

Christadelphian Aged Care
2018 WINTER NEWSLETTER

RIDGEVIEW

Address: 95 Daintree Drive, Albion Park NSW 2527 **Phone:** (02) 4235 7600 **Email:** admin@chomes.com.au

*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 Ridgeview

Hello everyone!

Immunisation

Winter is fast approaching and with the cold weather also comes the flu season. It is the time of year when residents are offered immunisation against the most recent flu strains. As an aged care home is an isolated facility with vulnerable elderly living here, it is very important that residents, staff and visitors are all immunised to reduce the spread of the flu virus. You may feel healthy and that you do not need the immunisation, however as you visit our vulnerable residents who have reduced resistance to illness and infections, any illness you bring into the Home has a serious impact on their health. Residents and staff are offered free immunisation by the Christadelphian organisation. Families are encouraged to contact either their local GP or pharmacy to obtain their vaccinations.

When visiting our home please wash your hands before entering and when leaving, remember if you are feeling unwell please stay home until your symptoms improve as we want to reduce the risk of a flu outbreak.

Falls

We have had a number of residents falling and to assist with finding the cause of these falls, we have had Hannah, a Masters student from the University of Western Sydney, assist us with a project to review all incidents. Hannah has been looking at a number of different areas including staffing levels, time of falls, resident health, footwear and activities at time of the falls. Hannah will produce a report for management at the completion of her research so that we can develop a program to reduce falls occurring in the home.

Continued over pg



Facility Manager's Message contd

Mattress replacement program

We have recently undertaken a review of all of the mattresses in the home and we have commenced a mattress replacement program. Shane, our maintenance officer, will remove old mattresses and replace them with new ones. We apologise for any inconvenience with this as we will require residents to be out of bed to complete this project. Shane will be working closely with the carers to complete this and as he replaces the mattresses he will review the quality and operation of all bed bases.

Toothbrush seasonal program

We have commenced a seasonal toothbrush program across the home and for winter the residents will be given a red toothbrush. Each season, the toothbrushes will be replaced with a different colour. Michele, our Care Manager, has ordered the red toothbrushes so if you would like to know more about the program, please see Michele.

RSO

We were sad to see Karlene, our Resident Services Officer (RSO), leave us recently and we hope she is enjoying her new position in the area. Lissineeia is our new RSO officer and she would love to say hello to everyone as they pass her office. If you need any information about your accounts or general information in the home, Lissineeia will be able to assist you.

Resignation Facility Manager

I am sad to say that I will be leaving the home to move to another area. Ridgeview, the residents and staff have been a pleasure to work with. I will miss all of the people that I have been privileged to meet while I was here. This is a lovely home with many changes happening to improve care, with new staff employed and recruitment still in progress. Thank you to everyone for your patience throughout this process. I wish everyone the best and hope everyone stays well throughout the winter months.

Kind Regards, **Debbie Payne**



News & Upcoming Events



JUNE	JULY	AUGUST
2 Margaret J	1 Georgina	4 Yvonne
11 Betty P	2 Norma O	6 Jorma
12 Dulcie L	3 Gerry	7 Maria D
18 Noel G	4 Margaret M	9 William
20 Ruth L	5 Maggie G	10 Joan S
22 Audrey O	7 Peter B	16 Ivan S
23 Margaret E	7 Hope W	21 Joan L
24 Olga B	8 Sheila L	22 Walter W
24 John B	9 Andrew C	24 Gladys
26 Reginald N	10 John M	24 Joseph K
27 Oswald E	15 Betty R	26 Robert R
30 Patricia C	16 Nadia V	30 Pat C
	19 May E	31 Hilda H
	19 Arletta	
	19 Cliff H	
	20 Pilar	
	23 Berta	
	25 Edward M	
	27 Veronica E	
	28 Helen M	
	28 Noel	



UPCOMING EVENTS

JUNE

6th - June Starlets
at 10.30am

JULY

9th - Swingalees
at 10.30am

12th - Happy Beats
at 10.30am

20th - John Clegg Show
(old time sing-a-long)

31st - Kris' Bird Show

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

SUNSHINE

In Sunshine, programs include gentle exercise every morning and cooking afternoons.

