

Christadelphian Aged Care

2019 SPRING NEWSLETTER

# COURTLANDS



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*This is the day  
the Lord  
has made,*

*We will  
rejoice and  
be glad  
in it.*

PSALMS 118:24



## Manager's Message

Spring has sprung and it's good to see Winter has gone.

There have been so many things happening around Courtlands lately. Level 4 renovations in the Terrace is completed and everyone is getting settled into their new rooms a big thanks to everyone for assisting on the day of the move. Level 1 is now closed off and renovations have started. The Grove renovations are moving along with the first section nearly complete and will be open on August 26. New furniture for the Grove was recently delivered and it has made a wonderful improvement to the Grove.

On the July 1, 2019 the government introduced a new set of standards. There are 8 Standards in total that the home is required to meet to gain compliance.

Information about the standards can be obtained from [www.agedcarequality.gov.au](http://www.agedcarequality.gov.au).

### The standards are as follows:

1. Consumer dignity and choice
2. Ongoing assessment and planning with consumers
3. Personal care and clinical care
4. Services and supports for daily living
5. Organisation's service environment
6. Feedback and complaints
7. Human resources
8. Organisational



Kind Regards, **Joann Raftopoulos**

- Director of Consumer Care & Services



# Self Care Message

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I would like to thank the Self-Care Forum Committee Members for their dedication to the betterment of Courtlands Village residents and congratulate the Committee on their re-election. The objectives of the Committee are to uphold the Constitution of the Courtlands Retirement Village; that is "to act as a non-profit organisation to improve the lifestyle of self-care residents and to provide a structure for liaison between Forum Members and the Administration of Courtlands, to represent Members in appropriate matters". (Constitution of the Courtlands Retirement Village, 2016:5). The village team and I continue to enjoy working together with the Committee, creating an atmosphere in which it is a pleasure to live and work.

The Spring Walk will be held on Wednesday 2nd October. We will meet outside The Vista at 10:30am and conclude in the Village Lounge for morning tea. All residents and their families are invited to walk with to us enjoy the sunshine and new life surrounding us.

The annual Fire Safety and Evacuation sessions have been booked and you are encouraged to attend. Three sessions will be held on Tuesday 29th October for Courtlands and one session will be held for Westcourt on Friday 18th October. Invitations providing further details will be delivered to your letterbox.

Retirement Living and Aged Care can become quite complex. If you have any concerns or wish to talk about these changes, please don't hesitate to visit Lisa or myself. We are able to assist you in understanding this process, thereby continuing to be part of the Courtlands family.

I would like to remind all residents to use/test the (INS) HELP system. It is a good idea, once a month, to press either your pendant making sure you can be heard by the INS staff from all parts of your home. (Range is usually 50 metres) Remember, the HELP system can provide 24 hour medical information - discuss it with the nurse, a 24 hour chat line – feeling lonely, isolated, grieving - discuss it with the nurse, a 24 hour – generally feeling unwell - discuss it with the nurse. When you come home after a hospital visit, let the nurse know and the nurse will contact you daily (welfare checks) if you wish. If needed, the nurse will call the Radio Doctor or an Ambulance. A key has been provided with your Security box. Your chosen code will be given to the Ambulance allowing them to enter your home if you are unable to let them in. Please ensure the key remains in the Security box at all times.

Many residents have mentioned lately of the increase in nuisance calls, callers stating they can give you a better deal with your Community Package or trying to sell products you have no interest in. I encourage you to register with DO NOT CALL. To stop this unsolicited telemarketing, call 1300 792 958 or go to [www.donotcall.gov.au](http://www.donotcall.gov.au).

Manjula Van Gramberg, our NSW Village Coordinator, has resigned as she is retiring. Manjula has been an employee at Courtlands for 24 years and has been a much valued part of the Village team for the past two years. Manjula oversees the day-to-day management of the Village including sales of units and ensuring the building and living environments are kept to a high standard. Manjula's last day will be September 6. Manjula will be very much missed. Please take the time to congratulate Manjula on her retirement.

