

Christadelphian Aged Care

2019/20 SUMMER NEWSLETTER

# CHAMBERLAIN GARDENS

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## Manager's Message

Well here we are at the end of October. Where has the year gone? Since our last newsletter, a lot has happened.

Our Gardening group has been meeting regularly and working in the courtyard. The courtyard is looking well looked after and loved. Thank you to all the residents who have helped to make it look so good.

Football season is over. The men have been meeting every Friday night to watch the football. The men have really enjoyed spending time together and want to keep meeting. We have purchased a dart board. The men plan to have a Darts Night on Fridays with beer and nibbles.

There have been the regular bus outings, exploring new places on the Central Coast. There was a trip to the Brewery, The Milk Factory, Yarralong Scarecrow display, The Coast Bar Restaurant on the Gosford Waterfront, amongst many other destinations. Coming up, we have a trip to the Ourimbah nursery, Fish & Chip trip and other surprise destinations.

Christmas is fast approaching; the resident Christmas Party day will be held on Friday 20th December 2019. There will be a sit-down lunch for the residents, followed by entertainment for the afternoon with nibbles. Family are invited to join in the entertainment at 2pm.

There have been several new admissions from a nearby Nursing Home. Please make them all feel welcome. You will also notice a few new staff who have all come with a wealth of experience. Welcome to everyone.

Unfortunately, we said goodbye to our Senior Clinical Manager Linda Brown. We wish her well in her future endeavours. We will be actively recruiting for a new Clinical Manager who will work closely with Sarah Squillace and Jorja Goodmanson under the guidance of the Director of Care, Helen.

LEARN FROM YESTERDAY, LIVE FOR TODAY, HOPE FOR TOMORROW

Kind Regards, **Helen Handley**

- Director of Consumer Care & Services

It's not  
WHAT'S UNDER  
THE tree  
THAT  
matters  
IT'S WHO'S  
gathered  
AROUND IT



FOR UNTO YOU  
IS BORN THIS DAY  
IN THE CITY OF DAVID

A *Saviour*

WHICH IS *Christ*

THE LORD

LUKE 2:11



# News & Upcoming Events



DECEMBER	JANUARY	FEBRUARY
Elsie B	Maurice C	Dulcie H
Edna B	Catherine D	Rhonda J
Ella F	Maureen D	Carolyn J
Terrence H	Maureen F	Betty R
Keith L	Sylvia F	Valerie S
Edward M	Phyllis G	Dorothy S
Niels P	Edith G	Cecil S
Lizette S	Beverly K	Doris S
Madeleine W	Paul K	Malcolm W
	Florence P	Wendy W
	Patricia S	
	Thelma W	

## UPCOMING EVENTS

### DECEMBER

**2nd** - Visit from 2x Clydesdale Horses

**4th** - Entertainment: The Gals

**11th** - Entertainment: Lifestyle staff 'The Glamour Girls' concert

**20th** - Residents Christmas Lunch

2pm - Afternoon Tea with Family & Entertainment by ICU

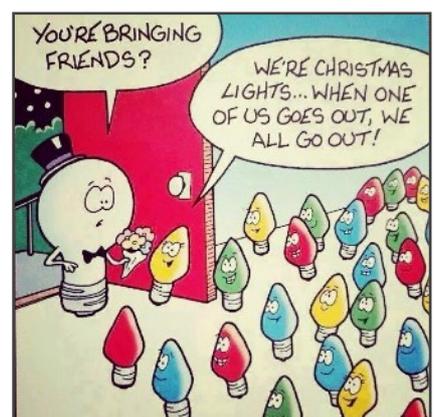
*Regular Bus outings to various areas around the coast*

  
*Have a  
 Very Merry  
 Christmas  
 and  
 Happy New Year*



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

[facebook.com/christadelphianagedcare](https://facebook.com/christadelphianagedcare)



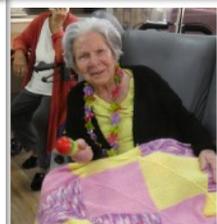
# Activity Reviews

## SEPTEMBER

We had a 'Welcome to Spring' high tea in the garden courtyard where residents enjoyed a glass of champagne and finger food while being entertained by Kim Canon playing the harp. It was a beautiful afternoon and we were very lucky with the weather.



