

Christadelphian Aged Care
2020 AUTUMN NEWSLETTER

NORTHCOURT

Address: 7 Saunders Street, 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

"Life starts all over again when it gets crisp in the fall."
- F. Scott Fitzgerald

Indeed, the above quote is relevant as we welcome a new year of challenges and possibilities!

The year 2020 started with record breaking extreme weather hitting 47 degrees and more in some areas. Unsettling bushfires carried on from late last year thus unceasing prayers for rain, and finally God's unconditional love sends us not only rain but gusting wind and storm recently.

At Northcourt, however the weather may have seemed and whatever obstacles, defiance and concerns come our way, we continue to strive and work harder to provide the best quality of care each and every resident deserves.

We continually approach the year with great thoughts of achievement and success through working harmoniously in building a loving and caring community.

Any concerns, suggestions and feedback both positive and negative, are always welcome to continuously improve the services we provide at Northcourt.

Kind Regards, **Marilou Molina**

- *Director of Consumer Care and Services*



News & Upcoming Events



MARCH	APRIL	MAY
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James	Emiline	Jean
Colin	Sophia	May
Keith		Olivia
Marie		Barbara
		Catherine

UPCOMING EVENTS

MARCH

17th - St Patrick's Day

APRIL

21st - Easter Celebration

MAY

8th - Mother's Day High Tea at 10am

12th - International Nurses Day



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



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



Activity Reviews

MELBOURNE CUP CELEBRATIONS & HAT PARADE



MONTHLY BIRTHDAYS - DECEMBER/JANUARY



**Jim Gosling's 102nd
Birthday Celebration**
- November 15th -



Residents' preparation for Christmas – crafts & decor



↑ *Trivia – brain teasers*

Claire's passion for knitting →



Faith service with Pastoral Care



Activity Photos: Christmas Party



Activity Photos: Staff Xmas Party



AUSTRALIA DAY CELEBRATIONS



WALK WITH ME



MOVE IT OR LOSE IT



Activity Reviews

VALENTINE'S DAY

We celebrated love on Friday 14th February with our Valentine's Day Morning Tea.



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

Resident Story - Mr & Mrs Sargeant



HAPPY 73RD WEDDING ANNIVERSARY

It's been a great honour to share and be part of Keith and Lola Sargeant's 73rd wedding anniversary celebration at Northcourt.

They tied the knot on January 18, 1925 at the young age of 21. Although according to the couple, they have been together since 16 years of age.

Keith has been the working provider for their family, consisting of two daughters Christine and Helen and worked as a metal moulder before furthering his studies to become a Registered Psychiatric Nurse. Keith worked for 30 years at Rydalmere Hospital, whilst Lola was the caring and



loving homemaker.

They have been blessed with 5 grandchildren – 2 girls from Christine and 3 boys from Helen. Keith and Lola still have sadness in their heart due to Christine's unsuccessful battle with cancer couple of years ago.

On the lighter side, we asked both Keith and Lola the secret for such a significant milestone of wedding bliss – both said *"Marriage back in early days is a lasting marriage, we have normal issues and misunderstandings but we sort it out and not sleep over it."*

"From our home to Northcourt, we feel everything still the same as far as our relationship, loving each other as long as we're together."

Staff Profile - Felicidad Salanga

Hi everyone, my name is Felicidad Salanga, known as Feli to my colleagues and friends. I have been employed as an Assistant in Nursing with Manchester Unity way back in February 23, 1995, working for both Courtlands and Northcourt.

Working in aged care gives me the opportunity to meet a lot of older people and knowing that I can make a real difference to their lives, for them to have a better quality of life. In this field, we see and learn things

from a different perspective, spending time with the elderly can help us develop more appreciation of life and family.

People often asked me why did I last this long with aged care? My response is, the personal satisfaction I get, knowing that I am doing a job that genuinely makes a difference to older people. I learn something new everyday from their interesting stories about the time they lived through. They are not the usual bunch of people we come across every day, because they love prioritising time to share their wisdom and experiences. Most of all, working in aged care brings greatest joy and fulfilment in my heart especially when I see that big smile from our residents.



Congratulations Feli on 25 Years of Service

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.

