

Christadelphian Aged Care

2019 WINTER NEWSLETTER

CASA MIA

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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 Casa Mia

Dear Residents and Families,

It has been 3 months since I started my journey with you at Casa Mia as the Director of Consumer Care and Service. I will always strive to continue to provide you all with my knowledge and experience in aged care.

Thank you to those who have participated with the flu vaccination program so far. If there are still some of you who haven't received the vaccination and would like to, please let the RN's or Care Manager know and it can be arranged for you. Our wonderful staff have also been provided with free flu vaccinations.

It is crucial to get as many of the residents and staff vaccinated as possible before the flu season hits. Winter is coming and it is good to be prepared.

The iCare (Electronic Health Management System) upgrade has been completed now and our staff has been given guidelines and procedures to support them in achieving the best practice and outcomes for all residents.

A reminder that there are new brochures and posters in front of the nurses station in section one regarding raising a concern or complaint or providing feedback. You can bring the form to the reception or personally hand it to the Senior Manager.

Your feedback is important to us and all matters will be handled with confidentiality. Please feel free to contact me directly with any concerns.

It has been a very busy time for everyone. The renovation of the 5 rooms is now complete and you can now book a tour to check them out.

I hope you all had a wonderful Easter with the Casa Mia staff and your loved one.

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Manager's Message cont

During ANZAC Day I was away, but I would like to share the Ode of Remembrance once again;

They shall grow not old,
as we that are left grow old;
Age shall not weary them.
Nor the years condemn.
At the going down of the sun
And in the morning,
We will remember them.
Lest we forget.



I was away from Sydney for a few days and went to explore Central Australia and Uluru, a place of significant importance to the Yankunytjatjara and Pitjantjatjara people. We learnt a lot about the culture and history of Central Australia and I would like to share some of the photos with you;



On the May 3, we had a baby shower for our lovely Care Manager, Elena. Elena will be taking several months maternity until December. Thank you very much to everyone who came to share this special time with Elena. We wish her all the best.

Please welcome new Senior Clinical Manager, Lester. Lester commenced his work with us in April and is a very experienced care manager, who has worked for Christadelphian Aged Care before, and he will bring both knowledge and aged care skills to Casa Mia.

Thank you to everyone for being a part of the Mother's Day celebration. Thank you to our RAO's team and Sodexo staff who made this day very special.

"A Mother's love is the fuel that enables a normal human being to do the impossible".

We celebrated International Nurses Day at Casa Mia in May. Thank you to all of the residents who made beautiful cards and decorations for our dedicated staff.



Our RAO Amy resigned from her position at Casa Mia, her last day was the May 16. Amy has been with Casa Mia for a few years and she now feels it is time to further her career and gain more experience. We thank you Amy and wish you the best of luck and success in the future.

Kind Regards, **Aneta Piaskowska**

- Director of Consumer Care & Services

News & Upcoming Events



JUNE	JULY	AUGUST
Pat D	Lorraine d	Ekaterini M
Beverly H	Barbara M	Audrey S
Louisa N	Ben N	
John C		
Joseph N		
Olive C		
Ian M		
Margaret W		
Lola D		
Victoria A		
Filipo T		
Kevin P		



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



facebook.com/christadelphianagedcare

UPCOMING EVENTS

JUNE

- 10th - Queen's Birthday
- 19th - Entertainer: Kane
- 26th - Pet Therapy

JULY

- 17th - Pet Therapy
- 17th - Entertainer: Stan Ellis

AUGUST

- 17th - Pet Therapy
- 29th - Dance Tutor



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.



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Activity Reviews

LITTLE HELPERS

The weekend before Mother's Day, our wonderful little helpers came for a visit to our home to give a small gift to all our Mum's here at Casa Mia. The smiles the little helpers bring to our resident's faces is better than any gift they could receive. The residents adore the kids and love having their company.



We thank you Faryal and her wonderful team at the Little Helpers for always bringing smiles to our residents and making them feel very loved.



SUNSHINE SINGERS

Sunshine Singers are a group of men that sing, play piano and occasionally dress up.