So far we have made chocolate crackles, toasties and pikelets. The weekly scenic drive and, of course, ice cream are very popular every Friday morning, where we take in the sights of our lovely Illawarra.

We are all hooked up to the internet with a smart TV in Sunshine now. Residents have been loving this new technology and enjoy watching funny home videos and almost anything they ask to watch, from train shows to musicals. Residents in particular enjoy watching animal shows now they have lots of choices.

Happy hour is enjoyed by our residents every Friday at 2pm. Residents also enjoy Wednesdays outdoor lunch (weather permitting).

Looking forward to the next three months with you.

Love, **Donna** (RAO Sunshine)



Activity Reviews

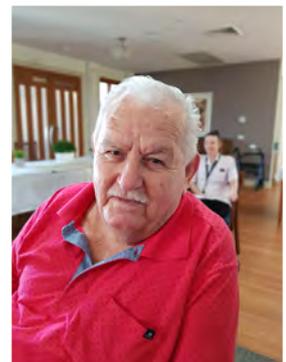
AMETHYST

The Garden group has increased with new residents enjoying being outdoors and participating in the group. Bill, the volunteer, is wonderful and planting lots of new plants and placing them around the courtyards.

Bowling is very popular with our residents, both ladies and men enjoy this activity. Happy Hour is also a big hit every Friday at 2pm. Our Bus trips in all areas are very popular with morning tea trips every week. The Anzac service was lovely and hosted by Steve Roberts, and also Easter was a great day with a Easter hat parade for our residents. Our chickens and birds are very loved by our residents. Residents are assisting with feeding and collecting eggs daily. Music therapy is popular and enjoyed by our residents daily.

Please ask for a monthly calendar and let lifestyle staff know that you would like to attend activities.

Looking forward to the next three months with you. Love **Jean & Debbie** (RAOs Amethyst)



Activity Reviews

SAPPHIRE

Welcome to another news letter from Sapphire. It's been a busy couple of months.

Our weekly bus trip has had us out and about visiting destinations chosen by the residents. February, we went to Dapto Mall for lunch and a shopping expedition, giving residents the opportunity to browse the aisles, with purchases including books, tops and chocolates. A lunch trip to Sublime Point and we were blessed with a glorious day, enjoying the spectacular views



of coast. Morning tea trips to the Wollongong Botanical Gardens, Mt Keira and Mt Kembla lookouts just to name a few of our destinations.



Easter was celebrated with an Easter egg hunt and afternoon tea in the courtyard. Our Anzac Day service was conducted by Rev Steve Roberts of the Anglican Church Albion Park, with many thanks for a wonderful service and your continued support of our residents. St Patrick's Day was celebrated with Irish festivities and happy hour.

A few new events are now on our calendar; Friday Flicks and Friday night football is being held on our new big projector screen in the sports lounge and Bobby Kerr Music Entertainment every second Friday.



Wellness Spa appointments are now available Wednesday afternoons 1pm to 3pm instead of Tuesday and Thursday mornings. The change is aimed at meeting the needs of those residents who would like to be involved in more of the program and more choices across the week.

Molly our pet therapy dog is being spoilt with lots of love and hugs every Tuesday morning between 9am and 10am. Regular trivia, word games and discussion groups for those who like a brain challenge.

The Knit and Natter group is busy making items charity boxes and the group is growing with some old and new faces re-joining. Mt Terry school visits, bingo and Ukulele sing-along group continue to be enjoyed.

Finally, a big thank you to our wonderful volunteers who turn up every week and help make so many of our activities possible.



Kind Regards, **Vikki** (RAO Sapphire)

Sapphire Activity Photos



professionals@bigglobal.net

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Activity Reviews

LIFESTYLE

Hello everyone!

What a wonderful three months we have had in Lifestyle Sapphire, with residents enjoying weekly morning tea trips, monthly luncheons and shopping trips. Amethyst enjoyed weekly scenic drive trips, with an ice cream of course, and Sunshine enjoyed their weekly scenic drive trips to Jamberoo Mountain, Gerringong, and Stuart Park. We hope to incorporate another luncheon trip for Sunshine residents as they enjoyed their last fish and chip luncheon on Little Lake.

