

In This Edition

Resident Stories

A tale of two friends and a match made in heaven!

Cooking up a Storm!

Try our delicious savoury muffins at home!

A Stitch in Time

The passing of traditions across generations.

Upcoming Events

Miranda

- **Sutherland Shire Council Christmas Concert**
Wednesday 24th of November
- **St Andrew's Day**
Friday 26th of November
- **'The Unforgettables' on Tour to Blakehurst**
Wednesday 1st of December
- **Christmas (Extension)**
Wednesday 8th of December
- **Christmas (Main Lounge)**
Friday 10th of December

Blakehurst

- **St Andrew's Day**
Tuesday 30th of November
- **Villa's Christmas Function**
Thursday 2nd of December
- **Christmas (The Sands)**
Thursday 9th of December
- **Christmas (Bay)**
Tuesday 14th of December
- **Christmas (Park)**
Thursday 16th of December



A Message From Our CEO

We are living in very challenging times due to extended restrictions of Covid -19 and I would personally like to thank everyone for their patience and understanding. The restrictions have posed a few challenges, but we are navigating them well and adhering to Government requirements in keeping everyone safe. I am very thankful for our staff and visitors who have contributed in many ways to keep all of us safe. All of our staff at Ibis Care Blakehurst and Miranda are 100% double vaccinated and we have rapid antigen testing available if required.

Our focus is on our residents physical and emotional well-being and supporting them through this period with engaging and stimulating lifestyle activities. Our lifestyle team have been providing opportunities for skype and phone contact with window visits to enhance communication for our residents with their loved ones. Let us continue to work together to keep everyone safe and well. As we reopen, ensuring that all visitors to our homes are fully

vaccinated is paramount. We require proof of vaccination for all visitors and have implemented an online booking form on our website to ensure visitor numbers are maintained in line with Government advice. Please don't hesitate to reach out if you have any questions about visiting our homes. Stay safe and enjoy the beautiful weather to come!

Richard Gates, CEO, Ibis Care Miranda & Blakehurst

A Message From Tammy - General Manager at Blakehurst

Hello residents, families & friends! There's been lots happening since I joined Ibis Care Blakehurst a little over three months ago. I have had the pleasure of meeting and spending time with you all. I would also like to welcome all our new residents, staff, families and friends who have recently joined our community. We are looking forward to working with you in partnership to provide a homely safe environment and individualised care. As we all know the current climate of COVID 19 and its setbacks has been a challenging period for all of us. Our priority is to ensure our residents are safe and their wellbeing is our priority. We've celebrated many milestone birthdays recognising our centurions and keeping all our residents engaged and active is definitely a priority. We've celebrated Father's Day, Cup Day and lots of other fun activities. Keep an eye on our Facebook pages for photos of your loved ones. My door is always open and please do not hesitate to contact me anytime should you have any queries or concerns.

Tammy Tautai, General Manager, Ibis Care Blakehurst





Lifestyle & Activities Update

We It has been wonderful welcoming families and friends back in the home in what has felt like the longest time. As restrictions have eased, we have started to recommence external services within the home. This includes bus outings, hairdressing, entertainment, spiritual services and lots more. We've been rocking out in Rocktober, celebrating our centurions, dancing up a storm and keeping our local community connections thriving. Having technology assist in maintaining contact with our loved ones and allowed us to continue our regular activities but nothing beats the personal, face to face engagement during activities.

We are also excited and looking forward to our upcoming events, particularly Christmas, which is fast approaching. We hope that families and friends will be able to join us this year to celebrate. More information will come as this will be dependent on community

transmissions and NSW Health guidelines at the time. Please feel free to like and follow our Facebook Pages where we keep you up to date on what is happening within the homes. As always, if you have any feedback or suggestions, please do not hesitate to contact us.

Alexandra Dias, Lifestyle Manager

What's Cooking

This year has been flying! We have celebrated several function events during winter season ... Italian day, Maltese day and more, where all the residents enjoyed music, food and activities. Recently our Father's day BBQ was celebrated with the menu choice being chosen by residents themselves. All the Dad's had a wonderful day and enjoyed the special BBQ. A new dining room experience is now in place where residents can socialise with other residents whilst having their meals and with brand new table seating arrangements. The resident feedback has been an overwhelming "we love it".

From the 1st of November we have moved to our Summer Menu. We hope that once restrictions allow, we will be able to have our Cooking Demonstrations on site where loved ones are also welcome to attend. Stay tuned for more news on that one!

Our Food Focus group meeting was held recently to discuss food topics and take resident suggestions for our much anticipated Christmas function menu for 2021.

Stay safe, say hello and please try our latest recipe below for yummy savoury muffins.

Elizabeth Armstrong, Hospitality Manager



Savoury Muffins

Ingredients:

- 750grams Self Raising Flour
- 4 eggs
- 750ml milk
- 1 Cup Grated Cheese
- ½ Cup Parmesan Cheese
- Pinch of Salt & Pepper
- 1 Cup Grated Carrots
- 1 Cup Grated Zucchini

Method:

Mix all ingredients together, place into muffin tray.

