



Northcourt Newsletter

Address: 7 Saunders St, North Parramatta Phone: (02) 9683 6352 Email: admin@chomes.com.au



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

- OCTAVIAN PALER

MANAGER'S MESSAGE

Good day to our residents, their families, and staff members and goodbye winter!

I'm sure you'll all agree with me that we are looking forward to spring and its warmer weather after such a cold winter. We have gone through some different illnesses over wintertime but we continue to work hard to ensure that everyone is safe as spring does not mean we are free from the risk of illness with the change of season.

We continue to recommend residents and staff to be vaccinated from COVID-19 and Influenza. Staff continue to do RAT (Rapid Antigen Testing) before each shift, and wear masks during an outbreak. Visitors are encouraged to take a RAT test before entering the facility but it is not compulsory nor is it to wear a mask unless there is an outbreak.

We only ask you to stay at home and not visit if you are unwell and have any flu-like symptoms.

I would also like to remind residents that daylight savings will start on 6th October. Please ask staff or maintenance to assist you in adjusting your clocks any TIME... excuse the pun!

Our Wellbeing Officer Uditia has stepped down from her position to focus full-time on being a care staff member. As you all know, Sothea has filled her position for Friday mornings.

Also, we would send our goodbyes and good luck to our care staffer Ana, who retired in late May. We wish her all the best on her next journey.

Have a wonderful Spring everyone and stay safe!

Kind Regards, **Jaroz Felipe**

- Director of Consumer Care and Services

Upcoming Events

SEPTEMBER

- 1 Father's Day
- 21 World Gratitude Day
- 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

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 and photos follow us on Facebook

facebook.com/christadelphianagedcare



SEPTEMBER	OCTOBER	NOVEMBER
	15 Claire	3 Florence
	26 Margitsa	25 Patricia
	30 Russell	

Bereavements

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

David A, Peggy P & Vera F



We welcome the following new residents into our care:



- Sam P



Activity Reviews



PROFESSIONAL PHOTOS

To help us showcase what life is like here at Northcourt we recently had photos taken by David Henry Photography which highlight the relationships and individual care provided to our residents.

Thank you to David for many of the photos in this newsletter.

Our residents appreciate individual support, the many moments when staff stop to have a chat, often with hand massage and nail care providing that sense of touch as well.



GARDENING ACTIVITY

Our residents love gardening and we highly recommend this activity because it helps them maintain mobility and flexibility. It also addresses Vitamin D deficiency caused by lack of exposure to the sun. Residents choose the flowers they want to grow in the garden and water and trim them with the help of the staff.

While engaging in this activity, we observe numerous benefits for residents, including reduced anxiety and depression, increased social interaction, and cognitive stimulation. We also see residents being more forthcoming with different ideas and creations for gardening, such as how to grow more flowers and how to keep them healthy.



Overall, gardening can greatly enhance the quality of life for nursing home residents by promoting physical activity, mental stimulation, social interaction, and a sense of purpose and connection to nature.

Activity Reviews



ICE CREAM DAY - Every second Thursday of the month we organized 'Ice Cream Day' for our residents, and a choice of flavours from vanilla to chocolate, and sometimes strawberry scoops. Staff go door to door, including visiting the dining room with an ice cream trolley decorated with a cream-coloured poster.



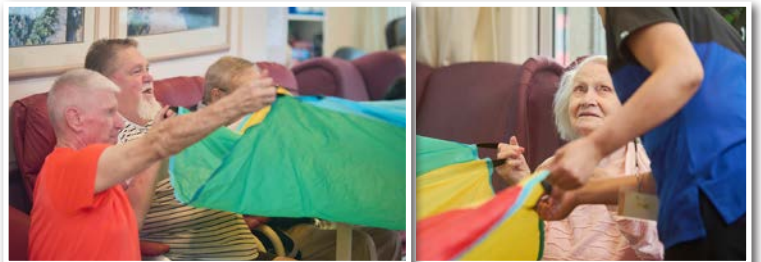
Ice cream has a magical way of bringing people together, evoking fond memories of warm summer days, laughter with friends, and simple sweet pleasures. The residents look happy and express that they feel good having an ice cream as they often reminisce about their youth when they visited the ice cream shops. It is easy to understand why 'Ice Cream Day' is so popular.



PARACHUTE GAME - One of our most popular games residents and staff love to play is the Parachute game.

We arrange the participating residents and staff in a circle and ask them to hold the parachute. They move it to make the ball move and try to drop the balls from the parachute. We encourage participants to lift their feet off the ground slightly as the parachute goes up and gently land as it comes down.

Playing this game not only helps one's physical skills like hand-eye coordination, but also balance, and mobility. It also fosters social and emotional connections and develops cognitive skills. The laughter and a sense of connection on everyone's faces is truly inspiring.



Playing this game not only helps one's physical skills like hand-eye coordination, but also balance, and mobility. It also fosters social and emotional connections and develops cognitive skills. The laughter and a sense of connection on everyone's faces is truly inspiring.

PANCAKE COOKING - Cooking pancakes is not only an activity for our residents, it has the feeling of home when we cook together. Most of the residents enjoy cooking different types of pancakes, sometimes using Indian recipes, sometimes Japanese, and sometimes Nepali. They love serving these pancakes to all the residents and staff with various toppings like butter, jam, honey, or syrup.

