

Christadelphian Aged Care

2020 WINTER NEWSLETTER

MARANATHA

Address: 1582 Anzac Avenue, Kallangur QLD 4503 **Phone:** (07) 3482 5333 **Email:** admin@chomes.com.au

*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 Maranatha

It is the best time of year (weather wise) in Queensland again. The night air has developed a refreshing cool crispness and the days are warm, clear, and sunny. We welcome the benign conditions that Autumn and most of Winter brings. We might have to don our winter pjs and burrow under the blankets at night as the mercury falls under clear skies but come 10am the sun is streaming down and we are comforted by its gentle, reassuring warmth. It has often been noted that the real winter for Queensland falls around 20 something of July and lasts until around the first or second of August. We are certainly lucky in this state!

This year, along with the predictable seasonal changes in weather, we have experienced far broader ranging and unexpected changes which have affected many aspects of our day to day lives. The words virus, pandemic and lockdown, which a few months ago seldom cropped up in conversation, are today a part of almost every news bulletin, report and personal interaction around the entire planet. We have introduced the concepts of social distancing and isolation into the fabric of society and have altered our behaviour and the way that we interact accordingly. At the time of writing this, we have been rewarded for our efforts by low rates of illness and transmission in Australia. We have certainly been blessed!

This time of isolation has had some unexpected benefits. Most of us would have found time to finish off all those projects at home that we have been putting off for months (or even years!) and then there is always the cleaning and gardening that we have been neglecting.

Continued over page...



Manager's Message continued

The reopening of public spaces, shops and entertainments will certainly put paid to many of these activities – or maybe some of us have found unexpected pleasure in these pursuits. It is often the simple things we overlook that are the very things to add the most meaning, enriching, and expanding our otherwise busy lives.

My daughter (Rosie), who has been in self enforced isolation, has learnt to crochet and sew. She has preferred to remain mostly at home since a trip to the supermarket back in February resulted in her curious little 2 year old experimenting with her surroundings and while she appeared to be standing obediently at her mother's side, upon closer inspection was found to be quietly licking the Perspex at the deli counter! Thankfully, the little one did not suffer anything worse than a brief shock at her mother's reaction to her taste testing. During her time at home, Rosie has not only learned new skills but has also been rewarded with sense of achievement and pride in the fruits of her labour.

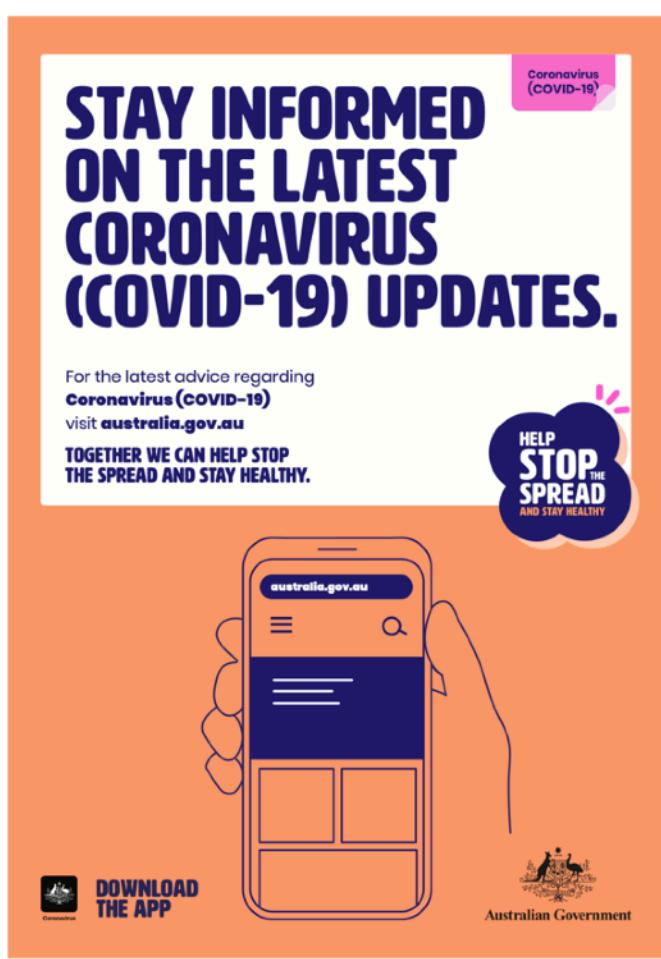
There have been, of course, much more unwelcome consequences of the Coronavirus pandemic and at Maranatha, although thus far we have avoided the infection, many of our staff have felt the economic impacts. Some have gone from families where both parents are earning a wage to be the sole wage earner and although they are facing hardships, they have continued to be compassionate, supportive and caring to the residents and family members at Maranatha. We can draw inspiration from their courage at kindness in this difficult time. I would also like to acknowledge the actions of many family members who, despite keenly feeling the separation from loved ones during the period of lockdown,

