



Welcome

By Cathy Blomquist

Even with the gradual return to normality out in the general community we are continuing to be very diligent in our efforts to protect our precious residents and staff. I wish to thank you all most sincerely for your ongoing patience and understanding during this time.

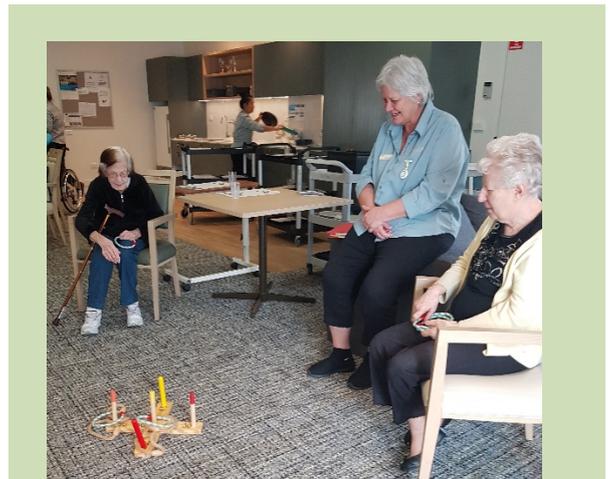
We have recently appointed additional Registered Nurses who are assisting myself and the Clinical Care Managers with the increased monitoring, assessment and care planning required at this time to keep everyone safe and well. By now most of our residents are very familiar with Moises and Dee who take their temperatures each day and have met the lovely Kaitlin.

We continue to recognise the efforts of our staff and have been holding weekly special days with staff wearing their "This is how we dance today" t-shirts along with a food theme. So far, we've had "Hump Day Pizza Day", William "Cake" Day and the crowd favourite "Friday Pie Day".

During May we commenced our Window Visits as another way for our families to keep in touch and connected with their loved ones. We have received mixed feedback about these Window Visits, some very positive and some not so. We would encourage where possible that our families give the Window Visits a try though we recognise that they may not be suited to everyone, particularly where there are special circumstances or individual cognitive or sensory needs. If you have tried a Window Visit and it did not go so well, please reach out to us and we can look at options to improve your experience or discuss other visiting arrangements which may be available.

As always, please feel free to contact me at any time to discuss any concerns you may have by calling Reception and I'll get back in touch with you as soon as I can.

Until next time with warm wishes



Armchair Quilts Barbara, Beryl & Bev



High tea celebrations Kath, Betty, Trish

News and Meet the Resident



News

From Liz

Well it has been a very chilly start to winter. Hopefully this isn't a sign of what this Winter is going to be like.

Skype is also a great way to interact with your family. The residents don't have to be tech savvy to have a skype call. We will do everything for them. Simply make a booking through our online booking system, call at the designated time and Reception will take the tablet to the resident and assist throughout the call. I hope as many families as possible will take advantage of these services while we all negotiate through this difficult time.

With COVID – 19 we are having to take a few more precautions with warmer clothing being dropped off. Please make sure all clothes are industrial washer & dryer friendly and labelled. If anything needs labelling, please place them in a bag with the resident's name on it and leave at reception as per our parcel policy. We will either wash & label the clothes for you or if you are unsure of the size please let us know. We can hold on to the clothes for 3 days then have them tried on and if need be returned before labelling or washing.

Finally, just a reminder to all our families, if you have changed your contact details recently please advise reception so we can update our records. We need to keep this up to date so we can contact families when needed.

Elizabeth McDonald
Residential Services & Relations Manager

Meet Beryl Arthur



Meet our very young Lillian or as she prefers to be called meet Beryl. Beryl celebrated her 100th Birthday on the 28th of May. Daughter Rosalyn and the staff at William Cape Gardens helped to make it a memorable day for her.

Beryl grew up and lived in Petersham, Sydney. She performed on stage as a dancer and a contortionist, she also sang in the choir and enjoyed playing the piano.

Beryl worked in an office and did volunteer work and met so many interesting people just like herself.

Not many of us can say we performed as a contortionist in our lives, and we know Beryl has led a very interesting and fulfilling life.

Friday Staff Pie day

Brian enjoying his pie



News from Cranbrook Care

Bushfire Appeal

William Cape Gardens is keen to assist people affected by this Summer's bushfire crisis.

Thank you for your kind donations over the last few months which will be donated to Vinnies Bushfire Appeal which is supporting families affected by the bushfires to rebuild their lives.

Vinnies is on the ground helping people as they deal with the immediate aftermath of fires, and they will continue to be there as they rebuild their lives in the long term.

Cranbrook Care is excited to announce that a total of \$803.60 was raised and with the Cranbrook Care donation of \$3 for every \$1 received, our grand total donation to Vinnies is \$2409.



