

Christadelphian Aged Care

2020 WINTER NEWSLETTER

# NORTHCOURT

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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 Northcourt*

Whilst the world has been struck with unprecedented crisis due to the global pandemic caused by Novel-Corona virus, which is now known as COVID-19, it's definitive that facts about COVID-19 including prevention and required restrictions have been continuously disseminated by WHO (World Health Organisation), Australian Department of Health and other experts/ authorities from around the globe. Scientists, researchers, medical authorities and other allied health experts globally have been racing for its cure and preventions.

Due to high risks of contamination and vulnerability to our elderly population, it is of great importance that each individual adhere with government imposed restrictions such as social distancing, hand washing and use of PPE (Personal Protective Equipment) i.e. masks and gloves. Not to mention, the mandatory requirement by DOH to all aged care staff and visitors to have Flu vaccination prior to entry in any aged care facility from May 1, 2020.

On behalf of the Northcourt team, we would like to acknowledge all our residents, relatives, visitors, allied health and contractors who have been compliant with ongoing restrictions related to ensuring protection for everyone within the home. Though maintaining restrictions does not stop anyone from expressing love and care for each other - stay connected, check in with each other and encourage people to seek support as needed as we face this challenging time.

*"We are all in this together"...*

Warmest Regards, **Marilou Molina**

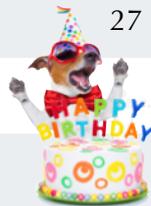
*- Director of Consumer Care & Services*



# News & Upcoming Events



JUNE	JULY	AUGUST
11 Betty H	6 Jill C	8 Veronica S
27 Shirley D	9 Tom R	27 Jacqueline M
	10 Nick S	



## UPCOMING EVENTS

### JUNE

- 9th - Queen's Birthday High Tea
- 15th - Elder Abuse Awareness Day
- 24th - June Birthday Celebrations

### JULY

- 5th-12th: NAIDOC Week
- 7th - World Chocolate Day Afternoon Tea
- 29th - July Birthday Celebrations

### AUGUST

- 26th - August Birthday Celebrations

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

Coronavirus (COVID-19)

For the latest advice regarding **Coronavirus (COVID-19)** visit [australia.gov.au](http://australia.gov.au)

**TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.**



**DOWNLOAD THE APP**



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



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

# Activity Photos

## ST PATRICK'S DAY - Tuesday 17<sup>th</sup> March



## EASTER EGG DELIVERIES - Sunday 12<sup>th</sup> April



## ANZAC DAY SERVICE - Friday 24<sup>th</sup> April



## APRIL BIRTHDAY CELEBRATIONS



# Activity Photos: **Mother's Day**



**HAPPY MOTHER'S DAY**

# Activity Photos

## MOVE IT OR LOSE IT - Noodle Hockey & Tai Chi

## MAY BIRTHDAY



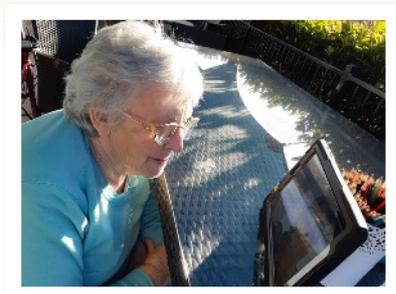
## CRAFTERNOONS - Anzac wreath making, Mother's Day prep & Watercolour painting



