



Courtlands Newsletter

Address: 15 Gloucester Ave, North Parramatta Phone: (02) 9683 8000 Email: admin@chomes.com.au



MANAGER'S MESSAGE - AGED CARE

Dear Residents and Families,

I would like to introduce myself to all the residents and families as the new Director of Consumer Care and Services at Courtlands Aged Care. I am privileged to be part of Christadelphian Aged Care. During this pandemic situation, I've experienced many challenges but we're working extensively with the organisation, management and our staff to ensure we, as a team, are doing the best to keep a positive and uplifting environment for all the residents, relatives and staff.

During our lockdown period, we have all our safety measures in place, and we reassured to relatives that our residents mental health and wellbeing needs are being met.

Our team are organising video call services between residents and families to keep in constant contact during lockdown.

We are aiming to enhance the home-like environment for our residents with respect to their preferences and choices. We also warmly welcome any feedback or suggestions from resident's advocate, guests, and staff.

I hope everyone remains safe during this current situation. STAY HOME!!! STAY SAFE!!!

Kind Regards, **Mohini Narayan**

- *Director of Consumer Care and Services*



Retirement Village Message

Hi Everyone,

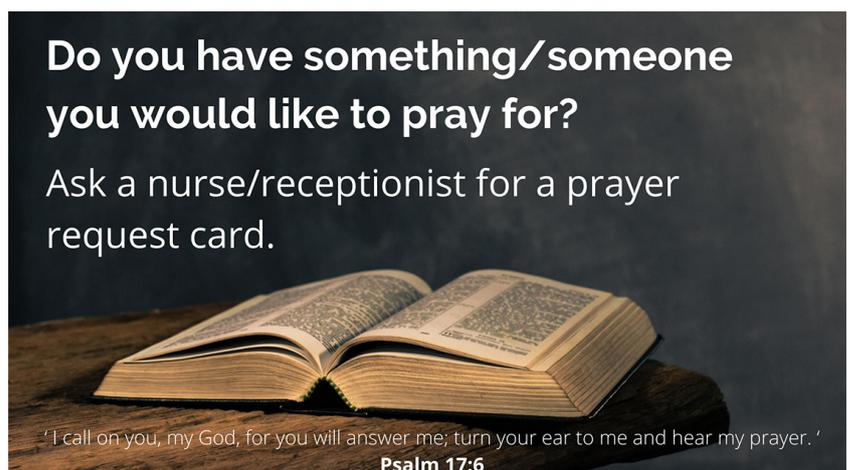
My name is Lisa Green. As many of you would know, I have been a nurse at Courtlands Aged Care for 7 years before accepting the position as Village Coordinator at Courtlands Village late last year when Manjula retired. In that time, I was able to meet our lovely residents who have been so welcoming in my new role. I have developed a new understanding in the differences in operations and legislations between aged care and retirement villages, as well as putting my people and management skills to the test.

Just as I found my feet in my new role as Village Coordinator, Jane had been offered and accepted a newly formed position within Christadelphian Aged Care as the Head of Mission. After thinking hard and following several conversations, I accepted the position as NSW Retirement Village Manager for Courtlands Village and Westcourt Village. If someone had told me that after studying and working as a nurse for years that I would go on to accept a management position in the retirement living industry whilst in the middle of a Pandemic, I would've thought you mad!

But on a serious note, the last few months have been very scary for us all with COVID 19. Every one of our residents have done an amazing job of staying safe and well. It has been ridiculously hard not being with families and friends. Missing special occasions that would usually be celebrated with your families has been difficult but especially important to avoid any spread and minimise the risk. The staff have also done a great job looking after our resident's health, needs and care during this period. As of now, our Village Lounge remains closed, we do daily welfare checks on our residents in their units and encourage activities that adhere to social distancing rules.

I hope in my next manager's message in Summer I can say we are out of the woods with this pandemic, but although we can remain optimistic, we must be realistic. I encourage everyone to still stay vigilant during these times and hopefully we can all be back in the Village Lounge drinking coffee, having a laugh, eating a slice of cake, and enjoying each other's company once more together.

