

Christadelphian Aged Care
2020 AUTUMN NEWSLETTER

CHAMBERLAIN GARDENS

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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

Welcome to our Autumn 2020 Newsletter. As I write this message, summer is beginning to look a lot like Autumn, with cooler weather and the rain we've welcomed which has helped the firefighters get the devastating fires under control. In December, we held a pre-Christmas raffle to raise funds for the Rural Fire Service and raised \$540.30 thanks to residents, staff and visitors so thank you to all who have contributed.

Chamberlain Gardens had some recent storm damage, with the roof leaking in several places, and we were without power for just over 24 hours. I want to take this opportunity to thank Chris Fittler, our Maintenance Officer, our staff, and Sodexo's staff for all they did to make this time as comfortable as possible for our residents.

As I look back over the months that have passed since I wrote a message for our summer newsletter, a lot has happened:

- We had a 4-day visit from Aged Care Quality & Safety Commission. We were given a 1-year accreditation. There were some non-compliances predominately in the area of documentation, which we are working on, with the assistance of consultant, Sarah Salt, who is here over the next few months.
- We are actively recruiting for a new clinical manager and a diversional therapist to lead the lifestyle team because we want to continue offering good care for our residents.
- The Leisure and Lifestyle team continue to provide a variety of activities and entertainment for our residents to enjoy and we have brought back the shopping bus trips for those residents who need this service.

And now, Easter is the next special event on the calendar. As we usually do, we will hold an Easter raffle, which many of you enjoy.

As always, I'm available if you want to see me and I look forward to seeing you all during this Autumn season.

Kind Regards, **Helen Handley**

- *Director of Consumer Care and Services*



News & Upcoming Events



MARCH	APRIL	MAY
Bruce	June	Betty
Betty	Bill	Julie
Yvonne	Joan	Dorothy
Jollina	James	Cathy
Betty	Robert	Henry
Mary	Gordon	Ellie
	Betty	Frank
	Sydney	Raymond
	Pamela	Norma
	Frances	Sam
	Joyce	Jenny
	Thelma	Malcolm
	Bill	Robyn



UPCOMING EVENTS

Weekly - Bible Readings & Bus Outings for each area

Monthly - Anglican Church & Catholic Mass

MARCH

14th - Entertainment: Nearly Vintage

17th - St Patrick's Day Celebrations & Irish Trivia
(staff will dress up in all their green finery)

25th - Entertainment: Alice on Piano

APRIL

3rd - Entertainment: Cathy Ponton

12th - Easter Egg Hunt & Celebrations

14th - Entertainment: Slam Tango

24th - ANZAC Day Service

MAY

8th - Mother's Day High Tea

10th - Mother's Day

20th - Entertainment: Singing Hands



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



facebook.com/christadelphianagedcare



Activity Reviews

DECEMBER

RAO's along with some of our residents decorated the home for Christmas which is always a busy few days. On December 2, we were lucky enough to have a visit from 2 beautiful **Clydesdale horses**; they went from room to room visiting and the residents thoroughly enjoyed their visit.

On Dec 5, children from the local **Primary School** visited the residents with a performance from their recorder group and sang some Christmas carols. Their visits are always well received as the residents love seeing the children. In the evening, Henry Kendall Choir sang Christmas carols for our residents and their families.



Activity Reviews

DECEMBER ... continued

Residents **Christmas parties** were held on December 20, where the residents enjoyed a traditional Christmas lunch and then in the afternoon we held a Christmas party with family and friends with entertainment from a group named ICU. It was great to see so many family members attend and a great afternoon was had by all.



Activity Reviews

JANUARY



This month was a little more relaxed. On January 11, one of our residents turned 103 and was joined by her two daughters to partake in her favourite pastime - drinking cups of tea! We had entertainment by Evan Haswell, one of the residents favourites, and January is also when Elvis Presley was born so we had an Elvis Impersonator Steve Black entertain the residents with his hip swinging movements.

