



Courtlands Newsletter

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



*"A life without love
is like a year
without Spring"*

- OCTAVIAN PALER

MANAGER'S MESSAGE

Hello Everyone,

As you know I was appointed the new Director of Consumer Care and Services, and I started my post on June 3, 2024.

I would also like to introduce our new Clinical Manager for the Terrace wing, Victoria Viray who joined us in late July. Her clinical background and leadership will help us continue to focus on delivering quality care to our residents. Victoria has already begun working with the senior Clinical Team on improving our clinical systems and processes. Welcome Victoria!

In addition to staff changes, there have already been positive improvements over the last month. Our Memory Support Unit environmental

improvement is ongoing with some now in place and I am pleased to announce on August 12 another Bluegum dining area was opened.

In 1 Peter 4:8-10 it says, *"Above all, keep loving one another earnestly, since love covers a multitude of sins. Show hospitality to one another without grumbling. As each has received a gift, use it to serve one another, as good stewards of God's varied grace."*

As the leader of Courtlands, one of the values that resonates mostly with me is "LOVE" as I believe through love unity will be reflected across all of Courtlands in our daily work and lives.

God bless to everyone, **Liza Abapo**

- Director of Consumer Care and Services

Upcoming Events

SEPTEMBER

- 1 Father's Day
- 21 World Gratitude Day
- 27 Oktoberfest
- 28 AFL Grand Final

OCTOBER

Residents Rights Month

- 1 International Coffee Day / International Music Day / International Day of the Older Person
- 6 Daylight savings starts / NRL Grand Final
- 7 Labour Day Public Holiday
- 30 Diwali celebrations

NOVEMBER

- 5 Melbourne Cup
- 8 International Tongue Twister Day
- 11 Remembrance Day
- 19 International Men's Day
- 21 World TV Day



For all the latest news & photos follow us on Facebook

facebook.com/christadelphianagedcare

We welcome the following new residents into our care:

- Anastasia
- Vasilios
- Noelene
- Judith S
- Marie P
- Henry H
- Edwin G
- Margaret S
- Helena
- Alison
- Mavis
- Brian M



SEPTEMBER	OCTOBER	NOVEMBER
BLUEGUM	BLUEGUM	BLUEGUM
	10 Judy L	4 Frances
	19 Marie Da	9 Yvonne
		23 John McD
GRANGE	GRANGE	GRANGE
14 Sandra	21 Brian	17 Valerie
15 Lynne	25 Sidney	23 Helena
GROVE	GROVE	GROVE
		28 John R
TERRACE	TERRACE	TERRACE
1 Donald	2 Eileen B	14 Billie
3 Eileen M	3 Hazel (100!)	22 Bernie
5 Subbaram	6 Fay	
29 Peter	7 Joyce	
	8 Judith Ho	
	16 Marg K	
	31 Marie G	
VILLAGE	VILLAGE	VILLAGE
3 Stephanie T	11 Diane H	3 Julie H
4 John H	12 Nola D	20 Deb N
7 Dorothy B	13 June K	22 Vivienne M
11 Janet S	16 Christine S	
14 Clare H	18 Kevin F	
16 Jill B	19 David R	
23 Ross L	20 Jan TS	
28 Margaret C	22 Barbara M	
30 Pamela A	23 Yvonne F	
30 Mercedes S	27 Anne M	
30 Veronica K	27 Margaret C	
	29 Shirley J	
	31 Bhawani L	



Hello All! Spring is here! This means that the flowers will begin blooming, the birds in the trees and the days are warm enough for a small tan.

Winter brought some very cold days and equally colder nights. The sunny days we are starting to experience are a wonderful change.

Living in a Village is like being part of a big family. People look out for each other. Your gardens are looked after, maintenance drops by to change tap washers or light bulbs, outings are organised, church services are on your doorstep, and the bus takes you shopping, it is a thriving community

We congratulate staff member Hashini and her husband as they welcomed her beautiful baby girl in July. Zeinab and Taylah are doing a wonderful job covering the role.

I would like to thank the outgoing Resident Forum members for their dedication to the residents of Courtlands Village during their time on the Committee. I welcome and congratulate the new Resident Forum members and know they too have the best interests of the residents at heart. I am looking forward to working together, creating an atmosphere in which it is a pleasure to live and work.

