

Christadelphian Aged Care
2020 AUTUMN NEWSLETTER

COURTLANDS

Address: 15 Gloucester Ave, North Parramatta **Phone:** (02) 9683 8000 **Email:** admin@chomes.com.au

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

I can't believe that two months of the year have already gone and now we enter the season of Autumn.

Last November, Courtlands had Accreditation and there were a number of items that were not met. This means Courtlands was granted a 12 month accreditation and additional requirement of a timeframe for improvements. A plan for continuous improvement was submitted and therefore all the staff at Courtlands are working to improve the services the residents receive.

Grove renovations are nearly complete and it really has given the Grove a fresh look. I thank everyone for their patience during the renovations. Grange is next to be renovated and there will be information coming out shortly about the commencement date. Terrace Level 1 renovations are tracking well and then there is only one more level to go thereafter!

Unfortunately, some familiar faces that you know have moved on from the organisation; Gaynor Squillaciotti - *Chief Clinical Officer*, Barbara Thompson - *Catering Liaison Officer* who was always after your feedback in relation to food and food services, Sinead Hayes - *Mental Health Nurse* and her companion dog Einstein and Thanh Nguyen - *Clinical Manager*. We thank them for the services they have provided to Courtlands and we wish them well.

I would like to welcome Ramita Shrestha as Clinical Manager to Courtlands. The area that Ramita is responsible for is Terrace and Grange. If you need to speak with Ramita please call her or send her an email rshrestha@chomes.com.au

Kind Regards, **Joann Raftopoulos**

- *Director of Consumer Care and Services*



Retirement Village Message

It's raining! And how it's raining. Such wonderful soaking rain bringing with it restoration and green grass. Landscape Solutions have placed the waterlilies in most of the ponds and many of them are displaying the most beautiful coloured flowers.

A new range of treats are now available at the Kiosk. Apple pies, apricot pies, long life cream, Old Gold chocolate or Rum and Raisin chocolate. Order your fresh bread and some frozen vegetables. Or you can choose your own fresh fruit and veggies. Joe brings his fresh produce from Oatlands Fruit Market on Thursday mornings, setting up in the Village Lounge.



We have welcomed Sam to the Courtlands maintenance team. Sam has big shoes to fill so please be patient as he settles into his very busy new role. Sam is originally from Iraq and has been an Aussie, Aussie, Aussie for 26 proud years! Sam likes drawing, particularly people and landscapes with pencils. His wife is a very good cook and spoils him very much.

We also welcome Pete, our new bus driver. Pete has extensive experience driving tourists all over Sydney and beyond. He has driven the RED buses, has a plethora of stories and a well-developed sense of humour. Make Sam and Pete welcome to the Village when you catch up with either of them.

For those who missed the NBN information provided by Alex and Kristen, you are welcome to drop by and collect a cheat sheet from reception which might be helpful to you. If you are happy with your current service provider, contact them requesting they connect you to the NBN. As has always been the case, you are able to change providers at any time.

Scams are designed to trick you into giving away your money and personal details. They often succeed because they appeal to our needs, our fears or desires and they look like the real thing. You should ignore suspicious emails, letters or phone calls. Keep screen doors locked, don't let anyone you don't know into your home. Protect your identity. Your personal details are private and invaluable – keep them that way. Report any strangers to Administration or push your INS HELP button and report the incident.

In all the busyness of life, the blaze of fires, the tumble of floods, the sadness of those who live in drought, it is important to take a step back and reflect on the blessings we are given every day, living in this beautiful country we call home.

Six little stories.....

- All the villagers decided to pray for rain. On the day of prayer, all the people gathered but only one came with an umbrella. That is faith.
- When you throw babies in the air, they laugh because they know you will catch them. That is trust.
- Every night we go to bed without any assurance of being alive the next morning, but we still set the alarm to wake up. That is hope.
- We make plans for tomorrow in spite of zero knowledge of the future. That is confidence.
- We see the world suffering, but we get married and have children. That is love.
- Written on a T-shirt, "I am not 80 years old: I am sweet 16 with 64 years of experience. That is attitude.

