAT



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



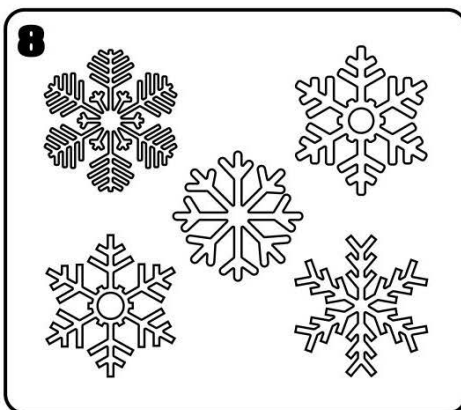
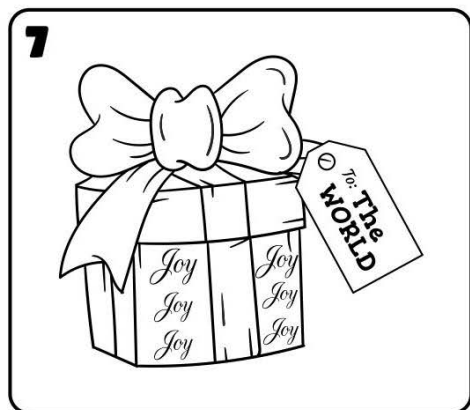
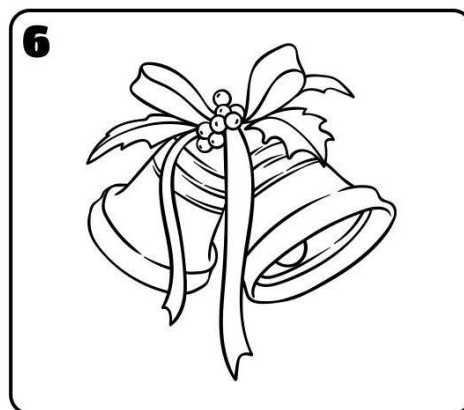
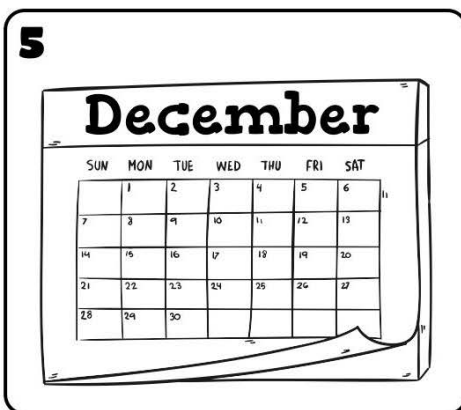
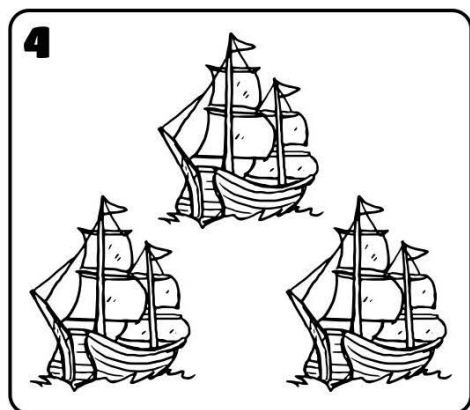
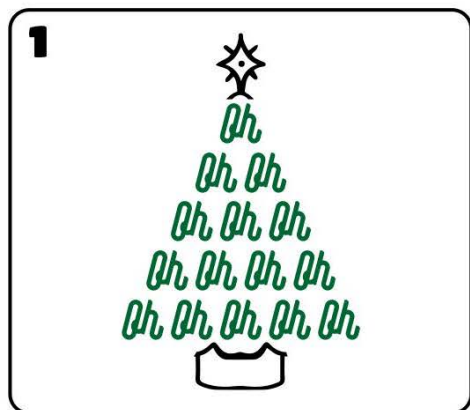
Prep: 30 min  
Serves 8

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	