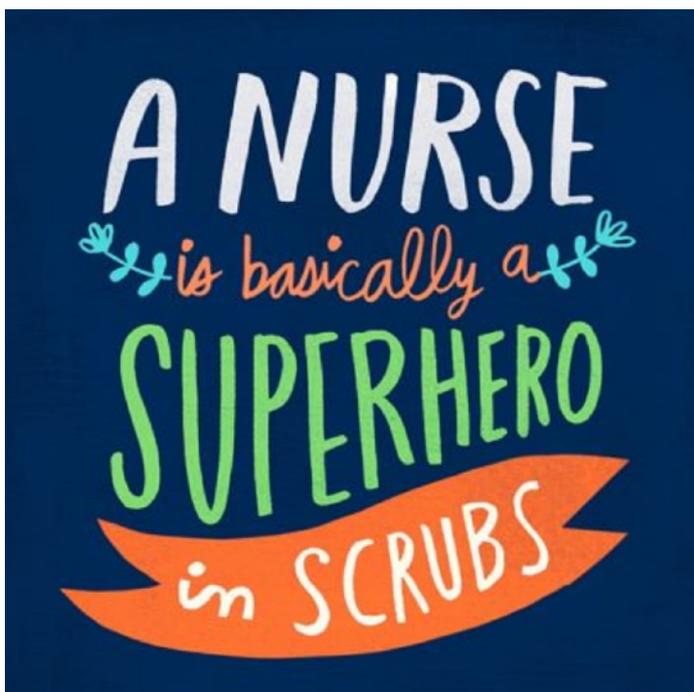
## BRAIN GAMES



## SKYPE SESSIONS WITH PASTOR RON - in lieu of Faith Service



# Activity Photos: Nurses Day



# Resident Story - Don & Beryl



Beryl (95) was born in Coolah and Don (97) was born in Sydney. They met while playing tennis in Maroubra, where they both grew up. Don was a lifesaver at Maroubra Beach and they both went to Surf Club dances each weekend.

They were married on February 21, 1942 so have been married for 78 years. They have two children, Don Jnr. (daughter-in-law Ros - *deceased*) and June (son-in-law Allen - *deceased*), three grandchildren (Paul, Michael and Jennifer), 8 great-grandchildren and 4 great-great-grandchildren.

Beryl was a secretary after leaving school and Don was a fitter and turner apprentice at Garden Island. He was in the Air Force at the beginning of the Second World War and later on he was in the Merchant Marine Navy for 10 years. After leaving the sea, he worked for Queensland Insurance Company as a Boiler Inspector for 20 years, and then had his own business as a Boiler Inspector until retiring at 75.

Their interests were varied - Don played golf, tennis and cards. Beryl also played golf. They were both members of Muirfield Golf Club for 50 years. Beryl was a very good tennis player and only hung up her racquet from competition tennis just before her 90th birthday. Beryl was an avid sewer and craft lady - she made porcelain dolls, teddy bears, crocheted rugs, did embroidery, and ran the office for Don's business. She was also a keen player of Scrabble.

They lived in their own home in Ermington for 69 years prior to moving into Northcourt Aged Care in 2017.

*Written by their daughter June Lovett*



Everyone shines, given  
the right lighting.

Susan Cain

# Staff Profile - Gladys



My name is Gladys and I am a nurse with Christadelphian Aged Care and am excited to tell you how and when I joined the company.

I started working with Christadelphian Aged Care in 2003 which was then IOOF through an agency called BDS. After a year or so, I was asked by the manager who was there at the time, Rafik, if I would like to join the company instead of working under the agency. I accepted and so I became a full time worker with the company in around 2004.

The company has undergone many names and many managers during my years of working here. First it was IOOF, then Northcourt, then to Manchester Unity and now Christadelphian Aged Care.

I have enjoyed all my working days with the company. I love working under the managers and I also enjoy working with the other nurses as a team.

My culture teaches me to love and respect my elders which has also helped me to enjoy working with the residents. I will be happy to work with the company all the working days of my life and I am also thankful to the company for keeping me all these years.

## Volunteer Corner



With the Coronavirus pandemic, we are sadly missing our much loved volunteers at Northcourt and this has been sad for everybody, but highlights how important volunteers are in enriching all our lives.

