

Christadelphian Aged Care
2018 WINTER NEWSLETTER

CHAMBERLAIN GARDENS

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*Kindness
is like snow -
it beautifies
everything it
covers*



**WASH ME,
AND I SHALL BE
WHITER
THAN
SNOW**

- PSALM 51:7 -



Manager's Message

Welcome to Chamberlain Gardens

Welcome to our 2018 winter newsletter. It seems only the blink of an eye since I was writing a message for our autumn newsletter but in fact three months have quickly passed!

Here are the highlights of the year so far:

- ♦ On Australia Day, the residents enjoyed drinks and nibbles and for the staff, there was a breakfast barbecue on the 25th and they came dressed in mufti for both days.
- ♦ In February there was a men's bus trip to the Warnervale Airport and a barbecue lunch.
- ♦ On March 21 we celebrated one of the 4 signature behaviours, Work Together to Achieve Together, with a green mufti day and staff barbecue.
- ♦ Easter was celebrated at the end of March with an amazing Easter Raffle which was put together from donations by residents and their families and staff. The residents also enjoyed a gift of Easter Eggs.
- ♦ On On April 12 we celebrated one of our signature behaviours: Understand, Solve and Deliver with a pink mufti day and prizes awarded for the most creative person/unit.
- ♦ In April we also commemorated ANZAC Day with a ceremony around the flagpole. The highlight was when the wreath was laid by our 104 year old veteran resident. Another feature of ANZAC Day was the poppy wall hanging which was created by hand-knitted and hand-crocheted red poppies made by residents, staff, volunteers and others who posted flowers to us for the hanging, which has become a feature in the foyer and continues to receive good comments.
- ♦ On May 9 we celebrated another signature behaviour, We Always Work to Delight our Residents, by arranging the visit of a petting zoo and with a purple mufti day for staff.
- ♦ Also in May, high tea was held in all areas to celebrate Mother's Day and each lady received a gift from management.
- ♦ As I write my message, the Leisure & Lifestyle team are setting up to celebrate the Royal Wedding with afternoon drinks and nibbles.
- ♦ We held our annual Biggest Morning Tea Fundraiser for the Cancer Council, with donations of cakes and slices from staff, volunteers and families of residents.
- ♦ On May 31 we focused on another signature behaviour, Do What we Say we Will Do.

As always, I'm available if you want to see me and I look forward to seeing you as you visit the facility during this winter season.

Warm Regards, **Sue Thacker**

News & Upcoming Events



JUNE		JULY		AUGUST	
Horizon		Horizon		Horizon	
1	Veronica Rose	14	Mary Bryan	1	Dorothy Bates
8	Irene Dimmock	17	Beverly Turner	17	Joy Thompson
13	Maureen Thomson	23	Frances Atkins	19	Phyllis Nieuwendyk
14	Judith Jansson	27	Margaret Fellowes	20	Gladys James
16	Joyce Tedder			29	Keith Huntley
17	Bruce Lines				
23	Loretta Jew				
Coastal		Coastal		Coastal	
11	Phyllis Elliott	24	Elizabeth Andersen	1	Janna Zylmans
21	June Gould			2	Alan Crane
28	Lousie Gales			12	Marjorie Gilles
				20	Marie Nickels
Horizon		Horizon		Horizon	
5	Patricia Elliot	7	Ivan Skinner	18	Faye Fish
6	Margaret Greedy			25	Val Eggleton
10	June Leroy				
15	Geoff Clarke				
24	Val Bailey				
24	John Gaeta				



UPCOMING EVENTS

JUNE

2nd - Fashion Sale

8th - Pianist: Alice

15th - Singer: Julz

25th - Vocalist:
Cathy Ponton

JULY

16th - Singer:
Evan Haswell

TBA - Christmas in July

AUGUST

2nd - Singing Hands

8th - Loss Bonkers

15th - Singer: Julz

24th - Vocalist:
Cathy Ponton



We're now digital!

To reduce the amount of paper we use, and in response to the requests of a number of families, newsletters will now be delivered straight to your inbox!

