

Christadelphian Aged Care  
2017/18 SUMMER NEWSLETTER

# MARANATHA

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The angel reassured them,  
"Don't be afraid!"  
he said.

"I bring you *good*  
*news* of great *joy*  
for everyone!

The *Saviour* - yes,  
the *Messiah*, the *Lord*  
- has been born tonight  
in Bethlehem, the city  
of David!



Luke 2:10-11

## Manager's Message

*Welcome to Maranatha*

Hello to everybody,

As the end of the year fast approaches, I reflect on the many changes we have witnessed here at Maranatha over the past 12 months.

The refurbishment of the vacant ILUs has now been completed and we look forward to welcoming new residents over the coming weeks. If anybody would like information on our units, please contact me and I will be happy to talk to you. The extension of our cafe seating area has now been completed just in time to provide a much larger air-conditioned area before the Queensland heat arrives.

We recently helped two of our residents to celebrate very significant birthdays. Imagine the changes to our world that these gentleman have lived through over their 100 and 101 years!!

As Christmas looms, our thoughts turn to spending time with our loved ones. If you are visiting over the Christmas break remember our house is your house. Please feel free to use our public areas such as a picnic in the gardens or in our pergola areas or perhaps enjoy a sunset with your loved one on our beautiful verandah.

Thinking of gifts for your loved one? Please remember if giving gifts of clothing to have them labelled by our laundry staff so it doesn't disappear into the lost property box.

On behalf of Staff and Management we would like to wish you all the timeless treasures of Christmas...

The warmth of home, the love of family and the company of good friends.

Kind Regards, **Kerry Kennedy,**  
**Village Manager/Resident Services**



# Senior Village Manager's Message

What a difference a year makes! As 2017 draws to a close it is a chance to reflect on the activities of the past and look forward to opportunities in the future. The end of the year is also a time to meet together with family and friends and celebrate how blessed we are to be surrounded by loved ones.

I'm sure you are all very excited to know that the ILU project is a step away from completion! Phil has overseen this entire project, which has taken nearly 18 months. He has been visiting Maranatha most fortnights. I'm sure his wife will be very happy to have him home again. These 15 modern looking, spacious, two-bedroom plus a large study units, have been significantly renovated or built from scratch by Woollam and designed by Martin O'Toole. Two have been sold and we are hopeful that other Christadelphians will express their desire to purchase a unit and move into this special community, expanding the Maranatha family. Now the renovations have been completed, Kerry will be organising for roofs and gutters to be cleaned and carpets steam cleaned.

Ryan has been working at Maranatha just over 12 months now and loves his job! In fact, he doesn't think of it as a job. He gets paid to get dirty! Ryan was born and raised in Ipswich has one brother and one sister. He loves old fashioned home cooked meals. Ryan is passionate about fishing and takes his kayak out to fish every chance that he gets. There is nothing better tasting than a freshly caught fish! Thanks for the great job you are doing here at Maranatha Ryan, the gardens are looking beautiful.

As Christmas Day draws closer, and the many functions most of us will attend, remember to pause and have a word with a neighbour or another resident we may not know so well, as this can be a lonely time for some.

On behalf of Christadelphian Homes, I would like to wish all residents, families, staff and volunteers a safe and a blessed Christmas. May God bless each of you every single day.

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

DECEMBER	JANUARY	FEBRUARY
8 Helen Lloyd-Jones	1 Ted Green	1 Sec Wright
13 Sylvia Webb	4 Elma Prince	4 Alida Field
18 Roy Bender	4 Nancy Stibbs	10 Joan Hollas
23 Robert Graydon	15 Irene Heath	17 Nancy Hill
29 Roy Burgin	16 Aileen Giess	27 Leila Vautin
	16 Val Lewis	
	24 Margaret Baker	
	25 Pat Gardne	
	27 Merle Deering	
	28 Des Dodd	



## UPCOMING EVENTS

DECEMBER

4th - Tree Decorating

12th - Christmas Fun Day with Carols

14th - Morning Tea with Santa

15th - Remembrance Service



# Activity Reviews

## FATHER'S DAY

Father's Day celebrations were a hit at Maranatha, with a visit from a number of Harley Davidson bikes followed by a men's morning tea. Some residents got to sit on the Harleys and relive their wild days.



