

Christadelphian Aged Care

2018 WINTER NEWSLETTER

COURTLANDS, WESTCOURT & NORTHCOURT

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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 Courtlands, Westcourt & Northcourt

Dear all Residents and Families

It has been a very good few months. As you know, the renovations continue in the Terrace and I would like to personally thank you all for your patience during this time. We have had some unexpected challenges that have been difficult to manage, however you have been very understanding and I thank you for this. I assume we will continue to come across some unexpected hurdles with this project in the future but I am sure it will be worth it in the end. The finished renovations will be beautiful.

The Lifestyle team has been very busy this last few months. We had a wonderful Irish St Patricks day where residents and staff alike shared in fun antics. We had a "pot of gold", a green jolly trolley and a little tippie of Guinness and baileys. This was loved by all and being Irish, I thoroughly liked it and felt right at home. Easter arrived with a beautiful high tea with hot cross buns. Anzac Day was remembered for our fallen soldiers, and Mother's Day high tea was a blast. Barbecues have been very successful and will continue.

The Australia's Biggest Morning Tea is set to be held on June 13. Please come and join us for a cuppa. We are proud to showcase our nursery in the Grove which contains baby dolls, a cot, change table, clothes and baby bath. It is utilised daily by our residents in the Grove for nurturing and stimulation. Winterfest is coming up and dates to follow.

I would also like to thank the amazing Northcourt team for successfully achieving accreditation.

This could only have been achieved by the strong leadership of Rangeeta, our Registered Nurse in charge, and the caring, hardworking, committed staff at Northcourt. I am very proud of them all and would like to thank them.

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Facility Manager's Message contd

I would also like to thank all the Northcourt residents and families for your kind words to the accreditation team.

Your encouragement and support of our site ensured we were recognised for the outstanding facility it is.

Kim continues to work hard on occupancy and this is growing daily. We continue to welcome our new families into our home.

Kind Regards, **Elaine McRory**

Retirement Village Manager's Message

The Admin team have all enjoyed some much needed R & R of late. I started with two lovely weeks over Easter. Joanna took the next two weeks to spend time with her niece and nephew and catch up on a good book. Then it was Kristen's turn. Kristen helped to organise a family wedding then enjoyed some quiet time in the sun. Manjula is not missing out, she heads off to enjoy the delights of France in August. May God bless her and keep her safe while she is away from us.

I would like to remind all residents to use/test the new HELP system. It is a good idea, once a month, to press either your pendant or the call button in the bathroom to make sure you can be heard by the INS staff from all parts of your home (range is usually 50 metres). Remember, the HELP system can provide 24 hour medical information by trained nurses, a chat line for when you are feeling lonely, isolated, or are grieving, or if you are generally feeling unwell. When you come home after a hospital visit, let the nurse know and the nurse will contact you daily (welfare checks) if you wish. If needed, the nurse will call the Radio Doctor or an ambulance. A key has been provided with your security box. Your chosen code will be given to the ambulance to allow them to enter your home if you are unable to let them in. Please ensure the key remains in the security box at all times.

The long-awaited resident computers (two) have been made available for your use in the Library. They have been set up to re-set themselves after each use. This means any files you save will be lost once you exit. If you wish to keep your information, save it on a USB stick and you can refer to this at any time. Sherene has organised for a volunteer to provide lessons. To take advantage of this, complete the information request and leave with Kristen. Elizabeth Lewis has been having lessons to her great satisfaction. The Kings Students explained programs to her in easy to understand language and provided written information in case she forgets something. They have also shown her how to use her mobile phone effectively!

Your Finance Committee, along with members of CHL Financial Management team and myself, have been meeting regularly to discuss your Budget and this was presented to you on Thursday, May 24. All questions pertaining to the Budget should be directed to your Finance Committee in the first instance. The Special General Meeting for Westcourt was also held in May.