remained supportive of the policy that was put in place to ensure the safety of the residents. They put consideration of others ahead of their own wants and needs and the sacrifices they made have ensured the safety of those who live here.

As we are being told by our government officials, we still have some way to go until all this has run its course. We must be patient and continue to care for each other and ourselves. With every challenge comes opportunity and I am confident that at Maranatha with God's blessings we will overcome the challenges and maximise the opportunities.

My prayer is that all associated with Maranatha remain safe, our residents, staff, family members and others and that when I write again for the newsletter we will be saying goodbye and good riddance to the 2020 pandemic and hello to a bright and cheerful Spring.

Kind Regards, **Kathy Hallmark**
- Director of Consumer Care and Services



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 15th June. Kerry will continue in her present role as previously and Rob Hall (CFO) will now be overseeing The Homes' Retirement Villages in NSW & QLD.

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 continue to be around and hope to drop in to say hello 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

News & Upcoming Events



JUNE	JULY	AUGUST
3 Therese A	1 Cheryl C	3 Betty M
4 Pat G	6 Ken R	8 Ruth W
5 Elise B	10 Sue R	9 Steve J
6 Joan S	13 Joy B	10 Dulcie F
15 Joan J	16 Betty C	10 Bruce M
21 Heather M	20 Thelma S	11 Naomi C
30 Nora F	22 Anne G	13 Merle D
	22 Phyllis M	15 Richard L
	28 Elvy T	19 Daphne W
	29 David P	22 Helen N
	31 Desley W	23 Gary M
		25 Charles B
		25 John G
		29 Joan M
ILU	ILU	ILU
4 John G	4 Sue W	8 Alwyn N
5 June V	10 Judith H	14 Paul B
9 Pauline D	18 Colin A	17 Robyn C
15 Lucille G	20 Neita A	20 Jenny D
15 Ken W	27 Ron H	22 Vic V
17 Joan H	28 Kathleen M	24 Dell S
		27 Ailsa P

UPCOMING EVENTS

JUNE

- 1st - First Day of Winter
 1st - Residents & Relatives Meeting
 8th - World Oceans Day
 9th - Crazy Hair Day
 17th - Put your best clothes on today because it's 'Resident Photo Day'.
15th-21st: Men's Health Week

JULY

- 1st - International Joke Day
 6th - Resident & Relative Meeting
30th - International Day of Friendship

AUGUST

- 3rd - Resident & Relative Meeting
7th - International Beer Day
 12th - Ekka Day
28th - Daffodil Day



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

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

Activity Reviews

MARCH

March started off with a fun Armchair Travel to Ireland. This teamed up nicely with St Patrick's Day, staff and residents joined in by wearing green. The day was full of lots of smiles and laughter, well actually that could have been because of all the green cordial we drank.

Residents enjoyed some Irish treats on the day and were educated on the Culture and magnificent scenery in Ireland.

Then Covid-19 interrupted our activity program and all the plans we had made for the rest of March. The Leisure and Lifestyle Team had to change up activities completely. Infection control measures were put in place and Maranatha was split in two. Activities were held for each side one at a time. Skype was set up for families to connect with residents at Maranatha; this was a big job for Carmel Hayden and the Leisure and Lifestyle Team along with Care Staff and Nurses also including Mez and Anna from the Café who all helped in some way to connect residents with their loved ones via Skype.



