

Christadelphian Aged Care

2019/20 SUMMER NEWSLETTER

SOUTHHAVEN

Address: 11 Queensbury Rd, Padstow Heights **Phone:** (02) 9782 6010 **Email:** admin@chomes.com.au

Manager's Message

Dear Residents and Families,

We welcome Ace Quilao, who has joined our Clinical Manager team. Sarah, our senior Clinical Manager, is responsible for Treetops, Carla is responsible for Bluegum and Ace is responsible for Riverside. We also have a new Resident Services Officer, Zainab. It's great to have the final care team together at last.

The Pastoral Care Coordinator position is still being recruited.

The Riverside lift replacement works are on schedule and most of the noisy works have now been completed. Thank you everybody for your patience and understanding during this difficult time.

The new crockery and cutlery arrived on the 12th November.

We are still awaiting advice on the planned refurbishment for Treetops and will let you know when a decision has been made.

A reminder that there is Laundry Register in each of the areas where there is missing clothing.

We are heading towards Christmas. Please save the 18th December for Christmas festivities. Invitations will be sent shortly. Hope you can come and join us for the event.

We would like to wish you all a safe and Merry Christmas.

Kind Regards, **Penny Prior**
- Facility Support Manager

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



Upcoming Events

DECEMBER	JANUARY	FEBRUARY
Treetops	Treetops	Treetops
2nd - ½ Day Bus Trip 17th - Panania Child Care visit 23rd - ½ Day Bus Trip 24th - Entertainment with Ian Blakeney	13th - ½ Day Bus Trip 23rd - ½ Day Bus Trip 24th - Entertainment with Ian Blakeney 27th - Australia Day	3rd - ½ Day Bus Trip 14th - Valentine's Day 20th - Club Outing 24th - ½ Day Bus Trip 26th - Pet Therapy with Velette
Blue Gum	Blue Gum	Blue Gum
11th - Pet Therapy with Velette 16th - ½ Day Bus Trip	6th - ½ Day Bus Trip 27th - Australia Day	14th - Valentine's Day 17th - ½ Day Bus Trip 20th - Club Outing
Riverside	Riverside	Riverside
3rd - Lugarno Primary School visit 9th - ½ Day Bus Trip 30th - ½ Day Bus Trip	20th - ½ Day Bus Trip 22nd - Pet Therapy with Velette 27th - Australia Day	10th - ½ Day Bus Trip 14th - Valentine's Day 20th - Club Outing



Happy Birthday to you...

DECEMBER	Richard C, Jerry W, Elsie W, John W, Betty W, Noella G, Bill H, Jean M, Karen P, Pamela T, Harry H, Arthur M
JANUARY	Andrew K, Jordan M, Clare R, Diana K, Linda S, Alida V, Paricia W, Joyce P, Barbara G, Gwen G, Bessie H, Val A, Talib S, Michael U
FEBRUARY	Ted C, Mary C, Wayne S, Dulcie M, Bill B, Nita E, Mary H, Costance Z, Elizabeth M, Ken H, Betty S



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facebook.com/christadelphianagedcare




 Have a
 Very Merry
 Christmas
 and
 Happy New Year

Activity Reviews

HORSE THERAPY

For people living with dementia, loneliness, depression, anxiety and confusion are common. Pet Therapy can help reduce these symptoms and remove some of the anger, helplessness and frustration experienced by those living with dementia as their condition progresses.

At Southhaven, we had a special guest 'Bushman' who visited our residents". He was a very special horse who managed to put a big smile on their faces, while they were petting and caring for him. It is always such a joy to have 'Bushman' the horse and we look forward to many visits in the future.



Activity Reviews

SHUFFLEBOARD

In a bid to increase senior participation rates in recreational and healthy activities, a shuffleboard was installed at Southhaven for the enjoyment of our residents.

“Shuffleboard is easy to play and is a unique sport that everyone can enjoy while still experiencing the excitement of real sport and teamwork”, said Steve Mortimer OAM, founder of Steve Mortimer’s Australian Shuffleboard.

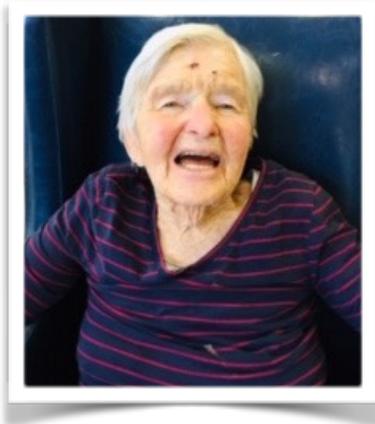
The Shuffleboard game is very easy to learn, players play against each other and try to achieve the highest points by gliding pucks down opposite sides of the table into scoring zones. With rules similar to lawn bowls, the game is played at hip-height which makes it comfortable and suitable for people of all ages and physical fitness to enjoy.

Recently, we took a small team from Southhaven to compete against other Aged Care facilities at Beauty Point Retirement Resort. It was a fun day for our residents who enjoyed the competition and getting to socialise with residents from other facilities.

Our team is very serious and practice their Shuffleboard skills on a weekly basis to get ready for the next competition.