Every day, volunteers provide extra hands across our organisation, carrying out a range of important and useful roles which make such a difference to each resident. We held our annual thank you lunch on May 25 to acknowledge this work. You might like to become a volunteer, and assist with an activity that interests you. Don't hesitate to get in touch with Sherene (0433 622 573) to offer your services.

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



Happy Birthday!



JUNE		JULY		AUGUST		JUNE		JULY		AUGUST	
Self Care		Self Care		Self Care		Vista		Vista		Vista	
3	Glen Trezise	3	Barbara Anderson	1	Ron Croft			7	Dorothy Stapleton	5	Michie Cheeseman
4	Sandra Ackers	9	Doreen Arrigo	16	Pat Parker			7	Sylvia Brown	7	Irene Morgan
6	Brian McFadden	9	Eric Goodwin	20	Ted Annabel			14	Kim Crossley	10	Leonila (Lily) Fontanilla 102
7	Bernie Harrington	12	Sheila McDonnell	27	Jacqueline McDonnell			15	Jennifer Tobin	19	Norma Rudder
10	Keith Hamilton	26	Margaret Saul	28	Jean Capilli			18	Co Houtman	31	Gloria Stokes
12	Patricia Tracey									31	Jane Roberts
12	June Bain										
12	June Rogers							10	Dorothea Ellis	11	Patricia Morrison
15	Mavis Reynolds							14	Trisha Pope	17	Charles Cowper
18	Ray Thorpe							25	Edna Porter		
26	Jim Corrie										
26	Maureen McManus							27	Jeanette Maree	9	Olive McMahon
26	Norma Goodwin							21	Margaret Finlayson		
27	June Beszant										
28	Marion Jones							23 rd	Alan Cronk	20	Ivan Ferris
29	Joan Williams							6	Grahame Kent	23	Ivy Jaganath
29	Nancy Wilson							11	Elyane Everard		
								17	Allan Huxley	31	John Jukes
								17	Alex Gomez		
								24	Marie Day		
								31	John Jukes		
Westcourt		Westcourt		Westcourt		Northcourt		Northcourt		Northcourt	
		6	Pat Reed	8	Ruth Geggie	27	Shirley Downes	6	Jill Cox	8	Veronica Shapter
								8	Isabel Mangalino		

News & Upcoming Events

JUNE	JULY	AUGUST
Self Care	Self Care	Self Care
5th - Stafford Fashions 6th - Lunch Bus Trip 11th - Afternoon Movie 17th - Harmonix Band 19th - Ian's Day Trip 21st - Shuffleboard 25th - Frills and Frocks 27th - Morning Tea	4th - Lunch Bus Trip 9th - Movie Afternoon 19th - Winterfest Lunch 25th - Morning Tea 26th - Shuffleboard	1st - Lunch bus 8th - Banjo Beads 13th - Movie afternoon 15th - "P" Luncheon 16th - AGM 22nd - Morning Tea and Social AGM 29th - Zaria's Fashion
Terrace	Terrace	Terrace
5th - Stafford Fashions 7th - Shopping Bus Trip 11th - Movie Afternoon 12th - Ice Cream Trolley 17th - Harmonix Band 18th - Frills and Frocks 21st - Shopping Bus Trip 25th - Sing-a-long and Men's Club 28th - Long Day Bus Trip	3rd - Bingo 5th - Shopping Bus Trip 9th - Afternoon Movie 12th - Morning Tea Bus Trip 13th - Birthday Afternoon 16th - Terrace Resident & Relative Meeting 17th - Terrace Winterfest Luncheon 23rd - Sing-a-long and Men's Club 26th - Long Day Bus Trip	2nd - Shopping Bus Trip 8th - Banjo Beads 9th - Morning Tea Bus Trip 9th - Birthdays in August 13th - Afternoon Movie 15th - Shopping Bus Trip 22nd - Long Day Bus Trip 26th - Sing-a-long and Men's Club



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.

