

# HEIDEN HAPPENINGS

MAY 2021



*Mother, you're the angel  
who brought me into being and watched over me.  
You guided me, sheltered me,  
repaired and restored me.*

*When I was lost,  
your focused attention and unconditional love  
lifted me and showed me the way.*

*I give you the credit  
for the best parts of who I am today.  
I don't have words or gifts,  
or anything that's worth enough to let you know  
what having you in my life has meant to me.*

*Happy Mother's Day, Mum.  
I love you with all my heart.*

## From the Care Manager's Desk

Greetings to all our residents, families, and friends of Heiden Park Lodge.

Firstly, I would like to apologise for the delay in the Resident COVID Vaccination Clinic, unfortunately we have no control over the dates. Thankfully as most of you all know the first clinic on the 27<sup>th</sup> April went ahead very smoothly and all residents receiving the vaccinations were closely monitored over the following 48hrs and there were no adverse effects noted for any residents. The 2<sup>nd</sup> dose clinic is scheduled for the 18<sup>th</sup> May.

The team were also able to vaccinate 27 staff with the leftover vaccinations. A number of our staff were unable to have their vaccinations due to very recently having their flu vaccinations. Staff who didn't get their vaccinations and are over 50 can get the AstraZeneca from their GP's, respiratory clinics and/or the Liverpool Hospital Vaccination Hub. Under 50's can get the Pfizer vaccination at the Liverpool Hospital or Campbelltown Vaccination Hubs.

We will roll out the resident and staff flu vaccinations after the required 2 week gap post COVID vaccinations.

### Inside this issue:

Care Manager	2-3
How to make a comment/complaint	3
Motherly Advise	4
Mother Teresa	5-7
Dame Nellie Melba	8-10
Mother's Day	11
Puzzles	12-17
Main Wing News	18
Carinya Wing News	19
Main Wing Calendar	20
Carinya Wing Calendar	21
Photos	22-23
Goff Wing	24-27
Recipe	28

To date we have not had to report any serious incidents as there have been no incidents resulting from negligence or willful omission of care that resulted in injury or harm to the resident.

We warmly welcome Mr Pham Vu and Mr Feng Gao. We hope you enjoy living at Heiden Park.

Happy Birthday wishes to residents Mrs Jane Chan, Mrs Po Kuen Li, Mrs Elya Bothwell and Mr Tuong Luu. We hope you all have a simply fabulous birthday.



On a sadder note I would like to extend our deepest sympathies to the family and friends of Mr Anatoly Semenov who sadly passed away on the 5<sup>th</sup> April. Mr Semenov had been with us since February 2021.

We would also like to bid a warm farewell to Mrs Hoa Tran. Mrs Tran moved to another aged care facility. We wish her and her family well.

## From the Care Manager's Desk

I have advised you in previous newsletters about our new Regional Manager Rebekah Ferguson. Rebekah is very keen to get to know you all and will be trying to catch up with you when she is here on her regular visits so I thought it might be nice to put a photograph in the newsletter to assist you to recognise her when you see her.

Please take the opportunity to say hi and welcome her to Heiden Park.



Till next time.... stay well and happy!

Kind regards  
Judy Oblein  
Care Manager

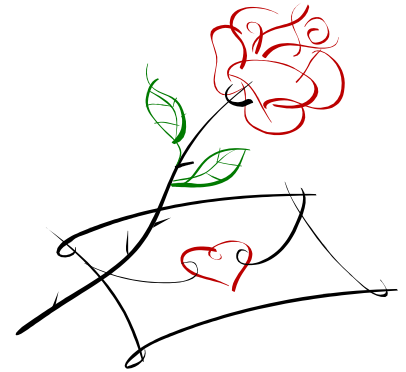
### HEIDEN PARK LODGE RESIDENT COMPLAINTS FLOWCHART



## Some Motherly Advice

### Some Motherly Advice...

- ◆ Always change your underwear; you never know when you'll have an accident.
- ◆ Don't make that face or it'll freeze in that position.
- ◆ Be careful or you'll put your eye out.
- ◆ What if everyone jumped off a cliff? Would you do it, too?
- ◆ You have enough dirt behind those ears to grow potatoes!
- ◆ Close that door! Were you born in a tent/barn?
- ◆ If you can't say something nice, don't say anything at all.
- ◆ Don't put that in your mouth; you don't know where it's been!
- ◆ I don't care what [name of best friend's] parents do! When you're living in my house you obey MY rules.
- ◆ Slow down. You've got your whole life to be a grown up.
- ◆ You call that a broken heart? You've got a lot of living to do.
- ◆ If it doesn't kill you, it'll make you stronger.
- ◆ Measure twice, cut once.
- ◆ If you don't have anything nice to say, don't say anything at all.
- ◆ Upon asking her opinion: "Do what you want. You will anyway."



### Famous Quotes...

- ◆ All women become like their mothers. That is their tragedy. No man does. That's his.  
—Oscar Wilde
- ◆ The hand that rocks the cradle is the hand that rules the world.  
—William Ross Wallace





## Mother Teresa

Mother Teresa was always her own person, startlingly independent, obedient, yet challenging some preconceived notions and expectations. Her own life story includes many illustrations of her willingness to listen to and follow her own conscience, even when it seemed to contradict what was expected.

This strong and independent woman was born Gonxha (Agnes) Bojaxhiu in Skopje, Yugoslavia, on August 27, 1910. Five children were born to Nikola and Dronda Bojaxhiu, yet only three survived. Gonxha was the youngest, with an older sister, Aga, and brother, Lazar. This brother describes the family's early years as "well-off," not the life of peasants reported inaccurately by some. "We lacked for nothing." In fact, the family lived in one of the two houses they owned.

