

Christadelphian Aged Care

2020 WINTER NEWSLETTER

CASA MIA

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*Kindness
is like snow –
it beautifies
everything it
covers*



**WASH ME,
AND I SHALL BE
WHITER
THAN
SNOW**

- PSALM 51:7 -

Manager's Message

Welcome to Casa Mia

Hi All,

What a strange welcome we have had to 2020, with many changes to our personal lives and work lives. We have stayed strong as a team of staff and residents and are getting through this tough time together.

We celebrated the hard work of the staff in International Nurses Day on May 12. If you have any thanks to give to the staff, please let me know and I can hand it along or feel free to deliver messages of thanks personally.

With limited family visits and small amounts of contact from the 'outside' world, the residents at Casa Mia have seen the benefits of being keep safe.

We thank you for your ongoing support of our infection control policy and would like to remind you that, when visiting your loved ones, you need to remember to stay at least 1.5 metres apart from them and always make sure your family members are wearing a mask. This will continue to keep you and our other residents safe.

On the first week of May, it was the completion of Aneta's work at Casa Mia. She will be missed by staff and residents, but it is also an exciting time for myself to step up into the role of Acting Director of Consumer Care to lead the home.

If you want to see me for anything, my office door is always open, and I look forward to working with you all.

Kind Regards, **Elena Villanueva**

- Acting Director of Consumer Care & Services



News & Upcoming Events



JUNE	JULY	AUGUST
Patricia D	John R	William M
Beverley H	Lorraine D	Elizabeth C
Efthimios P	Alan M	Thomas L
John C	Barbara M	Ekaterini M
Olive C	Ben N	Audrey S
Filipo T		
Kevin P		



UPCOMING EVENTS

JUNE

- 5th - Queen's Birthday High Tea
- 8th - Queen's Birthday
- 9th - Resident & Relative Meeting
- 16th - Armchair travel to Italy
- 22nd - Winter Solstice Activities

JULY

- 1st - International Joke Day
- 7th - World Chocolate Day
- 10th - NAIDOC Week
- 14th - Resident & Relative Meeting
- 14th - Bastille Day (FRANCE)
- 20th-24th: Olympics Week

AUGUST

- 1st - Horses Birthday
- 6th - Celebrating International Beer Day
- 11th - Resident & Relative Meeting
- 12th - International Youth Day



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



facebook.com/christadelphianagedcare



STAY INFORMED ON THE LATEST CORONAVIRUS (COVID-19) UPDATES.

For the latest advice regarding **Coronavirus (COVID-19)** visit australia.gov.au

TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.



Activity Reviews

ANZAC DAY

Anzac Day service of 2020 was held outside on a sunny day as usual, however this year we were not able to bring along a crucial part to our regular Anzac Day service, which was the wonderful people of Padstow RSL Club and the children who come along.

The main entrance table was decorated for the ANZAC service by Carlton and many residents said it was beautifully done with an "elegant touch".

A special thanks to Sead for organising the service, a special thanks to Veronica, a special thanks to Madeline, a special thanks to the nurses and many thanks to the residents for a wonderful ANZAC service.



CHURCH SERVICE

Our monthly Church service is something our residents look forward to, however due to the Coronavirus pandemic, our Pastors are no longer able to visit us during these times.



Luckily for us, our Pastoral Carer Joh is incredibly talented and was able to play hymns on the piano with support of a talented choir which was formed by Carlton and our residents.

It is good to see that with a few adjustments such as social distancing we can still hold our beloved Church services.

TABLE TENNIS

Table Tennis is a new leisure activity that was introduced during the month of April and it has been a clear favourite at Casa Mia. Our wonderful staff member Pearl was kind enough to donate her table tennis set to our residents.

Now we can hold fortnightly table tennis games and competitions.



Activity Reviews

INTERNATIONAL NURSES DAY

On May 12, we celebrated International Nurses Day. The residents have taken some photos and sent a few messages of thanks to our staff as a surprise to the nurses.

The day was filled with many thanks, stories and friendships, along with a PowerPoint presentation to say thank you to our wonderful nurses.



And who can forget the perfect way to end a day for our wonderful nurses.... with a BBQ provided by our wonderful kitchen!

SKYPE CALLS

To ensure residents and families are able to keep in contact, Christadelphian Aged Care have implemented Skype calls and have set up an account for each facility.

All of us here at Casa Mia have found it as a huge success, with residents being able to see their loved ones via these video calls. We will continue with the Skype initiative even after the pandemic finishes to ensure residents can stay in contact with family and friends far away.

If a family member or a friend would like to book in a Skype call, please talk to Sead or Carlton.