Upcoming Events

JUNE	JULY	AUGUST
Vista/Grange/Grove	Vista/Grange/Grove	Vista/Grange/Grove
1st - Ice cream	2nd - Vista Winterfest	3rd - Ice cream
4th - Morning Scenic Bus Trip / Vista, Grove, Terrace Afternoon / Northcourt, Grange	6th - Birthday party / Grange	3rd - Pet Therapy / Grove
5th - Pet Therapy / Grange	6th - Ice cream	6th - Morning Scenic Bus Trip / Vista, Grove, Terrace Afternoon / Northcourt, Grange
8th - Ice cream	9th - Morning Scenic Bus Trip / Vista, Grove, Terrace Afternoon / Northcourt, Grange	9th - Birthday Party / Grove
8th - Pet Therapy / Grove	11th - Birthday Party / Grange	10th - Ice Cream
12th - Pet Therapy / Grange	13th - Ice cream	10th - Pet Therapy / Grove
15th - Ice cream	13th - Pet Therapy /Grove	13th - Morning Scenic Bus Trip / Vista, Grove, Terrace Afternoon / Northcourt, Grange
18th - Morning Scenic Bus Trip / Vista, Grove, Terrace Afternoon / Northcourt, Grange	16th - Morning Scenic Bus Trip / Vista, Grove, Terrace Afternoon / Northcourt, Grange	15th - Jolly Trolley
19th - Pet Therapy / Grange	17th - Birthday Party / Grange	17th - Ice cream
20th - Jolly Trolley	17th - Music Concert Ros and Ron	17th - Pet Therapy / Grove
22nd - Ice cream	18th - Jolly Trolley	20th - Birthday party / Grange
22nd - Pet Therapy / Grove	20th - Ice cream	20th - Morning Scenic Bus Trip / Vista, Grove, Terrace Afternoon / Northcourt, Grange
23rd - Birthday Party /Grange	20th - Pet Therapy / Grove	23rd - Birthday Party / Grange
25th - Morning Scenic Bus Trip / Vista, Grove, Terrace Afternoon / Northcourt, Grange	23rd - Grove Winterfest	24th - Ice cream
26th - Birthday Party/Vista	24th - Birthday party / Grange	24th - Pet Therapy / Grove
27th - Lunch Bus Outing	25th - Lunch Bus Outing	27th - Morning Scenic Bus Trip / Vista, Grove, Terrace Afternoon / Northcourt, Grange
28th - Birthday Party / Grove	26th - Birthday Party / Grove	28th - Birthday Party / Vista
29th - Ice cream	27th - Ice cream	29th - Ten-Pin Bowling Bus Outing
29th - Pet Therapy / Grove	27th - Pet Therapy / Grove	31st - Birthday Party / Grange
	30th - Grange Winterfest	31st - Ice cream
	31st - Birthday Party / Vista, Grange	31st - Pet Therapy / Grove

Activity Reviews

SELF CARE

COURTLANDS SCENERY AND GREENERY COACH TRIP

On May 9 at 8.30am, 30 Courtlands Self Care Residents were picked up at their front gate to set off on a full day coach trip, which was aptly named Scenery and Greenery. Heading for the freeway, we all remarked that we thought it would be a “beautiful day”, and by the time we passed Hornsby, the sun was shining brilliantly. Our driver, Wally, took the Somersby exit and that is where we picked up our guide Malcom.

Morning tea was taken at the Mount Penang area at Kariong. The Mount Penang area was originally created as a Boys Home with detention centres built later with cottages along the approach. We entered large peaceful parklike grounds and were able stretch our legs and take in the scenery, which we thought was the greenery but no, that was yet to come. Back on the coach we passed through Central Mangrove and Kulnura and its Citrus Groves, a steep drive into the Yarramalong Valley.



