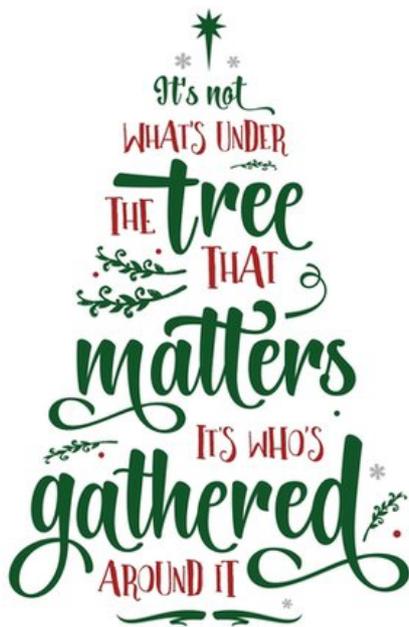


Christadelphian Aged Care

2019/20 SUMMER NEWSLETTER

# NORTHCOURT

**Address:** 7 Saunders Street, North Parramatta **Phone:** (02) 9683 8000 **Email:** admin@chomes.com.au



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

A *Saviour*

WHICH IS *Christ*

THE LORD

LUKE 2:11

## Manager's Message

The sultry embrace of the sun is once again reminding us that it's nearly the end of 2019 without even noticing, as the days been quite a blast this year!

First of all on behalf of Northcourt team, I would like to express our sincerest appreciation to all our residents, residents' relatives and advocates, catering and cleaning contractors, corporate support, maintenance, volunteers, visitors and everyone else contributed for all the achievements, successful events and battled challenges we have had through the year.

At Northcourt, we continuously aim to provide the best service for all our residents and hence everyone's feedback and suggestions are always welcome in order to improve the ways and means we deliver care.

Christmas spirit is just lurking around the corner, to most of us it's considered an important celebration of sharing LOVE and PEACE with our dearly beloved as we commemorate the birth of our Lord Jesus Christ.

Extending our warmest wishes for a Joyful Christmas and Prosperous New Year to all!!!

Kindest Regards, **Marilou Molina**

- Director of Consumer Care & Services



# News & Upcoming Events



DECEMBER	JANUARY	FEBRUARY
Maria Casella	Greg Calveley	Robyn Croft
William Field	Bruce Holden	Lisbello Dorozari
	Bruce Holden	Beryl Eagar
		Ananda Wettasinghe

## UPCOMING EVENTS

### DECEMBER

- 10th - Residents' Christmas Party @ 2pm
- 12th - Staff Christmas Party @ 1pm
- TBA - Christmas Lights Bus Outings

### JANUARY

- 26th - Australia Day BBQ

### FEBRUARY

- Culture of the Month: Waitangi Day
- 5th - Chinese New Year
- 14th - Valentine's Day
- 25th - Shrove Tuesday



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

## LIFESTYLE PROGRAM

It is certainly lovely to feel the warm sun returning. At Northcourt, we strive to provide diverse range of activities that meet the emotional, health, intellectual, spiritual and cultural needs of residents.



Northcourt holistic lifestyle program is divided into five clubs. These clubs identify the lifestyle needs of each resident. Programs are designed in consultation with our residents and their relatives. Families and relatives are also encouraged to participate in our programs and provide feedback if there are any changes in programs they would like to see.



## CULTURAL & CELEBRATION DAYS

In the previous months, we celebrated Italian and Fiji Cultural Day as part of our Cultural Diversity in Leisure and Lifestyle program.



Residents also enjoyed the high tea celebration for International Day for Older People.



# Activity Reviews

## REGULAR ACTIVITIES

We introduced new games like Water Pong, Fitness 2 Wellbeing, Walk with Me, Ladies group and individual activities.



## 60TH WEDDING ANNIVERSARY

Recently, it was a very special day for Barbara and Phil Thompson, who celebrated their 60th Wedding Anniversary.