Nikola was a contractor, working with a partner in a successful construction business. He was also heavily involved in the politics of the day. Lazar tells of his father's rather sudden and shocking death, which may have been due to poisoning because of his political involvement. With this event, life changed overnight as their mother assumed total responsibility for the family, Aga, only 14, Lazar, 9, and Gonxha, 7.

Though so much of her young life was centred in the Church, Mother Teresa later revealed that until she reached 18, she had never thought of being a nun. During her early years, however, she was fascinated with stories of missionary life and service. She could locate any number of missions on the map, and tell others of the service being given in each place.

### Called to Religious Life

At 18, Gonxha decided to follow the path that seems to have been unconsciously unfolding throughout her life. She chose the Loreto Sisters of Dublin, missionaries and educators founded in the 17th century to educate young girls.

In 1928, the future Mother Teresa began her religious life in Ireland, far from her family and the life she'd known, never seeing her mother again in this life, speaking a language few understood. During this period a sister novice remembered her as "very small, quiet and shy," and another member of the congregation described her as "ordinary." Mother Teresa herself, even with the later decision to begin her own community of religious, continued to value her beginnings with the Loreto sisters and to maintain close ties. Unwavering commitment and self-discipline, always a part of her life and reinforced in her association with the Loreto sisters, seemed to stay with her throughout her life.

One year later, in 1929, Gonxha was sent to Darjeeling to the novitiate of the Sisters of Loreto. In 1931, she made her first vows there, choosing the name of Teresa, honouring both saints of the same name, Teresa of Avila and Therese of Lisieux. In keeping with the usual procedures of the congregation and her deepest desires, it was time for the new Sister Teresa to begin her years of service to God's people. She was sent to St. Mary's, a high school for girls in a district of Calcutta.

Here she began a career teaching history and geography, which she reportedly did with dedication and enjoyment for the next 15 years. It was in the protected environment of this school for the daughters of the wealthy that Teresa's new "vocation" developed and grew. This was the clear message, the invitation to her "second calling," that Teresa heard on that fateful day in 1946 when she travelled to Darjeeling for retreat.

## Mother Teresa

### The Streets of Calcutta

During the next two years, Teresa pursued every avenue to follow what she "never doubted" was the direction God was pointing her. She was "to give up even Loreto where I was very happy and to go out in the streets. I heard the call to give up all and follow Christ into the slums to serve him among the poorest of the poor."

Technicalities and practicalities abounded. She had to be released formally, not from her perpetual vows, but from living within the convents of the Sisters of Loreto. She had to confront the Church's resistance to forming new religious communities, and receive permission from the Archbishop of Calcutta to serve the poor openly on the streets. She had to figure out how to live and work on the streets, without the safety and comfort of the convent. As for clothing, Teresa decided she would set aside the habit she had worn during her years as a Loreto sister and would wear the ordinary dress of an Indian woman: a plain white sari and sandals.

Teresa first went to Patna for a few months to prepare for her future work by taking a nursing course. In 1948 she received permission from Pius XII to leave her community and live as an independent nun. So back to Calcutta she went and found a small hovel to rent to begin her new undertaking.

Wisely, she thought to start by teaching the children of the slums, an endeavour she knew well. Though she had no proper equipment, she made use of what was available—writing in the dirt. She strove to make the children of the poor literate, to teach them basic hygiene. As they grew to know her, she gradually began visiting the poor and ill in their families and others all crowded together in the surrounding squalid shacks, inquiring about their needs.

Teresa found a never-ending stream of human needs in the poor she met, and frequently was exhausted. Despite the weariness of her days she never omitted her prayer, finding it the source of support, strength and blessing for all her ministry.



## Mother Teresa

### A Movement Begins

Teresa was not alone for long. Within a year, she found more help than she anticipated. Many seemed to have been waiting for her example to open their own floodgates of charity and compassion. Young women came to volunteer their services and later became the core of her Missionaries of Charity. Others offered food, clothing, use of buildings, medical supplies and money. As support and assistance mushroomed, more and more services became possible to huge numbers of suffering people.

From their birth in Calcutta, nourished by the faith, compassion and commitment of Mother Teresa, the Missionaries of Charity have grown like the mustard seed of the Scriptures. New vocations continue to come from all parts of the world, serving those in great need wherever they are found. Homes for the dying, refuges for the care and teaching of orphans and abandoned children, treatment centres and hospitals for those suffering from leprosy, centres and refuges for alcoholics, the aged and street people—the list is endless.

Until her death in 1997, Mother Teresa continued her work among the poorest of the poor, depending on God for all of her needs. Honours too numerous to mention had come her way throughout the years, as the world stood astounded by her care for those usually deemed of little value. In her own eyes she was "God's pencil—a tiny bit of pencil with which he writes what he likes."

Despite years of strenuous physical, emotional and spiritual work, Mother Teresa seemed unstoppable. Though frail and bent, with numerous ailments, she always returned to her work, to those who received her compassionate care for more than 50 years. Only months before her death, when she became too weak to manage the administrative work, she relinquished the position of head of her Missionaries of Charity. She knew the work would go on.

Finally, on September 5, 1997, after finishing her dinner and prayers, her weakened heart gave her back to the God who was the very centre of her life.

book excerpt from *A Retreat With Mother Teresa and Damien of Molokai: Caring for Those Who Suffer*, by Joan Guntzelman

<http://www.americancatholic.org/features/teresa/WhoWasTeresa.asp>



## Dame Nellie Melba

Born in Melbourne, Australia, in 1861 as Helen Porter Mitchell, the future opera star was the third-born and first surviving child of Isabella and David Mitchell. Seven more children would follow. Melba grew up in the country estate of Lilydale, near Melbourne. As a child she loved the animals and landscape of Australia, and when the family rode into the bush on a stagecoach, she would insist on sitting next to the driver so she could help spot deadly snakes. "From our earliest childhood we were taught to strike and kill," she later said. She had an indomitable will forged from the pioneering spirit of mid-19th-century Australia. It was said that her career was prophesized by the readings of a fortune teller that she and some friends encountered one day when she was ten. The woman gazed into Melba's hands and said: "I see you everywhere in great halls, crowded with people. And you are always the center of attraction—the one at whom all eyes are directed."

