



Chamberlain  
Gardens

# Newsletter

Address: 53-67 Chamberlain Rd, Wyoming Phone: (02) 4329 8000 Email: admin@chomes.com.au



*Spring*  
*A lovely reminder of how*  
*beautiful change can truly be*

## WELCOME TO SPRING!

As this is written, it's hard to imagine that Spring is already upon us. Today is cold and bleak, though we are thankful for the past few rainy weekends. Once the warmer weather is here to stay, our residents will be given the opportunity to enjoy more outdoor activities. Helen Handley has taken two weeks leave, and Sandile Nzimande is filling in for her.

A lot has happened since our last newsletter:

We have all experienced the Covid 19 "lockdown". This has presented us with various challenges in providing care for our residents and their families.

We have introduced Skype calls to the residents. This has had some interesting and varied feedback from the residents. Some have been quite excited to see family members who due to living interstate or overseas they haven't seen for a few years! Other residents have finally been introduced to new family members (human and pets!) and also have the opportunity to see homes and gardens of family as well.

Since the beginning of July, we are happy to say we have recommenced the bus tours of local areas, much to the delight of the residents even if they cannot get off the bus to walk around the local parks and beaches.

Visitors have been welcomed into the facility for in-room visits once again, with certain protocols put in place to do all we can to keep our residents safe.

As for the concerts, we still cannot bring in outside entertainment, so our Leisure & Lifestyle team have been putting together a concert on the third Friday of the month for the residents, calling themselves "The Glamour Girls". A lot of fun, laughter and singing has been generated during these afternoons.

On Friday August 7, we as a facility got together and celebrated Jeans for Genes Day, with staff dressing in jeans and raising money for a good cause. In the next few months, we hope to celebrate Daffodil Day towards the end of August, and in October we are looking forward to Pink Ribbon Day. We look forward to these days being fun for staff and any residents and visitors who wish to participate.

With Spring on its way, I hope to see you all enjoying the warmer weather with the fresh fragrance that Spring brings.

The year seems to be flying past and before we know it we'll be planning Christmas! If you have any queries, the manager is always available.



# Upcoming Events

## SEPTEMBER

- 1 First Day of Spring
- 1 Wattle Day
- 6 Father's Day
- 10 R U OK? Day
- 16 Talk Like a Pirate Day
- 21 International Day of Peace
- 23 International Day of Sign Languages
- 25 Lifestyle Concert - The Glamour Girls

## OCTOBER

- 1 International Day of Older Persons
- 13 World Kindness Day
- 13 Pink Ribbon Day
- 23 Lifestyle Concert - The Glamour Girls
- 25 NSW Grandparents Day
- 31 Halloween

## NOVEMBER

- 1 National Men Make Dinner Day
- 3 Melbourne Cup Activities
- 6 Team Manager Day
- 11 Remembrance Day
- 14 Diabetes Day
- 16 National Tolerance Day
- 20 Lifestyle Concert - The Glamour Girls
- 26 Thanksgiving Day

**WEEKLY: Sightseeing Bus Outings**



For all the latest news & photos follow us on Facebook

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



Happy  
International Day of  
Older Persons

1 October

Father's Day

SUNDAY 6 SEPTEMBER



SEPTEMBER	OCTOBER	NOVEMBER
Marija K	Betty M	Geoff H
Enid O	Dorothy C	Linda T
Eric E	Betty Mc	Elaine H
Doriel G	Gavin D	Bruce M
Judith B	Margaret P	Ian W
Jacqueline R	Peter R	Doreen S
Patricia B	Rita H	Lyn B
Lorraine G		Kylie R
Pauline A		
Marie A		
Joan H		
Lorna H		

# Activity Reviews



The last few months have certainly been very challenging times for everyone. Lifestyle have been busy with Skype calls and window visits with families and trying to keep things as normal as possible for our residents.

**JUNE** - This month we celebrated the Queen's Birthday with High Tea and we continued with our activities, whilst maintaining social distancing requirements.



**JULY** - We were able to start getting back into some normality with Bus Outings recommencing. Although these outings were sightseeing only, residents were glad to be able to get out and see the world.

The mobile library that had to discontinue visits was finally able to start up again and residents were very happy to see them. Before

lockdown, the library had dropped back to monthly visits and are now coming fortnightly once again. The residents have been missing their concerts but now The Glamour Girls (our very own Lifestyle girls) are able to perform some concerts for them, which the residents actually have a lot of fun at, singing and dancing keeping distancing requirements in mind.