APRIL

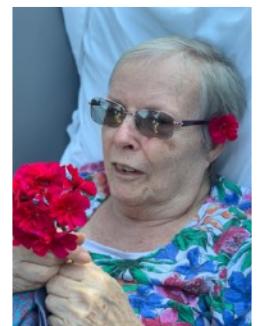
For the month of April, the Leisure and Lifestyle team didn't let restrictions hold them back, and we had a jammed pack month!

We held sing-a-longs out in the sunshine, enjoyed morning walks outside in small groups, watched our Henny Penny chicks hatch and put jigsaw puzzles together. Easter came along with lots fun and chocolate eggs,

the ice cream trolley was set up and taken around to each resident in their room, pancakes were cooked and eaten along with Anzac biscuits and staff dressed up in a

Hawaiian theme, which made for a fun and bright day for all.

Leisure and Lifestyle set up three "Bored Boards" throughout Maranatha for Residents to help themselves to pages of find-a-words, crosswords, colouring pages, jokes, riddles and quiz pages.



More photos over the page...

Activity Photos: April Fun



Activity Reviews

MAY

Mother's Day was on May 8 and we celebrated in style with a High Tea made by Sodexo.

Staff and residents wore pink and enjoyed a high tea, whilst Leisure and Lifestyle Team read out Mother's Day poems and we reminisced about the role of mothers changing over the years starting from 1800's until now.



Activity Reviews

MAY

On Tuesday 12th May we thanked all our Nurses for International Nurses Day. 2020 is the 'Year of the Nurse', marking the 200th Anniversary of Florence Nightingale's birth. Florence Nightingale had been described as a caring and trailblazing British Nurse, statistician, social reformer, and leader of improved health care who is widely regarded as the founder of modern nursing. How fitting that this year 2020, around the world during the Covid-19 pandemic, nurses have played such an important role.

So, thank you to all our Maranatha Nurses for all you do here at Maranatha!



So in a nutshell we stayed positive, healthy and had fun within the isolation guidelines. Residents and Staff are looking forward to 'business as usual' here at Maranatha.



Over the past couple of weeks, I have been asking the residents what they are looking forward to the most and the answers were all similar. Residents said they are most looking forward to large group walks outside, large group Bingo games, concerts especially Wayne's and Dawn's Sing a Long, Kindy Kids visiting, one on one with High School students from Northpine Christian College, knitting group, bus trips and morning tea at the park, shopping and for all our volunteers to be back. But most of all, everyone is looking forward to having family and friends visiting again. A big thank you to everyone for your patience over what has been a rather tricky time for everyone.

By Kerralye Wright – Leisure and Lifestyle Team Leader

Happy Birthday to Richard Smith & Lorna Powell who both turned 100!!



Poems to Share

Nurse Poem

Florence Nightingale, the lady with the lamp,
Mother Theresa in the refugee camp
Caring, compassionate, gentle and kind,
A more noble profession, one could not find.

The nurse is the doctor's eyes and ears,
Records any changes, allays patient fears,
Monitors rhythms, takes vital signs,
Administers drugs, sets up IV lines.

The nurse is highly trained in her skills,
To assist in the healing of wounds and ills,
In the OR, wards or critical care,
Her presence unnoticed because she is always there.

With devotion and pride, she nobly serves,
Though pressures, demands, may fray her nerves
The nurse lowly paid, in gold is her worth
For she's truly God's angel sent down to earth.



Mother's Day Poem



A Mother gives her children stepping stones to the stars,
Her love is unconditional her heart has no bars.

A Mother teaches her children to be confident and bold,
Her special love to her children is more valuable than silver or gold.

A Mother picks up her children and wipes away life's tears,
She chases away monsters in the night and silences their fears.

A Mother celebrates her children's accomplishments in life,
She hurts and cries with them when life brings times of strife.

A Mother shares her love freely with her tender loving way,
She grows more beautiful to her children with each passing day.