Bake at 160 degrees celsius for 20 minutes and ENJOY!

Resident Spotlight Lorraine Browne & Toshiko Doherty

"There is nothing on this earth more to be prized than true friendship."

- Thomas Aquinas



There has never been a truer saying that befits two of our very special ladies at Ibis Care Miranda, Lorraine Browne & Toshiko Doherty. Theirs is a story of friendship that has lasted decades... It was 1956 Cronulla. Another busy sunny afternoon, ladies in their fashionable summer dresses walking the promenade, picking up bits and pieces for the evening dinner.

Toshiko (29) waited in line at Cronulla station for the Kurnell bus, shyly looking around her, looking almost star struck at the beautiful scenes she was witnessing. Lorraine (24) waited in line a few steps back and felt drawn to this petite Japanese lady. Perhaps Lorraine sensed the gentle naivety to her surroundings, so she tapped Toshiko on the shoulder and smiled gently. Toshiko recalls Lorraine's kindness on that day, she recalls Lorraine, hair swept up in a bun and recalls the confidence of this young Sydney girl with whom she would share a friendship for the next 65 years.

Toshiko had fallen in love and became engaged to a handsome Australian Soldier, Mickey, while he was serving in Japan during WWII. Both were hoping to have a life together in Japan, however, it would prove too difficult post WWII and Mickey returned to Australia. Toshiko followed him 3 months later, still to this day proudly identifying herself as a "War Bride" and smiles when she recalls all the newspaper articles with the black and white photos showing "War Brides" arriving in Sydney Harbour.

They literally had nothing when they started their lives together, not even blankets, Toshiko brought her own blankets from Japan. She and her handsome Australian soldier Mickey, welcomed their son John, whom they doted over. Lorraine and her husband who had welcomed their first daughter Jenny, went on to have 3 more girls Robyn, Lynn & Kerry.

As fate would have it, Lorraine & "Tosha" lived very close to each other and soon found common interests, one of which was their shared love of movies. "Kings Row" and "Enchanted Cottage" were two favourite books/movies they enjoyed discussing and from then on, spent many a day at Lorraine's home talking about movies.

Lorraine and Toshiko were devoted mothers and home makers. Neither knew how to drive so they enjoyed picnics with their children at the Kurnell beach and rocks most weekends.





Toshiko was like a second mother to the older girls. They spent many a day in Aunty Tosha's home playing with Johnny. They would listen to Aunty Tosha singing her mysterious Japanese songs and to this day they can recall her sweet voice. Toshiko would knit and sew many clothes for Lorraine's girls, making shorts from their long pants. Jenny says that Aunty Tosha filled their home with so much love and when the two ladies were together laughter was always around.

Toshiko sadly lost her husband Mickey when she was 42 due to a heart complication. This was devastating for her and her young son. If ever there was a time when she needed the devoted friendship of Lorraine, it was during these sad and difficult times.

Toshiko soon found her strength and became a very independent lady. She and Lorraine enjoyed many a train trip together to Parliament House and all the lovely parks throughout Sydney. One of the best trips was when Lorraine took Toshiko to Lightning Ridge. They pride themselves as never having had a cross word said between each other, even during their travels.

Lorraine and Charles moved to Caringbah, but their friendship lasted the test of time. They went into the city, went local and state-wide sightseeing. Enjoyed their children's weddings and all the happy events that life brought them as families. Toshiko remained in Kurnell as she loved it there.

Needing more care and support at home, Charles and Lorraine moved to Ibis Care Miranda.



Similarly, Toshiko also needed support and decided that the time had come for her to move into a home where she could remain independent and be in a caring and engaging environment.

'All hell broke loose' when the two lifelong friends realised they were living under the same roof! Toshiko believes that God helped her reunite with Lorraine and that faith brought them back together. It is obvious that their paths were always meant to be, from the day they were born, nothing would change the friendship they have treasured all their lives.

How would Toshiko sum up her friendship with Lorraine? ... "Yuujin" – Japanese for "True Friendship". Ask Lorraine the same question and tears come to her eyes. "She has been a best friend" and she says that without Toshie "Life would have been very lonely".

And, as if history is repeating itself, Lorraine is once again tapping Toshiko on the shoulder in true Aussie spirit saying, "You'll be right mate".



Resident Spotlight - Merle Salway

Celebrating another milestone - Merle's 100th birthday

It was another momentous occasion as we celebrated the milestone 100th birthday of our wonderful Blakehurst resident Merle Salway. When questioned about her longevity Merle said "I have always lived a good life and believed that having a loving relationship was everything". She was referring to her husband Gordon, but is still connected with her sister-in-law, Marlene who also lives with us here at Ibis Care Blakehurst. Ever youthful Merle enjoys socialising with other residents regularly and participating our engaging lifestyle activities programme.