We love celebrating birthdays, and some photos of the ones we celebrated during our Winter period .



Margaret



Ellie



Bill

# Activity Photos



## Making Cupcakes



*Enid & Robyn planting succulents*

*Parachute Game*

*Sam at wife Hazel's memorial garden*

## Baking in Garden



## Coastal: Pizza making for lunch



# Poem: Respect Elders

## SHOW RESPECT FOR YOUR ELDERS - By Kelly Roper

When you see an elderly person looking for a place to sit,  
Get up and offer your chair so he or she can sit in it.

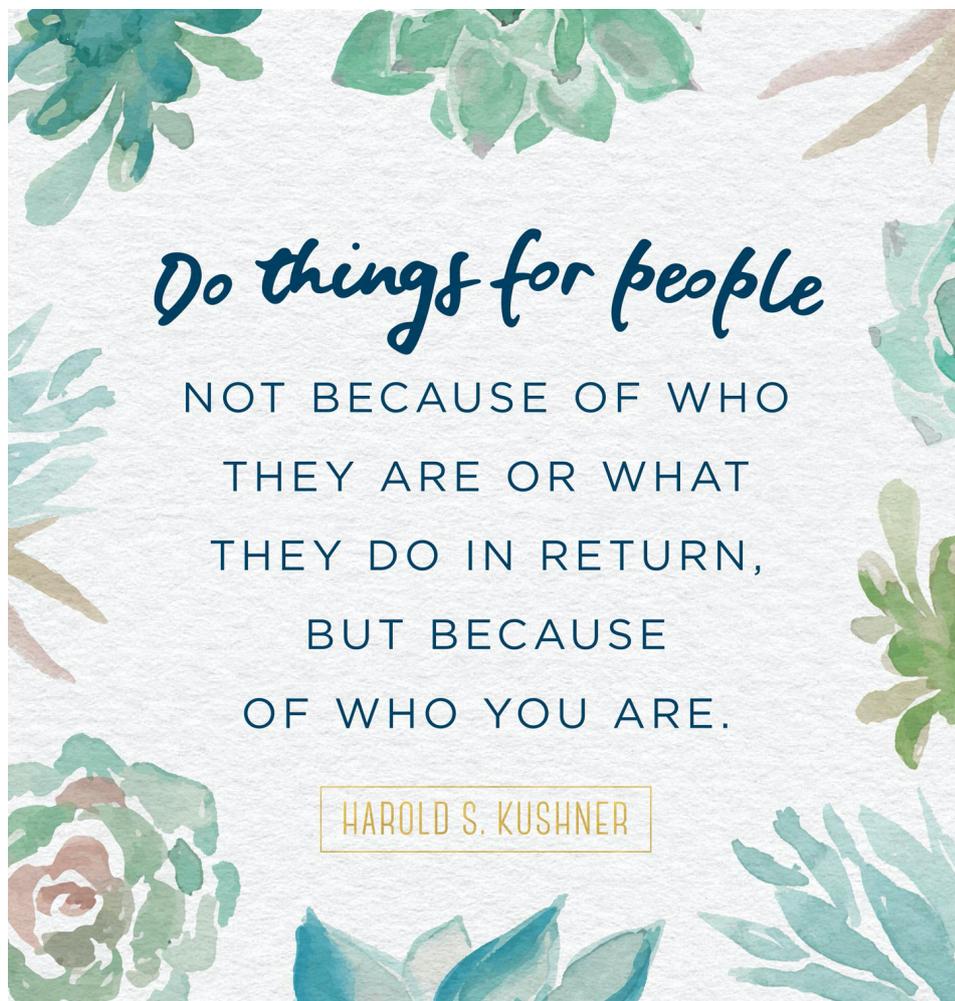
When you see a senior citizen trying to open a heavy door,  
Hold it open yourself; don't let that senior struggle anymore.

When you see an elder anxiously trying to cross a busy road,  
Help him or her across; you've no idea of the gift you've bestowed.

When you see an elderly person sitting quietly alone in a park,  
Stop and strike up a conversation; your kindness will surely leave its mark.

When an elder speaks to you, try to focus and listen,  
There's often wisdom in those words that you just might be missing.

Let's show our elders we respect and honour all that they've lived through.  
Don't forget that if we're lucky, some day we'll be elders too.



