

Christadelphian Aged Care

2019/20 SUMMER NEWSLETTER

CASA MIA

Address: 28 Alma Road, Padstow NSW, 2211 Phone: (02) 8707 6010 Email: admin@chomes.com.au

Manager's Message



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

A *Saviour*

WHICH IS *Christ*

THE LORD

LUKE 2:11



Dear Residents and Families,

Summer is swiftly approaching and soon we'll be able to enjoy longer and warmer days.

It's important to drink plenty of fluids and keep as cool as possible by using air conditioning or fans if available, and to use moist cool towels on your skin during this lovely, warm season. Water, fruits and vegetable juices are best, and they are available at our home for you at any time.

Headache, confusion, dizziness, or nausea could be a sign of a heat-related illness. Please remember to use sunscreen when you go out to the garden with your loved ones or staff. Our lovely staff are here for you to provide you with assistance to maintain your wellbeing, as well as to recognise and respond to any deterioration or changes with your health in a timely manner.

Please be aware that by attending monthly Resident Relative Meeting you have a chance to learn about the latest news and developments happening at Casa Mia, and you can get the chance to make a difference in our home.

Please welcome Matt, our new maintenance staff, who recently commenced his work at Casa Mia. Matt is always very keen to assist you with any request you may have.

Lastly I would like to inform you about the new electronic medication system which started a few weeks ago. Medication Management is a residential aged care software solution that helps staff improve the quality management of medication and create efficiencies. Best dose and Best doctor have been introduced after conducting thorough training with the doctors and nursing staff. Each medication trolley now has iPads for staff to use during the medication round.

I wish you all happy summer!

Kind Regards, **Aneta Piaskowska**

- Director of Consumer Care & Services



News & Upcoming Events



DECEMBER	JANUARY	FEBRUARY
Emilia Z	Ernest T	William F
Shirley R	Marie DB	Kati Z
Daniel B	Shirley M	Andraya A
Lillian O	John B	Arthur S
Brian M	Ernest T	Gwenneth S
Doreen M		Agata F
Daniel H		Marie S
James F		Helen W
Rachel M		Leslie F
Jack B		
Nancy H		
Maria A		

UPCOMING EVENTS

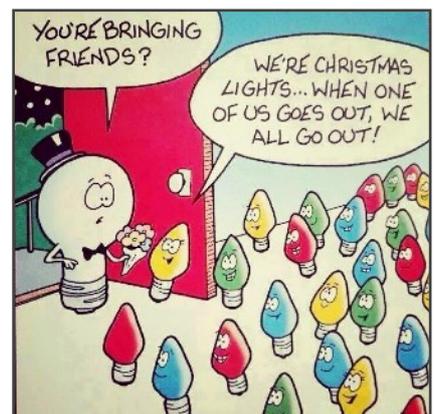
- DECEMBER**
- 9th** - Entertainers: Patrick Brady & Dr Cameron
 - 9th** - Christmas Family Dinner
 - 11th** - Pet Therapy
 - 24th** - Christmas Eve
 - 25th** - Christmas Day

*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



Activity Reviews

LITTLE HELPERS

The 'Little Helpers' often visit Casa Mia, where they team up with our residents and create fun and interesting things for Grandparent's Day, Teacher's Day and Police Appreciation Day.

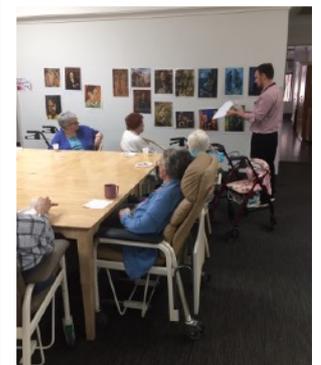
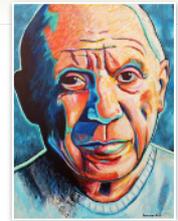
The Little Helpers allow our residents at Casa Mia to express their creative side.



ART APPRECIATION

On 24 October, the residents of Casa Mia had celebrated Pablo Picasso's birthday a day earlier in which the residents had the opportunity in seeing Picasso's famous paintings displayed around the Casa Mia facility.

We here at Casa Mia had a chance to learn about all the paintings and about Pablo Picasso's life.