Lisa Green has commenced in this role, working closely with Manjula, gaining as much knowledge as possible, ensuring a smooth transition, minimising the impact of losing such a valuable employee. Please congratulate and welcome Lisa to this role.

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

# Birthdays & Upcoming Events

SEPTEMBER	OCTOBER	NOVEMBER	SEPTEMBER	OCTOBER	NOVEMBER
Self Care	Self Care	Self Care	Vista	Vista	Vista
Marie B	Fay S	Flo S	Catherine B	Elenita C	Shirley C
Stephanie T	Joyce W	Barbara T	Allan H	Joyce A	Yvonne S
Judy S	Judith H	Dell F			Dorothy T
Dorothy B	Phil T	Beryl J			Peter (Tony) G
Doug H	Judith L	Ray W			Kam N
Jill T	Charles B	Vivienne M			Robert M
Janet S	Jean W		Terrace	Terrace	Terrace
Marjorie C	Diane H		Annette K	Roger B	Judith C
Clare H	John S		Noreen M		Beryl L
David S	Jack P		Kathleen M		Maureen Q
Margaret C	June K		Shirley C		Jessie W
Peter F	Margaret K		Grange	Grange	Grange
Pamela A	Kevin F		Thomas D	Mary M	Boris P
Dawn W	Marie D				Max R
Mercedes S	Nola D		Grove	Grove	Grove
	Barbara M		Brian H	Marleen B	Elaine D
	Lyndon K				
	Jean D				
	Anne M				
	Shirley J				
	Bhawani L				





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SEPTEMBER	OCTOBER	NOVEMBER
<p><b>1st</b> - Father's Day  <b>21st</b> - Oktoberfest  <b>25th</b> - Comic Book Day</p>	<p><b>24th</b> - Grandparents Day  <b>31st</b> - Halloween</p>	<p><b>5th</b> - Melbourne Cup  <b>11th</b> - Remembrance Day</p>

# Self Care Photos - Winterfest



**FEAR NOT**  
*for I am with you*  
**BE NOT DISMAYED**  
*for I am your God*  
*I will strengthen you*  
*Yes, I will help you*  
*I will uphold you with*  
*My righteous right hand.*

Isaiah 41:10 |

# Activity Reviews

## GROVE - GROOVING IN THE GROVE

Things are getting spruced up at the Grove, with renovation commencing in June as well welcoming on board the new Diversional Therapist, Corinne (Coz). The Grove now has a “snug room” suitable for doing one to one and small group activities or is available as a warm personal space for family visits. Many precious moments have already been spent here such as reading and reminiscing; flower arranging with friends or just relaxing in a comfy, homely space.



During the months of June and July, we celebrated various Cultural and Social events enjoying entertainers like The Mirrabooka Choir and Carol from Parramatta Heritage Centre who showcased an excellent presentation on local Aboriginal culture and artefacts for 2019 NAIDOC (National Aboriginal and Islanders Day Observance Committee).



On a regular basis, the team organises daily and weekly ongoing activities such as bus trips, physical exercise and mental stimulating fun and games including arts and crafts, quiz games, “keeping up to date” with current affair reading and discussion groups.



# Activity Reviews

## GROVE - GROOVING IN THE GROVE - CONTINUED

This season, amongst the special events, we celebrated The Queen's Birthday, The French National, **Bastille Day**, where we all had lots of fun, dressing up in red blue and white and "all things French" with, curly moustaches, handmade paper hats and flags.

To top the day off we indulged in a delightful afternoon tea. Oh là là the croissants and strawberry chocolate crepes crêpes were just divine!



