



Southhaven Newsletter

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MANAGER'S MESSAGE

This COVID-19 period is a very difficult and uncertain time. As you are aware, we are still in lockdown until further advised. New hotspots are coming up all the time and we are very stringent with our screening.

Staff who are known to have visited hotspots during the identified dates cannot come to work until they have been cleared by a COVID-19 test. They are also screened when they come to work to ensure they do not have a temperature or any signs or symptoms. Our residents are also very closely monitored for any signs or symptoms.

Residents are able to attend medical appointments but these need to be booked in at Reception between the hours of 8.30am-4.30pm, as we need to gather information including on where the resident is attending the appointment as this will assist with tracking if any positive testing occurs. I would like to remind families that when they take their loved one out for a medical appointment they should not be going to shopping centres where they can be potentially exposed, and the subsequent risk to our other residents.

Our staff have been trained and educated in infection control and CAC has developed an action plan in the

event if we have an actual outbreak. We have sufficient stock of personal protective equipment.

We have celebrated some birthdays recently and the videos have been sent to the family. Some have sent in cakes and balloons as part of the celebration. Families have used Skype, Facetime and Whatsapp to be a part of this celebration with great success.

Please call Reception during 8.30am-4.30pm and we can book these social sessions for you. I have also requested the purchase of some speakers that can be used to assist our residents with hearing during these calls.

Families can still drop off at Reception any food, parcels and clothing but preferably between Reception hours. If after hours please call us and one of our staff will come and collect from you.

The Palliative Care Room and the Treetops Dining Room have been completed. Some lounge chairs for the Dining Room and some resident rooms have been refurbished. Other resident rooms will be done progressively over a period of time.

Kind Regards, **Penny Prior** - Facility Support Manager



Upcoming Events

SEPTEMBER

- 4 Father's Day BBQ
- 7 Half Day Bus Trip (Treetops)
- 9 Wattle Day Australia
- 14 Half Day Bus Trip (Bluegum)
- 21 Half Day Bus Trip (Riverside)
- 23 Nepali Cultural Day
- 28 Half Day Bus Trip (Treetops)

OCTOBER

- 1 International Day of Older Persons
- 12 Half Day Bus Trip (Bluegum)
- 14 Resident's BBQ (Treetops)
- 19 Half Day Bus Trip (Riverside)
- 21 Resident's BBQ (Bluegum)
- 25 NSW Grandparents Day
- 26 Half Day Bus Trip (Treetops)
- 28 Resident's BBQ (Riverside)
- 31 Halloween

NOVEMBER

- 3 Melbourne Cup Celebrations
- 9 Half Day Bus Trip (Riverside)
- 11 Remembrance Day
- 12 Resident's BBQ (Treetops)
- 16 Half Day Bus Trip (Treetops)
- 18 Resident's BBQ (Bluegum)
- 23 Half Day Bus Trip (Bluegum)
- 24 Ukrainian Cultural Day
- 25 Resident's BBQ (Riverside)



For all the latest news & photos follow us on Facebook

facebook.com/christadelphianagedcare



Happy

International Day of Older Persons

1 October

Father's Day

SUNDAY 6 SEPTEMBER



SEPTEMBER	OCTOBER	NOVEMBER
Connie C	Judith B	Patricia A
Hazel F	Mary D	Valda D
Martha L	Thelma G	Valerie H
Jean M	Ronald H	Marjorie J
Maureen M	Carl H	Joan R
Anna N	Elizabeth L	Irena S
Terrance O	Peggy L	
Norma P	Tania U	
Bernadette R	Denise W	
Lilo S		
Maroulla T		
Grace T		
Margaret W		

Activity Reviews



PIZZA MAKING

All of us have some happy memories attached to being in the kitchen whether it is gathering for a meal you've helped prepare for or making cookies from scratch.



Food brings people together in a way that no other experience can.

At Southhaven, we had a pizza making day where our residents enjoyed making their own pizza while choosing their toppings and also collaborating with each other and working on a meal together, which can build a sense of camaraderie and enjoy socialising with one another.



FRIENDSHIP DAY

Friendship Day signifies the importance of harmonious friendships which ultimately help in promoting love and peace amongst human beings. Friends are those with whom we share our joys and sorrows, the ones who guide us and help us sail through the highs and lows of life. This is why there is a special day to honour these individuals who are an important part of our lives.



Our residents got to spend the day with each other painting, singing, drawing and making cards for one another and celebrating the special bond of friendship.

