

Christadelphian Aged Care

2020 WINTER NEWSLETTER

# COURTLANDS

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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 Courtlands*

Dear All,

My name is Kim Frawley and I am the Senior Manager, Clinical & Operation for Christadelphian Aged Care, and will remain at Courtlands until recruitment for the DCC is complete. Feel free to introduce yourself to me when you are next here.

In light of the recent COVID-19 events, we've been doing our best to keep a positive and uplifting environment for our residents and staff.

We recently celebrated International Nurses day on May 12 with a BBQ and Mother's Day events around Courtlands for our resident which featured a performance from Elvis!

We are using video call services and video messages whilst in isolation, which can be arranged with our Leisure and Lifestyle team if you would like to call your loved one.

The commission has been to check on our preparedness for Covid-19 and we were able to show we had everything in place including all staff & residents having had their flu vaccination.

The current visiting schedule whilst challenging for some continues. Please ring reception for appointments on 9683 8006. The RN in charge is also capable of booking appointments outside reception times

Recently, Joann Raftopoulos and Kim Howard have left CAC and we wish them good luck in their future endeavours.

I hope everyone remains safe and well during these times, and I hope to see you soon.

Kind Regards, **Kim Frawley**

*- Senior Manager Clinical and Operation Support*



# Retirement Village Message

## What are we learning from Coronavirus?

Do we have thoughts of loneliness, loss of purpose, boredom, selfishness, how to use toilet paper sparingly, or, what acts of kindness, thoughtfulness, giving can I do for others? Can I bake a few cookies and deliver them to my neighbour? Did I ask the frail gentleman down the road if he would like me to do some shopping for him? When was the last time I rang Ethel who lives by herself in that big house? Has the busyness of our lives been simplified and we now have time to think and act for others, not ourselves?



How fortunate we are to live in communities where we have neighbours such as these. We have staff who are mindful of the impact the COVID-19 restrictions might be having on you and are doing many things, often in the background, to alleviate some of the worries you might have.

Minister for Aged Care and Senior Australians, Richard Colbeck, has announced a dedicated, free call support line aimed at supporting the mental health of those impacted by the spread of COVID-19. The Minister said talking to someone who understands and listens was an

important outlet. Advisors can offer practical help and advice especially for those with limited contact with family and friends. **COVID-19 support line:** 1800 171 866

I have a new role within Christadelphian Homes, Head of Mission, and will be commencing in this role on June 15.

What does this mean? Lisa will officially be known as NSW Retirement Village Manager and we will be working closely together over the next few weeks to ensure a smooth transition into Lisa's new role. Rob Hall (CFO) will be overseeing The Homes' Retirement Villages (QLD/NSW). Please join with me in congratulating Lisa and support her as she continues to develop the role.

I have enjoyed very much working in Retirement Living and will miss the intimate relationships that many of us have developed over the years. I will be around and hope to drop in for Morning Tea when we are free to do these things again.



It was Mother's Day last Sunday and for most of us, it was spent in a very different way to every other year. My prayer is for mothers, all over the world who held their child's hand for a moment but their heart for a lifetime. ***Happy Mother's Day!***

So, what have we learnt from Coronavirus and how will we show others the blessings we have been given, living in our Village community and this wonderful country, Australia?

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

# Birthdays & Upcoming Events

JUNE	JULY	AUGUST	JUNE	JULY	AUGUST
Self Care	Self Care	Self Care	Vista	Vista	Vista
3 Glen T	3 Barbara A	1 Ron C	Ru	Dorothy S	Michie
4 Sandra A	6 Pat R	8 Ruth G		Sylvia	Wilma
7 Bernie H	7 Robert J	16 Pat P		Elaine	Norma
10 Keith H	9 Doreen A	19 Pat H		Kim	Tess
12 Patricia T	9 Eric G				Jane
13 June R	12 Sheila M		Grange	Grange	Grange
15 Mavis R	26 Margaret S		7 Larry P	11 Elyane E	23 Ivy J
18 Ray T			23 Alan C	17 Allan H	
21 Nancy W			25 Maria B	24 Marie D	
23 Marion J				31 John J	
26 James C			Terrace	Terrace	Terrace
27 June B				5 Archie T	7 Jeanette W
29 Joan W				14 Trish P	11 Patricia M
Grove	Grove	Grove		25 Lorna B	28 Jean C
27 Jeanette M	15 Zakie T	4 Wan Z			



