

Christadelphian Aged Care

2019 WINTER NEWSLETTER

MARANATHA

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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 Maranatha

Over the past few weeks, we have had an abundance of public holidays in Queensland. Easter, nomadic as always, has meandered through March and come to rest in the second half of April, a neighbour to Anzac Day. Then, just as we were getting back to a full working week, Queenslanders were treated to yet another long weekend with Labour Day on May 6 (not that we are complaining!)

At Maranatha, we have remembered both Easter and Anzac Day with the traditions and rituals we have come to associate with them. During Easter, we have been captivated by a clutch of ordinary looking eggs, warmed and humidified in just the right conditions to cause them to crack open, and reveal their fluffy golden treasures. Witnessing the hatching of chicks over the Easter week has brought joy to many and prompted memories and stories of bygone days when most families had their own back yard chicken coop and feeding the chooks and collecting the eggs was a daily duty.

Anzac Day has been respectfully marked by a gathering of visiting RSL veterans, veterans from our own community and others remembered the sacrifices made by many since that terrible morning on the Gallipoli beach over a century ago.

Labour Day has less in the way of traditions associated with it but some of us may have paused to remember the efforts of others to bring about the 8-hour working day that May Day commemorates.

As I write this, we have another special day coming up - Mother's Day (*it will have been and gone when this newsletter is published*) and we have an opportunity to recognise and thank those women in our lives who have given us the jewel of maternal love.

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Manager's Message cont

At first glance, Easter, Anzac Day, Labour Day and Mother's Day have little in common but if we look beyond buns and bunnies, poppies and presents we find that all these events have self-sacrifice at their heart. There is no greater sacrifice than the giving of one's self; whether it is giving time, gifts, love or life for another it all springs from the same well of a caring and compassionate heart.

At Maranatha, we are fortunate to see this every day, the kind word, the warm smile, the attention given to another... and the list goes on. It is an everyday occurrence, but we should never think of it as commonplace. Self-sacrifice enriches us, it gives us honour but not pride and elevates us to the company of best of humanity.

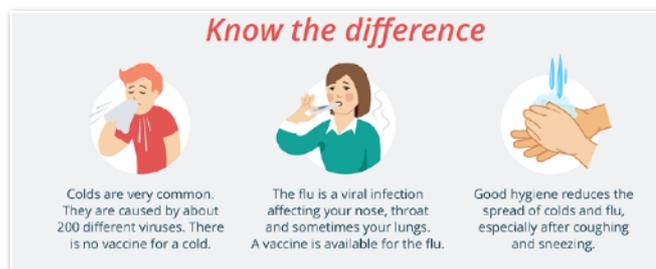
Maybe we should not wait for special festivals or day to think of self-sacrifice, we should be aware of the gift's others give us every day and say thank you to them from our hearts.

Kind Regards, **Kathy Hallmark** - *Director of Consumer Care & Services*

Senior Manager, 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*

News & Upcoming Events



JUNE	JULY	AUGUST
Therese	Cheryl C	Betty M
Elise B	Ken R	Jean Sa
Joan S	Sue R	Ruth W
Joan J	Joy B	Stephan J
Betty M	Bette C	Dulcie F
Janelle	Margaret A	Burce M
Heather	Thelma S	Naomi C
Therese	Phyllis M	Merle D
Elise B	Bob C	Ron W
Joan S	Ginnie G	Helen N
	Isabel B	Daphne S
	Elvy T	Joan M
	David P	
ILU	ILU	ILU
John G	Sue W	Nicole S
June V	Judith H	Alwyn Ne
Pauline D	Colin A	Paul B
Lucille G	Neita A	Robyn C
Ken W	Ron H	Jenny D
Joan H	Kath M	Vic V
		Ailsa P

UPCOMING EVENTS

JUNE

- 13th** - Maranatha Garden Railway Activity
- 14th** - Dawn's Sing-a-long
- 19th** - Wayne's Music
- 28th** - Birthday Party
Music by Sharon Hook

JULY

- 11th** - Maranatha Garden Railway Activity
- 17th** - Wayne's Music
- 19th** - Dawn's Sing-a-long
- 26th** - Birthday Party
Music by The Sidekicks

AUGUST

- 7th** - Wayne's Music
- 8th** - Maranatha Garden Railway Activity
- 14th** - Maranatha Ekka Day
- 16th** - Dawn's Sing-a-long
- 30th** - Birthday Party
Music by Tony Griffiths



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



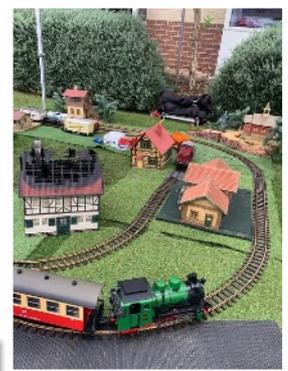
facebook.com/christadelphianagedcare

Activity Reviews

MARANATHA GARDEN RAILWAY

March through to the month of May has been busy for us here at Maranatha.

