

# NEWSLINK



Well, it's that time of year when we all bring ourselves to think about the festive season, the coming together of family and the spirituality/beliefs in our hearts. Here at TRA, being the big family we are, we will remain open for all to enjoy this time together. We will have festive activities and a luncheon for all residents and relative (strictly one relative per resident who must attend a RAT test in TRA reception) on the 15<sup>th</sup> of December 2022. Thank you for your understanding surrounding the COVID-19 restrictions. Please send your RSVP asap to the Facility Manager: [Bhaumik.Patel@upa.org.au](mailto:Bhaumik.Patel@upa.org.au) to celebrate this annual event with all the joy we can muster.

At this time, we must all remain vigilant surrounding this next wave of COVID-19. Please get tested if you have symptoms as we have had 2 recent cases, unfortunately passed on from family members to residents.

It is also here I must tell you all that my contract finishes with TRA/UPA in December and your new Regional Manager (RM) Rebecca Ferguson will be taking the reigns. Rebecca already works as a Regional Manager for UPA, so this will be a very easy transition for all.

Lastly but not least, I want to thank you all for your warm and kind embrace, having an external consultant manage your home. I wish you all the best of Christmas times and a Happy, Healthy New Year.



Kind regards and keep well

Megan Luhr

## News from Thomas & Rosetta AGST Aged Care

Written by Bhaumik Patel

Dear Residents, Relatives, Family and Friends,

I have now been with you all for 3 months and yes; it's been a delightful experience. I wish to thank you all for making me feel so welcome at TRA.

I have hit the ground running, meeting residents, relative and staff throughout the weeks. If I have not met you yet and you would like to discuss any concerns or just to say hello, please don't hesitate to contact me (Bhaumik.patel @upa.org.au) or drop in for a chat.



Well with Christmas just around the corner, we are getting the facility as festive as possible to celebrate this time of year with you all. WE have purchased 4 new Xmas Trees, thrown out all the old ones which had seen their time and are bringing a new cheer to all.

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Unfortunately, due to this new wave of COVID-19, we are asking for only one relative to attend the residents Xmas Party this year. I'm sure you would all understand these restrictions at this time.



We have been extremely lucky to only have 1 resident case of COVID-19 over the last few months, all being vigilant in our RAT testing procedure. Thank you to all the relatives and friends of our residents for being accepting of this process.

Unfortunately, we have had some staff move on from our facility. Dan, our Assistant Manager (ACM) has decided to

move back to Queensland to be with his family and we wish him well in his future and thank him for his time at TRA.



We have been successful in recruiting the following positions to enhance our care and lifestyle services at TRA.

1. Assistant Care Manager: Her name is Yan, with over 10 years' experience in aged care, commencing in early Jan 2023.
2. Clinical Educator: His name is Dulan, with a wealth of leadership and education experience in aged care. He will commence on 14<sup>th</sup> of December.
3. Lifestyle Co-ordinator: Her name is Nadia, and she has been a Diversional Therapist for well over 8 years in aged care. We are hoping for an early Jan 2023 start date.

I'm hoping you are all noticing the landscaping that is occurring all over the site. With the weather changing, this has enabled us to clean and weed everywhere, it's so nice to see the changes. we have



Finally, we remain preparing this facility for early 2023 by the Aged Care Commission. We will ask for your assistance during this time to be interviewed by the auditors, so if you are interested, please send me your name so I can make a list for interview time and dates.



Anyway, that's it's for this time. I wish you all a very Merry Christmas and the Happiest of New Years.

Kind Regards Mick





## News from Redleaf & Rosetta Park Rosetta Park IL'Us.

All the staff at Redleaf Apartments would like to wish our beautiful Residents a very.....



2022 has been another year of many changes and challenges and we have had to say our sad goodbyes to so many residents here at Redleaf. The memorial service held at the Nursing Home on 18th November was a lovely way to remember and honour those residents.



The Residents and staff at Redleaf are enjoying watching the trees being planted by the council on the nature strip beside the Pacific Highway and the sandstone wall is also in the process of being built.

