

Christadelphian Aged Care

2019 WINTER NEWSLETTER

# SOUTHHAVEN

**Address:** 11 Queensbury Rd, Padstow Heights **Phone:** (02) 9782 6010 **Email:** admin@chomes.com.au

## Manager's Message

*Welcome to Southhaven*

Dear Residents and Families,

Winter is here and the flu season has also started!

Despite being able to catch the flu at any time of the year, it's more likely to happen in the colder months between April and October. Therefore, we have recently administered Flu Vaccines to all of our consenting residents and staff.

However, as you are all aware, having the Flu Vaccine does not guarantee that vaccinated person will not get sick, so the vaccination program is only one part of our prevention plan. The most important key strategy to prevent the flu is by minimising the contact with people who have signs and symptoms of Respiratory Illness.

The early signs of the flu can include cough, sore throat, sinusitis /runny nose or fever, so if you have any flu symptoms we kindly ask you not to visit your loved ones at that time.

In addition, we have displayed educative posters regarding flu symptoms, prevention and control methods and I would like to highlight in this newsletter the most important technique to minimise the spread of the flu virus as identified by the department of health – NSW government:

### Cover your cough



- When coughing or sneezing, use a tissue to cover your nose and mouth
- Dispose of the tissue afterwards
- If you don't have a tissue, cough or sneeze into your elbow.

### Wash your hands



- After coughing, sneezing or blowing your nose, wash your hands with soap and water
- Use alcohol-based hand cleansers if you do not have access to soap and water

Moreover, following the weather change, I would like to kindly remind you to check your loved one's cupboards and update their clothes accordingly. Please notify us to label all the new clothes before placing them in the residents' cupboards.

*If you have any feedback or concern please do not hesitate to contact me or to come and see me at any time. You can also speak to Carla & Yvonne the clinical managers or please fill in a feedback form. Our feedback is significant and valuable to improve our services and for our continuous improvement.*

Kind Regards, **Marie Ange Tannous** - Director of Consumer Care & Services



WINTER  
IS THE TIME  
FOR COMFORT,  
FOR GOOD FOOD  
AND WARMTH,  
FOR THE TOUCH OF A  
FRIENDLY HAND and A  
TALK BESIDE THE FIRE:  
IT IS THE TIME FOR  
HOME

- EDITH SITWELL



# Continuous Improvements

1. New TV + DVD for GF riverside ordered and received, will be installed soon as per resident request to have a private area to watch movies as a small group.
2. New blood sugar levels monitoring machines ordered and received
3. New linen trolley ordered and received
4. New china, crockery, glassware, cutlery, placemats ordered.
5. New hot box ordered and received for Treetops
6. CCTVs system upgraded
7. 300 new clothes protectors ordered and received
8. iCare Electronic Health Management system Upgrade completed
9. 5 Anti chocking devices purchased "Life Vac"
10. Plan to renovate Treetops dining room and east wing, more details will be discussed in next resident and family meeting.



## Please do not visit if you are ill

- If you have a COUGH or other Flu symptoms (like a fever, sore throat or runny nose) you may put other people at risk.
- If your visit is not urgent, please consider visiting on another day when you are feeling better.
- If your visit is urgent, please notify a staff member as you arrive and put on a face mask.



5/19/13 (1/19/13) 10/09



Keep updated with all the latest news and photos by "liking" us on Facebook!



