



Casa Mia

# Newsletter

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## MANAGER'S MESSAGE

Good day to all Residents, Families, Stakeholders and Staff of Casa Mia.

We are incredibly happy to report that we have had no cases of Covid-19 with either residents or staff. We are continuing with strict screening of all staff, visitors, contractors who visit the facility and have also reinstated the wearing of masks for staff and visitors whenever they are on site to protect the residents.

We have also now transitioned to a new system "Team Go", which has replaced the hard copy declaration form and screening tool used for all visitors entering the facility. Once visitation commences, visitors will be using the new system, must complete the screening via new system and must remain to show proof of flu vaccination before entry (initial visit).

We understand the challenges that families are facing because of the current lockdown. Please be assured that we are working hard on providing the residents with utmost care. Residents are also provided with regular, meaningful activities for recreation and social engagement. For additional support and continued communication, please be aware that we are still offering Skype calls as an alternative for families to see their loved ones until further changes are made with visiting restrictions.

Thank you to all residents and families for the ongoing support you have provided for Casa Mia. Let us continue to work together to keep everyone safe and well.

Kind Regards, **Elena Villanueva**

- *Director of Consumer Care and Services*



# Upcoming Events

## SEPTEMBER

- 1 First Day of Spring
- 6 Father's Day
- 10 R U OK? Day
- 21 International Day of Peace
- 21-27 Dementia Action Week
- 23 International Day of Sign Languages
- 26 AFL Grand Final

## OCTOBER

- 1 International Day of Older Persons
- 25 NSW Grandparents Day
- 31 Halloween

## NOVEMBER

- 1-30 Movember
- 3 Melbourne Cup
- 11 Remembrance Day
- 20 World Children's Day



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Happy  
International Day of  
Older Persons

1 October

Father's Day

SUNDAY 6 SEPTEMBER



SEPTEMBER	OCTOBER	DECEMBER
Shirley M	Colin T	Valerie D
Brian W	Eric S	Ernest H
Valda A	Olive E	Agliaia L
Elena C	Margaret W	Stamatia N
Raymond P	David C	Peter B
	Doris M	Peter B
	Neville H	Ruth G
	Patricia R	Beverley P
	Yvonne E	Anna O
	Colin M	



# Activity Reviews



## ITALIAN DAY

On June 16, the residents at Casa Mia travelled to Italy, through the armchair travel activity. Our residents learnt about Italy, its culture, its people and its history.

A few residents of Italian descent were able to share their story of life in Italy.



**HIGH TEA** - On Monday June 8. we celebrated the Queen's Birthday with some high tea, as most facilities did. However due to the huge success high tea will be held monthly at Casa Mia.



## KARAOKE WITH YOANNA

During the lockdown here at Casa Mia, we had cancelled all entertainer visits, however we were truly fortunate to have a talented singer/performer in Yoanna. A few were brave enough to get up on stage and sing with Yoanna, others were more than happy to let Yoanna take the lead.



## WORLD CHOCOLATE DAY

This was a fun day. We had a chocolate fountain, some fresh bananas, strawberries and marshmallows, followed by a blind taste test with a few of our favourite kinds of chocolate.

## MULTICULTURAL DAY

On July 24, staff brought in food from their culture and dressed in their cultural attire.



We have many cultures here at Casa Mia and lunch was held to celebrate each other's differences and share experience we had growing up with different cultural foods and beliefs.



# Activity Reviews



## CRAFT WITH KRISTINE

Craft with Kristine has always been a favourite activity for the residents at Casa Mia on Sunday afternoons. The residents have taken part in many interesting projects, however now they are taking part in a project which will take multiple weeks to complete.