The Yarramalong area was so rich with both scenery and greenery, and we could not have had better luck with the sunlight filtering through and highlighting the magnificent Liquid Ambers (or Sweet Gums) lining the road with their rich orange and red



leaf colourings forming a carpet over the green grass. There was also an abundance of Gynea Lilies and later we were to see the Tibouchinas and their purple glory. Seeing the rich pastures it was easy to understand why there were turf farms and horse studs in the area. The Darkinjung People lived in the area prior to two families, the Stinsons and the Waters settling in Yarramalong in 1856. On the drive back up through the Valley, Malcom gave us some history on a little wooden Church “St Barnabas” built in 1885 and told us not to wander from the path into the long grass - “snakes, we thought” but no... leaches! Little wonder we all viewed the church from the comfort of our seats and coach windows.



On reaching The Entrance, we had lunch at Diggers Club Buffet and no one left feeling hungry!

Our return journey took us through Wamberal, Terrigal, Avoca and back to Kariong where we all farewelled and thanked Malcom. More good luck followed us on the drive home, crossing the Mooney Mooney Bridge just before a five car pile-up. On this trip, we had two

residents who use walking frames, and seats were left at the front of the coach for them to use and the driver Wally and our lovely Joanna were there to help them at each stop. I can honestly say everyone had a really great day out.

Families and friends of residents are welcomed on these days out and we look forward to you joining Courtlands Self Care Residents next coach trip.

Activity Reviews

SELF CARE

COURTLANDS SOCIAL AND RECREATIONAL CLUB – ROYAL WEDDING FUNCTION

The Royal Wedding of Prince Harry and Meghan Markle was celebrated at Courtlands Retirement Village by the self care residents. It was a beautiful sunny day and there was a buzz in the air as May 19 had finally arrived. We were getting ready to go to the Royal Wedding.

The evening began with the night's sky slowly approaching and a procession of approximately 50 elegantly dressed people making their way to the lounge area for the celebration. Everyone was welcomed at the door by the members of the Social Club who escorted them to their seats.

The ambience in the room was sensational as it was stunningly decorated with red, white and blue decorations. There was a large centre table adorned with a beautiful red cloth. Atop this table stood a regal four tiered wedding cake supporting a miniature bride and groom, who stood gallantly for all to admire, as a centre piece.

We started the night with nibbles and drinks and after this, it was time to start the Royal Trivia Quiz. Six very intellectual volunteers took their places amid much frivolity and laughter and they were suitably able to answer most questions with some small help from the other residents. The winners were rewarded with beautifully wrapped prizes for their efforts.

As the night progressed, it was time for the main meal to be brought out which consisted of a smorgasbord. Following on from this, we then advanced to the highlight of the night, which was the best dressed contest. Each person was asked to stand and either wave, curtsy or bow to the audience. After the counting of the votes and with the most resplendent of contestants in their category, we named the winners.

We had our very own bride and groom with us (Noel and Faye Dunn) who both looked very elegant and majestic. And in showcasing the event, we decided to knight them with a very large sword, especially chosen for the ceremony. Then they proceeded to cut the cake.

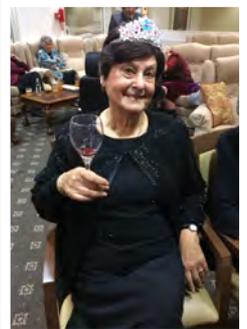
As a small gesture of appreciation, Mavis Reynolds (the previous Social Club President) presented Sandra Ackers with a vase of flowers at the end of the evening for organising the whole event.

Pics over page

Mother's Day High Tea



Courtlands Royal Wedding



Courtlands Royal Wedding



Activity Reviews

TERRACE

Despite some noise from renovations, The Terrace has been enjoying lots of activities. Autumn started with our regular activities; quiz afternoons to keep those brains active, along with bus trips to the shops and out to lunch. We had an Easter celebration with fine china and hot cross buns with real butter - delicious!

April was a quieter month. We still got out on our bus trips to the shops, morning tea at Balmoral and a relaxing lunch at Brooklyn. It was beautiful weather and we all didn't want to return home! We had the Mirrabooka Choir come to sing and a special Anzac Service with brunch after.