# Resident Story

Marlene McCrohon



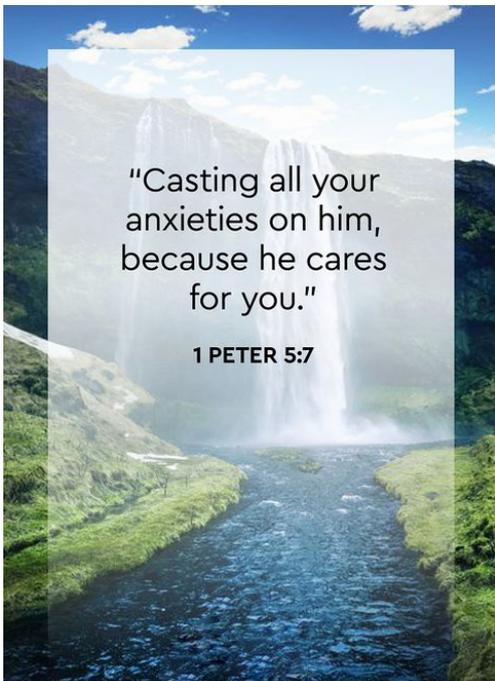
Marlene was born in Ivanhoe, a very small township on the Cobb Highway between the Lachlan and Darling rivers in New South Wales. Marlene went to primary school at Ivanhoe Public School, followed by a three year correspondence course to finish High School. Marlene used to work in the Club in Ivanhoe.

Marlene's husband grew up in Ivanhoe as well. Marlene had two children, Steven and Jodie and has two grandchildren.

Marlene loves to play the piano and has a quite a collection of sheet music! She is often invited to play at Chamberlain Gardens and is often heard singing parts of the lyrics to "Show me the way to go home" (written by James Campbell & Reginald Connelly in 1925), and has taught most of the

staff and residents in the Garden suite the words!

Marlene loves to join in playing all sorts of games, particularly darts, ball games and bingo. She is often seen assisting staff with setting tables, especially when we are setting out the dainty china for our special afternoon teas!



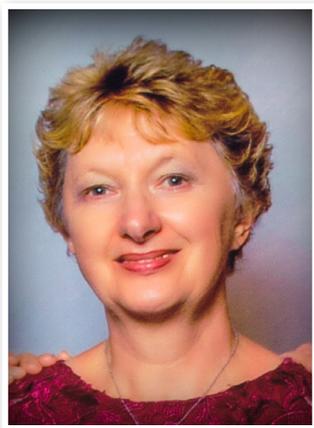
## Bereavements

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



# Staff Profile

Val Charlton



Val was born in St Mary's on the East Coast of Tasmania, the last of four children, but with a twin brother only 25 minutes older! Val went to primary and high school in Launceston, Tasmania and on leaving school she travelled to New Guinea where she lived in Rabaul and worked as a secretary for Taubman's Paints.

In 1971, the year Val was in Rabaul, was a year of massive earthquakes, the strongest being 8.4 on the Richter scale, which was quite exciting for a young girl. Val returned to Australia and attended Avondale College, graduating with a Secretarial Certificate. Upon qualifying, Val moved to Victoria where she worked as a secretary for 3 years, then moved on to Hobart where she worked for 5 years before moving to Sydney and working there for 12 years.

Val married and moved to Victoria where she lived for 4 years in Warburton, in the beautiful Yarra Valley, working at the local hospital there. Val also worked tirelessly with the hospital's volunteer auxiliary, first as secretary, then as president and the highlight of these years were the fundraiser fashion parades and the Teddy Bear's Picnics that were a hit with the local community. Val moved to the Central Coast in 1997, working for a cardiologist for 13 years, before commencing work here at Chamberlain Gardens, where she has been for over 10 years and is now part of the furniture!

As a mature student, Val studied off-campus, graduating from Charles Sturt University in 1992 with a BA Degree in Consumer Health.

Val enjoys music and travel. She travelled to America in 1991 on a choir tour, then spent more time there visiting Canada and Mexico. She has also been to Fiji, New Zealand and Solomon Islands, where she worked for 3 weeks as a volunteer secretary at a bush hospital. In later years, Val discovered cruising and visited New Zealand (again), Noumea and surrounding islands and Singapore.

This year was to be a very special 35-day cruise from Vancouver to Alaska then to Hawaii and back to Sydney but alas, COVID-19 hit the world and like a lot of people, the cruise was cancelled. She is living in hope that next year...

Val also loves her cats, having had cats and kittens since she was a little girl. Her very special "babies" were Shah and Sheba, brother and sister Burmese cross, who lived for 22 and 21 years respectively. Currently her fur babies are Bonnie and Bindi, who were rescue kittens from the RSPCA and are now 3 years old.



