

Christadelphian Aged Care
2020 AUTUMN NEWSLETTER

CASA MIA

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Leaves
ARE FALLING
Autumn
IS CALLING

Now these
THREE REMAIN:
FAITH, HOPE & LOVE
BUT THE
GREATEST
OF THESE IS
Love
1 Corinthians 13:13



Manager's Message

Dear Residents and Families,

Autumn is approaching and days are going to be shorter and cooler as we head towards winter. Autumn represents the presentation of life and its basic necessities. During this time animals prepare for the winter by storing food and creating cosy hibernation spaces. Please be reminded to protect yourself by wearing layers and thicker fabrics.

Sodexo, with your consultation, will introduce the winter menu. We will focus on your health by boosting your immunity through habits, nutrition, and flu immunisations.

Dear families, please reconsider visiting your loved ones if you have symptoms such as a sore throat, fever, or runny nose. You may put other people at risk. Please reschedule your visit to another day when you are feeling better. If your visit is urgent, please notify the staff when you arrive and put on a face mask.

I would like to take the opportunity to thank everyone for a wonderful Christmas at Casa Mia, it was really wonderful to see so many of you during the Christmas Party. It was an astonishing event.

Let's reflect on the Australian bushfire season, which started early due to the drought and thank all of the fire-fighters who are battling hundreds of bushfires to protect all of us and our country.

It has been a very busy time for everyone. The renovation of another 4 rooms, 3 bathrooms and utility room commenced a few weeks ago. To improve our environment and refresh our home, new lounge chairs will be purchased soon.

A reminder that your feedback is important to us and will be handled with confidentiality. Please feel free to contact me directly with any concerns or see the Clinical Manager Elena, who came back from her maternity leave at the beginning of December.

New families and residents, I would like to provide you with the link about the new standards which came to Aged Care last year. If you would like to have more information about the new standards please see myself, CM Elena, or DT Sead.

Kind Regards, **Aneta Piaskowska**

- Director of Consumer Care and Services



News & Upcoming Events



MARCH	APRIL	MAY
Gloria	Gladys	June
Ursula	Daria	Maureen
John	Elaine	Rhonda
Samir	Gjorgija	
John	Joseph	
Audrey	Maha	
Anne		



*Peace, quiet and rest is her message,
Tired scenery heeds her call.
This gracious lady is autumn,
Loveliest season of all.*



UPCOMING EVENTS

MARCH

- 2nd - Dance Tutors
- 4th - Pet Therapy
- 16th - BBQ
- 18th - Healing Mass
- 25th - Celebrating Greek Independence Day

APRIL

- 1st - Pet Therapy
- 10th - Good Friday
- 15th - Entertainer: Tony Martin
- 24th - Anzac Day Service

MAY

- 5th - Discovering Mexico
- 6th - Pet Therapy
- 10th - Mother's Day High Tea
- 14th - Entertainer: Patrick Brady



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



Activity Reviews

MELBOURNE CUP

On November 5th, the residents at Casa Mia celebrated the Melbourne Cup. The day was full of laughter, fun and racing spirit, not to forget the wonderful food and champagne served on the day. The female residents each had their own fascinator and the gentle men had their top hats, which helped set the atmosphere for the race that stops the nation.



BEER MAKING

The residents of Casa Mia had finally brewed their first batch of beer. After the whole lengthy process of pouring in the malt extract, combining it with the yeast, the fermentation of the beer and the 2 weeks waiting period for the beer to mature, we finally got to the stage of bottling our beer and waiting for another 2 weeks for the beer to carbonate. The whole process was worth the wait as soon as the residents had the first taste of a successful batch!



The residents now have the beer during happy hour and are looking forward to making ginger beer in the future.

DANCE TUTORS

The dance tutors Charles and Camuglia are a welcome sight at Casa Mia. They provide an exciting environment which allows the residents of Casa Mia to get up and express their creative side and bring out their hidden dancer, which everyone has.



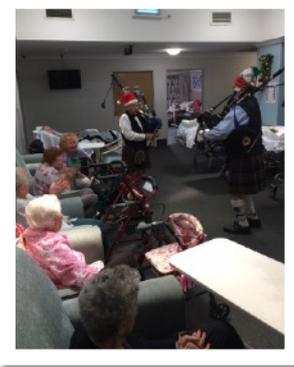
Activity Reviews

CHRISTMAS PARTY

The residents at Casa Mia had enjoyed our Christmas Party which was full of joy, love and laughter, with plenty of food, drinks, family visitors and entertainers.