Kind Regards, **Lisa Green** - NSW Village Manager



Bereavements

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



Upcoming Events

SEPTEMBER

- 3 Father's Day Celebrations
- 6 Father's Day
- 19 Oktoberfest

OCTOBER

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

NOVEMBER

- 3 Melbourne Cup Day
- 8-14 NAIDOC week
- 11 Remembrance Day



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facebook.com/christadelphianagedcare

Father's Day

SUNDAY 6 SEPTEMBER



Happy
International Day of
Older Persons

SEPTEMBER	OCTOBER	NOVEMBER
SELF CARE	SELF CARE	SELF CARE
Stephanie T	Joyce W	Flo S
Dorothy B	Phil T	Beryl J
Doug H	Charles B	Ray W
Jill T	Diane H	Vivienne M
Janet S	Nola D	
Marjorie C	Jack P	
Clare H	June K	
David S	Christine S	
Margaret C	Margaret K	
Peter F	Kevin F	
Pamela A	Marie D	
Dawn W	Barbara M	
Mercedes S	Lyndon k	
	Anne M	
	Shirley J	
	Bhawani L	
VISTA	VISTA	VISTA
Lynnette	Rodney	Yvonne
Daisy	Joyce C	Dorothy T
Allan	Judith	John
	Catherine	Robert
	Anne	Elenita
	Joyce A	May
GRANGE	GRANGE	GRANGE
	Mary	Boris
		Max
GROVE	GROVE	GROVE
Brian	Marleen	Shirley
		Elaine
TERRACE	TERRACE	TERRACE
Noreen Mc	Rodger B	Beryl L
Kathleen Mc	Marie G	Gloria T
Shirley C		



Activity Reviews

Grange & Grove



GRANGE & GROVE

Due to these unprecedented times of the Coronavirus pandemic, the Grove and Grange have joined their efforts and are doing some activities together. This has allowed our residents to be connected with other people during isolation and lockdown. This is working wonders, residents are creating new opportunities, sparking new conversations and building a new sense of belonging and sense of community especially during isolation from the regular visits from family in lockdown.



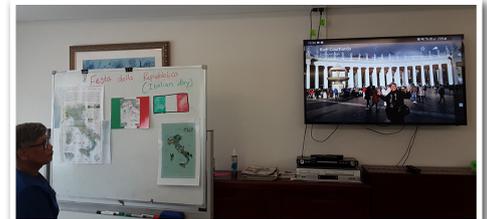
This has not stopped us from enjoying ourselves; if anything, this has

proven to improve our sense of belonging, gain new friendships and feel that we are truly all in this together. One of our favourite proverbs we found and recite regularly is *"Snowflakes are one of nature's most fragile things, but just look what they can do when they stick together."* - Vesta M Kelly, American singer



The restrictions were raised for a short while which meant we were able to get out and about for a few bus trips and meet with family in person, both really helped lift our spirits. Peter our Bus driver knows a lot about Sydney's history coming from a tourism background he took us to the City Centre for a guided tour, via the Opera House, Harbour Bridge, Botanical Gardens and The Rocks.

We started June off with a bang of Italian themed activities - learning about Festa Della Repubblica, the Italian National Day and Republic Day, the day when Italians voted to abolish the monarchy in 1946 so their country could become a Republic.



We travelled to Italy, armchair travel of course! Budi, showed us his photos of the famous structures and landmarks of Italy and talked about his exciting travels and experiences there. We made pizza for afternoon tea and enjoyed learning more



about Italy through a trivia completion.

We had lots of fun when Her Royal Majesty, the Queen, visited us on her birthday and celebrated with High Tea and scones.



Activity Reviews

Grange & Grove
continued



On July 14, we celebrated Bastille Day, with armchair travel to France and in afternoon we had French food - crepes with berries and chocolate, while playing French themed bingo and of course listening to Edith Piaf playing in the background.



We welcomed Winter with a traditional roast meal followed by hot pudding and decked the dining room out with Winter festive decorations. We decided to go back in time reminiscing about winter and party games so we invented a new game - "pin the nose on the snowman" similar to pin the tail on the donkey. We had three lucky winners who managed to pin the nose on the eye, a cheek and the lips but they were close enough to the real position and it sure made us all giggle.