We were delighted to finally open the Maranatha Garden Railway. We would like to thank everyone involved for the tremendous time and effort they put into planning and building the Garden Railway. We officially opened on March 30 at 9:30am and it was a fantastic day thoroughly enjoyed by all. Rain was forecast and a dark cloud hovered over us, but we were blessed with beautiful weather.



Residents, visitors and family members enjoyed face painting, brass band, sausage sizzle and magnificent train cake. A huge thank you to our Maranatha Fund Raising Committee also.

Residents now enjoy the trains every second Thursday of every month.

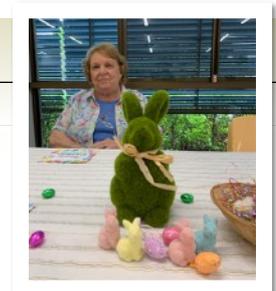


HARMONY DAY

Harmony Day was amazing and residents and staff had a fantastic day. In the morning, we had a concert by Inder and the staff dressed up in traditional dress. After lunch, we had line dancing by a local club and some of us learnt a few dances.

EASTER

During Easter, we had a visit from the Easter Bunny. Easter Bunny spoilt us all by handing out Easter Eggs. Yum!



Activity Reviews

HENNY PENNY CHICKS

Henny Penny Chicks came to stay at Maranatha for a week from 11th April all the way through to 26th April. Residents, family, staff and volunteers enjoyed holding the chicks and watching them hatch. The chicks were so fluffy and cute.

What a treat they were, thank you Henny Penny Chicks for visiting us.



MARKET DAY

Market Day on April 17 was great! Residents, family and staff all bought various items including one of our staff members Kim having a jewellery stall which was a beautiful display of all the jewellery she has been making. We also bought jams, fruit cakes, relish, cards and much, much more. A big thank you to the fundraising committee for once again organising a great morning.

MONTHLY BIRTHDAY PARTIES

Every month, we have had amazing cakes for our Monthly Birthday Parties. We would like to thank Carmen from Sodexo for making and decorating the cakes. It's worth coming to the Birthday Party just to have a look at the magnificent cake.

More photos over the page



FEBRUARY
Valentines Theme



MARCH
Harmony Day Theme



APRIL
Easter Theme

Looking forward to the next couple of months with plenty of activities and entertainment to keep us all busy.

Thanks,
Kerralye Wright

- Leisure and Lifestyle Team Leader



Activity Photos



Monthly Birthday Parties



Ken Roginson's Hibiscus Flowers



Cooking with Milika



Resident Story - Val Lewis



Val Lewis was born in the early 1930s near Noosa Heads. A few years later, along came a sister for Val. The sisters were very close and still are today. The family moved to the Sunshine Coast region and Val and her sister rode to school riding double on their horse. The school had a horse paddock, as others rode to school the same way.

Her parents went on to buy a dairy farm along the Brisbane River. They drove their dairy cattle from the Sunshine Coast over to the new farm, milking the cows at various dairy farms on the way.

Travelling to school each day consisted of riding one horse to their school, until Val's sister got a push bike and Val was then able to have the horse all to herself to ride from then on.

At 14, Val left school and worked on the farm. During that time Val was sent to learn sewing, which

she loved and enjoyed doing all her life.

There was a young man further up the valley, who she met and married in the late 1940s. Together, they went on to work on various farms before buying a dairy farm on the Brisbane River also. There they raised their 3 sons.

They also joined the Toogoolawah Christadelphian ecclesia. Every Thursday night the family travelled down to Bible Class at Redcliffe ecclesia after milking. Also going to the Brisbane ecclesia and to Ipswich.