The annual Fire Safety and Evacuation sessions have been booked and you are encouraged to attend. Three sessions will be held in October. Invitations providing further details will be delivered to your letterbox.

We are looking forward to the spring walk in the wonderful gardens at Courtlands in October. Our gardeners Ericka and Hannah are doing an amazing job. The fishpond men have got the ponds looking fantastic. This will add to the pleasure of walking in the gardens.

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



Village Upcoming Events

SEPTEMBER

3 Spring BBQ

OCTOBER

6 Daylight savings starts /NRL Grand Final

15 Spring Walk

NOVEMBER

5 Melbourne Cup
11 Remembrance Day
19 International Men's Day
27 Christmas Stall

*A warm welcome to
Ross, Marie, Veronica & Robert*



*Farewell to
Cristina, Bernard & Glen*

Bereavements

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

*Jebunisa, Tessie, William G, James, Irma, Leo,
William H, Ron, Isaac & Shirley R*



WINTERFEST - We got together and celebrated the winter in July with Winterfest. There was a lot of laughter as we enjoyed an excellent lunch together.

We also had raffles and prizes and shared our memories and stories.

Thanks to the wonderful staff the event was a grand success and one which many will cherish.



LUNCH TRIP:

FLOWER POWER - The bus trip to Flower Power was very popular. Residents were able to stroll through an array of colourful eye-catching flowers and relax over lunch in the café with tasty food choices. Some of the Village residents purchased flowerpots for their homes.



It is understandable to see why the Village residents are always excited to join our lunch trips as they build great memories together, and this trip was no exception. The feedback was well received with comments like 'I loved looking at the flowers very much' and 'lunch was delicious and would do the trip again'.

MEN'S BOWLING - The men's club went to Zone Bowling, Castle Hill which was very enjoyable and good exercise. There were lots of laughs as they played nonstop and achieved some very good scores. Afterwards, they enjoyed lunch.



The day created some wonderful memories.

Printed: 2:21pm Wednesday 17 July 2024 Live Scores Code 717 779

ZONE BOWLING THANKS FOR PLAYING!

WE HOPE YOU ENJOYED YOUR GAMES AT ZONE BOWLING CASTLE HILL. ASK OUR FRIENDLY STAFF FOR DETAILS ON PARTIES AND MIXED SOCIAL LEAGUES. WE HAVE FUN AND EXCITEMENT FOR EVERYONE!!

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Leslie	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
Brad	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
Paul	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
Ian	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50

LUNCH TRIP: VANILLA CREAM CAFE - The residents had a great time during their lunch trip to Vanilla Cream Café. It's not just a place for lunch, but also for shopping for napkins, bags, mugs, and colourful items to decorate their homes or to give as gifts to others. The food was delicious and everyone enjoyed the food. It was lots of fun.



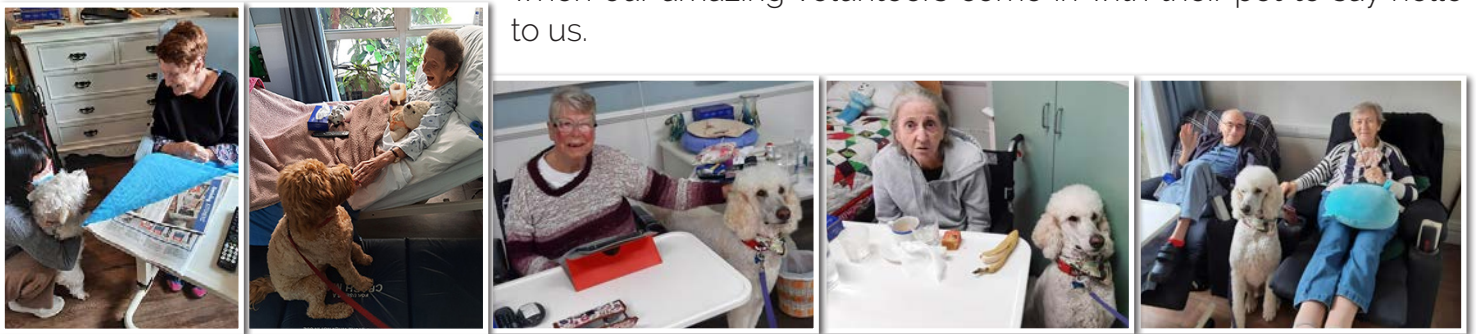
BLUEGUM

Spring has arrived at Courtlands! To celebrate and embrace the brighter days we have a great lineup of activities for our residents. During the winter season, we enjoyed participating in warm and fun activities at Bluegum.