## Upcoming Events

JUNE	JULY	AUGUST
<b>2nd</b> - Italy Day <b>6th</b> - D-Day <b>8th</b> - Queen's Birthday	<b>7th-13th</b> : NAIDOC Week <b>14th</b> - Bastille Day <b>30th</b> - Friendship Day	<b>15th</b> - Indian Independence Day <b>28th</b> - Daffodil Day



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



[facebook.com/christadelphianagedcare](https://facebook.com/christadelphianagedcare)

# Activity Reviews

## TERRACE

It's been a busy Autumn in the Terrace, and as we get used to the lockdown and restrictions we have also continued enjoying indoors through social distancing. We are continuing with a lot of old activities while practicing social distancing which include; trivia, scrabble, board games, newspaper current affairs, sing a longs, art class and happy hour.

We have also started weekly ice cream on Wednesdays during sing a longs along with cooking class once a month. We have also been going out on walks while maintaining social distancing to quick start the day. We also have been sitting in the lounge room during the morning in the sun and reading the newspaper as we discuss about all the current affairs around the world.

We have also had a few events as Anzac Day, Easter and Mother's Day along with art classes where we made the decorations ourselves.

For **Easter** we had a beautiful afternoon tea and had sing a longs. We also had a visit from staff who came in with a picture frame in which we took photos. We also reminisced about their memories of Easter that they had and how they celebrated it. Residents also received the messages from their families and cards which were delivered to make them happy.



# Activity Reviews

## TERRACE - continued

For **Anzac Day** we made poppy brooches with red chiffon fabric and black buttons.

On the day we had an in-house service with pastoral care and the residents contributed when one of the residents, Alan Morrison laid down the wreath.



During all the social distancing we also had a visit from the 'Covid Warrior' reminding us about social distancing it was a great laugh to have in the morning.

We have also started quilting and the ladies have been devoting all their free time to knitting small squares for rugs and patchwork which they will be transforming into a quilt later on.



We have also been doing video calls with families through skype which has been very positive for the residents as they look forward to that connect with family again.



*Happy 'Social Distancing' Birthday to Judy*

# Activity Reviews

## TERRACE - continued

For **Mother's Day** we made daisies and tulips made from coloured paper to decorate around the Terrace. On the day we had a visit from 'Elvis' who delivered messages from families and did a little performance for the residents. Then in the afternoon we had an afternoon tea with sing a longs. We also had a little presentation from Peter, our bus driver, who read out heartfelt poems about Mother's Day, some of which were poems his mother wrote. We also reminisced about their childhood. On the Sunday of Mother's Day we had a busy day with lots of visitors and we went around in the afternoon to all the residents taking photos in a photo frame made by the residents in Grange.



# Courtlands Photos: Anzac Day



LEST WE FORGET  
**ANZAC  
 DAY**



25th APRIL

## *Special Thanks..*

Thank you to the service of Richard Phillip Thompson and R.J. Williams to helping protect Australia.

**R.J. Williams**

NX202875

*Served with 2/12th Infantry Brigade - 7th Australian Division*

*Invasion of Balikpapan-Borneo 1/7/1945*

*Followed by service in South Celebes and New Britain*



**Richard Phillip Thompson**

NX178857

*Signalmon - New Guinea School of Signals*

# Activity Reviews

## VISTA

The COVID-19 Lockdown hasn't stopped us from having fun in Vista! There has been plenty of things for us to do (while maintaining social distancing, of course). We continued with our usual activities and tried some new things too.



Just for something fun to do, we had a go at the **Getty Museum challenge**, where they were challenging people to re-create famous artworks. Robert re-created 'Man in a Red Turban' by Jan van Eyck and Rodney recreated 'Self Portrait With A Bandaged Ear' by Vincent van Gogh. We loved the DIY aspect of this challenge and we think the re-creations turned out well!



