



Courtlands Newsletter

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MANAGER'S MESSAGE

The Autumn months are upon us! With the temperature about to drop and the changing colour of the leaves, we know that Easter is on its way! We will have Easter parties and make preparations for the festivities and look forward to all residents and families being able to enjoy this time of year.

Restrictions have begun to ease now, and as I write this, no more masks or restrictions on visitors to Courtlands. We are all in much better spirits, and our residents are enjoying having their visitors and a bit of life back to normal as it was pre-COVID.

This period has shown just how resilient and adaptable we all are! I would like to thank all the residents, relatives and staff for their ongoing support and feedback.

Throughout Summer, we celebrated Australia Day, Christmas and New Years. We were also lucky enough to have a surprise appearance from Santa!

We are eternally grateful to our residents and their families for choosing to be with us.

Kind
Regards,

Mohini Narayan

- Director of Consumer
Care and Services



Upcoming Events

MARCH

- 17 St Patrick's Day
- 15-21 Harmony Week
- 28 Palm Sunday



APRIL

- 2 Good Friday
- 4 Easter Sunday
- 5 Easter Monday
- 25 ANZAC Day



MAY

- 9 Mother's Day



For all the latest news and photos follow us on Facebook

facebook.com/christadelphianagedcare



MARCH	APRIL	MAY
VISTA	VISTA	VISTA
	Margaret B	Nigel S
		Georgette F
		Judith C
		Chrissy F
		Theodor G
GRANGE	GRANGE	GRANGE
Helen P	Sylvia N	Kay D
GROVE	GROVE	GROVE
Albert C	Ian K	Keziah P
	Anita S	
	Renata D	
	Patricia D	
TERRACE	TERRACE	TERRACE
	Edwin P	Ruth I
	Judith H	Lynette K
	Tessie B	Nancy D
	Marian A	Emily E
	Beryl S	



Activity Reviews

Vista



"When everything looks like magical oil painting, you know you are in Autumn!" - Mehmet Murat Ildan

What a year! With bushfire, flood to pandemic... but we got through it all and here we are. Australia is a best place to be in this time, and with all that is happening in the world we keep enjoying being with each other and enjoying everyday activities.

CHRISTMAS LIGHTS - In December, we enjoyed Christmas light outings, where we strolled around the streets and enjoyed all the beautiful lighting and decorations.



CHRISTMAS DAY - Christmas was different this year as we did not have any family members with us but it did not get in our way to celebrate Christmas.

We enjoyed decorating all around Vista and enjoyed a special Christmas lunch with each other. We also got a special visitor all the way from the North Pole to cheer us.

We even played a Christmas version of one of our favourite games - bingo!



Continued over page...

Activity Reviews

Vista continued



We continue enjoying our regular activities like bingo, bus outings and balloon tennis.

We celebrated Australia Day with a BBQ and talked about Australians.



Also in January, we celebrated Mavis' 106th birthday. When Mavis was asked the secret of her long life, she said, "Don't talk too much and don't eat potatoes!"



Bewora Waters Bus Trip



Bereavements

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

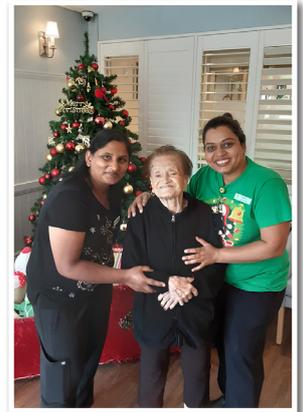




CHRISTMAS DECORATIONS & BAKING - Christmas! What a busy time setting up the trees and decorating the facility; a big job but enjoyable one.



Here in the Grove, we baked a Christmas fruit cake for the first time - we soaked our fruit in sweet sherry, kept in the fridge for a week before baking the cake.



Each resident, who was able to take part making the cake, had their jobs to do. We had spectators, participators and of course equality controllers, but most of all we all had a Christmas Cake story to tell.

Winnie read the recipe and creamed the butter and sugar, Elaine also helped to make sure the butter and sugar was well creamed, Patricia cracked the eggs one by one ensuring no shell, June mixed the eggs in one at a time and Rita also helped in that task. Next, was adding the flour and finally the fruit and spices were added.