COOKING - Making pizza was particularly popular among the residents and many looked forward to the cooking activities as they brought us together and created a sense of anticipation.



PET THERAPY - Every fortnight just isn't enough for pet therapy! We wish our furry friends could visit us all the time and we soak up the days when our amazing volunteers come in with their pet to say hello to us.



BUS TRIPS - The residents always enjoy their amazing afternoon bus trips even in the cooler weather! Sightseeing around Sydney and enjoying some afternoon tea is always a must on the social calendar.



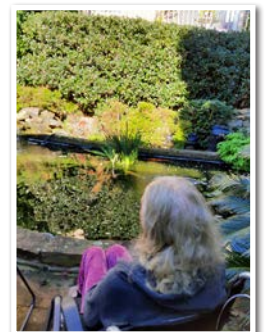
PAINTING -

We celebrated NAIDOC week by painting and showing our love for Indigenous culture.

DAILY ACTIVITIES - Puzzles, word searches and reminiscence have been a big part of Bluegum's day-to-day activities, and spending time as a group or individually always keeps us occupied whether it is finding new ways to do the puzzles or doing different activities to keep things interesting.



Even on days we don't feel like exercising, we still love to do ball-throwing activities to stretch our arms and have a good start to the morning.



MUSIC CONCERTS - Residents love when entertainers come and perform music.

GROVE - At Grove, our day begins with meditation music to create a peaceful start to the day and activities based on residents' interests.



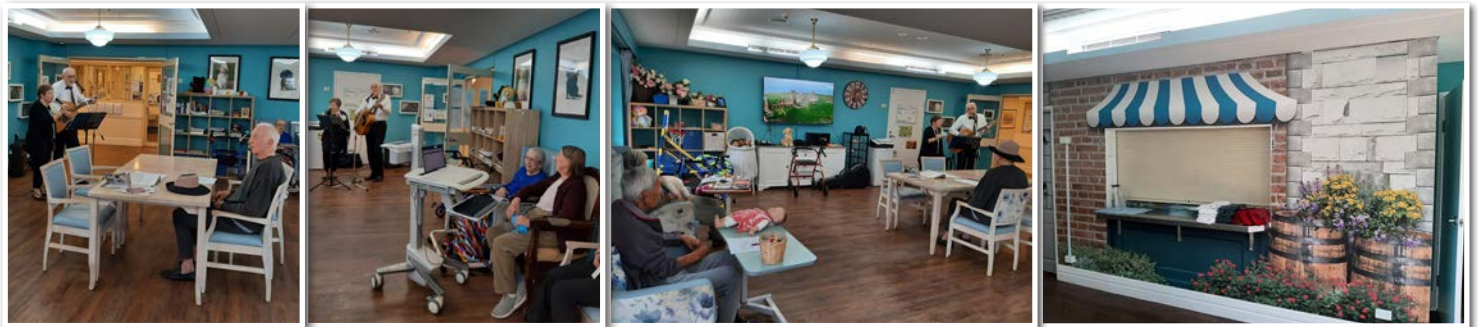
It is understandable during the winter season residents prefer to spend time indoors doing activities such as colouring, painting, reading and watching movies or TV shows of their choice.

When the weather is good and the day is clear residents like to sit in the garden and soak up the sunlight whilst socialising with fellow residents and staff.

Residents celebrated NAIDOC week by painting wooden boomerangs and animals to show love for our Indigenous friends.



During the Paris 2024 Olympic season, the residents like to sit together in the common area and watch the competitions. Margaret B was watching the women's synchronized swimming competitions and commented '*They are very talented*'. Recently, during a physical activity session with Paul focusing on improving his concentration and fitness, he asked if his arm muscles were getting bigger. You could see he clearly enjoyed the session. Their excitement about the games boosted a group gathering to watch the Olympics together.



Laundry/Lost Property

Although staff do their best to ensure that all our residents' clothing is returned there are times when after being washed there are some lost property pieces.