The beautiful Autumnal weather has been providing us with some opportunities to share some lazy afternoons, out in the sunshine. We have enjoyed quizzes, conversations, lunches and **happy hour** in the courtyard.

You've heard of Jazzercise? We had our new friend Sazza join us for some **Sazzercise!** We had some fun with The Chicken Dance, YMCA and Hokey Pokey. Who knows what she'll do next, that chick is kooky!



We have been using **Skype** and **Zoom** to connect with our loved ones, watching videos and looking at photos sent to us from our loved ones at home, which have been much loved and appreciated.

We also received some **letters!** Some of our friends at Chamberlain Gardens, a Christadelphian Home on the Central Coast, sent us some letters. We have replied and hope to hear from them again soon! Some Cub Scouts from 1st Toongabbie Scout Group sent us some letters too, we are responding to those and hope to make some new friends.



# Activity Reviews

## VISTA - continued

Sara asked us if we could travel anywhere in the world, where would we go? Together, we made a COVID-19 **Bucket List** of places we would like to visit. We have been travelling to The Great Wall of China, Rome and London using Google Earth, YouTube and Virtual Museum Tours, which we Chromecast to the Smart TV, so we could all enjoy.



We even enjoyed a Devonshire Tea when we visited London (Sylvia's destination) and we got to look at and play with some medieval



armour that the COVID Warrior brought in for us! Trent, Peter, our Bus Driver and David, our Pastoral Care Worker took us on our virtual tour of London.

We enjoyed a lovely **Easter High Tea**, which included some of our favourites - Easter Eggs, Macaroons and Hot Cross Buns... yummo!

For **Anzac Day**, we made some beautiful poppies for the window display in Vista. Our Anzac Day service was slightly different from the traditional service we usually have. The gentlemen from Parramatta RSL were unable to join us due to COVID-19, so Sara & David put together a service so we could pay our respects. Our thanks go to Henry for laying the wreath and we thank him for his service in the Royal Australian Navy, Rodney for reading



service in the Royal Australian Navy, Rodney for reading

The Ode and to Peter for reading the poem "In Flanders Fields". Following the service, we ate lunch out in the courtyard while Sara played & sang Australian music for us and we gave her our requests.



# Activity Reviews

## VISTA - continued

Mother's Day was lots of fun! We were treated to a visit from 'Elvis', who got us singing some karaoke and dancing and then played guitar and sang for us. We also enjoyed a decadent Mother's Day High Tea. We had a lot of fun and laughs!

Thank you very much to all the family members who sent in their Mother's Day telegrams for Elvis to deliver.



We celebrated our amazing nurses on *International Nurse's Day* on May 12.



# Activity Reviews

## GRANGE

With the Coronavirus outbreak, we were instructed to go into lockdown here at Courtlands but that did not stop us from having fun. We continued doing bingo, physical games, word games, exercise with music, garden walks, sing a longs, newspaper reading and ice cream trolley while practicing social distancing and the restrictions.



We started March with **St Patrick's Day**

where we made rainbow chains with a pot of gold on the ends and also decorated the whole place green. We had a wonderful afternoon tea in the Vista along with Grove where Sara bought us the entertainment with her singing Irish songs which got lot of the residents dancing. We had Peter, our bus driver bring in his London taxi in which the residents of the

Grange sat in and had a little drive around the facility while taking lots of photos and bringing back the memories.



We welcomed April by dressing up in silly clothes for **April Fool's Day** which really made the resident laugh when Mansi was dressed up as Wonder Woman.

With the lockdown getting stricter, we introduced many lockdown activities such as virtual museum tours and documentaries of everything and anything voiced by the residents that they are interested in. We also had a day where we did a fruit juice and smoothie bar trolley in which we squeezed fresh orange juice to boost up the immunity during this time.



# Activity Reviews

## GRANGE - continued

We also started Skype sessions with family so that they can connect with the residents and some residents were also given technology classes to do it on their own anytime they like. Another thing we introduced is the activity trolley and the mobile library where Mansi goes around offering books to read, cognitive games, sensory based activities, quizzes and board games.

**Easter** was a little different this year in which we celebrated with an afternoon tea where the kitchen provided us with wonderful treats and hot cross buns. We also had a little photo session with a frame that the Grove residents made along with a hat parade. We also had live church streaming for Good Friday and Easter Sunday so we didn't miss out on the prayers.