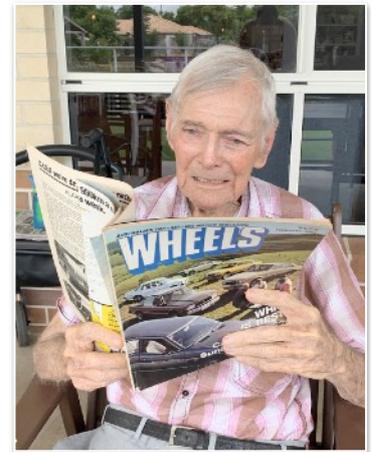
Popular presents include flowers, chocolates, socks or lottery scratch it tickets. But what if others in the family give the same?? A few years ago, I thought about giving a personal gift and realised the internet has opened up a whole new world of opportunities.

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.

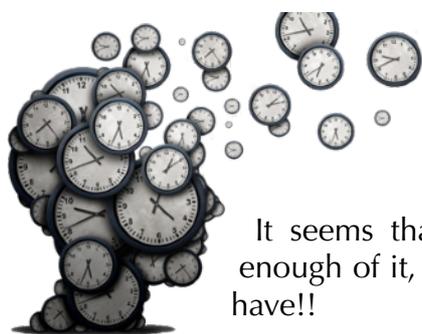
The happy times you create today are the memories you'll cherish tomorrow.



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



Pastoral Care



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.



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

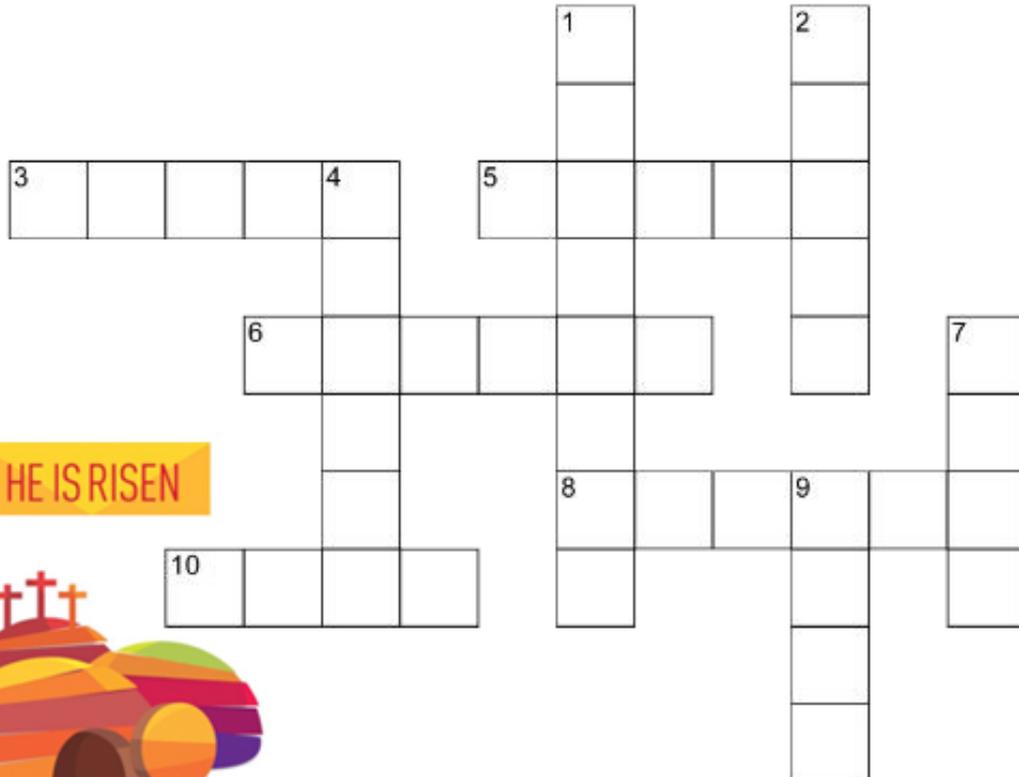
G₂

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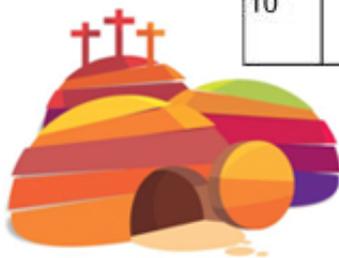


Crossword

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