The family had many people through their home; all were welcome. Val was an excellent cook. Cooking for tables full of people, young and old, making her own ice-cream and deliciously soft sponge cake filled with farm fresh cream. Val and her sister often had to eat her homemade ice-cream for breakfast, so as mum could use the empty trays to make more for tea that night. My dad loved her apple pies and sponges.



I (*Stephanie – Val's Daughter-in-law*) went to stay at the farm when I was 10 and Val became my holiday mum; I went there every holiday. I moved my horse up there and my husband and I eventually married, and she became my "mum".

The sewing lessons Val had taken when she went to school did wonders for us, our children and extended families, as mum sewed, knitted, smocked and crocheted for all of us.

Val now has 8 grandchildren, and 27 great grandchildren, the eldest of those is to be married in May.

Missionary work was also something Val considered invaluable, going overseas to India in the 1990's which she thoroughly enjoyed. Val had one of her loved friends from India visit her at Maranatha on a trip to Australia.

Moving to Adelaide with her mother, they lived together for a while with family. Val eventually moved back to Brisbane into a two-bedroom cosy Independent Living Unit at Maranatha in 1995 before moving into a Hostel room. Val has been at Maranatha for 24 years.

Val counts her blessings of which there are many, at a grand age of 88, with grandchildren and great grandchildren and a knowledge of God's saving Word, the Bible. Our Lord Jesus Christ will soon be here to set up his Father's Kingdom on the earth and then there will be joy everlasting.

Mum would like to give many thanks to all who care for her at Maranatha and her fellow residents. *Written by Stephanie Lewis (DIL)*



Val with Shirley Winch & visiting family



Staff Profile - Cheryl Jensen



Hi, my name is Chery and I am a Registered Nurse at Maranatha and have been working here for six years.

I was born in far western Queensland where my parents owned a large cattle station. Living in such a remote area meant that I had to attend boarding school, so at the age of seven, I was sent to an all-girls boarding school in Toowoomba. I finished my schooling there, followed by a gap year travelling around the UK and Europe with friends before returning home and back to Toowoomba, living in the nurse's quarters while working at the local Hospital.

It was while there that I met and married my husband and we moved to Mt Isa where he worked in the mines and I worked at the local Hospital. We were there for several years, all my four children were born there. It was a good life but so far away from family and friends. We eventually moved and bought a house near Maranatha. I soon realised aged care was the area where I most wanted to work in because I find my work is fulfilling and rewarding.

I now have five grandsons (still waiting for a granddaughter) and all children live close by. I love gardening and spend all my spare time in the garden. I have recently started growing orchids, they are challenging but very rewarding. I hope you enjoy looking at some of the flowers.



Carers Group

Maranatha holds Carer Group sessions for family of residents & volunteers who support our residents.

We will continue with our **Dementia Information** sessions

When: Wednesday 31st July

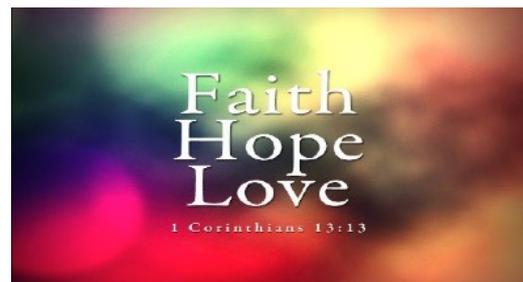
Time: 10.15am - 11.30am at Sunnyside Room

Topic: What is Dementia? Important Facts about Dementia & Risk Reduction

This session will be presented by Dementia Australia



Please see Carmel Hayden in Sunnyside should you be interested in attending or contact her via email chayden@chomes.com.au



INTERFAITH RELIGIOUS SERVICE

Our resident 'interfaith' religious group welcomes all residents to attend on the 1st & 3rd Wednesday monthly, in the Activity Hall.

Minister, Alwyn Neuendorf conducts the service with songs of praise & bible reading.

Please let staff know should you require assistance in getting to the service.

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



VOLUNTEERS OPPORTUNITIES

- **Activity Assistant:** Afternoons, 1.30pm-5pm (*any hours during this period*)

We are looking for someone who is patient, physically fit and enjoys the company of older people to: assist in preparation and set up of activities, encourage residents to attend and participate in activities and accompany them to the activity.



Activities may include bingo, bowls, movie afternoons, exercise & walking groups, and cooking and gardening groups, music & more. You will provide support and assistance under the supervision of the Lifestyle & Recreational Activities Team Leader.