It will also continue to be available on our new and improved website at

www.chomes.com.au.

If you would still like to receive the newsletter in paper form, please call (02) 9101 5503 to let us know.

Activity Reviews

MARCH

This month for Easter the residents enjoyed an Easter egg hunt, Easter craft and each area enjoyed a fish and chip lunch outing.



APRIL

Some of our men enjoyed a delicious barbecue lunch at Long Jetty this month, chatting while enjoying a beer with their lunch, overlooking the water.



Residents participated in our ANZAC service held out the front of the Home under the flag with some of our returned veterans laying wreaths. We were lucky with the weather with the sun shining and quite warm, and residents enjoyed morning tea afterwards with tea, coffee and ANZAC biscuits.



Activity Reviews

MAY

On May 11, we held a Mothers Day High Tea.

It was going to be held outside in the garden courtyard but unfortunately the weather had other ideas and the lovely warm sunshine we had been enjoying disappeared, so it was held inside. Residents enjoyed a variety of finger sandwiches, cakes, sausage rolls, pies and fruit platters while listening to the harp being playing by harpist, Kim Cannan. A big thank you to the Leisure and Lifestyle team who worked very hard setting it up and decorating, the kitchen staff who made and supplied all the delicious food and the nursing staff who helped transport residents to and from.



We will be celebrating the Royal Wedding with a drinks and nibbles afternoon with staff and residents dressing up as princes and princesses.



Later in May, we will also host The Biggest Morning Tea, raising funds for cancer research.



Photos - Petting Zoo



Activity Photos



Beer Guessing Quiz



Residents
enjoying
Bingo



Sharon's Farewell

In April, we said goodbye to our Leisure and Lifestyle Team Leader Sharon Mesic. Sharon had been with us for almost 10 years and was loved by staff and residents alike. Sharon was originally from New Zealand and had lived in Australia for many years but decided it was time to return to NZ where she has a lot of family.

We wish Sharon all the best for the future and will miss her very much.



Resident Story - Les & Evelyn Byrne

Les was born in Maitland NSW on April 24, 1923 and Evelyn was born in Sydney on April 13, 1925. Evelyn worked as a typist for the American army in WWII.

Both had a love of dancing and met at a dance in Sydney in 1948. They were married at St Michael's Catholic Church in Daceyville on January 2, 1950.

After getting married, they opened a cake shop at Rozelle and were in partnership with Les' father. Their shop was named Bellbird Sponge Kitchen. After about four years, they sold the shop back to the owner of the building and Les started work as a postie at Cabramatta, working five and a half days a week for around seven years. Les was then promoted to a new role in the PMG supply Division in Sydney. After retiring, they moved to Winston Hills where they lived for many years before moving to Woy Woy. They both enjoyed playing lawn bowls and were members of Cabramatta Bowls and Woy Woy Sporties.

Les and Evelyn have two children, a son and a daughter. Their son lives locally, and their daughter married a Scotsman in 1982 and moved to England, where she still lives. Les and Evelyn visited often and stayed for a few months at a time.

They lived at Woy Woy for 10 years before coming into Chamberlain Gardens. They are both very involved in recreation activities and enjoy playing bingo and going on regular bus outings.

Jackaroo and WWII veteran turns 104



"The love of a woman" is the greatest gift in life, says John Lloyd, who turned 104 years old at Chamberlain Gardens Aged Care in Wyoming in April.

The jackaroo, who was born in 1914 and grew up on a 70,000 acre cattle station in far north Queensland, ended up serving in the army at Oro Bay in Papua during World War II.

John didn't attend formal schooling until he was 12, but received his first lessons through the mail where he lived on "Eurunga Station" before he was sent to boarding school in Charters Towers.

His son Jack said his Dad never spoke much about his time in the War, but came back with lots of butterflies he had collected and traded with the

Americans who were also on the base.

John's connection with the land continued after he returned from the War, when he became a Land Valuer for the Commonwealth Government.

"He likes to think of himself as a bushy. He was opening up country in remote far north Queensland, where he camped out with pack horses. He was very proud of the fact that he knew how open a barbed wire fence and put it back again," Jack said.

