

Christadelphian Aged Care

2019 WINTER NEWSLETTER

# CHAMBERLAIN GARDENS

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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



## Manager's Message

*Welcome to Chamberlain Gardens*

Welcome to our Winter 2019 Newsletter. The mornings are getting colder and it is harder to get out of bed.

I would like to take this opportunity to introduce myself.

My name is Helen Handley. I have been appointed as the new Director of Consumer Care and Services here at Chamberlain Gardens. I come with 24 years of Aged Care experience. I am very passionate about Aged Care, ensuring needs of the individual are being met to a high standard. I look forward to meeting you all over the coming weeks. I would like to thank you for your warm welcome to the home.

We have had several exciting events since my commencement.

Easter was celebrated with an Easter Raffle. 1st prize went to Denise Pyne our Roster Clerk - Congratulations to Denise.

Our Anzac Service was celebrated with a ceremony outside near the flagpole. It was great to see many residents and families participating in the service.

We celebrated Mother's Day with a lovely high tea. All ladies were given a red rose in recognition. A big thank you to everyone who made it a huge success.

We also celebrated Nurses Day - Thank you to Sodexo for putting on a BBQ for the staff and to our Head Office for supplying pizza for the afternoon and night staff. The nurses do a fantastic job assisting with the care and welfare of our residents.

A new bus driver has been appointed; therefore the bus is up and running. With the cooler weather, remember to take a jacket so you don't catch a chill!

We have also welcomed 2 new Lifestyle Officers Salwa and Andrea to the team. Check out Salwa's story in this newsletter. We have also appointed a couple of new nurses with more in the pipeline.

I look forward to what lies ahead. It is with teamwork and dedication that we can strive to do our best and make your home a happy one.

Kind Regards, **Helen Handley** - Director of Consumer Care & Services

In our home we love and respect, have faith, sing dance and play, are grateful, listen and encourage, apologise and forgive, laugh explore and dream, do our best, speak kindly, cherish family and friends believe, use manners and stand together.

# News & Upcoming Events



JUNE	JULY	AUGUST
Patricia E	Marie S	Janna Z
Margaret G	Gricoria C	Wilhelmina S
June M	Mary B	Ron P
Irene D	Jean C	Faye F
Denis S	Bev T	Phyllis N
June R	June T	Gladys J
Phyllis E	Margaret F	Keith H
Maureen T		
Judith J		
Geoff C		
Joyce T		
Bruce L		
Val B		
John G		
Louise G		
William L		



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

[facebook.com/christadelphianagedcare](http://facebook.com/christadelphianagedcare)



## UPCOMING EVENTS

### REGULAR MONTHLY ACTIVITIES

- \* **Bus Outings** including a Lunch Bus for each area.
- \* **Pet Therapy** - every Wednesday with Dorothy & Kira
- Fridays with Barbara & Bruno
- Hairdressing days with Myee & Sally
- \* **Bible Reading** - every Thursday

### JUNE

- 6th** - Non Denomination Church Service
- 11th** - Residents & Relatives Meeting
- 12th** - Entertainment: Kim Cannon
- 19th** - Catholic Mass
- 20th** - Anglican Church Service
- 26th** - Entertainment: Singing Hands
- 28th** - Birthday Celebrations

### JULY

- 3rd** - Non Denomination Church Service
- 3rd** - The Gals Dance Group
- 9th** - Residents & Relatives Meeting
- 17th** - Catholic Mass
- 18th** - Anglican Church Service
- 24th** - Entertainment: Julz
- 26th** - Birthday Celebrations

### AUGUST

- 5th** - Entertainment: Alice (Piano)
- 7th** - Non Denomination Church Service
- 13th** - Residents & Relatives Meeting
- 21st** - Catholic Mass
- 22nd** - Anglican Church Service
- 23rd** - Entertainment: Cathy Ponton
- 30th** - Birthday Celebrations

# Activity Reviews

## MARCH

The previous months have been busy months, with various activities.

March is always a fun month with **St Patrick's Day** celebrations. This year, we celebrated with staff wearing all things green and the residents enjoying freshly made pikelets and lime green milkshakes.



**Bus Outings** visited many different areas around the coast. We are lucky enough to have a local resident with a drone who meets up with the bus regularly and allows residents to put on special goggles and view the area from above.



**Entertainment** from The Gals dancing group and Nearly Vintage singing group.



### 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.



# Activity Reviews

## APRIL

The residents were **entertained** by Alice on piano, Cathy Ponton sang for the residents and we also had a concert by Singing Hands who entertained with sign language to all the songs.