SMALL GROUP ACTIVITIES



Due to the Coronavirus pandemic, we have held more 1:1 activities and small group activities, such as scrabble, painting group, card games, chess, and dominoes.

We have used our time during the lockdown period to further strengthen our friendships and develop new friendships through finding common interests during small group activities.

Resident Story - John



We welcomed resident John to our Home in March and since then, he has been a participant in most leisure activities and events.

John was born in Bondi in the 1940s to his father Albert and his mother Beatrice. John had two brothers, Michael and Danny and a sister Jannette. They all attended Bondi Primary Public School then moved onto Bondi Junior Tech.

John had a good relationship with the Salvos and Vinnies and is very proud to have served as a CMF soldier in the transport section in 1964.

John worked very hard; he first worked as a bus driver, then he moved onto being a builder, a painter, a porter in a hotel and he even worked in a circus when he was only 14 years old.

John has travelled to many places, especially for work, and was always on the move. He has travelled to New Zealand, the Philippines and all around Australia.

John enjoys listening to music, going to the pub with friends for a social drink and is a very good pianist. John was a sportive man and played many sports in his days, which include cricket, tennis, table tennis, darts, Aussie Rules football and mostly soccer. He enjoyed competing in all his sports and now he is interested in playing chess, darts and joining in on all the competitions available in our facility.

For John, passing time playing chess and helping people around him interests him the most.



Everyone shines, given
the right lighting.

Susan Cain

Staff Profile - Joh



Joh started as the Volunteer and Pastoral Care Coordinator at Casa Mia at the end of last year and has really enjoyed getting to know the residents of Casa Mia.

Joh's background is as a Sports and Remedial Massage Therapist, and she used to work with the Swans AFL team and in private practice with sports people of all abilities for many years. Joh has 3 kids aged between 7 and 13 and started studying a Bachelor of Psychology at Macquarie Uni the year her youngest child started school.

Her studies got put on hold when she was offered the role of Pastoral Care at Casa Mia. The term 'pastoral' has to do with being a shepherd and the idea of extending watchful attention to the care of the residents is how Joh sees her role. The Aged Care quality standards are all about seeing and knowing each individual to be able to offer the best possible care. For Joh, there is a particular joy in coming to know each individual by taking time to listen to their stories to learn the things which people find meaning and purpose in and so to be able to care for their emotional, cultural and spiritual needs.

Joh has enjoyed being able to bring her Guide Dog puppy 'Teagan' into Casa Mia to share the love of a soft black puppy with residents and has been sad that she has not been able to do so recently due to Covid19, but hopefully she'll be able to bring her back soon.

Farewell Aneta



We said 'Goodbye' to our Director of Consumer Care & Services Aneta during the first week of May.

Thank you for your efforts and best wishes in your future endeavours - you will be greatly missed by staff and residents!



Pastoral Care



MAKING A DIFFERENCE THIS SEASON

As we draw into winter and feel the nip in the air, it makes me think of climates much colder than that of Australia. It draws me to think of climates where they struggle to grow food, struggle to keep warm, struggle to get around because of snow, ice and struggle to pay high electricity or gas bills.



Generally, we are very fortunate in Australia for what we have and we have to be thankful for what we do have. The blessings of food, clothing, warmth, and shelter. We don't have to look too far to think about someone who is less fortunate than ourselves.

As winter sets in and the cold nights hit, the air gets cool and the trees lay bare, think about one thing you can do this winter to make a difference to the life of someone else. It might be making a blanket for someone, spending time with a neighbour, volunteering in a small way, or being less wasteful to name but a few. Sometimes to really appreciate what we do have we have to make changes, possibility go without something for a short time, and in time give back to others.

- By **David Bridgens**, Volunteer & Pastoral Care Coordinator

10 WAYS TO FEEL BETTER DURING THE WINTER MONTHS

*COVID-19 Restrictions permitting

1. **Exercise*** – dedicating 30 minutes a day to light exercise, such as walking or yoga, can help boost the release of serotonin.
2. **Go Outside** – taking a quick walk around the block or opening the curtains can provide a much needed dose of sunlight and Vitamin D.
3. **Eat a Serotonin-Boosting Diet** – foods such as eggs, nuts, bananas and salmon, contain an amino acid called tryptophan, a critical building block for natural serotonin production.
4. **Wear Bright Colours** – research shows that warm and bright colours are tied to feelings of happiness.
5. **Complete a Project** – finishing a project around the house can make you feel accomplished, even if it is as simple as making the bed in the morning.
6. **Embrace the Cold** – people living near the arctic light candles and fires, drink warm beverages and snuggle under blankets to relax.
7. **Take a Holiday*** – Restrictions permitting, a mid-winter trip to a warm, sunny location may provide the boost needed to get through the rest of the cold months.
8. **Engage in Social Activities*** – whether solo or with a friend, getting out of the house to see a movie, go bowling or volunteer will help prevent isolation.
9. **Take a Class*** – pass the time by picking up a hobby or learning something new; as the old saying goes, "Time flies when you're having fun!"
10. **Read a Book** – studies have found that reading can make people happier by enhancing 'theory of mind' and reducing stress.