John rose in the ranks to head the offices in Brisbane, Sydney and Canberra, and ended up Chairman of the Valuations Board. He retired in 1979, and self-published a book called *The Weeks Royalty*, which details the discovery of oil in Bass Strait by US geologist Lewis Weeks.

John was committed to lifelong learning, and although he now finds it difficult to read, he still gets a number of magazine delivered to him at Chamberlain Gardens, including *National Geographic*, *Time* and *Quadrant Magazine*.

Jack describes him as a "cheeky rascal", who has outlived two wives and still has a girlfriend who comes to visit him.

He celebrated his 104th birthday with family and friends at Chamberlain Gardens.

Although he has come a long way from his days as a jackaroo up in Queensland, he still has a watercolour painting of "Eurunga Station" on his wall.

Pastoral Care

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



SELF CARE

We live in a beautiful country amid the creation of the world. This photograph is one I took from one of the balconies at Southhaven Aged Care.



The photo got me thinking of the destruction that can be done by such a small insect, a termite. I appreciate that this one is not the sort of 'white ant' that eats our houses but it does kill the trees – our source of oxygen. Here we see the power of these small insects, which can work together as a group and do a huge amount of damage and kill large trees, yet can also live in harmony with one of Australia's native birds, the Lorikeet.

Birds are an interesting and beautiful animal that often represent so many things. My thoughts are drawn to the symbol of peace, the white dove.

Relating these thoughts of peace back to the photo and the contrast we can find in our lives - sometimes it is hard to find peace amid our busy lives. Often we go to places in life where we don't necessarily want to be. We can find ourselves searching for that which is the peace, the calm and the tranquil, in our lives.

We may attend a meeting having battled the Sydney traffic, have to visit someone that we would rather choose not to visit but feel obliged to call on anyway, or maybe just have had a bad day. We need to search out that peace and calm in this situation. For each of us that search may be done differently. It maybe that you choose to step into the garden, or stop to listen to some music, or pause to marvel at creation so that you can relax and realign your thoughts and feelings. Some find this through saying a little prayer.



Whatever your method of searching for peace is it is important to find some self-care time and so to care for your own wellbeing and welfare amid the other things that call and tug for your time and attention.

By David Bridgens - Volunteer and Pastoral Care Coordinator, Southhaven



Bereavements

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



Volunteer Corner



Big thanks goes out to our volunteers at Chamberlain Gardens. We are so lucky to have 35 volunteers who are actively giving their time and efforts to help our residents and staff. These unsung heroes have done so much behind the scenes and are always willing to help and give to others on very short notice.

Often, they turn up not knowing how their day will unfold – they might be called upon to help feeding a resident, or assist residents to activities or appointments, or help on bus trips, or arts and crafts etc. Spending time on one-on-one visit with our residents is a wonderful way to let our residents feel their lives richer and more fulfilled. Volunteers are actively involved in keeping the gardens looking beautiful, whether it is in the rain, heat or cold, you will find them out there making the environment more pleasant to look upon.

The most important part they offer is the friendship and relationship with our residents. This is an act of love and compassion that is sometimes overlooked in the era we live in. They are giving so much rather than taking and we all thank them for that.



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

**Mark Vickers on 4329 8000
or mvickers@chomes.com.au**

Volunteer & Pastoral Care Coordinator



SPOTLIGHT ON A VOLUNTEER - Catherine Stanley

Hello my name is Catherine Stanley. I am a volunteer at Chamberlain Gardens, recently started in January this year. Every Monday I look forward to the delightful interaction with the residents and to listen to their stories. There is such a rich array of experiences and interests. I enjoy one-on-one chats as well as playing shuttle board and cards with the residents. They watch out for the card shark! Sometimes I help with personal creative projects like knitting. Soon I will be involved with the cultural children's playgroup starting in May.