*Congratulations!*



## MEMORY SUPPORT

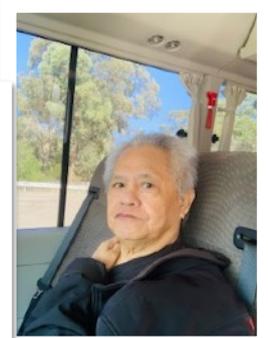
Northcourt Memory Support residents have program like play dough, sorting and pairing socks, folding the washing, doll therapy and many more.



# Activity Reviews

## BUS OUTINGS

Northcourt residents have been on a bus outings regularly with overwhelming positive feedback with recent sites such Canada Bay, Hawkesbury Heights and Yellomundee Recreation Park.



Yellomundee Recreation Park



## REGGIO EMILIA: EARLY LEARNING CENTRE VISIT

We were visited by 30 children from the Early Learning Centre, Reggio Emilia in Parramatta for Grandparents Day. They shared their talents during morning tea for our residents.



Room visits are done daily at Northcourt.

**We hope you enjoy all the photos from our Activities Corner! Until next time...**

# Resident Story - Barbara Brovedani



This September, I was fortunate enough to visit my late husband's side of the family in the North of Italy in the Friulan area. We stayed with my nephews and their families. Plus, I also got to see my sister in-law Lole, one of my husband's sisters, who is 91. While we were there, we celebrated my daughter, Julietta's 50th birthday surrounded by all the Italian side of the family - while dining at a Michelin star chef's restaurant. We had a wonderful time with them all, since we hadn't see them in over 20yrs.

After that, we caught The Celebrity Edge from Rome to the Western Mediterranean for a 10 day cruise. It's a



new beautiful modern ship and the ports were terrific. We visited Pompeii, Sorrento, Mallorca, Barcelona, The French & Italian Riviera, plus Pisa and Lucca in Italy.



While in Monaco, Prince Albert drove passed us in his car, but he didn't stop to give us a lift unfortunately. We ate we drank and we saw lots of wonderful new places of this wonderful part of the world.

# Staff Profile - Imelda Sofia Payumo



Hi, I'm Sophie and I have been working here at the lovely Northcourt home since 2014 as a Registered Nurse. I started painting in May this year by accident; one day I bought an easel for my son but turned out he is not interested in learning how to paint, so instead I started being inquisitive and went searching on YouTube on the internet. A few months later, here are my pioneer finished products.

I find painting as a way of communicating my thoughts and feelings, for me it's a "win win" hobby. In my opinion, if the painting makes sense, good, if not, it becomes an abstract.

Interpretation of a painting depends on each individual, as they say "beauty is in the eye of the beholder".

I humbly share my hard earned work of arts to everyone especially to all our residents as it could be a reminder of a place they have been, a warm feeling of a once youthful life or simply to brighten one's day.

*So please, enjoy!*



# 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?"*

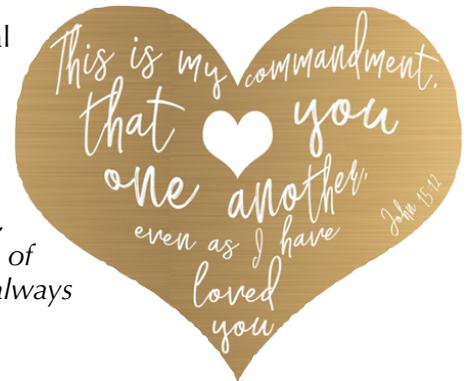
### LOVE today

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



On behalf of the Northcourt team and residents, we express our sincerest appreciation to Elaine and company for continuously sharing their love of music and harmony for all residents to enjoy.



*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***

***Volunteer & Pastoral Care Coordinator***



Summer.

Hair gets lighter. Skin gets darker.  
Water gets warmer. Drinks get colder.  
Music gets louder. Nights get longer.  
Life gets better.

# 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 