

Christadelphian Aged Care

2019 SPRING NEWSLETTER

# NORTHCOURT



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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 passes and one remembers one's innocence.  
Summer passes and one remembers one's exuberance.  
Autumn passes and one remembers one's reverence.  
Winter passes and one remembers one's perseverance."*

— Yoko Ono

Well said indeed, as one season ends another one begins...

Comparatively, another era in aged care industry has commenced with New Aged Care Standards introduced from July this year and Northcourt have had their first taste with an unannounced visit from the Aged Care Quality and Safety Commission assessors on July 10 focusing on Standard 1 – Consumer Dignity and Choice.

With great pride and joy, I would like to share some of the assessors' comments/feedback: *"All consumers (residents) reported they have a say in the daily activities program always or most of the time. They also said they are supported to make decisions in relation to the care and service they receive and are regularly consulted on such matters including their involvement in lifestyle activities that are of interest them."*

Northcourt have met ALL requirements under Standard 1, with mighty efforts from all concerned: hardworking staff, organisational support, residents, residents' relatives, advocates and volunteers. A huge applause to all and as we know that this is just the beginning. That's why at Northcourt we constantly strive to provide the best quality of care and services to all our residents.

We welcome any suggestions, concerns, feedback aiming towards continuous improvement of our services.

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



# News & Upcoming Events



SEPTEMBER	OCTOBER	NOVEMBER
Norah L	Russell B	Thomas G
Lola S	Claire B	Barbara T
Hermaneli T	Marieta F	
	Walter L	
	Margaret L	



## UPCOMING EVENTS

### SEPTEMBER

Father's Day celebration  
Spring Fete and BBQ  
"Pure Joy"

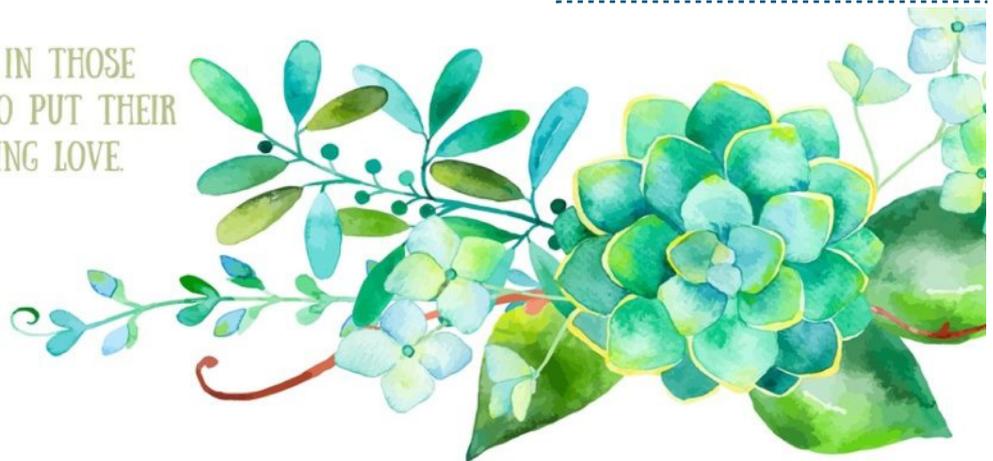
### OCTOBER

International Day of Older Person – Special High Tea  
Fijian Independence day  
Festival of Lights – India

### NOVEMBER

Melbourne Cup  
Remembrance Day  
Multicultural Day

THE LORD DELIGHTS IN THOSE  
WHO FEAR HIM, WHO PUT THEIR  
HOPE IN HIS UNFAILING LOVE.  
PSALM 147:11



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# Activity Photos

Cafe  
Chats  
&  
Einstein



Parties at Northcourt - *Happy Birthday!*



Waffle Day



Claire's  
Garden  
←

Bruce's  
bucket  
list →  
ticked!



Move it or lose it... →



# Resident Story - **Hermaneli**



Nel was born in the countryside of Miasmas, Phillipines and then lived in the city Manila. Nel married his wife Eveyarya (deceased), and they had 4 children: 2 daughters and 2 sons.

Nel and his family decided to live in Australia in 1977. He continued his practice as a Family Medical Practitioner in the western part of Sydney for more than 30 years. Both daughters have migrated to America whilst both sons still live in Sydney. All four children are married now and Nel is blessed with four grandchildren.

Nel had been very prominent amongst Filipino community, extending his helping hands to charities and private fundraising events. Nel

has supportive family and friends who visit regularly. Nel is an active member of Uniting Church, enjoys sports like tennis and table tennis and still manages to play the piano up to this time, despite all the hurdles of his health.



# Staff Profile - **Jaroz**



My name is Jaroz, the new Registered Nurse at Northcourt, embodied with great passion for aged care.

I have been living in Australia for 6 years. I was a child care teacher for 2 years before finishing my Bachelor in Nursing and becoming a Registered Nurse. My favourite food is a Filipino dish called "Bulalo" or Beef Stew. I am a jolly person who cracks jokes all the time, though I can be quiet but deep within is a caring heart.

I also have a very competitive nature in terms of playing sports and games. My hobbies are playing basketball, poker, computer games/e-games and training in jiu-jitsu. If I were not a Registered Nurse, I would not have retired from playing chess and be a professional chess player, or I could be a professional e-games player.



**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 |

# Tips for Better Eye Health

As we age, so do our eyes. Including eye exercises as part of our daily exercise can help improve our eye' health and minimise strain, while encouraging your eye to perform at their best. Try these 5 easy eye exercises and remember to breathe naturally while doing so.



1. **Regulate Circulation** – close your eyes for 3 to 5 seconds then open them again. Repeat this exercise at least 10 times, and it will help relax your muscles and increase blood circulation to your eyes
2. **Relax Eyes** – cup your palms over closed eyes and stare into the darkness. Do this for at least 30 seconds, and your eyes will feel more relaxed and rejuvenated once you take your hands away.
3. **Improve Vision Focus** – stand near a window and focus on the windowpane for 5 to 10 seconds. Then change your focus to something far in the distance for 5 to 10 seconds. Repeat this change of focus at least 10 times.
4. **Strengthen Eye Muscles** – sit in a comfortable position then extend your arm and hold out your thumb. Focus on your outstretched thumb for 5 seconds and slowly bring your thumb backwards towards your face, about 5 centimetres from your nose. Keep focus on your thumb again for 5 seconds. Repeat this process 5 to 10 times.
5. **Control Eye Movement** – focus on a point on the floor and visualise a figure eight. Slowly trace around the imagined figure eight with your eyes. Once you complete tracing from one side, you can relax your eyes for a few seconds and trace it from the opposite direction. Repeat 5 times.

## 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.

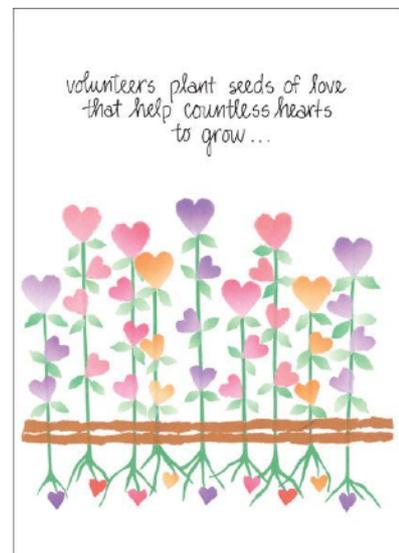
The staff at all of these facilities have been amazing and assisted me to get to know the residents and provide a better understanding of their background and any areas where they need additional support.

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 Northcourt.

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 and Lifestyle officer 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