

Christadelphian Aged Care

2019 WINTER NEWSLETTER

COURTLANDS, WESTCOURT & NORTHCOURT

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

Manager's Message



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



Winter is upon us and the year is quickly moving ahead. Winter also means there is a higher risk of the flu. I would like to remind family and visitors to please not visit our Home if they are experiencing any flu-like symptoms such as sneezing, running nose, coughing or fever.

The Terrace renovations continue and are well on track; Level 4 will be hopefully completed in 4 weeks' time and that will be very exciting!

On Tuesday 7th May, a function was held for relatives and residents of The Grove to discuss the planned renovations for the unit, it is very exciting to see that approval has been given for The Grove to have a much needed face lift and myself and the team will be working very closely with all residents and relatives in the next coming weeks to discuss all the details regarding room moves. If you have any questions regarding planned work please call me to discuss.

There have been some changes in the Lifestyle team and Sara has been appointed Diversional Therapist and will be working in the Vista, Lisa will be covering Terrace on Monday and Tuesday and I'm in the final stages of appointing a qualified person for The Grove. Elsie has been appointed Pastoral Carer. So the Lifestyle team is coming together and I know that the right team is in place for the residents receiving quality activities.

If you wish to raise a concern, give praise or make a suggestion please feel free to come and have a chat with me or fill in a feedback form or send me an email jraftopoulos@chomes.com.au.

Kind Regards, **Joann Raftopoulos**

- Director of Consumer Care and Services

Northcourt Manager's Message

As we feel the cool breeze in the air, warmth embraces everyone as you enter Northcourt home. The smell of aromatherapy relaxes the mind and hearts of all with all the hustles and buzzes of everyday living...

Speaking of having busy schedules, for the past few months we have witnessed and celebrated LOVE and sharing of special moments with residents, relatives, visitors and staff from Valentine's Day, St Patrick's Day, Lenten season, Easter and Anzac Day in memory of our heroes who have sacrificed lives for the great LOVE of our country Australia.

Another celebration of LOVE, of course, for our dearly beloved Mothers, a selfless sacrifice for humanity. The 'best Mother's Day high tea ever' as expressed by all the residents who have experienced the magical moments at Northcourt veranda area whilst the beaming sun, shines through the new outdoor furniture, lovely cakes and exquisite tea sets, not to mention the aroma coming from new coffee machine which made them smile with every sip.

Let's not forget International Nurses' Day too, as we commemorate all nurses around the world for their dedication and hard work. Friendly reminder to be thankful for each other and treat each day as a **special** day.

"And over all these virtues put on LOVE, which binds them all together in perfect unity." - Colossians 3:14

Warmest Regards, **Marilou Molina** - Director of Consumer Care & Services

Retirement Village's Message

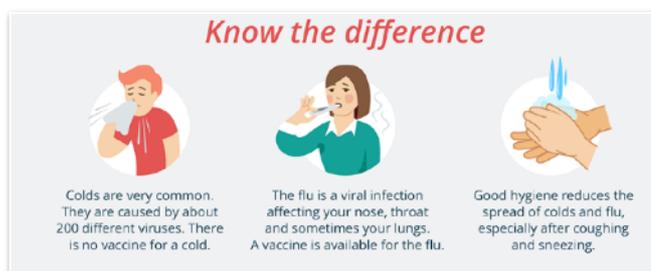
I would like to thank all the residents, families and staff who have sent get well messages to me over the last few months. It is a difficult thing to come to terms with an illness when you have been so ill so suddenly. I continue to be blessed by our Heavenly Father who holds me in His loving arms, strengthening and caring for me.

Every winter, our doctors remind us to have the annual flu injection.

And it's free for anyone over 65 years of age. There are many myths and misconceptions about the flu (a.k.a. influenza A) which can be spread faster than the virus itself.

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community. You should follow these five steps every time.

- ◆ **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- ◆ **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- ◆ **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- ◆ **Rinse** your hands well under clean, running water
- ◆ **Dry** your hands using a clean towel or air dry them.



<https://www.cdc.gov/features/handwashing>

Once again, Christadelphian Homes are hosting Thank You lunches for our wonderful volunteers. There are 71 volunteers from our Villages who generously provide their assistance to the Homes in so many ways – working to delight our residents. I look forward to seeing you all at both these events.

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



Happy Birthday!