The children from the local Primary School came over and did an **Easter Hat parade** for all the residents and sang some Easter songs for them.



Residents also had the opportunity to decorate easter egg shaped biscuits.



We also had our **ANZAC Service** this month, the weather on the day was beautiful and after the service everyone enjoyed morning tea including ANZAC biscuits.

Thank you to all the staff for their assistance in setting up and for Andrew Metcalf and Don Frohmuller for their contribution on the day.



# Activity Photos

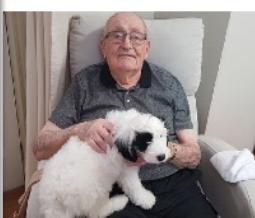


Coastal Coffee Club

## Garden Easter Colouring



## Pet Therapy: Einstein's visit



## Residents enjoying the fountain

## Loretta's Farewell



# Activity Reviews

## MAY

This month, we celebrated all our women for **Mother's Day** with a special high tea. The ladies enjoyed a variety of cakes and finger sandwiches with a glass of champagne and finished with a nice cup of tea in the fancy china cups.

All ladies were happy to receive a nice fresh rose on the day.



*More Mother's Day photos over the page*

**Entertainment** this month was by Evan Haswell singing and later in the month, residents were entertained by Julz.

Regular bus outings and of course the monthly birthday celebrations, continue to run each month.



This month, we introduced a new activity called **Fun With Music**, where one of our volunteers plays the piano accordion and residents can sing along and play some of the musical instruments.



# Mother's Day Photos



# Resident Story - Rita Walden



Rita grew up in Birmingham, United Kingdom and says she was lucky enough to have had a much pampered childhood. Rita attended school up to the age of 14 but when she was 13, the war broke out and all the teachers went to war so she had a year of no schooling. Rita went to work at 14 and worked in the office of a factory. She got married in the mid-50s.

Rita and her husband came to Australia in the mid-50s when she was pregnant with her second child. They lived in a hostel in Sydney and then bought land and built a house in Port Botany area; by this time they had 2 children. Rita says her husband was working 12 hour days, 7 days a week, so they decided to buy their own business at Prospect, which was a general Store, Post Office and Newsagency in one. They lived there for 10 years, before moving north. While there, Rita worked at a Post Office and said she loved working there and made lifelong friends with the girls she worked with. After being there for 9 ½ years, Rita retired and they moved to Port Stephens and lived there for 22 years.

Rita belonged to many organisations including CWA, View Club and Polyclinic Aux and jokes that they ran the hospital. Rita's husband had dementia and cancer and sadly passed away 11 years ago. Rita lived in a Retirement Village for a time and moved to Chamberlain Gardens in February 2018. Rita said she enjoys living here and has made some good friends.

# Staff Profile - Salwa Fischer



Hello everybody! I am the new **Leisure and Lifestyle Officer**.

I would like to tell you a few things about myself; I was born in Lebanon and did part of my studies in Lebanon but because of the civil war, we had to immigrate to Canada. I did a diploma in Computerised Financial Accounting and even worked a few years in finance. I then got married and started an import business with my husband for a few years.

We decided to come and live in Australia in 2005, where I worked at different companies in finance. In 2009, I opened a coffee shop. In 2015, we moved to the Central Coast and I started working as a carer whilst at the same time completing my online studies in 'Community Services, Case Management'. I worked at another facility in Wyoming for a year and 4 months as a Lifestyle Officer.

I speak 4 languages due to my travels and background. I am very excited to start my position here, and look forward to meeting you all.

# 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, possibility go without something for a short time, and in time give back to others.

- By David Bridgens, Volunteer & Pastoral Care Coordinator, Southhaven

## 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



## SPOTLIGHT ON A VOLUNTEER

### Gail Wood



Hello, my name is Gail and I have the pleasure of volunteering at Chamberlain Gardens.

I was born in the Hunter Valley, but my parents moved to the Central Coast when I was quite young. At that time, there were very few houses and it was a great place to grow up. The lake was quite close by and we were able to spend our relaxation time fishing which we all enjoyed.

Both of my parents passed away at relatively young age; I was only 26 at the time.

I am married and have two children, a son and a daughter. They both live near where I grew up.

We had a shop called "Munchies" at Budgewoi, where we sold fresh seafood and take away food. We sold the shop three years later so that the children could have a more stable lifestyle.