The Pandemic continued and played havoc with us all with restrictions, but we were pleased that over the Christmas period, rules had been relaxed and some families were able to take their loved one's home for the day and visitors were allowed in designated areas. Window visits and Zoom calls continued while restrictions were in place.

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Grove Christmas Photos





CHRISTMAS & BAKING

The following week, we wanted to do something fun for Christmas Eve, so we made Chocolate Crackles golden oldie which was great fun for all.

FRIDAY MOVIES

On Friday afternoons, we have movies and icecream in the themes of that month. In December, we watched Christmas based movies and in January, it was Australian based movies. Sometimes, the months are any theme, just choosing one at random.



Grange Christmas Photos



NEW YEAR'S EVE - was celebrated earlier in the day with wine, beer, cheese and crackers and we reflected on the year just past followed by watching fireworks around the world before our evening meal.

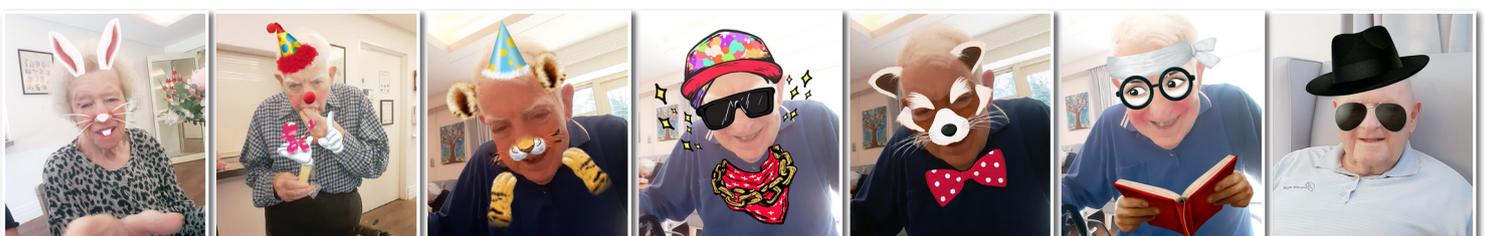
AUSTRALIA DAY - We celebrated Australia Day with a BBQ and had some fun games like a thong throwing competition and egg and spoon race (hard boiled, of course). We also baked damper during January served with, of course, vegemite.

SNAP CHAT SHENANIGANS - We discovered the photo filter function on the iPad and so we took some photos. Residents were fascinated by it and were laughing and kept asking, 'how did it work?', 'how did you do that?', 'show me again'. We called it Snap Chat Shenanigans. It is a good distraction to settle residents down and change their mood.



Christmas Craft

Continued over page....



Activity Reviews

Grange & Grove
continued...



MORNING TEA IN THE SUN - Residents are enjoying morning tea outside in the sunshine before the heat of the day hits and morning walks.



BUS TRIPS - These have restarted for scenic drives only and we have a photo

board that we are going to call "Our Magical Mystery Tour". The first drive was through Lane Cove National Park which was relaxing and residents enjoyed getting out and seeing the nature and water.



Activity Photos





Well it was the beginning of the season and with all the flowers coming out, it was great to get the residents out and about for walks in the gardens and smell the roses.

CHRISTMAS - We welcomed the Christmas season and with it, the trees and decorations to be put up and done. Our residents all had fun assisting us putting them up, especially the trees.

The Terrace residents made a chocolate log wreath for a Christmas morning tea, with bright green cream topping and strawberries to decorate. It was very rich and yummy, they all enjoyed it.

We also had a night going to see the Christmas lights at Merrylands and surrounding suburbs with ice-creams on the way.



AUSTRALIA DAY - Once Christmas was all over and put away for another year, we held Australia Day celebrations with a BBQ, which our residents all enjoyed.

VALENTINE'S DAY - The residents looked forward to Valentine's Day, which brought more chocolates and some red roses to those lucky.



BUS TRIPS - Now that we are back doing the bus trips again, the residents are waiting eagerly to go and have been really enjoying getting out and seeing some of their favourite sites and the fresh air.



SATURDAY MOVIE AFTERNOONS -

We have also been having Saturday afternoon movies and popcorn which have been very successful in the Terrace.





RAIN

What a lovely lot of rain we have been enjoying these past few months! After the protracted drought and searing heat of last summer, the rain has washed away the dust, bringing cooler daytime temperatures and replenished critically low water storages helping wetland habitats be restored and bringing new life and green growth to gardens and farmlands alike. (Which means the lawns need a lot more mowing!)