Another love are her great nieces, who just love coming for a sleep-over. Often on a fine Sunday you will see Val scooting along the Kincumber bike track while the girls ride their bikes.

Val has done a lot of volunteer work over the years, first with the auxiliary at Sydney Adventist Hospital; with community health programs, including smoking cessation, vegetarian cooking, stress management and depression recovery, currently working with CHIP, a community-based lifestyle improvement program. She is also on a Coast Shelter roster to feed the homeless, and is one of the team leaders for the weekly Food Pantry that her church operates in Narara.

Val's faith is very important to her and wherever she has lived, she has been involved in church and community outreach.



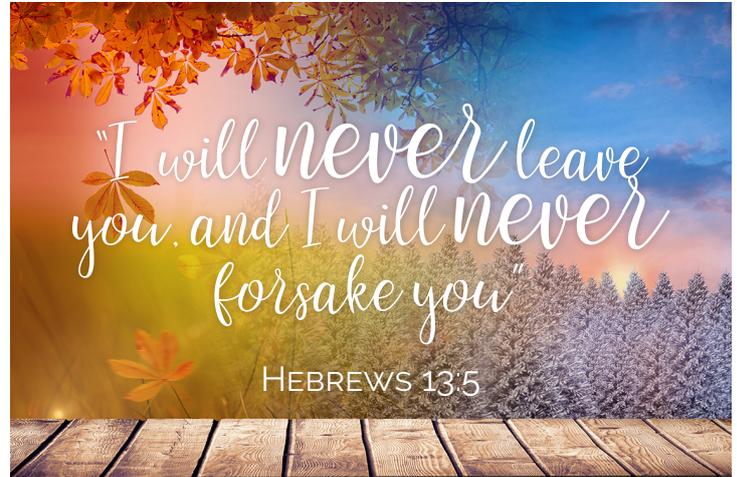
## SEASONS... TIMES

By Ruth Njogah - Volunteer & Pastoral Care Coordinator, SOUTHHAVEN

The year 2017 was marked by a very tough season in my life. It was unexpected and landed me on a two-year recovery journey. The season seemed difficult because I could not see its end nor could I change a thing. I was far away from home as my family was in the middle of a transition across three continents!

My husband and I, with our two children, had set off to Australia with a short detour via the US in light of my husband's work. We had planned to be in the US for three to five months but ended up there for a year. We had wrapped up our lives into five suitcases and embarked on a journey. We knew our eventual destination but had no idea what hurdles lay in store.

When I look back at the past year and a half in Australia, we have been through a severe drought following the hottest recorded year for Australia-2019. We have experienced flash floods with severe storms and one of the worst uncontrollable and destructive bush fires in history. The world has battled and continues to battle some of the most ruthless killers in history - pandemics of Influenza, Smallpox, Cholera and the Bubonic Plague. Tough seasons seem to linger longer than we want... causing anxiety, great loss, pain and hopelessness. Well... these seasons may have seemed unending for those who have lived through them. But here we are, past the drought, the floods and the fires. And now we are facing yet another Pandemic that has gripped the whole world, namely Coronavirus (COVID-19)!



***The Bible affirms that the occurrence of good and bad times in our lives is normal and inevitable. When we face the unknown, God promises to be with us - we can trust that He is in control.***

Most regions of the world enjoy four seasons in a year: Spring, Summer, Autumn and Winter. However, the 4 seasons differ all around the world with regards to timing, duration and severity. For instance, although New Zealand has 4 seasons, they can all be experienced in one day! That is quite mind boggling for me coming from a part of the world with a moderate climate of 2 seasons. Life can definitely feel like that sometimes! Experiencing one tragedy after another.

In his book, Jim Rohn show cases the parallels between life and the changing seasons. Seasons will change without fail; impacting and bringing about change in our mood, our lives and perspectives (*Rohn, 2010*).

When I think back at the tough seasons I have faced, it has been encouraging to find support or receive the gift of presence from those around me.

Going back to my story above, I believe God used those around me to walk the recovery journey with me. I underwent a surgery that landed me back in hospital one week later with severe long-term complications. Moreover, I am forever indebted to my doctor; my parents who travelled across the oceans to encourage my family and I; my husband who spent nights on the hospital couch through the cold winter nights and walked the hospital corridors with me day after day; the church family that cared for us in a foreign land making sure we had a hot meal every evening!