Her entire family was musically inclined, but Melba was the only child who persisted in music. She attended Presbyterian Ladies College in Melbourne, where Peitro Cecchi recognized her singing talent as a powerful and lilting soprano. However, opportunities for her to perform were limited, and Melba put any thoughts she had of a formal career in music on hold.

When she was 21, Melba married an Irish immigrant named Charles Armstrong. They moved to Queensland and had a son, George. But she envisioned languishing there in a rural area where there was no opera at all. Two months after George's birth, she left Queensland and moved to London, looking for a better opportunity to advance her dream career. After getting nowhere in London, she went to Paris and finally attended her first live opera. There, Madame Mathilde Marchesi became her opera teacher and sponsor. For her stage name she took the name Melba, short for Melbourne; Nellie was the family's nickname for her. She made her debut in Brussels in 1887, playing the role of Gilda in *Rigoletto*.

The following year, in 1888, Melba made her London debut at Covent Garden, playing the title role in *Lucia di Lammermoor*. Until 1926, she would be a fixture at the famous London opera house. She also debuted in the United States in the role of Lucia, singing at the Metropolitan Opera House in New York City, where she would also perform regularly until she was in her mid-sixties.

Melba's singing style reflected the influence of her teacher, Marchesi. According to critics her vocals were the very definition of coloratura with their high range, precise intervals, clean intonation, and light but exacting attack. Other performers were often awed. As quoted in *Opera News*, Scottish soprano Mary Garden recalled hearing Melba hit a high C at Covent Garden: "The note came floating over the auditorium of Covent Garden, came over like a star and passed us in our box, and went out into the infinite.... That note of Melba's was just like a ball of light."





## Dame Nellie Melba



Although Melba performed mostly in Europe and in New York, she occasionally visited her native Australia, returning for the first time in 1902 to a loud and large reception. Australians felt that she was proving that they could be as sophisticated as any nation, and her fans at home admired the way she cultivated culture while never denying her roots. Between 1909 and 1911 she lived in Coldstream, Australia, and opened the Melba Conservatorium of Music in Richmond. She taught at the conservatorium, a training ground for future opera singers.

For most of the nearly four decades of her career, Melba was the greatest diva of her time, even though she was not a great stage actress. Her immaculate, unforced coloratura singing was immortalized in a series of recordings made between 1907 and 1916, including a moving scene from *Hamlet*. At her impressive home she entertained many of Europe's royal families and was a powerful personality and celebrity. When she had an affair with the duke of Orleans in 1900, her husband

divorced her. She did not remarry and had no other children. During World War I, she was unstinting in her war work, often performing at benefit concerts, and in 1918 she was made a dame of the British Empire.

So famous was Melba that two foodstuffs were named after her: Melba toast and Peach Melba, the latter created by the chefs at London's Savoy Hotel. A Melba doll also became popular with children. She lived lavishly, buying a house in London and remodeling it to resemble the French palace at Versailles. Her private rail car was always stocked with plover's eggs and fresh caviar, her favorite foods, and decorated with specially scented linens.

Melba was as much feared on the opera circuit as she was loved by admirers. The door of her dressing room at Covent Gardens had a sign that admonished: 'SILENCE! SILENCE!' She ran her career imperiously. In her 1925 autobiography, *Melodies and Memories*, she wrote: "The first rule in opera is the first rule of life. That is, to see to everything yourself. You must not only sing, you must not only act; you must also be stage manager, press agent, artistic advisor." She was always on guard to maintain her top ranking in opera, making sure she was always paid one pound more than the famed Enrico Caruso, and looking out for competitors. "When you are the diva, you have to be the best always," she wrote in her autobiography. She also described her drive for achievement thus: "If I'd been a housemaid I'd have been the best in Australia—I couldn't help it. It's got to be perfection for me."



## Dame Nellie Melba

Though relentless in advancing her career and often snobbish, Melba was also bawdy. She consumed as lavishly as she entertained. Though often considered too overweight for certain ingenue roles, she nonetheless pulled them off by the intensity of her singing, enrapturing audiences and fellow performers.

Melba's fans were ardent and spanned several continents. Once, when she was giving out autographs in St. Petersburg, Russia, an adoring man grabbed her pencil, bit it into pieces, and handed them out as cherished souvenirs. Not known for her humility, Melba in her autobiography wrote that the pencil pieces were received "with a reverence and an excitement which, I should imagine, must have compared favorably with that of the medieval peasants who scrambled for so-called sacred relics." According to legend, a dying man in London once heard her singing nearby and said: "If there is such beauty on earth as that voice, let me live," and he recovered. As she recounted in her memoirs, in one country town, people who couldn't get into a crowded hall crawled under the floorboards in order to hear her sing.

Melba bade farewell to her native Australia in 1924, releasing a letter that said: "I have tried to keep faith with my art ... to make the big world outside, through me, understand something of the spirit of my beloved country." She then made farewell tours and concerts worldwide, so many so, in fact, that a sarcastic expression arose: "More farewells than Nellie Melba." She sang at the opening of the nation's Parliament House in Canberra in 1927, and her final concert in Australia was in 1928. In 1931, refusing to accept her aging, Melba got a facelift, but the operation resulted in a blood infection, and she died in St. Vincent's Hospital in Sydney, the cause of her death not released to the public.

Ever concerned about her public perception, Melba had even orchestrated her funeral in advance. She had had a photograph taken of her portraying the dead Juliet of *Romeo and Juliet*, and after her death she was made up to look like the photo, with her bed strewn with frangipani, before anyone was allowed to see her. The funeral attracted national and international dignitaries to Melbourne, and she was buried at Lilydale Cemetery under a monument that depicts her reported last words: "Addio! Senzor Rancor"—"Farewell, without bitterness."