## BIRTHDAYS

We celebrated some significant birthdays over the past few months, including Brett Otto who turned 100 and Alfred Organ who turned 101! We had morning tea to celebrate. **Happy Birthday!**



## THANK YOU

Thanks to Gerry for all your work! Gerry Pittaway was recently presented with a Certificate of Appreciation for his contribution to the setting up of the Men's Shed at Maranatha Village in Kallangur.



**Farewell to Anne Forster.**  
We will miss you!



# Activity Reviews

## MARANATHA FAIR

What a fantastic day we had at the Maranatha Village Fair in September. Residents and visitors loved the tiny little kid goats and other farm animals at the petting zoo, along with the array of other stalls including fresh fruit, handmade items, art, clothes and of course the delicious coffee. Everyone was well entertained with a range of performers, including from the Resident Choir. Thanks so much to Carol Watson, Dawn Middlecoat and everyone from the Fundraising Committee who worked so hard to organise the day!



# Photos - Maranatha Fair



## *Beatitudes for Friends of the Aged* - Esther Mary Walker

Blessed are they who understand  
My faltering step and palsied hand.  
Blessed are they who know that my ears today  
Must strain to catch the things they say.  
Blessed are they who seem to know  
That my eyes are dim and my wits are slow.  
Blessed are they who looked away  
When coffee spilled at table today.  
Blessed are they with a cheery smile  
Who stopped to chat for a little while.

Blessed are they who never say,  
"You've told that story twice today."  
Blessed are they who know the ways  
To bring back memories of yesterdays.  
Blessed are they who make it known  
That I'm loved, respected, and not alone  
Blessed are they who know I'm at a loss  
To find the strength to carry the Cross.  
Blessed are they who ease the days  
On my journey home in loving ways.

# Pastoral Care



## MEMORIES

"In England, you know," said my dear old friend, "we used to have parsley with very curly leaves." I have known many Christadelphian Aged Care residents, but this one was special to me: our neighbour who looked after me as a child when my mother was in hospital.



I had brought her some kitchen herbs - parsley, coriander, thyme, basil and so on. I doled them out to her and she greeted them, holding them up to see, smelling them, and trying to recall their names. "It's on the tip of my tongue," she'd say, and I prompted her. "Thyme, of course!" or "Yes, rosemary!" or "Sage, oh yes, you put it in chicken stuffing." The words were like old friends, too, coming back with the memories. She used both types of parsley in Australia, but she remembered England: her father bringing vegetables from his allotment, her life as a single mother when her husband was away in the War. On other occasions she would tell me about myself as a child, sometimes more than I wanted to know.

Now that my own memory is not what it was, I need her example. She was aware of what was happening, and was gracious. "Did I just say that?" she said with a laugh. Many like her are content to live in the moment, but others are less fortunate, worried by the new uncertainties. Recently I woke with a start, anxious about a childhood fact forgotten. Nowadays I could just reach for my phone, press buttons and have the answer. Still, I lay for a while thinking about the anxiety - how unreasonable, yet so real at the time. So I got thinking of 'the homes' and the effort that goes into giving peaceful security to residents, even as far as dementia-aware architecture. I thought of how music is being used in aged care, and of Christadelphian Aged Care's efforts to provide pastoral care appropriate to residents' beliefs and needs.



I hide behind a cowardly joke, appealing to you in tourism talk: "Be moved to see how happy the old folk are when a baby comes to visit! See them love their own grown up children! Be thrilled as people wind back forty or fifty years when given the chance to sing! Marvel at the long patience and good humour of staff! Be amazed by the enduring love of those who visit and visit again!" But joking doesn't help: we need gratitude, duty and love together, bringing their own peaceful happiness.