When the laundry staff are unable to read a label on a clothing item or don't know who the item belongs to it is placed in the clothing tubs. These tubs are grouped according to the month they were found in the laundry, and the section that was being washed at the time.

The lost Property tubs are set up in the laundry area outside **Bluegum** wing and we encourage family members to regularly check for items there as labels often wear out or fall off.

Please ask staff to show you if you are unsure.





GRANGE

NAIDOC WEEK - Our residents expressed their creativity and cultural pride during the NAIDOC week event. The vibrant boomerang art and craft created by our lady residents added a touch of colour to our lounge.



The soothing music in the lounge provided a relaxing atmosphere for everyone to enjoy. It was a wonderful opportunity for our residents to connect with their heritage and celebrate Indigenous culture.



DAILY ACTIVITIES - Despite the challenges of the cold winter, we continue to find ways to make each day enjoyable for our residents.

We organize monthly birthday parties, complete with special cakes that bring smiles to their faces. It's



heartwarming to see the joy on their faces as they celebrate another year of life.



COOKING - Although we have missed out on our regular Friday bus trips due to the absence of our bus driver, we have made the most of it by indulging in homemade treats such as cookies, cupcakes, pancakes, and pizzas.

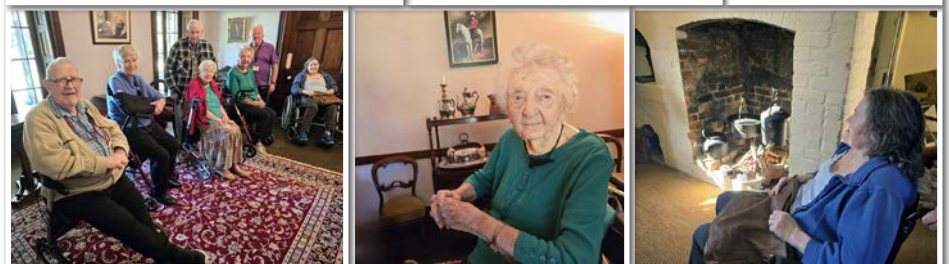


These culinary delights have helped to lift spirits and make up for the missed outings. However, we eagerly anticipate the return of our bus driver and the opportunity to venture out and explore new places.

BUS TRIP - One such memorable trip was our visit to the Hambleton Cottage Museum in Parramatta last month. It felt like stepping back in time to the 1800s, and our residents thoroughly enjoyed immersing themselves in the rich history and charm of the museum.



These excursions provide a valuable chance for our residents to get out of the bus, stretch their legs, and enjoy themselves.



Residents navigated through the last month of the cold winter and remained resilient, and determined to create a positive and engaging environment. We appreciate your support and look forward to more memorable experiences in the coming months.



TERRACE

Greetings from Terrace! We have sailed through another winter and are looking forward to warmer spring days around the corner. Our winter tours of the gardens kept going despite the occasional icy cold weather, and wearing plenty of warm clothes kept our spirits high.

Our entertainment is always alive every month like the ever-popular table games and brain teasers each Wednesday.



Gentle exercises and physio exercises are a hit and attract large groups of residents. It was unfortunate when we had a Covid outbreak in the Terrace in July as our group activities were put on hold, but we quickly bounced back into a routine when it was over with the spirit of the Paris Summer Olympics, bus outings, art and crafts, movies just to highlight a few.

During our bus trips, residents often recognize familiar routes and locations, sparking lively discussions about their memories associated with these places. It's truly enjoyable to hear them share their stories and reminisce about the past. Henry J, Jeanette, and Judith always have captivating stories to share, and the other residents truly enjoy listening to them.

"Every Friday, we play Bocce, and

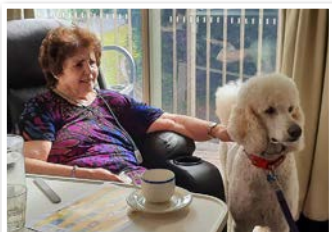
Wilma taught me how to play. She's truly a leader during the game, and I appreciate her attention to detail and how she supports everyone. The whole group encourages and helps each other, making it a physically engaging, mentally stimulating, and highly social activity." - Aysan, Wellbeing Coordinator (Terrace - Thursday/Friday)



Every Friday afternoon, we hold a special gathering in the main hall on Level 2 at Terrace, where residents can enjoy art and crafts or nail polishing. This weekly event is particularly meaningful as it fosters a vibrant and social atmosphere.