Celebrations were held for **Australia Day** with nibbles and drinks at Happy Hour, and on Friday 24th and Sunday 26th the staff dressed up, looking very patriotic and also putting up decorations around the home. Residents in Coastal made lamingtons for morning tea, which were very tasty and enjoyed by all.



Morning Tea by the fountain...



Activity Reviews

FEBRUARY

The residents were entertained by singer Anita Hartmann, one of our regular groups Singing Hands and a new entertainer Lyn Ferguson, who has been here once before and residents thoroughly enjoyed her performance.

Our Lifestyle Team also put on another **concert** for the residents, which is always full of lots of fun and laughs.

Here on the Central Coast, we are lucky enough to live by the coastline and have access to some beautiful beach areas and waterways. Our residents love to go on bus outings to these areas to enjoy while having morning or afternoon tea and we are lucky enough to have a bus 4 days per week.



Coastal Residents decorating vases...



Resident Story - Julie



Julie came to Chamberlain Gardens from another facility in October 2019 and very quickly settled in. Julie was born in Darlinghurst and lived at Campbelltown before moving to Narellan where she lived for many years.

In the 1970s, Julie moved to Umina on the Central Coast and lived there for 13 years before moving back to Sydney in Greenwich where she lived with her nan for 25 years. Julie worked at Glenwood Nursing home in Greenwich for 20 years, working in the kitchen and laundry. Julie has a very large network of family and friends that come to visit her often.

Julie enjoys doing art and craft and particularly enjoys doing beading. She used to collect dolls and brooches and still has many in her collections. Julie enjoyed going to doll shows and musicals with her nan and also enjoyed going to concerts.

Julie likes to be near the outdoors and loves to sit looking at the garden although she laughs and says she is no good at it. She likes to watch some of the locals she refers to as her pets such as a water dragon, a Regent Bower bird and many of the other bird life such as kookaburra's, lorikeets and other parrots.

Julie also enjoys having them come for food that she gives them such as fresh fruit and veggies and that they bring her a lot of joy.

Julie said she is happy at Chamberlain Gardens and is glad to be here.

Staff Profile - Charmaine



My name is Charmaine. I commenced working at Chamberlain Gardens in September 2009 as an AIN Certificate 3. Once I mastered the Cert 3 role, I went on to do my Cert 4 which then led me to up-skill to Enrolled Nurse, then with the encouragement and mentoring of other RN's at Chamberlain Gardens, I went on and became a Registered Nurse (I am still learning this role).

I have been happily married for 20 years to Daniel and have 2 beautiful children; Joshua will be 18 this year and Annalise will be 13.

I am crazy about cats - I currently only have 2 but am working towards more. I also have one dog who is 14 years old, 2 birds and a fish. I enjoy gardening (but never manage to grow anything) and reading.

I was born in Western Australia and my parents moved to the Central Coast when I was 3 months old, growing up in Ettalong Beach. I am the eldest of 4 children, all girls. My mum and dad have both passed away; my mum passed away in February 2009 just before I commenced working at Chamberlain. She was the reason I became a nurse. During her last days, I got accepted to do my Certificate 3 and I couldn't wait to tell her. When I did, she said I would make a great nurse and from that moment on I have been determined to be the best nurse any resident could have.

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.

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.

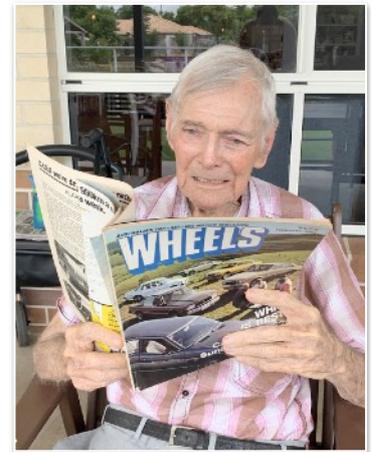
Popular presents include flowers, chocolates, socks or lottery scratch it tickets. But what if others in the family give the same?? A few years ago, I thought about giving a personal gift and realised the internet has opened up a whole new world of opportunities.