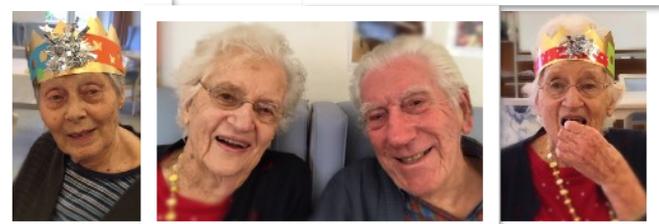
Flower arranging is an excellent activity for seniors. It can be done sitting or standing, at a table, at a bedside, or from a wheelchair. It is simple, provides cognitive and sensory stimulation, can help preserve motor skills, and instils a sense of ownership, independence, and accomplishment. Flower arranging provides Purpose and Pleasure both during the process and at the end results.



Divisional Therapist Corinne says, "Flowers are like friends; they bring colour to our world."

*"Flowers always make people better, happier and more helpful; they are sunshine, food and medicine for the soul."*

- Luther Burbank



Can you spot the birthday girls? -->

# Activity Reviews

## VISTA - VIVA LA VISTA!

Over in Vista, we have been sharing a lot of laughs and having fun with our regular activities such as Bus Outings, Bingo! Smile & Sway Gently, Name That Tune!, Scatter, Wordscapes, Quizzes and Trivia with Piret, craft with Pam and of course, our beloved ice-cream trolley. We also hit the kitchen and cooked up a storm, making chocolate crackles, mini-pizzas, lemon meringue pie and mini-pavlovas (we have a sweet-tooth over here in Vista!)



July also saw the welcome addition of a Smart TV and Chromecast. We have the technology!



We have enjoyed a variety of events over the past few months. In May, we celebrated with Mother's Day High Tea. The kitchen went to an amazing effort with a delightful high tea that was almost too beautiful to eat and the lounge room was converted to a very pretty high tea parlour.



We also went on an armchair journey to Texas with Sara, who showed us around Houston (where she used to live with her family).



In June, we enjoyed delicious tea and scones for Her Majesty The Queen's Birthday.

The Mirabooka Choir came to visit us with their glorious singing, enthraling the gathered crowd in our lounge-room.

# Activity Reviews

## VISTA - VIVA LA VISTA! CONTINUED

July was a busy month indeed! We had a visit from Carol from the Parramatta Heritage Centre, who had some interesting artefacts and cultural customs to share with us in celebration of NAIDOC week.

Bastille Day was a highlight, dressed up in red, white and blue with moustached staff, some French Trivia and Edith Piaf. We were spoiled with some beautifully made fresh crepes (with all the trimmings!) and croissants.



Vista was also very fortunate to have the NDIS music group join us for an entertaining morning. It was great to see our Resident Percussionist, Kim Crossley, take the stage to perform for us.

There was a morning tea, where we embraced the

new Aged Care Standards. Brightly coloured balloons and some tasty cupcakes as well as an introduction from Joann were a great way to bring in a new era of aged care to Courtlands.



Our annual Winterfest celebration was a memorable occasion. We



were busy with Piret, creating the owl centrepieces from pine-cones and we made some pretty napkin rings as well.

The roast lunch was very much enjoyed and our entertainment for the event was Jenni Sawell, the Harpist. Jenni is our resident Judith Lowe's daughter.



She played for three hours, which was far longer than we expected, to a very appreciative crowd, who couldn't get enough of her magical music. We hope she will join us again sometime soon.



We also finally managed to get a Mahjong game going!

We are hoping this will become a regular feature on our activities calendar. Stay tuned!



# Activity Reviews

## GRANGE

It has been a surprisingly fast year. For the past month, residents at the Grange has been able to stay mentally and physically active. Nothing has stopping them from enjoying the usual daily activities to keep the brain and body active with various table games, movies afternoon, craft, quizzes, cooking, reminiscing, birthday celebrations and monthly BBQ and concerts.



In June, we celebrated Her Majesty The Queen's birthday with tea and scones. We also enjoyed cooking mini Pizza.