During all the social distancing we also had a visit from the 'Covid Warrior' reminding us about social distancing.



For **Anzac Day** we decorated the place with red poppies and then had a service in the morning we also read to the residents some poems of Anzac Day and discussed how it originated.



# Activity Reviews

## GROVE

The saying “a picture is worth more than a thousand words” goes along way specially during these difficult times of isolation and social distancing actions put in place to help prevent the spread of the Coronavirus pandemic. At the Grove, we decided to showcase more photos than words this season because sometimes “less is more”.

At the Grove, we are very interested in reading and this season we have dedicated some time to **poetry**. Some we have created ourselves like “A dog named Rover” while other poems by Henry Lawson were read out and presented in an original and authentic way.



The renovations are now completed at the Grove and with this we have created two lovely calm spaces called the Zen and Snug Room and a Sensory Area where we can play the piano or sit and chill out. The **Zen** and **Snug Room** is an airy and relaxing space, suitable for one to one activities, small group activities or can be used as a personal space when family and friends visit. Many precious moments have already been spent here reminiscing, flower arranging with friends and relaxing in a comfy' homely space.

Coronavirus broke out through Australia, and by March we were ordered by the Government to use lockdown and lockout regulations.



But this didn't stop us from celebrating **St Patrick's Day** on March 17, managing to put a green grin on everyone's faces.

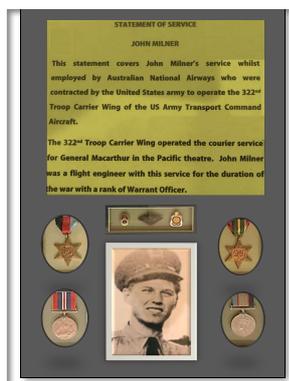
We dressed in all things silly and strange for **Aprils Fool's Day**... some say - "there is nothing unusual about that".



# Activity Reviews

## GROVE - continued

Not long after we celebrated **Easter** with special afternoon tea. Grove created a wonderful photo booth frame with all the famous bunnies one could imagine attached. Lots of photos and memories were taken “through the looking glass” and sent to the families. Covid-19 restrictions were well and truly in place and preventing everyone from seeing family in person so photo booths became our way of staying connected.



This year celebrating **Anzac Day** was very different due to the restrictions and we were not allowed to have any volunteers or visitors to run the service. We held our own service which felt very personal and respectful. Our very own hero at the Grove, John Milner shared his Statement of Service and photos of the medals he received.



# Activity Reviews

## GROVE - continued

We have managed to run our **usual activities** such as tossing bean bags at the targets, making art for our living room, singing to our favourite sing-alongs, we even manage to complete a giant jigsaw puzzle taking up the space of 3 tables!



We continued to celebrate lots of birthdays and special days.

Covid-19 brought new ways of **communicating** with our families both low tech and hi tech. We have invented window visiting, video conferencing and watched

*Vince & Jeanette before and after*

lots of video messages sent from the families. Here are a few photos of how life was before pandemic Covid-19 and after.



*Jackie & Silvana before and after*



# Activity Reviews

## GROVE - continued

May Summed up this season, finishing on a high note with our lovely Sara dress up as Elvis and singing requested songs like "love me tender" for Mother's Day.

We too dressed up to the nines in red, read poems about motherhood, thought of proverbs and indulged in a lovely afternoon hi tea with cakes galore!



God could not be everywhere, so he made mothers  
Jewish proverb.  
The best thing you can give children,  
next to good habits, are good memories - Sydney J. Harris



EAT WHAT YOU CAN  
AND  
CAN WHAT YOU CAN'T  
- Winnie  
Mother's Day



*The Grove residents wishes health and joy to everyone in the village.*



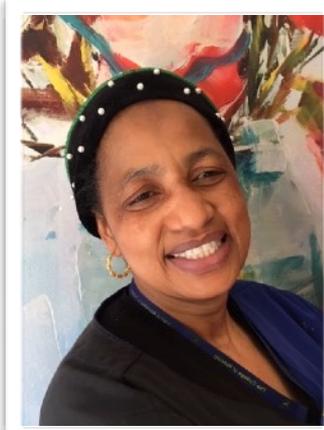
Everyone shines, given  
the right lighting.