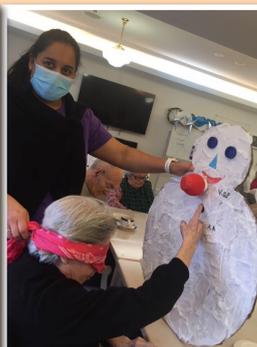
Apart from the celebrations, we also continue doing regular activities as well as adding some new ones. We enjoyed our cooking activities, especially pancakes and BBQ which will happen every month now. Corinne (our art therapist) has started an art therapy group since August and we are enjoying gardening and looking after plants outside in the new raised garden beds.



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Winter Festivities



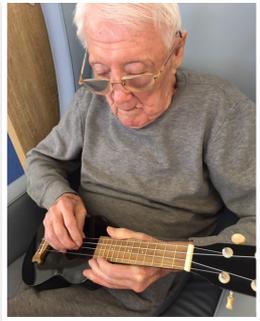
Activity Reviews

Grange & Grove
continued



The Coronavirus pandemic has been challenging, however we have started to do many things differently to adapt appropriately and maintain as much contact with family as possible.

We are still doing video conferencing and lots of phone calls. We are managing window visits and some have been spotted even serenading under the balconies.



We have been using mindfulness in activities such as walking and making potpourri with dried leaves and flowers during the winter. Mindfulness is a calming and focus technique, such as going for a walk while giving your full attention to the experience and surroundings. A moment-by-moment awareness of thoughts, feelings and sensations. The idea is to allow thoughts, feelings and sensations to come and go, without judgement. It involves a gentle acceptance of whatever comes into your awareness in the moment.



Activity Reviews

Terrace



TERRACE

Fun never stopped despite the pandemic and Winter was just as exciting this time for the residents in Terrace. We enjoyed some old favourites, started some new ones and celebrated Winter with our annual celebration of Winterfest. Something we bought back was good old bingo, however we spiced it up by giving them the opportunity to win prizes rather than money.



Our popular morning and afternoon bus outings came back for a short time in which we made full use of it by making two trips a day.

The residents in the Terrace are still enjoying Tuesday afternoon quilt making and we have now introduced cooking twice a month on a Tuesday morning.



As from Friday 7th August, we have introduced hairdressing for those who wish to have a basic hair set, which under the circumstances, makes the residents feel better with hair and lippy.

Sing-a-longs with ice cream was also on the agenda. It was almost like a concert but in the comfort of our comfy chairs and of course ice cream.



Quizzes, garden strolls, knitting, happy hour, birthday celebrations and news and views are to name a few which happen around Terrace.

Leading up to Spring, we have started decorating pictures of birds, butterflies and flowers with small balls of crepe paper of different colours. We pair this up with soft classical music playing



in the background which makes it extremely relaxing something we all need now more than ever.

Residents have also voiced their interest in more garden strolls around the village, which we will be continuing more as the weather gets warmer. Something new that has been requested is movie afternoons, which we will be starting twice a month on a Saturday afternoon, with some popcorn.



We have kindly been donated plenty of old classics.

Activity Reviews

Vista



VISTA

It has been cold outside and the pandemic continues. While we've not been able to have our volunteers, entertainers, school visits, bus outings and our visitors have again been limited, we've still enjoyed a range of activities that have kept everyone busy and entertained.



In June, we celebrated Italian Independence Day. One of our residents, Wilma, took us on a virtual tour of her home town in Trieste. She showed us where she drank coffee with her friends and where she worked and we saw some of the sights of this beautiful city using Google Earth, Google Maps and YouTube. In the afternoon, we all made delicious mini pizzas for afternoon tea.



June also saw us graced with a visit from "Her Majesty The Queen" (Pete the Bus Driver). She arrived with much pomp and ceremony, accompanied by her chauffeurs (Sara) and bodyguard Mansi. The black London Taxi pulled up outside Vista with banners flying, where the Queen was greeted with a flag waving guard of honour of Vista residents & staff, whom she chatted politely with. She was then taken on a tour

of the building, including the kitchen. It was a great day, with lots of laughter. Devonshire Tea scones with jam and cream were served while we played a Royal Edition of Memory



Cards and Trivia Quiz.