Bereavements

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



Volunteer Corner



With Covid-19, we are sadly missing our much loved volunteers at Casa Mia and this has been sad for everybody, but highlights how important volunteers are in enriching all our lives.

Our volunteer Abi had her children make Easter Cards for the residents who she usually visits and has continued with visits via phone call with some of the residents.



With the usual church services unable to attend at Casa Mia, Carlton and Joh ran the Easter Service and the mixed faith service with Joh taking her debut on the Casa Mia piano. With the need to respect social distancing measures, we ran the service 3 times: in Section 1, Section 3, and Section 5! It was a sight to see the piano rumbling down the corridor between 'sets'! We all enjoyed the time together.

We look forward to the continuing lifting of restrictions and the time when we can enjoy our volunteers at Casa Mia again.



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

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

Volunteer & Pastoral Care Coordinator

Isolation Activity Ideas



1. SPIRITUAL ACTIVITIES

Providing spiritual support for people living in long term care is vital to their well-being. It is especially important now, as residents face the challenges of being isolated from friends and family. Encourage your loved one to listen to music, share stories, listen and watch the birds outside, read poems or the Bible or even ask staff for a hand massage!



2. ARTISTIC PURSUITS

The therapeutic value of drawing and colouring comes from the need to concentrate. Residents immerse themselves and 'forget' their troubles whilst in the midst of a colouring activity. Everyone needs a break from reality sometimes.



3. SORTING AND HELPING ACTIVITIES

Activities that make residents feel helpful are always wonderful for memory care. Everyone needs to feel useful and like they matter as contribution gives us all a sense of satisfaction and belonging.



4. PHONE CALLS OR VIDEO CHATS

Families and volunteers are encouraged to call residents for a chat. It will lift their spirits and provide a welcome break. For an even more interactive and immersive experience, why not video chat using Skype, Google Hangout, or FaceTime!



5. IN ROOM ACTIVITY PACKS

Gather a bundle of activities to be delivered in a pack for your loved one to enjoy. Include things like: Crosswords, Word Searches, Spot the Differences, Quizzes, Jigsaws, Anagrams etc... or head over to our Puzzle Page to get your started :)



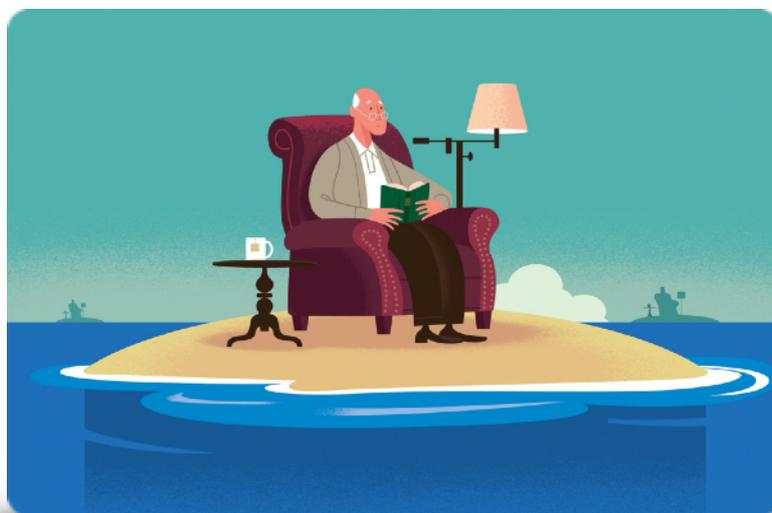
6. ARMCHAIR TRAVEL

Travel videos can be fascinating to watch. If available, choose a country and some suitable YouTube videos to watch and then follow up with themed activities based on the chosen country.



7. IN ROOM GARDENING

You can enliven any room with a pot plant and there are pot plants to suit any conditions! This wonderful hobby gives residents many hidden benefits to growing plants indoors.



Read, Rest & Relax!



SENIOR JOKE

A tour bus driver is driving with a bus load of seniors down a highway when he is tapped on his shoulder by a little old lady. She offers him a handful of peanuts, which he gratefully munches up.

