



Northcourt Newsletter

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MANAGER'S MESSAGE

*"What good is the warmth of summer,
without the cold of winter to give it sweetness."*

- John Steinbeck

The quote above applies not just to our weather but to our lives as well as we cannot appreciate life without life's adversities. Our life is more colourful, due to our different experiences, sweet or bitter. Winter is here and we have to say goodbye to our warm weather. The chilly weather will make us miss the hot sunny days which has us looking forward to the next summer season.

I would like to remind everyone of the importance of staying hydrated at all times as the cold weather can easily deceive us when we think we are not thirsty. Wintertime is the time when viruses are rampant in the community and can cause us a lot of misery. We want to ensure that everyone is safe by having their corresponding vaccines, so I encourage you to get vaccinated for Influenza

and get your booster vaccination for COVID-19 to protect yourself and your loved ones.

Northcourt is very thankful to everyone for playing their part to ensure COVID-19 and the Flu are kept away from our doors. Continuing to do RAT testing before entering the facility and staying at home when feeling unwell with flu-like symptoms makes an enormous difference to us, so thank you to all the residents, staff, and families for your hard work in the fight against COVID-19 and other viruses.

It is with a heavy heart that we bid farewell to some of our residents who passed away recently. They will not be forgotten.

Finally, I have wonderful news to share with you, along with some cute photos of Jhenna's baby, Tiffany. To see how they are doing check out the story on page 7.

Kind Regards, **Jaroz Felipe**

- Director of Consumer Care & Services

Upcoming Events

JUNE

- 3 Italian Republic Day
- 10 King's Birthday Public Holiday
- 11 Kings Birthday BBQ
- 27 June Birthday afternoon tea

JULY

- 1 BBQ at Northcourt
- 7-14 NAIDOC week
- 22 National Ice Cream Day
- 25 July Birthday afternoon tea

AUGUST

- 12 BBQ at Northcourt
- 15 Indian Independence Day
- 29 August Birthday afternoon tea



For all the latest news & photos follow us on Facebook

facebook.com/christadelphianagedcare



King's Birthday

PUBLIC HOLIDAY 10 June



Cancer Council
Daffodil Day

22 August



JUNE	JULY	AUGUST
11 Betty H	1 Guoming C	1 Ron C
27 Shirley D	6 Jill C	Raza C
	27 David A	

We welcome the following new residents into our care at Northcourt.

We hope your stay is a pleasant one.



- Momo
- Patricia
- Cathy
- Raza

Activity Reviews



BUS TRIPS - Bust Trips are organised every Wednesday except for the first Wednesday of the month. Residents love participating in this activity, as it fosters social connections and provides opportunities for interaction, helping to alleviate feelings of loneliness. Before the day of the bus trip, residents are asked to help choose outing spots.

Favourite choices are Bobbin Head, Belmore Park, and Hyde Park as they allow residents to enjoy refreshing views.



COOKING

Residents have been enjoying cooking demonstrations as it is a sensory experience for them and one that brings memories of them cooking and providing for others.

One cooking session that stands out was Pancake Day. We cooked pancakes together and then they were served warm with butter and homemade strawberry jam. They went down a treat.

CHURCH SERVICES AND ACTIVITIES

The **West Ryde Christadelphians** provided each of our residents and staff with a special Easter message and gift, reminding the staff and residents of the Easter Message. Both the staff and residents were very thankful for such a kind gesture. Thank you, West Ryde Christadelphians.

We were very blessed to have the support from the **Anglican Church in Parramatta** and **Reverend Owen** who came and provided our residents with an Easter Service. Reverend Owen reminded us of the Easter message accomplished through Jesus our Saviour through the death and his resurrection. Reverend Owen also provided spiritual songs and hymns for our residents' enjoyment.

We were very grateful to have **Father Papio** who visited us for a special Easter visit to see our **Catholic** residents for their spiritual support. Father Papio not only visited at Easter but visits each month to see the residents who wish to spend time with him. If you would like to see Father Papio, please speak with a staff member.



MUSIC CONCERT - Northcourt organises live music concerts every first Wednesday of the month which are held in the dining room. We encourage residents to suggest the type of music they prefer or if there is a particular entertainer they would like to see perform again. The choices include a range of songs such as pop, rock, and country tunes.



Not only does this provide entertainment, but it also helps to alleviate anxiety, lower blood pressure, and improve mood. The live concerts attract most of the residents, who enjoy coming together in the dining room and helps build social connections. During these concerts, we can see residents dancing, often with the assistance of staff. It's heartwarming to see the residents enjoy themselves and creating precious memories.

Activity Reviews



BINGO - Residents enjoy playing bingo in the afternoon. Sometimes they prefer picture bingo, other times number bingo, or even animal-themed and flower-themed bingo, all with full energy and excitement, hoping to win chips and chocolates.