May you all have a blessed Christmas and much peace and joy in 2023.

The pedestrian traffic lights are now in use on Redleaf Avenue providing a much safer pathways to get into Wahroonga Village and the train station.

The pre- Christmas lunch for Redleaf residents will be on Thursday 15th December in the Redleaf dining room.

Rosetta Park Residents are happy to see that the end is in sight for the completion of the work in the common room on level 6. Soon you will be able to start using it again for Happy Hour and Barbeques.



Thank you for your patience as we know this has been a long time coming!

Rosetta Park residents will be going to Magpies Waitara for a Christmas lunch on Friday 9th December.

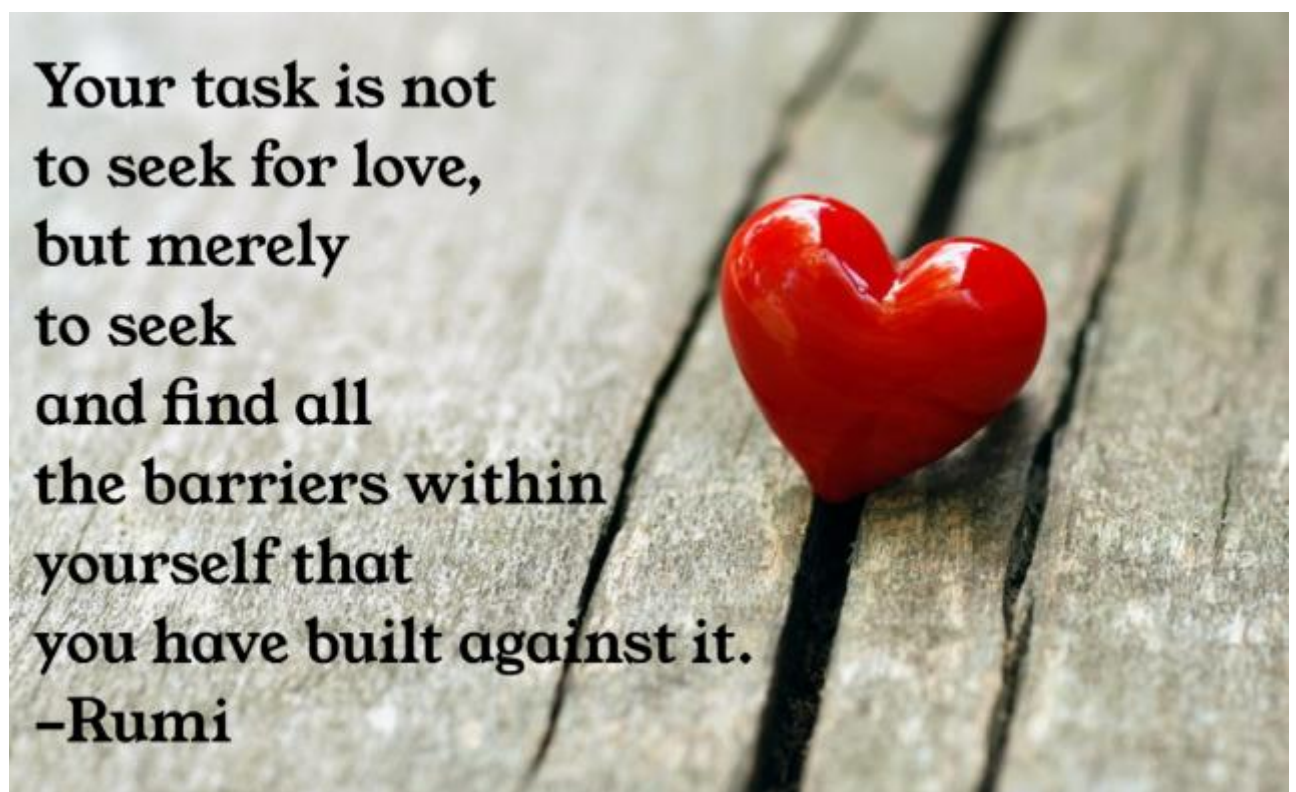


***Margaret multi- tasking***



"Unto us a child is born."