.....to think on

Kind Regards, **Jane Burns** - Senior Manager, Retirement Villages

Birthdays & Upcoming Events

MARCH	APRIL	MAY	MARCH	APRIL	MAY
Self Care	Self Care	Self Care	Vista	Vista	Vista
3 Marie Mackenzie	2 Mena Grogan	5 Marsha Robinson	Doreen	Sylvia	Nigel
6 Rose Mangano	7 Barbara Reeve	7 Ingrid Odbert		Margare	Christine
6 Beryl Pegler	9 Don Lowe	8 Keith McDermott		Glenda	Georgette
10 Wilma Riley	10 Jan Wilson	10 Jutta Fuhrmans			Juan
10 Joy Smith	13 George Darke		Grange	Grange	Grange
10 Bev Sharpe	14 Pat Byrnes		Eileen	Sylvia	Kay
10 Ian Macindoe	14 Meryl Pullinger		Grove	Grove	Grove
11 Nance Roeth	15 Laurie O'Donoghue		Joan	Anita	Keziah
13 Fiona Perry	20 Joyce Sellar		Albert	Ian	Iris
13 Joe Crismale	21 Malcom Crapp		Nancy	Renata	
14 Mavis Merritt	24 Sandra McDougall			Patricia	
14 Robert Williams			Terrace	Terrace	Terrace
19 Enid Mulcare			Nella	Ted	Nancy
30 Norma Gough				Marian	Ruth
Westcourt	Westcourt	Westcourt		Tessie	Lynette
	16 Elizabeth Patchett			Maria	Lorna
	28 Maria Frugone			Beryl	Emily



Upcoming Events

MARCH	APRIL	MAY
17th - St Patrick's Day 19th - Harmony Day	5th - Cinco de Mayo 12th - Easter 23rd - ANZAC Day Service	17th - Mother's Day Lunch 12th - International Nurse's Day



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



facebook.com/christadelphianagedcare

Activity Reviews

VISTA - CHRISTMAS

Vista wishes one and all a wonderful New Year! We wound up 2019 with Christmas.



In Vista, we kicked off the fireplace trend with our **Cultural Advent Calendar**. Residents decorated Christmas stockings which were all given a number. A flag from each of the countries represented in Vista, by residents and staff, was placed on the back of each stocking. The stockings were then hung above the fireplace in our Activities Room.



Each day of the Advent, we took a stocking down and explored (using the new Leisure & Lifestyle Tablets and Chromecast) how Christmas is celebrated (or not) in those countries. We were able to watch the sights and sounds on YouTube clips and look at informative websites to do a mini armchair travel to each country's Christmas.

Some of the countries we looked at were: Indigenous Australia, Ecuador, China, Japan, Israel, Estonia, Austria, Lebanon, Sierra Leone, Fiji, Malaysia, The Philippines, New Zealand, The Congo & Peru (amongst others).



Our volunteer, **Piret**, was very busy with **craft activities**. She helped us to make some rather cute little Christmas gnomes from the leftover pinecones from Sara's Grandmother's farm, napkin rings, Christmas Cards and snowman tea-lights.



Activity Reviews

VISTA - CHRISTMAS... continued

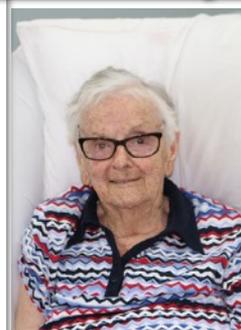
At our **Christmas Afternoon Tea**, relatives joined us and we were delighted to be entertained once again, by Jenny the Harpist.

We really love having her come to play her soothing and beautiful music for us. She is also the daughter of Mr & Mrs Lowe.



VISTA - JANUARY

January saw one of our much loved residents, **Mavis turn 105!** We celebrated with her over some cake at a party held in her honour. Her smile lit up the room, as she celebrated with her friends in Vista. She is an amazing lady and still going strong!



