

Christadelphian Aged Care
2018 WINTER NEWSLETTER

SOUTHHAVEN

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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 Southhaven

Dear Residents and Families,

Winter is here! For those of us who are not fond of the cold weather the countdown is on until Spring!

Flu Season is here!

On advice from the Public Health unit, we started immunising later this year than previous years. This is to help have people covered later in the year when flu season peaks. We have currently administered most of the flu vaccines with just a handful of residents still requiring the flu vaccine. We have also offered a free vaccine to staff as per the new requirements.

Just a reminder that the flu vaccine is only one part of our prevention plan and is not a guarantee that people won't get the flu. However it does help to minimise the effects of the flu. Our other key strategy in preventing the flu is to minimise contact with people who are having signs and symptoms of respiratory illness. If you are unwell we ask that you do not visit at this time.

Laundry labels can be ordered through our Reception Staff. Labels will be charged to the monthly account.

If you are missing any clothing items we have a large amount of clothes without labels. Please see the laundry staff to go through them.

Warm Regards, **Sharon Fletcher**



Upcoming Events

JUNE	JULY	AUGUST
Treetops & Blue Gum	Treetops & Blue Gum	Treetops & Blue Gum
<p>1st - Indigenous Australia Day Celebrations (Mabo Day)</p> <p>4th - ½ day Bus Trip (<i>Treetops</i>)</p> <p>6th - Entertainment with Ian Blakeney</p> <p>7th - Queen's Birthday Celebrations</p> <p>8th - Padstow Baptist Church Service</p> <p>12th - Dog Therapy with Velette (<i>Blue Gum</i>)</p> <p>15th - Happy Hour</p> <p>20th - Entertainment with Kane</p> <p>21st - Club Outing</p> <p>23rd - Youth Devotional Service</p> <p>26th - Club Outing</p>	<p>2nd - ½ day Bus Trip (<i>Treetops</i>)</p> <p>11th - Bagpipe playing with Dr. Cameron</p> <p>13th - Presbyterian Church Service</p> <p>13th - Bastille Day</p> <p>16th - ½ day Bus Trip (<i>Blue Gum</i>)</p> <p>17th - Dog Therapy with Velette (<i>Treetops</i>)</p> <p>18th - Entertainment with Alan Duncan (<i>Blue Gum</i>)</p> <p>19th - Club Outing</p> <p>23rd - ½ day Bus Trip (<i>Treetops</i>)</p> <p>25th - Entertainment with Patrick (<i>Treetops</i>)</p> <p>27th - Happy Hour</p> <p>31st - Club Outing</p>	<p>3rd - Friendship Day</p> <p>6th - ½ day Bus Trip (<i>Blue Gum</i>)</p> <p>8th - Entertainment with Ian Blakeney</p> <p>10th - Anglican Church Service</p> <p>13th - ½ day Bus Trip (<i>Treetops</i>)</p> <p>14th - Entertainment with Patrick (<i>Bluegum</i>)</p> <p>16th - Club Outing</p> <p>24th - Daffodil Day</p> <p>27th - ½ day Bus Trip (<i>Blue Gum</i>)</p> <p>28th - Club Outing</p> <p>29th - Entertainment with Neil Anthony</p> <p>31st - Father's Day Happy Hour</p>
Riverside	Riverside	Riverside
<p>1st - Indigenous Australia Day Celebrations (Mabo Day)</p> <p>5th - Menai Bus Trip</p> <p>6th - Entertainment with Neil Anthony</p> <p>7th - Queen's Birthday Celebrations</p> <p>8th - Padstow Baptist Church Service</p> <p>15th - Happy Hour</p> <p>18th - ½ day Bus Trip</p> <p>20th - Entertainment with Ron Ashton</p> <p>23rd - Youth Devotional Service</p> <p>26th - Club Outing</p>	<p>3rd - Menai Bus Trip</p> <p>9th - ½ day Bus Trip</p> <p>10th - Entertainment with Ian Blakeney</p> <p>13th - Bastille Day</p> <p>19th - Club Outing</p> <p>25th - Entertainment with Tony Martin</p> <p>27th - Happy Hour</p> <p>30th - ½ day Bus Trip</p> <p>31st - Club Outing</p>	<p>3rd - Friendship Day</p> <p>6th - Dog Therapy with Velette</p> <p>7th - Menai Bus Trip</p> <p>10th - Anglican Church Service</p> <p>16th - Club Outing</p> <p>20th - ½ day Bus Trip</p> <p>22nd - Entertainment with Ron Ashton</p> <p>24th - Daffodil Day</p> <p>28th - Club Outing</p> <p>31st - Father's Day Happy Hour</p>