This activity promotes wonderful memories and continues the food theme in our community. Our residents have been enjoying making pancakes, which is not only a sensory activity involving touch

and feel but also helps with social interaction and communication. It engages cognitive functions and fosters creativity. By the end of Pancake Day, the delicious smell in our dining room draws in everyone, including our manager, Jaroz, to get involved!



Activity Reviews



TARGET TOSS

To play this game we need darts, a mat, a floor, and players who want to participate. Residents with various capabilities can play this game with the help of staff.

The objective of the game is for players to reach the highest scoring area without falling off the end of the board. Players take turns sliding their pucks or darts until all eight darts have been played.

While this game is played for fun to make it more special and to keep their brains active, we organise a prize system with rewards like chocolates and chips for those who achieve the highest scores. This game is beneficial for both cognitive and physical integration.



While this game is played for fun to make it more special and to keep their brains active, we organise a prize system with rewards like chocolates and chips for those who achieve the highest scores. This game is beneficial for both cognitive and physical integration.

BALLOON GAMES

This is the best game ever for our residents as keeps everyone moving in winter. Balloon games seem gentle however add in flyswatters as bats and our residents get into the swing!

We encourage each other and make sure everyone gets a turn, and the laughter and arm movements quickly warm us up! Residents like to warm up their bodies by playing balloon games of different colours and this game is full of socialising as well as the benefits of movement because they must move here and there to hit the balloon and they must communicate with their team players which helps to improve mobility, hand-eye coordination, and cognitive function.



“The Enkindled Spring”

by D.H. Lawrence

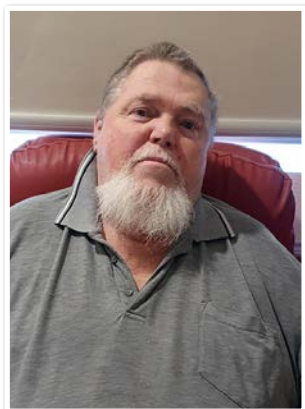
This spring as it comes bursts up in bonfires green,
Wild puffing of emerald trees, and flame-filled bushes,
Thorn-blossom lifting in wreaths of smoke between
Where the wood fumes up and the watery, flickering rushes.

I am amazed at this spring, this conflagration
Of green fires lit on the soil of the earth, this blaze
Of growing, and sparks that puff in wild gyration,
Faces of people streaming across my gaze.

And I, what fountain of fire am I among
This leaping combustion of spring? My spirit is tossed
About like a shadow buffeted in the throng
Of flames, a shadow that's gone astray, and is lost.

Resident Story

Michael H



Hi! My name is Michael. I was born in Croydon, Sydney, in 1952, and I have one younger sister. I attended Croydon Public School until I was nine years old, after which my family moved to Guildford. I then went to Guildford Public School and later to Maryland High School.

I left school when I was 15 years old.

I enjoy singing, watching documentaries and movies and gardening. I also love watering flowers. My first job was at Coles Supermarket, where I worked for a few years. I married in the late 1970s and have three children: two boys and one girl. I also have grandchildren, and my granddaughter is very close to my heart.

Later, I moved to Taree with my family and took a job as an SES Radio Operator. Unfortunately, my wife developed kidney problems and passed away in 2011. After her passing, I moved back to Sydney, where I worked at Boral Plasterboard as a shift worker for 21 years, and that was my last job. I later discovered that my daughter had passed away in 2020 at the age of 30. She was also very close to my heart.

In November 2023, I moved to Northcourt Aged Care for respite and now live here permanently. The care staff, physiotherapists and other team members have been a great help.

Since moving here, I have felt much better. My health has improved, my blood sugar levels are better, and I have lost some weight, which is good for me.



Staff Profile

Sadhna "Sandy"

NURSE AND MEDICATOR

My name is Sadhna, though everyone knows me as Sandy. I am originally from Fiji and migrated to Australia in 2006 with my husband and son. I follow the Hindu religion but also attend church regularly, as I went to a Christian school back home.

I completed my high school education in Fiji and started my first job as a duty-free sales assistant at the international airport. After moving to Australia, I worked in a factory as a process worker before transitioning into nursing. My first nursing job was at New Horizons Aged Care Facility, where I worked for 15 years. During this time, I completed my Certificate III at Kingswood College and my Certificate IV in Medication at Meadowbank TAFE.

Last year, in March, I began working at Christadelphian Aged Care following the closure of my previous facility. I work as a nurse and medicator and have settled in well.

I love working at Northcourt, it feels like a second home. Though it is a small home everyone is wonderful, and I cherish the opportunity to provide the best care for all our residents.

In my spare time, I enjoy gardening even though I only have a small garden, and cooking. My family, my home and my job are the most important things in my life. I appreciate the supportive environment at Northcourt, where I work with a fantastic team.

My manager Jaroz is very kind and generous and I am grateful to work with such dedicated staff. I want to thank everyone at Northcourt for their support which allows me to give our residents the best care possible.





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 let go of the hurt of the past.



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!



Those who bring sunshine to the lives of others cannot keep it from themselves.

JAMES MATTHEW BARRIE



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