Recognising our Staff

Cathy Angus

Congratulations Cathy Angus for achieving the Standing Ovation Award for the month of March 2020. To thank Cathy for her hard work she has been given a \$150 bonus. Thank you, Cathy, for always being there and so willingly helping out, working back and returning to work to fill shifts at short notice and for being such a happy, positive influence on all those around you.

Betty Finlay

Congratulations Betty Finlay for achieving the Standing Ovation Award for the month of April 2020. To thank Betty for her hard work she has been given a \$150 bonus. This was awarded for Betty's going the extra mile above and beyond. Betty has embraced the lead role with our Leisure & Lifestyle team with enthusiasm and grace. Those little passports are amazing!



Thanking our staff for their extra hard work during this COVID -19 pandemic period with Friday Pie Day this month.

Mother's Day



Spoiling our special Mums - Val, Joan, Beth, Merle and Margaret



Patricia, Joyce, Leonie & Carol enjoying our High Tea

Mother's Day

We may not have been able to spend time with our beloved Grandmothers, Grannies, Nanna or mothers this Mother's Day but the very much-loved ladies at William Cape Gardens certainly enjoyed special, well deserved attention.

The Leisure & Lifestyle team ensured that the mothers in our midst were not enjoyed their special day and organised fun activities with craft making and a high tea.

The cards, gifts and flower arrangements sent in by families were thoroughly enjoyed by our lovely Mums. The special photos and cards made by grandchildren really made many of our resident's smile.



Evelyne and Mary enjoying their special High Tea.

What's Cooking



Lamb Kofta

The last 2-3 months have literally turned our world upside down. Not to mention the catering operations in our facilities. I would like to take this opportunity to commend and thank all the foodservices staff that have continued to work through this very challenging period. Our Suppliers have worked very hard to ensure we've continued to receive our regular orders.

For those of you that have been stuck at home, I hope you've had a chance to get into the kitchen and try some new and different recipes.

Although overseas travel is currently banned, it doesn't stop us from cooking international cuisine. I've chosen a Mediterranean favourite that is easy to prepare. Lamb Kofta is originally from Lebanon, however most Middle Eastern & Mediterranean countries have very similar mince dishes, flavoured with spices and herbs.

I hope you enjoy preparing and cooking this dish



What's Cooking

with Ashley, Group Executive Chef

Ingredients:

2 kg lamb mince
 1 large red onion, grated or finely chopped
 ½ cup chopped parsley
 1 tablespoon dried mint (fresh is fine too)
 4 cloves of garlic, peeled & finely chopped.
 2 teaspoon ground cumin
 2 teaspoon ground coriander
 1 teaspoon ground cinnamon
 1 tablespoon tomato paste
 1 cup fresh breadcrumbs
 3 eggs, lightly whisked
 1 tablespoon Salt
 Pepper optional
 2 tablespoons olive oil

Method:

•Place lamb mince in a large bowl and add all the ingredients, except eggs & olive oil.

•Combine thoroughly.

•Add the eggs and continue mix well, until fully incorporated.

- At this point, the mix can be refrigerated for 2 days.
- Make the patties, by dividing up the mix into 60-70 gram patties.
- (Doesn't have to be perfect).
- Use your hands to form the patties into egg shaped balls.
- (Can be done the day before).
- At this stage the Kofta's can be skewered, for cooking on a BBQ; entirely up to you!
- For oven cooked; Place on a greased baking tray and bake @ 165°C for 15 minutes.
- Alternatively, flour and pan fry in olive oil, then finish in the oven for 10-12 minutes.
- Serve with tzatziki, fried or baked potatoes or pita bread and a mixed salad with mint, olives & tomatoes.

Meet the Team and Birthdays



Meet Josephine Ridge

Josie works in the laundry and is also our relief bus driver.

Josie grew up in Tasmania then moved to Murwillumbah, where she had her 2 children.

She later came to the Central Coast to live for 13 years before moving to Darwin and worked as a bus driver. After 10 years in Darwin Josie came back to the Central Coast to live.

Josie’s favourite animals are dogs. Her hobbies are beading, cooking, sewing and reading.

Armchair Travel



Armchair Travel is taking us to faraway places without leaving home. We are having great discussions on some of our travels and sharing memories of our past travels. The Great Australian Adventure is going well, and we have crossed the border into Queensland now.

Some sunny days are still letting us get outdoors as well.

Happy Birthday

We wish the following residents a very happy birthday

June

3 June	Joyce H
11 June	Margaret C
24 June	Kenneth W
25 June	Frances R
29 June	June B

William Cape Gardens Pty Limited

40 Pearce Road, Kanwal NSW 2259 T 02 4392 4111 F 02 4392 4311
E contact@williamcapedgardens.com.au W www.williamcapedgardens.com.au