Christmas lunch was perfect, with traditional ham and turkey served with gravy and cranberry sauce, the tables were set up with beautiful Christmas decorations and were lucky enough

to receive a visit from Santa Claus. We had our very own Dr Cameron play the bagpipes for Christmas followed by Patrick Brady our entertainer who sang Christmas carols for a perfect finish to a perfect day.



BIRTHDAY TEA

Birthday Tea is a favourite monthly activity in which the residents get together to celebrate each other's birthday during the month.

December is the busiest month, with over 12 residents celebrating their birthday.



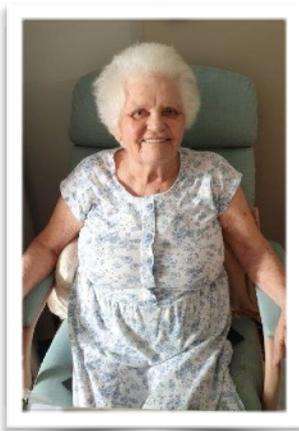
COOKING

The residents enjoy participate in cooking group which is held monthly.

In January, the residents enjoyed making Pavlovas. We had whipped our own filling and chose our toppings, with a wide range of choices such as blueberries, strawberries, passionfruit, bananas, and mangos.



Resident Story - Beverley P



Beverley grew up and lived in Bankstown all her life since she was 6 weeks old. Growing up, she had one sister and two brothers.

At a young age, Beverley developed a passion for swimming and was on the same swim team as Australia's very own three time Olympic gold medal winner Dawn Fraser.

Beverley later developed a passion for nursing and her talents took her all over the world to over 57 countries such as India, Afghanistan, and Iran, all over Europe, USA, Scotland and England where she made a lot of new friends with her job as a nurse.



When in England, Beverley and her nursing friends were invited by the queen mother to join her in the Buckingham Palace for afternoon tea; she was stunned by the beauty and size of the Buckingham Palace.



Beverley keeps in contact with all the friends she made all over the world with weekly postcards.



Beverley currently enjoys spending time with her brothers who drive down from Tenterfield and Bonnet Bay to visit her every few months.

Staff Profile - Sonia

RESIDENT SERVICE OFFICER

Sonia is a new welcomed part of our family here at Casa Mia. She has been a part of our family for over 6 months and she is our Resident Service Officer.

Sonia has two adult children who live busy lives. Prior to joining our family here at Casa Mia, Sonia worked for Multiple Sclerosis Australia for 7 years as an events and fundraising team leader.

Sonia loves to garden when she is at home and to spend time with her family.



KNOW PNEUMONIA

KNOW YOUR RISK & PROTECT YOURSELF

Pneumonia is a common and potentially fatal lung infection that should not be underestimated. One of the most life threatening types is Pneumococcal Pneumonia.ⁱ

WHO IS AT RISK?ⁱⁱ Pneumococcal pneumonia can affect anyone, but those at a higher risk are:



65+ years young



Tobacco smokers



People with medical conditions such as diabetes, cancer or a chronic disease affecting the lungs, heart, kidney or liver.



Indigenous Australians



Infants aged 12 months and under

SYMPTOMS^{iv}



Difficulty breathing



Cough



Fever



Fatigue



Chest pain

HOW DO YOU CATCH IT?^{ix}



Pneumonia is easily spread through sneezing and coughing.

The infection can develop in just 1 – 3 days.

TREATMENT^v Can include:



Hospital admission



Plenty of fluids



Antibiotics & medication



Rest

PREVENTION



Hand & home hygiene^{i, vii}



Quit smoking



Vaccination

Free for Australians 65+, Indigenous Australians & infants 12 months or under^{ii, viii}

FAST FACTS



Over 77,500 pneumonia hospitalisations in Australia each year.^{iii (2011-12)}



The average hospital duration rises with age, from 6 days for those under 65, to 13 days for those 65+.^{vi}

BARRIERS^x

Why don't people protect themselves? Research shows they don't know:

- they are at risk
- steps to protect themselves
- the severity.

IF YOU EXPERIENCE ANY SYMPTOMS SPEAK TO YOUR DOCTOR.

FIND OUT MORE

lungfoundation.com.au
or phone 1800 654 301.



SUPPORT

For more information, resources and access to patient support services, please contact Lung Foundation Australia.