July was a very busy month. We also celebrated Bastille Day wearing red, blue and white. We enjoyed our afternoon with crepes and croissants.

We celebrated NADIOC week where we made aboriginal flags and enjoyed dot painting. We had visit from carol who is from Parramatta Heritage centre to share some cultural customs and interesting artefacts.



# Activity Reviews

## GRANGE - CONTINUED

No one will believe it - the residents had a very special month with 5 birthday parties!

The party doesn't stop there; we celebrated Winterfest and enjoyed a 3 course meal followed by a beautiful concert. We all had lots of fun, laughing and of course, dancing.



We embraced the new Aged Care standards with beautiful morning tea. We had brightly coloured balloons and nice cupcakes.



# Activity Reviews

## TERRACE

Here in Terrace we have had a range of new activities and some classics. Residents have been enjoying bingo, art class and the bus outings... not forgetting the good old dominoes and quots.

Happy Hour continues to be happy Monday when we all come together and have a chat or do an activity with our favourite drinks and sacks.

Another favourite is art class where we love admiring work of other residents and finishing our own masterpieces.



We recently have started playing scrabble and it has been so much fun with so many laughs everyone enjoys it and we love doing it for ours.

We recently also played a combination of quiz afternoon and noughts and crosses where we divided everyone into two teams and with every question right they get to put a cross or nought on the board. It was very competitive and the residents laughed all afternoon.



We also have had cooking class where we made pancakes one week and little cupcakes another week we had it with some tea and coffee it was lots of fun.



As a goodbye to winter, we had Winterfest. It was a lot of fun we decorated the dining room which was done with the help of the residents and enjoyed our meal and a concert to end the afternoon off where we had some lovely cake and nibbles. We got our personalised name tags it was a day filled with laughs and fun.

Spring is coming up and to prepare for that during our art class we made flowers which we cut and painted, sprinkled with glitter and hung up at the main entrance of the Terrace on the stairs approaching to level 3.

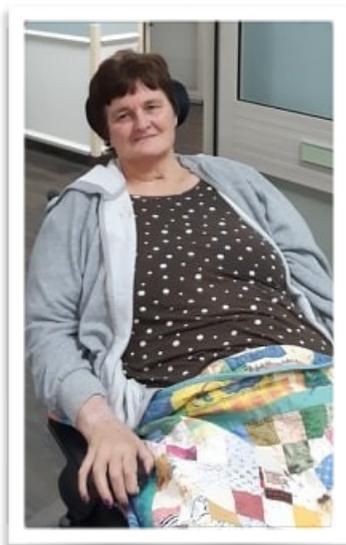


# Activity Photos

## Aged Care Quality Morning Tea



## Resident Story - Kim VISTA



Kim has been a Resident at Courtlands for 9 years. She is a much-loved resident in Vista, always quick with a hug and a kind word and she has a wicked sense of humour!

She was born at the Women's Hospital, Randwick in the 1960's. She married her husband Paul, 35 years ago after they met at a sheltered workshop in Hoxton Park; she only lived around the corner from him. Kim & Paul had two boys. Kim was heavily involved in the Scouting movement. She has been a Leader for the Joeys, Cubs & Scouts sections at 1st St Clair, where she was lovingly known as "Baloo".

Kim enjoys music, but her number one passion is bowling. She goes bowling every weekend! Kim also loves to surprise the Vista staff by having her fingernails painted when she goes out, it's always fun guessing which colour she will have next!

## Staff Profile - Kristen COURTLANDS VILLAGE



Kristen started with Christadelphian Aged Care three years ago, as a Receptionist for the Retirement Village and Aged Care of Courtlands Village. Kristen is also a member of the NSW RFS and has been with the service for three and a half years.

Kristen believes in the past three years, she has grown as a person, attributing this to her work as a firefighter and also working in the village. Working at Courtlands has given Kristen a sense of compassion and willingness to do anything to see a smile on the residents' faces.

