



## Welcome

By Cathy Blomquist

Welcome to our August Newsletter.

It has been lovely to welcome so many family and friends back to William Cape Gardens over the past month or so. Whilst visiting your loved one may not be as easy as it was in the past, the arrangements we have in place are intended to protect our most precious residents, your loved ones. We appreciate your attention to continuing to maintain social distancing, attending to hand hygiene and correctly wearing a mask during your visit.

Last Friday, 7<sup>th</sup> August 2020, we celebrated "Aged Care Employee Day" with our staff. Aged Care Employee Day recognises each and every team member involved in caring for the 1.3 million older Australians receiving home care or care in residential care services such as ours. Thank you to our residents, families and friends who made this day extra special for our staff with your personal messages of appreciation and kind thoughts.

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,

Cathy Blomquist, Director of Care Services



Noreen and Joyce - our Knatty Knitters



Miriam judging an Intense table tennis competition



Christmas in July



# News

From Liz

Hi All,

Welcome to our August Newsletter. Things are still changing daily, and I personally would like to thank all our residents and families who continue to make the best of the very difficult time we are living in at the moment.

Could I ask that all families keep us up to date with your email addresses as this is the fastest way for us to be able to communicate with you. If you haven't tried calling up on Skype, I suggest that you do so, it is a great way to stay in touch. Our residents don't need to know anything about Skype to use this, it is all done by you their family and our reception staff. You book any appointment time, call in and Sharna will take the tablet to your loved one and make sure they can see you.

When dropping off items for your family could I please ask that food items are in an airtight container. If you are dropping off clothing could you please advise staff as we are gathering a lot of unlabeled clothing, likewise if residents are missing clothing items please let me know as we have items that are very new and don't know who they belong to.

The New Winter menu has been received well and our residents are enjoying the new tasty dishes. We will continue to have a Country theme day where we will be enjoying a dish from around the world.

**Elizabeth McDonald**  
Residential Services & Relations Manager



## Fire Safety Training

We have carried out our annual fire training for staff. A little different this year as we navigate our way through living with social distancing. Fire training in "COVID-19 pandemic style" ... held in the car park with social distancing complete with complimentary coffee van. Our staff are taking all these changes in their stride and always with a smile.



## News from Cranbrook Care

# Help us with a Google Review

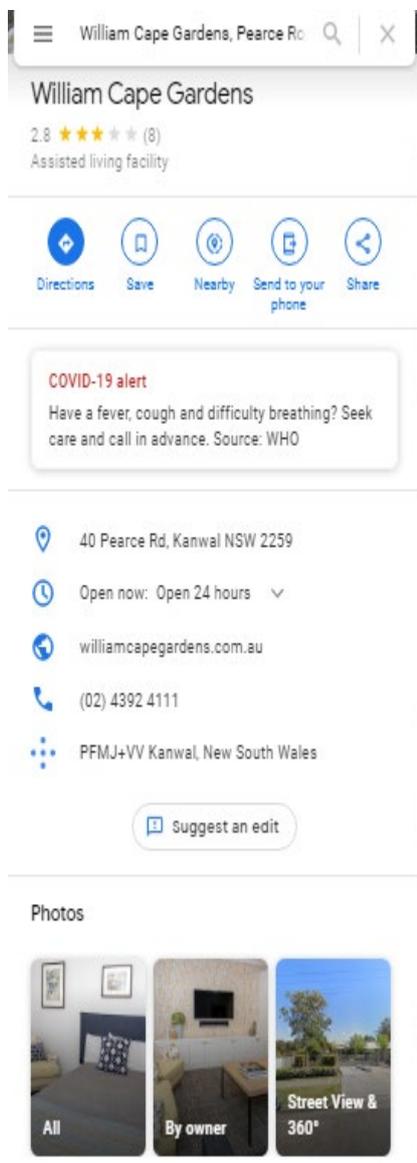
We would love to hear from you on Google Reviews, your reviews on William Cape Gardens help spread the word on our services provided to your loved ones. Google provides valuable information about our business to any families looking into aged care.

it's quick and easy to leave business reviews on mobile devices or desktop computers. Simply go to Google Maps on your computer or device, open Google Maps and make sure you're signed in.