May was a crazy busy month with a special activity on each week. We had our monthly men's club where some Terrace



men joined the self care men to taste home brew and learn some interesting information about the process. We are nearly ready to brew the next batch.

Mothers had a wonderful afternoon (even though a bit windy) down by the roundabout in Vista to celebrate Mother's Day with High Tea. We drank from fine china and had delicious treats.

We celebrated May (and April) birthdays (10 residents) with a concert by Ros and Ron. They sung great songs which residents could sing along to and have a wiggle in their seats.

We will finish the month of May with a long overdue barbecue lunch!



Activity Reviews

VISTA

Wow - it's already been three months and now we are in Winter, where has Autumn gone? In the last three months we have continued with our trivia activities and our regular exercises, and of course our Bingo with prizes activity. We had the opportunity this past season to have plenty of cakes and pastries with our monthly Birthday Parties, and morning teas.

We started up a Jolly Trolley (happy hour on wheels) back in March where there is a lot of different lollies and of course champagne, beer and, for those who don't like alcohol, we do have lemonade. It brings a smile to the residents and their families faces every time they see it.

There was a couple of times in March where there was a reason to have chocolate. We celebrated St Patrick's Day with Guinness and all green food and of course gold chocolate coins. We also celebrated Easter with a morning tea with hot cross buns and Easter eggs on the side.

In April, we had our Anzac Day service to remember those who have fallen during the War. We had a Lunch Bus trip in April to North Head up near Manly and, I have to say, we couldn't have asked for a better day. We were graced with a beautiful sky and sunshine. We had a special morning where we arranged flowers.

May has gone too quickly, but at least it has kept us busy with our Monday morning bus trips and daily activities. We enjoyed the celebration of Mother's Day with an afternoon tea with beautiful sunshine and blue sky. Jenni came and played her harp for the mothers and visitors. There was a massive barbecue on this month, and then we had a morning tea celebration for the Royal Wedding.

The residents enjoyed the last day of May with a day out knocking down strikes at the Ten-Pin Bowling Alley at Rooty Hill.

GRANGE

Grange residents keep up with the daily activities, especially Bingo with prizes. The weekly Happy Hour is always a joy for the residents and a good excuse to have beer or wine.

March was a good month. We had a long day bus trip to Central Gardens Nature Reserve where we enjoyed our lunch on an absolute glorious day. We then headed down to the animals and walked through the wildlife reserve. We saw kangaroos, emus, birds and geese. Easter was a blast with all the Easter eggs, and the hot cross buns for the Easter morning tea. This month we introduced our Jolly Trolley that comes around monthly (Happy Hour on Wheels).

April felt a little bit longer, as we didn't have much going on. We did continue with our Monday bus trips and our lunch bus outing to North Head near Manly where we were blessed with blue sky and sunshine. We kept up with our knowledge quizzes, craft club, Pet Therapy and garden walks.

Wow, May was a busy month with our daily activities, bus outings and Mother's day High Tea outside around the round-a-bout, with live music in the background. Then came The Royal Wedding which meant there was more cakes to eat at our Royal Morning Tea. We ended this season off by joining together with Grove and Vista for a barbecue.

Activity Reviews

NORTHCOURT

We did it! We passed Accreditation, all thanks to the residents and staff.

The residents continued with their everyday activities and Monday afternoon bus trips to Windsor, Penrith and Balmoral Beach just to name a few.

We started off with entertainer John Campbell, and as always there was lots of dancing and singing. Both residents and staff had a great time as John is a wonderful entertainer.

Moving along, all our old favourites filled in the days including Bingo, Guess What, Pick a Box, Memory Board and everyone's favourite Find a Word. They just love keeping me on my toes. There's never a dull moment here at Northcourt.

We had a lunch bus outing to Brooklyn in April, and we couldn't have asked for a better day or a better place to go to for lunch.

We celebrated a couple of birthdays, which is always nice as we all like to be made feel special on our birthday.