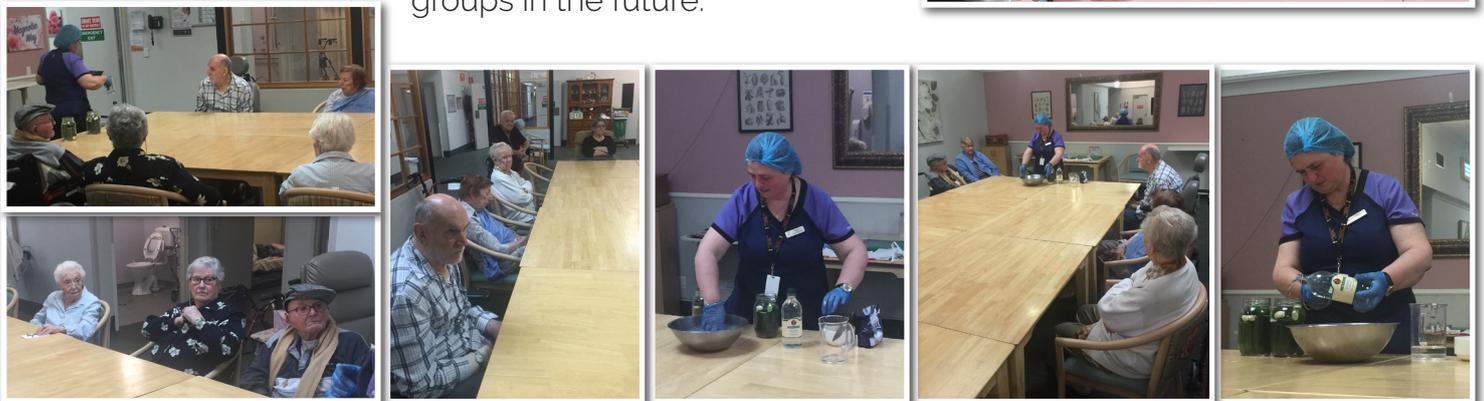
We cannot wait to see the craft project when it is done.



## COOKING GROUP - PIZZA

After travelling to Italy, it was only right for our tastebuds to join us for the trip. On February 9, the residents at Casa Mia held a cooking group where pizza was on the menu.

The new portable oven cooked the pizza's to perfection, and we will put the oven to the test with many more cooking groups in the future.



## >>>> Target Practice <<<<



# Resident Story

William Morgan



William was born on the August 8, 1930 and he is the youngest of six children.

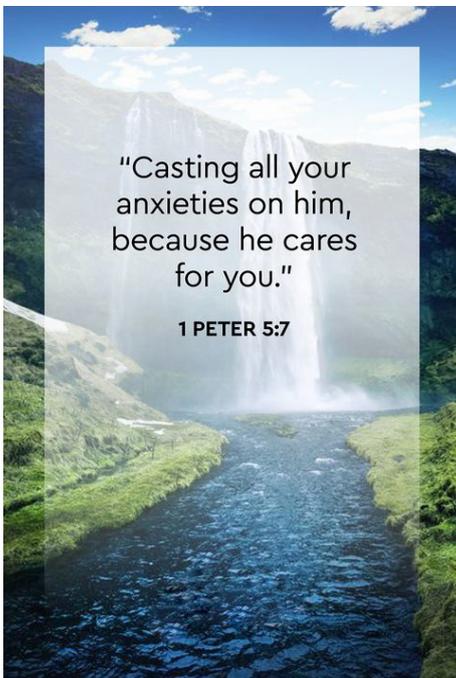
William met the love of his life Iris at 17 years old and they were married by the time he turned 19 on September 10, 1949. They had four daughters: Suzanne, Cheryl, Karen and

Michelle. William also has 7 grandkids, 4 great-grandkids and 2 great-great grandkids.

William left school when he was 14 years old and worked as a plasterer as his first job, but he soon found this was not for him. He then worked as a concreter, builder and finally drove trucks for most of his working life. When he got older, he switched the trucks for working for the Australian Post.

William loves the outdoors, and he loved his birds. He enjoys western films, watching NRL and has been a St George supporter for as long as he remembers. William loves to watch golf, swimming and tennis, as he played these sports a lot when younger. William further enjoys exercise group, painting group, men's clubs, bus outings and an occasional beer during happy hour.

William celebrated his 90th birthday via Skype with his daughters. Once lockdown has ended, William looks forward to celebrating his birthday with his family in person.



"Casting all your anxieties on him, because he cares for you."

1 PETER 5:7

**Do you have something/someone you would like to pray for?**

Ask a nurse/receptionist for a prayer request card.



'I call on you, my God, for you will answer me; turn your ear to me and hear my prayer.'

Psalm 17:6

## Bereavements

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





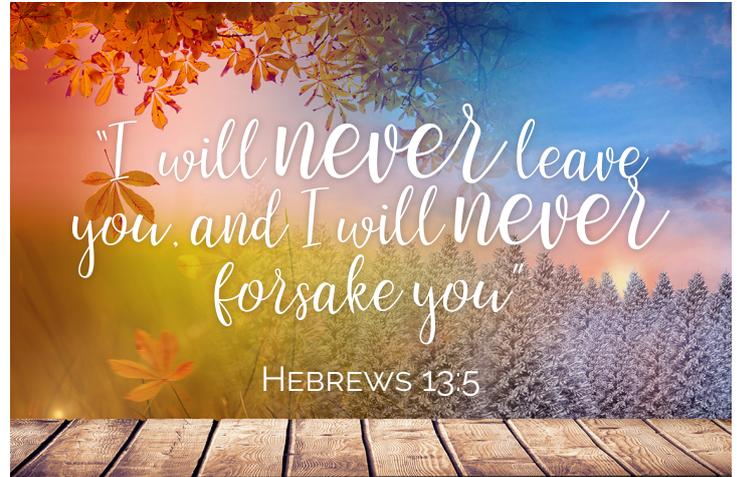
## SEASONS... TIMES

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*

Hi!