The residents enjoyed concerts by Evan Haswell, Singing Hands and our very own Lifestyle staff.



# Activity Reviews

## OCTOBER

Residents enjoyed concerts by Clair Hayes, Julz, The Glamour Girls (Lifestyle Staff) and Lyn Ferguson.



Betty's knitted owls



They enjoyed bus outings to areas on the coast such as McMasters Beach, Ettalong Foreshore. Some of the residents enjoyed a lunch bus to The Coast Bar on Gosford Waterfront.



Lunch outing  
to Coast Bar

Bus Outing to  
Patonga →



Frances Fitzpatrick at Long Jetty →



# Activity Reviews

## NOVEMBER



Residents celebrated Melbourne Cup in style, with many amazing fascinators made in the craft session prior to race day.

On Nov 13, some of the men enjoyed a BBQ lunch put on by The Gosford Tractor club.

Residents had a morning tea outing to Ourimbah Nursery.

Residents were entertained by Steve Black as Elvis, Arsenic and Old Lace, Alice on Piano and Lifestyle staff The Glamour Girls.



# Activity Photos



↑ Daffodil Day



← Beer & Bowls in the Garden



# Activity Photos



New Gardening Program

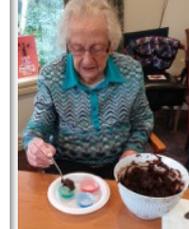


Yarramalong Scarecrow Festival

→ Hospital Art in Garden Suite



Making Chocolate Truffles →



# Resident Story - Irene Dimmock



Irene has been a resident at Chamberlain Gardens for 9 years.

Irene and her brother Raymond were both born at Ourimbah. Their father tragically passed away when she was only 5. Irene's mother moved the family to The Entrance to live with her mother and brother (Irene's grandmother and uncle).

Irene met her husband, also named Raymond, at his mother's place. Raymond's mother was a dressmaker. Irene worked at a butcher's shop doing paperwork and bookkeeping, and it remained as her entire working career.

Irene was very involved with The Entrance Tennis Club where her brother was the president for many years. Irene had one daughter, Irene Kay, who was married but had no children. Kay unfortunately passed away at 49 after a battle with cancer.

Irene's brother Raymond was a resident in Horizon with his wife, while Irene also resided at Chamberlain Gardens. Raymond passed away at the end of November 2015. Irene and her brother had a very close bond. Irene has a niece Suzanne who lives in SA. She visits Irene a couple of times per year and rings her regularly.

Irene has also lived at Toowoomb Bay and Bateau Bay and she has fond memories of Sunday mornings when the neighbourhood would come to her place for Sunday morning breakfast of Pancakes.

## Staff Profile - Dawn LaBerge



I was born in Bay City, Michigan USA. Over the years I have had several careers; I have been a nutritionist, a singer, an aerobics instructor and a secretary. I immigrated to Australia in 2005, with my 4 children as a single parent, for new life.

I started nursing 2007 at Chamberlain Gardens. After changing my home location, I changed to another company in 2009. Since returning to Chamberlain Gardens in 2012, I have been happy being back working with a great team and MSU environment. I began working as a Cert III, and progressed to Cert IV in 2008.

Two of my four children still live with me. I also have 4 grandchildren, 3 who live in Perth so I don't get to spend as much time with them as before. My hobbies are crocheting, singing, cooking, two little dogs Zoe & Shiloh, two cats Annabelle & Salem and chickens.

