



# Courtlands Newsletter

Address: 15 Gloucester Ave, North Parramatta Phone: (02) 9683 8000 Email: admin@chomes.com.au



## MANAGER'S MESSAGE

Greetings to All,

We recently celebrated International Nurses Day on May 12, and I want to thank the nurses - "Your care is truly exceptional".

It is time to say farewell Autumn and say hello to Winter. Since last month, there has been an increase in the number of feedback forms returned to me. Thank you for the compliments, suggestions and concerns you have returned. It gives our team insight into how to improve the care and services we provide, not only in the clinical area and also in the building, food, even remote control of TV, etc.

I want to thank the families and friends for their unending cooperation and help during the COVID 19 outbreak in Bluegum - the visitation and

the concern for the mental health status of the residents. Let me assure you, there is an increase in outdoor activities since the standdown of the outbreak. Terrace remains in lockdown. I would like to inform you also that we are hiring additional staff: a lifestyle member, admin, nurse educator, and care coordinator to add to the care team.

The residents and staff would also like to thank West Ryde Family Church for gifts at Easter. This was a lovely surprise and enjoyed by all.

Our care team management expresses our sincere thanks to all new residents/consumers who have selected Courtlands Aged Care, as your preferred care provider for your family. Thank you for your confidence in us.

Kind Regards, **Mercedita Chua**

*- Director of Consumer Care and Services*

# Upcoming Events

## JUNE

- 2 Italian Independence Day
- 8 World Oceans Day
- 21 World Music Day
- 25 Croatian Independence Day

## JULY

- 3-10 NAIDOC Week
- 4 American Independence Day
- 7 World Chocolate Day
- 14 Bastille Day
- 27 Winterfest
- 30 International Day of Friendship

## AUGUST

- 1 Horses Birthday
- 15 Indian Independence Day
- 21 World Senior Citizen Day
- 26 Daffodil Day



For all the latest news and photos follow us on Facebook

*facebook.com/christadelphianagedcare*



JUNE		JULY		AUGUST	
<b>SELF CARE</b>		<b>SELF CARE</b>		<b>SELF CARE</b>	
1	Robin O'B	6	Pat R	2	Joanne A (DP)
3	Glen T	9	Doreen A (DP)	4	Dot G
4	Sandra A	9	Eric G	8	Ruth G
5	Keith D (DP)	12	Sheila McD	16	Pat P
7	Bernie H				
10	Keith H				
12	Patricia T				
15	Mavis R				
18	Ray T				
26	Art S				
28	Marion J				
29	Joan W				
29	Nancy W				
<b>GRANGE</b>		<b>GRANGE</b>		<b>GRANGE</b>	
17	Ru D	14	Kim C	14	Wilma
25	Maria B	17	Allan Hu		
<b>TERRACE</b>		<b>TERRACE</b>		<b>TERRACE</b>	
7	Larry	3	Barbara A	5	Phyl H
26	James C	14	Trish P	7	Jeanetter
		26	Margaret S	28	Jean C
<b>BLUEGUM</b>		<b>BLUEGUM</b>		<b>BLUEGUM</b>	
		7	Robert J	22	Tess R
		7	Elaine	31	Jane
		10	Nick		
<b>GROVE</b>		<b>GROVE</b>		<b>GROVE</b>	
27	Jeanette	15	Zakie	4	Wan
				23	David M



# Activity Reviews

Terrace



**TERRACE** - Hi everyone from Terrace! We have been very busy last couple of months with lots of outings and scenic drives, brain teasers, card games, bingo, Happy Hour, concerts, art and craft, table tennis, garden walks, gentle exercises, movie premieres, armchair travels, manicure and hand care, and some cooking... just to name a few!



St Patrick's Day back in March was such a fun day, full of Irish flavour and jokes.

Seniors' Week concert with Helen was an amazing success and a wonderful way to bring live entertainment back. Thank you all for your great feedback and Helen will be coming back to sing for us at the end of June.