<https://www.encyclopedia.com/people/literature-and-arts/music-history-composers-and-performers-biographies/dame-nellie-melba>



## Mother's Day

Mother's Day has long been a part of the Australian calendar, but where did the idea to dedicate the second Sunday in May to honouring motherhood come from?

The modern Australian celebration of Mother's Day actually grew out of calls for peace and anti-war campaigns following the American Civil War (1861-65).

In 1870, American writer and women's rights activist Julia Ward Howe, best known as the author of the Battle Hymn of the Republic, appealed to women to unite and bring peace throughout the world (later known as the Mother's Day Proclamation). She proposed that a mother's day for peace be commemorated every year in June.

But the idea of a mother's day did not gain traction until 1908, when West Virginia woman Anna Marie Jarvis held a church memorial to honour the legacy of her mother, Ann Reeves Jarvis.

Ann Jarvis had been a peace activist who nursed wounded soldiers during the Civil War and created mother's day work clubs to address public health issues. Anna Jarvis wanted to continue her mother's work and pushed to have a day set aside to honour all mothers.

In 1914 her campaigning paid off, when US president Woodrow Wilson officially declared the second Sunday in May to be Mother's Day.

"The impact of the Civil War was still there ... and there was also a rising concern that America might find itself involved in another war, particularly given what was happening in Europe," said Richard Waterhouse, emeritus professor of Australian history at Sydney University.

But it was not until 1924, following the losses of World War I, that Mother's Day was first held in Australia. Sydney woman Janet Heyden started the tradition after becoming concerned for the lonely, forgotten aged mothers at Newington State Hospital where she regularly visited a friend. She successfully campaigned for local schools and businesses to donate gifts to the ladies.

"There were so many mothers who were no longer mothers, so many wives who were now widowed because of WW1, and there were also so many women who never had the prospect of becoming mothers or wives because a whole generation had been wiped out in the trenches of the Western Front," Professor Waterhouse said.

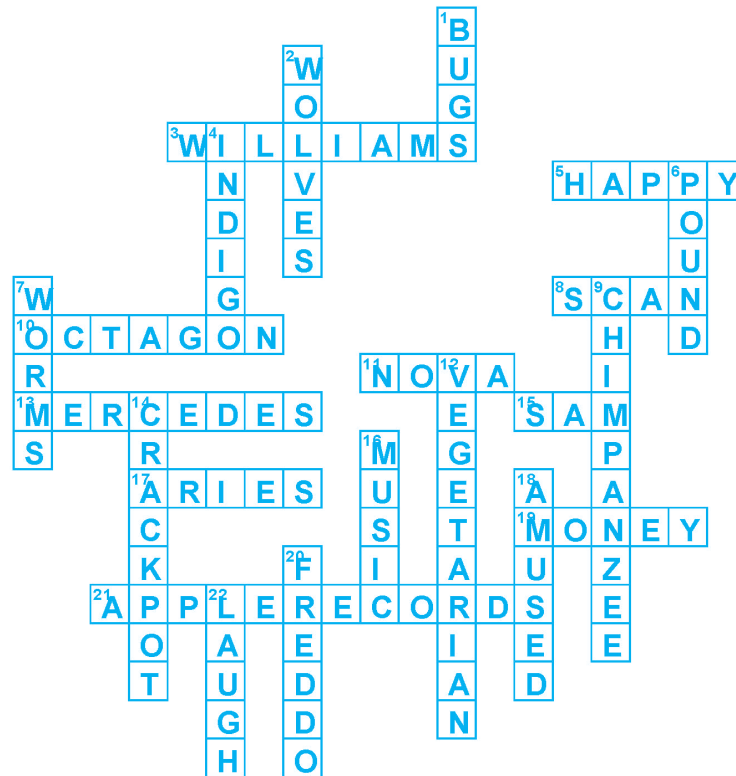
It was during the 1920s that Mother's Day became commercialised in the United States, with card companies like Hallmark and florists marketing gifts.

Anna Jarvis was outraged and spent the rest of her life campaigning against the commercialisation of Mother's Day, dying penniless and in a state of dementia in a sanatorium in 1948.

Today, Mother's Day is a day for all women. It's no longer linked to a particular set of values and a particular view of the role of women," the professor said. "It has a kind of universal appeal and a cross-cultural appeal so that it can appeal to all ethnic groups in Australia." It's no longer linked to a particular set of values and a particular view of the role of women," the professor said.

## Puzzles & Answers

### April Fools Day Crossword



#### WORDS THAT START WITH AP

1) APARTHEID 2) APRENTICE 3) APATHY 4) APE 5) APERITIF 6) APIARY 7) APPEAR 8) APPETIZER 9) APPRECIATION 10) APPLE 11) APRON 12) APNEA 13) APOCALYPSE 14) APOLLO 15) APOLOGY 16) APOSTLE 17) APPEAL 18) APPLAUSE 19) APRICOT 20) APARTMENT

### Easter Quiz - Religious

#### Answers

1 - Simon Peter , 2 - "Live by the sword, die by the sword." , 3 - 40 days , 4 - During the 'Last Supper' , 5 - 30 pieces of silver , 6 - Simon of Cyrene , 7 - Two thieves , 8 - Mary Magdalene , 9 - Donkey , 10 - Maundy Thursday , 11 - Easter Sunday , 12 - Simon Peter, Andrew, James, John, Philip, Bartholomew, Thomas, Matthew, James, son of Alphaeus, Simon who was called Zealot, Judas, son of James and Judas Iscariot. Later Judas was replaced by Matthias. , 13 - Hanged himself , 14 - Jesus washed the feet of the disciples as an act of humility and love. , 15 - Three days , 16 - The angel of the Lord , 17 - By washing his hands , 18 - "Jesus, remember me when you come into your kingdom." , 19 - Jesus of Nazareth, King of the Jews. (In Latin "Iesus Nazarenus Rex Iudaeorum.") , 20 - Bread and wine

## Puzzles & Answers

### Word Ladder #3

Love - Care

**Instructions:** In word ladders, you change one word into another. At each step along the way, change just one letter to make a new word. Clues are given at each step!