After about 15 minutes, she taps him on his shoulder again and she hands him another handful of peanuts.



She repeats this gesture about five more times.

When she is about to hand him another batch

again he asks the little old lady, "Why don't you eat the peanuts yourself?"

"We can't chew them because we've no teeth", she replied.

The puzzled driver asks, "Why do you buy them then?"

The old lady replied, "We just love the chocolate around them."



Chicken and Mushroom One-Pot

- 2 tsp olive oil
- 1kg chicken thigh, trimmed, halved
- 300g button mushrooms
- 2 large celery sticks, finely chopped
- 4 French shallots, peeled, finely chopped
- 2 garlic cloves, crushed
- 1 tbs tomato paste
- 125ml (1/2 cup) white wine
- 400g can diced tomatoes
- 185ml (3/4 cup) chicken stock
- 1 tbs fresh thyme leaves, plus garnish
- 1/4 cup fresh continental parsley leaves
- Steamed wholemeal couscous, to serve
- Steamed green beans, to serve

Serves 6

1. Heat half the oil in a large frying pan over medium heat. Cook the chicken, in 2 batches, for 5 minutes or until golden then transfer to a plate.
2. Heat remaining oil in the pan. Add the mushrooms. Cook for 5 minutes or until golden. Add celery, shallot and garlic. Cook, stirring occasionally, for 3-5 minutes or until soft.
3. Stir in the tomato paste and cook for 2 minutes. Add the wine and cook, scraping base of pan with a wooden spoon, for 2 minutes or until reduced by half. Add the tomato, stock and thyme. Bring to the boil. Return the chicken to the pan and simmer for 15 minutes or until sauce thickens slightly. Season. Stir in parsley. Serve with couscous and beans, sprinkled with extra thyme.



Read, Rest & Relax!



MOVIE PICTURE QUIZ

How many can you guess from these cryptic pictures of famous movie titles, old and new!?



01



02



03



04



05



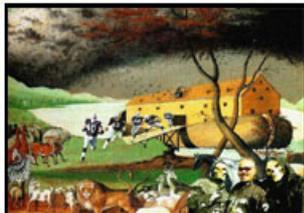
06



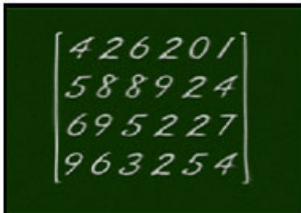
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08



09



10



11



12

A TIME TO LAUGH...

An elderly couple has dinner at another couple's house, and after eating, the wives leave the table and go into the kitchen. The two gentlemen were talking, and one says, 'Last night we went out to a new restaurant and it was really great. I would recommend it very highly.' The other man asks, 'What is the name of the restaurant?'

The first man thinks and thinks and finally asks, 'What is the name of that flower you give to someone you love? You know... The one that's red and has thorns.'

'Do you mean a rose?'

'Yes, that's the one,' replied the man. He then turns towards the kitchen and yells, 'Rose, what's the name of that restaurant we went to last night?'



QUIZ ANSWERS: 1. Chariots of Fire 2. Bee Movie 3. Star Wars 4. Blade Runner 5. Alice in Wonderland 6. Beautiful Mind 7. Dancing with Wolves 8. Steel Magnolias 9. Raiders of the Lost Ark 10. The Matrix 11. Judgement Day 12. The Green Mile

Read, Rest & Relax!



FLU PREVENTION TIPS

GET VACCINATED Influenza is the only respiratory virus preventable by vaccination.

WASH YOUR HANDS Wash them often with soap and water.

STAY HOME Stay home for a full 24 hours after your fever goes away.

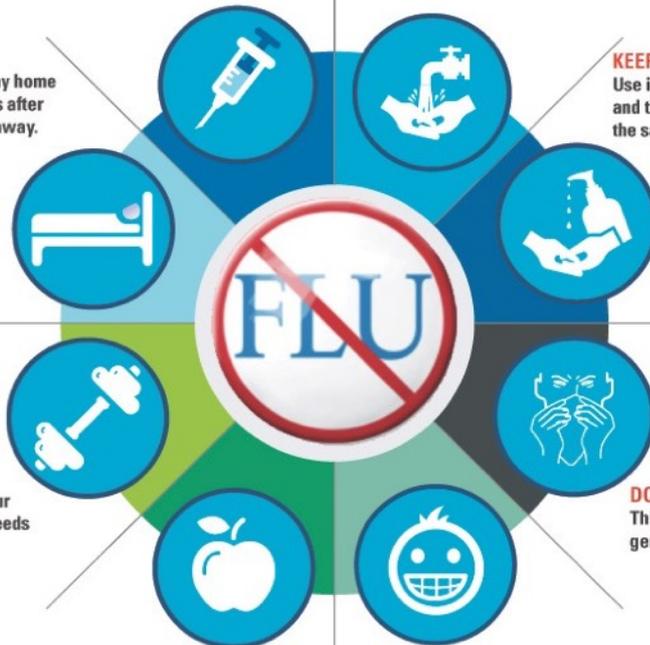
KEEP SANITIZER CLOSE Use it often and tell children and those around you to do the same.