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



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

**Elsie Kuit** on (02) 9683 8000  
or [ekuit\\_cac@chomes.com.au](mailto:ekuit_cac@chomes.com.au)

**Volunteer & Pastoral Care Coordinator**

# 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.



# 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 :)



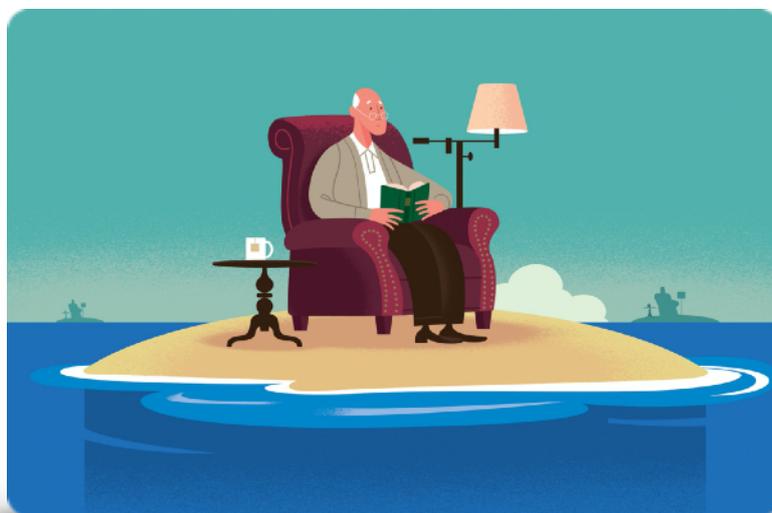
## 6. ARMCHAIR TRAVEL

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



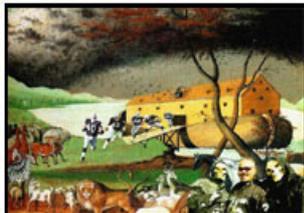
06



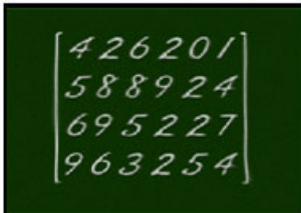
07



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?'

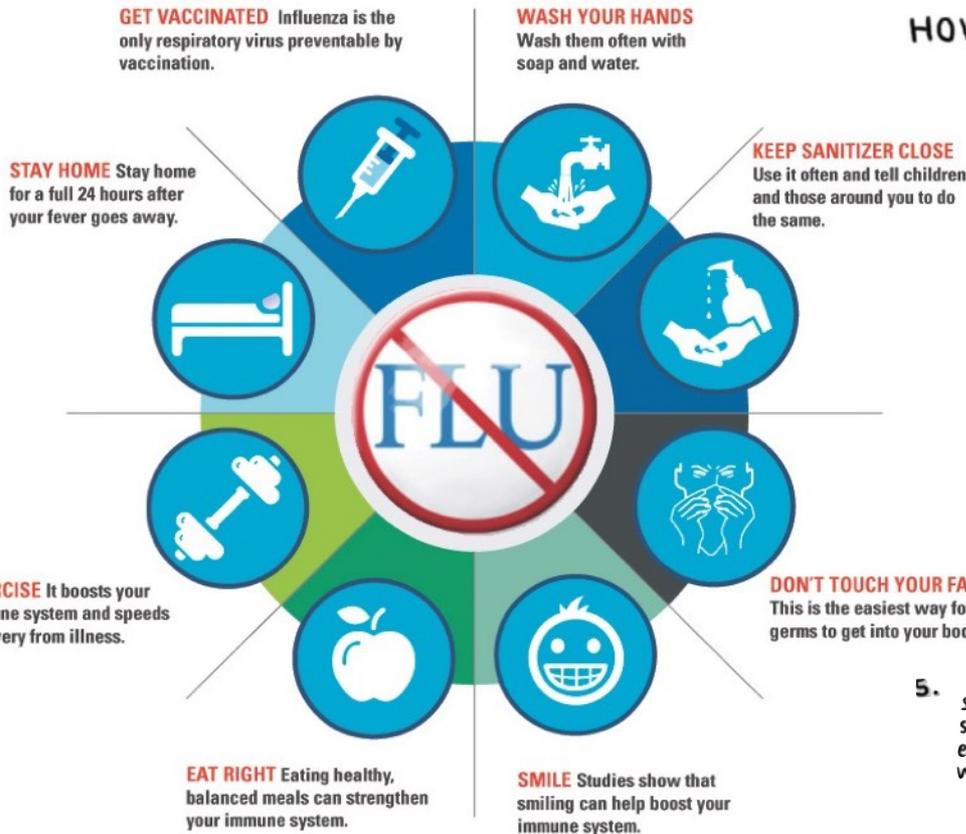


**QUIZ ANSWERS:** 1. Chariots of Fire 2. Bee Movie 3. Star Wars 4. Blade Runner 5. Alice in Wonderland 6. Beautiful Mind 7. Dancing with Wolves 8. Steel Magnolias 9. Raiders of the Lost Ark 10. The Matrix 11. Judgement Day 12. The Green Mile

# 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

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NSOFEAWLK

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28 1 8 15

SONNWMA

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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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