Answers	Hint
LOVE	Extreme fondness
— — — — —	Happening now
— — — — —	Place for bees
— — — — —	Try not to be found
— — — — —	Ocean motion
— — — — —	Measure the duration of
— — — — —	Not wild
— — — — —	Celebrity status
— — — — —	Ticket price
CARE	Close attention

## Puzzles

### Mother's Day Quiz II

#### Questions

1. She was the wife of a US president and mother to another.
2. Which mother placed her baby in a basket and sent him down the river Nile?
3. Which Hollywood star had a book written about her called 'Mommie Dearest'?
4. Who is Hamlet's mother?
5. Who is said to be the mother of Israel?
6. What is a Godmother?
7. How do you say 'mother' in French?
8. Who was the mother of John the Baptist?
9. Which US president said: 'All that I am or ever hope to be, I owe to my angel mother'?
10. In the TV series 'All in the Family'; who was the mother in the Bunker's family?
11. Mother Goose 'had so many children she didn't know what to do'; what did she do?
12. What do the words 'Mamma Mia' mean?
13. Finish the proverb: 'A man's work is from sun to sun, but a mother's work...'
14. Which actor played the mother in the film 'Rosemary's Baby'?
15. What is supposed to be 'The Mother of All'?
16. In the movie 'Suddenly Last Summer' who played the mother, Mrs Venable?
17. Can you think of three words that rhyme with 'mother'?
18. Which Bible mother was rather old when she had baby Isaac?
19. Which TV mother drove a flowered bus with singing children?
20. What name does Greek mythology give to 'Mother Earth'?



## Puzzles

## Mother's Day

R I G Y A M C Y N V N H P Z O M K P Q P  
 E R I K N R H L G D X G W U M K A F S I  
 A F V S K X I X A U I U B Y O R O S W B  
 D U I M R J L U P I B A E F E U G Y K L  
 I J N I H C D I G U C L A N R U L Y Y W  
 A V G D T E R N N Y W E T N H I L O Q V  
 Y N N U F E E C I G Y J P N O I E C V F  
 M O T H E R N Q R P S P O S M S D N N E  
 K C V M K U Y X A F M K P A G A R A D Z  
 B Z A H F K I T C O Y G F A U W C D Q Z  
 K T G Y H B T M M Q M P X G H W P W K O  
 Y V U X A T V O S V O A H U L F T V V U  
 Z F Q V P K D G E T H T N L B L G X T Z  
 K I N D U W I K H G E T O T I K E O F C  
 P G Q K U J K I S R E W O L F T Q L Z V



CARING  
 CHILDREN  
 DAUGHTER  
 FAMILY  
 FLOWERS

FRIEND  
 FUNNY  
 GIVING  
 HAPPY  
 HUGS

KIND  
 LAUGH  
 LOVE  
 MAY  
 MOM

MOTHER  
 PARENT  
 READ  
 SON  
 SPECIAL

## Puzzles

### Brain Teaser

Rearrange the letters in these words to find words that fit the clues.

- |     |               |                                |
|-----|---------------|--------------------------------|
| 1.  | <b>POSH</b>   | Where you go to buy groceries  |
| 2.  | <b>PART</b>   | Apparatus to catch mice        |
| 3.  | <b>ARCHES</b> | To look for something you lost |
| 4.  | <b>STEAM</b>  | Your friends                   |
| 5.  | <b>LINE</b>   | A river in Egypt               |
| 6.  | <b>LATE</b>   | A story to tell                |
| 7.  | <b>SKATE</b>  | Famous English poet            |
| 8.  | <b>LOOP</b>   | You can swim in it             |
| 9.  | <b>WAND</b>   | Early part of the day          |
| 10. | <b>LEMON</b>  | A sweet fruit                  |
| 11. | <b>LISTEN</b> | Soundless                      |
| 12. | <b>STOPS</b>  | What is on top of your stove   |
| 13. | <b>FEAT</b>   | Greek cheese                   |
| 14. | <b>TIED</b>   | What you do to lose weight     |
| 15. | <b>REAP</b>   | A sweet fruit                  |
| 16. | <b>DAIRY</b>  | You use it to remember dates   |
| 17. | <b>DEAR</b>   | What you do with a book        |
| 18. | <b>SRATS</b>  | They twinkle in the night      |
| 19. | <b>VOTES</b>  | Appliance to cook              |
| 20. | <b>REAR</b>   | Infrequent, occasional         |

## Puzzles

*Word Search*

## NATURE WALK



K	C	O	L	B	N	U	S	K	C	P	K	J	T	Y	B	Q
W	F	U	W	U	G	P	T	U	L	I	P	S	P	E	C	M
R	E	K	C	E	P	D	O	O	W	R	U	J	R	S	N	E
I	T	A	O	A	K	L	F	T	M	A	P	L	E	S	E	V
O	A	L	F	V	C	V	L	A	N	I	D	R	A	C	S	X
J	H	D	T	T	I	U	R	F	D	E	I	R	D	K	R	L
E	L	P	E	E	Z	E	E	R	B	L	O	O	C	U	A	R
E	L	T	T	O	B	R	E	T	A	W	P	R	M	D	L	G
I	A	V	Q	P	O	P	L	A	R	Y	Z	V	C	A	U	B
N	B	Y	F	T	V	B	B	S	M	T	N	R	D	E	C	A
N	E	H	N	K	R	N	L	E	T	T	I	A	C	H	O	C
G	S	H	W	V	Z	E	R	U	R	O	B	U	T	L	N	K
M	A	O	S	N	C	I	E	N	E	F	O	D	F	I	I	P
P	B	Y	N	I	J	I	E	B	K	B	R	B	N	A	B	A
S	G	N	O	S	D	R	I	B	A	Z	I	P	R	R	U	C
I	S	U	N	S	H	I	N	E	G	R	U	R	P	T	J	K
I	K	H	X	E	L	W	R	H	G	R	K	M	D	J	X	P

Boots

Tulips

Sunblock

Water bottle

Woodpecker

Oak

Baseball hat

Backpack

Cardinal

Tree bark

Maple

Cool breeze

Trailhead

Robin

Bird songs

Poplar

Sunshine

Dried fruit

Bluebird

Binoculars

## Main Wing News

Welcome to the month of May.