My husband was an electrician and I often helped him with his work. Unfortunately, he passed away and I went on to raise my children. When the children got older, I got a job at a lighting store where street and home lighting was made. I enjoyed my work and stayed there for twenty five years until the company completely closed down.

My partner of twenty years and I, now enjoy our three grandsons and we also have a little dog called Millie who has to always be the centre of attention.

I have been a volunteer at Chamberlain Gardens for nearly two years now and I really enjoy it. The residents simply enrich my life and I hope to be able to continue for a long time to come.



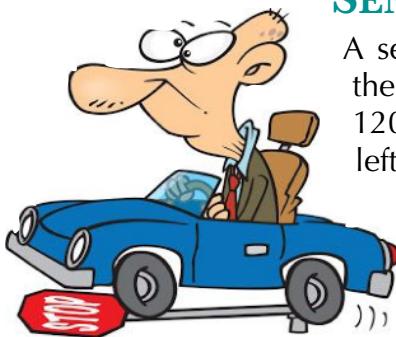
If you are interested in joining the Volunteer program, please do not hesitate to contact me:

**Jan Murray on 4329 8016**

**or jmurray@chomes.com.au**

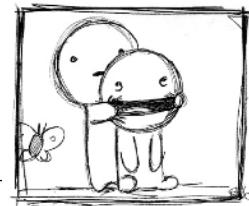
**Volunteer & Pastoral Care Coordinator**

# 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



## 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 topped with remaining chorizo and 30g baby kale leaves.

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A<sub>1</sub>

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## 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.

SFCRA



\_\_\_\_\_

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SAOENS

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SVEHOL

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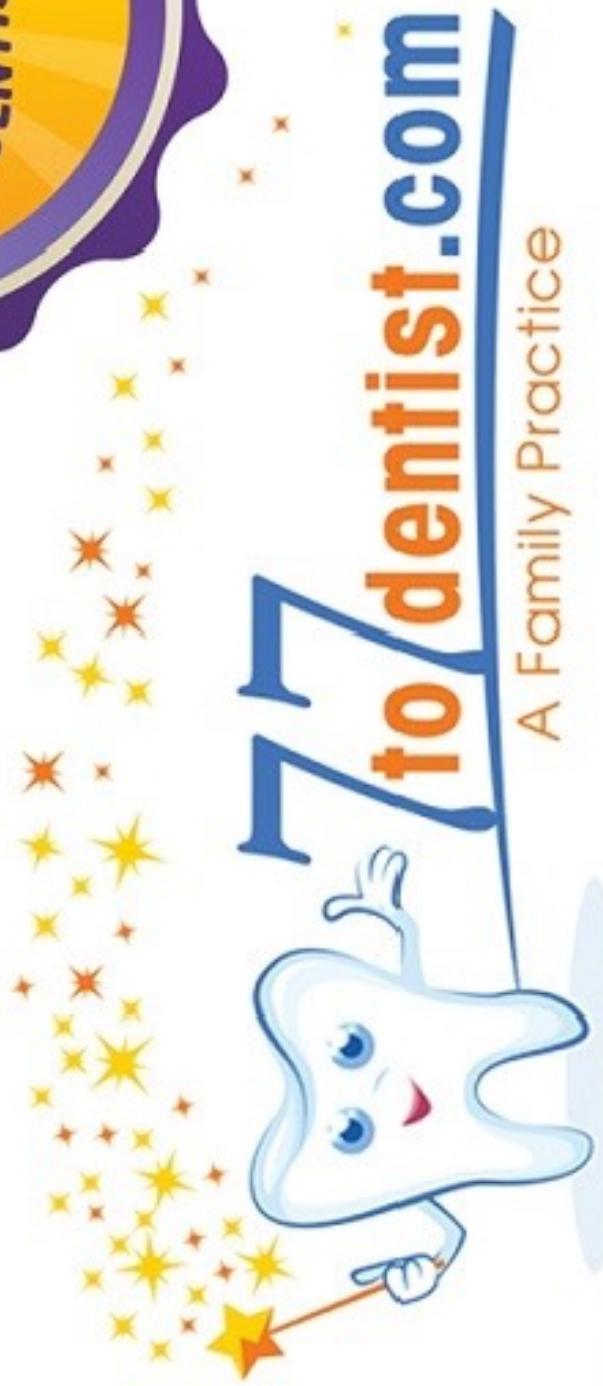
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