July saw a double whammy celebration of Bastille Day & Kim Crossley's 60th birthday. Residents were able to build their own crepes with fresh strawberries and blueberries or Nutella and they were very yummy. We were also treated to a Croquembouche for Kim's birthday cake! Tres Bien!

Winterfest has come and gone again for another year. Our traditional Winter celebration saw residents enjoying a hearty roast, followed by some wintery wordgames and trivia.



Activity Reviews

Vista continued



Coronavirus restrictions were eased slightly during July, so residents were able to get out and about on the bus for a brief time. While we weren't able to go on many bus trips, instead residents created a Covid-19 Armchair Travel Bucket List, where they picked some places in the world where they would like to go and we took some virtual tours to London, Rome, Darwin, New Zealand, Greece and the Great Wall of China. These have been much enjoyed by the residents and it's nice to see what the world has to offer.

Our usual fun has continued with the introduction of a carpet bowls set and a Thursday afternoon competition. We have a chute that we use to assist people to play who find it difficult to bowl, so lots of people can join in the fun.



We have been exploring some different art mediums to create snowflakes. One was using water colours and salt to create a tile and the other was using water colours and absorbant paper towels to create a tie-died effect.

We have enjoyed lunch outside when we had a beautiful and sunny day, complete with some light entertainment from Sara, which we sang along to.

A group of residents have been enjoying gathering to play dominoes and other games and for a while there, we even had a coffee machine so they could enjoy a chat over a cuppa.

It has been great for residents to receive videos from their loved ones and to be able to talk to them using Zoom meetings. We have also received letters from 1st Toongabbie Cub Scouts and from Tara Anglican School for Girls and we thank them very

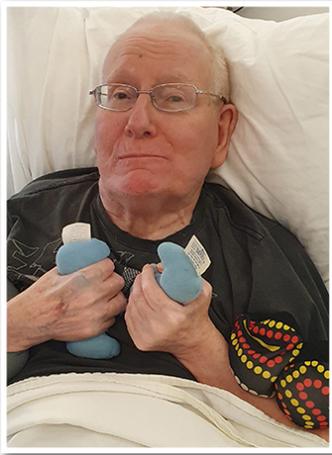


much for reaching out to us. It is nice to still have that sense of connection with our community and the younger generations, in spite of Covid's best efforts. Together, we can do this!



Resident Story

Allan Huxley



Allan was born in Holloway, North London, England in 1946. His family were divided between Arsenal and Tottenham Hotspurs supporters and Allan has been big Spur supporter throughout his life.

He went to Highbury County School followed by Polytechnic School. After leaving school at the age of 16, he started to work as a clerk at BBC Studios as his first job. Allan was in charge of the key room at the BBC where all the master keys were kept. All the executive secretaries used to come to Allan to get keys cut. He then started to work as a photographer at BBC studio where he met lots of celebrities like David Attenborough, Tony Hancock, The Two Ronnies, Monty Python and Flying Circus crew.



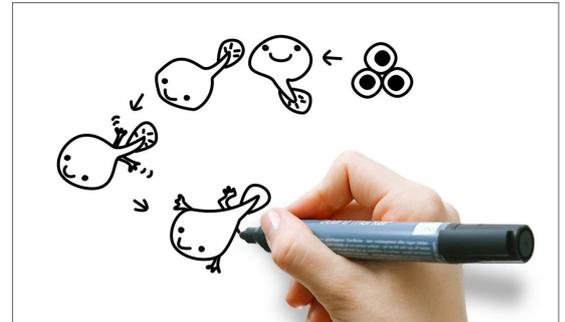
In 1969, Allan Migrated to Australia on the Fairstar via Cape Town Port in South Africa. His ship was docked at Pyrmont in Sydney, where he met Commonwealth employees who drove him to Dulwich Hill. He lived there for about a week before he moved to Mosman.



Allan started to work at ABC studio as an assistant to an animator and part-time camera man. It was here he met his future wife, Dee, where she was working as a graphic designer and illustrator for the famous children's show Play School. Their first date has story behind it; it was at golf course to search for tadpoles for Dee's next project. Dee had to do an illustration about tadpoles for the show but she had never see any tadpoles and

Allan remembered seeing them at golf course while playing golf. He took Dee to the golf course... and the rest is history.