We were also lucky to have some sunshine over Easter and an Easter egg hunt in our garden was also fun and most enjoyable.

Murray entertained us in Level 4 lounge at Easter time and there were some great singalongs even in French and German language!



We are so lucky to have wonderful book and DVD selection for your leisure. Every Saturday and Sunday we have special movie premieres that are advertised on your program. Look out for these premieres every weekend. Please don't hesitate to ask staff to walk you to the library and help you pick up books if you wish. I am very grateful for your warm welcome to me at the Terrace, and really enjoying spending time getting to know you all as well as your families. With the winter around the corner, we will continue to do our best to keep you occupied and active, physically, and mentally stimulated, as well as happy and relaxed.

We are open for suggestions and feedback, please let us know if you wish to do some activities, that are not on the program at present moment.

Regards, **Elvira**

# Activity Reviews

Grange



**GRANGE** - Greetings from Grange! After the last lockdown, residents enjoyed an art and craft activity making **Valentine's Day** cards.

We also enjoyed bus trip to Bondi and stop by McDonalds for soft serve ice cream. It has been lovely to be able to go out again! Some of the residents were so excited, then wanted to go sunbaking on the beach! We are lucky to be able to go out twice a week!



At the Grange, residents have had an enjoyable time attending **cooking class**. They got to make delicious healthy biscuits, ANZAC biscuits and pizza.



After long none stop raining days, we took advantage of the sunshine spells for a **garden walk** around the facility. Our resident enjoyed the sun bath.



**Daily games** such as hoy card games, bingo, brain teasers are ever popular ones. Bingo has been running twice a week or everyday if required by residents because prizes are too good to be missed.



Residents have **exercise class** every Monday and Wednesday afternoon. Our gentle exercise program makes everyone keep moving.

In March, we celebrated **St Patrick's Day** with the green cupcakes and drinks of resident's choice. Residents enjoyed the food and drinks to start with then watch history of St Patrick's Day on the big screen.



# Activity Reviews

Grange Photos



*Easter Celebrations*



*Colouring*



*Individual Support / Music*



*Hairdressing*



*Ice Cream Trolley*



*Birthdays*

## GROVE - Hello Everyone! Greetings from Gove.

Over the last few months, we had great fun as the Grove residents had cooking activities and were engaged trying chocolate muffins and cupcakes coming out in different shapes. They enjoyed arts and crafts for Easter and an Easter egg hunt, which was the highlight of the day.



We also held Anzac Day celebrations with a fantastic turnout for the service conducted by Parramatta RSL Club.

We enjoyed entertainers and happy hours while our residents sipped drinks and had fruit platters.

Grove residents also enjoyed seedling and watering the plants in the garden.

Finally, our Grove residents were so delighted to celebrate Mother's Day with high tea, as everyone received a flower and a card. As the weather turned out bright and sunny, we went on bus trips to the Hawkesbury River and Mount Annan Botanical Garden.



# Activity Reviews

Bluegum



**BLUEGUM** - We have said farewell and good luck to Evangaline and wish her all the best in her career. We will remember the fun activities and enthusiasm she had for all our residents. Activities have been covered by flexible teamwork within the Leisure & Lifestyle team and assisted by the hard-working care staff. We look forward to welcoming new team members soon.

The highlight of the last few months has been the **concerts** that we have been able to enjoy together again, moving to the music and singing along.



Other activities we have managed to do together include many games of **bingo** and **hoy**, **bus trips**, some art and craft activities and **balloon games**.



Celebrating Easter and ANZAC Day in lockdown presented a challenge, however we **enjoyed colouring and craft**, making little bunny cups for our Easter eggs, and colouring images for ANZAC Day. Individual visits for conversation were appreciated almost as much as the ice-cream trolley!



Our focus when coming out of lockdown in April was to get outside as much as possible, with everyone enjoying socialising and activities in the sun out the front. Some enjoyed sitting and chatting over morning tea, playing with the balloons



(quickly realising that there was a breeze even though it didn't feel like it) or testing our skill with the target. It was difficult to bring everyone inside again when it is time for lunch.