I like movies, especially horror movies, and favourite TV shows are Charmed and Keeping up Appearances. I enjoy time outside in my garden, growing vegetables.

# Pastoral Care



## LOVE

### Unconditional Love

*"Above all, love each other deeply..." - 1 Peter 4:8*

Unconditional love is known as affection without any limitations, or love without conditions. True, unconditional love doesn't run away when things get tough. Someone who loves unconditionally not only loves the other person despite their flaws, but, they also love them because of them!

The easiest example is our love of our family with our children being the prime example.

### Unconditional Love Is Powerful

When we love unconditionally, and when we receive unconditional love, we find that there is power in those feelings and actions. We find hope. We find courage. Things we never knew to expect, come from giving to one another without any expectations.

**1 Corinthians 13:4-7 says:** *"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, and always perseveres."*



### Sometimes Unconditional Love Is Hard

When we love unconditionally, it means that we even have to love people in tough times. This means loving someone when they're being rude or inconsiderate. It also means loving our enemies. Unconditional love takes work.

**Matthew 5:43-48 says:** *"You have heard people say, 'Love your neighbours and hate your enemies.' But I tell you to love your enemies and pray for anyone who mistreats you. Then you will be acting like your Father in heaven. He makes the sun rise on both good and bad people. And he sends rain for the ones who do right and for the ones who do wrong. If you love only those people who love you, will God reward you for that? Even tax collectors love their friends. If you greet only your friends, what's so great about that?"*

### LOVE today

How does Love from others make you feel? Love can be expressed in so many ways. A hug, a kiss, a "well done!" or an "I love you" are immediately recognised as expressions of love. Other expressions may be more subtle. Showing interest in others lives, showing kindness and patience, going out of our way to make someone feel special - these, too, communicate love.

Fortunately, great amounts of time are not required for us to begin expressing more love. Seconds and minutes are sufficient to lay a gentle hand on a shoulder, to sit together, share a gentle smile or the holding of a hand.

So as we feel the warmth of summer, let's consider the importance of love. Let's give more of ourselves & show more love in the things we do & the words we say to those around us.

**By Carmel Hayden** - Volunteer & Pastoral Care Coordinator, Maranatha QLD

## Bereavements

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



# Volunteer Corner



## SPOTLIGHT ON A VOLUNTEER - Val



Hi my name is Val, I was born in Essex England in 1954.

I travelled with my parents and sister overland from England through Belgium to India by car and caravan then by boat to what was then Ceylon, from there by aeroplane to Darwin, Australia. We finally settled in Adelaide for a few years before returning to England for a short time, before we then returned to live at Bondi, Australia.

I was married and had 2 sons; we moved to the Central Coast in 1974. I was divorced in 1989 and started working for a promotions company promoting Clubs and Discos until 1992. I spent 18 months on a small yacht sailing the eastern coast of Australia, coming back to the Central Coast and then working at Old Sydney Town as their Functions and Wedding Coordinator until it closed in 2000. I had met my now husband and have since travelled to Fiji, Thailand, Vanautu, Italy, Turkey, Egypt, Rwanda, South Africa, Cambodia, Vietnam and most recently Peru.

After Old Sydney Town closed, I trained as a Leisure and Lifestyle Coordinator doing my practical at Chamberlain Gardens. Once qualified, I started work in the high care unit. A back injury meant I could no longer work. I loved working with the residents and missed it so much that after an operation on my back, I returned to Chamberlain Gardens as a volunteer a few hours a week. I hope to continue as a volunteer as long as possible as I find it so very rewarding and I greatly enjoy the company of the residents.