Lung Foundation Australia

when you can't breathe... nothing else matters[®]

ⁱ World Health Organization (WHO). Pneumonia fact sheet. September 2016. WHO. Available at <http://www.who.int/mediacentre/factsheets/fs331/en/> [last accessed Feb, 2017].
ⁱⁱ NIMHRC. The Australian Immunisation Handbook, 10th Edition, 2013 (updated June 2015) Chapter 4.13. Available at [http://www.immunise.health.gov.au/internet/immunise/publishing.nsf/content/7928E8F57E0995CA25704001D8F85F51e/\\$File/Aus-Imm-Handbook.pdf](http://www.immunise.health.gov.au/internet/immunise/publishing.nsf/content/7928E8F57E0995CA25704001D8F85F51e/$File/Aus-Imm-Handbook.pdf) [last accessed Feb, 2017].
ⁱⁱⁱ Lung Disease in Australia, 2014, Woodcock Institute of Medical Research.
^{iv} Department of Health and Ageing. Immunise - Pneumococcal Disease. Last modified April, 2015. Available at <http://www.health.gov.au/internet/immunise/publishing.nsf/content/immunise-pneumococcal> [last accessed Feb, 2017].
^v State Government of Victoria - Better Health Channel. Pneumonia. Last modified June 2015. Available at http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Pneumonia_explained [last accessed Feb, 2017].
^{vi} Australian and New Zealand Society for Geriatric Medicine. Position Statement - Immunisation of older people. Australas J Ageing 2016; 35(1): 67-73
^{vii} Jacups SP, Cheng A. The epidemiology of community acquired bacteremic pneumonia, due to Streptococcus pneumoniae, in the Top End of the Northern Territory, Australia - Over 22 years. Vaccine. 2011; 29: 5386-5392.
^{viii} AIHW. Australia's health 2014. Australia's health no. 12. Cat. no. AUS122. Canberra: AIHW.
^{ix} Centres for Disease Control and Prevention. Pneumococcal disease. Available at <https://www.cdc.gov/pneumococcal/diseases/clinical-features.html> [last accessed March, 2017].
^x Lung Foundation Australia 'Know Pneumonia' 2017 research survey. Conducted by YouGov, commissioned by Lung Foundation Australia. April 2017.

A Gift with a Difference

WRITTEN BY ROD GRAYDON



Finding a gift for a relative or friend can sometimes be challenging, especially if they are in an Aged Care home or Retirement Village where they have most of the things they need.

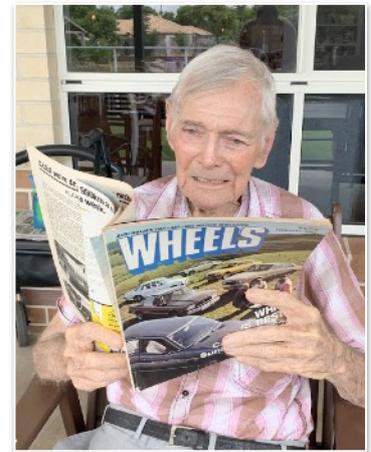
Popular presents include flowers, chocolates, socks or lottery scratch it tickets. But what if others in the family give the same?? A few years ago, I thought about giving a personal gift and realised the internet has opened up a whole new world of opportunities.

First was a birthday present for my dad, Bob. I went onto eBay, an online marketplace, and typed in his date of birth 23rd December 1923 and found a National Geographic Magazine published on that date. He was rapt with it. Another friend for her 50th birthday received a Woman's Day Magazine published the day after she was born with a note that her mum was probably reading this whilst cradling her as a baby. Magazines, post cards of favourite places your relative/friend may have visited or even the sales brochure for a favourite car they may have had or longed for.

Simply go onto eBay or other sales sites and type in a date, be it a birthday, wedding day or other significant time. If you can't find the exact date try the month and year, i.e. March 1945. I have sourced magazines and brochures from around Australia and even other countries with the cost including postage often under \$20.

The possibilities are endless and the gift means so much more as you can all talk about it as you rekindle special times from the past.

The happy times you create today are the memories you'll cherish tomorrow.



Bob Graydon reading a 1980 Wheels Magazine with an article on the TE Cortina, a car he bought new in 1980.



Pastoral Care

LET US NOT *love*
WITH WORD OR SPEECH BUT WITH
actions AND *in truth*



WHAT TIME IS IT?

WHERE DOES TIME GO?

DO WE HAVE TIME?

It seems that we live our whole lives based around TIME, if we have enough of it, wondering where it went, what we can fit into the amount we have!!

Maybe it's Time to stop worrying about Time.

Recently, while entertaining my eight year old grandson with board games, he suddenly stopped what he was saying mid-sentence and said "Nan, what time is it?" I told him it was 12:15. He looked at me with absolute horror and said very seriously, "It's past lunch time". I then asked him if he was hungry and he said no, not really, but everyone knows that 12 o'clock is when you have lunch. Mmmmmmm.