Every day is different, as health, perception and memory itself vary. Some old folk might not recognise their own family, yet might still connect with them through the words of songs. Others can take you back to an old Australia, with backyard tennis courts, sawdust on the floor of butcher shops, feats of endurance or marksmanship in the bush, or nation-building immigration. Another tells inside stories of old scandals in politics and business, others are happy to talk about their families.

We live with sadness, and regret for words not said or gestures not made, but I have never heard friends or family regret visiting their loved one too often. It is hard to visit, to find time, to get through traffic, to walk in and perhaps see a loved one's deterioration; and it can be terribly hard to say goodbye and take fresh memories straight back out into the traffic - but we will always be glad we did it.

By Bruce Philp, *Volunteer Pastoral Carer, Southaven*

## Bereavements

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



# Volunteer Corner



Hello from the Sunnyside Room!

My name is Keren Taylor and I am very happy to say that I have recently joined the team at Maranatha as the Volunteer and



Pastoral Care Coordinator. This role really excites me, as I love to spend time with people and brightening up their day.

I grew up in Adelaide and was blessed to be able to attend the Heritage College there. In 2003, I went on my first mission trip to Vanuatu with my family. Little did I know at the time, but over the years, and many visits, Vanuatu would become my second home and the people that I met would become a very special part of my family.

I worked in finance for five years, before studying to be an Allied Health Assistant. In February of this year, I moved up to Queensland and began working as a Podiatry Assistant. I also visited Maranatha on Monday afternoons to help with Numbers.

In my spare time, I like to catch up with friends and family over a coffee, do some watercolour painting, and keep in touch with my family in Adelaide.

I am very thankful to everyone who has come and said hello to me and helped me out over the last few weeks and I look forward to working with you all as we continue to care for our residents.



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

**Keren Taylor on (07) 3482 5333**

**or [ktaylor@chomes.com.au](mailto:ktaylor@chomes.com.au)**

**Volunteer & Pastoral Care Coordinator**

# Read, Rest & Relax!



## Mango Meringue Bites

- 2 small ripe mangoes, peeled, chopped
- 2 tablespoons caster sugar, plus 3/4 cup extra
- 2 tablespoons lime juice
- 2 egg yolks
- 75g butter, chopped
- 24 mini tart shells
- 3 egg whites



1. Blend or process mango, sugar and lime juice until smooth. Transfer to a medium saucepan. Whisk in egg yolks. Place over medium-low heat. Stir constantly for 6 to 8 minutes or until mixture thickens and coats the back of a spoon. Remove from heat. Add butter, one piece at a time, whisking until combined. Cool for 5 minutes. Place tart shells on a large baking tray. Divide curd among tart shells. Refrigerate for 3 hours.
2. Preheat grill to high. Using an electric mixer, whisk egg whites until soft peaks form. Gradually add extra sugar, 1 tablespoon at a time, until firm peaks form. Place meringue in a piping bag fitted with a 1cm fluted nozzle. Pipe meringue onto pies. Place under grill for 2 minutes or until tops are lightly browned. Serve.

Makes 24

P<sub>3</sub> U<sub>1</sub> Z<sub>10</sub> Z<sub>10</sub> L<sub>1</sub> E<sub>1</sub>



A<sub>1</sub>

# Word Sudoku

G<sub>2</sub>

Word Sudoku adds a twist to the usual sudoku which makes the puzzle a little more interesting. 6 different letters are used instead of numbers.

E<sub>1</sub>

The basic goal remains the same: every row, column, and 2x3 square has to contain one of every letter used in the puzzle.

T		V			N
	D			N	E
					V
		D	N		
	E				

ADVENT

	E				L
A		S			
B					
	B			A	
			T	S	

STABLE



MANGER

JOSEPH

			E		
			N	R	M
		N			
G			A		
		R			
	M			E	

H				O	
S		J			
	J			E	P
	E	O		J	