We are all still taking advantage of the sunshine and good weather. Residents go for walks around the garden and enjoy admiring the beautiful colorful gardens. It is also very relaxing as we are very lucky to also listen to the birds.

During the month of May, we will be celebrating the birthday of Mrs Jane Chan. We hope your special day brings you all that your heart desires. Here is wishing you a day full of pleasant surprises, Happy birthday.

We did celebrate Easter; residents had the opportunity to attend church services in the facility on Good Friday. On Easter Sunday, residents were content to receive the beautiful Easter basket with their chocolate eggs to enjoy and delicious Hot cross Buns were on the menu for everyone to enjoy. Later that day the Easter Bunny showed up delivering lots of yummy Easter eggs and there were lots of smiles from residents and families who were here visiting during the day.

Our BBQ was another successful activity. Residents really do enjoy gathering outside the garden, enjoying each other's company and sharing their lovely memories when cooking the sausages and onions for the family.

On Anzac Day, we recognized this special day on the 25th April. We had a very special ceremony and small events dedicated to honoring those who took part in the Australian Armed Forces. Thank you to all those residents who took part to make it even more special. Discussions and memories were shared during this day.

For May, we have lots of fun activities planned. Our Mother's Day program is set for Sunday, 9<sup>th</sup> May at 1.00pm. Clifford will be performing in the main lounge room followed by a light snack. International Nurses Day 12<sup>th</sup>, The Biggest Morning tea 27<sup>th</sup> and finally our picnic day will be on Friday 28<sup>th</sup> and we will hopefully be going to Homebush Olympic park to enjoy a beautiful day out. Let's keep our fingers crossed that we have a sunny beautiful day.

Check out the rest of our activities we have planned for the month. They are listed on the monthly calendar on the inside of this newsletter. Also make sure you check out the individual activity calendar on the notice boards. Do not miss out.

Hope you have a great month.  
Main wing activity officers.



## Carinya Wing News

Welcome to our residents and families.

Welcome to May where we will be celebrating our beautiful mothers and grandmothers on Mother's Day. We will be holding a lovely afternoon tea to celebrate our mums. Happy Mother's Day and may your day be filled with love. We will also be celebrating national nurse day on the 12<sup>th</sup> and we will be holding a morning tea.

We would like to send our love and congratulations to Peggy & Leo Brown who celebrated their 61<sup>st</sup> Wedding Anniversary last month on the 22<sup>nd</sup> of April.

We would like to wish Mr Toungh Luu a happy birthday who celebrates his birthday on the 21<sup>st</sup> and a big happy birthday to Eliya who's birthday is on the 24<sup>th</sup>. May you both have a fabulous day.

April was filled with fun and surprises as everyone had such fun on April fool's day with many laughs. We went for a bus trip to Parramatta Park as the weather was fantastic and everyone enjoyed having lunch on the picnic table situated along the water. Next month we will be going on a mystery bus trip to a different destination which is going to be fun. We all had a wonderful day.

Residents were happy to receive their easter eggs from our fabulous easter bunny. We held prayers during good Friday and residents were happy to watch & listen to hymns if they wished.

It has been great to see families interact with their loved ones again after such a long year. It is lovely to see your smiling faces. We had our monthly BBQ on the 18th and the weather was amazing, and everyone enjoyed spending time outside in the garden area. Residents expressed what a nice day it was.

As we heard the sad news of the passing of Prince Philip, The Duke of Edinburgh some residents were saddened by the news but were pleased to watch his funeral Saturday night and during Sunday morning.

Anzac Day was held on the 25<sup>th</sup> where we held the Anzac ceremony throughout the day. It is a special day for many as Anzac Day is a national day of remembrance in Australia and New Zealand that broadly commemorates all Australians and New Zealanders "who served and died in all wars, conflicts, and peacekeeping operations" and "the contribution and suffering of all those who have served. Observed on 25 April each year, Anzac Day was originally devised to honour the members of the Australian and New Zealand Army Corps who served in the Gallipoli Campaign, their first engagement in the First World War.

The hairdresser is here every second Wednesday. If you would like any requests, please let us know. We are always happy to help. Have a fabulous Mother's Day everyone!