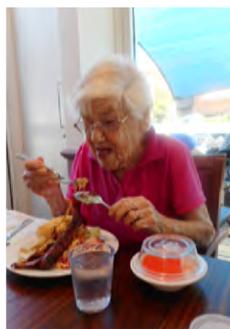
Until next month, Caroline



These are photos of a bus outing our Northcourt residents had to Brooklyn. We had a beautiful day, and everyone got off the bus and enjoyed a picnic lunch under the trees surrounded by sunshine and great water views.



Photos - Northcourt BBQ



Resident Story - Winsome Bradshaw

I was born in Sydney in the year 1924 to a mother who had already had five children. After a couple of years, my mother had another child. Growing up with four brothers and two sisters was hard at times.

Around the age of 20, I met my husband through a friend. The funny story is that I was invited to a wedding but I had no partner to go with. My friends took it upon themselves to find me a partner, and I must say I was really lucky, because if it wasn't for my friends I probably wouldn't have met the man I loved. His name was Tom and he was in the Royal Australian Navy (a real man). He escorted me to the wedding and then it was history. Just joking, we did get married not long after we met when I was 24. We had children, the first was Greg then came along David and finally I got my baby girl named Linder.

In my early 30s, my husband came home after being at the Royal Australian Navy Base all day and saw a job advertisement on their notice board for jobs in Malaysia's Government. He came home that night excited that he has found a new job he thought would be a great experience. I remember the day I told my mother we were moving to Malaysia. She fell down and I honestly thought she would fall through the floor.

I never cried so much in my life the day we left Australia to move to Malaysia for my husband's new job.

When we got to the house we were provided with from the Government, we couldn't believe we were living here. It was like a Village with other families who worked for the Government. I remember the day we met the other families, I thought it was hilarious that the Australians lived near the British, especially when they looked down upon us because we were not as civilised as they were. Although there were Europeans there we also had Malaysian families around.

It was definitely strange having servants cleaning my house, but there it was the norm.

There was one day where all the wives of the houses met together to cook. I taught them about Australian culture and I learnt a lot from them, as well as from the Europeans.

On the days when the children were in the local school learning and my husband was working, I went to the hospital to volunteer. I loved helping people and still do to this day. I went to the hospital to see the patients and even if they didn't want to do anything I would sit with them and just talk so that they had company. It was difficult when it was children and elderly in the hospital though, so I made it my aim to get a smile out of them before I left.

We lived in Malaysia for three years until it came the day when we left to go back home to Australia. Now, I did say before I had never cried so much in my life when I left Australia to move but that was wrong. This time leaving Malaysia to go back was the saddest; I couldn't stop crying.

Living in Malaysia had taught me a lot about other cultures and to this day it is a memory I will not forget.

Staff Profile - Lisa Green

My name is Lisa Green. I grew up in Wollongong but left the beach for the city life. I travel back to Wollongong sometimes and stay with my sister there.

Part of my childhood life was spent in Bright, Victoria. I plan on visiting Bright again in July with my sister, where we will enjoy the snow.

Before working in aged care, I worked in childcare. At that time, my grandmother always told me that I was in the wrong career. When my grandmother was diagnosed with Parkinson and my grandfather was diagnosed with dementia, I realised I wanted to pursue a career as a nurse. Now I have been in the industry for 15 years. Five years ago, I joined Courtlands Aged Care where I have worked in every area since then.

I have five children named Krystal, Bradley, Daniel, Olivia and Maddison, five grandchildren and number six on its way. In my free time I look after my grandchildren.

I love '80s music. I went to a concert years ago with my friends where I dressed up as a GOGO Girl – full out with the puffy skirt, leg warmers and the big hair! I am going to another '80s concert in June. Dancing is one of my favourite hobbies to do with my friends.

My pet dog Nala is four years old. She acts like a human, sleeps in the bed, eats human foods but only if it is fed to her. I also have two turtles named Burts and Franklin, and a Budgie named Pepsi.