My personal journey started from the wonderful upbringing by my family who encouraged me to many interests and participation in the wonders of nature and life. I dearly love the natural environment, observing flora and fauna, and bushwalking. Nature fills my soul – awakening from coloured skies and unlimited forms of cloud to the treasures of the tiniest of wonders found in a leaf or flower. This passion is expressed through my work as a visual artist and facilitator of creative workshops. My career has been in teaching Arts in high schools in Sydney, Port Macquarie and Bathurst. I have also taught in universities, TAFE, community colleges as well as primary schools in Sydney and Central Coast region. I am a fourth generation Australian where my ancestors worked on the land around Walcha and Southern Queensland. Perhaps it is where my love of the land originates from and also my love of poetry and stories nurtures.

My creative work uses a number of techniques stemming from a textile base, moving towards sculptural and Priscilla-like costumes. As a visual artist, I have participated in solo, group and community exhibitions. I have been involved in a number of art projects on the Central Coast including Five Lands Walk, Lakeside Gallery, Gosford Regional Gallery and Council Arts events.

Volunteer Thank You Lunch



Read, Rest & Relax!



5 FUN FACTS ABOUT SNOW

1. All snowflakes have six sides.
2. Snow crystals are translucent, not white. The white colouring is caused by sunlight that is reflected off the crystals. All visible colours are reflected, which together, look white.
3. Most snowflakes fall at a speed of 60cm to 150cm per second, roughly the same speed as a person casually walking through a park.
4. Official snowfall and snow depth measurements include snow, sleet and ice pellets.
5. Did you know a blizzard can occur without falling snow? If wind speeds remain higher than 55km/hr and the visibility is also reduced to less than 400m for three hours or more, then its classified as a blizzard.



In cold temperatures, your body begins to lose heat faster than it can be produced, which can lead to serious health problems.

AVOID

When the weather is extremely cold, try to stay indoors. If you must go outside, **dress properly** and know who is at **high risk** for hypothermia or frostbite.

When going outside be sure to wear:

- A SCARF OR KNIT MASK THAT COVERS FACE & MOUTH
- A HAT
- A WATER-RESISTANT COAT
- MITTENS OR GLOVES
- SEVERAL LAYERS OF LOOSE-FITTING CLOTHING
- WATER-RESISTANT BOOTS

When going outside in winter make sure body parts most often affected by frostbite are covered in warm, dry clothing.

NOSE EARS TOES CHEEKS CHIN FINGERS

Know who is at high risk:

- Older adults without proper food, clothing, or heating
- People who stay outdoors for long periods (homeless, hikers, hunters, etc.)
- People who drink alcohol in excess or use illicit drugs
- Babies sleeping in cold rooms

Cauliflower & Parmesan Soup

WITH CRISPY BACON

- 1/4 cup (60ml) extra virgin olive oil, plus extra to drizzle
- 1 celery stalk, thinly sliced
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 potatoes (about 400g), chopped
- 1.5L (6 cups) Chicken Stock
- 1 bay leaf
- 1 large (about 1kg) cauliflower, cut into florets
- 1/2 cup (125ml) thickened cream
- 1 cup (80g) finely grated parmesan



To Serve

- 3 bacon rashers, chopped
- 4 bread rolls
- Grated nutmeg, to serve
- Finely chopped flat-leaf parsley

Serves 4

1. Preheat oven to 200°C. Line 2 baking trays with foil.
2. Heat 2 tablespoons oil in a large saucepan over medium heat. Add celery, onion and garlic, then cook, stirring, for 3-4 minutes until softened. Add the potato, chicken stock, bay leaf and three-quarters of the cauliflower, bring to the boil, then reduce the heat to medium-low and simmer for 12-15 minutes or until cauliflower and potatoes are tender.
3. Remove from heat, cool slightly, then transfer to a blender and blend until smooth. Stir through the cream and 1/2 cup (40g) parmesan. Season to taste.
4. Meanwhile, place the bacon and remaining cauliflower on one of the lined baking trays. Season with pepper, then drizzle with remaining 1 tablespoon oil and sprinkle with 2 tablespoons parmesan. Roast for 10-12 minutes or until crisp. Put the bread rolls on a separate tray, sprinkle with remaining 1/3 cup parmesan and bake for 2mins.
5. Top with crispy cauliflower and bacon. Sprinkle with nutmeg and parsley, drizzle with oil and serve with bread.