Activity Reviews

VISTA - JANUARY... continued

Following on from our Aussie celebration, we moved onto China for Chinese New Year, in the Year of the Rat. We decided to go large with a **craft project**, where we painted paper plates to create a Chinese Dragon, which is hanging in our dining room.



We '**Arm chair Travelled**' to China. Sara & Kim brought in some art and embroidery, musical instruments and ornaments from home for us to look at and touch



while Sara, (who lived in Beijing for a few years) talked about life in Beijing and showed us videos and photography of Chinese New Year



Fireworks, day to day life and bicycles. We asked many questions and heard lots of funny and interesting stories.

In the afternoon, we enjoyed a tea tasting session, trying some Pu-er, Lapsang Souchong and Buddha's Tears tea while looking at some more photos of Beijing and chatting some more. It was a very gentle and pleasant day.



HEALTH ALERT: Novel Coronavirus Outbreak

Following advice from the Department of Health, we are requesting if you have been in mainland China, or in contact with a confirmed case of the virus, you do not to attend our facility until 14 days have passed without any of the following symptoms:

- Fever
- Sore throat
- Shortness of breath
- Cough
- Fatigue

If you have any questions or concerns about this request, please contact the **Director of Clinical Care and Services** directly.

We appreciate the mutual need to maintain social interactions with residents and will work with you to make suitable arrangements.

Thank you, *Christadelphian Aged Care Management*

Important: If you are experiencing any of the above symptoms you should arrange to see your usual doctor for urgent assessment

Activity Reviews

TERRACE

Terrace ended 2019 with many events.

The **Christmas Party** which was held on the 10th December, was where all the residents had a special roast lunch together and the event was followed by an entertainer coming in and entertaining all the residents and their families along with afternoon tea which was served. We ended 2019 with happy hour and celebrated the coming of 2020.

Along with the festive season, we have also been having our regular activities which include bingo, scrabble, dominoes, art class and happy hour.

Another new activity that has been introduced

is the sing-a-longs, where we whip out some old tunes and their lyrics on the TV using Chromecast and sing away. This has been a recent favourite in Terrace.

We have also spiced things up with our Quiz afternoons where we do quizzes in two teams where with every correct answer they can put either a nought or a cross on the board and see which team wins. This has also been lots of fun bringing out the competitiveness between the residents.

With summer sunshine and pleasant days, we have also had the opportunity to go on plenty of walks around the village in the mornings which was also something the residents looked forward to.

With Autumn starting up, we are planning to continue our favourites which include bingo, quiz, happy hour, art class, sing a longs and board games but are also looking forward to Easter celebrations and art specific to Autumn and Easter.

We will also be looking at an ANZAC Day Service and Mother's Day celebration.



Activity Reviews

GRANGE

Year 2019 passed so quickly.

We ended the year with a Christmas Luncheon, including entertainment and New Year's Eve celebrations.

We had **Christmas Lunch** on 10th December followed by afternoon tea with family and friends and live music.



We also had visit from Father Christmas on **Christmas Eve** with his little helpers. And thanks to our lovely Sara who showed us her hidden talent of singing and playing guitar. She walked with Father Christmas and sang to each residents and made Christmas so special to all of us. Thank you Sara!



We ended the year with Happy Hour and entertainment on New Year's Eve. We continued though January with our regular activities like Bingo, parachute games and indoor ten pin bowling. We had also combined activities with Grove residents as Grove has been renovated.



We celebrated **Australia Day** in the Australian way as we laid back and enjoyed a BBQ with entertainment.



Activity Reviews

GROVE

We have been rather busy at The Grove since our last Newsletter. November saw us getting ready for **The Village 2020**

Calendar photo shoot which was very exciting. We dressed up like film stars from *West Side Story*.