Kind Regards,  
Alice Mackay (RV Manager)



## News from Activities Corner

### By Sue New – CSS Lifestyle Consultant

Hello everyone,

Greetings for this festive season.

Over the last few months there have been many things happening at UPA.

Bentley has been visiting the residents as part of pet Therapy and both Bentley and the residents have had a great time

We have celebrated Remembrance Day with a service and Michael from the Knox Grammar school playing the Bugle for us. The residents enjoyed a nice service provided by Russell and Scott our marvellous Volunteers and a beautiful morning tea provided by the catering team.

We have also held our yearly memorial service to remember those that have left us over the last 12 months. Once again Russell and Scott assist us by providing a service for the residents.

This month all the Christmas decorations have gone up around the facility with the residents and staff assisting the team to decorate.

Our residents Christmas party is scheduled for the 15<sup>th</sup> of December, and we are finally able to have 1 visitor per resident attend a fun day will be had by all.

New activities being introduced include Tootie fruity trolley, Ice cream trollies, Pop up café – toasted sandwiched, and

sweet treat café. We have also had cooking groups, bingo, Entertainers and many more activities to keep everyone busy.

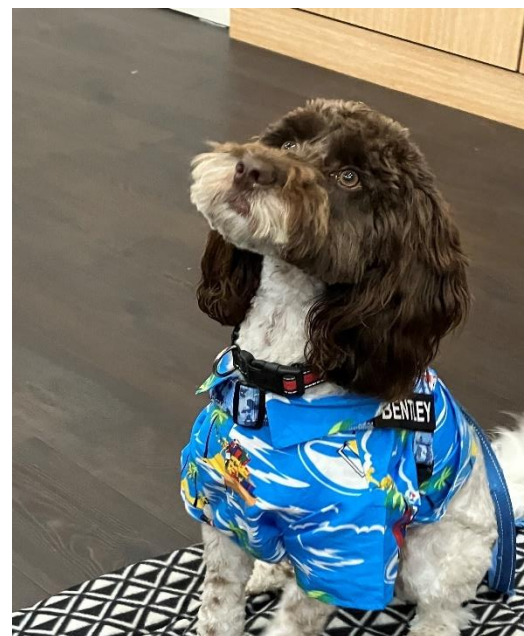
Our wonderful volunteers continue to assist the residents with services men's group, entertainment, and visits.

Next year will see the start of our community program again including school intergenerational program, outings, more entertainers and guest speakers.

The lifestyle team wish all the families carers and residents a very Merry Christmas and a Safe and prosperous new year. Well see you all in 2023!!!







## What Is “Yuletide”, Anyway?



During the Christmas Season, we hear a lot about “Yuletide” in Christmas songs everywhere, but where does this word come from. Is it simply another word for Christmas, or something more?

### Ancient Yuletide

Thousands of years ago, Yuletide had nothing to do with Christmas. Instead, it referred to a holiday celebrated by historical Germanic peoples. It comes from the Old English term, *ǵéol*, and the Norse term, *jól*. In Norse poetry, the term seems to refer to a feast.

Yule, or *jól*, was a midwinter festival celebrated by Germanic peoples, and it fell sometime in between mid-November and early January, probably sometime around Winter Solstice.



During Yule, a sacrifice would be made, and the blood would be smeared on idols. The meat from the sacrificed animals would be cooked and served at a banquet. Fires were lit, and toasts were drunk to Odin, Njord, and Freyr for victory in battle and good harvests. A log would be burned, and for as long as that log burned, everyone would feast. It was believed that each time the log sparked, it was a signal that another pig or calf would be born in the new year. This could last for up to twelve days.

Ancient Celts would decorate their homes with holly as a protection, since the plants were believed to have magical powers since they stayed green all year and survived the winter months. Mistletoe was hung from doorways to ward off sickness and poison and witchcraft and to ensure fertility.