***facebook.com/  
christadelphianagedcare***

# Upcoming Events

JUNE	JULY	AUGUST
<b>Treetops &amp; Blue Gum</b>	<b>Treetops &amp; Blue Gum</b>	<b>Treetops &amp; Blue Gum</b>
<p><b>3rd</b> - ½ Day Bus Trip (<i>Treetops</i>)</p> <p><b>4th</b> - Menai Bus Trip</p> <p><b>10th</b> - Queen's Birthday Celebrations</p> <p><b>13th</b> - Entertainment with Ian Blakeney</p> <p><b>14th</b> - Padstow Baptist Church Service</p> <p><b>18th</b> - Philippines Cultural Day</p> <p><b>20th</b> - Club Outing (Canterbury)</p> <p><b>24th</b> - ½ Day Bus Trip (<i>Bluegum</i>)</p> <p><b>25th</b> - Club Outing (Cabravale)</p> <p><b>26th</b> - Pet Therapy with Velette (<i>Bluegum</i>)</p>	<p><b>1st</b> - ½ Day Bus Trip (<i>Treetops</i>)</p> <p><b>2nd</b> - Menai Bus Trip</p> <p><b>10th</b> - Entertainment with Patrick</p> <p><b>12th</b> - Bastille Day Celebrations (Cultural Day)</p> <p><b>12th</b> - Presbyterian Church Service</p> <p><b>15th</b> - ½ Day Bus Trip (<i>Bluegum</i>)</p> <p><b>17th</b> - Pet Therapy with Velette (<i>Treetops</i>)</p> <p><b>20th</b> - Club Outing (Canterbury)</p> <p><b>22nd</b> - ½ Day Bus Trip (<i>Treetops</i>)</p> <p><b>30th</b> - Friendship Day Celebrations</p>	<p><b>5th</b> - ½ Day Bus Trip (<i>Bluegum</i>)</p> <p><b>6th</b> - Menai Bus Trip</p> <p><b>8th</b> - National Aboriginal Day</p> <p><b>9th</b> - St John's Anglican Church Service</p> <p><b>12th</b> - ½ Day Bus Trip (<i>Treetops</i>)</p> <p><b>15th</b> - Club Outing (Canterbury)</p> <p><b>23rd</b> - Daffodil Day</p> <p><b>26th</b> - ½ Day Bus Trip (<i>Bluegum</i>)</p> <p><b>27th</b> - Club Outing (Cabravale)</p> <p><b>28th</b> - Pet Therapy with Velette</p> <p><b>30th</b> - Father's Day Celebrations</p>
<b>Riverside</b>	<b>Riverside</b>	<b>Riverside</b>
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*Happy Birthday to you...*

**JUNE**

Edward D, Mariko H, Wayne P, Katarina K, Margaret M, Norman M, Samuel B, Joyce P, Dorothy R

**JULY**

Barry C, Patricia N, Rita S, Margery W, Donald H, Laurel S, John C, Mavis I, Nellie R

**AUGUST**

Caroline L, Monica M, Hilda C, Maureen C, Peggy C, Bob Sk, Bertha S, Jean G, Shirley H, Moira D, Mavis K, Enrica P, Thomas, Gloria M, Dina N

# Activity Reviews

## EASTER CELEBRATIONS

Easter celebrates the promise of life. Easter celebrations also reflect on peace and forgiveness. Easter is the commemoration of the resurrection of Jesus Christ and is celebrated at Southhaven Aged Care with great enjoyment by our residents.

The celebrations include the singing of special hymns while enjoying the Easter hat parade plus the yummy chocolate eggs that each of our resident enjoyed!!



Also, our Aged Care was decorated with Easter themes that made our residents feel the blessings of this day.



## MOTHER'S DAY HIGH TEA

This blessed time is a time to love, kiss and thank one of the most precious creations of God - our Mums! Mother's Day is the day when we spend time with someone we love that will be remembered and appreciated.

At Southhaven, Mother's Day was celebrated with lot of enthusiasm and joy. What a wonderful way to see our residents enjoying their Mother's Day High Tea. Our Kitchen staff prepared a delicious menu with a nice cup of tea that they really enjoyed from our fine china cups.

Happy Mother's Day to all the mum's out there... Happy Mother's Day to our lovely residents at Southhaven. We wish you all the love, peace and happiness that you all so rightfully deserve.