Our organisation motto of 'work together, achieve together' and 'understand, solve, and deliver' are characteristics she has carried over into her role in the RFS. When working in a team and looking out for her teammates, whether at work or on the fire ground, they are keys to achieving the objective.

Kristen has studied Basics Firefighting, Village firefighting and currently studying Advanced Firefighting. In 2018 Kristen was nominated as Vice President of the brigade, and in June 2019 she was nominated and elected President.

She says she is very honoured to have been given the opportunity to fulfil these roles and continues to make a difference in people's lives the best way she can.



# Landscape Solutions

Spring is in full swing! After a mild and dry winter Courtlands, Northcourt and Westcourt are in good shape for the growing season!

Our annual rose pruning's have been completed, fertilised and mulched and we are very much looking forward to seeing them flower in all their glory. The azaleas are also starting to bud, and we can't wait to see all the different colours in abundance.

You may have noticed the new mulch in numerous gardens across all sites. Mulch is great in the fact that it

insulates the soil from extreme heat and cold temperatures, helps with weed control and retains water helping keep roots moist, especially in the dry weather we are currently experiencing. From an aesthetic point of view, mulch also enhances a garden's look.

Rain sensors are going to be installed to all irrigation system controllers, this is a positive because it makes us even more compliant with water restrictions, so not a drop of water is wasted!

The ponds are looking marvellous and the baby Koi are getting bigger, we will begin cleaning all filters systems again in September.

Fertilising will also be conducted in all gardens across all sites, this will take the form of small granular balls. These will be spread evenly and consistently. The fertiliser we will use will have a balance of NPK. N for Nitrogen for our foliage. P for Phosphorus for root growth and flower development. K for Potassium which helps the overall functions of the plant.

There is so much more to say and so much more to do in the gardens, but I hope this gives a little insight into the happenings around Courtlands, Northcourt and Westcourt leading up to spring.

- **Scott Lewin**, *Team Leader, Landscape Solutions Australia*



## Hug Poem

It's wondrous what a hug can do,  
A hug can cheer you when you're blue.  
A hug can say, 'I love you so'.....  
Or, 'I hate to see you go'.  
A hug is 'Welcome back again'!  
And 'Great to see you'!  
Or 'Where've you been'?  
A hug can soothe a small child's pain,  
And bring the rainbow after rain.  
The hug! There's just no doubt about it,  
We scarcely could survive without it.  
A hug delights and warms and charms.  
It must be why God gave us arms.

Hugs are great for fathers and mothers  
Sweet for sisters, even for brothers,  
And chances are, some favourite aunts  
Love them more than potted plants.  
Kittens crave them, puppies love them.  
Heads of state are not above them.  
A hug can break the language barrier.  
And make the dullest day seem merrier.  
No need to fret about the store of 'em:  
The more you give,  
The more there are of 'em.  
So stretch those arms without delay  
And give someone a hug today.



# Pastoral Care



Is there anything more symbolic of the spirit than light? This physical and more tangible substance has had peoples from the earliest of times connecting with the divine and the spiritual. From sun worship right through to our modern-day fictional themes of light vs darkness, in movies such as The Lord of the Rings or Star Wars; throughout the Bible, and most other faiths this spiritual connection with light is a strong theme.

In the natural world light, the relationship of the sun to the earth, is what helps define the seasons and the battle of light vs darkness is most triumphant during the spring. In this country we are blessed to have so much sunshine, winter is much colder and darker in other parts of the world.



Does your spirit lift when you first notice the lengthening of the days? As the light stretches a little more day by day and the world around us begins to burst forth with life as spring brings back the power of light.

After all nothing much grows in the dark and this is true too of us Humans, in springtime the spirit awakens ready to soar into the sunshine!