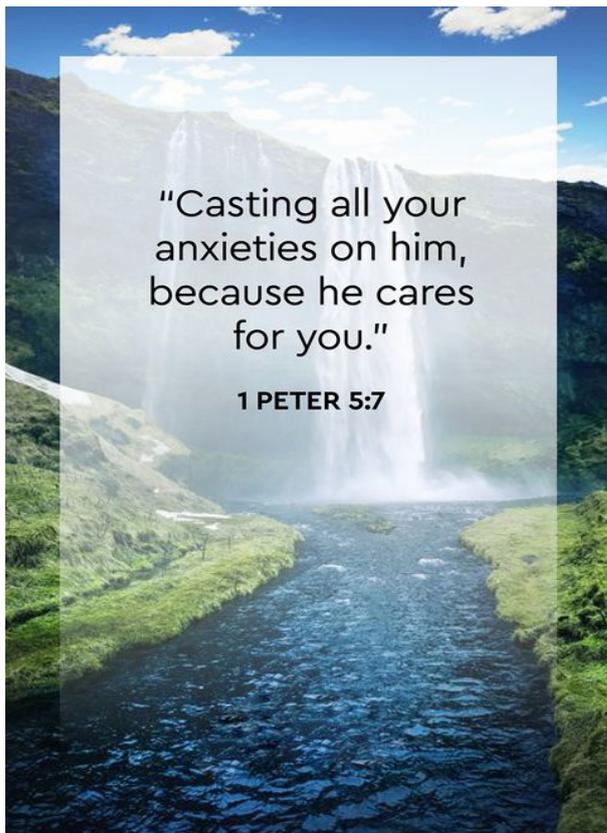


Activity Reviews



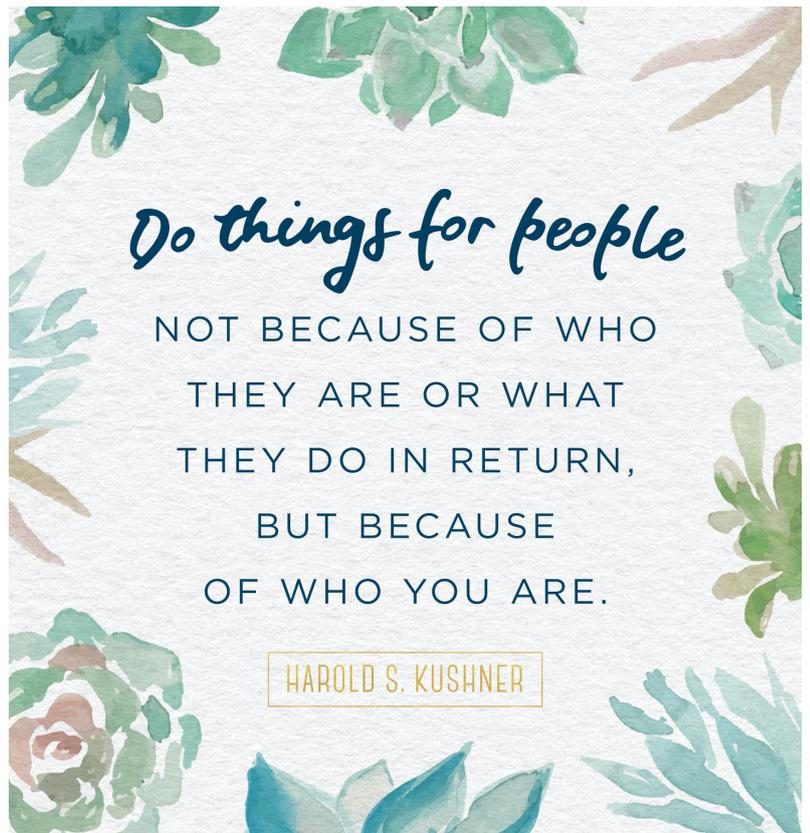
GARDENING

There is nothing like getting out into the garden. That is exactly how our residents felt when they embraced the immediate benefits of spending time in the great outdoors, enjoying the beauty of plants and flowers, connecting with nature and getting their hands dirty doing something productive and fun.



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

1 PETER 5:7



Do things for people

NOT BECAUSE OF WHO
THEY ARE OR WHAT
THEY DO IN RETURN,
BUT BECAUSE
OF WHO YOU ARE.

HAROLD S. KUSHNER

Resident Story

Brian Moloney



Brian was born on 6th February, 1930 at Annandale to father Joseph and mother Kathleen, who gave him a great life. His dad made pianos and he played beautifully.

Brian was a boarding student at Bathurst for four years and was still at school when the Second World War was declared over. After school, Brian was a sales representative for Bradford Insulation and travelled much of Australia in this position.

Brian played football and surfed at South Narrabeen, which was their family weekend.

Brian met his wife Maureen at the Surf Club. He was playing a game of musical flags and was knocked out and he went to hospital. Maureen asked permission to visit Brian in hospital

because she thought he was a good sort.

A friendship blossomed and after two years of dating, they got married at the Catholic Church at Manly. They had five children and described himself as an everyday family.

Brian and his wife Maureen, in their later years, moved to Peakhurst and enjoyed spending time with his children and grandchildren.

Brian loved the sea and he was a brilliant Surf Life Saver.