### The Christmas Revolution

As Christian missionaries came from Rome and began to convert the Germanic people groups living in England, they began looking for ways to insert Christian celebrations into indigenous ones.

Eventually, sometime around the fifteenth century, Yule had been meshed with the Christian holiday of Christmas. Yule traditions that stemmed from the Norse holidays, like the Yule log, Yule goat and boar (from sacrificial meats), singing, and feasting became an everlasting part of Christmas traditions. Many people *still* eat a Christmas ham, an evolution of the Yule boar, today, and we still decorate with holly and mistletoe.



## Volunteers – “Friends of TRA”

Volunteers were so pleased that they could make visits to TRA during August which included participation in the following:

1. Church services each Thursday morning
2. Weekly distribution of donated magazines – this allows the volunteer to take time with residents to talk of their interests, life’s journey as well as current affairs.
3. Men’s club meeting each Thursday afternoon
4. Local violinists Kerry Martin and Ben (who play in the Australian Opera Orchestra) provided a wonderful morning of music for residents
5. On Friday 26<sup>th</sup> August UPA Sydney North supported by “Friends of TRA” Volunteers are hosting a BBQ lunch to thank, honour, recognise and celebrate the employees at TRA in whose hands we place the care of our elderly loved ones when we are not able to care for them ourselves.



We recognise that staff members of the Thomas & Rosetta Agst team have faced the most challenging of conditions during this pandemic especially so with the COVID-19 Omicron wave.



Many did double shifts to provide essential care to residents while colleagues were ill with Covid or required to isolate after contact with Covid cases.

We are truly blessed to have workers like them to take care of the elderly loved ones.

We “thank them for a job well done” and hope that the event is a practical acknowledgement of our deepest appreciation for the care they have given.

Sue (New Lifestyle consultant) attended the Volunteers monthly morning tea updating the group on her role at TRA reviewing the Lifestyle program, identifying activities, and teaching. Sue also spoke about the 9 standards which relate to aspects of peoples’ lives which must be met under the Quality standards that the government requires.

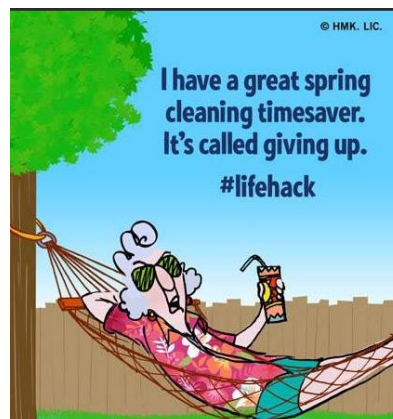


The volunteer group is always in need of additional help and ideas to support the activities at TRA.



An area identified is the Wednesday bus trip-either morning or afternoon. The role of the volunteer on the bus trip is to support the Recreational Activities Officer (RAO). Training will be provided for

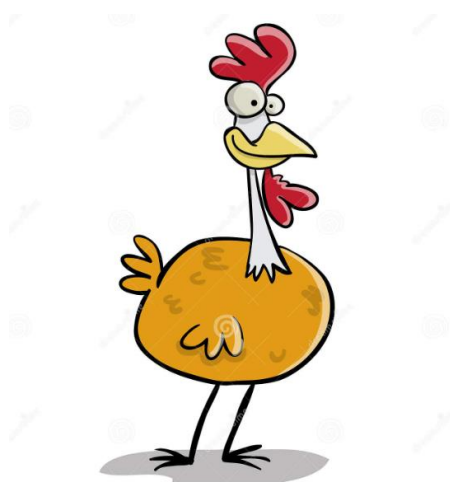
anyone who volunteers to join the bus trips.



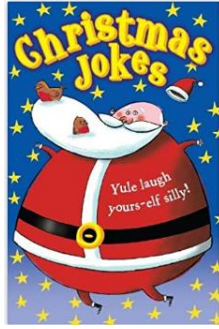
Next Volunteer morning tea will be **10am, Wednesday 7<sup>th</sup> September.**

Any questions please contact

Chris Gellatly  
Christine Griffiths  
TRA Volunteer Coordinator  
TRA Volunteer Coordinator  
0409 601 788  
0431 751 035







**Q: What's a snowman's favorite cereal?**

A: Snowflakes

**Q: Why does Santa go down the chimney?**

A: Because it soots him.