I heard a story of a little boy, who with great excitement over a sudden realisation ran with all his might as fast as he could to one of the nuns in charge of his schooling, so fast was he going that he collided with her and was promptly swallowed up by the robes of her habit. As he uncovered his face from the layers of material, he looked up into the brightness surrounding her face and said "Sister! Is God the light?" Smiling down into his upturned little face she replied, "Yes, my son, He is." This moment stayed with him all his life. Whenever he paused to feel the sun on his face, he would soften, and his heart would open as he felt in his soul that he was praying. While he was still a child on visits to the beach, he would see all the people sun baking and he thought they were all praying.

Spiritually sometimes all that we need is to pause, soften and open, just a crack will let the light in, like a budding flower in the spring; it need not be any more complicated than feeling the warmth of the sun with gratitude for its life giving power. Perhaps a small heartfelt prayer, a meditation, connecting with nature, an animal or someone else; remembering the love and beauty in the world. Just a crack in the darkness allows that light, the sunshine of the spirit to rush on in illuminating the heart and soul.

Light is capable of creating so much beauty. The sunrise every morning, then sunset each evening; a rainbow, the glory rays beaming down through the clouds after a storm, the silver lining of a cloud; the gentle play between light and water reflected on the rocks and trees, the right angle of reflection which turns a smooth, still pool into a mirror. What serenity light can bring to the soul!

Embrace the increasing light, feel the warm loving touch of the sun, try to approach spring as though it is the first time you ever experienced it – the first time you ever saw a flower soften and open or a tree growing or bird flying. Open your heart to love and to beauty. Step into the transforming power of light! Pause, soften and open to the sunshine of the spirit.

**By Sherene Noble** - Wellbeing Coordinator, Courtlands

## Bereavements

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



# Volunteer Corner



My name is Elsie and I commenced at Courtlands in June as the Volunteer & Pastoral Care Coordinator. I am working alongside Ron Wiggins, who provides Pastoral support to the residents.

It has been a busy time getting to know the residents at Vista, Grange, Grove, Terrace and Northcourt. It is a privilege to be able to spend time with our residents, talk about their religion and spirituality and provide an ear for them to be able to discuss issues that they may have been concerned about as well as sharing the happy times in their lives.

I have also been lucky enough to meet many of the families who support the residents. I have also met the Ministers and Priests who visit the facilities and meet the religious needs of our residents.

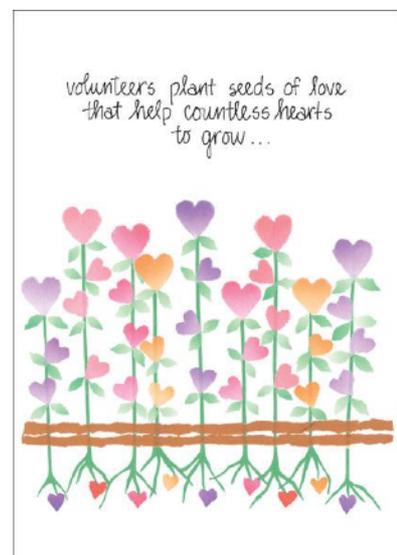
The staff at all of these facilities have been amazing and assisted me to get to know the residents and provide a better understanding of their background and any areas where they need additional support.

I have been involved for many years in aged care with recruiting, training and supporting volunteers.

I am currently going through the process of identifying all of our existing volunteers and their roles at Courtlands.

I will be advertising for new volunteers and my goal is to increase the volunteer numbers at each facility to be able to provide assistance to the Leisure & Lifestyle Coordinators as well as providing that one on one support to our residents such as visiting, reading newspapers, playing cards, singing etc.

I am looking forward to seeing several new volunteers in the near future.