Susan Cain

# Photos: **Mother's Day**



# Staff Profile - Zainab



My name is Zainab and I work at the Christadelphian Courtland's Village in the Grove as an AIN (Assistant in Nursing).

Recently, I joined an activity that was discussing the Prime Ministers of Australia and my ears suddenly pricked up when I heard the name John Howard mentioned, I couldn't help joining in the conversation. I explained how grateful I am to this day because of his government's policy regarding immigration and in particular to refugees.

I was born in West Africa in a small country called Liberia. Liberia was a harsh place to live with a lot of political turmoil. I was pregnant with my fourth child and had



3 young children at home when I was widowed. I feared for my life and my children's lives, so I fled with my children from Liberia to Guinea where we sought refuge and I was able to apply for a refugee visa at the Australian Embassy.

We landed in Sydney as refugees on August 6, 2004. I only knew how to speak "Pidgin English" at first. When I went for job interviews, I was shunned away because of this, but my daughter knew English better than I did and helped me search for jobs in the newspapers. And, on September 20 I got my first job in Aged Care. I went for an interview with the manager of a Sydney nursing home, her name was Robyn. She was the first person to recognise my willingness to work hard and my caring personality so she employed me straight away. I will never forget Robyn's kindness to this day.

I continue to appreciate the opportunities given to me here in Australia. I was very lucky to have been welcomed so warmly and assisted by people here and the Government to start a new safe life for my family. I have been in Australia now for 16 years and I have never stopped working as an AIN. I have been working with Christadelphian Aged Care for 7 years and I love it! The time has flown by so fast it feels like yesterday when I started. I love getting to know the people here and trying to bring joy to everyone and everything we do. I carry this happiness and gratitude with me every day through my work and everyday living. Caring for people, helping others and being kind to one another is how I live my life.



When I am not working and I am at home with my family, I enjoy cooking, looking after my grandchildren and making people happy. I am very proud of my children and grandchildren. I see kindness, helpfulness and care instilled in them.

What a great country Australia is!

# Resident Story - Winsome



*When Zainab was telling her story, Winsome (Winn, Winnie) was intrigued and said; "I always knew Zainab was a very special lady and now I know why. What a remarkable story!" Winnie is always fascinated and takes interest in people. Winnie is captivated by peoples stories and stands strong on social justice and fairness: "everyone is entitled to have a fair go and should be given equal opportunity on their own merit". Winnie's insight and reflections are beautiful to witness on a daily basis. I asked her if she too would allow me to print a little bit about her own story in this newsletter. Modestly she said "I don't have too much to tell, and am flabbergasted you want to write anything about me". After hearing Zainab's story, Winnie was reminded of the time she lived in Malaya and what follows is her story.*

I was born in Sydney in the year 1924 to a family of 7 children. Growing up with four brothers and two sisters was hard at times in those days. I followed my brothers into lots of mischief so I was a bit of a tomboy. Around the age of 20, I met my husband through a friend. The funny story is that I was invited to a wedding but I had no partner to go with. My friends took it upon themselves to find me a partner, and I must say I was really lucky, because if it wasn't for my friends I probably wouldn't have met the man I loved. His name was Tom and he was in the Royal Australian Navy.

Tom and I married and had 3 children, Greg, David and finally I got my baby girl named Linda. In my early 30s, my husband came home one night from the Royal Australian Navy Base and told me he had seen an advertisement on the notice board for a job with the Government in Malaya. He was so excited and thought it would be a great experience, I too became excited and intrigued with the idea. I remember the day I told my mother we were moving to Malaya she was beside herself, and the day we left Australia, I have never cried so much in my life. When we got to the house provided by the Government, we couldn't believe our eyes. The area was like a village with other families mainly from Great Britain, who worked for the Government. The term "British Malaya" describes countries that were brought under British control. Malaya was British until 1957, but in 1963 became independent and was changed to Malaysia. When I was there it was still called Malaya.