The residents hadn't seen the Sunshine Singers before, but were very impressed with the performance and have asked for them back. *Sunshine Singers* - we will be seeing you very soon!



DISCOVERING GERMANY

A fun afternoon was had by all as the resident's learning about this wonderful country. Our residents also loved seeing the staff dressed in German attire.



Activity Reviews

ELENA'S BABY SHOWER

On Friday May 3, residents and staff farewelled and congratulated our Care Manager Elena as she is giving birth to a baby boy at the end of this month.

Elena, we hope you enjoy your time off with your family and new baby boy and we look forward to your return in December.



HEALING MASS

Casa Mia residents & staff would like to say a huge thank you to the children of the St Christophers School from Panania and to father Stephen De Bono for the Healing Mass.

Residents were very pleased with the Mass and thought the children were just wonderful.



ANZAC SERVICE

We commemorated Anzac Day with a beautiful ceremony hosted by Padstow RSL.

Residents were moved by the memories that this special day holds for everyone and proud to pay homage to those that have served our country.



Activity Reviews

MOTHER'S DAY MORNING TEA

We celebrated Mother's Day with a beautiful morning tea consisting of a selection of cakes and a hot cup of tea.

All residents commented how elegant the RAO's decorated the dining room and how tasty the cakes were.
We hope all our residents had a wonderful Mother's Day.



Resident Story - Patricia



Pat was born and grew up in Southampton, on the South Coast of England. She has five daughters, seven grandchildren and eight great-grandchildren.

When she was younger, Pat was part of the Girls Guide and so were her daughters; they have kept this tradition going. Pat also used to teach Ballroom Dancing before she had her girls and used to love dancing.



Staff Profile - Kristine



Kristine has been working at Casa Mia for 6 years. She started off as an AIN, later became an RAO, and she is now our Arts and Crafts Specialist. She can turn the most mundane things into a work of art.

Kristine is a mother to a beautiful 3-year-old boy. In her spare time Kristine enjoys cooking.

Volunteer Corner

We welcome to the volunteer team Abi and Anita.

Abi has started volunteering on a Wednesday spending time with residents on a one to one basis for social engagement and interaction. We also welcome Anita who, like Abi, spends time with residents on room visits each Friday.

Both spend time with those who tend to be confined to their rooms. The residents love it and look forward to their visits.



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

**David Bridgens on 0435 814 411
or dbridgens@chomes.com.au**

Volunteer & Pastoral Care Coordinator

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

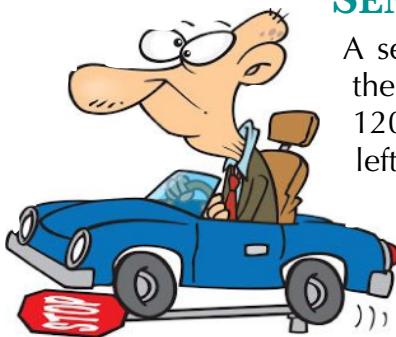
1. **Exercise** – dedicating 30 minutes a day to light exercise, such as walking or yoga, can help boost the release of serotonin.
2. **Go Outside** – taking a quick walk around the block or opening the curtains can provide a much needed dose of sunlight and Vitamin D.
3. **Eat a Serotonin-Boosting Diet** – 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.

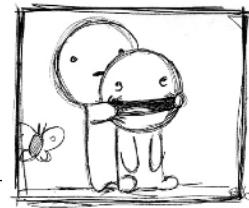


Read, Rest & Relax!



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.

P₃ U₁ Z₁₀ Z₁₀ L₁ E₁

A₁

G₂

E₁

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



30 11 10

SAOENS

21 9 13

SVEHOL

19 3

ESASTK

4 12 18 20

SEDL



25 7

SIGLEH BSLEL

5 29

NSOFEAWLK

28 1 8 15

SONNWMA

2 27 14 17 23

SORONMTWS

6 22 24 16 26



1 2 3

4 5 6 7

8 9 10 7

11 12 13

14 15 16 17

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