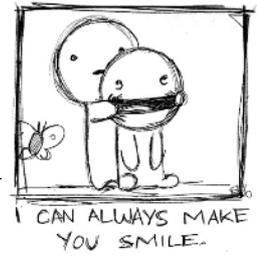
*If you are interested in joining the Volunteer program, please do not hesitate to contact me:*

**Elsie Kuiters on (02) 9683 8000**

**or [ekuit\\_cac@chomes.com.au](mailto:ekuit_cac@chomes.com.au)**

**Volunteer & Pastoral Care Coordinator**

# Read, Rest & Relax!



## SENIOR ACTIVITIES TO ENJOY THIS SPRING

Spring is the season of rebirth. After a long, chilly winter the birds are singing again, flowers are reaching full bloom, and leaves are bright and green. It's the perfect time to get outside, enjoy the fresh air and try some new activities. No matter your age, there are plenty of ways to stay active, have fun, and appreciate all that spring has to offer.

1. **Do some gardening.** Gardening is undoubtedly one of the best spring activities for seniors. Gardening has mental health benefits, too; it can relax you, reduce your stress and give you a rewarding feeling of accomplishment.
2. **Start a daily walking routine.** Walking is one of the best exercises, and spring is the perfect season to head outside and enjoy a walk. If you can, find a buddy to walk with to help make this a social activity you look forward to daily.
3. **Start spring cleaning tasks.** Getting organised is a great spring cleaning chore, so take a few days and start clearing out some of the items you no longer need on a daily basis.
4. **Enjoy a picnic.** Find a sunny area to sit outside with some snacks and simply bask in the sun to get some much-needed vitamin D.
5. **Feed the birds.** Bird-watching is a stimulating activity many seniors enjoy. You could even hang a bird feeder outside your window to enjoy watching them feast right in the comfort of your room.
6. **Have fun with the grandkids.** Children love being outside, so find some activities you can enjoy together. For instance, kite-flying or drawing pictures with sidewalk chalk.



## Traditional Victoria Cake

- 200g butter, at room temperature, chopped
- 200g caster sugar
- 4 eggs
- 1 teaspoon vanilla extract
- 200g (1 1/3 cups) self-raising flour
- 160g (1/2 cup) strawberry jam
- 300ml thickened cream, whipped to firm peaks
- Icing sugar, to dust
- Fresh strawberries, to serve

Prep: 20mins

Cook: 20mins



1. Preheat oven to 180/160C fan forced. Grease two round 20cm cake pans and line the bases with baking paper.
2. Use electric beaters to beat the butter and sugar in a small mixing bowl until pale and creamy. Beat in the eggs one at a time, beating well after each addition. Beat in the vanilla. Transfer the mixture to a large mixing bowl.
3. Sift the flour over the butter mixture and use a silicon spatula to fold through until evenly combined. Be careful not to overmix. Divide the mixture evenly between the cake pans.
4. Bake for 20 minutes or until lightly golden and springy to a gentle touch. Cool in the pans for 5 minutes, then run a knife around the edge of the cakes to loosen and turn out onto wire racks. Carefully invert cakes on rack so it is right way up and set aside to cool completely.
5. Place one of the cakes on a serving plate and spread with the jam. Dollop with the whipped cream and place the other cake gently on top. Dust with icing sugar. Serve with fresh strawberries.

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>

G<sub>2</sub>

E<sub>1</sub>



# Celebrate Spring

**ACROSS**

1. Pools of water that accumulate after it rains
3. Plants that usually have petals
6. Type of raincoat
10. Another name for a polliwog
11. To turn from ice into liquid
12. Planted underground and bud above ground
13. Portion of land where flowers, fruit, or vegetables are grown
14. Type of color that is light and soft rather than dark and bright
15. When flower buds open



**DOWN**

2. Easily recognized yellow flower with trumpet-shaped center
4. Arch of color seen in the sky after rain
5. The color of healthy grass
7. Toy that can be flown in the air
8. Insect with large often brightly colored wings
9. Brown bird with red in front
10. A spring-flowering plant that starts out as a bulb



Answer from Winter Puzzle: One kind word can warm three winter months