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 -

Kay



Hi everyone! My name is Kay and I have been volunteering at Chamberlain Gardens for six months now.

I was born in Malaysia to Chinese parents sixty five years ago. I had a happy childhood growing up with eight other siblings; three boys and five girls, as well as a twin sister.

I studied Mandarin in primary school and English in secondary school.

I have been a chef for most of my adult life and due to the requirements of my work I have been lucky enough to travel all over the world.

I love gardening, travelling and eating good food. I also like bush walking and classical music.

In 1986, when I was 34 years old, I immigrated to Australia where I continued with my chosen career as a chef for the next 31 years but unfortunately, I had to recently retire due to chronic back pain.

Volunteering in an Aged Care facility can be challenging but also extremely rewarding - I am learning things beyond my imagination. To provide support and care to the aged and sometimes frail, is very fulfilling and brings a better understanding for the quality of life.

I hope to continue in my volunteering role at Chamberlain Gardens for as long as possible, to bring a little bit of pleasure to the residents and put a smile on their faces.

I also really enjoy my time with the other volunteers, they are a great team and very committed.



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

**Jan Murray on 4329 8016 or
jmurray@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

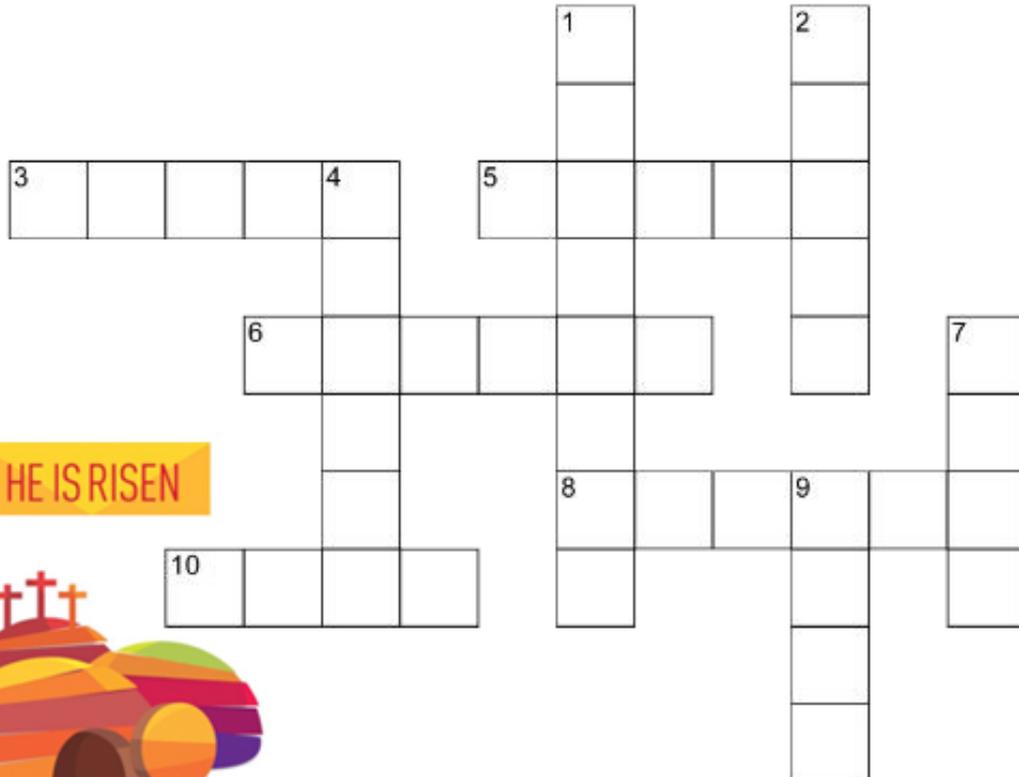
G₂

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