Type in **William Cape Gardens** in the search bar.

On the left side from the map, scroll down and click **Write a review**. In the window that appears, click the stars to score us.. You can also write a review.

We appreciate you taking the time to give us a Google Review.



# Recognising our staff

## Romel Necesario

Congratulations Romel Necesario for achieving the Standing Ovation Award for the month of July 2020. To thank Romel for his hard work he has been given a \$150 bonus. Thank you for your kindness and consideration to others. Every day you show our value of caring in the way you interact with our residents and your team. Your willingness to help others is truly appreciated.





**FRIDAY 7 AUGUST**

**agedcareday.com.au**

**#ThanksforCaring**

## Aged Care Employee Day 2020

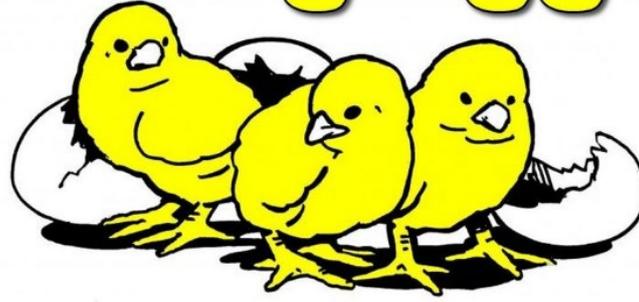
We celebrated Aged Care Employee Day this month a day for the community to reflect and thank each and every one of our staff from registered nurses, personal carers, reception, laundry, leisure & lifestyle, food services and kitchen and cleaning staff who work tirelessly to provide love and care to our residents..

As you continue to care for our beloved residents please remember that we care for you and are so very humbled and grateful for all the work you do as a team member at William Cape Gardens.

Thank you to all our residents and families who took the time to write and send in messages of thanks.



# Living Eggs



## Living Eggs Program

William Cape Gardens was home to some new deliveries this month and enjoyed the living eggs hatchlings. This program enabled the residents the joy of watching eggs hatching, and chicks emerging from their shells.

While providing a common interest for all our residents and stimulating social interaction, memories came flooding back of the 'good old days' when every family had chickens/ducks in their gardens. Tales of collecting eggs, being chased by cockerels and trading for vegetables with their neighbours were exchanged.



Bev and Frances with the hatchlings



The light box for the hatchlings



Margaret and Jeanette with our fluffy friends



## Herb & Macadamia Crust (for fish)

This month we celebrated our annual Winter Festival, by hosting a mid-week luncheon in most of our facilities. The main course was Barramundi fillet that was baked with a herb & macadamia nut crust, carrot & zucchini fritters and a lemon & chive butter sauce. This dish is quite hearty, with the Barramundi and macadamia combination, being quite rich and earthy. This crust can be used on a variety of fish, preferably white fresh fish such as Blue Eye, Jewfish And Snapper. The preparation is very simple, and the crust can be made ahead of time. I would like to take this opportunity to acknowledge the hard work and dedication of all the foodservices staff at Cranbrook Care. All of you are doing an amazing job under the very challenging circumstances we all face at present.

Also a big congratulations to Bella Vista Gardens & Bayswater Gardens, that both received the highest rating - an A rating in their annual Food Audits over the last month. Well done to everyone.

Ashley



## What's Cooking

With Ashley, Group Executive Chef

### Herb & macadamia crust (for fish)

#### Ingredients:

- 1 cup fresh breadcrumbs
- ½ cup Macadamia Nuts, roasted
- ½ small brown onion, peeled & finely diced
- 1 Tsp. Minced Garlic (optional)
- 1 lemon, zested
- bunch dill
- ¼ cup chopped parsley, tarragon & dill
- 1 small eggs
- 2 Tbsp Extra Virgin Olive Oil
- 75g Unsalted Butter
- 1 Tsp. salt

#### Method:

1. Sweat the onions, lemon zest & garlic in the butter, until onions are soft.
2. Allow to cool.
3. Place the nuts in a

blender and pulse until fairly fine.

4. Finely chop all the herbs and add to the breadcrumbs.
5. Add the onion, nuts, lemon & butter to the breadcrumbs.
6. Pour in the Olive oil.
7. Add the salt
8. Mix thoroughly to a loose dough consistency.
9. Top fish fillets by pressing mixture down, to coat the top  
Approx. 1/2 - 1cm thickness.
1. Spray with olive oil spray.
2. Bake for 10 minutes @ 185° C until golden.