**Q: What does the English teacher call Santa's elves?**

A: Subordinate clauses.

**Q: What does it mean if you wake up on Christmas with a sore throat?**

A: You have tinsELITIS.



**Q: How do you clean your hands during Christmas?**

A: With hand santa-tizer.

**Q: Why did the snowmen get dressed up for the party?**

A: It was a snowball.

**Q: What's the first thing elves learn in school?**

A: The elf-abet.

**Q: What do you say to a sheep on Christmas?**

A: Fleece Navidad.



**Q: What do you call a snowman that's past its prime?**

A: Water.

**Q: Why did Mrs. Claus get to help deliver gifts?** A: She had the final sleigh.

**Q: Why did the reindeer get married?** A:

It was love at frost sight.

**Q: Why doesn't Santa like tight spaces?**

A: He's Claus-trophobic.





## What is the true meaning of Christmas?

Every year, around the world, people celebrate the birth of Jesus Christ on Christmas Day, 25 December. It's a day – and season – filled with Christmas carols, tree decorating, gift-giving and parties. And, among all the celebrations, you may be wondering: what is the real meaning of Christmas? Or, why do we have these Christmas traditions? What do they have to do with Jesus?

This year has been filled with all sorts of challenges on both a widespread and personal level. The good news of Christmas is that even when the world or our circumstances change – the message of Christmas is timeless. Because Christmas is about the birth of God's Son – Jesus. It is about how he came to give us love, hope and joy. That message doesn't change from year to year. When there is so much bad news and devastation in the world, this is good news worth celebrating!

## The Christmas story in the Bible



Around Christmastime, angels feature prominently. They adorn treetops and Christmas cards, and have starring roles in Christmas carols and plays. That's because angels were God's messengers to share the good news of Jesus' birth to Mary, Joseph and the shepherds.

In a display of the importance of women, the angel Gabriel first appeared to a young woman called Mary. He told her that she was chosen to be the mother of Jesus - that is, she would give birth to the Son of God.

*"Do not be afraid, Mary; you have found favour with God. You will conceive and give birth to a son, and you are to call him Jesus," the angel said (Luke 1:30-31).*

Mary had every reason to be afraid. She was unmarried but engaged to Joseph. To be pregnant out of wedlock would have been scandalous. But the angel assured Mary of God's love for her and his good plans for her. Mary acknowledged this and was grateful for the blessing of being the mother of Jesus. She sang, "all generations will call me blessed" (Luke 1:48).

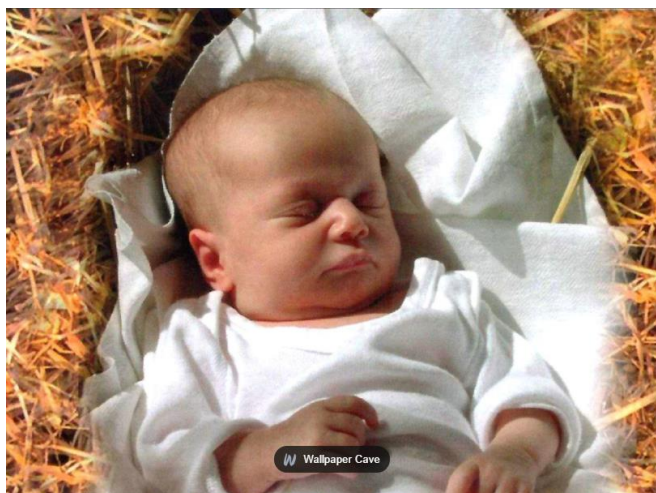
It is doubtful all her family and friends believed her story, but thankfully Joseph did, as an angel visited him, too. Even through all the challenges and difficult situations she would have faced from that moment on, Mary held onto the promises of God.