JUNE	JULY	AUGUST	JUNE	JULY	AUGUST
Self Care	Self Care	Self Care	Vista	Vista	Vista
Glen T	Barbara A	Ron C	Ru D	Dorothy S	
Sandra A	Robert J	Pat P		Sylvia B	
Brian M	Doreen A	Ted A		Kim Cr	
Bernie H	Sheila M	Jacqueline M		Jacobus H	
Keith H	Margaret S		Terrace	Terrace	Terrace
John S			Dorothea E	T Archibald	Patricia Mo
Patricia T				Patricia P	Charles C
June B				Edna Po	Elizabeth C
June R			Grange	Grange	Grange
Alice			Alan C	Grahame K	Ivan F
Mavis R			Maria B	Elyane	Ivy J
Ray T				Allan H	
Norma G				Marie D	
June B				John J	
Marion J			Northcourt	Northcourt	Northcourt
Joan W			Shirley D	Jill C	Veronica S
Nancy W				Thomas R	
				Nick S	
			Westcourt	Westcourt	Westcourt
				Eva R	Ruth G
				Isabella B	



facebook.com/christadelphianagedcare



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

Upcoming Events

JUNE	JULY	AUGUST
Grange	Grange	Grange
Every Wednesday afternoon - Bus Trip 25th - Concert with Tony	Every Wednesday afternoon - Bus Trip 4th - Chocolate Making 25th - Winterfest	Every Wednesday afternoon - Bus Trip 29th - Father's Day Celebrations
Vista	Vista	Vista
Every Wednesday morning - Bus Trip 21st - Concert with Tim	Every Wednesday morning - Bus Trip 4th - Chocolate Making 25th - Winterfest	Every Wednesday morning - Bus Trip 29th - Father's Day Celebrations
Terrace	Terrace	Terrace
Every Thursday: Morning Tea & Shopping	Every Thursday: Morning Tea & Shopping	Every Thursday: Morning Tea & Shopping 29th - Father's Day Celebrations



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.



SIIPN (02) 9591 1000

Unspoken Words

Poem by Cheryl Jensen

It's a strange world when you cannot speak
Just getting someone's attention is a real feat
So I sit here and bang my tray
And nurse "What is the matter?" I hear you say
What is the matter? Where would you like me to start?
I am bitter, Angry, frustrated and so sad it is breaking my heart.
I am bathed, fed, toileted and put to bed when it suits your timetable,
I would dearly love to do it myself if only I were able,
My life as I knew it is out of control,
I want you to understand me not have you say 'Poor soul'.
So we must find a way to communicate with each other,
I'm sure if we both try it won't be too much of a bother,
Because this is my life now and I have to stop asking 'WHY ME?'
I know it would be worse if I couldn't see.



Activity Reviews

TERRACE

We have had an exciting time in the Terrace during the Autumn months. We have introduced a new activity which is Morning Walks every Friday morning, where we walk along the gardens in the morning and observe the fish in the ponds while reminiscing and chatting along.

The month of April looked very exciting as we had a beautiful Easter Celebration which was held as a surprise for the residents. We decorated the whole dining room and had an Easter raffle and little goodie bags for everyone.



Another month called for another birthday celebration in which we had a jazz entertainer who played very well, and we served cake, soft drinks and chips.

We also attended an Anzac Day Ceremony followed by morning tea.

For Mother's Day we had a beautiful afternoon tea followed by an accordion player who came and played beautifully.



We all decorated the area and had a lovely time singing and dancing along with a lovely high tea.

Along with these, we have also been enjoying dominoes, quoits, bingo, happy hour, shopping bus and lunch trips.



Some upcoming events to look forward to during the Winter month's are Winterfest, birthday parties and bingo.

Activity Reviews

VISTA

On Tuesday 26th March, our amazing volunteer Piret gave a wonderful presentation on Estonia, where she is from. The residents enjoyed a wonderful display of jewellery, books, national costume and a very informative PowerPoint presentation. Piret looked fabulous, dressed in her costume which her mother had made for her.



On Thursday 18th April, the Easter Celebration was a popular success! Afternoon Tea was served in the dining room, amongst colourful Easter decorations. Residents enjoyed the five-piece jazz band who played for us. It was a great afternoon!



Following our Anzac Day service, we hopped on the bus and went to the Female Orphanage School on Wednesday 24th April, which is on the grounds of Western Sydney in Parramatta. During this sunny afternoon, residents were given an interesting presentation of the historical significance of the school. Many thanks to Piret for organising this.