A Mother is one of God's greatest gifts to you and me,
Her love will remain locked in our heart and soul for all eternity.

Resident Story - Marianne DeCalmer



Marianne was born in Brisbane Queensland, in the Mater hospital. Marianne is the youngest of the family and is the only girl with 3 big brothers. Marianne went to school at Mt Gravatt Special School and enjoyed her time there. Marianne enjoyed playing sport especially tunnel ball and cooking in the kitchen making cakes and biscuits.

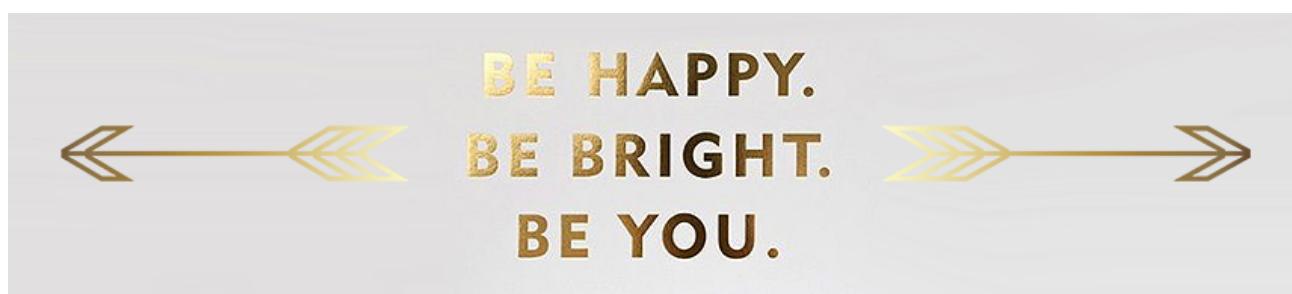
Marianne worked at Help Enterprises where she helped others working by folding mail and stuffing envelopes. Marianne lived with her parents John and Sally DeCalmer in their home in Parkinson until the three of them moved to Maranatha. Marianne attends ROPE doing all sorts of fun things like Fitness, Chat Group, Health and Hygiene discussions, perfecting her cooking skills and enjoys making new friends. Marianne works at a printing company called Mylestones at Strathpine and her job is folding letters and stuffing envelopes.

Marianne is looked after by her big brother Mark who encourages her to stay active and checks in on her regularly. Marianne is keeping busy during Covid-19, by working through a course on Cooking and Nutrition with the Leisure and Lifestyle Team and cooking and setting tables with Sodexo Staff. Marianne really enjoyed doing the course especially cooking the Anzac Biscuits.

Marianne enjoys making jewellery, doing jigsaws puzzles, collecting handbags, Ten Pin Bowling, hand sewing, colouring in, walks outside in the morning, looking through her collection of clothes and shopping.



Marianne enjoys living at Maranatha being close to mum (Sally) and dad (John) and likes the Staff of Maranatha especially Care Staff Jenny on Night Shift and Leisure and Lifestyle Team.



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.



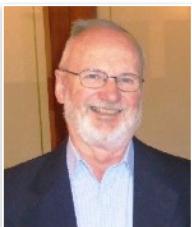
Pastoral Care Program



NEW MEDITATIONS WEBSITE - www.meditations.website

One 'side-effect' of COVID-19 has been the need to think creatively about the way pastoral care services are delivered in aged care homes. This challenge has been addressed by a number of people who have banded together to look at one way residents can be assisted in their regular meditations. Laurence Lepherd, from Toowoomba, has put together a small team of contributors to prepare online meditations to help people think about their lives. For many, the restricted movements in their lives has resulted in more time to think.

Carmel Hayden, the Maranatha Pastoral Care co-ordinator, has worked on the concept with Laurence resulting in a suite of meditations that consist of Bible readings, spoken meditations and gentle music to accompany some photos of God's spectacular creation. He has been helped in this by members of his family - David, Louise, Jonathan and Tabitha Buttsworth, and others who are very enthusiastic about the idea - Luke Riley, Robyn Anderson, Peter Collins, Beth Errington and John Quill.