Birthdays & News



Happy Birthday

JUNE

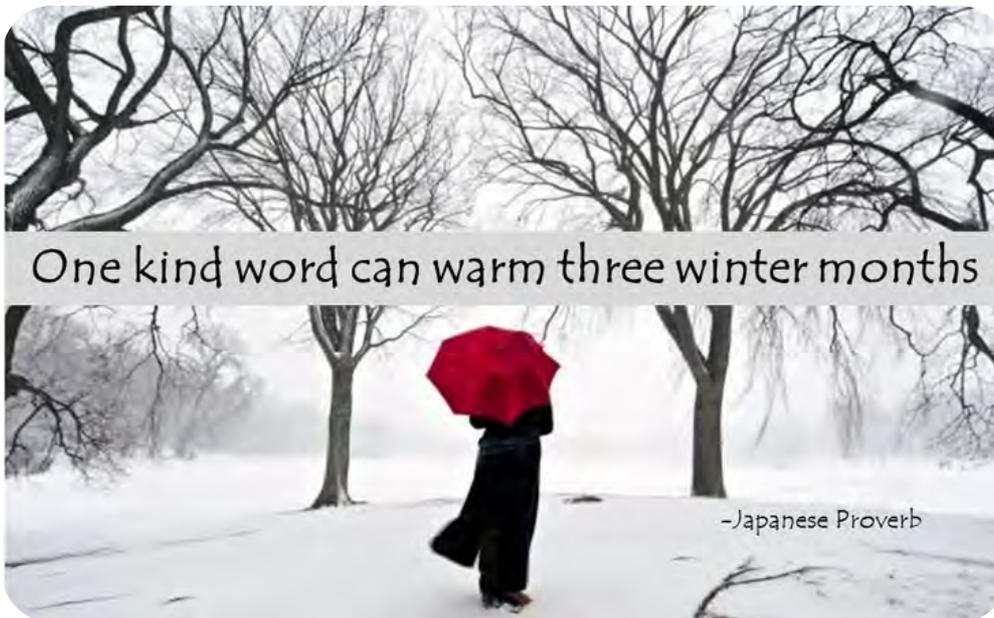
Samuel Brown, Arthur Butcher, Mariko hayashi, katarina Kostka, Norman Messer, Wayne Paynter, Dorothy Rowlands

JULY

John Clark, Harry Clarke, Barry Cole, Mavis Irwin, Laurel Le Sueur, Betty McAdam, Nellie Renshaw, Rita Smith, Margaret Williams, Margery Walsh

AUGUST

Hilda Carbery, Maureen Carter, Peggy Cross, Moira Dominish, Norman Fearnley, Jean Gilmore, Joyce Goring, Shirley Hodgens, Beverly Howell, Mavis Kirkby, Gloria MacKenzie, Dina Nikolettos, Leslie Reid, Bob Sakaluk, Bertha Smith, Moya Sparke, Thomas Whitehouse, Haiyi Xu



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

HARMONY DAY

Harmony Day celebrates Australia's cultural diversity and is about inclusiveness, respect and a sense of belonging for everyone.

The afternoon at Southhaven kicked off with some impressive African dancing followed by a medley of songs from around the world. Finally, some belly dancing even had some staff up and grooving. Also, during this Harmony Day we celebrated the incredible diversity of our staff, volunteers and residents who we shared not only cultural food, but the story of their journey and the reason people have come to Australia, the hardships they have faced and their current passion. It is really about valuing the diversity of what people have brought to Australia!

It was a great day of inclusiveness, respect and celebrating what makes our communities so special.



EASTER CELEBRATIONS

Easter is the most important celebration in the Christian calendar. Southhaven Aged Care ensures that residents are supported to take part in the celebrations.

Good Friday is a day where our residents were provided with space and time to pray and reflect followed by the Christian movie "Jesus of Nazareth". On Easter Saturday, our residents reminisced on the good old days and the way Easter was celebrated. On Easter Sunday, residents enjoyed quality time with their relatives. Our kitchen staff, prepared a special menu and not to forget the Easter Eggs Treats. On Easter Monday, we held an Easter Hat Parade, where our residents got to share their marvellous creations with an Easter Hats filled with feathers, glitters and chickens!



May this blessed celebration of Easter bring you faith, hope, love and joy!



Activity Reviews

MOTHER'S DAY

Mother's Day is about honouring the women who helped shape our lives.