When we met the British families, I thought it was peculiar that they didn't want to blend in with us from Australia, they looked down upon us because they believed we were not as civilised as themselves (they thought we would be running round with boomerangs). We had servants at our service and a nanny for our children. The Malays called them "amah" meaning "mother"; I felt this was strange having servants cleaning my house and caring for my children, but it was the norm over there at the time. I was "lost" for words because I wasn't used to having this kind of service and they were expecting me to know how to be like "the lady of the house". I was never like the British women who were unpopular with their "posh" and snobby attitude, they acted like princesses and played the role in their homes as "Lady of the House".

The local people must have thought I was like them, the Brits (Poms) were infiltrating their land and they didn't like that. But when we got to know each other they realised I was from Australia, "I loved becoming attached to the local people in a way that the British women didn't - I didn't believe in hierarchy".



*Continued over page*

## Resident Story - Winsome continued



I taught the servants about Australian culture and I learnt a lot from them and their culture. On the days when the children were in the local school and my husband was working, I went to the hospital to volunteer. I loved helping people and still do to this day. It was difficult to see sick children and elderly people in the hospital though, so I made it my mission to get a smile out of them every time before I left the hospital.

We lived in Malaya for three years and then the day came for us to go back home to Australia. Now, I did mention how I had never cried so much in my life when I left Australia to move to Malaya but I was wrong. This time leaving Malaya was the saddest; I couldn't stop crying. Living in Malaya had taught me a lot about other cultures, I formed a great bond and beautiful relationships with all the "amahs" and to this day it is an experience and memory I will never forget.

## Landscape Solutions

With the cooler months approaching, Cassandra and I will be using a variety of horticultural techniques around the gardens of Courtlands Village. These vary from hard pruning to reduce the height of a hedge, pollarding technique of crepe myrtles as well as the annual rejuvenation pruning of roses, hydrangeas and salvia.

Hard pruning controls the size and shape of any given plant and, in our case, the size of hedges. Some hedges on site at our Village have grown too tall for us to maintain effectively and consistently and a decision has been made to reduce the height. Some of the hedges you may see reduced include murrayas, viburnums, lilipilis, durantas and abelias. The reduction of height is not the finished product and these will reshoot in the coming weeks and months.

Another hard pruning technique that will be used on site is the pollarding technique of crepe myrtles. Crepe myrtles bloom on new growth so onsite we will prune and remove last years growth which will yield more gracefully shaped trees held upright on strong stems with twice the blooms of an untouched tree.

With Winter arriving, we will also conduct our annual seasonal rejuvenation pruning of roses, hydrangeas and salvia. After the summer growing period these plants can become crowded, out of shape and produce unproductive wood, meaning that it doesn't flower best or have minimal leaves. The roses onsite will be pruned back nearly two thirds in some cases, to an outward facing bud and with the carpet roses, cut back to the ground. Roses respond well to pruning as it prevents disease and encourages stronger flowering. Hydrangeas will be pruned back to last years growth because if we prune too fiercely year after year the blooms may reduce in size and quantity. Any leaf stems that have not flowered we will leave as they will flower next growing season. Salvia will be pruned back nearly to the ground to an already established clump. This will make the plant look fresher and stronger when it re shoots instead of straggly or sparse. The bloom yield will be much higher.

Please feel free to approach Cassandra and I with any questions you have about the gardens, as we hope to alleviate any apprehensions these pruning techniques may cause.

- **Scott Lewin**, Team Leader: *Landscape Solutions Australia*



# 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



COVID-19 has prevented our much loved volunteers from coming to Courtlands and this has been difficult for everybody. It has shone a bright light on just how much our volunteers give to Courtlands and what an integral part they play in our day to day lives.

Technology has helped residents in Vista to stay connected with our much loved and missed volunteer, Piret. Piret was able to deliver her usual Tuesday morning News & Views activity from home. She linked up to Vista with Zoom, using the Lifestyle Tablet. She was then Chromecast to the Smart TV so that everyone could see her, just like a real newsreader, but more personal and connected with the audience. It was wonderful for the Residents to be able to interact with Piret and Piret said while the experience was a little bit weird, she very much enjoyed being able to see and hear all the Residents and spend some time with them, despite the distance. While we love the technology and the opportunities that gives us to connect, it isn't as good as the real thing and we hope dearly to see our volunteers back at Courtlands again soon.