## INDEPENDENT LIVING UNIT

Winter is in the air. The mornings and the evenings are becoming a little frosty... Brrrr. I think it might be time to get out the jumpers and jackets out of storage, put the winter sheets on the bed and turn our air conditioners to warm.

We do have the added concern of the influenza virus as well this year on top of Covid. We are being warned to be very careful we don't end up with both together.

Most here have had their flu shots and we have booked for the fourth booster vaccine on Tuesday 17th and 24th May. We all know of someone that has had Covid 19 and have seen the different effects that it can have on different people. As we do now need to learn to live with it, we still need to remain vigilant. There are some people that it will just not be good for them to get it at all.

It has been nice to have a little sun around however limited it may have been. We have been able to have some wonderful days out with the residents. It has been an extreme rainy season and it's predicted to continue into Winter.

The residents and staff would also like to thank West Ryde Family Church for gifts at Easter. This was a lovely surprise and enjoyed by all.

The Easter function was also a lovely day thank you to Kristen, Sherene and Sandra for all the hard work. We had an easter hat parade the was won by the lovely and bright Patricia I have attached a picture of her bright yellow outfit.

Stay Warm, [Lisa Green](#) - NSW Village Manager



### Sydney Zoo - March



### March Activities



### Flower Power - March



# Activity Reviews

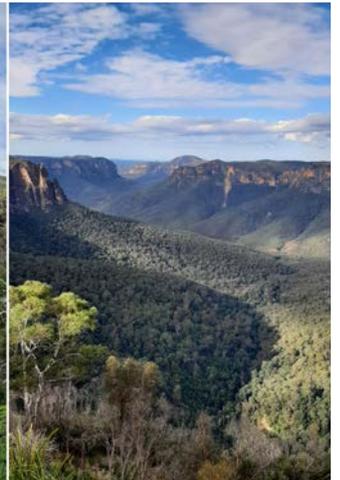
ILU Photos



*Hydro Magestic*



*Blue Mountains*



*Bobbin Head*



*Fagen Park*



*Men's Club*



# Resident Story

Isaac



Hi everyone! My name is Isaac and I am resident at the Bluegum section of Courtlands.

I was born in Coonabarabran, NSW. At a very young age, I used to catch rabbits for a living.

I have two brothers and I had one sister, who passed away at very young age.

I moved to Sydney with my mum who was looking for work. I remember living in Cathedral Street a

long time ago. I feel very fortunate as I received my education in Sydney.

I married and moved to Dundas, and have three sons. I am very blessed with loving and caring family.

I like living at Bluegum and enjoy activities as well as soaking up the sun and chatting with fellow residents and staff.

My favourites are Bus Outings, Bingo, and Dominoes. I like good movies and current affairs as well. My mate James and I often discuss different topics from the daily paper and TV.

Regards, Isaac

## Staff Profile

Edith Palma

### CLINICAL CARE COORDINATOR

Hello everyone! My name is Edith and I have recently joined Courtlands. I am the new Clinical Care Coordinator. I enjoy my work, especially meeting lovely residents and colleagues.

I was born in the Philippines. I finished my Bachelor in Nursing in New Zealand, finally coming to Australia. My hobbies include swimming and cross stitching. I also enjoy cooking especially our native Philippine dish.

I have travelled to many countries. I have been in aged care for a long time. I look forward to get to know you better and work with a wonderful staff.