Bingo games offer a fun and engaging way to boost cognitive abilities and improve social connections among residents. As an active cognitive game, it requires the brain to work by encouraging quick thinking and mental agility. Additionally, residents get to enjoy the social aspect of the game by interacting with other players, promoting a sense of community and friendship.



All in all, playing Bingo can be an excellent way to enhance overall health and well-being in seniors.



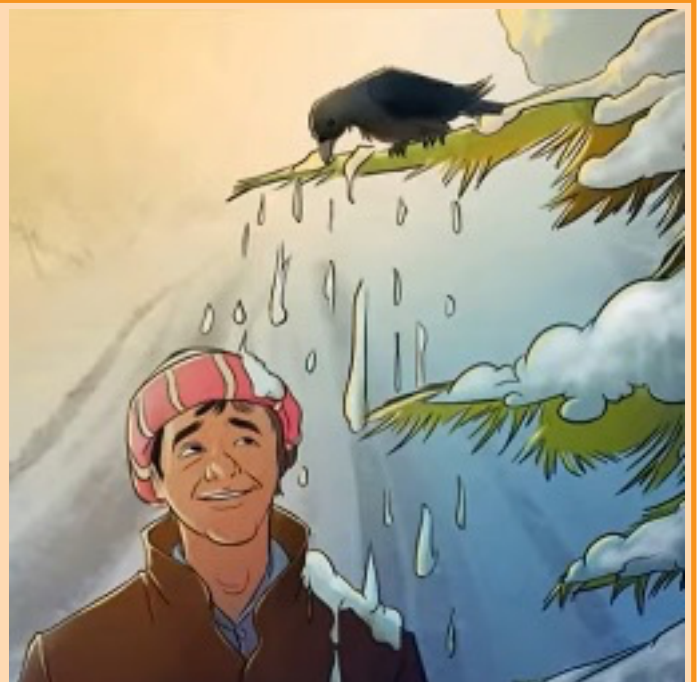
Poem



"Dust of Snow"

by Robert Frost (1874-1963)

The way a crow
Shook down on me
The dust of snow
From a hemlock tree
Has given my heart
A change of mood
And saved some part
Of a day I had rued.



Resident Story

Pat



Pat is a local girl, born at the Poplars Private Hospital, Epping in 1934.

Pat has lived in the Dundas area for more than 75 years. During this time Pat has witnessed significant changes in Parramatta and the surrounding farming areas as our population

continues to move westward. Initially Pat worked as a teacher at Penrith High School, then joined the NSW Education Camping Programme at Broken Bay. Pat also enjoyed overseas university experiences in the US states of Oregon, Iowa, and Massachusetts.

With a love for sports, Pat competed in competitive soccer and hockey and volunteered with the NSW Blind Sports Association in sports, such as athletics, lawn bowls, cricket, swimming, ten-pin bowling, cycling, golf, and goalball until 2014.

Having a love for nature and animals Pat has owned a variety of dogs from a noticeably early age, whether gifted, rescued, or found. Now she indulges in Saturday horse racing primarily to admire the beauty of the animals and their fighting spirits.

For Pat, Northcourt presents a different type of experience, like getting to know residents and staff, participating in various activities, and facing daily challenges which we know she will tackle with all the skills learnt over her lifetime.

Bereavements

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

Leonie, Shirley and Lola



Volunteer Corner

By DAVID BRIDGENS

We are currently seeking volunteers to visit residents in Northcourt for one-on-one interactions and conversations with our residents.

If you have 30 to 50 minutes free a fortnight we would love to hear from you, David can be contacted on 0431 323 825.



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



David Bridgens

WELLBEING COORDINATOR

e: dbridgens@chomes.com.au

p: 0431 323 825



RESILIENCE

I was asked recently during a group conversation, what I saw as one of my best God-given traits.

Normally it would be difficult to think of what that was in the moment as there are so many angles to look at such a question, but at this particular time in my life I answered the question rather easily -

"I am so grateful God has given me a resilient spirit."

Resilience is the ability to withstand adversity and overcome challenges, difficulties, stress and unexpected changes in our lives. It is not always possible to prevent stressful or unfavourable situations from occurring as it is a part of life, but more so how we deal with them when they happen.



Some examples of resilience can best be described as:

- focusing on the things you can control instead of dwelling on what you cannot change
- taking a positive perspective on all situations in our day and looking at negatives from a more positive angle - ask yourself questions like, "Is there another way to look at this situation?"
- viewing challenges as an opportunity to gain experience from them
- not giving up and persevering

We can strengthen our capacity to deal with life's challenges and emerge stronger and more resilient through:

- spending time with people who are positive and lift you up rather than drag you down
- maintaining healthy relationships with family and friends
- breaking a challenge down into small achievable goals
- celebrating when you achieve your goal however big or small
- believing in ourselves by recognising our strengths and having confidence in our abilities
- thinking about the big picture

The Bible encourages us to persevere in the face of trials. It is full of examples of people who suffered greatly yet continued on. Let us read some encouraging scriptures...