Our lovely volunteer Pam made a few videos of herself presenting her garden and how she has been keeping herself busy. Pam is very creative and always has the residents in mind so she created some beautiful handmade flowers and brought them in, we presented these flowers in a card as lovely gifts for mother's day. Thank you Pam.



*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](mailto:ekuit_cac@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 :)



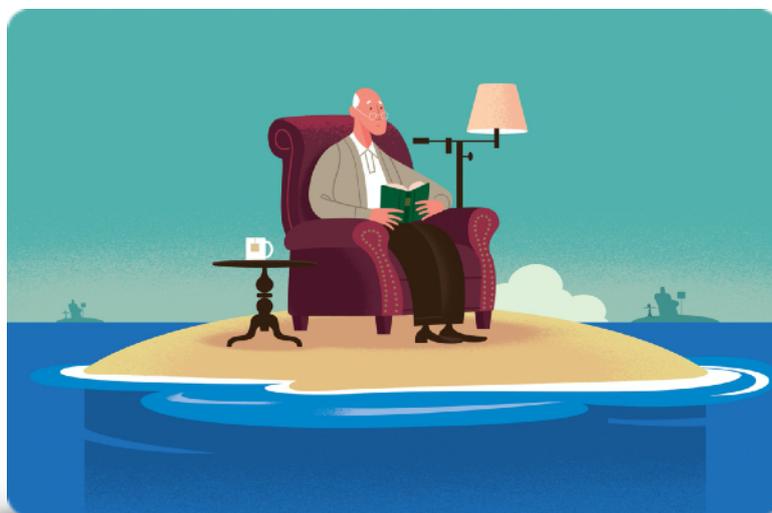
## 6. ARMCHAIR TRAVEL

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.

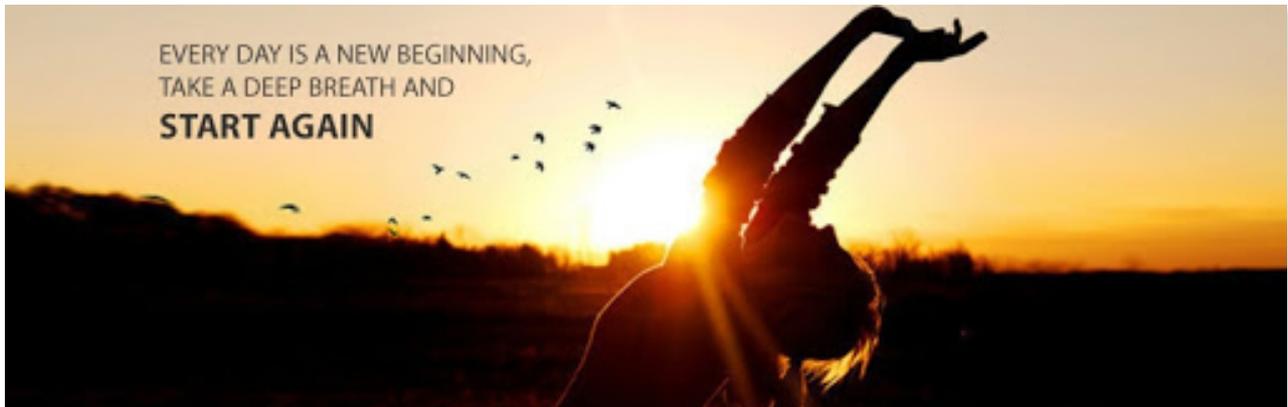
When she is about to hand him another batch

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



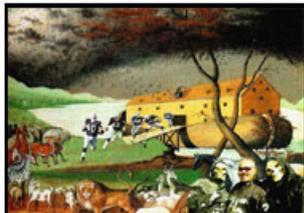
06



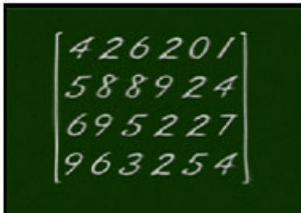
07



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?'