Residents are now enjoying Happy Hour every Friday at 2pm in all areas, and also Friday night football in the theatre room (Sapphire) at 7pm during football season. Recently we had a Karaoke concert in Sunshine dining where our residents and staff enjoy having a sing. Our weekly Knit and Natter is becoming very popular, as is Friday at the flicks at 3pm (Theatre room). We have so many activities going on daily please check boards for details or pickup one of our monthly calendars.

I would love to personally thank our wonderful volunteers, who without we couldn't have as many wonderful things happening for our residents, so thank you very much from the Lifestyle team. I'm looking forward to some wonderful adventures with you all over the next three months. Please let me know if you have any ideas for outings.

We have a new beauty therapist coming to Ridgeview who will offer waxing and nail care. Please let any of our Lifestyle staff know if you would like a price list.

In July, we have booked Kris' Bird Show and without your support in raffles etc we wouldn't be able to book great shows like this for our residents.

We will be having Biggest Morning Tea in support of cancer research in May. Last year we raised over \$300 for this wonderful cause, so please come along and show your support on the day.

I'll be cooking pancakes at the coffee shop every 2nd Tuesday of the month; this has been a great activity with staff, residents and families enjoying freshly cooked pancakes.

Please check boards daily to see where activities will be held.

Love **Kim** (Lifestyle Team leader) - klillie@chomes.com.au



Other News...

BEAUTY AND NAILS

Laura from NCB Salons will be offering nail and foot care and waxing commencing Tuesday 15 May 2018.



BINGO PRIZES

We are getting a little low and any suitable donations of Bingo prizes would be greatly appreciated (*Please no hand creams, face creams or soaps*).

LAUNDRY

Just a reminder to please bring all your family's clothes to be labelled to Di at Reception or they can be brought to the laundry.

At the end of each month, unclaimed items will be donated to our local charity in Albion Park. Thanks, *Laundry Team*



THANK YOU FOR OUR NEW POOL TABLE

A big THANK YOU to Care Manager Michele for the very generous donation of a new pool table for our upstairs Happy Days Games Room.



PLEASE SUPERVISE CHILDREN AT ALL TIMES

As an outcome from our Resident and Relative meeting held during April, we wish to remind visitors to ensure that children are supervised at all times while on the premises. This is to ensure the safety of our residents and the children, as well as making sure there are no damages to equipment. Your assistance in this regard is greatly appreciated.

Staff News

✦ Bekki Gallagher was married on March 10



✦ Michelle Chate's daughter (Carly) is getting married on May 26 in Adelaide



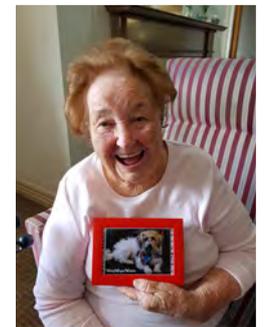
Congratulations!

Molly's winning over hearts



It was wonderful to see the smiles on the residents' faces as they received their own framed photo of Molly (the pet therapy dog) to take back to their rooms.

Photos are proudly displayed or kept in walkers by the residents, who show visitors as a point of conversation.



When Admin came to Ridgeview

We received a surprise visit from Helen and Rita, part of our Administration Team at Head Office, who visited Ridgeview during April. Helen and Rita spent the morning assisting with the Gardening Group, Pet Therapy and Knit n Knitter Groups as well as working with the Leisure & Lifestyle team and meeting some of our volunteers.

Residents, staff and families were very happy to stop and have a chat with this dynamic duo during the morning. Thank you for visiting Ridgeview!



*A snowflake is
winter's butterfly* 

Resident Story - Josephine Badajan



Josephine was born in Grafton and moved to Unanderra at five years old where she stayed until she left school.

Josephine worked in Sydney and travelled by train daily until her brother bought her a car.

Josephine married a Maltese gentleman and returned to Grafton for their honeymoon. They had two daughters and two grandchildren living in Unanderra.

