

Christadelphian Aged Care
2020 AUTUMN NEWSLETTER

SOUTHHAVEN

Address: 11 Queensbury Rd, Padstow Heights **Phone:** (02) 9782 6010 **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

Happy New Year to everyone!

We are currently doing Care Plan Consultations with residents and their families. If you have not yet had one within the past 6 months or you would like to have one, please speak to one of the Registered Nurses and we will arrange for this to happen. The purpose of these consultations is to participate in the planning of your or your loved ones care.

We are still waiting for finalisation of the minor refurbishment works in Treetops. I will advise you as soon as we have further information.

The Chef Consult Meetings will be held fortnightly again from 28th February 2020. These will be held at 1.30pm in the Media Link Room and you are most welcome to attend and provide your feedback with the menu and meals.

We no longer have our Mental Health Therapy dog Einstein. We will still continue to have Pet Therapy, as currently happens now.

Our Pastoral Care & Volunteers Coordinator Ruth commenced and then went on planned leave. She is now back and meeting with residents, families and volunteers. Ruth works Monday, Tuesday, Wednesday and Thursday and her office is on Level 2 next to Ace.

We have purchased new crockery for Ernie's Café for the enjoyment of residents and families. We also now offer different types of T2 teas. If there is something special in the café you would like, please let us know.

Kind Regards, **Penny Prior**

- Director of Consumer Care and Services



Upcoming Events

MARCH	APRIL	MAY
Treetops	Treetops	Treetops
2nd - Ballroom Dance Concert 10th - Harmony Day Celebration 13th - Baptist Church Service 16th - 1/2 Day Bus Trip 17th - St Patrick Day Celebration 19th - Club Outing (Canterbury) 25th - Resident's BBQ	1st - Catholic Healing Mass (10:30am) 6th - 1/2 Day Bus Trip 9th - Easter Celebrations 10th - Good Friday (St Johns Anglican Church Service) 16th - Club Outing (Canterbury) 22nd - Resident's BBQ 24th - Anzac Service (10:30am) 28th - Panania Child Care Centre Visit	4th - 1/2 Day Bus Trip 8th - Mother's Day High Tea 8th - Padstow Baptist Church Service 20th - Resident's BBQ 21st - Club Outing (Canterbury) 25th - 1/2 Day Bus Trip 27th - Pet Therapy with Velette
Blue Gum	Blue Gum	Blue Gum
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Happy Birthday to you...

MARCH

Georgina, Margaret, Alice, Luba, Islet, Donald, Marjorie, Evelyn, Marian, Jean, Winston & Margaret

APRIL

Ken, Jean, Elizabeth, Adrian, Beverley, Ted & Shirley

MAY

Ray, Lynette, Margaret, Katherine, Margot, Kevin, Lorna & Doreen

Activity Reviews

CHRISTMAS AT SOUTHAVEN

Christmas is the season of joy, peace and happiness. It is the special season to celebrate the birth of Jesus Christ. The celebration of Christmas has grown to become a symbolic time for living in peace and love. It is a time filled with family, friends and festive traditions.

This is how our residents felt while celebrating Christmas with their loved ones. Many families joined us for a lovely Christmas lunch and it was a joy to see our residents enjoying the Christmas season with those they love most.

After lunch, we had a concert and some Christmas Carols and all those present were encouraged to sing along to celebrate the festive season.



Big thank you to Lorinda, one of our volunteers, for leading us in the sing along. Also a big thank you to Dr. Cameron whose dedication never ceases to amaze us. He played the bagpipes which brought smiles to every resident's face along with their families.

Not to forget the joy that our residents had when Santa entered the place and gave out Chocolates.



From our home at Southhaven, we are sending everyone love and plenty of Christmas Cheer!!



We Wish You a Merry Christmas

Activity Reviews

PANANIA CHILDCARE VISIT

Having witnessed the beauty of children and older adults interacting many times, it appears that all involved benefit from the richness of intergenerational time together.

Panania Childcare Centre visited our home at Southhaven where they had the opportunity to interact with our residents, who we delighted to see those beautiful angels.

They played a variety of games and danced together. A lovely moment was when the children sang songs for our residents. It was joy to see the young and the elderly together, laughing and playing. Even in our old age, we can remain young at heart.

*Thank you Panania Panania Childcare Centre for your visit,
we are hoping to see more of you in the future.*



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



Resident Story - Lorraine M



Lorraine was born on 24th January, 1942 at the Royal Women's Hospital, Paddington.

She was the firstborn girl and has two older brothers, Harry and Keith, and three younger brothers, twins Barry and John and brother number five Fred. Then another two sisters, Marilyn and Diane.

Her big family were outdoor kids, playing cricket, swimming and dancing (Rock & Roll).

Lorraine went to school at Glenmore Road, Paddington and high school at Darlinghurst Home Science.

She lived at Paddington until she was 14 and after that, the family moved to Peakhurst. Lorraine lived there until she met Barry and got married.