It is great to be able to welcome back our volunteers following on from them not being in the facility. They all do their part in making the lives of our residents more enjoyable.

We currently have Luke visiting residents, Michelle visiting residents and talking to residents of things they enjoy and find meaningful and engaging. Michelle also reads and shows residents books which, in turn, triggers memories and conversation. Abi is a volunteer who currently is volunteering remotely and providing some residents with a phone conversation and connecting with residents in a way that is familiar to them.

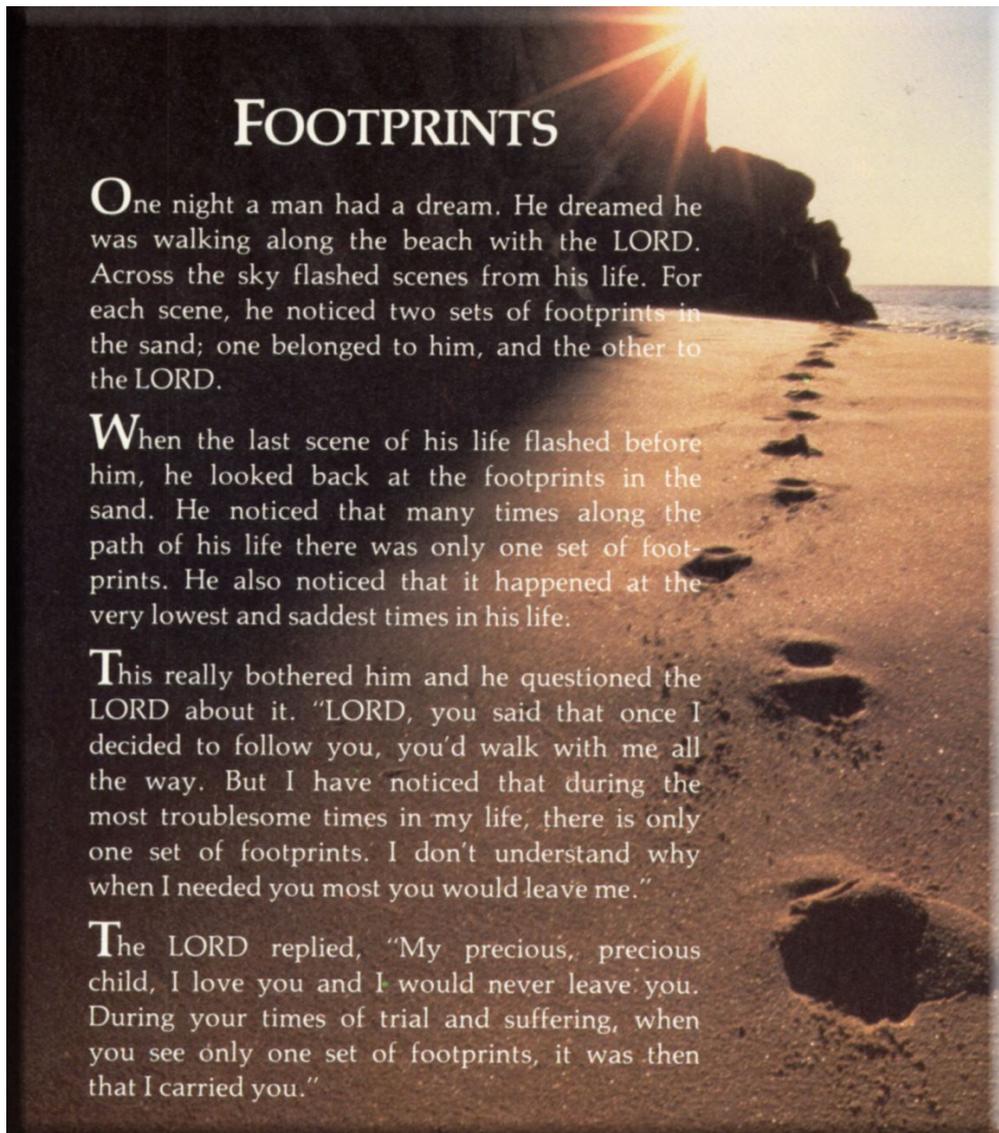


We welcome back Julie who visits to offer the Catholic Residents Communion and Prayers.