Not long after, we saddled up and strapped ourselves in for **Melbourne Cup**. We “dressed up to the nines” with hats and fascinators. We had fun making our very own race course and participated in a small tipping competition with horse names like True Blue, Strewth, Vegemite Wonder, Strike Me Pink, Ozy Ozy Ozy, Mayte, No Worreeze and lots lots more. We indulged in a lovely catered high tea and happy hour tipping and raising our glasses until sundown.



In honour of our heroes on **Remembrance Day**, we had a visit from our local heroes and veterans from Parramatta RSL who conducted a beautiful heartfelt service.



Catching the end of Spring, we had Kerrie, a representative from Bunnings, volunteer her time and kind donations for our **'gardeners group'**; look at our new planter boxes and lots of flowers we



planted that day. Kerrie came on her birthday so we decided to surprise her with a crown and cake, *“for she sure is a jolly good lass”*.



Activity Reviews

GROVE ... continued

We would like to thank our lovely volunteer Pam who brings new ideas, positivity and interesting topics to chat about while in the motion of creating and crafting.

We were lucky also to spend time integrating with our younger generation from The Kings Boy's School. Plenty of interesting moments were spent discussing about our generation and learning about The Kings boy's interests and their future prospects.

Our Lady of Mercy College in Parramatta invites respected seniors from various villages to a pre-Christmas event created by the students, and we were amongst their special guests. The entertainment was superb as was the morning tea and cakes. It seemed like we "took the cake" as we had so many lucky Courtland's residents who won the raffle prizes!



During Christmas time, we decorated our home and had a beautiful catered **Christmas luncheon** with silly hats, bad jokes and crackers (bon bons);

it was a perfect occasion spent with many precious moments with family and friends.

Merry Christmas!



Activity Reviews

GROVE ... continued

Not long after Christmas, The Grange and The Grove ended 2019 popped a bottle of 'champers', raised our glasses to welcome the **New Year 2020** and enjoyed Norm's exciting entertainment.



Australia Day was celebrated with all things Ozy Ozy Ozy - Oi Oi Oi!! Plenty of trivia and Australian quizzes always ending with a good old sing along to "True Blue", "Waltzing Matilda" and "I still call Australia home". Manoli, our newest entertainer, came to sing for us and boy was he dressed for the occasion, getting the crowd singing in together to high heaven.



Amongst all these special events we have been keeping up with our regular activities and spending time together with staff, relatives and friends.

Grove wishes hope, health, happiness and success to all our friends' family and staff this season.



Purchase your fresh Fruit & Veggies!

Available every **Thursday Morning**
9.30-11.30am
 in the **Village Lounge**

EFTPOS available

Courtlands Retirement Village
 Gloucester Ave, North Parramatta



Activity Photos: Valentine's Day



Resident Story - Jeanette (TERRACE)



I was born on August 7th, 1936 at Pyrmont in Sydney. We lived there for many years and then my father built a house at East Linfield. I worked as a high class dressmaker after leaving school. I had a fond memory of travelling by bus in to city for work.

I married Don when I was 22 and we lived with his parents at Chatswood West where I had my three boys (Kirk, Ross and Kyle). We then moved down to Wollongong for a few years before moving back to Sydney.

In December 1969, we moved up to Nelson Bay where I had my daughter Donella. We also started a business of second hand furniture. I finally retired in 2000 and am enjoying watching my children's family growing.

Staff Profile - Budi Pratikno

I was born in 1953 in a small town in Java, Indonesia. I lived there with my parents and two older brothers. When I turned one, my parents moved to Jakarta, the capital of Indonesia, for a better life. I went to school in Jakarta and complete my economics degree from Western University as well. I worked as admin for IBM for a few years.

I had holidays in June every year and I visited Australia yearly for holidays since 1985. Seeing my constant visits to Australia, the consulate offered me permanent residency, which I accepted with open heart.