Take care, stay safe.  
Kind regards  
CARINYA Wing Activity Officers





## MAIN WING MAY 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>31</b> Rise and shine Oi game Bingo <b>Personal 1:1</b>					<b>1</b> Rise and shine Sing with us Bingo club <b>Personal 1:1</b>	<b>2</b> Chair exercises Uno game Knitting club <b>Personal 1:1</b>
<b>3</b> Gentle exercises Aromatherapy Bingo <b>Personal 1:1</b> 	<b>4</b> Rise and shine Pampering Catholic service <b>Personal 1:1</b>	<b>5</b> Music and movement Cooking class Birthday party celebration <b>Personal 1:1</b>	<b>6</b> Exercises with music Coffee shop Anglican church <b>Personal 1:1</b>	<b>7</b> Gentle exercises Let's play Memory Quiz Quoits <b>Personal 1:1</b>	<b>8</b> chair exercises Cooking club Bingo <b>Personal 1:1</b> 	<b>9</b> Exercises with music Uno game Mothers day <b>Personal 1:1</b> 
<b>10</b> chair exercises Board Games Bingo	<b>11</b> rise and shine Coloring for adults Catholic service <b>Personal 1:1</b>	<b>12</b> Exercises with music Hairdresser Art and craft	<b>13</b> Zumba chair Coffee shop Sing along <b>Personal 1:1</b>	<b>14</b> Gentle exercises Brain strain Darts	<b>15</b> exercises with music Ten pin bowling Bingo club	<b>16</b> Rise and shine Cooking class Happy hour <b>Personal 1:1</b>
<b>17</b> Gently exercises Coloring for Adults Bingo <b>Personal 1:1</b>	<b>18</b> chair exercises Spa day Catholic service <b>Personal 1:1</b>	<b>19</b> Exercises with music Art and craft Residents meeting <b>Personal 1:1</b>	<b>20</b> Rise and Shine Coffee shop Let's do cross words <b>Personal 1:1</b>	<b>21</b> Music and movement Trivia Family feud <b>Personal 1:1</b> 	<b>22</b> Gently exercises Quoits Bingo <b>Personal 1:1</b> 	<b>23</b> Rise and shine Uno game Cooking class <b>Personal 1:1</b> 
<b>24</b> Music and movement Reminiscing Bingo <b>Personal 1:1</b>	<b>25</b> Chair exercises Reading club Catholic service <b>Personal 1:1</b>	<b>26</b> Exercises with music Hairdresser Art and craft <b>Personal 1:1</b>	<b>27</b> gently exercises Coffee shop Find the words <b>Personal 1:1</b>	<b>28</b> Chair exercises Ten pin bowling Afternoon at the movies	<b>29</b> Rise and shine Board games Bingo <b>Personal 1:1</b>	<b>30</b> Gently exercises Sing with us Gardening <b>Personal 1:1</b>

## CARINYA - MAY 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31. Gentle Exercise Craft Sensory Games	 4. Chair exercise Movie Marathon Darts/Quoits	 5. Rise & Shine Birthday Party Sensory Games	6. Tai Chi Coffee Shop Anglican Church	7. Gentle exercise Card games Bingo	1. Tai Chi Ball games Aromatherapy	2. Rise & Shine Garden walks Quoits/Darts
3. Move & Groove Aromatherapy Gardening 	4. Chair exercise Movie Marathon Darts/Quoits	5. Rise & Shine Birthday Party Sensory Games	6. Tai Chi Coffee Shop Anglican Church	7. Gentle exercise Card games Bingo	8. Rise & Shine Netflix Happy Hour	9. Tai Chi Mothers day Craft Romantic Movies 
10. Chair Exercise  Art & Craft Netflix Personal 1:1	11. Gentle exercise  Aromatherapy Ball games	12. Tai Chi  Cooking Card Games Personal 1:1	13. Move & Groove  Bus Trip Dominos Personal 1:1	14. Rise & Shine  Board games Netflix Personal 1:1	15. Tai Chi  Happy Hour Music time Personal 1:L	16. Chair exercise  Bingo Happy Hour Personal 1:1
17. Rise & Shine Cooking Movie Marathon  Personal 1:1	18. Chair Exercise Dominos Music Club  Personal 1:1	19. Move & Groove Cooking Netflix  Personal 1:1	20. Tai Chi Pampering Coffee Shop  Personal 1:1	21. Gentle Exercise Ball games Bingo	22. Chair Exercise Darts/Quoits Pampering Netflix  Personal 1:1	23. Tai Chi Music club Card games Bingo  Personal 1:1
24. Move & Groove Gardening Sensory Activity	25. Gentle exercise Aromatherapy Music Club	26. Tai Chi Cooking Darts/Quoits	27. Chair exercise Coffee Shop Arts/Craft	28. Rise & Shine Dominos Bingo	29. Tai Chi Ball games Movie marathon	30. Move & Groove Pampering Bingo











## Goff Wing News

Hello to all the residents, families and friends

Happy Birthday to resident Po Kuen Li, who will celebrate her birthday this month.

We would like to first extend our deepest and sincerest condolences to the families of Mr. Anatoly Semenov, who passed away peacefully in Heiden Park Lodge on the 2<sup>nd</sup> of April 2021.

This month, we will celebrate Mother's Day, which is on the 9<sup>st</sup> of May. On this day all mothers are celebrated and honored. To showing our appreciation and love, we will have special morning tea and gifts for all mothers.

Also we will celebrate Orthodox Easter, which is on the 2<sup>nd</sup> of May, by making Orthodox Easter eggs. Orthodox use the old Julian calendar to calculate the date of Easter therefore, they have different Easter date.

The church service in May will be rescheduled to 28<sup>st</sup> of May, but starting from June, it will be changed to two services, namely the second and fourth Fridays of each month to serve our residents and spread the gospel. More good news is that if a resident wants to talk to the pastor alone, he can make an appointment through staff with him, and he will make time for special visits.

亲爱的居民, 家人, 朋友和所有员工们, 大家好!