P₃ U₁ Z₁₀ Z₁₀ L₁ E₁

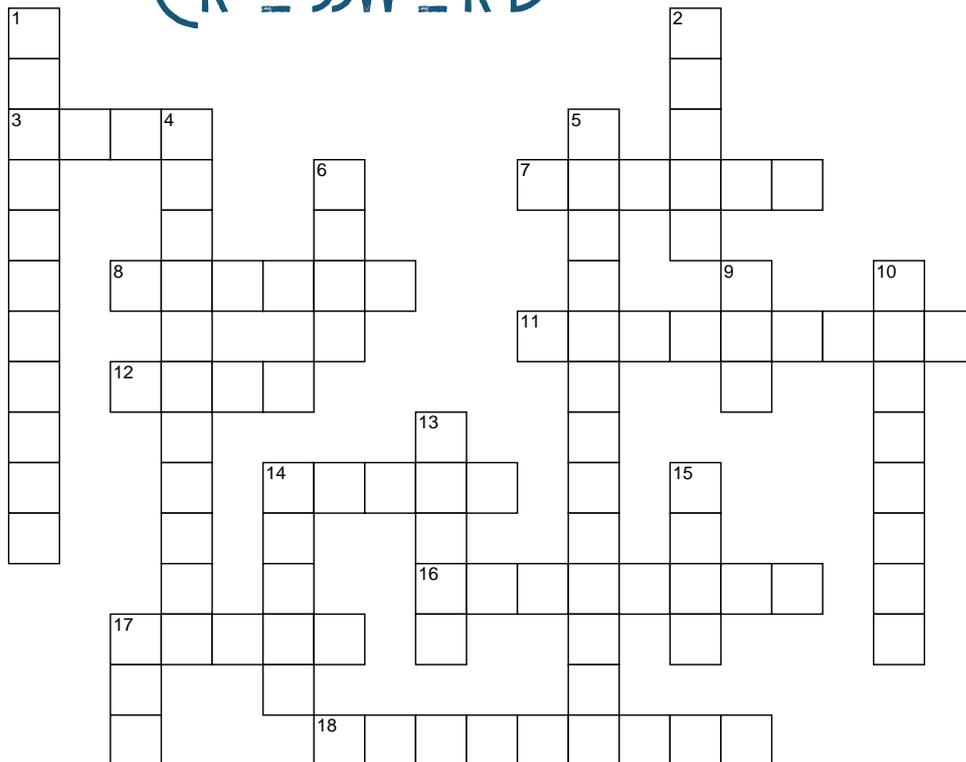
A₁

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WINTER WEATHER CROSSWORD



www.CrosswordWeaver.com

ACROSS

- 3 The process by which snow or ice changes to water.
- 7 A period of very cold winter weather that damages plants.
- 8 Intensely cold temperature.
- 11 The temperature felt by the human body when wind makes it feel colder than the actual temperature.
- 12 Mildly cold feeling.
- 14 Bright with sunshine.
- 16 Snowfall that is so heavy one can see little or nothing on the horizon.
- 17 Ice crystals on a frozen surface; "Old Jack _____."
- 18 A large mass of snow that slides down a mountain.

DOWN

- 1 A standardized measure of how hot or cold it is outside.
- 2 Rain that freezes as it falls.
- 4 A tool used to measure the temperature.
- 5 Water that falls to the earth in the form of rain, hail, mist, sleet, or snow.
- 6 Pieces of ice falling from the sky.
- 9 A solid form of frozen water.
- 10 A storm with heavy snow, strong winds, and severe cold.
- 13 Covered with snow.
- 14 A mixture of snow and water.
- 15 Precipitation in the form of small white ice crystals that form inside clouds.
- 17 Thick water vapor that makes it hard to see.

WORD BANK: Avalanche, blizzard, cool, fog, freeze, frigid, frost, hail, ice, melt, precipitation, sleet, slush, snow, snowy, sunny, temperature, thermometer, whiteout, windchill.