Resident Story - **Monica McIntyre**



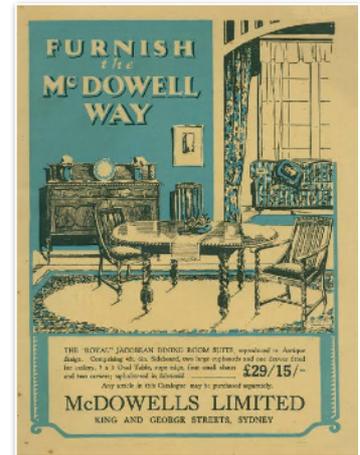
Monica was born on the 3 August, 1927 in her family home in Tempe. She was the youngest child to her parents, Annie and Jack, with elder twins John and Mary and older sister Nell.

Monica enjoyed a very happy childhood. After leaving school, she began work in the city at the big retail shop of the day – McDowell's.

During her late teen and early twenties, she joined the local "Younger Set" social group. She led an active social life with a firm list of constant friends involved in holiday trips, bushwalking and swimming –

many photographs captured that fond memory of hers.

At one of the many inner city dances, she met a tall, dark and handsome man called Bob McIntyre, to whom she married on the 12 September, 1953 at St Peter & Paul Catholic Church in Tempe, followed by a wedding reception at the family home.



They honeymooned in Yamba and returned to live with her parents for the first 15 months until their home in Chester Hill was built.

In October 1955, they welcomed their first daughter Geraldine, who was followed by Louise, Bernice and Christopher over the next 11 years.

Monica was a stay at home mum who took pride in keeping a good family home, cooking, gardening, regularly attending her Catholic Church and visiting her two sisters who lived just 10 minutes away.

Monica and Bob frequently holidayed at the Central Coast, where they built a holiday home in later years. They also travelled to New Zealand, South Australia and Western Australia after Bob retired in 1989.

Monica lost her husband of 40 years in May 1994. She continued living in the family home at Chester Hill and welcomed the arrival of her 10th grandchild.

Monica maintained good health as the years progressed. Her extended family and friends celebrated her beautiful 90th birthday in the family home in 2017.

Unfortunately, 2018 wasn't as kind to Monica...

Monica has now found a new home at Southhaven. With the care, nutritious food and friendships from other residents, she is enjoying a better year than the previous one.



Summer
is
coming



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?"*

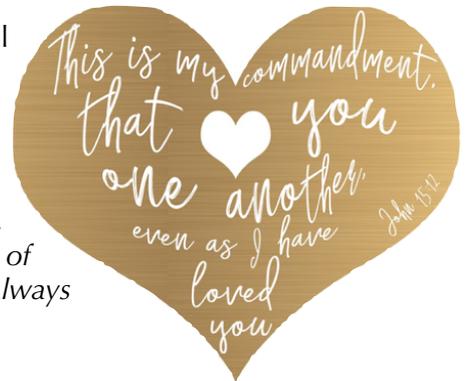
LOVE today

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) 9782 6010 or
admin@chomes.com.au**

Volunteer and Pastoral Care Coordinator

Permanent Part-Time - Padstow Heights

Christadelphian Aged Care is a respected and trusted not for profit aged care provider. We are seeking to recruit a Permanent Part-Time Volunteer and Pastoral Care Coordinator. The successful applicant will be based 3 days a week at Southhaven (Padstow Heights)

Responsible for the effective and efficient recruitment and allocation of volunteers and pastoral carers at the facility in harmony with the requirements of staff and residents. To facilitate a caring environment in which spiritual and emotional support is provided for residents and families when requested.

The role involves:

- Manage and develop a team of volunteers and pastoral carers, including assessing their skills, knowledge and work preferences and providing training where required.
- Recruit volunteers and pastoral carers with suitable skills and knowledge for appropriate areas to meet the needs of the organisation.
- Develop a strong relationship with the facility manager and recreational activity officers, and the volunteer and pastoral care coordinators at other facilities.
- Understand the requirements of residents and the organisation and match these with the available volunteers and pastoral carers.
- Assist facility in meeting all accreditation and resident protection requirements, including ensuring that all volunteers and pastoral carers have a valid and current police clearance to work in the aged care sector.
- Attend relevant training.
- Provide Pastoral Care administration and co-ordination

Essential Criteria:

- Previous experience in a similar role
- Ability to engage with a large number of people and encourage them in the volunteer and pastoral care program
- Ability to implement programs with people from diverse backgrounds
- Ability to work flexible hours on occasion, as the role will require attendance at meetings or events and contact with volunteers and pastoral carers outside normal working hours
- Computer literate, or willingness to undertake relevant training
- Ability to demonstrate insight into human interactions and an ability to listen with empathy
- An understanding of the spiritual dimensions of life
- Ability to work independently on multiple tasks with minimal supervision
- Ability to communicate effectively on the phone and in writing with a professional presence
- Willingness to be an advocate for the volunteer and pastoral care program
- Appointment to the position is dependent on a valid police clearance and relevant Work Rights Status.

To apply for the role, please forward your resume and covering letter describing your experience and suitability specific to this position to recruitment@chomes.com.au.



Southhaven Aged Care
11 Queensbury Road, Padstow Heights NSW 2211
(02) 9682 6000 • www.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.

P₃ U₁ Z₁₀ Z₁₀ L₁ E₁

A₁

G₂

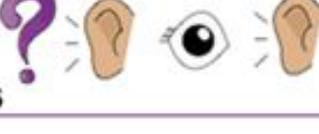
E₁

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 