# Resident Story - Jordan



Jordan was born in Macedonia in the 1940s and was the first out of six children. Growing up, he was always the older brother who was highly respected by his siblings. He was working on the family farm before he met and married his sweetheart in the late 60s. Five years later, they migrated to Australia and made Sydney their hometown. They resided in Rockdale and Jordan worked at Sunbeam as a press operator and later worked his way up to a supervisor.

Jordan enjoyed soccer and was highly involved with the Rockdale City Suns whom he followed religiously. In the late 80s, the couple were blessed with their son before moving into their new home at Georges Hall.



On his days off, Jordan enjoyed gardening, playing the accordion, working on his car and watching soccer. He would sporadically return to Macedonia for holiday and family reunions which he enjoyed very much. Upon closure of Sunbeam, Jordan worked at Harrington Industries before retiring.

Jordan was always a good husband and a devoted father who was recently blessed with a granddaughter. Jordan loves to whistle and his smile continues to light up the room... he has always been a charmer.

# Staff Profile - Bikash



My name is Bikash and I am originally from Nepal. I have lived in Australia since the late 2000s. Initially, I studied a Diploma of Accounting, however, I didn't like it as I had very limited knowledge of it. I then decided to study Nursing at TAFE. I also completed my Bachelor of Nursing.

I currently live in Western Sydney with my wife and son.

Prior to working at Southhaven, I worked with a Nursing Agency. I worked for around 2 years as an undergraduate nurse in Randwick and The Royal North Shore Hospital.

I now work in Aged Care and find it rewarding, where I believe I can really make a difference in people's lives and get huge job satisfaction. I have been working in Southhaven for more than 4 years, and currently work in the Dementia section.

# Pastoral Care



## MAKING A DIFFERENCE THIS SEASON

As we draw into winter and feel the nip in the air, it makes me think of climates much colder than that of Australia. It draws me to think of climates where they struggle to grow food, struggle to keep warm, struggle to get around because of snow, ice and struggle to pay high electricity or gas bills.



Generally, we are very fortunate in Australia for what we have and we have to be thankful for what we do have. The blessings of food, clothing, warmth, and shelter. We don't have to look too far to think about someone who is less fortunate than ourselves.

As winter sets in and the cold nights hit, the air gets cool and the trees lay bare, think about one thing you can do this winter to make a difference to the life of someone else. It might be making a blanket for someone, spending time with a neighbour, volunteering in a small way, or being less wasteful to name but a few. Sometimes to really appreciate what we do have we have to make changes, possibly go without something for a short time, and in time give back to others.

- **By David Bridgens**, *Volunteer & Pastoral Care Coordinator, Southaven*

## 10 WAYS TO FEEL BETTER DURING THE WINTER MONTHS

1. **Exercise** – dedicating 30 minutes a day to light exercise, such as walking or yoga, can help boost the release of serotonin.
2. **Go Outside** – taking a quick walk around the block or opening the curtains can provide a much needed dose of sunlight and Vitamin D.
3. **Eat a Serotonin-Boosting Diet** – foods such as eggs, nuts, bananas and salmon, contain an amino acid called tryptophan, a critical building block for natural serotonin production.
4. **Wear Bright Colours** – research shows that warm and bright colours are tied to feelings of happiness.
5. **Complete a Project** – finishing a project around the house can make you feel accomplished, even if it is as simple as making the bed in the morning.
6. **Embrace the Cold** – people living near the arctic light candles and fires, drink warm beverages and snuggle under blankets to relax.
7. **Take a Holiday** – a mid-winter trip to a warm, sunny location may provide the boost needed to get through the rest of the cold months.
8. **Engage in Social Activities** – whether solo or with a friend, getting out of the house to see a movie, go bowling or volunteer will help prevent isolation.
9. **Take a Class** – pass the time by picking up a hobby or learning something new; as the old saying goes, "Time flies when you're having fun!"
10. **Read a Book** – studies have found that reading can make people happier by enhancing 'theory of mind' and reducing stress.

## Bereavements

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



# Volunteer Corner



We are currently seeking volunteers to spend some time with residents one on one completing social room visits.