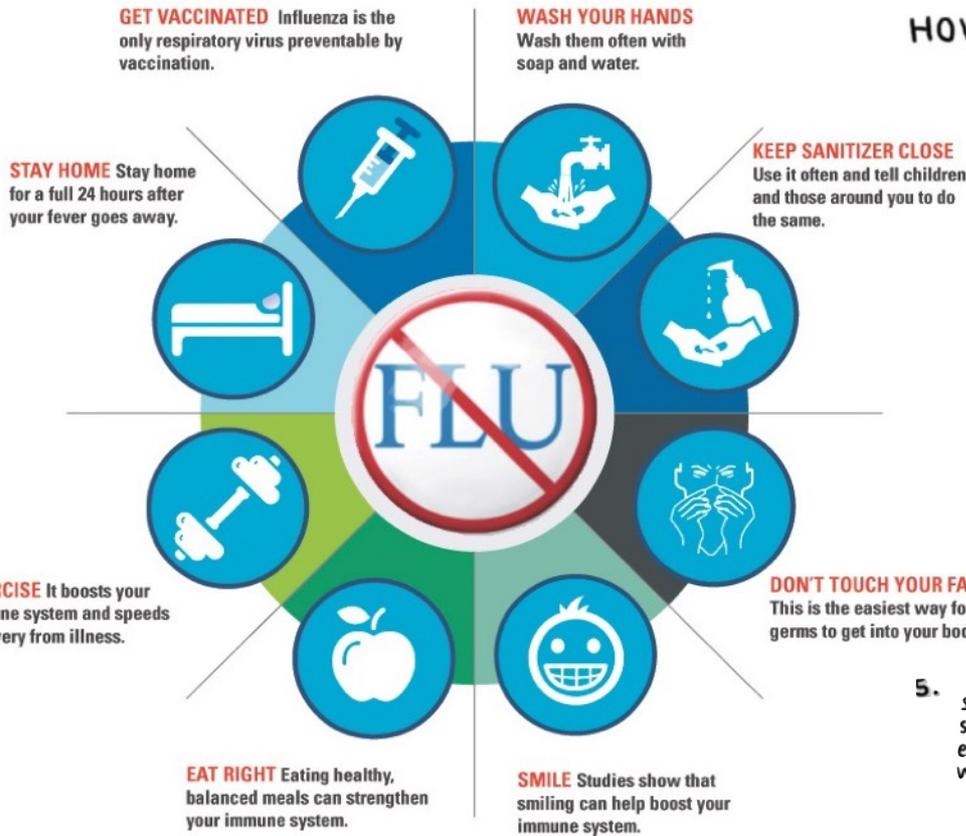


**QUIZ ANSWERS:** 1. Chariots of Fire 2. Bee Movie 3. Star Wars 4. Blade Runner 5. Alice in Wonderland 6. Beautiful Mind 7. Dancing with Wolves 8. Steel Magnolias 9. Raiders of the Lost Ark 10. The Matrix 11. Judgement Day 12. The Green Mile

# Read, Rest & Relax!



## FLU PREVENTION TIPS



## 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.

P<sub>3</sub> U<sub>1</sub> Z<sub>10</sub> Z<sub>10</sub> L<sub>1</sub> E<sub>1</sub>

A<sub>1</sub>

G<sub>2</sub>

E<sub>1</sub>



# 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



--	--	--	--	--

30 11 10

SAOENS

--	--	--	--	--	--

21 9 13

SVEHOL

--	--	--	--	--	--

19 3

ESASTK



--	--	--	--	--	--

4 12 18 20

SEDL

--	--	--	--

25 7

SIGLEH BSLEL

--	--	--	--	--	--

5 29

--	--	--	--	--

NSOFEAWLK

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28 1 8 15

SONNWMA

--	--	--	--	--	--

2 27 14 17 23

SORONMTWS

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6 22 24 16 26



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1 2 3

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4 5 6 7

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8 9 10 7

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11 12 13

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14 15 16 17

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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.

P<sub>3</sub> U<sub>1</sub> Z<sub>10</sub> Z<sub>10</sub> L<sub>1</sub> E<sub>1</sub>

A<sub>1</sub>

G<sub>2</sub>

E<sub>1</sub>



# 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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