## Bereavements

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



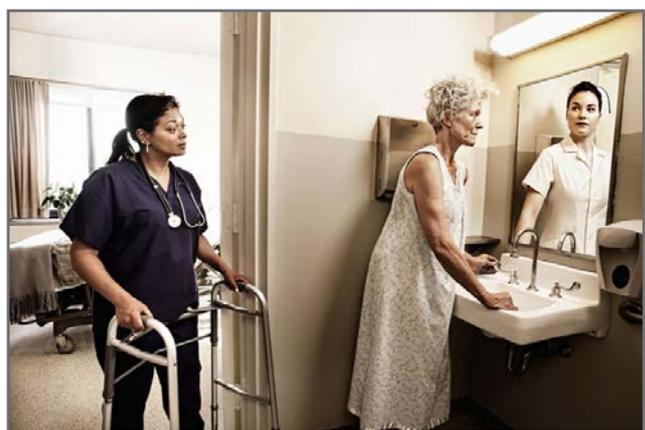


## REFLECTIONS & RELATIONSHIPS

Winter suggests sitting together around the fireplace sharing stories and memories or curled up with books and hot drinks. It is a season that is often associated with being older, with resting, as people are less able to go outside and are generally less active. It gives more time to those quiet, reflective activities. A favourite in our family is that it is the season for slow cooking – stews, pulled pork, slow cooked lamb shoulder or shanks, just to name a few. Things that take looking after and time to develop. Just like our relationships.



Although less able to actively “do things”, being older gives more time to reflection, for relationships that are meaningful and to appreciate those things that take time in life. Reminiscing about events that have shaped us and will continue to shape the future generations.



We have spent the past few months in memorial services or celebrating special days. Easter, ANZAC Day and Mother's Day. These provide prompts for us to remember and focus on different aspects that we admire in our society, but which are sometimes overlooked. Aspects of service and ultimately love for each other. Aspects that were shown by Jesus in his life of service and in his death on the cross. All these acts, whether great or small, are remembered by those impacted by that love, helping to bring people together. Sacrifices made so that we can live the way we do today.

Reminiscing is an important part of spiritual care. It works to maintain a person's sense of identity and self-worth, to remind yourself or others about achievements and links in with the human desire to be remembered, for our lives to have had meaning.

In these quieter, winter times, take a few moments to reminisce about your loved ones, moments shared, ways they have shaped you and you have shaped them. Can I also encourage you to take a few more moments and reminisce about your own life. Pause and remember good times and times where you have come through your troubles. Take courage and strength from the past so that you can make the most of today and be open to the small moments that are all around us.



Things like: a smile of recognition, hearing the voice of one who rarely speaks anymore, laughing at the same joke that was told yesterday... and the day before and the one before that... and hoping to hear it again tomorrow.

These are the winter memories that we hold dear, the moments that keep us going, keep us connected.

By **Nerida O'Neill** - *Spiritual Care Coordinator, COURTLANDS*

*“Kindness, humility, bearing one another, forgiving one another.  
Above all these put on love which is the bond of perfection” - Colossian 3:12-14*

# Volunteer Corner

By NERIDA O'NEILL

Our Pet therapy program continues to develop bringing opportunities for residents and volunteers to share their love of animals and stories of pets they have loved. We welcome new volunteer Eugene with his poodle to the team.



The relationship with West Ryde Christadelphian Family Church for their Easter gifts to residents and staff – the messages, thoughts and chocolate were all equally appreciated. Unfortunately, residents in Bluegum were celebrating Easter in lockdown due to a COVID outbreak so this was especially appreciated by them.

Prior to the lockdown residents were able to join Grange and Grove in an Easter church service run by Minister Owen from the local All Saints Anglican church.



For Terrace residents there was the Catholic service and

Priest visits at the beginning of April as well as an additional Easter service given by the minister from the Northmead Uniting Church.



**Do you have something/someone you would like to pray for?**

Ask a nurse/receptionist for a prayer request card.



Those who bring sunshine to the lives of others cannot keep it from themselves.