Mother's Day celebrations at Southhaven started with deliveries of fresh flower arrangements for our residents and throughout the Home. A Mother's Day High Tea was held in our function room which was celebrated with lot of enthusiasm and joy. The event was well attended with many of our residents enjoying their tea from our china! Our beautiful kitchen staff prepared a delicious menu from a variety of sandwiches to yummy scones, cookies, muffins and sweets with a nice warm cup of tea that they really enjoyed. It was so lovely to see the smile on their faces when they saw the nice table decorations plus when they were handed their Mother's Day gifts.



Not to forget the fun our residents had listening to their favourite songs and memories of their dancing days. They clapped and swayed to the music throughout our High Tea which added to a fantastic mood. While they had a blast with their singing, we held a Mother's Day quiz which gave everyone a chance to remember many events from the past.

This blessed time is a time to love, honour and thank the most precious creation of God... our Mums!

BUSHMAN THE HORSE RETURNS



Resident Story - John Winchester



John Winchester was born in Dulwich Hill on December 2, 1947 to Anne and Jack Winchester. He has an older sister Sue and a brother Peter. John met his wife Sue at Lewisham Hospital when he was a university student and Sue was training to be a nurse. They have been married for 47 years, have six children and 10 grandchildren.

John has a Science and Masters Honours Degree and a PhD in Education and Systems Theory. He also gained a University Blue Award for Football Rugby Union. He has a deep passion in enabling others to learn and achieve in life. John believes in equality for everyone. John has been invited to speak at many conferences in Australia and overseas to impart his knowledge in education. He delights in hearing of his children and grandchildren's achievements in sport and education and is their greatest supporter.

John has moved into Southhaven after suffering a stroke. He has made many friends there since then. He loves to joke with staff and fellow residents. John has a compassionate nature and is quick to realise the needs of others. He will often comfort his elderly friends.



Staff Profile - Isabel

My name is Isabel and I am 24 years old. I was born and raised in Sydney, with Spanish and Filipino parents who came here in the 1970s. I am an assistant in nursing (AIN) here at Southhaven and have been doing so for about a year. I am also studying to be a registered nurse at the University of Sydney and am in my final year of study. Initially, my choice of working here was merely to get more experience in nursing before graduating to become a registered nurse. However, I didn't expect that I would turn out to love my work so much. To me, working here and helping the residents is a truly rewarding occupation and I regard it as a privilege to be able to work here. Coming to work is always easy, knowing that the residents will bring a huge smile to my face each day.

Last year, I took a break from my studies and went travelling all over Europe where I made some of the best memories of my life. I got to tick off some of my bucket list items, such as having dinner at the top of the Eiffel Tower and hiking through the Swiss Alps. I even made a trip down to Egypt to see all the amazing ancient sites such as the Pyramids of Giza. It was always a childhood dream of mine and so it was definitely a highlight.

Next year, I hope to get a new graduate job in a hospital as a registered nurse, however I will always remember where I started here at Southhaven and look back fondly on my days working here.

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

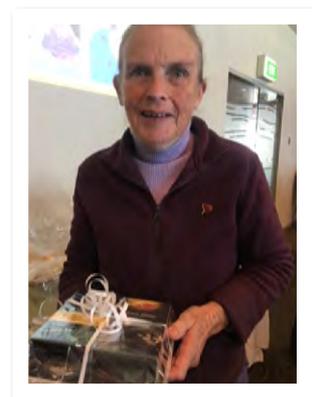


We welcome three new volunteers this season. We have Jessica, Dola and Iman all of whom will be providing room visits to some of our residents. This is a fabulous opportunity for our volunteers to hear and learn about the residents and their experiences and a great thing for the residents to have their company.

If you see them around please say hello and make them welcome.

National Volunteer Week - Thank You Lunch

National Volunteer Week is May 20-26, and we thanked our volunteers with a lunch held on Wednesday, May 23.



More on the photo page



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

***Dave Bridgens on 0400 016 809
or dbridgens@chomes.com.au***

Volunteer & Pastoral Care Coordinator

Volunteer Thank You Lunch



Volunteer Corner



SPOTLIGHT ON A VOLUNTEER - Max Gilmore



My name is Max Gilmore and as the oldest volunteer for Christadelphian Aged Care, I've been asked to comment on the history of the site on which Southhaven stands and my time and experience as a volunteer. In 1946, when the decision was made to establish Christadelphian Homes, the board commenced to look for suitable premises and in 1947 purchased "Woodstock". Woodstock was a large two storey home on a large corner block in Redmyre Road in Strathfield. This had been the Starkey family home, Starkey being a well-known soft drink manufacturer at the time. Volunteers helped to prepare the home for the first residents and for subsequent additions that were made. I was one of the volunteers.