Residents chat about their experiences, help each other choose nail colours, and encourage one another. When we complete a piece of artwork, we proudly display it on the wall, creating a supportive and lively community environment.

Terrace residents warmly embrace our four-legged friends every second Saturday named; Dexter, Oliver, and Moose, and on occasions Daisy and Frankie fill in with their delightful presence.



In addition, we have also met the very cute Jersey who came along with David, Wellbeing Coordinator.

Keep up your activity attendance, and stay well everyone

Resident Story

Margaret B



Margaret was born in Tamworth to parents Maggie (also Margaret) and Jack. She was one of five in the family, with brother Ben and sisters Beatrice, Jeanette and Judith. Ben and Beatrice have passed away.

Margaret went to primary school in Morisset and then to Tamworth high school. While a teenager, Margaret helped her father build their family house - *"before that we had to ride our bikes a long way to town every day as there was no car"*. Margaret describes her sister Beatrice as being her best friend.



Margaret met her husband, Alan, at a dance in Dunedin, NZ. They were married in 1962 in Canterbury, Sydney. Trips to New Zealand, Europe, Canada and America were enjoyed together.

They settled in Dundas and together they had three children - Stephen, Lyn and Jane. Margaret also has grandchildren Brodie, Billy, Lewis, Max, Geordie and April.

Margaret trained in nursing and worked as a Registered Nurse. Caring for others has been a large part of her life, from an early age when her brother Ben became ill at age 13, then becoming a mother herself and caring for her own family as well as wanting to help others as a nurse.



To relax Margaret enjoys watching rugby league and is a proud Parramatta supporter, enjoying going to games with her friends.

Now living in Grove, Margaret enjoys bus outings, watching sports, looking after the dolls and spending time walking in the garden areas.




Thank you for sharing your story with us.

Staff Profile

Miguel

ASSISTANT IN NURSING

Initially working in aged care started as just a job and a way to gain experience and earn a living. However, as I spent more time with the residents I discovered a deep passion for this field. The personal connections I have formed with the elderly, the joy of listening to their stories, and the satisfaction of making a difference in their daily lives have transformed my perspective.

Seeing the positive impact of my care and support on their well-being and happiness ignited a genuine passion for aged care and has turned it from a job into a fulfilling vocation. To relieve any stress from work, I enjoy playing basketball, especially during weekends, which helps me stay active and unwind.





SPRING REFLECTIONS

Our awareness of the chilly winter mornings is now behind us as we feel the temperatures beginning to rise. The days start to be brighter and longer. Flowers begin to bloom in the garden and we see a mix of vibrant colours. Sweet aromas heighten our senses filling our minds with new energy and vitality.

In Spring we tend to be more excited and want to be out in the community with friends and family and enjoy time together outdoors. Spring to me is a time to start afresh and a time when I reflect and make new goals and plan more than I do in other seasons.

Spring can also represent a time of reflection, growth, and potential change by looking at things differently, and evaluating our lives and our hopes and wishes in a renewed light. It can also be a time of new opportunity and for making change no matter how small it may be in our life. Change may first appear as difficult and can bring emotions of fear and worry to the surface if unexpected. Often it can be seen as rebirth, success, and new life through the power of prayer and the grace of God.

If we manage change correctly and listen to God and embrace His guidance, we can adapt easier to change. One passage which stands out in the bible is from Jeremiah 29:11. *"For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope."*

So even if change may feel hard initially it is an opportunity to grow in our faith and learn to embrace it. When we trust in God's plan and seek His love as His followers, He transforms each of us every day with His blessings. Let us all welcome spring and see the opportunities it may provide us with.



By David Bridgens - Wellbeing Coordinator, NORTHCOURT & COURTLANDS



Testimony of Faith

RESIDENT - M.R.

I would describe myself as a survivor. In my life I had many challenges. Thankfully I was able to join a prayer ministry which helped along the way, or I wouldn't be here today.

When I got to know God and Christ and I learnt what he said on the cross "Father forgive them..." It started to heal me. Forgiveness is the key.

My faith helped me to overcome and forgive. The "goodness and mercy of the Lord" and His immense love".