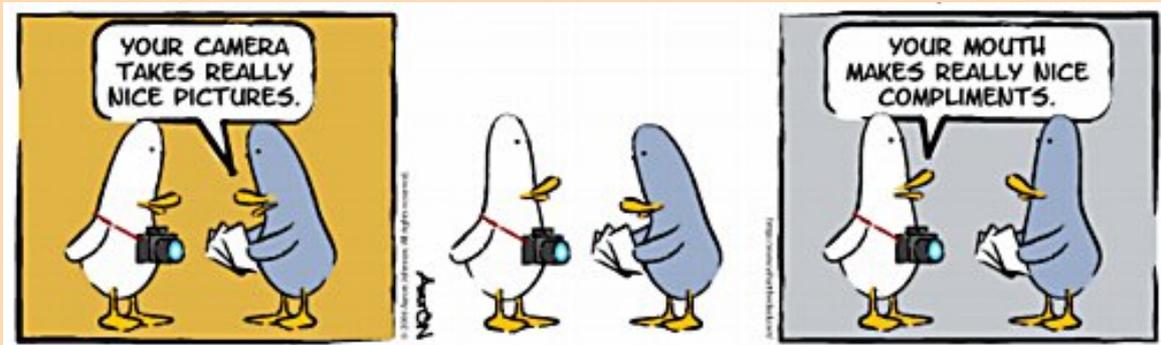
After attending his sister's wedding in England with Dee, they got married in Australia. They started their family and had 3 children; Tiffany, Oliver and Morgan. Allan also has a grandson Sebastian from his son Oliver and Lizzy.



Allan continue working with ABC and was promoted as a photographer and cameraman. His last job at ABC was as a graphic designer.

Allan has major interest in sports. He likes to follow most sporting events and watch it on TV... WHENEVER HE CAN. He will stay awake all night to watch the Football World Cup whenever his favourite team is playing. He also used to play squash and golf. Allan has good knowledge about English history and says it's really fascinating to him. Allan likes to listen music and is big fan of Pink Floyd, Queen, The Beatles and classical music.

It is nearly 20 years since Allan moved to Courtlands. He has good experience here with staff and other residents and appreciates all nurses who care for him.



Staff Profile

Sara Manley



Sara is our singing Diversional Therapist in Vista and has been working at Courtlands since March 2019.

Sara is a 'good girl from the bush'. She grew up in Orange, NSW and moved to Darlinghurst when she was 17, to commence her training as an Enrolled Nurse at St. Vincent's Hospital. Sara has worked in a variety of areas including outpatients, acute aged care assessment, orthopaedics, HIV/Immunology. She then found her calling as an Anaesthetic Nurse and was involved in heart and lung transplants, trauma, neuro, cardiothoracic and many more types of interesting and complex surgery. She took a break from anaesthetics and worked on the surgical ward at Alice Springs Hospital where she learned about Indigenous Health.

After returning to St. Vincent's operating theatres, Sara commenced her training as a Registered Nurse and then she worked in ICU, Emergency and Aged Care, before returning back to Anaesthetics and Recovery (it really is her passion). Sara found her way into Diversional Therapy after returning to Australia from an extended stay overseas, retiring from Nursing.

Not long after her first child, Persephone, was born, Sara and her family moved overseas to live in Beijing, China for three years for her husband's work. Sara learned to speak Mandarin there, which often comes in handy now here in Vista. Two more children were then born in Beijing - Millie & Jack. When they were toddlers, the family moved to Houston, Texas USA (which was very different to living in China!). The family returned to Australia in 2014 and settled locally. Sara is very grateful to have had such amazing experiences to share with people, she has lots of stories to tell!

When Sara is not at Courtlands, she is a Cub Leader at 1st Toongabbie Scouts and she also dabbles in medieval re-enactment, where it is not uncommon for her to run medieval tournaments and feasts for 200 or more people. You might see her at the Blacktown Medieval Faire or Winterfest on the SCA stall.