And it was that conversation that started me thinking about how much emphasis we place on time and the fact that we can let ourselves live a little robotically if we are not careful.

Most of us live by the clock, when we rise, leave for work, return from work, have dinner, go to bed and so we begin all over again. ROBOTS, indeed.

But what about the time spent doing what really matters? Do we think about that often enough, do we make enough time for the things that can so easily be put aside for 'another time'.



Time spent relaxing with family and/or friends at home, at a party, on a picnic or BBQ. Time spent in solitude soaking up the beauty and wonder of a bush walk or the magnificence of a view from a high hilltop. Time spent in spring watching the new life of nature flourish all around us. Time spent in Autumn admiring the carpets of beautifully coloured fallen leaves on the ground. Time spent breathing in

the freshness of a rainy day or following the lone footprints on a long sandy beach.

When we are young, the shortest time span can seem to go on forever but as we age we come to realise that our time is indeed shortened daily so if we are wise and able we should take off our blinkers, expand our vision and absorb the wonders of God's gifts.

I recently found this quote written anonymously:

"Time is like a river. You cannot touch the same water twice, because the flow that passed will never pass again."

God's word advises us to use our time wisely because He knows there are many things in life that can distract us from what truly matters:

"Make the best use of your time, because days are short. Therefore do not be foolish, but understand what the will of the Lord is." - Ephesians 5:16-17

By Jan Murray

- Volunteer and Pastoral Care Coordinator, Chamberlain Gardens

Bereavements

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



Volunteer Corner



SPOTLIGHT ON A VOLUNTEER

Abigail Edgecombe



Hi everyone, my name is Abigail (Abi) Edgecombe and I have been volunteering at Casa Mia for one year now.

I was born in Australia to Australian and Philipino parents thirty years ago. I had a wonderful childhood growing up with three older siblings, three boys - the eldest being twins.

I enjoyed English and History at school, especially learning about different cultures from the past.

After school I went to Business College for a year and then went to work at a legal firm for seven years working in the trademarks team.

I am now a proud mum to two small children, one boy and one girl who definitely give me lots of joy and happiness together with a few challenges in keeping up with their never ending energy!

I love gardening, travelling and eating delicious food (especially when it's been home grown or handmade!). I have had the privilege of travelling to lots of different countries – back to the Philippines where my mum grew up as well as around parts of Europe and the UK.

I took on volunteering at Christadelphian Aged Care so that I could give back to the older generation who have, like my grandparents, worked a long hard life and have provided guidance and stability to our community.

I hope to continue in my volunteering role at Casa Mia for as long as possible, to provide companionship to the residents as well as provide a smile to their faces at the end of each visit.

INTERFAITH RELIGIOUS SERVICE

When: 2nd Friday each month at 10.15am

Where: Section 2

Who: **March 13th** - Grant Heslop from Padstow Baptist

April 10th - Peter Barnes from Revesby Presbyterian Church

May 8th - Jamie Wendt from Padstow Baptist Church



WELCOME!

Casa Mia offers regular Pastoral Care visits to all our residents.

Please do not hesitate to contact our Pastoral Care Coordinator: **Johanna Morgan**



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

Johanna Morgan on 8707 6010
or johmorgan@chomes.com.au

Volunteer & Pastoral Care Coordinator

Read, Rest & Relax!



SENIOR FUNNIES

- I'm the life of the party - even if it lasts until 8 pm
- I'm very good at opening childproof caps - with a hammer
- I'm usually interested in going home before I get to where I am going
- I'm smiling all the time because I can't hear a thing you're saying
- I'm very good at telling stories; over and over and over and over...
- I'm not really grouchy, I just don't like traffic, waiting, crowds, lawyers, loud music, unruly kids, barking dogs, politicians and a few other things I can't seem to remember right now
- I'm wrinkled, saggy, lumpy, and that's just my left leg
- I'm sure they are making adults much younger these days, and when did they let kids become policemen? And, how can my kids be older than I feel sometimes?
- I'm wondering, if you're only as old as you feel, how could I be alive at 150?
- I'm a walking storeroom of facts - I've just lost the key to the storeroom door



FLU PREVENTION TIPS



GET YOUR FLU SHOT

STAY HOME WHEN YOU ARE SICK



DRINK PLENTY OF WATER

EXERCISE OFTEN



WASH YOUR HANDS

EAT NUTRITIOUS FOOD



GET PLENTY OF SLEEP

COVER YOUR MOUTH AND NOSE



Creamy Pumpkin Soup

- 2 tablespoons olive oil
- 1 onion, finely chopped
- 1 leek, white part only, finely sliced
- 1 garlic clove, crushed
- 1/2 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1/2 teaspoon freshly grated nutmeg
- 1kg peeled pumpkin, diced
- 1 large potato, peeled, diced
- 1L chicken liquid stock or vegetable liquid stock
- 1/2 cup (125ml) thin cream