Life will present seasons of doubt, anger, hopelessness,

fear, loss and pain. We will experience seasons of joy, a time of celebration, a moment of peace. In all these seasons, the burden seems to be lighter and the joy greater when we have someone to share our pain with; when we have someone to rejoice and celebrate with us. It's in the toughest of seasons that I have experienced God's *provision*, His *protection* and *presence*.

What a privilege it is to walk alongside others. **Pastoral care is such a precious gift - allowing us the opportunity to journey with others through seasons of life.**

Above all, we have a friend who promises to be ever present. Present to make a divine difference! Jesus wept when his friend Lazarus died - he wept as he saw the grief and despair in Mary and Martha. Equally, Jesus was present at the party- the wedding at Cana. Jesus was present in both scenarios in response to an invitation!

Life, like climate is dynamic. Each season has a purpose. The Winter (a time for plants to store up energy for new growth), will eventually give way to Spring (a time of new life); Spring give way to Summer (a time of growth) and the Summer give way to Autumn (a time of harvest and abundance)!

Seasons may leave behind scars and tears, evidence of pain and loss; but we continue to hope beyond what we can see or feel.

*"Because with time, faith and love, even our scars can become beautiful." - Lauren Scruggs*

# Volunteer IN THE Spotlight

My name is Jessica Long and I was born in South Korea. My mum was a stay-at-home mum and my dad was a project manager in an architectural company for 30 years. My parents always supported myself and my younger brother, they provided us everything. I had a great childhood and I feel very blessed to have such amazing parents.

I studied fashion design at university and I went to Japan to study more fashion and the Japanese language. I really enjoyed living in Japan and loved their food and culture.

After I left Japan, I came to Australia for a working holiday and I went to College to study Business Management in Sydney.

In Sydney, I met the love of my life in 2010. We had our wedding both in Australia and Korea. We are celebrating our tenth wedding anniversary this year with our two lovely boys (aged 7 and 4).

I have been working as a beautician and before that I was working in the hospitality industry. In both of those industries, I had rapport with the elderly clients and customers from the bottom of my heart. They are like my other family to me.



I decided to volunteer at Chamberlain Gardens to acquire more experience. My future goal involves learning as much as I can and I would love to have the opportunity to work as an Assistant in Nursing at Chamberlain Gardens one day.



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



**Jan Murray**

VOLUNTEER & PASTORAL CARE  
COORDINATOR

e: [jmurray@chomes.com.au](mailto:jmurray@chomes.com.au)

p: 4329 8016



# How your money helps.

**\$25**

## **CAN HELP EQUIP OUR GROUND BREAKING RESEARCHERS**

with the essential chemicals and lab equipment they need to conduct their life-saving work.

**\$50**

## **CAN HELP PAY FOR THE COLLECTION AND PROCESSING OF A BLOOD SAMPLE**

that will enable us to discover more about how cancer develops.

**\$100**

## **CAN PAY FOR THE COLLECTION, STORAGE AND ANALYSIS**

of human DNA to use in our studies into how we can better prevent cancer.

**\$250**

## **CAN PAY A LAB ASSISTANT FOR A DAY**

to support a researcher with vital laboratory testing. Research labs need all the bright minds they can get – and your support makes you a vital part of the team.

**\$500**

## **CAN SUPPORT A CLINICAL TRIAL**

of new cancer treatments, giving hope to cancer patients and maybe even saving lives. Without clinical trials and your support, new cancer treatments would not be available to those who need them most.



## SPRING CLEANING TIPS

Finally, springtime is knocking at our door! After winter, we're ready to swing open the windows and let the fresh air flow in. Spring is a season of renewal. Symbolically, it's when nature comes alive again: blooming flowers, baby animals and cleansing rain showers!

Many people grew up with a seasonal tradition: the spring-cleaning. It's an annual reminder its time to clean house and de-clutter. For seniors, it's a great way to shake the winter blues and reminisce. Many older adults are rejuvenated by the warming weather and sunshine. A cleanup confers health benefits as well: reducing symptoms of respiratory illness and risk for falling. A good cleaning is beneficial both physically and emotionally!