In 1969, the Board decided to build further aged care accommodation and two properties were purchased in Queensbury Road, Padstow Heights, with this in mind. One of these was number 11 and was owned by my Aunt and before the bridge was built over the Saltpan Creek; houses along the creek were known as "weekenders" or holiday houses. I remember visiting my Aunt for the weekend in 1935 when I was 10.

Around 1974, plans were made to build four blocks of self-care units and a Hostel at number 11 Queensbury Road. I can't remember which were finished first but I do remember that for some years I organised Saturday "working bees" when volunteers from the Christadelphian community spent the day at "Southhaven" carrying out a multitude of tasks. Many of the volunteers were tradesmen so we were able to do most jobs that were necessary.

Some of you may have wondered what the two signs are all about on the road way down to the back of Riverside - these were installed around 1985. The one saying "Angina Hill" speaks for itself based on the steepness of the slop. The other "Ackermans Leap" gets its name from when a resident who lived in the self-care units drove his V8 Ford for the last time. He was driving down the hill and accelerated rather than braked and his V8 Ford leaped into the bush, landing some two metres lower than the road. Ackerman and his passenger walked away unhurt.

Around 1985, it became obvious that a larger nursing home was needed and having acquired the land, the Board decided to build the nursing home (Treetops) at Southhaven. The nursing home was completed in 1992 and was subsequently expanded in later years.

I retired from my job as Administrative Officer, Government Supply Department in 1985 and was then able to expand my volunteering activities when required. I remember a phone call from John Dawson (the Administrator at the time) who asked me "Do you want a job?" I said "Like what?". He said go over to Redmyre Road, Strathfield and sell everything we've left behind. This meant everything because Southhaven was fully equipped and the items at Strathfield were surplus to requirements.

In 2017, the new link building was opened and is a great success. The cafe provides a great service to the residents and families.

Anyway, things are a lot quieter these days which I am grateful for at 92. With our new Volunteer Co-ordinator, who is doing a great job, I only do what I'm registered for. I now water the pot plants, lead the Bible readings once a month, and help serve in the cafe. See you there for a coffee!

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

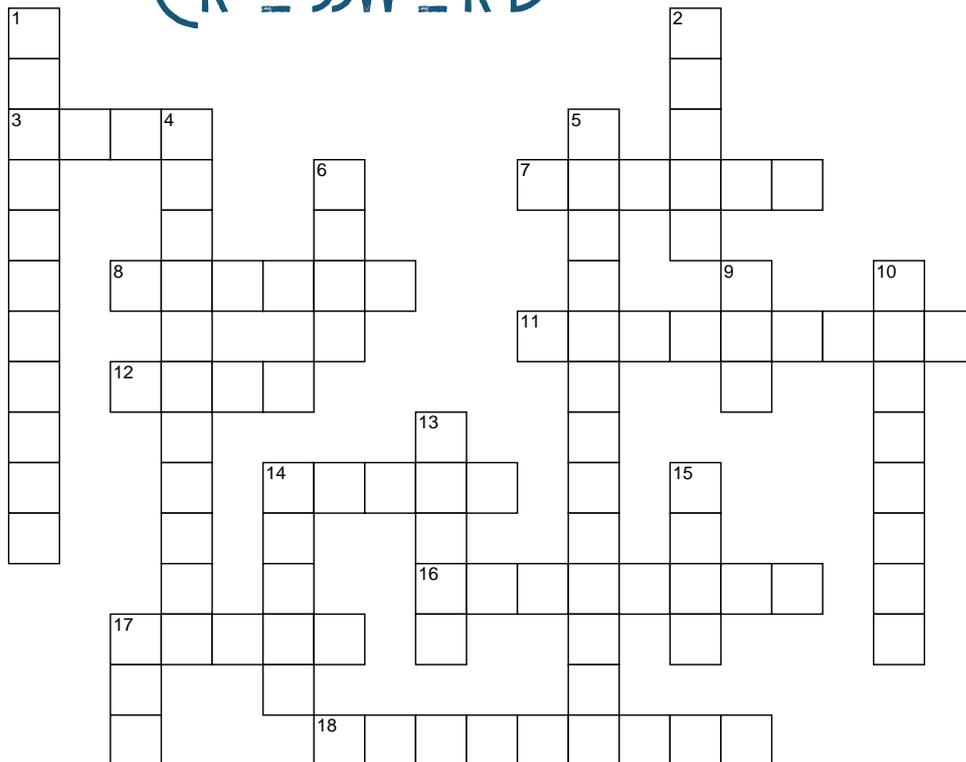
A₁

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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.