EXERCISE It boosts your immune system and speeds recovery from illness.

DON'T TOUCH YOUR FACE This is the easiest way for germs to get into your body.

EAT RIGHT Eating healthy, balanced meals can strengthen your immune system.

SMILE Studies show that smiling can help boost your immune system.



HOW TO STAY WARM

1. 2! pairs of socks

2. hide under blankets

3. hot chocolate/tea

4. fire places

5. steal someone else's warmth HEY.

Sweet Potato Soup with Chorizo Croutons

- 1 tbs olive oil
- 1 brown onion, coarsely chopped
- 600g Kent pumpkin, peeled, seeded, chopped
- 1 gold sweet potato, peeled, chopped
- 4 cups (1L) salt-reduced chicken stock
- 2 Mild Chorizo Salami, chopped
- 3/4 cup (185ml) thickened cream
- 2 tbs pepitas (pumpkin seeds), toasted
- 1/3 cup coriander sprigs
- 1 loaf of crusty bread, to serve



Serves 4

1. Heat the oil in a large saucepan over medium heat. Add the onion and cook, stirring, for 2 mins or until onion softens. Add the pumpkin, sweet potato and stock. Bring to the boil. Reduce heat to medium and cook, stirring occasionally, for 20 mins or until the pumpkin is tender. Set aside to cool slightly.
2. Meanwhile, heat a frying pan over high heat. Add chorizo. Cook, stirring, for 5 mins or until golden brown. Transfer to a plate lined with paper towel.
3. Use a stick blender to blend the pumpkin mixture in the saucepan until smooth. Add 1/2 cup (125ml) of the cream and stir to combine. Season.
4. Divide the soup among serving bowls. Drizzle with the remaining cream. Sprinkle with the chorizo, pumpkin seeds and coriander. Season. Serve with the bread.

P₃ U₁ Z₁₀ Z₁₀ L₁ E₁

A₁

G₂

E₁



Double Puzzle

Unscramble each of the words relating to Winter and then use the corresponding numbers below each of the letters to solve the hidden phrase at the bottom of the page.

SFCRA



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30 11 10

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21 9 13

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2 27 14 17 23

SORONMTWS

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6 22 24 16 26



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18 19 16 20 21

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22 5 23 24 25 10

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26 27 28 24 29 30



Disclaimer: All photos and stories have been published with consent of relatives and residents involved. Thank you for your submissions.

P₃ U₁ Z₁₀ Z₁₀ L₁ E₁

A₁

G₂

E₁



Find a Word



W	E	A	T	H	E	R	W	G	S	F	P	S	F	M
O	H	J	V	O	L	J	O	N	J	V	H	N	J	J
K	F	R	A	C	S	M	E	O	K	O	L	O	M	G
D	R	H	B	P	T	T	D	P	V	B	P	W	W	N
I	E	L	J	Q	T	O	I	E	L	J	Q	F	O	I
W	E	P	N	I	W	K	L	I	P	N	S	L	K	T
S	Z	Q	M	W	Q	D	S	D	Q	M	F	A	D	A
N	I	A	K	S	B	I	U	W	A	K	F	K	I	K
A	N	S	L	I	D	E	I	S	S	L	U	E	W	S
M	G	W	J	C	D	L	L	A	W	J	M	D	S	W
W	W	X	I	D	S	N	O	W	X	I	R	B	U	X
O	C	C	U	F	D	D	P	C	C	U	A	D	D	C
N	V	D	O	M	G	G	N	I	D	D	E	L	S	D
S	B	E	P	I	C	C	R	E	T	N	I	W	C	E
F	S	L	I	P	P	E	R	Y	R	T	A	H	H	R

- See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.
- | | | | |
|------------|--------------|--------------|--------------|
| 1. Snow | 5. Shovel | 9. Slippery | 13. Scarf |
| 2. Snowman | 6. Cold | 10. Slide | 14. Hat |
| 3. Winter | 7. Freezing | 11. Sledding | 15. Earmuffs |
| 4. Weather | 8. Snowflake | 12. Skating | 16. Mittens |

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