Activity Reviews

VISTA contd

Finally, our Mother's Day High Tea was a lovely occasion. Our residents and their relatives gathered in the lounge room, which had been decorated with fresh flowers and tables set with fine china. Roger entertained us with his beautiful piano playing and residents enjoyed a selection of cakes and sandwiches prepared by Imelda. Thank you to all the staff who contributed to the success of this event, it really was delightful.

Happy Mother's Day



During May, we looked at some cookbooks and enjoyed chatting about recipes our mothers used to make. We made a list of some things we could all cook together, and the first item was chocolate crackles for Friday afternoon tea. The next thing we will be cooking is lemon meringue pie, which we are all looking forward to!



We are also looking forward to May's armchair travel to Texas, which will be presented by Sara, as well as Bilingual Bingo, where the numbers are called in both English and Mandarin.

Of course, Winterfest is a much-anticipated event for Courtlands.

GARDENING NEWS FROM SCOTT

Winter is upon us; the mornings are getting cooler and the deciduous plants are dropping their foliage!

On site at Courtlands Village all irrigation has been adjusted to a reduction of three days a week. These days are Monday, Wednesday and Friday.

The koi fish have had a busy summer as you may have noticed many new small additions to the ponds. As these graceful creatures are cold blooded, with the pond water cooling so does the body temperature of the fish. And with that dip in temperature comes a reduced need for feeding. The ponds will get a good vacuum and we will continue to keep on top of our filter cleaning.

Over the course of the winter months, you will see Jayden and I carrying out the seasonal winter pruning of Roses, Hydrangeas and Crepe myrtles along with some hard pruning of hedges that have been identified as getting a bit too big as well as a good trim and thinning out of other established gardens.

The blooms of the roses and crepe myrtles this growing season has been a delight for me personally along with the water lilies in cluster 11.

I've really enjoyed my short time here at Courtlands Village thus far and am looking forward to achieving the desired result in the gardens and ponds as they are one of the many things that make this Village a great place to live and work.



Activity Reviews

GRANGE

We had many excited activities during the Autumn months.



In March, we celebrated St Patrick's Day with trivia and games while having green lime cordial.

We also enjoyed our picnic bus trip to Putney.



April was a busy month for us with Easter celebrations and Anzac Day. We celebrated Easter with afternoon tea while enjoying Jazz Band.



Residents made poppies for Anzac Day. Residents and staff commemorated Anzac Day with a beautiful ceremony hosted by Parramatta 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.

We also enjoyed picnic bus trip to Lake Parramatta.

In May, we celebrated Mother's Day with high tea and concert. Our male residents keep enjoying men's group.



Exercise Group



Ladies Group



Self Care Photos

Home & Away: Palm Beach Day Trip



Mother's Day High Tea



Northcourt Photos

Love is definitely
in the air!

Happy Valentines Day



**Shrove Tuesday &
St Patrick's Day** celebrations



Harmony Day



Bingo Bonanza



Fascination with the Fire Brigade



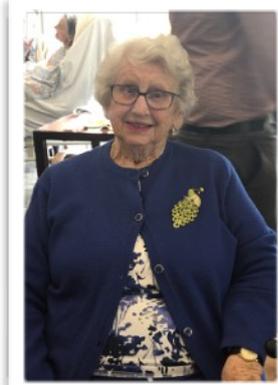
Our vote counts...



**Musical
Therapy**



Resident Story - Beryl Lyons



I was born in the Western Sydney Suburbs in the late 20s and grew up with one brother and sister. I lived in the same house until I came to Courtlands at age 68, in the late 90s. I lived in Self-Care and then moved to the Terrace after having both knees replaced. I have been living in Courtlands for 23 years and I've met some great people and made many friends.

I've had many different types of jobs, working with my father in his mattress factory in the city and also at a department store, in Parramatta. From there, I stayed at home to look after my parents. My brother had a screen-printing business where he also designed fabrics, I worked with him too.

I loved ballroom dancing and I made my own dresses and costumes.

Flower arranging is another pastime I enjoyed, both making and teaching floral arrangements.

I joined O.E.S. in 1947 and am still a member. I've visited a lot of country towns!



Staff Profile - Rajni Raman



CERTIFICATE IV MEDICATOR (GROVE)

I was born and grew up in the beautiful tropical Fiji Islands in the late 60s. I lived there with my family including a brother and a sister. I am a Christian by religion, and I have faith in God.