FOR GOD has
NOT given US
a SPIRIT of
FEAR, but of
POWER & of
Love & of
a SOUND mind.
- 2 TIMOTHY 1:7

**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.





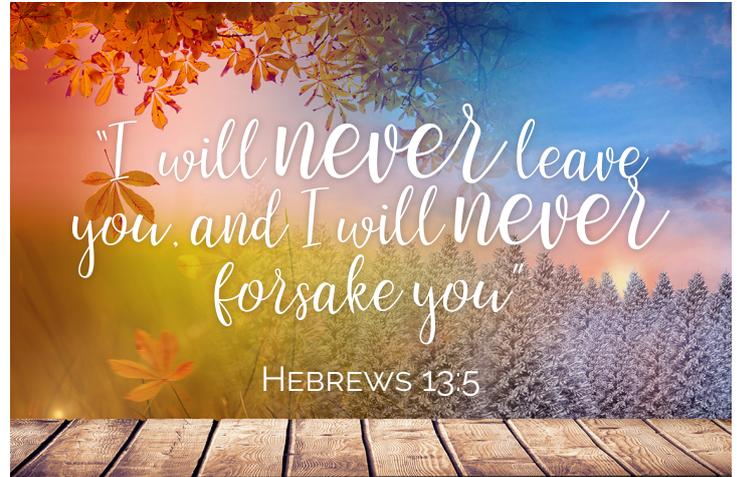
SEASONS... TIMES

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

Volunteer Corner

By RUTH NJOGAH

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.

However, one of our volunteers says good bye and will be sorely missed:

Sometimes in life we take a path less travelled which leads to beautiful sceneries.

Volunteering at Christadelphian Aged Care was not a hard bridge to cross; I knew the moment I walked in to visit a friend that I would be doing my soul a favour by visiting the residents. At the interview, I was asked what my aim was to which I replied 'I would like to make people happy'.

I have received so many emails thanking me for my volunteering. But in fact, it was me who should thank you for allowing me to be part of your haven for a short while. Meeting the residents has taught me a lot and made me appreciate getting older and made me realise that life is fair. Seeing how the residents are well treated and respected and the friendship stories they shared with me and with the staff, made me feel thankful that goodness still exists in this world .

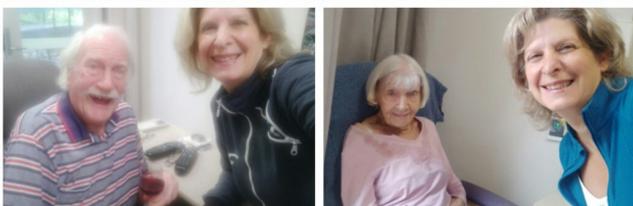
Don taught me to enjoy every minute of my life. **Shirley** taught me that distance cannot erase friendship. **Tania** was my Bible... Her positive spirit shines. **Elizabeth** taught me that age is just a number.

What a pleasure it's been. What an adventure I will hold always dear. They are a piece of pearl in my heart.

God bless you all,

Dola Matar

Dola Matar



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



Ruth Njogah

VOLUNTEER & PASTORAL CARE
COORDINATOR

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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

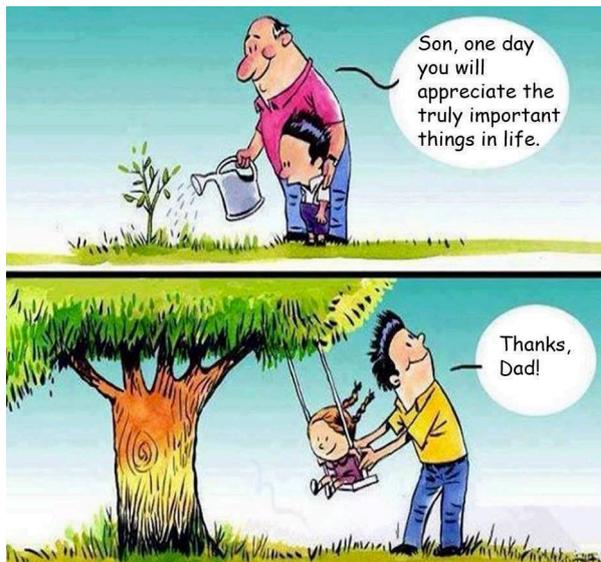
Q: What did the daddy tomato say to the baby tomato? A: Catch up!

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

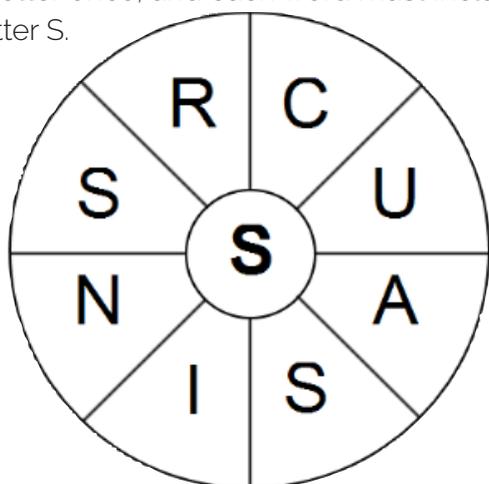


SPRING SUDOKU: FLOWER BUD

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?