### Spring Cleaning To-Do List:

- Clean out bedside drawers and sort books/magazines
- Check medicines, fridge and pantry for any expired items
- Open windows to circulate fresh air
- De-clutter; remove objects that obstruct the flow such as unnecessary furniture
- Bust dust - photos, wall art, blinds, vents & light bulbs

## Father's Day Jokes

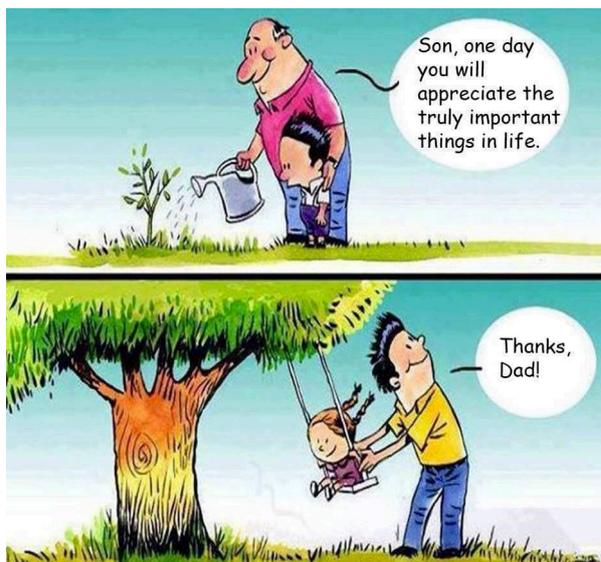
Q: What did the daddy tomato say to the baby tomato? A: Catch up!

Q: Why are Fathers like parking spaces? A: The good ones are already taken!

Q: Why did the cookie cry? A: Because his father was a wafer so long!

Q: What did daddy spider say to baby spider? A: You spend too much time on the web.

Q: Why did the baby strawberry cry? A: Because his dad was in a jam!



## Flourless Lemon Buttermilk Cake

### Ingredients

- 4 eggs, separated
- 100g (1/2 cup) caster sugar
- 1 tablespoon finely grated lemon rind
- 125ml (1/2 cup) buttermilk
- 200g (2 cups) almond meal
- 1 teaspoon baking powder
- Pinch of salt
- Lemon zest, to serve

### Glacé Icing

- 150g (1 cup) icing sugar mixture, sifted
- 2 1/2 tablespoons fresh lemon juice

*Tip: Strain the fresh lemon juice through a small strainer to achieve a smooth texture for the icing.*



Prep: 75 min Cook: 40 min

1. Preheat oven to 180C/160C fan forced. Grease a 20cm springform pan and line the base and side with baking paper.
2. Combine the egg yolks, caster sugar and lemon rind in a large mixing bowl. Use a whisk to whisk together until pale and creamy. Gradually beat in the buttermilk until combined. Stir in the almond meal, baking powder and salt.
3. Use electric beaters to beat the egg whites until soft peaks form. Add to the buttermilk mixture and fold until just combined. Transfer to the prepared pan and smooth the surface. Bake for 40 minutes or until cake springs back when lightly touched in the centre.
4. Set aside in the pan for 10 minutes to cool slightly before turning onto a wire rack to cool completely.
5. To make the glacé icing, place the icing sugar and lemon juice in a small bowl and stir until smooth. Drizzle over the cake. Sprinkle with extra lemon zest. Set aside for 1 hour or until set.



# Puzzle Page

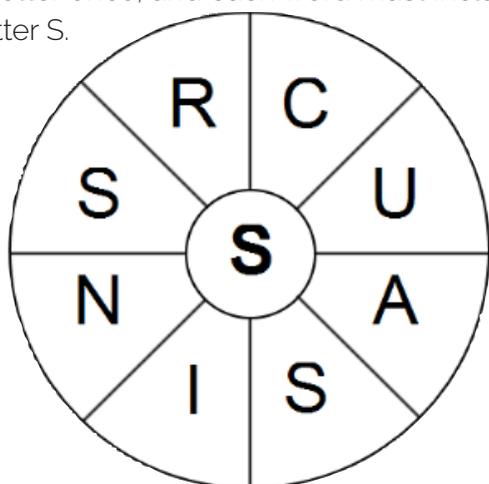


## SPRING SUDOKU: FLOWER BUD

Fill in the grid with the letters F, L, O, W, E, R, B, U and D, making sure no letter is repeated in every row, every column and within each mini grid.

## SPRING WORD WHEEL

This Spring themed word wheel is made from a 9 letter Spring themed word. Try and find that word, then make as many words of any length as you can from these letters. You can only use each letter once, and each word must include the letter S.



	w		b	o	d			
d			r	w	l			o
		f	u	d	e	r		
f	r		l	e	u		o	d
		b				w		
e		d	w		b	f		u
		r	o	l	w	d		
u	d	l	e	b	r	o	w	f
	e						r	

## SPOT THE DIFFERENCE

Can you spot the five differences between these two images?