A picture tells the true story of living life to the fullest, even in your later years and Merle's youthful appearance is testament to that. Merle said that her birthday celebration at the home was "extraordinary" and was genuinely surprised. When special mention was made of her parents who had passed on some extraordinary genes... Merle smiled and said "maybe they did... I'd like to believe that".



Resident Spotlight - Peter & Chris Richardson

Creating a perfect match!

Attending a church service has always given fellow parishioners an opportunity to meet others and openly share their common beliefs. For Peter and Chris Richardson it was a meeting at church that would shape the rest of their lives in 1961.

Blakehurst resident Peter, immigrated to Australia from North Yorkshire, England, in his early 20's. He worked around Australia in the Snowy Mountains, South Australia, Northern Territory as a cattleman, lumberjack and gardener at Darwin Airport. Peter was also a great athlete, enjoying playing soccer and was an outstanding cross-country runner. He loved to play chess, read cowboy novels and recite poetry.

Peter's wife Chris was born and raised in Hurstville, Sydney. Chris's strong Christian faith lead her to work with pre-school children and, in particular, with abandoned and orphaned children. She was an avid piano player who loved music, reading books and

completing crosswords. In her early 30's, Chris accepted a role as a pre-school Director in Darwin.

In 1961, while in Darwin, Chris became an active member at her local Baptist church where she met Peter. They had an instant attraction and their love blossomed each day they spent time together.

They married in 1963 and Chris maintained her role as a Director for pre-school children, also becoming an advocate for aboriginal rights and their cultural well-being, especially children. Peter was busy working for Qantas in 1965 and that year Chris delivered their first child, a healthy baby boy who they named David. Just over one year later, Chris gave birth to their second child, this time a beautiful daughter named Anthea.



After 5 years in Darwin their attention turned to Chris's family concerns back in Sydney and they returned to Hurstville in 1971. Upon arriving back in Sydney, Peter transferred his role with Qantas where he provided essential support and equipment to Qantas engineers at Mascot. In 1973, Peter and Chris bought their home in Blakehurst on Cheddar Street where they settled and raised their family. Peter and Chris are both residents at Ibis Care Blakehurst and still maintain their strong local community connections to this day.



A Stitch In Time, Connecting Generations

It's a tradition that began hundreds of years ago and a skill that has been passed from generation to generation. Knitting, sewing and embroidery have long been recognised as effective way to boost mental health, provide stimulation and the sharing of experiences in a creative environment. Evidence also indicates that needlecraft can benefit dementia sufferers, translating their reminiscences into tactile quilts. Fashioned from vintage patterns and textures, they provide a sensory trigger to memory, as a prompt to conversation with carers and relatives.

At Ibis Care we actively encourage all of our residents to participate in cultural and generational learning opportunities. Two of our wonderful Blakehurst residents, Philippa Holy and Kamla Baweja, have been sharing their skills and creativity with other residents and staff. Philippa and Kamla have also been creating a 'stitch in time' by passing on their knowledge to our in-house beautician, Stephanie. In connecting one generation to the next, Stephanie has been learning how to make cosies and baby clothes along with some life lessons from her experienced mentors.



The Happiest Father's Day

It was a Happy Father's Day for all our wonderful dads, grandfathers and father figures who are in our lives. We celebrated their love, support and endless dad jokes.



Rocking It At Blakehurst!

We dusted off our dancing shoes and enjoyed rocking out to some favourite tunes during our Rocktober celebrations! There was plenty of dancing, laughs and good times.

Peace, Love & Friendships

In celebration of International World Peace and Gratitude Day, residents gathered over morning tea to share what they are thankful for and spread the love.



Getting Out & About Again!

It was time to get active again once restrictions had lifted and our Miranda residents got out to enjoy the fresh air and sunshine!



Blakehurst Refurbishment Update

It's very exciting news as we update you on the progress of Refurbishment works at our Blakehurst home. If you have visited the home recently you will have noticed our beautiful new communal curtains and we hope you love them as much as we do. Last week outdoor furniture arrived in time for the warmer weather and the upcoming Christmas functions and gatherings we are all looking forward to celebrating together.



Here's a sneak peek of our fabric palette!

The first delivery of furniture for our communal areas will be arriving from 20th December, we are prepared with extra assistance to distribute the furniture with minimal disruption to our residents and families. Next year in April 2021, the remaining furniture will be delivered to complete the Refurbishment. Over the next few weeks you will see some display boards spread around the home to show the colour and fabric palettes we have chosen. Take time to have a sneak peek! If you have any questions at all please connect with Tammy, our General Manager of Blakehurst.



We appreciate your feedback!

Feedback forms are available at both of our homes and we'd love to hear from you.

Find us on Social Media

We love to share good news and the fun we have each day at our homes through social media. Join our online community, like, follow and share photos and videos of the special moments we capture.



Ibis Care Blakehurst Facebook Page
www.facebook.com/ibiscareblakehurst



Ibis Care Miranda Facebook Page
www.facebook.com/ibiscaremiranda

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