Josephine had a hockey career throughout her younger years and has many trophies that she is very proud of.

Ruth's great great grandchild

Ruth received a surprise visit from great grandson Daniel, wife Lisa and new great great granddaughter, Rose, all the way from Canada. Congratulations Ruth!



Staff Profile - Kylie Tickle

Kylie Tickle was born and grew up in Muswellbrook, Hunter Valley. She moved to Tamworth in 2000 with her family and later to Wollongong in 2007. She is married with two children – a 20-year-old daughter and an 18-year-old son.

Kylie commenced her nursing career in 2002 at Nazareth House Catholic Aged Care in Tamworth, and continued working in the aged care industry after moving to Wollongong.

She has been working at Ridgeview for two and a half years. Knowing that her work has brought smiles to the faces of the residents makes her feel rewarding. She enjoys having a joke with the residents and staff.

She used to play netball, touch football and basketball when she was younger, but now she enjoys going to the gym instead! She also loves reading, if only she can sit still long enough!

Her ideal holiday is relaxed and “chilled out” holidays. She has travelled with her family to New Zealand, Fiji, Vanuatu and Hawaii.

Kylie recently dyed her hair colour to blonde, however, some of the residents could not recognise her. So she came to work wearing a brown curly haired wig for the day!

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



National Volunteer Week is the annual celebration to acknowledge the generous contribution of our nation's volunteers. This year's theme represents the millions of volunteer who make a profound impact in their communities and on society, through giving a little time.

On behalf of the management, staff, residents and families I would like to thank each of our amazing volunteers at Ridgeview who give so much to our residents each week. Your smiles, laughter, chats, hugs, music, enthusiasm, warmth and time means so much to the lives of the residents.

Below is what some of our volunteers said about what they enjoy most volunteering at Ridgeview ...

- ▶ "I come to volunteer each week to catch up with all my sweet ladies and to see how happy they are in our Knit n Natter group. Being a volunteer gives a sense of purpose and the pleasure of doing something for others." ~ Jan Bonner
- ▶ "I really enjoy my volunteer visits to Ridgeview every week and feel honoured to be able to help my good friend Vicki and be of some support to her." ~ Maureen Cook
- ▶ "I love to see them singing, tapping feet and waving arms. I then know by their smiles I'm very much appreciated and I know I'm bringing some joy to them." ~ Bobby Kerr
- ▶ "Bill and I enjoy coming to Ridgeview. I want to pay back the kindness and care you gave to my brother Noel and think if I can give a little to the people who deserve so much more in their golden days. God did not give me brains or beauty, He put me on this earth to serve the people. Volunteering is the rent I pay to live on this earth." ~ Rhonda and Bill Johnson
- ▶ "We get so much joy seeing the smiles and happiness of the residents as we play and sing lovely songs is a real blessing." ~ Sally Howling
- ▶ "The wonderful joy and pleasure that our sweet Molly brings as she settles into Ridgeview and comes to share her wonderful sweet nature with the all the residents that she meets weekly will always keep Bob and I coming to back to Ridgeview. We are both amazed as we see Molly grow in love for the residents that she meets and in turn the residents depth of feeling for Molly in return is always a sheer delight for us to witness. One resident thanked us and told us today that Molly lifted her spirits and for Bob and I and Molly that is what it's all about." ~ Fay, Bob and Molly (Pet Therapy)
- ▶ "Knowing that I have brightened my Dutch ladies day and hearing their wonderful stories." ~ Flora