They then moved to Newtown in a really old place which Lorraine did not like at all. They stayed in Newtown until they saved enough money for another house in Kirrawee, then they moved again to Padstow Heights, where Lorraine had her first baby girl Tanya, then her son Glen. Lorraine loved living in Padstow Heights but they were told to move to make a way for new roads to Menai.

Lorraine has six grandchildren that she loves very much and they bring joy to her life.

As Lorraine became less independent, requiring help to do her daily things, she moved into Southhaven Aged Care. It is taken her a while to adjust and she believes that there is no place like home, but every time she thinks of doing her own shopping and all her house duties, she knew in her heart that Southhaven is the next best thing to home.

Lorraine's most fondest memory in her life was meeting her late husband Barry on Christmas Day at the Entrance, which was her first ever holiday and it was love at first sight.

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
- Cough
- Sore throat
- Fatigue
- Shortness of breath

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

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/disease/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.

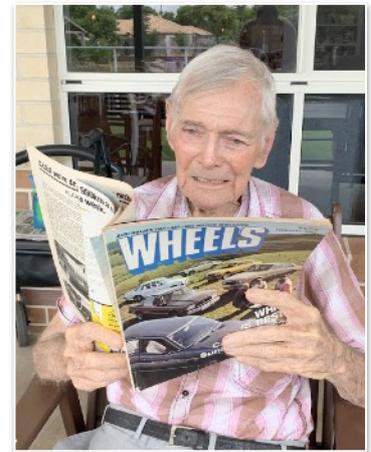
Popular presents include flowers, chocolates, socks or lottery scratch it tickets. But what if others in the family give the same?? A few years ago, I thought about giving a personal gift and realised the internet has opened up a whole new world of opportunities.

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



Hi I'm Ruth! I joined Southhaven back in December. I previously worked in social work and community development for over 10 years. I look forward to meeting all the residents.

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 me!



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

**Ruth on 9782 6043 or
rnjogah@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

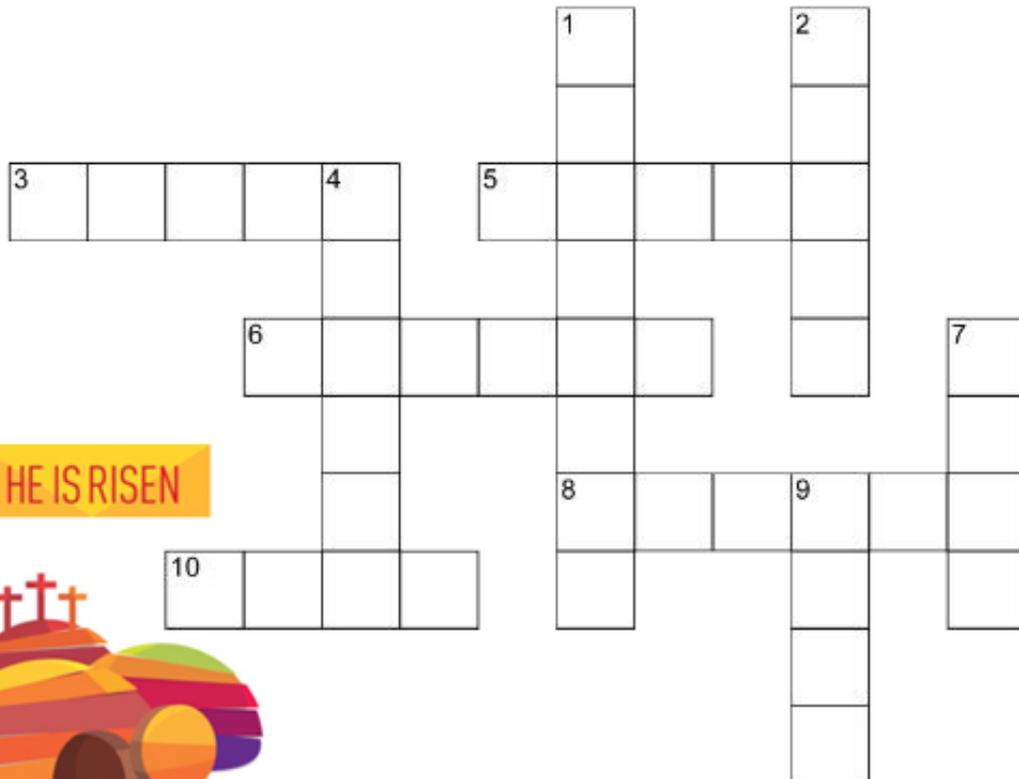
G₂

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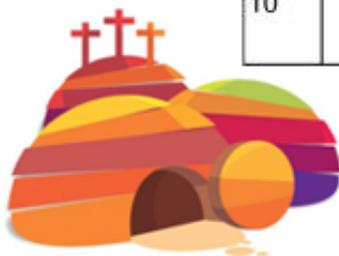


Crossword

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