- **Walking Group for Residents:** Mon-Fri from 9am

The activities team would love more volunteers to assist our wheelchair residents on their daily morning walk, by collecting them from their room & pushing them around. This starts from the Entry to Lillypilly/ Magnolia wing.



- **Gardening:** We are looking for help in the gardens with weeding, watering, pruning and general cleaning up.
- **Birthday Party:** Friday mornings, *once a month*

We are in need of as many volunteers as possible to help with the birthday party on a Friday morning, once a month.

- **Cafe Assistant:** Tuesdays, 9.45am-2.30pm

We are in need of a volunteer to assist in 'Dels Cafe' on Tuesdays each week. Our cafe for our residents, their families, volunteers, staff and visitors, is a vibrant social hub for our hostel and a service which we are proud of. No experience necessary - just a happy disposition.

- **Maintenance Assistant:** 4hrs or so, *weekly or fortnightly*

Joe, our Maintenance Manager, requires assistance with ongoing chores. If you have 4 to spare to help cheery Scottish Joe out, we would greatly appreciate your help.

- **One on One chats with Residents:** Volunteers needed to simply come & chat to our residents & provide them some company.



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

**Carmel Hayden on (07) 3482 5316 or
chayden@chomes.com.au**

Volunteer & Pastoral Care Coordinator

Volunteer Corner



SPOTLIGHT ON A VOLUNTEER

Rebecca



Rebecca or 'Bec' or 'Becca' as she is fondly known by all, has been volunteering at Maranatha for 15 years since finishing schooling in the early 2000's.

Bec has worked for Maranatha Aged Care in the Laundry for 3 years until Sodexo took over this service late last year.

Bec is an amazing volunteer. She assists most days of the week in various helpful roles such as getting many residents to and from our programmed activities. Some of her favourites include bowling, art, mindful colouring, bingo, the monthly birthday parties and more. She also assists residents most mornings for the walking group. Bec is very willing to help with many miscellaneous tasks that any staff may ask of her.



Bec is a Christadelphian, attending the Kallangar services held here at Maranatha each Sunday. She assists residents who cannot attend the service, by offering them the bread and wine in their rooms whilst they watch the service via CCTV. She also assists residents most days to the bible readings in Sunnyside room.

Bec has a twin brother as well as 3 other brothers. She is the rose of the family. Family is very important to Becca and she adores all her nephews & nieces.

Bec has travelled to Italy, Greece & New Zealand. She likes watching movies, playing her PlayStation & doing puzzles. She has completed 20 or more '1000' piece puzzles so far. Bec likes cats, enjoys cooking & her favourite colours are pink, purple & blue which she often wears.

Bec is loved by all for her enthusiasm, happy disposition, crazy laugh & her genuine care of the residents & desire to help others.

Thank you so very much Bec, you are a shining light!



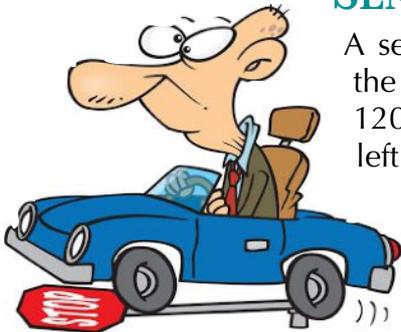
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Volunteer & Pastoral Care Coordinator**

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



Citrus Fruits



Chicken Soup



Honey



Garlic



Cinnamon



Ginger



Cayenne Pepper



Water



Turmeric

Kale, Chorizo & Lentil Soup

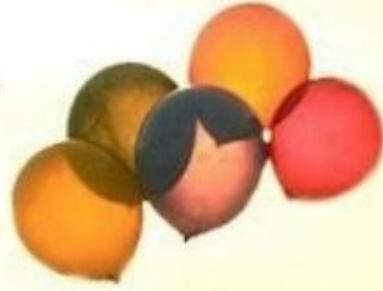
- 1 brown onion, finely chopped
- 1 carrot, finely chopped
- 1 celery stick, finely chopped
- 1 tablespoon olive oil
- 2/3 cup passata
- 3 cups chicken liquid stock
- 3 teaspoons fresh rosemary, chopped
- 2 x 400g cans lentils, drained and rinsed
- 250g chorizo, finely chopped
- 120g baby kale leaves



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.

One of the **happiest** moments ever is when you find the **courage** to **let go** of what you can't change.



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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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.



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



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