Volunteering is a very rewarding experience. It allows you to give to the community and really make a difference to society.

With such a rich history, being one of the first Christadelphian Aged Care homes, Southhaven has always represented the spirit of giving back to the community. As you can see below, the photos truly represent the joy, passion and care our volunteers gain from helping and lending a hand.



We are extremely grateful for those who give up their time, and by the time this newsletter comes out, we would have had our annual Volunteer Luncheon at the St George Motorboat Club in Sans Souci.



If you have some free time once a fortnight for an hour, please get in touch with **David** on **0400 016 809** to discuss.

Or visit our website for more information on becoming a volunteer - <https://www.chomes.com.au/get-involved/volunteers/>



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

***Dave Bridgens on 0400 016 809***

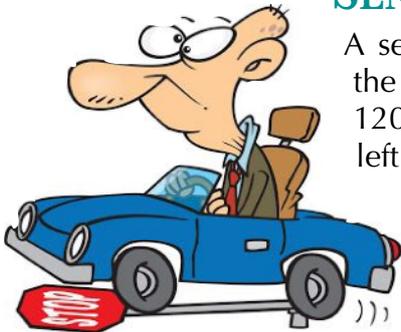
***or dbridgens@chomes.com.au***

***Volunteer & Pastoral Care Coordinator***

# Read, Rest & Relax!



## SENIOR CITIZEN FUNNY



A senior citizen drove his brand new BMW Z4 convertible out of the car sales room. Taking off down the motorway, he floored it to 120kph, enjoying the wind blowing through what little hair he had left. "Amazing!" he thought, as he flew down the motorway, enjoying pushing the pedal to the metal even more. Looking in his rear view mirror, he saw a police car behind him, blue lights flashing and siren blaring. "I can get away from him – no problem!", thought the elderly nutcase as he floored it to 130kph, 140 then 150kph.

Suddenly, he thought "What on earth am I doing? I'm too old for this nonsense!" so he pulled over to the side of the road and waited for the police car to catch up with him.

Pulling in behind him, the police officer walked up to the driver's side of the BMW, looked at his watch and said, "Sir, my shift ends in 10 minutes. Today is Friday and I'm taking off for the weekend. If you can give me a reason why you were speeding that I've never heard before, I'll let you go."

The old man, looked very seriously at the policeman, and replied, "Years ago, my wife ran off with a policeman. I thought you were bringing her back."

"Have a good day Sir" said the policeman!!!

## BEST FOODS TO FIGHT COLD AND FLU



Citrus Fruits



Chicken Soup



Honey



Garlic



Cinnamon



Ginger



Cayenne Pepper



Water



Turmeric

## Kale, Chorizo & Lentil Soup

- 1 brown onion, finely chopped
- 1 carrot, finely chopped
- 1 celery stick, finely chopped
- 1 tablespoon olive oil
- 2/3 cup passata
- 3 cups chicken liquid stock
- 3 teaspoons fresh rosemary, chopped
- 2 x 400g cans lentils, drained and rinsed
- 250g chorizo, finely chopped
- 120g baby kale leaves



Serves 4

1. Heat olive oil in a saucepan over medium-high heat. Add onion, carrot and celery. Cook for 5 minutes. Add passata, chicken stock and rosemary. Bring to the boil. Add lentils. Simmer for 10 minutes or until slightly reduced.
2. Cook chopped chorizo in a frying pan over high heat, stirring, for 5 minutes.
3. Use a stick blender to partially puree soup. Stir in 90g baby kale leaves. Cook, stirring, for 5 minutes. Stir through three-quarters of the chorizo.
4. Serve and topped with remaining chorizo and 30g baby kale leaves.

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A<sub>1</sub>

G<sub>2</sub>

E<sub>1</sub>



# Double Puzzle

Unscramble each of the words relating to Winter and then use the corresponding numbers below each of the letters to solve the hidden phrase at the bottom of the page.

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