BEER MAKING

The residents at Casa Mia will be able to brew their own beer, in celebration of discovering Germany and Oktoberfest.

The activity will give the residents a chance to brew their own beer and be able to learn about the whole brewing process and within a few weeks' time, the residents at Casa Mia get to taste the beer they created from scratch.



Activity Reviews

BIRTHDAY TEA

The residents at Casa Mia get together on the last Friday of every month to celebrate every birthday during the month.

Each resident receives a personalised birthday card which was created during the craft activity.



INDOOR TEN PIN BOWLING

Indoor ten pin bowling is an activity that is held once a month. It is something that the residents love doing here at Casa Mia, as it allows them to have fun doing an activity that is easy with their friends, while enjoying some afternoon tea.



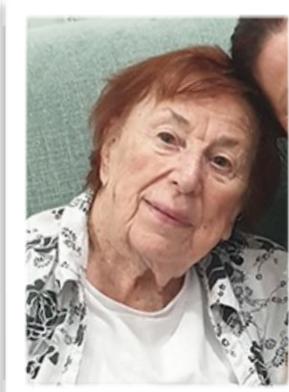
MOVIE NIGHT

Movie Night at Casa Mia is a new tradition where the first Friday of every month, residents select a movie they would like to watch. We have a variety of popular selections such as action movies, romance movies and the famous Andre Rieu.

Movie night is a fun afternoon where residents sit back and relax while enjoying some of their favourite snacks and drink.



Resident Story - Barbara



Barbara was born in the Eastern Suburbs and spent her whole life there, where she went to school and became a nurse for St Vincent's Hospital. Barbara married her husband, who was an interior decorator. Barbara and her husband had 1 beautiful girl and later 2 twin girls, which was a happy surprise for them.

Barbara is now a grandmother, a great grandmother and a newly proud grandmother in law, as her granddaughter married Veronica's eldest son.



Staff Profile - Veronica



Veronica is a part of our big family here at Casa Mia and has been with us for 5 ½ years.

Veronica started working in the laundry before becoming an Assistant in Nursing, which gave her the opportunity to connect with the residents and

develop long lasting friendships. Veronica later moved to a RAO position and later became a physio aid.

Veronica has 5 beautiful children and a new beautiful daughter in law, as her eldest son got married over the weekend at Cambewarra Estate Winery, to Barbara's granddaughter.



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?"*

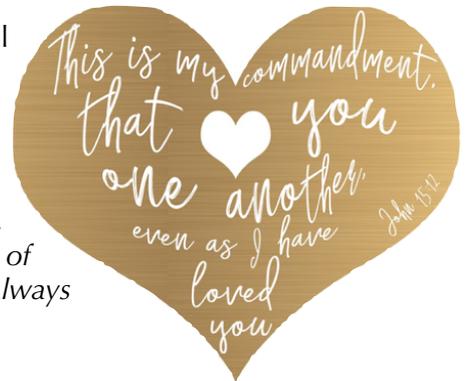
LOVE today

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



Our volunteer program is an integral part of the way that we at Christadelphian Aged Care provide services to our residents and care recipients.

Volunteering is a personally rewarding experience.

We benefit from dedicated volunteers giving freely of their time to help enrich the lives of our residents and supplement the service of our employees to provide additional interaction with the world at large. Volunteers and staff work together to encourage residents to participate in a variety of social activities.

Volunteers help includes:

- Visiting and talking with residents
- Providing Pastoral Care so someone can be with your loved one when you cannot
- Reading books
- Providing musical entertainment including sing-a-longs
- Running craft activities
- Playing board games or cards
- Teaching about using computers
- Manning cafés, serving coffee and light meals
- Fetes and fairs
- Bus outings



Our residents greatly appreciate the services and enthusiasm of our volunteers.

If you are interested in becoming a volunteer please contact us.

To find out more about volunteering, please contact our
Pastoral & Volunteer co-ordinators



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

**(02) 8707 6010 or
admin@chomes.com.au**

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.

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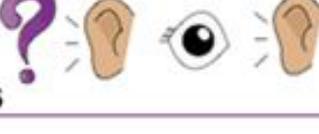
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Christmas Carol Picture Puzzle



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 |

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