Laurence Lepherd



Louise & David Buttsworth



Tabitha Buttsworth



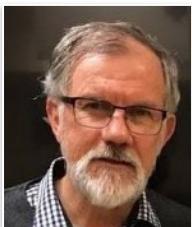
Jonathan Buttsworth



Luke Riley



Robyn Anderson



Peter Collins



Beth Errington

Some of those mentioned also volunteer at Maranatha Aged Care in various other capacities.

Laurence, Louise and Robyn are all recognised pastoral carers and are volunteers at the Toowoomba Hospital Pastoral Care Services.

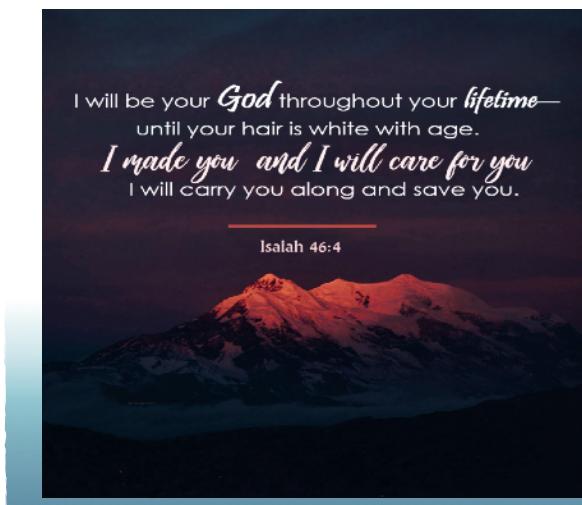
The website has all the meditations as separate items that can be accessed by residents. Many of the items

have been grouped together into 10-12 minute presentations that are streamed at Maranatha as part of their religious & spiritual program.

The team hopes that the website will lead people to be more at ease with some of the exceptionally difficult circumstances they face because of the pandemic.

Please take a look if you have not done so already:

www.meditations.website



Please do not hesitate to contact our
Pastoral Care Coordinator:

Carmel Hayden on (07) 3482 5333
or chayden@chomes.com.au

Pastoral Care Program



UPCOMING RELIGIOUS SERVICES:

Please let staff know should you require assistance in getting to any of these services.

(NOTE: Not all our usual religious activities have resumed as yet due to Covid-19.
Please refer to your monthly activity program for all upcoming spiritual & religious activities over the coming months.)

BIBLE READING GROUP

When: Tuesday - Friday at **9.15am-9.45am**
Where: Sunnyside Room
What: Bible readings, hymns & prayer
- ALL WELCOME -



INTERFAITH RELIGIOUS SERVICE

When: 2nd & 4th Wednesday (monthly) at **9.15am-9.45am**
Where: Activity Hall
(or via CCTV channel 4)
Who: Minister Alwyn Neuendorf



**- ALL -
WELCOME**

CHRISTADELPHIAN MEMORIAL MEETING

When: Monday Morning (weekly) at **9.15am-9.45am**
Where: Activity Hall
(or via CCTV channel 4)
Who: Christadelphian Members/Volunteers
- ALL WELCOME -



PRAISE & DEVOTION SESSIONS including Christian songs of praise & worship

When: 1st & 3rd Thursday (monthly) at **9.15am-9.45am**
Where: Activity Hall
(or via CCTV channel 4)
Who: Pastor Peter,
Potters House Church
- ALL WELCOME-



THE LORD DELIGHTS IN THOSE
WHO FEAR HIM, WHO PUT THEIR
HOPE IN HIS UNFAILING LOVE.
PSALM 147:11



'Supporting Maranatha resident's emotional & spiritual wellbeing'

Maranatha offers regular Pastoral Care visits to all residents

Please do not hesitate to contact our Pastoral Care Coordinator at her desk in Sunnyside Room or:

Carmel Hayden on (07) 3482 5333 or chayden@chomes.com.au

Volunteer Corner



SPOTLIGHTS ON VOLUNTEERS -

John & Helen Bliss



Helen began volunteering at Maranatha in the late 1980's, kindly supporting staff as a volunteer bus driver, taking residents out on excursions and day trips. She continued to volunteer in this way for 30 years, only giving it away when she turned 80 a few years ago.