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

**Jan Murray on 4329 8016 or  
jmurray@chomes.com.au**

**Volunteer & Pastoral Care Coordinator**

# Read, Rest & Relax!



## SUMMER OUTINGS/IDEAS

*It's that time of year when the outdoors call! Spending time outdoors is good for all ages, but especially beneficial if you are "getting up there" in years. It increases our vitamin D levels, which helps fight certain conditions such as osteoporosis, cancer, heart attacks and depression.*

- **Picnic at a local park/playground** - bring the kids too during school holidays for more fun!
- **Fishing Excursion** - You can cast a rod for fun from a fishing pier or along a riverbank
- **Reinvent your Green Thumb** - did you/your loved one always enjoy gardening? Plant your vegetables or flowers in raised flowerbeds or pots to help with reduce bending over.
- **Attend a Coffee Group** - or start one with your friends and neighbours. Members can take turns hosting in their homes or in a local cafe. Meet once a week or monthly.
- **Go to the beach** - whether its for a stroll or a dip, the beach is always invigorating.

## COMMUNITY EVENTS

- **Attend Museum Activities** - many museums/societies offer summer activities for free.
- **Catch a Sporting Event** - enjoy a local team, your grandchild's team, or even a professional event. Many stadiums offer discounts for senior citizens.
- **Walk Around the Flea Markets, Farmers Markets or Craft Shows** - check the community events section in your local newspaper or search the internet for your local area events.
- **Catch a Movie** - many communities offer outdoor movie nights/events during the summer months. If it is an especially hot afternoon, check for your local cinema for senior discounts/day.



## Christmas Pavlova Wreath

- 4 egg whites
- pinch of salt
- 115g caster sugar
- 2 teaspoons cornflour
- 1 teaspoon vanilla essence
- 1 teaspoon malt vinegar
- 300ml cream
- 500g fresh berries and cherries



1. Preheat the oven to 170°C.
2. Cut a length of baking paper about 90cm x 10cm wide. Make into a circle standing on its edge and secure with paper clips. The circle needs to be 25cm diameter. Cut another length of paper to form a smaller circle of 8cm diameter. Line a baking tray with baking paper and place the large circle.
3. Beat the egg whites and salt until peaks form. Add the sugar a little at a time while beating until very thick and glossy. Sieve in the cornflour and gently fold in along with the vanilla and vinegar.
4. Spoon the mixture around the inside of the large paper ring to form a ring shape. At this point nestle the smaller ring in the centre to help get an even ring.
5. Place in the oven and immediately reduce the temperature to 120°C. Bake for 2 hours. Remove from the oven and cool.
6. Very carefully remove the baking paper from the pavlova and place the pav on a plate. Whip the cream to soft peaks and spoon over the pavlova then arrange the berries and cherries on top.

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>

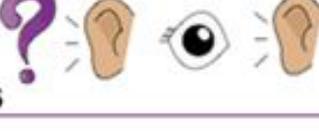
E<sub>1</sub>

# Christmas Carol Picture Puzzle



Each numbered box contains pictures that are clues to its title.  
Write the number next to the carol it matches.

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Angels We Have Heard on High | <input type="checkbox"/> O Holy Night          | <input type="checkbox"/> I Heard the Bells on Christmas Day |
| <input type="checkbox"/> Caroling of the Bells        | <input type="checkbox"/> Little Drummer Boy    | <input type="checkbox"/> Do You Hear What I Hear?           |
| <input type="checkbox"/> Away in a Manger             | <input type="checkbox"/> Silent Night          | <input type="checkbox"/> I Saw Three Ships                  |
| <input type="checkbox"/> While Shepherds Watched      | <input type="checkbox"/> Mary, Did You Know?   | <input type="checkbox"/> Go Tell It on the Mountain         |
| <input type="checkbox"/> Joy to the World             | <input type="checkbox"/> What Child is This?   | <input type="checkbox"/> Hark the Herald Angels Sing        |
| <input type="checkbox"/> O Little Town of Bethlehem   | <input type="checkbox"/> The Holly and the Ivy | <input type="checkbox"/> We Three Kings of Orient Are       |

1 	7 	13 
2 	8 	14 
3 	9 	15 
4 	10 	16 
5 	11 	17 
6 	12 	18 