I migrated to Australia in 1995 and called it my home. I worked as a full time carer for a few years and volunteered when I had a time off work. I delivered 'meals on wheels' for the elderly. On 3rd September 2001, I applied to Northcourt for a position as an AIN; in the interview the Director of Nursing suggested I should complete Cert 3 AIN whilst still working at the organisation. In 2014, I was moved from Northcourt to Courtlands where I have been working in Grange ever since.



I like to listen to classical music as well as watching Opera. I enjoy gardening in my spare time. I have a small garden in my backyard where I grow flowers and vegetables, but mostly I like to grow succulent and cactus. I also enjoy cycling for exercise.

I enjoy travelling to different countries. I have travelled to Tasmania, European countries, New Zealand, Canada and USA with my friends from Church. I also visit my brothers regularly in Indonesia, who are now retired.

After retirement, I am planning to work as a volunteer at the Church where I am a member ever since I came to Australia as I like making other people smile. I also want to travel and see different parts of the world. I would also like to have more time to grow succulents and cactus to give to other garden lovers like me.



"His name is Budi but I called him Buddy as he knows me and what I need like my buddy (friend)" - a resident from Grange

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/7928E8757E0995CA25704001D81815F1e/\\$File/Aus-Imm-Handbook.pdf](http://www.immunise.health.gov.au/internet/immunise/publishing.nsf/content/7928E8757E0995CA25704001D81815F1e/$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.

Landscape Solutions

Summer's come and gone and has definitely left its mark.

The gardens around Courtlands, Westcourt and Northcourt have periodically taken a battering from days of temperatures in the high 40's and as a result, unfortunately the team at Landscape Solutions have had to cut back with the hope of rejuvenation, unsightly plants and sometimes remove dead plants. In the cooler months, decisions will be made to replace these where necessary. With the tightening of water restrictions the irrigation system has also been taken offline and it is in all our hopes and prayers that this drought we are experiencing ends in the near future.



It hasn't been all bad though; the ponds have recently had a makeover in the introduction of hardy waterlilies, replacing the water iris where necessary. The water iris will not be phased out completely but thinned out and replanted in small pots over the course of the year. We had to introduce the waterlilies in two phases so the lilies had to settle in and spread their pads. These will be used as shade and protection for our koi fish. We will see waterlily flowers with colours of pink, peach, white to name a few and will be a welcome addition to the surrounding gardens at Courtlands.



With Autumn approaching, we will begin to see our deciduous trees drop their leaves after the foliage changes colour.

The few Japanese Maples we have at Courtlands will be a pretty sight as the foliage will go a deep red before dropping. Japanese Maples can be found in clusters 5, external of cluster 9 and cluster 11.



The Gordonia or 'fried egg tree' will also flower in the Autumn period. It is commonly known as the 'fried egg tree' as the flowers look like fried eggs! This tree can be found near cluster 4.



Please feel free to approach myself or the team at any time when you see us out and about in the gardens as we hope to answer any questions you may have.

Thank you, **Scott Lewin**

- Team Leader: *Landscape Solutions Australia*



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.

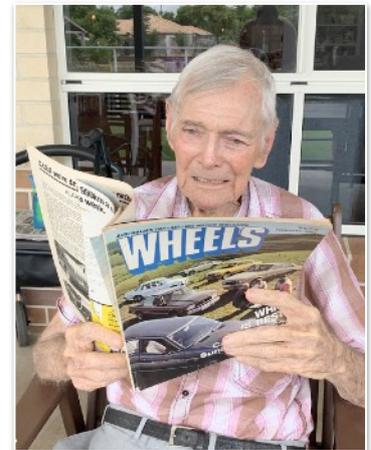
Popular presents include flowers, chocolates, socks or lottery scratch it tickets. But what if others in the family give the same?? A few years ago, I thought about giving a personal gift and realised the internet has opened up a whole new world of opportunities.

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.