One kind word can warm three winter months



-Japanese Proverb

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.

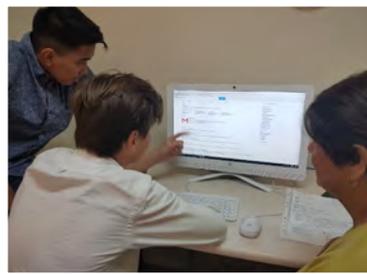


Volunteer Corner



During the last few months at Courtlands and Northcourt our volunteers have been busy working to delight our residents!

We had the pleasure of Kings boys for a week during their camp week, and everyone was very impressed with our boys this year who truly are a credit to their school with exceptional behaviour during their time with us. They are missed by our residents now that their service period has finished.



We also had Tara Girls visit us to observe and take part in exercise classes with our residents in each area.



Our annual Mother's Day High Tea was another successful event for our residents and family members. It is always so lovely to see all of the areas getting together and catching up with one another to celebrate mothers and the role they play in our community!

Special thanks to our dedicated volunteer Piret for all her hard work on the day and every day she comes into Courtlands to light up our residents lives. One of them said of her:

"Piret is always so helpful and makes us all laugh, we love her coming in and look forward to her days here."



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

**Sherene Noble on 0433 622 573
or snoble@chomes.com.au**

Volunteer & Pastoral Care Coordinator

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

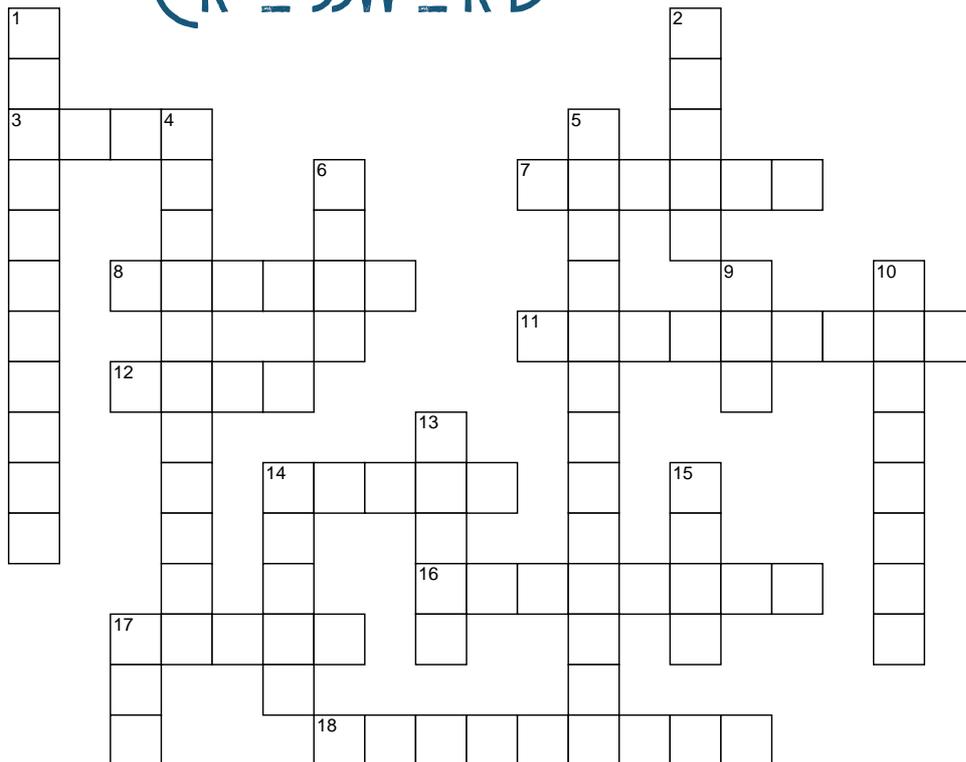
A₁

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WINTER WEATHER CROSSWORD



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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.