JAMES MATTHEW BARRIE



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



**Nerida O'Neill**

SPIRITUAL CARE COORDINATOR

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p: 9683 8047

## Funny Riddles

1. What time is it when an elephant sits on a fence?  
Time to fix the fence
2. What gets wet while drying?  
A towel
3. What is the difference between a jeweller and a jailer?  
A jeweller sells watches and a jailer watches cells.
4. What can go up a chimney down, but can't go down a chimney up?  
An umbrella
5. What can you hold in your right hand, but never in your left hand?  
Your left hand
6. What can you catch, but not throw?  
A cold
7. What kind of band never plays music?  
A rubber band
8. What has many teeth, but cannot bite?  
A comb
9. What has lots of eyes, but can't see?  
A potato
10. What has one eye, but can't see?  
A needle
11. What can travel all around the world without leaving its corner?  
A stamp

The other day, my wife asked me to pass her lipstick but I accidentally passed her a glue stick.

She still isn't talking to me.

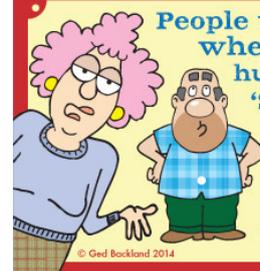
I'm so old I can  
**LAUGH  
COUGH  
SNEEZE  
& PEE**  
all at the  
same time.



aunty acid

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People think it's romantic when me and my husband call each other 'Sweety' and 'Honey'. Truth is, we've just forgotten each other's names.



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The best way to get a man to do something? Suggest he's too old for it.

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It's raining for the third straight day in a row. My wife looks really depressed. She keeps staring through the window. If the rain doesn't stop tomorrow, I'll have to let her in!

## Sticky Toffee Apple Bread & Butter Pudding

### Ingredients

- 1 -8 slices fruit brioche
- 60g butter, at room temperature
- 900g tub double thick vanilla custard
- 125ml (1/2 cup) milk
- 1 tbsp caster sugar
- 1 medium green apple, thinly sliced
- Icing sugar, to dust
- 160ml (2/3 cup) caramel sauce
- Thickened cream, to serve

1. Preheat the oven to 180C/160C fan forced. Lightly grease a 20 x 30cm baking dish. Lightly spread the slices of brioche with butter. Cut each slice into 4 triangles. Arrange half the bread in the prepared dish.
2. Combine the custard and milk in a bowl and pour over and around the bread. Top with the remaining bread. Sprinkle with sugar.
3. Arrange the apple over the top of the pudding. Bake for 40-45 minutes or until the top is golden and the custard has set. Set aside to cool for 10 minutes before serving.
4. Dust the pudding with icing sugar and drizzle with caramel sauce. Serve with cream on the side.



Prep: 45 min Cook: 25 min

Serves: 4

# Puzzle Page



**WORD SEARCH** - Can you find all of the countries hidden in the grid below?

U	N	K	E	G	C	H	I	N	A	A	I	C	S
N	U	K	R	A	I	N	E	I	H	L	K	O	A
I	U	A	I	N	A	Z	N	A	T	G	S	N	U
T	G	L	I	H	K	D	I	I	L	E	P	G	D
E	A	D	N	A	U	U	A	R	I	R	I	O	I
D	N	E	I	N	A	R	I	N	D	I	A	S	A
K	D	A	N	I	G	E	R	I	A	A	D	P	R
I	A	R	N	E	A	P	D	U	U	C	N	A	A
N	A	I	S	Y	A	L	A	M	N	N	A	I	B
G	S	N	A	R	I	G	Z	R	D	B	L	N	I
D	A	N	S	A	A	M	R	U	B	S	I	G	A
O	A	A	N	I	T	N	E	G	R	A	A	N	N
M	I	E	A	N	A	H	G	N	I	A	H	I	A
N	U	I	A	L	S	N	I	D	A	A	T	A	I

CHINA  
 CONGO  
 THAILAND  
 MALAYSIA  
 BURMA  
 PERU  
 CANADA  
 ALGERIA  
 UGANDA  
 SAUDI ARABIA  
 UKRAINE  
 IRAN  
 GHANA  
 SPAIN  
 INDIA  
 UNITED KINGDOM  
 ARGENTINA  
 NIGERIA  
 TANZANIA

*"A journey of a thousand miles must begin with a single step."*

— Lao Tzu