This season of refreshment has been such a welcome relief to many Australians. A recent survey revealed that the majority of Australians preferred the overcast and rainy weather to the scorching heat of last summer, indeed, the bushfires still loomed large in our collective memory.

The rain has raised dam levels across many parts of the country, in turn raising the spirits of farmers and refreshing their hopes after many had been in great distress about how they could keep going in the face of a relentless drought.

The Bible tells us that God's words are just like rain because they are a source of life for us.



God says in Deuteronomy 32; *'Let my teaching fall like rain and my words descend like dew, like showers on new grass, like abundant rain on tender plants.'*

Psalms 1 says that if we take in the refreshment of God's word then we are like a tree that yields fruit because of the growth generated by taking in the water: *"Blessed is the one... whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither - whatever they do prospers".*

The prophet Isaiah says: *"Just as rain and snow descend from the skies and don't go back until they've watered the earth, Doing*

their work of making things grow and blossom, producing seed for farmers and food for the hungry, So will the words that come out of my mouth not come back empty-handed. They'll do the work I sent them to do, they'll complete the assignment I gave them." God promises that He is quick to forgive and that His words (the rain) are promises that he will fulfil.

Our words to each other can be like rain, in our everyday conversations, listening carefully and speaking words of kindness can be a living source of refreshment, encouragement, support and love that brings out the best in others.

As we have enjoyed the rain and the cool, let's take time to be a source of goodness and refreshing to one another; we can be that regular rain shower that washes away the dust of the past, creates a climate for growth and tops up our stores of energy to serve and care deeply so we nourish each other to grow the fruit of the Spirit in our families, our communities and in our workplace.

By Joh Morgan - Volunteer & Pastoral Care Coordinator, NORTH COURT

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control." - Galatians 5:22-23

Staff Profile

Mansi



Some people come into our lives and quickly go. Others stay awhile, make footprints on our hearts and we are never, ever the same. As you can imagine after working for more than three years here, I have plenty of memories to carry with me.

During my time here, I have been given many nicknames like Mancy Fancy, Party girl and Entertainment Director, which I will miss being called. I have immensely enjoyed celebrating different cultures and special events, as it always feels like home away from home when coming to work.

I want to thank the residents and staff who have taught me lifelong lessons about classical music, movies, polishing silver cutlery, different cultures and especially a lot about yourselves and the way of life here in Australia.

Thank you for all the special moments that I will take with me forever. Stay safe and happy always, I will miss you all lots.



Volunteer Corner

By NERIDA O'NEIL

2020 proved challenging for many and we are sad to have said goodbye to Elsie and wish her all the best. I am pleased to have accepted the offer to come to Courtlands in the role of Volunteer and Pastoral Care Coordinator and have enjoyed meeting the residents, staff and some of the family members so far. Hopefully, I will get to know all of you soon. I have worked for Christadelphian Aged Care for almost six years now, previously working in the Ashburn House, Gladesville facility in the same role and am excited by the move to Parramatta.

We made the most of the small window of opportunity in December, welcoming back our religious leaders with Reverend Owen able to perform a service for Christmas and Father Ephraim who was able to visit our Catholic residents in Vista and Grange. Unfortunately, we were back with restrictions in place and he was unable to come back and see the residents in Grove and Terrace. After a good community effort, restrictions have again been lifted and our Catholic residents will be able to attend Mass and have individual visits during February.



We look forward to welcoming back some returning volunteers and meeting some new ones too.

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



Nerida O'Neil

VOLUNTEER & PASTORAL CARE
COORDINATOR

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EASTER

The Business Behind The Easter Bunny

Australians are forecast to spend \$875.1M over the four-day break.
this equals \$37.70 per person

The world's largest Easter Egg ever made was 25-ft high

Category	Spending (\$M)
Food	\$339.6M
Holiday	\$203.7M
Seafood	\$22.3M
Alcohol	\$133M
Chocolate	176.5M

“Australians are the biggest consumers of Easter eggs in the world” (20 each)

To cater for the demand, Easter Eggs are produced for 8 months of the year

Coles sell 28 million hot cross buns across the country over the easter period, while bakers delight sell 13 million. That's more than the population of Australia

of total yearly chocolate sales **75%** Easter All other holidays 25%

“76% of people eat my ears first”