God also assures us that he is always working to bring good out of all that happens in our lives. Life is full of stress, anxiety, worries and struggles but God says he will never leave us or waver from his love for us. And while his love is for everyone, God waits for us to ask him to help us in our troubles.

*"This is how God showed his love among us: he sent his one and only Son into the world ... And so we know and rely on the love God has for us" (1 John 4:9, 16).*

## The meaning of Christmas is good news for all people

When the time came for Mary to give birth to Jesus, she had to travel to Bethlehem for a census. The census meant the town was very busy and there were no guest rooms available for Mary and Joseph. So, she gave birth in what was probably a stable or barn, and lay Jesus down in a manger (an animal feeding trough).



There was no royal welcome in a palace for Jesus, the Son of God. Instead, on the night of his birth, he was sleeping rough. He was probably surrounded by animals – not royal attendants. As he grew, Jesus experienced persecution, loneliness, grief, hunger, anger and more. He came into the world to experience life as a human. To live among people and understand their struggles.

Immanuel, which means “God with us” (Matthew 1:23), is another name for Jesus. His birth and life is a message of good news for us because it means we are never alone. It doesn’t matter how hard or hopeless our situation may appear to be, God is there for us. We don’t have to journey through our challenges and struggles alone. He understands them. He walks them alongside us.

It is this message that gives us comfort and great joy to celebrate at Christmas. As the angel said to a group of shepherds on the night Jesus was born, “Do not be afraid. I bring you good news that will cause great joy for all the people” (Luke 2:10). It is one of the most well-known Bible verses about Christmas because it is such an encouraging message. It is one of joy – because Jesus comforts and encourages us. One of hope – because we are never alone; God is always with us. And one of inclusivity – because it is for all of us.





**Our mission** is to offer care of the highest possible standard consistent with the Christian commitment of U.P.A. and the expectations of society.

**OUR VALUES:** Compassion Respect Integrity Kindness Inclusiveness

### **PHILOSOPHY OF AGED CARE**

*The United Protestant Association of NSW (UPA) is a Christian organization that aims to provide quality service and care. We believe that every person that we care for has the right to live at peace with dignity, respect, and security. That right does not diminish irrespective of age.*

*We welcome people from all religious and cultural backgrounds. We convey compassion, kindness, respect, and honesty in our work. Our staff and volunteers encourage and empower those we care for to choose their own path. Mindful of how we ourselves would like to be treated, we aim to provide a caring atmosphere of Christian love and understanding.*

*When we have failed to live up to our Mission, Values or Philosophy of Care, we seek to make amends.*

## **CONTACT DETAILS**

THE **SYDNEY NORTH** DISTRICT OFFICE IS LOCATED AT  
1614 PACIFIC HIGHWAY WAHROONGA NSW 2076

Phone 02 9450 8300 Fax 02 9450 8371

United Protestant Association of NSW Ltd

ABN 71 050 057 620- 012

The Centres of Care within the Sydney North District are: -

### **On our main site (1614-1634 Pacific Hwy):**

**UPA Sydney North Administration:** Regional Manager

Ph. 9450 8300

**CDC Co-ordinator**

Ph. 9450 8300

**Thomas & Rosetta Agst Aged Care Service:** Care Manager: Bhaumik Patel

Ph. 9450 8320

**Rosetta Park Independent Living:**

Ph. 9450 8340

**Redleaf Serviced Apartments:** Care Manager Alice Mackay

Ph. 9450 8310

**Carise Place:**

Ph. 9450 8350

**Home Care Program:** Sydney District

Ph. 8197 9300

**And St Ermes Court:**

5 Isis Street, Wahroonga.

Ph. 9450 8300

**EDITOR Jennifer Martin.** If anyone has anything they would like to contribute, please feel free to either e-mail it to: [jennifer.martin@upa.org.au](mailto:jennifer.martin@upa.org.au) or forward to the office for inclusion in the next issue. It's your newsletter! *Newslink – the voice of UPA Sydney North*