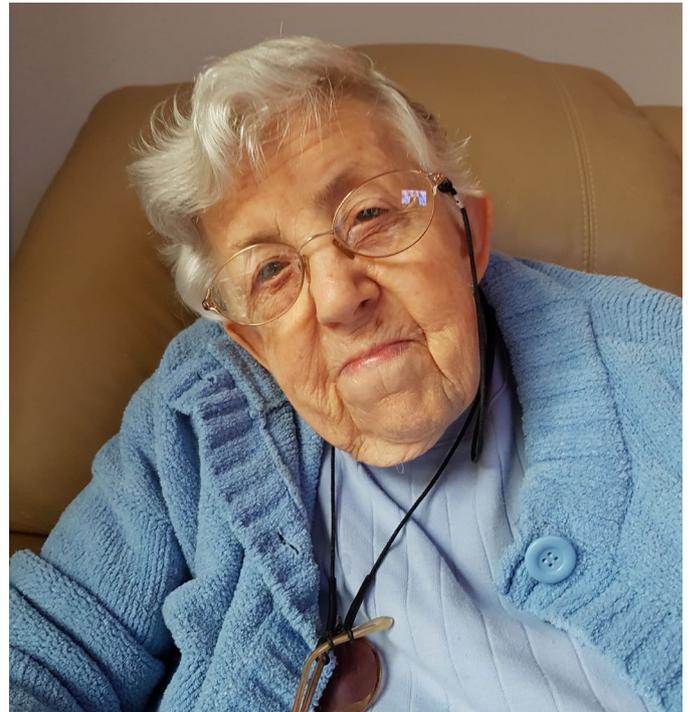
Serves 4-6

## Happy Birthday

We wish the following residents a very happy birthday

### August

3 August	Susanne S
5 August	John C
8 August	Marilyn A, Nancy G
12 August	Fay W
13 August	June M
14 August	Julie D
25 August	Margaret G
28 August	Olive B



## Meet Helen Pratt

Helen was born in Redfern and grew up in the Sydney suburb of Surry Hills.

Helen left home at age 18 to become a nanny in the country area, Young where she cared for a one-year old baby girl.

Helen has been lucky enough to travel to many countries around the world.

When Helen turned 50 her boss gave her a trip to New York to see 'Cats' the Play. I think we all need a boss like that!

Helen worked in the fashion industry, where she was the office manager the label was called "Danielle".

Helen was married aged 23, but sadly couldn't have children however, after 7 years of trying she adopted a two-week-old baby girl who now lives in America.

Helen's hobbies are reading, doing puzzles & watching movies.

## Brain Teaser

### *Cranbrook's* CRANIAL CHALLENGE

Below are five dice. Four of these dice are the same. The fifth is not.  
Which die is the odd one out?



## Meet the team



### Leisure & Lifestyle with Betty

During July our residents engaged in NAIDOC week. Learning about the Aboriginal people and hearing some of their cultural stories. They enjoyed dot painting Aboriginal themes.

Christmas in July was held with residents having a traditional Christmas lunch and participating in Christmas activities throughout the day.

In August we enjoyed the Henny Penny Hatchling Experience which is always a favourite.

## Meet Connie Micallef

Hi my name is Connie, and I have lived on the Central Coast since 2013, currently living in Wadalba. I have three daughters plus three grandchildren (one girl & two boys).

I love working at William Cape Gardens and have been employed here for almost seven years. I enjoy working in Leisure & Lifestyle and interacting with the residents.

My hobbies include going on cruises, watching tennis, going to concerts and spending time with family & friends.

We love having Connie's warm and friendly smile here at William Cape Gardens.



Nancy enjoying a cuppa and some dot painting

**William Cape Gardens Pty Limited**  
40 Pearce Road, Kanwal NSW 2259  
T 02 4392 4111 F 02 4392 4311

E [contact@williamcapedgardens.com.au](mailto:contact@williamcapedgardens.com.au) W [www.williamcapedgardens.com.au](http://www.williamcapedgardens.com.au)