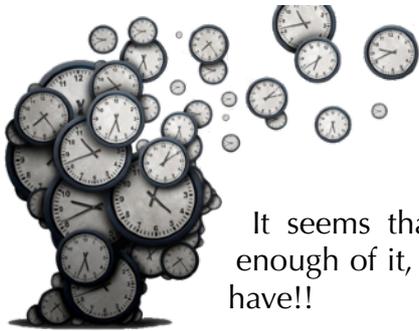


Bob Graydon reading a 1980 Wheels Magazine with an article on the TE Cortina, a car he bought new in 1980.



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



It is with sadness and regret that the Lifestyle Team bid farewell to one of our most beloved Volunteers, "Rockstar".



Rockstar was our Pet Therapy dog, who visited regularly with Delta Dogs. He crossed the rainbow bridge just prior to Christmas, quite suddenly due to a blood-clot. He has left a big, fluffy hole in our Team and we will all miss him dearly. He was a good boy with a beautiful soul and he gave so much to everyone who met him, in particular, the residents.

Our thoughts and prayers are with his owners, Piret and John that they may find comfort in the knowledge that Rockstar made such a difference to our residents. Thank you very

much for sharing him with us.



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

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

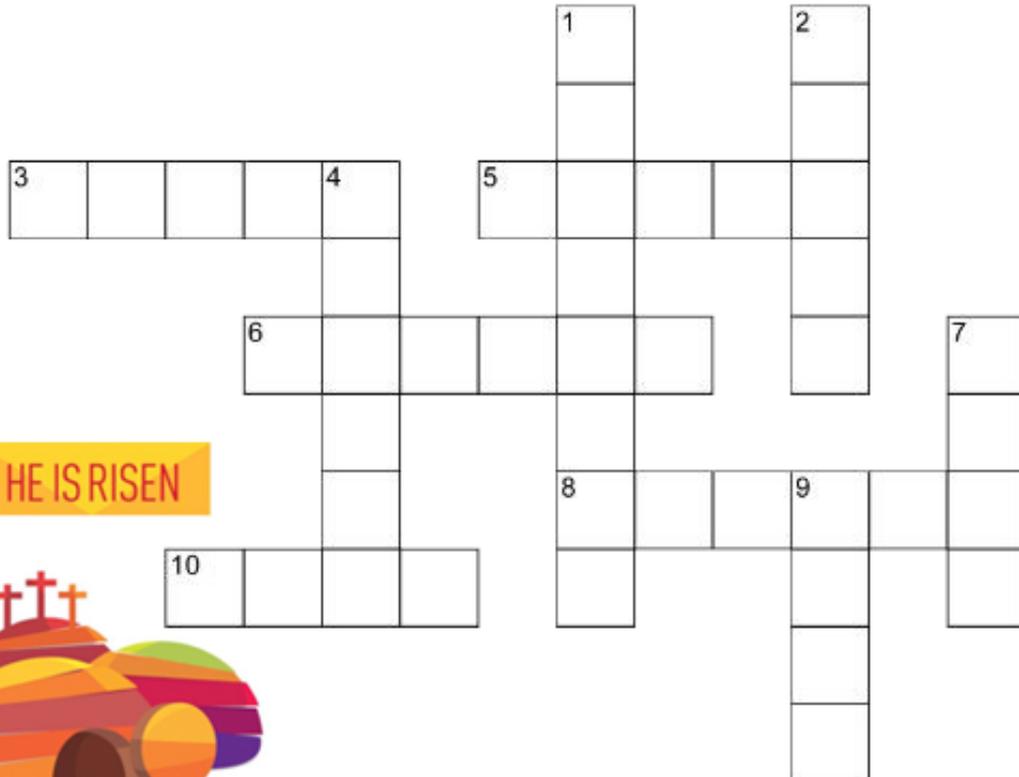
G₂

E₁

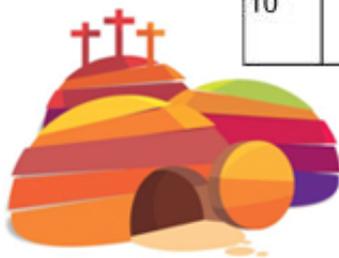


Crossword

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