John & Helen met through a Health Product supplier they both used.

John says finding the truth of the gospel changed his life for ever and he got baptised into the Christadelphian faith in 1993. John and Helen married a year later in 1994 on Mount Mee.

In 1995, they joined the Kallangur Ecclesia which meets at Maranatha each Sunday.

John and Helen lived at Rothwell and during this time of their lives, enjoyed traveling around in their caravan, with fond memories of trips through NSW, South Australia and in particular, the 12 Apostles on the Great Ocean Road in Victoria.

John became the recorder of the Kallangur Ecclesia in 2003 and later in 2010, they moved into a unit at Maranatha Village in Grevillea Court.

John also started volunteering, singing at music concerts & karaoke run by the fundraising committee and staff. John has such a lovely voice and sings at our services of remembrance for our late residents. John has also volunteered with bus driving for residents and the village.

John and Helen still continue to get out and about on their electric bikes, travelling as far as Redcliffe and Sandgate. Helens motto is '*'Got to keep moving'*'.

John and Helen have a strong connection to their friends in the village units and the Christadelphian community. They feel very blessed to be part of Gods family - 'such a wonderful feeling'.

We thank John and Helen for their long standing love and care to the Maranatha residents and village.



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

**Carmel Hayden on (07) 3482 5316 or
chayden@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 :)



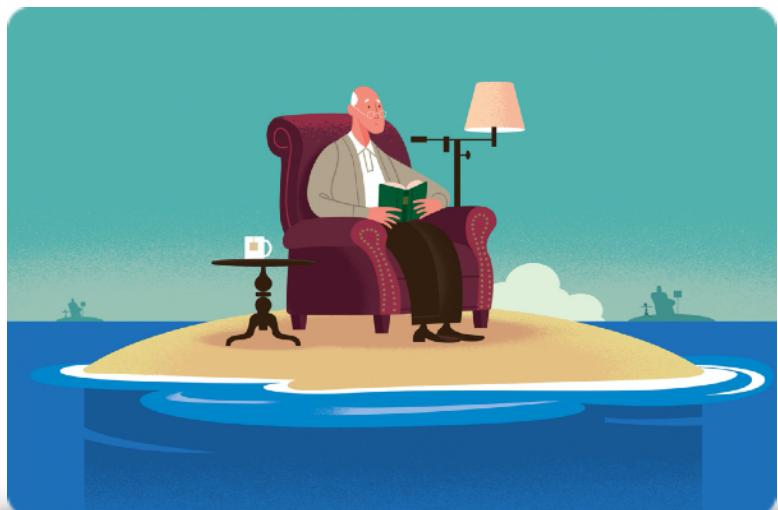
6. ARMCHAIR TRAVEL

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."



I CAN ALWAYS MAKE YOU SMILE.



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



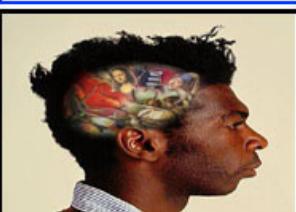
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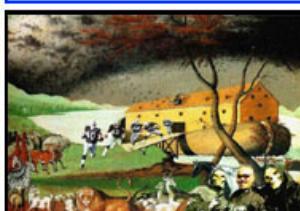
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07



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

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

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



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

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

WASH YOUR HANDS

Wash them often with soap and water.

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

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

HOW TO STAY WARM



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.



I CAN ALWAYS MAKE YOU SMILE.

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



30	11		10	

SAOENS

21		9	13	

SVEHOL

19		3		

ESASTK



4	12	18	20	

SEDL

25	7		

SIGLEH BSLEL

5		29		



NSOFEAWLK

28	1	8		15	

SONNWMA

2	27	14	17	23



SORONMTWS

6		22	24	16	26	

1	2	3

4	5	6	7

8	9	10	7

11	12	13

14	15	16	17

18 19 16 20 21

22 5 23 24 25 10

26 27 28 24 29 30 .



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