首先, 祝我们这个月的寿星李宝娟女士生日快乐, 健康如意并为她举行生日派对。

我们的居民Anatoly Semenov先生于二零二一年四月二日 安详的往生。我们对其家属表示最深切和诚挚的哀悼, 望家人节哀顺变。

今年, 我们将庆祝五月九日的母亲节。在这一天, 所有母亲都得到了庆祝和纪念。为了表达我们的感激和爱意, 我们将为所有母亲提供特别的早茶和礼物。我们还将通过制作东正教复活节彩蛋来庆祝5月二日的东正教复活节。

东正教使用旧的儒略历来计算复活节的日期, 因此, 东正教有不同的复活节日期。

五月的教会服务将会改到五月二十八日, 但从六月开始将改为两次服务即每个月的第二和第四个星期五来为我们的居民服务传福音。还有一个好消息是如果有居民希望单独和牧师谈话可以通过员工和他预约, 他会抽时间来特别探访。

Goff Wing Recreational Activities Officers



## Goff Wing - May 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 Exercise with Music Knitting Reminiscence					1 Gentle Walks Music Appreciation Board Games	2 Tai Chi Movie Mahjong <b>Orthodox Easter</b>
3 Exercise with Music Craft Craft One on One	4 Gentle Walks Chinese Idiom Cross-word Ball Game One On One	5 Health Exercises Bingo Games Birthday Celebration One On One	6 Towel Exercise Garden Morning Tea Craft One On One	7 Gentle Walks Let's talk English Pampering One On One	8 Gentle Walks Movie Puzzle Games	9 Tai Chi Music Appreciation Board Game <b>Mother's Day</b>
10 Exercise with Music Knitting Reminiscence One On One	11 Gentle Walks Buddhist Group Visit Craft One On One	12 Gentle walks Chinese Poetry Appreciation Meditation Colouring One on One	13 Gentle Walks Bingo Game Ball Games One On One	14 Gentle Walks Brain Teaser Foot Spa One On One	15 Gentle Walks Music Appreciation Mahjong	16 Tai Chi Movie Mahjong
17 Exercise with Music Chinese Calligraphy Flower Potting One On One	18 Gentle Walks Let's talk English Quoit Games One On One	19 Towel Exercises Flower Potting Let's talk English One On One	20 Healthy Exercise Quoit Games Let's talk English One On One	21 Gentle Walks Chinese Calligraphy Foot Spa One On One	22 Gentle Walks Movie Board Games	23 Tai Chi Music Appreciation Puzzle Games
24 Gentle walks Old Time Song DVD Bus Trip One on One	25 Gentle Walks Garden Morning Tea Mahjong One On One	26 Gentle walks Ball Games Chinese Calligraphy One on One	27 Gentle Walks Meditation Colouring Puzzle Games One On One	28 Gentle Walks Church Service Flower Potting One On One	29 Gentle Walks Music Appreciation <b>Puzzle Games</b>	30 Tai Chi Movie Mahjong

# Goff Wing - May 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 音乐锻炼 编织 回味往事 一对一					1 柔和散步 音乐欣赏 棋盘游戏	2 太极 电影 麻将
3 音乐锻炼 手工制作 手工制作 一对一	4 柔和散步 成语填字游戏 球类游戏 一对一	5 健康操 宾果游戏 生日派对 一对一	6 音乐锻炼 花园早茶 手工艺 一对一	7 柔和散步 开口说英语 宠爱自己 一对一	8 柔和散步 电影 拼图游戏	9 太极 音乐欣赏 棋盘游戏 <b>母亲节</b>
10 音乐锻炼 编织 回味往事 一对一	11 柔和散步 佛教团体拜访 手工制作 一对一	12 柔和散步 诗词欣赏 随性彩绘 一对一 <b>国际护士节</b>	13 柔和散步 宾果游戏 球类游戏 一对一	14 柔和散步 脑筋急转弯 脚部按摩浴 一对一	15 柔和散步 音乐疗法 麻将	16 太极 电影 麻将
17 音乐锻炼 书法 花卉盆栽 一对一	18 柔和散步 开口说英语 套圈游戏 一对一	19 毛巾操 花卉盆栽 开口说英语 一对一	20 柔和散步 套圈游戏 开口说英语 一对一	21 柔和散步 书法 脚部按摩浴 一对一	22 柔和散步 电影 棋盘游戏	23 太极 音乐疗法 拼图游戏
24 音乐锻炼 老歌演唱会 DVD 游车河	25 柔和散步 花园早茶 麻将	26 柔和散步 球类游戏 书法	27 柔和散步 随性彩绘 拼图游戏	28 柔和散步 教会服务 花卉盆栽	29 柔和散步 音乐疗法 拼图游戏	30 太极 电影 麻将







## **Strawberry & Banana Bread**

### **INGREDIENTS**

2 cups (300g) self-raising flour  
1 cup (220g) brown sugar  
1 teaspoon baking powder  
2 overripe bananas, mashed  
2 eggs, lightly whisked  
150g butter, melted  
1/2 cup (125ml) buttermilk  
1 cup (130g) chopped strawberries  
Strawberries, halved or quartered, extra, to decorate

### **STRAWBERRY BUTTERCREAM**

75g strawberries, finely chopped  
1 tablespoon caster sugar  
125g butter, softened  
1 1/2 cups (240g) icing sugar mixture

### **METHOD**

#### **Step 1**

Preheat oven to 180C. Grease and line the base and sides of a 10cm x 22cm (base measurement) loaf pan with baking paper, allowing the 2 long sides to overhang.

#### **Step 2**

Place the flour, sugar and baking powder in a large bowl. Whisk the banana, egg, butter and buttermilk in a medium bowl. Add the egg mixture and chopped strawberry to the flour mixture and stir to combine. Pour into the prepared pan. Bake for 1 hour or until a skewer inserted in the centre comes out clean. Set aside in the pan for 5 mins to cool before turning onto a wire rack to cool completely.

#### **Step 3**

Meanwhile, to make the strawberry buttercream, combine strawberry and sugar in a small saucepan over medium heat. Cook for 5 mins or until the sugar dissolves and strawberry breaks down. Cook for 2 mins or until mixture thickens slightly. Set aside to cool.

#### **Step 4**

Use an electric mixer to beat the butter in a bowl until very pale. Gradually add the icing sugar, beating well after each addition. Beat in the strawberry mixture.

#### **Step 5**

Spread the strawberry buttercream over the top of the banana bread. Top with halved or quartered strawberries.