INTERESTING EASTER FACTS

1. Easter is the celebration of the resurrection of Jesus Christ in the Christian religion.
2. Eggs have been seen as ancient symbol of fertility. Christians consider Easter eggs to symbolise joy and celebration, new life and resurrection.
3. The traditional act of painting eggs is called Pysanka.
4. Egg dyes were once made out of natural items such as onion peels, tree bark, flower petals, and juices.
5. The name Easter owes its origin from Eastre, the Anglo-Saxon goddess who symbolises hare and egg
6. The first story of a rabbit (later named the “Easter Bunny”) hiding eggs in a garden was published in 1680.
7. Easter is celebrated at different times by Eastern and Western Christians. That's because the dates for Easter in Eastern Christianity are based on the Julian Calendar.



ANZAC DAY LEST WE FORGET 25 APRIL

SYMBOLS OF ANZAC DAY



Red poppies were first sold to raise money for people made disabled by war.



Rosemary is pinned to a person's clothes and is for remembrance.



Jack Simpson carried wounded soldiers even in enemy fire. He was killed in 1915 and was only 22. He symbolises bravery.



Medals are awarded for bravery. The Victoria Cross in the highest award.



Croissant Custard Slice

Ingredients

- 40g butter, chopped
- 1 1/2 cups milk
- 300ml carton thickened cream
- 1/2 cup custard powder
- 16 Coles Bakery Mini Croissants
- 1/3 cup caster sugar
- 1 teaspoon vanilla bean paste
- Pure icing sugar, to dust



Prep: 15 min (+2 hours to set)
Cook: 10 min

1. Preheat oven to 180°C/160°C fan forced. Place croissants on a large baking tray. Bake for 5 minutes then transfer to a wire rack to cool (they will become crisp on cooling).
2. Whisk the custard powder, caster sugar and 60ml (1/4 cup) milk in a saucepan until smooth. Stir in the cream and remaining milk. Place over mediumlow heat and cook for 10 minutes, whisking slowly then more vigorously as the mixture thickens and comes to a simmer. Continue to cook, stirring constantly, for 1 minute. Whisk in the butter and vanilla until combined.
3. Pour the custard mixture into a heatproof bowl. Set aside to cool until just warm, stirring often with a spatula to release heat and to prevent a skin forming.
4. Meanwhile, grease a 16 x 26cm slice pan and line with baking paper, allowing the paper to overhang above the long sides. Use a small serrated knife to carefully cut the croissants in half horizontally. Arrange enough croissant bottom halves, cut-side up, over base of prepared pan to cover neatly, cutting small pieces from leftover croissant to fill gaps.
5. Drop large spoonfuls of the custard over croissant base and gently spread to make an even layer. Arrange croissant tops, cut-side down, over the custard (you probably won't use them all, don't worry if there are some gaps). Place in the fridge for 2 hours to set. Dust with icing sugar and use a small serrated knife to cut into slices to serve.

Puzzle Page



BRAIN TEASERS

Solving logic problems boosts brain power, keeps your memory strong, and entertains everyone to no end. See how many you can figure out!

Brain Teaser 1

1. A man pushes his car to a hotel and tells the owner he's bankrupt. Why?

2. I am the beginning of sorrow and the end of sickness. You cannot express happiness without me yet I am in the midst of crosses. I am always in risk yet never in danger. You may find me in the sun, but I am never out of darkness. What am I?

Brain Teaser 2

sorrow	crosses
sickness	sun
happiness	risk

Brain Teaser 3

3. Arnold Schwarzenegger has a long one. Michael J. Fox has a short one. Madonna does not use hers. Bill Clinton always uses his. The Pope never uses his. What is it?

4. A man is looking at a photograph of someone. His friend asks who it is. The man replies, "Brothers and sisters, I have none. But that man's father is my father's son." Who was in the photograph?

Brain Teaser 4

Brain Teaser 5

5. The person who makes it has no need for it. The person who purchases it does not use it. The person who does use it does not know he or she is. What is it?

6. A man was walking in the rain. He was in the middle of nowhere. He had nothing and nowhere to hide. He came home all wet, but not a single hair on his head was wet. Why is that?

Brain Teaser 6