I am back working at Casa Mia as the Volunteer and Pastoral Care Coordinator. I have had some time away at Courtlands but am now back on Monday, Tuesday and Wednesday.

Should you have any spare time or would like to connect with residents, please call the facility and we can arrange to have a chat about volunteering.

It is a fabulous opportunity to make a difference and a great way of giving back.



## FOOTPRINTS

One night a man had a dream. He dreamed he was walking along the beach with the LORD. Across the sky flashed scenes from his life. For each scene, he noticed two sets of footprints in the sand; one belonged to him, and the other to the LORD.

When the last scene of his life flashed before him, he looked back at the footprints in the sand. He noticed that many times along the path of his life there was only one set of footprints. He also noticed that it happened at the very lowest and saddest times in his life.

This really bothered him and he questioned the LORD about it. "LORD, you said that once I decided to follow you, you'd walk with me all the way. But I have noticed that during the most troublesome times in my life, there is only one set of footprints. I don't understand why when I needed you most you would leave me."

The LORD replied, "My precious, precious child, I love you and I would never leave you. During your times of trial and suffering, when you see only one set of footprints, it was then that I carried you."

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



**David Bridgens**

VOLUNTEER & PASTORAL CARE  
COORDINATOR

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# Volunteer IN THE Spotlight

## MICHELLE

Michelle currently provides volunteer service at Casa Mia, helping residents with diversional and physiotherapy assistance.

Michelle grew up in Tempe, Sydney and first trained to be an infant/primary school teacher at Armidale UNE, and worked primarily in this field in Australia and overseas until 2011. Her priorities changed with the arrival of her daughter, Aurelia, in 2010 and Michelle decided to explore other career options during this time, including childcare work, community pottery teaching and part time cleaning.

Early 2020, Michelle responded to an advertisement for a music volunteer at Casa Mia and has conducted a couple of ukulele sing-a-long sessions with residents, which have been well received.

Michelle has gained a great deal of support from the dedicated multidisciplinary team at Casa Mia, whereby she is now a candidate in part time study for Allied Health Assistance.

Michelle feels optimistic about taking this new career path, as she can apply many of her life/teaching skills when building relationships and engaging with residents, together with developing a new skill set in this field.

Michelle is committed to quality care and support to residents with their varied activities of daily life at Casa Mia, enjoys spending time with individual residents and being inspired by hearing their life stories and achieving their personal goals.



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

## 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

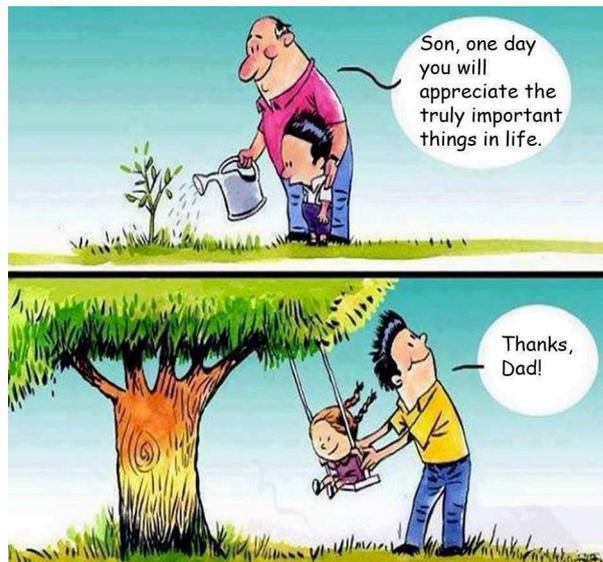
Q: What did the daddy tomato say to the baby tomato? A: Catch up!

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

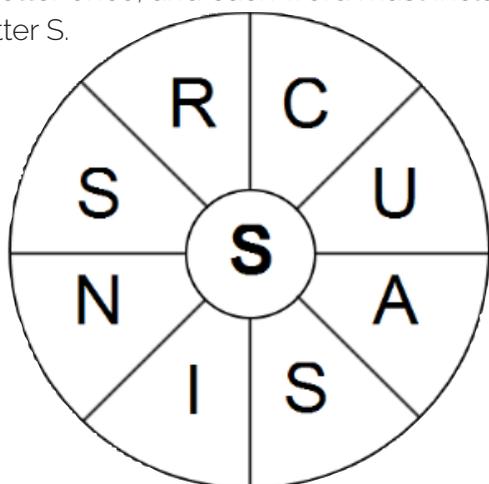


## SPRING SUDOKU: FLOWER BUD

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?