Forgiveness has the power to break open locked doors in your heart, to appreciate what you have been given and to let go of the hurt of the past.



Volunteer Corner

By DAVID BRIDGENS

To greet winter and bring everyone together, volunteers from the Christadelphian community joined together to entertain all of Courtlands residents on Sunday 2 June with a winter concert.

Residents from our Aged Care and Independent Living Unit areas were treated to singing, dance, flute trio, piano playing, poetry and laughs.

There were plenty of smiles to warm the hearts.



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



Spring Cleaning Tips



1. Take it one room at a time

Don't bite off more than you can chew. Focus on deep cleaning each room individually before moving to the next.



2. Set tasks for each family member

Spring cleaning isn't a solo project. List tasks for each member to take and play to people's strengths.



3. Don't shy from moving furniture

You may not move the furniture during normal cleaning. Do move it during spring cleaning and get to the hidden places.



4. Declutter as you go

When you're moving things around, take stock of what's necessary. Donate or recycle items you no longer have a need for.



5. Stick with simple cleaners

You don't need everything in the cleaning aisle. Focus on a good multi-purpose cleaner, and a couple niche items, such as toilet and glass cleaner.



6. Spend some time on the windows

Give your windows some TLC. Clean inside and out, and don't forget to pop the screens and give them a wash.



7. Get into the cabinets and fridge

Spring cleaning is ideal for clearing out the cupboards. Toss outdated food and consolidate spices, baking supplies, and sauces.



My Dad quit his job as an archeologist. Now his career is in ruins.

Did you hear about the father who cut off his left leg? He's all right now.

My dad said he wanted something groundbreaking for Father's Day. So I got him a shovel.

I never liked my dad's facial hair. But now it's starting to grow on me.

My dad bought a pair of camouflage pants. Now I can't find him.

The last time my dad played baseball he got arrested. Apparently he tried to steal second base.

My father doesn't like trees. He thinks they're shady.

I got my dad a book about glue once. He couldn't put it down.

My dad won't play cards in the jungle. He says there are too many cheetahs.

My dad wanted to listen to music while we were fishing. So I put on something catchy.

My father used to be afraid of hurdles. But he got over it.



Raspberry Coconut Slice



Prep: 25 min

Cook: 40 min

Ingredients

- 100g butter, softened
- 3/4 cup caster sugar
- 3 eggs
- 3/4 cup plain flour
- 1/2 cup self-raising flour
- 1/3 cup buttermilk
- 2/3 cup raspberry jam
- 1 cup desiccated coconut
- 3/4 cup shredded coconut

Serves: 16

1. Preheat oven to 180°C/160°C fan-forced. Grease a 3cm-deep, 20cm x 30cm (base) lamington pan. Line with baking paper, allowing 2cm overhang on all sides.
2. Using an electric mixer, beat butter and 1/2 cup sugar until light and fluffy. Add 1 egg. Beat until combined. Sift flours over butter mixture. Stir to combine. Stir in buttermilk. Press mixture over base of prepared pan. Spread jam over mixture.
3. Whisk remaining eggs and sugar together in a bowl. Stir in coconuts. Sprinkle mixture over jam. Bake for 35 to 40 minutes or until light golden. Cool in pan. Cut into pieces. Serve.




Puzzle Page



WACKY WORDS BRAINTEASER

Can identify all these well-know sayings in the puzzle below?

1 Get it Get it Get it Get it	2 Jack	3 Somewhere 	4 DOOR	9 once 	10 Egg Egg HAM	11 Try Stand 2	12 T O W N
5 READ	6 Blood Water	7 Beeeee	8 CANCELED	13 Nl bumpGHT	14 Aid ← Aid Aid	15 Mill1on	16  3.14

SPOT THE DIFFERENCE

Can you spot the 11 differences between these two images? *Warning: These are tricky!*



© Maik Zehrfeld

WACKY WORDS ANSWERS: 1. Forget it 2. Jack in the box 3. Somewhere over the rainbow 4. Back door 5. Read between the lines 6. Blood is thicker than water 7. Bee line 8. Cancelled cheque 9. Once upon a time 10. Green eggs and ham 11. Try to understand 13. Downtown 14. Bump in the night 15. First aid 16. One in a million 17. Apple pie