(Serves 6)

1. Heat oil in a large saucepan over low heat, add onion and leek and cook for 2-3 minutes, until softened but not coloured. Add garlic and spices and cook, stirring, for 30 seconds.
2. Add pumpkin, potato and stock and bring to the boil. Turn heat to low, cover and simmer for 30 minutes.
3. Allow to cool slightly, then blend in batches.
4. Return soup to pan, stir through cream and reheat gently. Season and add a little more nutmeg if desired.



P₃ U₁ Z₁₀ Z₁₀ L₁ E₁

A₁

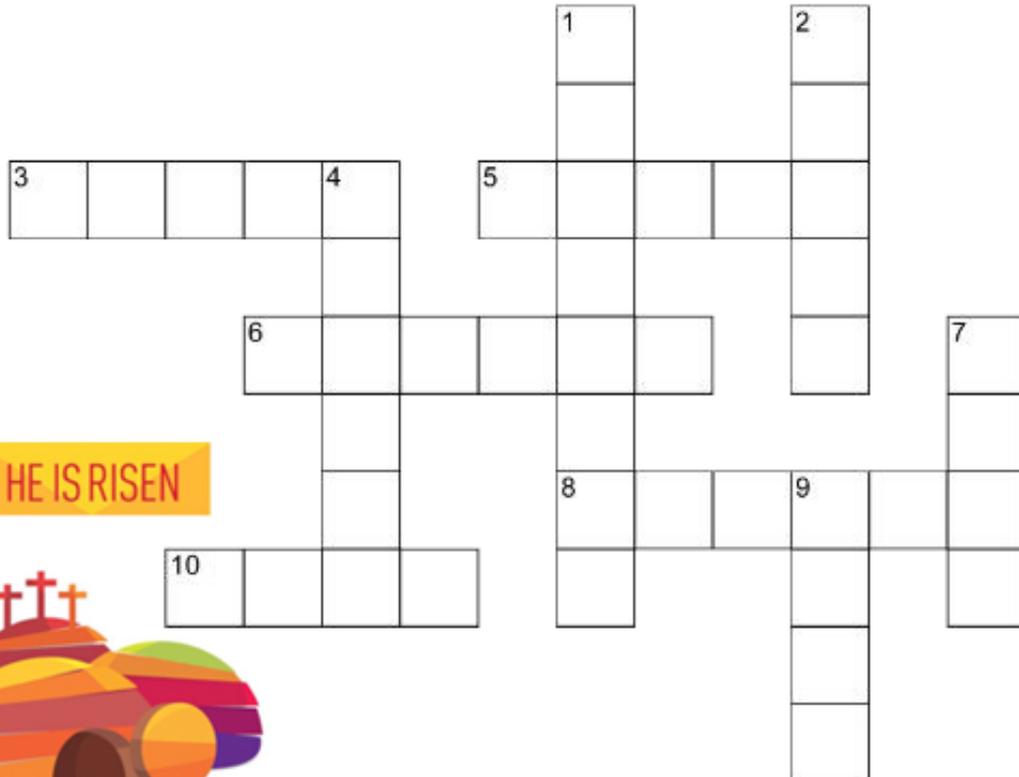
G₂

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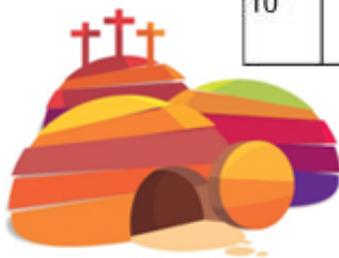


Crossword

Solve the below Easter themed puzzle.



HE IS RISEN



ACROSS

- 3 This was left behind in the tomb
- 5 Jesus died on this
- 6 The body of Jesus was prepared after his death and they put what on it
- 8 Holiday we celebrate for Jesus rising
- 10 Jesus dies on a cross for what

DOWN

- 1 Mary thought Jesus was this
- 2 Who rose from the dead on the third day
- 4 This was folded up in the tomb
- 7 She looked in the tomb to find Jesus gone
- 9 Jesus was placed in this after his death

Word Bank: Cross, Easter, Gardener, Jesus, Linen, Mary, Napkin, Sins, Spices, Tomb