Joshua 1:9 - "Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go."

John 16:3 - "I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."

Romans 12:12 - "Rejoice in hope, be patient in tribulation, be constant in prayer."

1 Peter 5:10 - "And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you."

We have resilience within us all. We can adapt and bounce back from our hardships. We can move forward with positivity despite the crisis, tragedy, and loss. We have suffered greatly but we choose to grow. Let's pray for resilience, for ourselves and those around us.

By Carmel Hayden - Wellbeing/Spiritual Coordinator, MARANATHA

WELCOME TO THE WORLD, BABY TIFFANY!

Hi all! I hope everyone is well at Christadelphian Homes especially Northcourt, my lovely workplace. I just want to share with you my first and probably my last child. Meet my not-so-little Tiffany (she is growing quickly and has a big appetite).

I was planning to prepare a special dinner for my hubby on February 14 (Valentine's Day), but it did not happen because my labour started that morning. As it is our first time, we were scared yet excited to see our precious baby. I was in labour for two days -oh my - the discomfort and pain unimaginable! Then Tiffany was born on 16th February, 2024 at Westmead Hospital.

Tiffany weighed 3.06kg when she was born and was 48cm long. She had mild jaundice as shown in one of her photos. We stayed in the hospital for five days as we had complications but were able to manage it. Just a few days have passed by and she was already giving us smiles but more cries; typical baby...

She is now in the clingy stage, and she loves to see us all the time and carry her often or else the war is on . She now weighs 5.3 kg at 9 weeks, and I am already struggling but it is all worth it as long as she is healthy.

This pregnancy journey made me realise how genuinely great and special women are as we bring people into the world. Before I forget, I would like to send a very warm greeting to all the amazing mothers out there. Happy Mother's Day!

Once Tiffany is more settled, we plan to visit the facility and see all our wonderful residents and colleagues.

Hoping to see everyone soon!

Love, Jhenna Sison



Staff Profile

Salony

REGISTERED NURSE

I am Salony and I work as a Registered Nurse at Northcourt Aged Care.

I recently graduated as a nurse and am excited to explore the multifaceted world of healthcare.

I am thoroughly enjoying working in aged care and looking after residents. Most importantly I love to be the reason for someone's smile and bring joy to people and I believe that being kind doesn't hurt anyone.

In my free time, I enjoy road trips, and days out, and love exploring nature on my days off.



Foods to Fight Flu & Cold Season



Citrus



Beans



Garlic



Leafy Greens



Water



Red Meat



Honey



Ginger



Elderberry



Turmeric



Dark Tart Cherries



Walnuts



Soup



Yogurt



Carrots



Red Bell Peppers



Hearty French Chicken Soup



Prep: 15 min

Cook: 50 min

Serves: 4

Ingredients

- 1 tbsp extra virgin olive oil
- 4 chicken thigh fillets, trimmed
- 1 brown onion, halved, sliced
- 3 carrots, halved, thickly sliced diagonally
- 2 celery stalks, thickly sliced diagonally
- 3 garlic cloves, thinly sliced
- 1 dried bay leaf
- 3 sprigs fresh thyme
- 1/3 cup dry white wine
- 1 litre Massel Chicken Style Liquid Stock
- 500g potato, peeled, cut into chunks
- Roughly chopped fresh flat-leaf parsley leaves, to serve
- Toasted sliced baguette, to serve

1. Heat 1 tbsp extra virgin olive oil in a large saucepan over high heat. Season chicken with salt and pepper. Add 4 chicken thigh fillets, trimmed to pan. Cook for 4 minutes each side or until browned. Transfer to a plate.
2. Add brown onion, carrots, celery, garlic cloves, dried bay leaf and fresh thyme to pan. Reduce heat to medium. Cook, stirring occasionally, for 6 minutes or until well browned. Add 1/3 cup dry white wine. Cook, scraping up brown bits from base of pan, for 1 minute. Return chicken to pan with chicken stock and potato. Stir to combine. Bring to the boil. Reduce heat to medium. Simmer, covered, for 30 minutes or until vegetables are tender and chicken is cooked.
3. Using tongs, transfer chicken to a board. Use 2 forks to shred chicken. Remove and discard bay leaf and thyme.
4. Return chicken to pan. Simmer for 2 minutes. Sprinkle with parsley. Serve with toasted sliced baguette.



Puzzle Page



DOUBLE PUZZLE - Unscramble a list of shuffled words to reveal a hidden message about winter activities.

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Answers: Chilly, Hibernate, Fireplace, Freezing, Blizzard, Icicle, Snowball, Scarf, Cold, Snowflake, Hot cocoa, Mittens Message: Happy Winter Holidays