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Volunteer Corner



- ▶ "The residents, staff and volunteers at Ridgeview are very welcoming. I feel that my work is appreciated and I get back as much as I put in." ~ Maureen (Pastoral Care)
- ▶ "The memory of my Mum and Dad who were both residents at Ridgeview and the feeling of belonging when I see residents and staff. I feel I am 'giving back' to Ridgeview for the exceptional care given to my parents over 8 years." ~ Jacalyn (Pastoral Care)
- ▶ "My satisfaction is the enjoyment I get from the smiles and thank you for coming and entertaining residents and staff. My group really enjoy our Thursday gigs at your home." ~ Patricia Hughes
- ▶ "I love interacting with the residents during our choir sessions and seeing the delight on their faces when they are singing. I believe music is a wonderful means of connecting with even the frailest of people. Songs learnt and heard long ago remain with them even when their short term memory has faded. Thank you for the opportunity to play for the residents at Ridgeview." ~ Marilyn Reurich
- ▶ "What makes me keep coming back is the joy I get from meeting the wonderful residents and spending time listening to what they have been up to since my last visit." ~ Sandra Cossa
- ▶ "I love coming to play the piano for the Choir because it means so much to the residents who come along to sing each week. Music seems to reach all people, regardless of their circumstances. It brings the best out in them, and they forget their woes and cares and sit and enjoy and gives them a lift. While they are enjoying singing, I enjoy playing for them. We all get pleasure from it and that is important to me. While ever I can give this pleasure, I will." ~ Lyn Brown
- ▶ "I find volunteering a "two way" experience. First, it is a chance for me to give something back to the community and second, it fills a void in my life since retiring. My time spent at Ridgeview, interacting with residents and their families, is very rewarding and the appreciation of management and staff makes the time spent volunteering well worthwhile." ~ Narelle (Happy Days Café)

Volunteers Needed

Mondays - 9.30am to 12pm - Happy Days Café (training provided)

Tuesday - 1.45pm to 3.15pm - Bingo

Thursday - 1.45pm to 3.15pm - Bingo



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

Michelle Chate on 4235 7612
or mchate@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

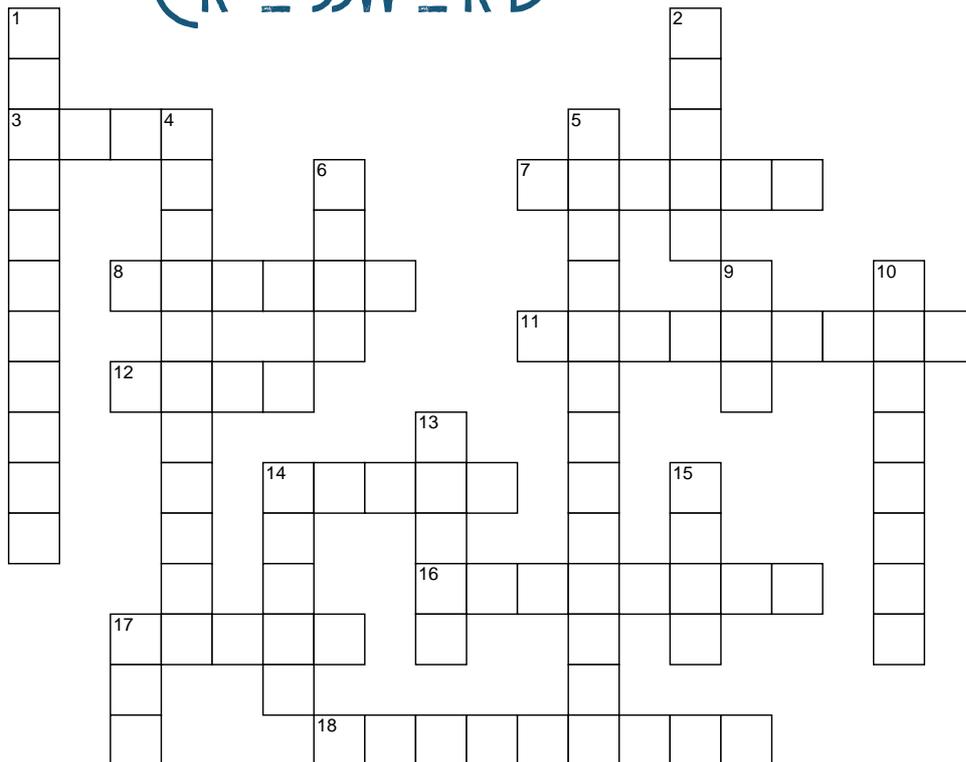
A₁

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WINTER WEATHER CROSSWORD



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.