I moved to Australia in the late 2000s. I have lived in different cities in Australia such as Melbourne, Canberra and Perth before making Sydney my hometown. I have been working in Courtlands since 2012 as a Team leader and Cert IV Medicator in every area, but especially in Grove. I love being with these people, I adore them! I am always keen to learn more about dementia so I can aid wellbeing and to put a smile on people's faces! Which gives me a sense of inner peace.

I love travelling and long drives. When I moved to Sydney, I drove from Perth to Sydney, which is about 6800km, in 5 days stopping over in Adelaide and Melbourne. I also drive to Canberra most of the time to visit my family. I want to travel around the world before I turn 60. I have no regrets in life!

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 very blessed in Vista to have some wonderful volunteers who give their time freely. Along with our beloved Piret and Pam, we also have Angela, who organises the ice-cream trolley on Fridays.



During April, we were delighted to have the boys from King's School join us for two weeks. They worked hard and delighted residents with their banter.

Joining us on Wednesdays, we have Disha. Disha is a young medical science student who has volunteered her spare time to assist us with activities at Courtlands.



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

(02) 9683 8000



COURTLANDS VILLAGE LIBRARY

Courtlands Village Library is located on Level 2 of the Village Centre. Residents and staff are welcome to borrow books and DVDs from the vast collection held here. This collection is always changing.

If you are someone who has an interest in books and has a few hours to spare, we would love you to share this time with us in the Library.

*Please contact **Diane Hart** on 9683 3155
or leave a note for her at reception.*

Some thoughts on Wellbeing

What does it mean to be well? Being in good health; sound in body and mind.

What is the meaning of being? The nature or essence of a person. Anything that exists, has being.

So much of our waking time is consumed with doing, it is important to also be mindful and take time to just be; we are as they say Human beings not Human doings.

With ageing comes more opportunities to take the time to just be; perhaps these opportunities can be welcomed as an invitation for reflection, acceptance and gratitude.



HERE ARE SOME OTHER SUGGESTED WELL-BEING PRACTICES:

The Practice of Gratitude - Expressing either verbally or writing in a journal a few things each day we are thankful for noting the small and large graces and gifts of each day infuses our lives with meaning, even during great difficulties.

The Practice Kindness - We don't always have control of our life circumstances or what is going on around us. What we can control is our response, and we can usually find a way to be kind. Giving others the benefit of the doubt, or making that extra small gesture, doesn't cost much in the end but contributes to our soul's growth and expands our capacity for empathy and compassion.

The Practice of Connecting – With self, friends, family, nature, God, both new connections and old ones; put yourself in the places where you make those connections most easily on a regular basis.

The Practice of Meditation - Meditation centers and focuses the mind, it helps to be present in the moment, not the past or the future and to practice non-judgmental awareness. It is a powerful practice for focusing the mind and has many health benefits.

The Practice of Resting - One of the laments of aging is the increased lack of energy and the inability to do as much or as many of the activities previously enjoyed. We live in a culture that values and validates productivity and busyness. A counter-intuitive response is to actively practice resting -intentionally taking an hour each day, where we give ourselves permission to do nothing but rest in whatever way that renews and restores us. A restful pause, a time that is unhurried can be a delightful oasis and give us a fresh perspective on our life.

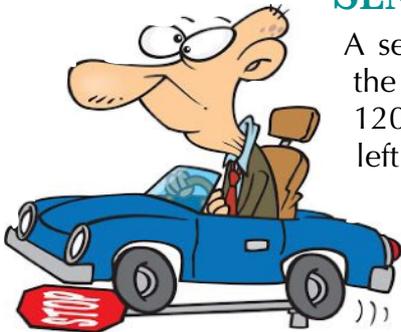
The Practice of Being Who You Are - The goal of the spiritual journey of life is to become our most authentic self. After a certain age, it no longer matters so much what people think of us. What matters is that we are being true to ourselves, our own uniqueness. Say yes to the things that bring you joy and quit doing the things that don't. Explore those parts of yourself that you left behind as you climbed the career ladder or raised a family. Listen to your life in all of its complexity and give thanks for the journey you've taken. And then share yourself, your wisdom, and your joy with the wider world!

- **Sherene Noble** | *Wellbeing 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.

P₃ U₁ Z₁₀ Z₁₀ L₁ E₁

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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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