Sara also enjoys challenging herself on hikes or the City 2 Surf, spending time with her family, brewing (she makes a wicked alcoholic ginger beer) and walking her dog, Floyd. Sara's number one passion is music, both to listen to and to play across an eclectic collection of genres from early music and Madrigals to Country & Western. It brings her great joy to be able to connect with residents at Courtlands with music.



to be
inspired is great,
to
inspire
is
incredible



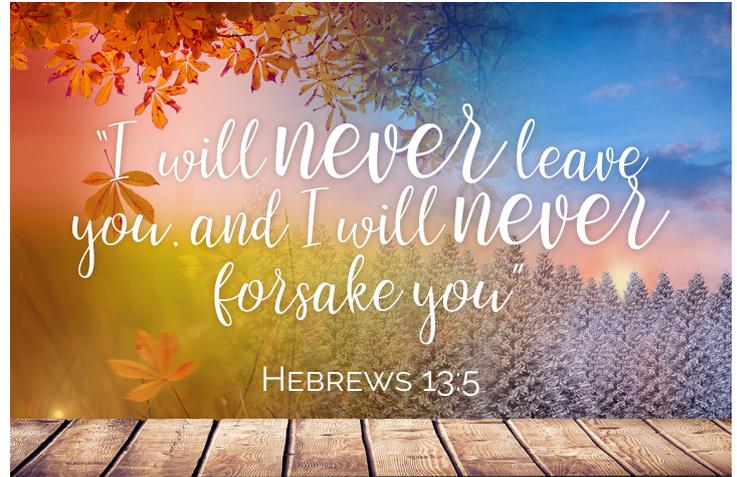
SEASONS... TIMES

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 Corner

By ELSIE KUITERS

Due to the Coronavirus, our regular volunteers have decided not to come to Courtlands at this time.

New volunteers are still being recruited and we are hoping that some of these people will be able to volunteer at Courtlands in the near future, either in person or via Zoom to communicate with our residents and provide much needed companionship.

We are looking forward to having all of our volunteers back with us once the Covid-19 pandemic and restrictions have eased.



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:



Elsie Kuiters
VOLUNTEER & PASTORAL CARE
COORDINATOR

e: ekuit_cac@chomes.com.au

p: 9683 8000

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

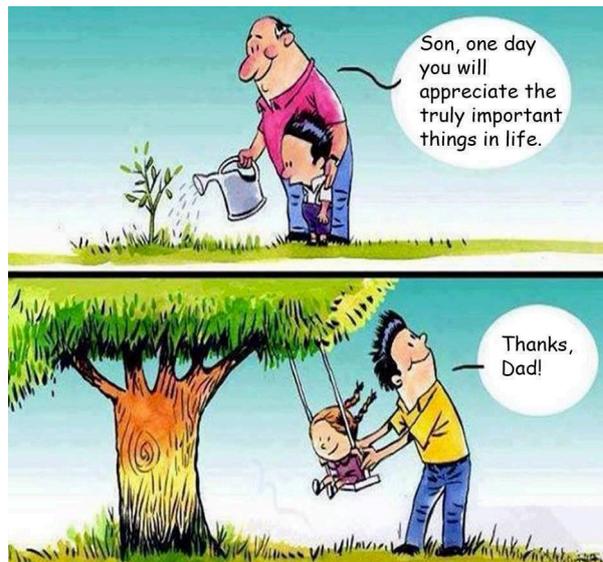
Q: What did the daddy tomato say to the baby tomato? A: Catch up!

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

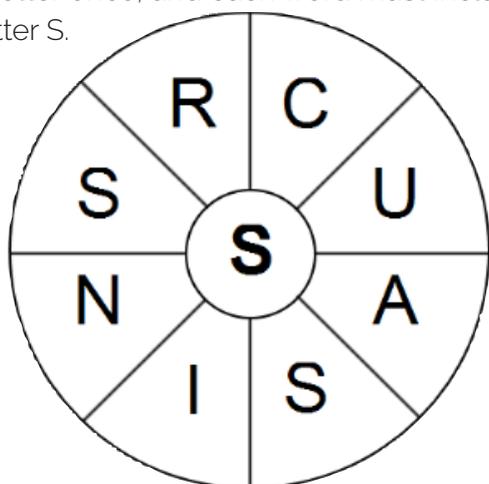


SPRING SUDOKU: FLOWER BUD

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

SPOT THE DIFFERENCE

Can you spot the five differences between these two images?

